

Winter registration starts at 7 a.m., November 19

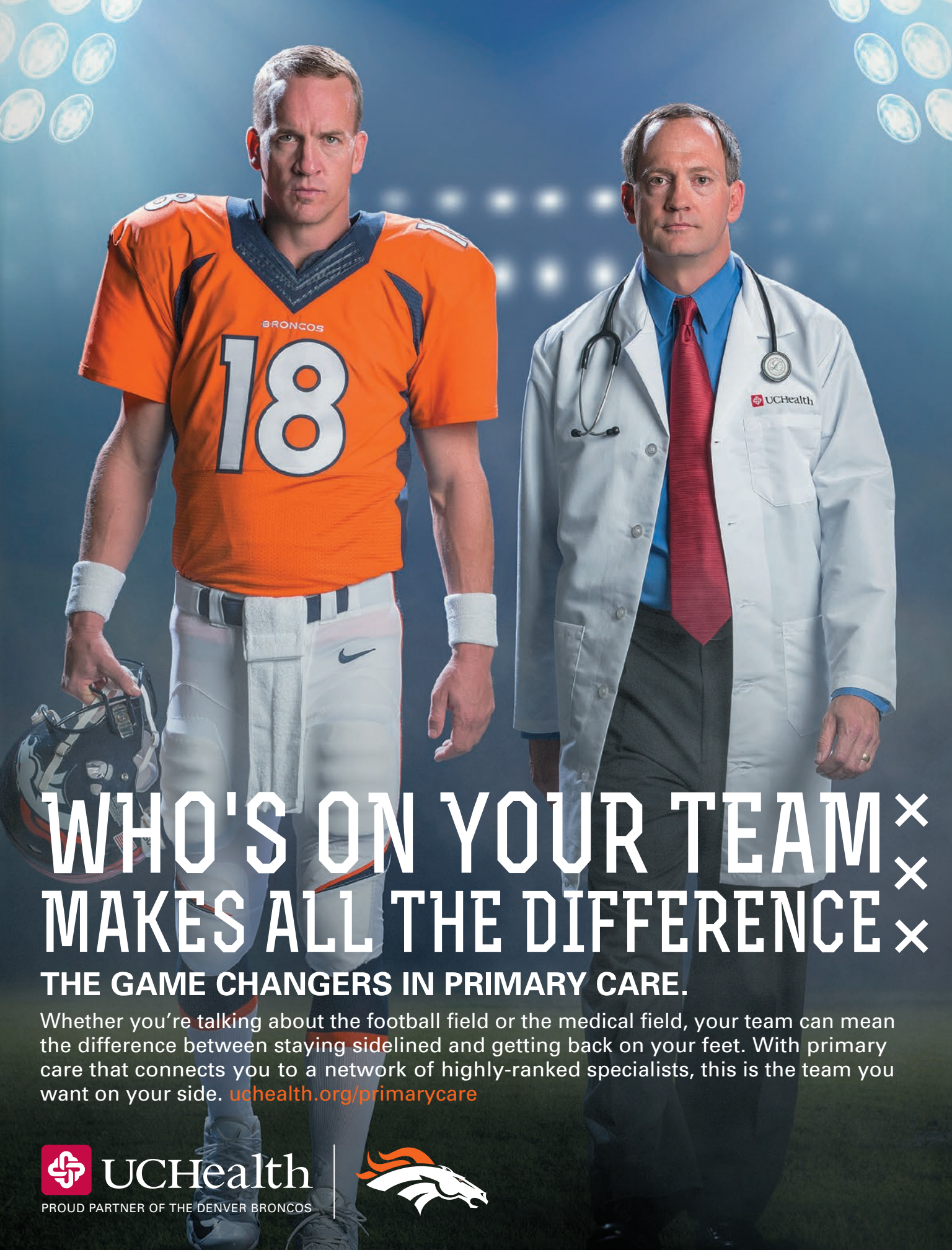
Winter 2016

Recreator

City of
Fort Collins

of the Year
for Betsy Fan





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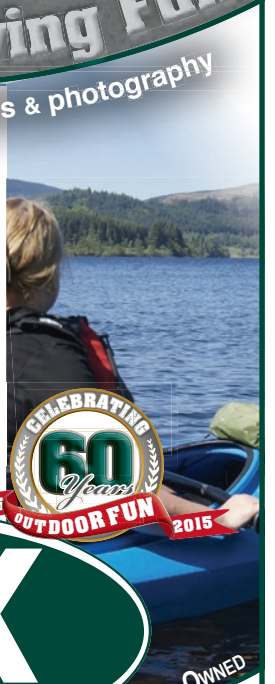
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Credits

City of Fort Collins Parks and Recreation Board

Ragan Adams
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Brian Carroll
Bruce Henderson
Kenneth Layton
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Scott Sinn
Kelly Smith
Dawn Theis
Gino Campana, City Council Representative

Assistant City Manager Wendy Williams

Recreation Director Bob Adams

Recreation Managers Peggy Bowers Steve Budner Marc Rademacher

Recreation Program Supervisors Bridget Brownell The Farm

Megan Greer
Aquatics
Renée Lee
Adaptive Recreation Opportunities
Linda Morris
Northside Aztlan Center Programs & Facility
Aaron Harris
Fitness, Sports and Youth Programs
Katie Stieber
Dance and Adult Education, Senior Programs
Paul Thibert
Ice Skating

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On the cover Betsy Fan



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From the Recreation Director

Fellow Recreators,

The winter season provides us with wonderful landscapes and incredible opportunities to explore, learn and discover. Take advantage of everything Northern Colorado has to offer this winter with new adventures and by learning new activities. Have you ever considered curling or speed skating? Visit EPIC and let Recreation introduce you to cool and unique sports. No matter what your interest, I am sure you will find a program in this publication that will keep you active this winter season.

This holiday season, the Foothills Activity Center will open in mid-town Fort Collins. Your newest recreation center will be located in Foothills at 241 East Foothills Parkway. Foothills Activity Center will be home to basketball, volleyball, youth programs and a cardio/weight area. Make sure you stop by and check out the new mall and with it, your new Foothills Activity Center.

As fall turns into winter, snow will soon replace leaves and ice will cover the surface of our lakes and streams. As transitions happen in nature they also occur throughout our lives. The Recreation Department is currently experiencing a variety of changes, as well. After several decades of service, two Recreation managers are retiring: Peggy Bowers and Steve Budner have dedicated their careers to providing our community with exceptional recreational programs and facilities. Their commitment to the community is evident in the many wonderful opportunities that exist in this very publication. Throughout their careers, Peggy & Steve have provided the Recreation Department with endless hours of service. Their leadership, dedication and passion for Recreation will not be forgotten. We appreciate their service and look forward to building on the legacy they leave behind.

Thanks again for your support and for participating in Recreation programs. As always, if you have any questions or concerns, please do not hesitate to contact me at 970.221.6354 or badams@fcgov.com.

Thank you,

Bob Adams

Contact Information

City of Fort Collins
Recreation Department
215 N. Mason St.
P.O. Box 580
Fort Collins, CO 80522

Registration and Programs
970.221.6655
recreation@fcgov.com

Advertising, Partnerships
and Sponsorships
970.221.6875

Bob Adams
Recreation Director
970.221.6354

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.

Follow us at FCRecreator





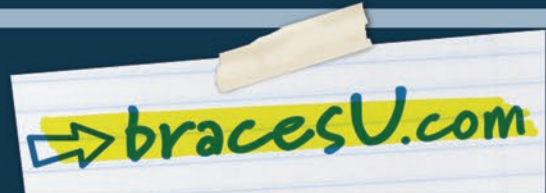
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West Office
2001 S. Shields, Bldg. I
(970) 221-5255

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



Registering for Recreator Programs

Online

Online registration begins at **7 a.m. on November 19, 2015**.

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? Call 970.221.6655 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. If you choose to modify your password, please note the password change for future registration.

At Recreation Centers

Walk-in registration begins **November 19, 2015** at these locations. Registration begins at 7 a.m.

Northside Aztlan Center

112 East Willow Street
M–F: 6 a.m.–9 p.m.
Sa: 8 a.m.–5 p.m.
Su: 9 a.m.–5 p.m.

Fort Collins Senior Center

1200 Raintree Drive
M–F: 6 a.m.–9 p.m.
Sa: 8 a.m.–5 p.m.
Su: 10 a.m.–9 p.m.

Edora Pool Ice Center (EPIC)

1801 Riverside Avenue
M–F: 5:30 a.m.–8 p.m.
Sa: 8 a.m.–6 p.m.
Su: Noon–5:30 p.m.

Over the Phone

Registration begins at **7 a.m. on November 19, 2015**.

Have your credit card (Master Card, VISA, Discover) or debit card information available. Contact 970.221.6655 to register over the phone.

Definitions

Youth: 2–17 years of age
Adult : 18–59 years of age
60+ : 60 years & up
Family/Couple: Two adults and up to two children under 18 years from the same household. Additional children can be added to a pass: monthly basis—\$6 per child; 6 month basis—\$25 per child; annual basis—\$50 per child.

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, 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 2 business days (8 a.m.–5 p.m., M–F 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, Ice Skating, or adult activities.

If you must cancel (or transfer) from any Aquatics, Ice Skating or adult activities 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 cancellations or transfers will be denied.

Refunds/Credit

For activity cancellations/transfers, contact Recreation at 970.221.6655. Submit cancellation requests as early as possible to aid in staff planning.

In accordance with Recreation policy, if the activity from which 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 or a household credit which will remain in your account for future Recreation use.

ADA Disclosure

The City of Fort Collins makes reasonable accommodations to those with disabilities. For assistance, contact Renee Lee with Adaptive Recreation Opportunities (rlee@fcgov.com, 970.224.6027). See page 24 for more information.

LEGEND

NW	Denotes no web registration for program
M	Denotes program/activity has special membership pricing
H	Health and Wellness program
◀ARO	Denotes Adaptive Recreation Opportunity program

PASS FEES

Recreation’s Admission and Pass Fees
More value, more options, more benefits.

New! Effective December 1, cost for Facility Passes will change.
See below for new pricing.

Single Admission Passes

Admission rates for either EPIC, Foothills Activity Center, Mulberry Pool, Northside Aztlan Community Center or the Senior Center (pick one).

Single Admission One-time Drop-In Rate	
Youth	\$3.25 (\$1 at Northside Aztlan Center)
Adult	\$4.00
60 years & up	\$3.25
Drop-In Fitness Class Fee	
Single Admission	\$6.00
10 Admission	\$50.00

Senior Center Admission Passes

Admission rates for the Senior Center only.

1 Month Pass	
Adult	\$33.00
60 years & up	\$22.00
Family/Couple	\$54.00
6 Month Pass	
Adult	\$165.00
60 years & up	\$110.00
Family/Couple	\$270.00
Annual Pass	
Adult	\$297.00
60 years & up	\$198.00
Family/Couple	\$486.00

Multi-Facility Admission Pass

Admission rates for use at all of the following recreation facilities: EPIC, The Farm, Foothills Activity Center (New!), Mulberry Pool, Northside Aztlan Community Center and the Senior Center.

25 Admission Pass: 25 admissions to use at any of the facilities listed above. Expires one year from date of purchase.	
Youth	\$65.00
Adult	\$80.00
60 years & up	\$65.00
1 Month Pass	
Youth	\$23.00
Adult	\$34.00
60 years & up	\$23.00
Family/Couple	\$55.00
6 Month Pass	
Youth	\$115.00
Adult	\$170.00
60 years & up	\$115.00
Family/Couple	\$275.00
Annual Pass	
Youth	\$207.00
Adult	\$306.00
60 years & up	\$207.00
Family/Couple	\$495.00

Pass holders receive 70% discount on registrations for designated fitness programs.

EPIC pass holders receive \$1.00 off ice skating single admission.

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

Facility passes do not include admission to the City Park Pool.



Dine at Fort Collins BEAUJO'S Receive 10% Off Your Bill

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

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

Everyone participating MUST request the City of Fort 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.

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Recreator of the Year

♥
🌸 ♥
Betsy Fan



The City of Fort Collins Recreation Department's vision and mission statements are based on one core value; providing you with recreational opportunities that enhance your life. Recreation's vision is: "World-class recreation services which inspire people to lead engaged healthy lives." Recreation's mission is: "Fostering health and well-being through diverse and inclusive recreation opportunities, sustainable planning, and community partnerships." These carefully crafted statements guide the department's goals and help create a department-wide sense of purpose. Recognizing the diverse benefits of recreation, we have selected a "Recreator of the Year" that has accomplished much through Recreation programs, events and activities. The 2015 Recreator of the Year provides us with a complete understanding of why recreation is important in our community and what we can gain from living an active lifestyle.

In 2014, Recreation presented Jackson Harding with the Recreator of the Year honor. Jackson's ability to have fun, stay active and pursue goals should be applauded and embraced by all recreators. Jackson has represented Recreation's values, mission and purpose well over the past year. Thank you, Jackson, for continuing to be a great role model and an incredible Recreator.

The City of Fort Collins Recreation Department is proud to present our 2015 Recreator of the Year award to Betsy Fan. Betsy is an 11 year old, fifth grader with an incredible smile, high energy and an amazing attitude. Betsy attends Werner Elementary in Fort Collins and is always on the move. Betsy was 6 years old when she began



participating in Recreation programs. She has been involved in a variety of programs and enjoys learning and staying active. Betsy's involvement in Recreation programs is diverse and impressive. She frequently participates in Adaptive Recreation Opportunities (ARO) programming. The ARO program provides quality recreational opportunities to community members with disabilities. Betsy requires special needs and support from ARO so that she can fully participate in recreational programs. Support from ARO has helped Betsy pursue many hours of recreational activities and programs.

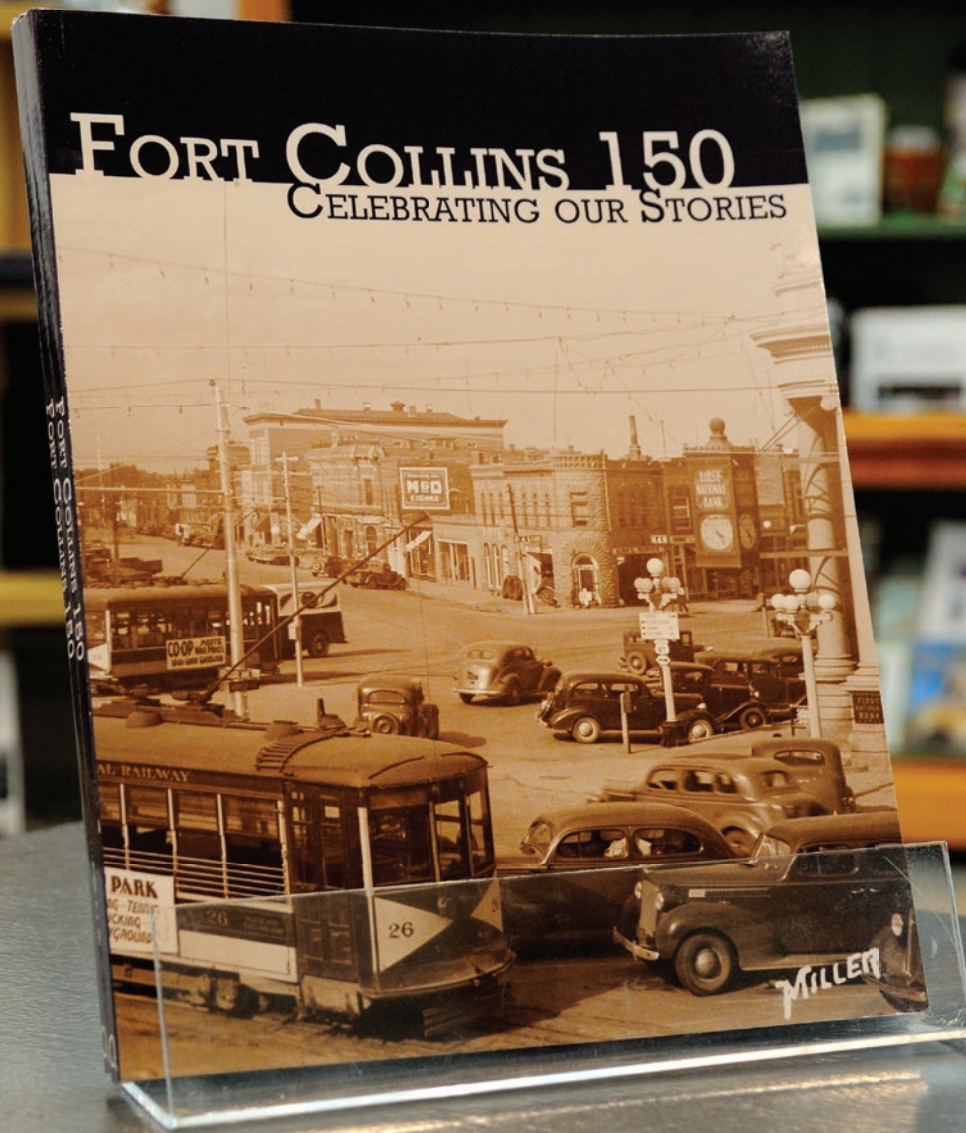
We were introduced to Betsy in 2009 when she enrolled in Tumble Bumbles with Recreation. Initially, her parents were concerned that she would not be able to participate in the program. Betsy's mother, Jian Ping, discovered Recreation's ARO program and with their support, Betsy began her recreational journey. As Betsy gained confidence, her skills strengthened and ARO's support wasn't needed as often. Eventually, Betsy participated in Tumble Bumbles with minimal support from ARO. Since Tumble Bumbles, Betsy has participated in numerous programs found in the "Recreator." From Petite Ballet and Adventure Camp to Adaptive Ice Skating and Swimming, Betsy is a frequent visitor at many Recreation Centers. Her favorite program was Farm Camp. She enjoyed experiencing life on the Farm and interacting with the animals. Betsy's parents enjoy the diversity of program options provided by Recreation, as well. Betsy's mother believes that every program provides something different. Jian says, "We do love all the programs; every program offers its own uniqueness...which is great."

Betsy's parents believe that exposing her to every possible opportunity will enhance her life and provide her valuable access to new and exciting possibilities. Her parents are thankful for ARO and the incredible support they have received over the years. Jian Ping believes that ARO staff members are very skilled and she feels that Betsy is safe and enjoys the programs. "Knowing my child is in good hands makes me feel comfortable," says Jian. Betsy's desire to learn and grow helps her achieve her personal goals. ARO encourages her to reach those goals by supporting her as much as possible.

Outside of Recreation programs, Betsy is an avid bingo player and is most comfortable at home playing with her stuffed animals. She also enjoys therapeutic horseback riding and music therapy. In her spare time, she may be found searching through YouTube to find a new cooking class. Betsy's recreational plans for the future include more swim lessons, camps, cooking classes and art. It's obvious that Betsy's energy level is high and her desire to learn is strong.

Betsy's positivity drives her desire to learn, grow and stay active. Her amazing smile will warm your heart, and her determination and energy will motivate you. We can learn a lot from Betsy's ability to enjoy life and achieve goals. We're proud to call Betsy Fan our 2015 Recreator of the Year.

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408 Mason Court
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www.fcmod.org



Foothills Activity Center

241 E. Foothills Parkway | fcgov.com/foothills

The Foothills Activity Center is Recreation’s newest facility. The 3-level recreation center is located inside the newly renovated mall in Fort Collins, Foothills and features a gymnasium, workout rooms and classes. Foothills Activity Center will host youth and adult sports programming, fitness classes, early education activities and more. Foothills Activity Center opens late 2015. Visit fcgov.com/foothills for updates.

- Basketball/Volleyball court
- Child classrooms
- Fitness area with cardio and weight equipment
- 3 fitness rooms

Hours	
M–F	6:00 AM–9:00 PM
Sa	9:00 AM–6:00 PM
Su	11:00 AM–5:00 PM
Closures	
12/24	Close at 1:00 PM
12/25	Closed
12/31	Close at 3:00 PM
1/1	Closed
<i>For the most up-to-date information about drop-in hours and closures, visit fcgov.com.</i>	

Fees & Admission		
Includes access to open gym, weight/cardio room and fitness rooms.		
Age	Single Admission	25-Admission*
Youth (2–17)	\$3.25	\$65.00
Adult (18–59)	\$4.00	\$80.00
60 & up	\$3.25	\$65.00
<i>*25-Admission is valid for any facility except City Park Pool. Valid one year from date of purchase.</i>		



Edora Pool Ice Center

1801 Riverside Ave. | 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 welcomes more than one million visitors per year. EPIC is home to the Fort Collins Area Swim Team and Fort Collins Figure Skating Club.

- Cardio/weight room
- Free WiFi
- Indoor 50-meter x 25-yard pool
- Multi-purpose room
- Skate service/sharpening
- Spectator seating
- Two 1-meter diving boards
- Two 3-meter diving boards
- Two indoor 200' x 85' ice surfaces
- Wading pool
- Warm water therapy pool

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.

** Valid one year from date of purchase.

Drop In Fitness Class Single Admission Fee

Age	Single	10-Admission*
All ages	\$6.00	\$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

*Exercise room closes 15 minutes before the pool.

Facility Closures

12/24	Close at 1:00 PM
12/25	Closed
12/31	Close at 3:00 PM
1/1	Closed
2/20 & 2/21	Closed

Pool Closures

1/9	Close until 1:00 PM
1/22	Close at 3:00 PM
1/23	Closed
2/12	Close at Noon
2/13	Closed

Ice Arena Hours: 12/1–2/29

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

Ice Arena Holiday Hours 12-21–1/3

M–Th	9:00–11:00 AM, 1:15–3:15 PM
M–W	6:15–7:45 PM
Sa, Su	12:15–2:15 PM, Sa 5:00–7:00 PM

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



The Farm

600 Sherwood St. | 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 of all ages. Learn about the agricultural industry that shaped this region and interact with life on the farm. We're a great place for birthday parties, too!

Fees & Admission			
Age	Single Admission	10-Admission*	25-Admission*
Under 2	No fee	No fee	No fee
All Ages (2 & up)	\$3.00	\$24.00	\$60.00
* Valid one year from date of purchase.			
Annual Childcare Passes			
Commercial Daycare	\$150		
Home Daycare	\$72		
Non-Profit	\$72		
For additional information call 970.221.6665.			
Barnyard Buddy Pass/Family Pass			
\$60 per year	Unlimited visits, up to 4 people per visit (additional guests pay half admission). Includes invitation to special event in December.		
Hours			
11/1–3/31			
W–Sa	10:00 AM–4:00 PM		
Su	Noon–4:00 PM		
Closures	11/26, 12/24–1/1,		
Pony Rides			
Pony rides resume in April			

For most up-to-date information about drop-in hours and closures, visit fcgov.com/thefarm

The Pottery Studio

1541 Oak St. | fcgov.com/potterystudio

The Pottery Studio, located in the northwest corner of City Park, has provided interactive experiences and education since 1971. The Studio offers broad and diverse opportunities and adventures for students of all ages. The Studio is equipped with the materials needed to learn a wide range of basic clay techniques including the use of a potter's wheel, handbuilding, forming, construction, surface treatment, and a variety of methods to decorate and glaze ceramic ware.

- 7 kilns (gas stoneware, electric, Raku)
- 10-inch power grinder
- 200-square feet of work surface
- 30-inch wide slab-roller
- 32 potters' wheels (electric, kick; handicapped accessible)
- Clay mixer and pugmill
- Compressor with vented spray booth
- Library with periodicals, reference books, video, and examples
- More than 10 different clays
- Stoneware glazes, slips, stains, engobes, and terra siglatta
- Clay extruders and dies

Hours

Hours adhere to class and lab listings. See page 40 for more information.

FACILITIES



Mulberry Pool

424 Mulberry St. | fcgov.com/mulberrypool

Mulberry Pool is open year-round and includes a large “child friendly” interactive play area with slides and other fun water features. The Pool is a favorite for birthday parties and other celebrations, and is also popular with lap swimmers looking for an early morning or mid-day workout. Mulberry Pool is located near Downtown Fort Collins.

- 1-meter diving board
- Birthday party room
- Indoor 25-yard pool
- Large shallow interactive play area
- Separate 7-person spa
- Spectator seating
- Zero depth 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
* 25-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. This is not a reservation and does not guarantee space for your group.	
*** \$3 beginning Jan. 1, 2016.	

Pool Hours	
Lap & Recreational Swim: 1/18–2/28	
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: 12/1–1/17	
M–F	5:30 AM–8:00 PM
Sa	12:30–5:30 PM
Su	Noon–3:00 PM
Closures	
12/24	Close at 1:00 PM
12/25	Closed
12/31	Close at 3:00 PM
1/1	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 11/8. Please see schedule for lane availability posted at the facility of visit fcgov.com/mulberry .	

Northside Aztlan Community Center

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

Northside Aztlan Community Center is home to a wide variety of activities, classes, programs, sports and special events. Northside is also a great venue for community events such as quinceañeras, wedding receptions, and birthday parties.

- 50,000 square foot facility
- Cardio/weight room
- Classrooms
- Elevated running track
- Free WiFi
- Kitchen
- Locker rooms
- Multi-purpose rooms
- Outdoor Handball Courts
- Playground
- Lighted Skate park
- Triple gymnasium

Fees & Admission		
Includes access to open gym, walking jogging track, weight/cardio room and locker rooms.		
Age	Single Admission	25-Admission*
Youth (2–17)	\$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	\$6.00	\$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	
Closures		
12/24	Close at 1:00 PM	
12/25	Closed	
12/31	Close at 3:00 PM	
1/1	Closed	
For the most up-to-date information about drop-in hours and closures, visit fcgov.com/north .		



Senior Center

1200 Raintree Dr. | 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 Senior Center is open to all adults, but specializes in programming for adults 50 years of age & up.

- 10-person spa
- 25-yard, 4-lane pool
- Art rooms
- Auditorium
- Cardio/weight room
- Classrooms
- Community gardens
- Dance Room
- Fitness
- Free WiFi
- Gymnasium
- Jog/walk track
- Kitchen and lounge
- Media center/library
- Multi-use area with stage
- Personal training
- Pool/snooker
- Wellness Center

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	
12/24	Close at 1:00 PM
12/25	Closed
12/31	Close at 3:00 PM
1/1	Closed
Swim and Lap Hours	
M-F	6:00 AM-8:00 PM
Sa-Su	9:00 AM-3:00 PM

Senior Center Membership	
Adult (18-49)	\$50.00
50+	\$25.00
<i>Senior Center Members receive: \$3.00 per month discount on fitness or multi-facility pass or \$1.00 single admission to use fitness facilities. For more information about Senior Center Membership Benefits, see page 102.</i>	

Other Facilities

Club Tico

1599 City Park Dr. | fcgov.com/clubtico

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

Fort Collins Museum of Discovery

408 Mason St. | 970.221.6738 | fcmof.org

Enjoy a variety of hands-on, minds-on science and history exhibits that make learning fun for the entire family.

Lincoln Center

417 W. Magnolia St. | Admin: 970.221.6735,

Box Office: 970.221.6730 | LCtix.com

The Lincoln Center is Northern Colorado's premier cultural arts and conference center. Come enjoy an evening of live theater, music, dance, comedy or children's programming; view Art Gallery exhibitions by acclaimed visual artists; or gather for meetings and special occasions in our exceptional event spaces.

Natural Areas

970.416.2815 | fcgov.com/naturalareas

Natural Areas are part of what makes Fort Collins such a special place to live. There are 39 natural areas to visit with 100+ miles of trail. Primrose Studio at Reservoir Ridge Natural Areas and the picnic shelters at Gateway Natural Area are available by reservation.

Rolland Moore Racquet Complex

2201 S. Shields | 970.493.7000

fcgov.com/recreation/racquet-complex

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

Facility Rental

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

Facility Rental Contact Information

Club Tico	970.224.6113
EPIC	970.221.6683
The Farm	970.221.6665
Fort Collins Museum of Discovery	970.221.6738
Gardens on Spring Creek	970.416.2486
Lincoln Center	970.221.6735
Mulberry Pool	970.221.6657
Natural Areas	970.416.2815
Northside Aztlan Community Center	970.221.6723
Parks/Park Shelters	970.221.6660
Senior Center	970.224.6113



The Gardens on Spring Creek

2145 Centre Ave. | 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
- Garden and room rentals

Hours

M–F	9:00 AM–5:00 PM
Sa	9:00 AM–4:00 PM
Su	Closed

Special Hours

12/24	10:00 AM–2:00 PM
12/25	Closed
12/31	10:00 AM–2:00 PM
1/1	Closed
1/18	Closed
2/13	Closed

Membership Benefits

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

Membership Levels

Individual	\$35
Family	\$60
Student	\$20
Supporting	\$100
Contributing	\$250
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. See page 78 for more information and programming offered by the Gardens.

While our facility is closed at the times listed, the gates to the Garden of Lights will be open 12/4–1/4, 5–9 p.m.



City Park Nine Golf Course

411 South Bryan Ave.
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
- Clubhouse
- Driving Range
- Food and beverages
- Par 36
- Patio Area
- Practice chipping and putting greens
- Pro shop



Collindale Golf Course

1441 East Horsetooth Rd.
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. Collindale is consistently recognized as having some of the best (and fastest) greens in the state.

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



SouthRidge Golf Club

5750 South Lemay Ave.
970.416.2828
fcgov.com/golf

SouthRidge Golf Course is an 18-hole golf course situated on 128 acres in southeast Fort Collins. It offers scenic views and challenging tee shots from multiple tee boxes.

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



THANK YOU, PEGGY BOWERS AND STEVE BUDNER

Peggy Bowers: Making Memories Since 1978

Peggy Bowers is retiring from the City of Fort Collins Recreation Department on November 2, 2015. She began her career with the department as an intern in September of 1978. That's 37 years of providing this community with recreational opportunities.

During her tenure, she has been a dedicated recreation professional who has worked tirelessly to provide innovative, exciting and memorable classes, programs and special events for people of all ages.

Peggy's accomplishments have been felt throughout the Recreation Department. She helped establish and develop the facilities and programs at The Farm, the Youth Activity Center, Northside Aztlan Community Center and most recently at the Senior Center by overseeing an 8-month, 18,000 square foot expansion to that facility that will provide for citizens well into the future. Her dedication, leadership, vision, "can do" attitude, and commitment to this profession are exemplary.

Although success in her chosen profession is a source of pride, she is most proud of her children - daughter Katie and husband Luke and son Nate and wife Amy - all of whom live in Northern Colorado. While Peggy will no longer be attending meetings, programs and events, her legacy will live on through the programs, classes, facilities and relationships she has established throughout her 37-year career.

Steve Budner: A Diverse and Dedicated Recreation Career

Steve Budner began working for the City of Fort Collins Recreation Department in September of 1986 when he was hired to help open and operate the Edora Pool Ice Center (EPIC). In 1994 he changed positions and was involved in the opening and operation of the Senior Center where he worked until 2006 when he relocated once again to help open and operate the new Northside Aztlan Community Center in 2007. Steve ran the Northside programs, Child Development programs and Sports until February of 2015. At that time he returned to where he started his career with the City of Fort Collins – EPIC.

Steve has been involved in every aspect of the Recreation Department for 29 years. During that time his "get it done" attitude has helped him open three new facilities and run thousands of programs for the community to enjoy.

While his career has been extremely successful he is most proud of his family; his wife Gail of 39 years, his son Brad and his wife Alicia and of course, his two precious grandchildren John and Quinn.

On November 20, 2015 Steve Budner will be retiring from the City of Fort Collins Recreation Department. Steve's influence, seen in the facilities he ran and the creation of many programs, will continue on as the lives of the citizens and visitors to this community are enriched. He will be missed.

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dhoughtaling@globalvillageacademy.org

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NewTechNetwork.org

Global Village Academy
www.globalvillageacademy.org
970-682-9242

Language Immersion Preschool Now Open



Foothills Activity Center

COMING SOON
TO THE MALL

As a board member for the City of Fort Collins Parks and Recreation department, I get to know about the fun activities the City is providing for you! Here's the latest on exciting news from Parks & Recreation!

When the Youth Activity Center (YAC) closed in 2014, I was disappointed and upset for the people in mid-town Fort Collins who lost their recreation center. However, we only needed to wait – for now we welcome a new and modernly equipped recreation facility: the Foothills Activity Center.

This brand new facility will open soon, during the 2015 Holiday Season, and will be located within the re-built Foothills Mall located at 215 East Foothills Parkway, not far from the YAC's previous location. Once completed, the 24,000 square foot facility will include a full size gymnasium, two fitness/dance studios, a weight/cardio room, locker rooms, multi-purpose space, classrooms, and conference rooms. Outside in the Grand Courtyard, you'll also find a seasonal ice rink! How very cool (pun intended)! The three-story facility will be located near the new movie theater within Foothills' property. Mom and Dad, you can drop off your kids to have fun while you shop. Life is good.

The new facility will provide a wide variety of recreation activities in a key location of mid-town Fort Collins. The new facility also leads us in Recreation to expand programming opportunities throughout the community. Programs to be offered in the Foothills Activity Center include those related to child development, youth and adult sports, fitness, and dance.

The \$5.8 million Foothills Activity Center is being financed through the Foothills redevelopment agreement between the City of Fort Collins and Alberta Development. The new activity center is an important part of the mall redevelopment. Foothills is slated to open November 2015. The goal of the Foothills redevelopment is to return the mall and surrounding area to its former status as an entertainment and economic magnet for the surrounding community and broader northern Colorado region.

This new opportunity to get out and have fun is brought to you by your Parks and Recreation department in the finest city in the country. Enjoy!

For more information about the Foothills redevelopment visit fcgov.com/foothillsmall.

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Banner Fort Collins
Medical Center



Adaptive Recreation Opportunities ◀ARO

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

Inclusion

The City of Fort Collins welcomes individuals of all abilities to fully participate in classes and programs listed in the Recreator. If you are interested in participation support, indicate any accommodations or adaptations that you may need when you register. **Note:** Requests should be made at least two weeks before the class begins by contacting Renee Lee at 970.224.6027, rlee@fcgov.com.

Transition

Offers assistance in making your recreation and leisure choices while helping you be as independent as possible. A therapeutic recreation professional helps you develop your personal Passport to Recreation profile and discusses your needs, strengths, and interests.

Specialized ◀ARO

Designed to meet the unique needs of individuals with physical, intellectual, and/or emotional disabilities. Specialized Programs are identified in the Recreator by the ◀ARO symbol and most are partially discountable. Alternative Programs ◀ARO are Specialized Programs designed for adults with intellectual disabilities, focused on community activities and social outings, and include monthly dances, outings, cooking, bowling, trips, and more.

Attendants

There is no fee for personal care attendants providing needed assistance unless otherwise noted. Attendants may need to register separately and note whom they will be assisting.

Volunteer

Volunteers are always needed, whether assisting with a few events or being a weekly support partner. No experience necessary; training provided. Contact Becca Heinze at 970.224.6125, bheinze@fcgov.com.

Contact Information

For additional information about ARO programs, visit fcgov.com/aro or contact the ARO staff.

Renee Lee, CTRS, 970.224.6027, rlee@fcgov.com
 Becca Heinze, CTRS, M.Ed., 970.224.6125, bheinze@fcgov.com
 Brenda McDowell, 970.416.2024, bmcdowell@fcgov.com
 Alison Cope, OTR, acope@frii.com
 ARO Interns, 970.224.6034, 970.221.6330, aro@fcgov.com

LEGEND

- NW** Denotes no web registration for program
- M** Denotes program/activity has special membership pricing
- H** Health and Wellness program
- ◀ARO** Denotes Adaptive Recreation Opportunity program

Transportation

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

Transfort (Public City Transport)	970.221.6620
Dial-A-Ride	970.224.6066
SAINT	970.223.8645
Larimer Lift	970.498.7541

Community Programs

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.

colostatebestbuddies.webs.com; facebook.com/CSUbestbuddies

Dance Express

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

970.493.2113; danceexpress@juno.com

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

Therapeutic horseback riding program.

970.221.0646, ridewithfree.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

Special Olympics

Contact the following coordinators or coaches for season information or to volunteer: Adult and Youth Unified Basketball: Brenda McDowell, 970.416.2024, bmcdowell@fcgov.com

Aquatics

Adaptive Swim Lessons ◀ARO

Basic swimming skills are introduced and/or enhanced for individuals with disabilities based on individual needs and goals. Participants are matched up 1:1, and progress is monitored by a Certified Water Safety Instructor. **Note:** Please bring an attendant if you need personal assistance outside of the water.

Age: 3 years & up

Location: Edora Pool Ice Center

2/9–3/8	Tu	4:45–5:15 PM	\$35	102326-01
2/9–3/8	Tu	5:25–5:55 PM	\$35	102326-02
2/11–3/10	Th	5:25–5:55 PM	\$35	102326-03
2/11–3/10	Th	6:05–6:35 PM	\$35	102326-04

Arts & Crafts

Artistic Abilities Art ◀ARO

Participants will learn 2-D techniques with a variety of materials to create unique pieces of art. This class is open to people of all abilities, with emphasis on accommodations for various challenges and disabilities. **Note:** Class is held at Colorado State University in the Visual Arts Building, Room D102. Contact Alison Cope at acope@friu.com for more information.

Age: 13 years & up

Location: Colorado State University

2/10–3/9	W	4:00–6:00 PM	\$32	102990-01
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Fitness

Work Out Partners ◀ARO

Workouts are organized in small groups to meet at times, days and locations that work best. People with and without disabilities are matched to meet weekly at a time and day that is predetermined, but flexible. Strength training, cardiovascular equipment and aquatic exercise are all available.

Age: 16 years & up

Location: Northside Aztlan Center

2/17	W	5:30–6:30 PM	\$20	102585-01
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Adaptive Yoga ◀ARO

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 or other neuromuscular disorders and adapted for people of all physical abilities. **Note:** No drop-in rate.

Age: 18 years & up

Location: Raintree Athletic Club

2/4–3/10	Th	1:00–2:00 PM	\$45	102980-01
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Outdoor Recreation

Ignite Adaptive Skiing ◀ARO

Ignite Adaptive offers adaptive instruction and equipment for skiers with disabilities at Eldora Mountain Resort. Individual volunteer ski instruction, lift ticket, and adapted equipment provided.

Age: 14 years & up

Location: Leave from the Senior Center

Downhill/Snowboard

1/24	Su	7:30 AM–5:30 PM	\$120	102431-01
1/31	Su	7:30 AM–5:30 PM	\$120	102431-02
2/7	Su	7:30 AM–5:30 PM	\$120	102431-03
2/21	Su	7:30 AM–5:30 PM	\$120	102431-04
2/28	Su	7:30 AM–5:30 PM	\$120	102431-05

Bi-Ski Lessons

1/24	Su	7:30 AM–5:30 PM	\$120	102431-06
1/31	Su	7:30 AM–5:30 PM	\$120	102431-07
2/7	Su	7:30 AM–5:30 PM	\$120	102431-08
2/21	Su	7:30 AM–5:30 PM	\$120	102431-09
2/28	Su	7:30 AM–5:30 PM	\$120	102431-10

Nordic Ski/Snowshoe

1/24	Su	7:30 AM–5:30 PM	\$100	102431-11
1/31	Su	7:30 AM–5:30 PM	\$100	102431-12
2/7	Su	7:30 AM–5:30 PM	\$100	102431-13
2/21	Su	7:30 AM–5:30 PM	\$100	102431-14
2/28	Su	7:30 AM–5:30 PM	\$100	102431-15

Adaptive Ski Trip – Breckenridge ◀ARO

Take a trip to the fantastic Breckenridge Outdoor Education Center (BOEC) Adaptive Ski program. BOEC provides individual volunteer instructors and adapted equipment for stand up or sit ski skiers with disabilities. **Note:** Attendants are welcome at no charge.

Age: 18 years & up

Location: Senior Center

3/6	Su	5:45–7:30 PM	\$138	102432-01
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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 provided. **Note:** 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

3/14	M	6:00 AM–6:00 PM	\$90	202933-01
4/5	T	6:00 AM–6:00 PM	\$90	202933-02

Sports

Adaptive Boccia ◀ARO

Boccia is a Paralympic sport adapted for athletes with physical disabilities. Played indoors on a smooth surface, Boccia tests your coordination, concentration, and ability to strategize. **Note:** \$3 drop-in fee each week. No class 2/15.

Age: 18 years & up

Location: Senior Center

1/25–3/7	M	11:00 AM–Noon	\$15	102464-01
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Wheelchair Rugby ◀ARO

Wheelchair rugby is a fast paced, full contact sport designed for people with physical disabilities. All skill levels welcome. Extra sport chairs available.

Age: 14 years & up

Location: Northside Aztlan Center Gym

2/16–3/8	T	6:00–8:00 PM	\$10	102560-01
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larimerhealthconnect.org



Unified Sports

Athletes of all abilities play as teammates against other integrated teams. Unified teams practice, play games, and have the opportunity to compete in a Special Olympics Unified area tournament. Programs are partially discountable. For more information or to volunteer, contact Brenda McDowell at 970.416.2024, bmcdowell@fcgov.com.

Unified Adult Programming

Adult Basketball ◀ARO

Teams have practices/games for 1 hour.

Age: 16 years & up

Location: Webber Middle School

Competitive Division

1/9–3/12	Sa	2:30–7:00 PM	\$25	102751-01
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Women Only Team

1/9–3/12	Sa	2:30–7:00 PM	\$25	102751-02
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Co-ed Recreational

1/9–3/12	Sa	2:30–7:00 PM	\$25	102751-03
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Individual Skills

1/9–3/12	Sa	2:30–3:30 PM	\$19	102751-04
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Unified Youth Programming

Junior Basketball ◀ARO

Teams are scheduled for one hour practice.

Age: 8–21 years

Location: Beattie Elementary Gym

Jr. Basketball, Child

1/12–3/1	Tu	5:00–7:00 PM	\$22	102552-01
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Jr. Basketball, Family

1/12–3/1	Tu	5:00–7:00 PM	\$22	102552-02
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Individual Skills

1/12–3/1	Tu	5:00–5:30 PM	\$19	102552-03
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Alternative Programs ◀ARO

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 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 classes are partially discountable. Some ticketed programs have an early registration deadline due to group purchasing. When you register for any ticketed event, the sale is considered final. No refunds provided.

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

Arts and Crafts

Mask Making ◀ARO

Create your own original mask for Mardi Gras and the themed dance on 1/29. Instruction and supplies provided to make and decorate one mask with sparkle and flair. **Note:** Dance participation is not required to take this class.

Age: 18 years & up

Location: Senior Center

1/21–1/28	Th	4:00–5:15 PM	\$18	102594-01
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Education

Cooking ◀ARO

Make some tasty treats for the holidays. **Note:** Attendants welcome at no cost.

Age: 18 years & up

Location: Senior Center

Holiday Treats

Make some sweet treats for the Holiday Dance.

12/16	W	6:30–8:00 PM	\$10	102401-01
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Soup du jour

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

2/24	W	6:30–8:00 PM	\$15	102401-02
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Social Opportunities

Movie Night ◀ARO

Travel with a great group of friends to a local theatre to watch the finest flicks on the big screen. **Note:** Bring \$5.50 for a ticket, and additional money for a snack, if desired. Attendants welcome with no registration cost.

Age: 18 years & up

Location: Senior Center

1/12	Tu	5:45–9:00 PM	\$5.50	102403-01
2/16	Tu	5:45–9:00 PM	\$5.50	102403-02

Restaurant Night ◀ARO

Explore different restaurants in town while hanging out with a great group of friends. **Note:** Bring \$20 to cover your meal and a tip. Attendants welcome with no registration cost.

Age: 18 years & up

Location: Senior Center

12/9	W	5:45–8:00 PM	\$5	102404-01
1/25	M	5:45–8:00 PM	\$5.50	102404-02
2/29	M	5:45–8:00 PM	\$5.50	102404-03

Bowling ◀ARO

This program is designed for any skill level and emphasizes fun.

Note: Fee includes two games per person per week and shoe rental, if needed.

Age: 18 years & up

Location: Chipper's Lanes North

2/6–3/5	Sa	10:00–11:00 AM	\$48	102906-01
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Special Events

Monthly Themed Dances – NW ◀ARO

Dances are fun-filled events to celebrate with friends. Dressing for the theme is highly encouraged. **Note:** No pre-registration; tickets are sold at the Senior Center front desk. Attendants welcome at no cost.

Age: 18 years & up

Location: Senior Center

Holiday Ball

12/18	F	6:00–8:00 PM	\$1
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Marti Gras Bash

1/29	F	6:00–8:00 PM	\$3.50
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Be my Valentine

2/26	F	6:00–8:00 PM	\$3.50
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Trips & Outings

Holiday Night Out ◀ARO

The season will be bright with a trip to the Holiday Lights at the Gardens on Spring Creek, dinner, and a stroll with a great group of friends. **Note:** Bring \$20 for dinner and a tip. Attendants welcome with no registration cost; register under section 1A.

Age: 18 years & up

Location: Leave from the Senior Center

12/4	F	5:00–9:00 PM	\$10	102320-01
12/4	F	5:00–9:00 PM	No Fee	102320-1A

Winter Snow Tubing ◀ARO

Enjoy the winter wonderland at Beaver Mountain Resort on this active winter trip with a group of friends. The group eats lunch at a Mountain Cafe after tubing. Transportation, tube rental, snack, and hot cocoa included. **Note:** Bring \$20 for lunch and a tip, and dress in layers. Attendants welcome with no registration cost; register under section 1A.

Age: 18 years & up

Location: Leave from the Senior Center

2/5	F	8:30 AM–3:00 PM	\$32	102511-01
2/5	F	8:30 AM–3:00 PM	\$25	102511-1A

LEGEND

- NW** Denotes no web registration for program
- M** Denotes program/activity has special membership pricing
- H** Health and Wellness program
- ◀ARO** Denotes Adaptive Recreation Opportunity program

Aqua Fitness

Classes with fewer than five patrons registered by the end of the first day of class will be canceled for that session. 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 Policy

Drop-in participants do not count in registration numbers. Reduced rates do not apply to the daily drop-in fee. Participants may drop-in to Aqua Fitness classes if space is available using either:

- \$6 per class visit
- 1 admission from a 10 Admission Drop-In Fitness Pass (\$50)

Aqua Personal Training

See page 31 for details.

Adult Programming

Low Intensity

Basic H2O Workout

Designed for people new to water exercise, recovering from an injury or with physical limitations. Range-of-motion, stretching and cardiovascular elements are emphasized.

Age: 18 years & up

Location: Senior Center

11/30–12/18	M,W,F	6:15–7:15 PM	\$31.50	100412-01
1/4–2/5	M,W,F	6:15–7:15 PM	\$56.25	100412-02
2/8–3/11	M,W,F	6:15–7:15 PM	\$56.25	100412-03

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.

Age: 18 years & up

Location: Senior Center

11/3 –12/18	M,W,F	8:30–9:30 AM	\$31.50	100410-01
1/4–2/5	M,W,F	8:30–9:30 AM	\$56.25	100410-02
2/8–3/11	M,W,F	8:30–9:30 AM	\$56.25	100410-03

LEGEND

- NW** Denotes no web registration for program
- M** Denotes program/activity has special membership pricing
- H** Health and Wellness program
- ◀ARO** Denotes Adaptive Recreation Opportunity program

Therapeutic Fitness

Designed for people with arthritis. In the Therapy Pool, 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.

Age: 18 years & up

Location: Edora Pool Ice Center

11/30–12/18	M,W,F	7:30–8:30 AM	\$31.50	100314-01
1/4–2/5	M,W,F	7:30–8:30 AM	\$56.25	100314-02
2/8–3/11	M,W,F	7:30–8:30 AM	\$56.25	100314-03
11/30–12/18	M,W,F	9:30–10:30 AM	\$31.50	100314-04
1/4–2/5	M,W,F	9:30–10:30 AM	\$56.25	100314-05
2/8–3/11	M,W,F	9:30–10:30 AM	\$56.25	100314-06

Twinges Plus

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

Age: 18 years & up

Location: Senior Center

11/30–12/18	M,W,F	12:15–1:15 PM	\$31.50	100416-01
1/4–2/5	M,W,F	12:15–1:15 PM	\$56.25	100416-02
2/8–3/11	M,W,F	12:15–1:15 PM	\$56.25	100416-03
11/30–12/18	M,W,F	1:30–2:30 PM	\$31.50	100416-04
1/4–2/5	M,W,F	1:30–2:30 PM	\$56.25	100416-05
2/8–3/11	M,W,F	1:30–2:30 PM	\$56.25	100416-06

*Rocky Mountain
Family Physicians, P.C.*

Kenleigh

Say, "Ahhhhh"
Same-day appointments 970-484-0798

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.

Age: 18 years & up

Location: Mulberry Pool

11/30–12/18	M,W,F	7:30–8:30 AM	\$31.50	100222-01
1/4–2/5	M,W,F	7:30–8:30 AM	\$56.25	100222-02
2/8–3/11	M,W,F	7:30–8:30 AM	\$56.25	100222-03

Location: Senior Center

11/30–12/18	M,W,F	6:15–7:15 AM	\$31.50	100422-01
1/4–2/5	M,W,F	6:15–7:15 AM	\$56.25	100422-02
2/8–3/11	M,W,F	6:15–7:15 AM	\$56.25	100422-03
11/30–12/18	M,W,F	9:30–10:30 AM	\$31.50	100422-04
1/4–2/5	M,W,F	9:30–10:30 AM	\$56.25	100422-05
2/8–3/11	M,W,F	9:30–10:30 AM	\$56.25	100422-06
11/30–12/18	M,W,F	5:15–6:15 PM	\$31.50	100422-07
1/4–2/5	M,W,F	5:15–6:15 PM	\$56.25	100422-08
2/8–3/11	M,W,F	5:15–6:15 PM	\$56.25	100422-09
12/1–12/17	Tu,Th	8:00–9:00 AM	\$21	100422-10
1/5–2/4	Tu,Th	8:00–9:00 AM	\$37.50	100422-11
2/9–3/10	Tu,Th	8:00–9:00 AM	\$37.50	100422-12
12/1–12/17	Tu,Th	9:00–10:00 AM	\$21	100422-13
1/5–2/4	Tu,Th	9:00–10:00 AM	\$37.50	100422-14
2/9–3/10	Tu,Th	9:00–10:00 AM	\$37.50	100422-15
12/1–12/17	Tu,Th	10:00–11:00 AM	\$21	100422-16
1/5–2/4	Tu,Th	10:00–11:00 AM	\$37.50	100422-17
2/9–3/10	Tu,Th	10:00–11:00 AM	\$37.50	100422-18
12/1–12/17	Tu,Th	7:00–8:00 PM	\$21	100422-19
1/5–2/4	Tu,Th	7:00–8:00 PM	\$37.50	100422-20
2/9–3/10	Tu,Th	7:00–8:00 PM	\$37.50	100422-21

Advanced Water Fitness

Take your cardio to the next level and increase your caloric burn and overall endurance. **Note:** Not appropriate for first-time and beginner level students.

Age: 18 years & up

Location: Edora Pool Ice Center

11/30–12/18	M,W,F	7:30–8:30 AM	\$31.50	100324-01
1/4–2/5	M,W,F	7:30–8:30 AM	\$56.25	100324-02
2/8–3/11	M,W,F	7:30–8:30 AM	\$56.25	100324-03

Location: Senior Center

12/1–12/17	Tu,Th	4:00–5:00 PM	\$21	100424-01
1/5–2/4	Tu,Th	4:00–5:00 PM	\$37.50	100424-02
2/9–3/10	Tu,Th	4:00–5:00 PM	\$37.50	100424-03

Aqua-Natal

For women during or after pregnancy. Low and medium impact exercises 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.

Age: 18 years & up

Location: Senior Center

11/30–12/18	M,W,F	4:15–5:15 PM	\$31.50	100418-01
1/4–2/5	M,W,F	4:15–5:15 PM	\$56.25	100418-02
2/8–3/11	M,W,F	4:15–5:15 PM	\$56.25	100418-03

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.

Age: 18 years & up

Location: Senior Center

11/30–12/18	M,W,F	7:30–8:30 AM	\$31.50	100420-01
1/4–2/5	M,W,F	7:30–8:30 AM	\$56.25	100420-02
2/8–3/11	M,W,F	7:30–8:30 AM	\$56.25	100420-03

High Intensity

Aqua Box

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

12/1–12/17	Tu,Th	5:30–6:30 PM	\$21	100428-01
1/5–2/4	Tu,Th	5:30–6:30 PM	\$37.50	100428-02
2/9–3/10	Tu,Th	5:30–6:30 PM	\$37.50	100428-03

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 recommended.

Age: 18 years & up

Location: Edora Pool Ice Center

12/1–12/17	Tu,Th	5:30–6:30 PM	\$21	100330-01
1/5–2/4	Tu,Th	5:30–6:30 PM	\$37.50	100330-02
2/9–3/10	Tu,Th	5:30–6:30 PM	\$37.50	100330-03

Location: Mulberry Pool

11/30–12/18	M,W,F	12:15–1:00 PM	\$24.75	100230-01
1/4–2/5	M,W,F	12:15–1:00 PM	\$45	100230-02
2/8–3/11	M,W,F	12:15–1:00 PM	\$45	100230-03

Aquatics

Aquatics Policies

Children under the age of 8 years 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 allowed in any pool. T-shirts are allowed, but 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 with a private lesson must pay the drop-in fee.

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

Children 6 years and older are required to use the appropriate locker room. Use of the family change room is permitted; all children must be accompanied by a parent or guardian.

Lockers are for use while utilizing the facility. Please bring a lock; the City of Fort Collins is not responsible for lost or stolen items. 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 ages 8 and under* according to the following ratios:

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

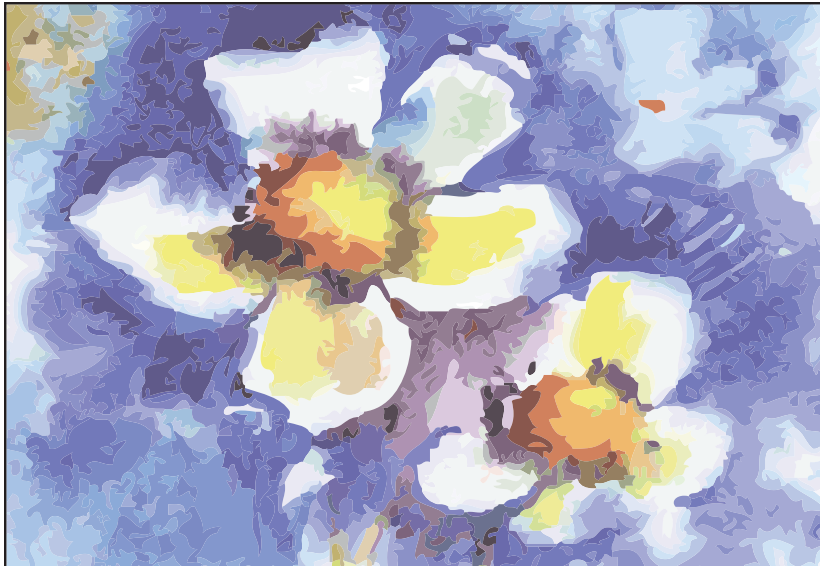
**Children 8 years and older that cannot swim or touch the bottom of the pool should be included in count for ages 8 years and under. Groups not complying with above ratio will not be allowed to swim.*

Scout Waiver Water Badges

Fee: \$40/group for each instructional hour (for up to 10 participants). Each additional participant is \$3. There is no charge for adult leaders. Call 970.221.6202 for more information.

Birthday Party Packages

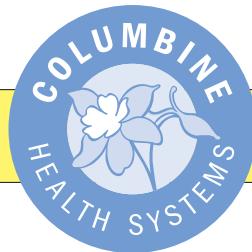
Space for birthday parties is not allowed in the lobbies or spectator areas at EPIC or Mulberry Pool. Space is available for a fee for refreshments and present opening. Contact 970.221.6655 for more information.



Our new addition, located on Columbine's park in Fort Collins, is **opening soon**.

New Mercer Commons' growth will feature 40 all private Assisted Living Suites, restaurant-style dining, an exercise center, and much more!

Call today. 495-1000.



New Mercer Commons

Columbine is Growing

www.columbinehealth.com

Private Swim Instruction

Private swim instruction is available for all ability levels. Interested persons may fill out a request form with a cashier at either EPIC or Mulberry Pool facilities. Fees are based on a 30- minute session: 1 person for \$25, 2 people for \$35, and 3 people for \$45. 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.

Learn-To-Swim Policies

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 Preschool class or work on their own with you to increase endurance/distance in the various strokes.

Drop-in Swim Test

Swim testing allows swim staff to evaluate your child (6 years & up) on their swimming ability for proper swim level placement. Prior to registration, we encourage you to have your child tested for proper placement.

Swim Test Schedule

Mulberry Pool	W	4:00–7:30 PM
EPIC	Sa	Noon–5:30 PM

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 3rd lesson, the manager will contact the parent for dismissal. 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 to ensure a safe learn-to-swim experience. Minimum for all classes is 4.

Class	Class Maximum
Guppy-Tadfish	10
Preschool 1–3, Levels 1–2	6
Level 3–4	8
Levels 5–6	10
Diving	8

Youth Programming

Guppy

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. **Note:** Please have your child wear plastic pants or swim diaper under bathing suit. Class partially discountable. Class will not be held on 3/14, 3/15, 3/16, 3/17.

Age: 6–18 months

Location: Edora Pool Ice Center

1/18–2/17	M,W	4:15–4:45 PM	\$55	101310-01
1/18–2/17	M,W	6:15–6:45 PM	\$55	101310-02
2/22–3/30	M,W	4:15–4:45 PM	\$55	101310-03
2/22–3/30	M,W	6:15–6:45 PM	\$55	101310-04
1/19–2/18	Tu,Th	8:50–9:20 AM	\$55	101310-05
2/23–3/31	Tu,Th	10:50–11:20 AM	\$55	101310-06

Advanced Guppy

This parent participation class 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. **Note:** Please have your child wear plastic pants or swim diaper under bathing suit. Class partially discountable. Class will not be held on 3/14, 3/15, 3/16, 3/17, 3/19, 3/20, 3/27.

Age: 10 months–2 years

Location: Mulberry Pool

1/19–2/18	Tu,Th	4:55–5:25 PM	\$55	101212-01
1/19–2/18	Tu,Th	6:55–7:25 PM	\$55	101212-02
2/23–3/31	Tu,Th	4:15–4:45 PM	\$55	101212-03
2/23–3/31	Tu,Th	5:35–6:05 PM	\$55	101212-04
1/23–2/20	Sa	8:20–8:50 AM	\$27.50	101212-05
1/23–2/20	Sa	9:40–10:10 AM	\$27.50	101212-06
2/27–4/2	Sa	9:00–9:30 AM	\$27.50	101212-07
2/27–4/2	Sa	10:20–10:50 AM	\$27.50	101212-08
1/24–2/21	Su	3:15–3:45 PM	\$27.50	101212-09
1/24–2/21	Su	5:15–5:45 PM	\$27.50	101212-10
2/28–4/3	Su	3:55–4:25 PM	\$22	101212-11
2/28–4/3	Su	5:15–5:45 PM	\$22	101212-12

Location: Edora Pool Ice Center

1/18–2/17	M,W	4:55–5:25 PM	\$55	101312-01
1/18–2/17	M,W	6:55–7:25 PM	\$55	101312-02
2/22–3/30	M,W	5:35–6:05 PM	\$55	101312-03
1/19–2/18	Tu,Th	10:10–10:40 AM	\$55	101312-04
2/23–3/31	Tu,Th	9:30–10:00 AM	\$55	101312-05

Location: Senior Center

1/24–2/21	Su	3:30–4:00 PM	\$27.50	101412-01
1/24–2/21	Su	4:50–5:20 PM	\$27.50	101412-02
2/28–4/3	Su	4:10–4:40 PM	\$22	101412-03

Tadfish

This class builds on Advanced Guppy skills and is great for children not ready to experience water without a parent. Participants continue to work on total comfort in the water environment including float positions, breath control and water independence. **Note:** Please have your child wear plastic pants or swim diaper under bathing suit. Class partially discountable. Class will not be held on 3/14, 3/15, 3/16, 3/17, 3/19, 3/20, 3/27.

Age: 2–4 years

Location: Mulberry Pool

1/19–2/18	Tu,Th	4:15–4:45 PM	\$55	101214-01
1/19–2/18	Tu,Th	5:35–6:05 PM	\$55	101214-02
2/23–3/31	Tu,Th	4:55–5:25 PM	\$55	101214-03
2/23–3/31	Tu,Th	6:15–6:45 PM	\$55	101214-04
1/23–2/20	Sa	9:00–9:30 AM	\$27.50	101214-05
1/23–2/20	Sa	11:00–11:30 AM	\$27.50	101214-06
2/27–4/2	Sa	8:20–8:50 AM	\$27.50	101214-07
2/27–4/2	Sa	9:40–10:10 AM	\$27.50	101214-08
1/24–2/21	Su	4:35–5:05 PM	\$27.50	101214-09
1/24–2/21	Su	5:55–6:25 PM	\$27.50	101214-10
2/28–4/3	Su	4:35–5:05 PM	\$22	101214-11
2/28–4/3	Su	5:55–6:25 PM	\$22	101214-12

Location: Edora Pool Ice Center

1/18–2/17	M,W	5:35–6:05 PM	\$55	101314-01
2/22–3/30	M,W	4:55–5:25 PM	\$55	101314-02
2/22–3/30	M,W	6:55–7:25 PM	\$55	101314-03
1/19–2/18	Tu,Th	11:30 AM–Noon	\$55	101314-04
2/23–3/31	Tu,Th	11:30 AM–Noon	\$55	101314-05

Location: Senior Center

1/24–2/21	Su	4:10–4:40 PM	\$27.50	101414-01
2/28–4/3	Su	3:30–4:00 PM	\$22	101414-02
2/28–4/3	Su	4:50–5:20 PM	\$22	101414-03

Preschool 1

This class is designed for children ready to be independent of a parent in the water. Students are introduced to basic water skills and learn how to be safe in and around water. **Note:** Class partially discountable. Class will not be held on 3/14, 3/15, 3/16, 3/17, 3/19, 3/20, 3/27.

Age: 3–5 years

Location: Mulberry Pool

1/19–2/18	Tu,Th	4:15–4:45 PM	\$55	101216-01
1/19–2/18	Tu,Th	5:35–6:05 PM	\$55	101216-02
1/19–2/18	Tu,Th	6:55–7:25 PM	\$55	101216-03
2/23–3/31	Tu,Th	4:15–4:45 PM	\$55	101216-04
2/23–3/31	Tu,Th	5:35–6:05 PM	\$55	101216-05
2/23–3/31	Tu,Th	6:55–7:25 PM	\$55	101216-06
1/23–2/20	Sa	8:20–8:50 AM	\$27.50	101216-07
1/23–2/20	Sa	9:40–10:10 AM	\$27.50	101216-08
1/23–2/20	Sa	11:40 AM–12:10 PM	\$27.50	101216-09
2/27–4/2	Sa	8:20–8:50 AM	\$27.50	101216-10
2/27–4/2	Sa	9:40–10:10 AM	\$27.50	101216-11
2/27–4/2	Sa	11:00–11:30 AM	\$27.50	101216-12

Preschool 1 continued

2/27–4/2	Sa	11:40 AM–12:10 PM	\$27.50	101216-13
1/24–2/21	Su	3:15–3:45 PM	\$27.50	101216-14
1/24–2/21	Su	3:55–4:25 PM	\$27.50	101216-15
1/24–2/21	Su	5:15–5:45 PM	\$27.50	101216-16
1/24–2/21	Su	6:35–7:05 PM	\$27.50	101216-17
2/28–4/3	Su	3:15–3:45 PM	\$22	101216-18
2/28–4/3	Su	4:35–5:05 PM	\$22	101216-19
2/28–4/3	Su	6:35–7:05 PM	\$22	101216-20

Location: Edora Pool Ice Center

1/18–2/17	M,W	4:15–4:45 PM	\$55	101316-01
1/18–2/17	M,W	4:55–5:25 PM	\$55	101316-02
1/18–2/17	M,W	6:15–6:45 PM	\$55	101316-03
2/22–3/30	M,W	4:15–4:45 PM	\$55	101316-04
2/22–3/30	M,W	4:55–5:25 PM	\$55	101316-05
2/22–3/30	M,W	5:35–6:05 PM	\$55	101316-06
1/19–2/18	Tu,Th	10:50–11:20 AM	\$55	101316-07
2/23–3/31	Tu,Th	10:10–10:40 AM	\$55	101316-08

Location: Senior Center

1/24–2/21	Su	4:10–4:40 PM	\$27.50	101416-01
1/24–2/21	Su	5:30–6:00 PM	\$27.50	101416-02
2/28–4/3	Su	3:30–4:00 PM	\$22	101416-03

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. **Note:** Class partially discountable. Class will not be held on 3/14, 3/15, 3/16, 3/17, 3/19, 3/20, 3/27.

Age: 3–5 years

Location: Mulberry Pool

1/19–2/18	Tu,Th	4:55–5:25 PM	\$55	101218-01
1/19–2/18	Tu,Th	6:15–6:45 PM	\$55	101218-02
2/23–3/31	Tu,Th	4:55–5:25 PM	\$55	101218-03
2/23–3/31	Tu,Th	6:15–6:45 PM	\$55	101218-04
2/23–3/31	Tu,Th	6:55–7:25 PM	\$55	101218-05
1/23–2/20	Sa	8:20–8:50 AM	\$27.50	101218-06
1/23–2/20	Sa	9:40–10:10 AM	\$27.50	101218-07
1/23–2/20	Sa	11:00–11:30 AM	\$27.50	101218-08
1/23–2/20	Sa	11:40 AM–12:10 PM	\$27.50	101218-09
2/27–4/2	Sa	9:00–9:30 AM	\$27.50	101218-10
2/27–4/2	Sa	10:20–10:50 AM	\$27.50	101218-11
2/27–4/2	Sa	11:00–11:30 AM	\$27.50	101218-12
1/24–2/21	Su	3:55–4:25 PM	\$27.50	101218-13
1/24–2/21	Su	5:15–5:45 PM	\$27.50	101218-14
1/24–2/21	Su	6:35–7:05 PM	\$27.50	101218-15
2/28–4/3	Su	3:15–3:45 PM	\$22	101218-16
2/28–4/3	Su	3:55–4:25 PM	\$22	101218-17
2/28–4/3	Su	5:15–5:45 PM	\$22	101218-18

Location: Edora Pool Ice Center

1/18–2/17	M,W	4:55–5:25 PM	\$55	101318-01
1/18–2/17	M,W	5:35–6:05 PM	\$55	101318-02

Preschool 2 continued

1/18–2/17	M,W	6:55–7:25 PM	\$55	101318-03
2/22–3/30	M,W	4:15–4:45 PM	\$55	101318-04
2/22–3/30	M,W	5:35–6:05 PM	\$55	101318-05
2/22–3/30	M,W	6:15–6:45 PM	\$55	101318-06
2/22–3/30	M,W	6:55–7:25 PM	\$55	101318-07
2/23–3/31	Tu,Th	8:50–9:20 AM	\$55	101318-08

Location: Senior Center

1/24–2/21	Su	3:30–4:00 PM	\$27.50	101418-01
2/28–4/3	Su	4:10–4:40 PM	\$22	101418-02
2/28–4/3	Su	5:30–6:00 PM	\$22	101418-03

Preschool 3

This class builds on Preschool Levels 1 and 2 and encourages total independent propulsive swim skills. Gain confidence and swim greater distances with little to no support on both front and back. "Look! I'm swimming!" **Note:** Class partially discountable. Class will not be held on 3/14, 3/15, 3/16, 3/17, 3/19, 3/20, 3/27.

Age: 3–5 years

Location: Mulberry Pool

1/19–2/18	Tu,Th	4:15–4:45 PM	\$55	101220-01
1/19–2/18	Tu,Th	6:15–6:45 PM	\$55	101220-02
1/19–2/18	Tu,Th	6:55–7:25 PM	\$55	101220-03
2/23–3/31	Tu,Th	4:15–4:45 PM	\$55	101220-04
2/23–3/31	Tu,Th	5:35–6:05 PM	\$55	101220-05
1/23–2/20	Sa	9:00–9:30 AM	\$27.50	101220-06
1/23–2/20	Sa	10:20–10:50 AM	\$27.50	101220-07
1/23–2/20	Sa	11:40 AM–12:10 PM	\$27.50	101220-08
2/27–4/2	Sa	8:20–8:50 AM	\$27.50	101220-09
2/27–4/2	Sa	9:40–10:10 AM	\$27.50	101220-10
2/27–4/2	Sa	10:20–10:50 AM	\$27.50	101220-11
2/27–4/2	Sa	11:40 AM–12:10 PM	\$27.50	101220-12
1/24–2/21	Su	3:15–3:45 PM	\$27.50	101220-13
1/24–2/21	Su	4:35–5:05 PM	\$27.50	101220-14
1/24–2/21	Su	5:55–6:25 PM	\$27.50	101220-15
1/24–2/21	Su	6:35–7:05 PM	\$27.50	101220-16
2/28–4/3	Su	3:15–3:45 PM	\$22	101220-17
2/28–4/3	Su	4:35–5:05 PM	\$22	101220-18
2/28–4/3	Su	6:35–7:05 PM	\$22	101220-19
2/28–4/3	Su	5:55–6:25 PM	\$22	101220-20

Location: Edora Pool Ice Center

1/18–2/17	M,W	4:15–4:45 PM	\$55	101320-01
1/18–2/17	M,W	5:35–6:05 PM	\$55	101320-02
1/18–2/17	M,W	6:15–6:45 PM	\$55	101320-03
2/22–3/30	M,W	4:55–5:25 PM	\$55	101320-04
2/22–3/30	M,W	6:15–6:45 PM	\$55	101320-05
2/22–3/30	M,W	6:55–7:25 PM	\$55	101320-06
1/19–2/18	Tu,Th	9:30–10:00 AM	\$55	101320-07

Location: Senior Center

1/24–2/21	Su	4:10–4:40 PM	\$27.50	101420-01
2/28–4/3	Su	3:30–4:00 PM	\$22	101420-02
2/28–4/3	Su	4:50–5:20 PM	\$22	101420-03

Level 1

Designed for children with little or no water experience. Learn to be comfortable and safe in an aquatic environment and be introduced to basic swimming and safety skills. **Note:** Class partially discountable. Class will not be held on 3/14, 3/15, 3/16, 3/17, 3/19, 3/20, 3/27.

Age: 6–12 years

Location: Mulberry Pool

1/19–2/18	Tu,Th	4:15–4:45 PM	\$55	101222-01
1/19–2/18	Tu,Th	5:35–6:05 PM	\$55	101222-02
2/23–3/31	Tu,Th	4:55–5:25 PM	\$55	101222-03
2/23–3/31	Tu,Th	6:55–7:25 PM	\$55	101222-04
1/23–2/20	Sa	8:20–8:50 AM	\$27.50	101222-05
1/23–2/20	Sa	10:20–10:50 AM	\$27.50	101222-06
1/23–2/20	Sa	11:40 AM–12:10 PM	\$27.50	101222-07
2/27–4/2	Sa	9:00–9:30 AM	\$27.50	101222-08
2/27–4/2	Sa	10:20–10:50 AM	\$27.50	101222-09
2/27–4/2	Sa	11:40 AM–12:10 PM	\$27.50	101222-10
1/24–2/21	Su	3:15–3:45 PM	\$27.50	101222-11
1/24–2/21	Su	4:35–5:05 PM	\$27.50	101222-12
1/24–2/21	Su	5:55–6:25 PM	\$27.50	101222-13
1/24–1/31	Su	6:35–7:05 PM	\$25	101222-14
2/28–4/3	Su	3:55–4:25 PM	\$22	101222-15
2/28–4/3	Su	5:55–6:25 PM	\$22	101222-16
2/28–4/3	Su	6:35–7:05 PM	\$22	101222-17

Location: Edora Pool Ice Center

1/18–2/17	M,W	4:15–4:45 PM	\$55	101322-01
1/18–2/17	M,W	5:35–6:05 PM	\$55	101322-02
1/18–2/17	M,W	6:55–7:25 PM	\$55	101322-03
2/22–3/30	M,W	4:15–4:45 PM	\$55	101322-04
2/22–3/30	M,W	5:35–6:05 PM	\$55	101322-05
2/22–3/30	M,W	6:55–7:25 PM	\$55	101322-06

Location: Senior Center

1/24–2/21	Su	4:50–5:20 PM	\$27.50	101422-01
2/28–4/3	Su	5:30–6:00 PM	\$22	101422-02

Level 2

This class builds on level 1 and increases the participant's confidence and safety in the water. Begin to have basic propulsive movements on both front and back. This is the beginning of independent swimming. **Note:** Class partially discountable. Class will not be held on 3/14, 3/15, 3/16, 3/17, 3/19, 3/20, 3/27.

Age: 6–12 years

Location: Mulberry Pool

1/19–2/18	Tu,Th	4:55–5:25 PM	\$55	101224-01
1/19–2/18	Tu,Th	6:15–6:45 PM	\$55	101224-02
1/19–2/18	Tu,Th	6:55–7:25 PM	\$55	101224-03
2/23–3/31	Tu,Th	4:15–4:45 PM	\$55	101224-04
2/23–3/31	Tu,Th	6:15–6:45 PM	\$55	101224-05
2/23–3/31	Tu,Th	6:55–7:25 PM	\$55	101224-06
1/23–2/20	Sa	9:00–9:30 AM	\$27.50	101224-07
1/23–2/20	Sa	10:20–10:50 AM	\$27.50	101224-08
1/23–2/20	Sa	11:00–11:30 AM	\$27.50	101224-09
2/27–4/2	Sa	8:20–8:50 AM	\$27.50	101224-10

Level 2 continued

2/27-4/2	Sa	9:40-10:10 AM	\$27.50	101224-11
2/27-4/2	Sa	11:00-11:30 AM	\$27.50	101224-12
2/27-4/2	Sa	11:40 AM-12:10 PM	\$27.50	101224-13
1/24-2/21	Su	3:55-4:25 PM	\$27.50	101224-14
1/24-2/21	Su	5:55-6:25 PM	\$27.50	101224-15
1/24-2/21	Su	6:35-7:05 PM	\$27.50	101224-16
2/28-4/3	Su	3:15-3:45 PM	\$22	101224-17
2/28-4/3	Su	5:15-5:45 PM	\$22	101224-18
2/28-4/3	Su	6:35-7:05 PM	\$22	101224-19

Location: Edora Pool Ice Center

1/18-2/17	M,W	4:15-4:45 PM	\$55	101324-01
1/18-2/17	M,W	4:55-5:25 PM	\$55	101324-02
1/18-2/17	M,W	6:15-6:45 PM	\$55	101324-03
1/18-2/17	M,W	6:55-7:25 PM	\$55	101324-04
2/22-3/30	M,W	4:15-4:45 PM	\$55	101324-05
2/22-3/30	M,W	4:55-5:25 PM	\$55	101324-06
2/22-3/30	M,W	6:15-6:45 PM	\$55	101324-07

Location: Senior Center

1/24-2/21	Su	3:30-4:00 PM	\$27.50	101424-01
1/24-2/21	Su	5:30-6:00 PM	\$27.50	101424-02
2/28-4/3	Su	4:10-4:40 PM	\$22	101424-03

Level 3

Continues to build on skills and confidence. Gain proficiency in several strokes and be introduced to deep water safety and skills. New strokes are introduced along with headfirst entries. Participants at this level are independently swimming. **Note:** Class partially discountable. Class will not be held on 3/14, 3/15, 3/16, 3/17, 3/19, 3/20, 3/27.

Age: 6-12 years

Location: Mulberry Pool

1/19-2/18	Tu,Th	4:15-5:00 PM	\$72.50	101226-01
1/19-2/18	Tu,Th	6:15-7:00 PM	\$72.50	101226-02
2/23-3/31	Tu,Th	4:55-5:40 PM	\$72.50	101226-03
2/23-3/31	Tu,Th	6:15-7:00 PM	\$72.50	101226-04
1/23-2/20	Sa	9:00-9:45 AM	\$36.25	101226-05
1/23-2/20	Sa	11:00-11:45 AM	\$36.25	101226-06
2/27-4/2	Sa	8:20-9:05 AM	\$36.25	101226-07
2/27-4/2	Sa	10:20-11:05 AM	\$36.25	101226-08
1/24-2/21	Su	3:15-4:00 PM	\$36.25	101226-09
1/24-2/21	Su	4:35-5:20 PM	\$36.25	101226-10
2/28-4/3	Su	3:15-4:00 PM	\$29	101226-11
2/28-4/3	Su	5:15-6:00 PM	\$29	101226-12

Location: Edora Pool Ice Center

1/18-2/17	M,W	4:15-5:00 PM	\$72.50	101326-01
1/18-2/17	M,W	6:15-7:00 PM	\$72.50	101326-02
2/22-3/30	M,W	4:15-5:00 PM	\$72.50	101326-03
2/22-3/30	M,W	5:35-6:20 PM	\$72.50	101326-04



FAST

Fort Collins Area Swim Team

- Year round competitive swim program for local, state and national levels
- Pre-competitive program
- High School prep group
- Masters team

FAST practices at EPIC, 1801 Riverside Dr., Ft Collins
fortcollinsareaswimteam.org • 970-372-2744
mike@fortcollinsareaswimteam.org
Member of USA Swimming and Colorado Swimming

NEW! Team Support requirements waived for first year families and entry level practice groups.

Level 4

Continues to build on the skills needed to be a proficient swimmer. Swim basic strokes for longer distances with improved technique while adding additional strokes and safety skills. **Note:** Class partially discountable. Class will not be held on 3/14, 3/15, 3/16, 3/17, 3/19, 3/20, 3/27.

Age: 6-12 years

Location: Mulberry Pool

1/19-2/18	Tu,Th	5:35-6:20 PM	\$72.50	101228-01
2/23-3/31	Tu,Th	4:15-5:00 PM	\$72.50	101228-02
2/23-3/31	Tu,Th	5:35-6:20 PM	\$72.50	101228-03
1/23-2/20	Sa	9:40-10:25 AM	\$36.25	101228-04
1/23-2/20	Sa	10:20-11:05 AM	\$36.25	101228-05
2/27-4/2	Sa	9:00-9:45 AM	\$36.25	101228-06
2/27-4/2	Sa	11:00-11:45 AM	\$36.25	101228-07
1/24-2/21	Su	3:55-4:40 PM	\$36.25	101228-08
1/24-2/21	Su	5:15-6:00 PM	\$36.25	101228-09
2/28-4/3	Su	4:35-5:20 PM	\$29	101228-10
2/28-4/3	Su	5:55-6:40 PM	\$29	101228-11

Location: Edora Pool Ice Center

1/18-2/17	M,W	4:55-5:40 PM	\$72.50	101328-01
1/18-2/17	M,W	5:35-6:20 PM	\$72.50	101328-02
2/22-3/30	M,W	4:55-5:40 PM	\$72.50	101328-03
2/22-3/30	M,W	6:15-7:00 PM	\$72.50	101328-04

Level 5

Develop proficient technique for all six basic strokes. Swim greater distances using each stroke and add correct turns for each stroke. Continue to increase safety knowledge in all aquatic environments. **Note:** Class partially discountable. Class will not be held on 3/20, 3/27.

Age: 6–12 years

Location: Mulberry Pool

1/19–2/18	Tu,Th	4:55–5:40 PM	\$72.50	101230-01
1/23–2/20	Sa	8:20–9:05 AM	\$36.25	101230-02
2/28–4/3	Su	3:55–4:40 PM	\$29	101230-03

Fort Collins Area Swim Team

Ready to swim FAST? Swimmers who have passed Level 5 are encouraged to join Fort Collins Area Swim Team for an introduction to the sport of competitive swimming. Improve on Olympic strokes, increase speed, and efficiency – all in a fun team environment.

Visit fortcollinsareawimteam.org to register.

Age: 6–12 years

Location: Edora Pool Ice Center

Adult Learn to Swim**Adult – Learning the Basics**

Introduces basic aquatic skills and swimming strokes, including the front crawl, breaststroke and elementary backstroke. **Note:** Class partially discountable.

Age: 15 years & up

Location: Edora Pool Ice Center

1/18–2/17	M,W	6:55–7:40 PM	\$72.50	101338-01
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Location: Senior Center

1/24–2/21	Su	4:50–5:35 PM	\$36.25	101438-01
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Adult – Improving Skills and Strokes

Improve proficiency in basic aquatic skills and the six basic swimming strokes; the butterfly stroke is optional. **Note:** Class partially discountable. Class will not be held on 3/14, 3/16 at EPIC; 3/20, 3/27 at Senior Center.

Age: 15 years & up

Location: Edora Pool Ice Center

2/22–3/30	M,W	6:55–7:40 PM	\$72.50	101339-01
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Location: Senior Center

2/28–4/3	Su	4:50–5:35 PM	\$29	101439-01
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Advanced Blended Learning

Advanced 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, and 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 are emailed; provide a valid email address when registering). To gain access to the online lessons, participants need to pay with a credit card for their course certification fees. No refunds are given for course certification fees for participants who cannot pass the pre-course 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 is a skills test on the first day; continuation depends on passing. E-book included; \$35 certification fee not included.

Lifeguard Training

This American Red Cross course provides entry-level lifeguard participants with the knowledge and skills to prevent, recognize, and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries, and sudden illnesses until EMS personnel take over. Online class content is 7 hrs. 25 min. **Note:** Must attend all classes. Skill test on first day; continuation depends on passing. E-book and mask included; \$35 certification fee is not. Class not discountable.

Age: 15 years & up

Location: Edora Pool Ice Center

12/26–12/30	Sa,Su,M,Tu,W	9:00 AM–2:00 PM	\$200	101340-01
1/29	F	3:30–8:30 PM	\$200	101340-02
1/30–2/7	Sa,Su	9:00 AM–2:00 PM		

Lifeguard Instructor

Instructor candidates are trained to teach American Red Cross life-guarding. Develop an understanding of how to use the course material, methods, conduct training sessions, and evaluate participants' progress. Must possess a current ARC LGT/FA/CPR/AED certification. Online class content is 2 hrs. 30 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

2/26	F	4:00–8:00 PM	\$117	101342-01
2/27–2/28	Sa,Su	9:00 AM–4:00 PM		

LEGEND

NW	Denotes no web registration for program
M	Denotes program/activity has special membership pricing
H	Health and Wellness program
ARO	Denotes Adaptive Recreation Opportunity program

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. Learn the basics 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 at 1.855.557.2822 prior to class start. Additional required paperwork must be completed to participate. Class not discountable.

Age: 10 years & up

Location: Edora Pool Ice Center

12/5	Sa	10:00 AM–12:30 PM	\$35	101352-01
1/2	Sa	10:00 AM–12:30 PM	\$35	101352-02
1/30	Sa	10:00 AM–12:30 PM	\$35	101352-03
2/27	Sa	10:00 AM–12:30 PM	\$35	101352-04

Scuba Challenge

This is for the experienced diver who wants to practice up on their skills. Challenges are set-up and include some dryland information.

Note: Fees required for air and weights; payable night of to CSDA: \$10 own gear, \$15 gear supplied. Must have current certification.

Age: 10 years & up

Location: Edora Pool Ice Center

12/21	M	6:00–9:00 PM	\$6	101356-01
1/18	M	6:00–9:00 PM	\$6	101356-02
2/22	M	6:00–9:00 PM	\$6	101356-03



Underwater Hockey

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 learn the basics of underwater hockey. Masks, fins, snorkel, and hockey stick provided. **Note:** Punch passes are available at a discount. Cost is per day.

Age: 14 years & up

Ongoing	M	8:00–9:30 PM	\$6
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◀ARO The City of Fort Collins will make reasonable accommodations for persons with disabilities to access to City services, programs, and activities. For more information about these resources, and additional Adaptive Recreation Opportunities, see page 24.

GIVE THE GIFT OF Recreation

This holiday season, give the gift of recreation. Card holders can register for a fitness class, recreation program or to stop in to use a facility. With hundreds of options, from Spin classes to pottery workshops, and swim lessons to cooking courses, the Recreation Gift Card really is the perfect gift for everyone.

Visit fcgov.com/recreation for more information.

Arts & Crafts

Get Involved

Senior Center Exhibits

Call to artists, crafters and collectors interested in displaying their pieces. The Senior Center showcases both historical and contemporary artworks and collections by local, regional, national and international artists, art faculty, students, patrons, and emerging and established artists. Exhibits represent a great diversity and change regularly. Exhibits are open to the public and free of charge. Work may be for sale.

The Senior Center is currently accepting submissions for photography pieces to be displayed along the walls of the track in the fitness area. Photos are enlarged and presented on a rotational basis.

Arts and Crafts Volunteers

Volunteers are needed to help oversee the operation of a woodshop and general arts and crafts studio, as well as serve as arts and crafts teachers.

Visual Arts Committee Volunteers

Visual Arts Committee Members attend monthly meetings and special engagements as necessary. Members are participatory in the setup and takedown of shows, displays, and decisions regarding visual aspects related to art in and around the Fort Collins Senior Center.

Teachers

Proposals from new skilled arts and crafts instructors welcome.

Contact

Contact Steve Dietemann at 970.224.6028, sdietemann@fcgov.com for more information about exhibits, teaching and volunteering.

Adult

Drawing

Drawing Animals

Learn to recreate the amazing world of animals and make them into beautiful art. This class focuses on animal anatomy including facial features. Students can work from their own or instructor-provided reference material and are guided toward improving their skills in creating life-like animal drawings. **Note:** Supply list available at registration; approximate cost is \$30–50.

Age: 18 years & up

Location: Senior Center

1/15–2/19	F	1:00–3:00 PM	\$53	103405-01
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Fiber Arts

Felting

Learn needle technique methods, tools, and how to make handcrafted figures, dolls, pictures, or animals with wool roving. These soft sculptures measure roughly 4"–6" tall. **Note:** All supplies provided. Class partially discountable.

Age: 14 years & up

Location: Senior Center

Felting, Angels

12/12	Sa	9:00 AM–Noon	\$27	103436-01
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Felting, Gnomes

1/16	Sa	9:00 AM–Noon	\$27	103436-02
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Felting, Fairies

2/13	Sa	9:00 AM–Noon	\$27	103436-03
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Quilting Quorum – M

All levels of quilters 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, such as offering quilts for people in need. Meet other local quilters, swap tips, and share techniques and a common interest in quilting. **Note:** No instructor. Sewing machines, mats, cutters and material available.

Age: 18 years & up

Location: Senior Center

9/3–11/20	F	1:00–3:00 PM	No Fee	
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General Arts

C.H.A.T. (Crafts Hobbies Arts Time) – M

Enjoy a relaxed atmosphere where you can meet new friends and share an enthusiasm for arts and crafts. Open for scrapbooks, crochet, watercolor and knitting. **Note:** No instructor provided. Learn from others and discuss the many aspects of different art related hobbies and crafts. No fee, but must be a Senior Center member. Class will not be held on 12/31, 12/24.

Age: 18 years & up

Ongoing	W	1:00–3:00 PM	No Fee	
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Open Shop – M

Come to Open Shop to use workspace and tools. Tools are available for jewelry making, stained glass, and woodworking. Also available are scroll saws, wood lathes and other wood related tools, and 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. **Note:** No fee, but must be a Senior Center member. Class will not be held on 12/24, 12/25, 12/31, 1/1.

Age: 18 years & up

Location: Senior Center

12/1–2/23	Tu	8:00 AM–Noon	No Fee	
12/2–2/24	W	1:00–5:00 PM	No Fee	
12/3–2/15	Th	6:00–10:00 PM	No Fee	

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healthinfo
source.com

A comprehensive guide to local health-care providers, topics and events.

continuously updated
no log-in required
completely free

A service of the Health District of Northern Larimer County and Larimer County Department of Health and Environment.

Jewelry

Jewelry, Beginning

Concentrate on cutting and piercing with a jeweler's saw, filing, soldering, and proper techniques for polishing and finishing. This class is for those with no metal experience, as well as those just wanting to get back in to it. **Note:** Tools and some supplies provided. Supply list available at registration; approximate cost is \$55–\$80. Class partially discountable.

Age: 18 years & up

Location: Senior Center

1/12–2/23	Tu	5:30–7:30 PM	\$95	103486-01
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Jewelry, Fold Forming & Cold Connections

Prerequisite: Beginning Jewelry. Learn the lost wax process in casting. Concentration is given to wax carving and forming, spruing, casting of the investment, burning out, and centrifugal casting. Attention to the finishing and surface treatment techniques is also covered so you can create exquisitely finished cast pieces. **Note:** Supply list available at registration. Supply cost varies with project choice; approximate cost is \$10–\$85.

Age: 18 years & up

Location: Senior Center

1/12–2/23	Tu	7:45–9:45 PM	\$99	103488-01
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Painting

Painting, Bob Ross Style

Complete a finished painting in one day using the Bob Ross painting technique while our certified Bob Ross instructor teaches you about the use of different brushes, a palette knife, mixing colors, and the manipulation of certain special paints. If you have all of your own Bob Ross supplies, there is a \$15 reduced fee. **Note:** Bring a roll of paper towels; other supplies provided. One month prior to the start of class an example can be seen at the Senior Center. Class not discountable.

Age: 18 years & up

Location: Senior Center

Painting, Landscape

12/3	Th	9:00 AM–3:30 PM	\$60	103427-01
1/14	Th	9:00 AM–3:30 PM	\$60	103427-02
2/11	Th	9:00 AM–3:30 PM	\$60	103427-03

Painting, Beginning Acrylic

This entry-level course covers 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. **Note:** Supply list available at registration; approximate cost is \$30–\$50.

Age: 18 years & up

Location: Senior Center

12/7–12/14	M	1:00–3:00 PM	\$20.50	103446-01
1/4–1/25	M	1:00–3:00 PM	\$37	103446-02
2/1–2/29	M	1:00–3:00 PM	\$45.25	103446-03
12/3–12/17	Th	6:30–8:30 PM	\$28.74	103446-04
1/7–1/28	Th	6:30–8:30 PM	\$37	103446-05
2/4–2/25	Th	6:30–8:30 PM	\$37	103446-06

Painting, Non-Traditional Acrylic

Finish four canvas paintings using acrylic paints, brushes, non-traditional tools, unusual additions, and techniques. This class incorporates color psychology, paint application, and lots of your creativity to finish a painting, each class! **Note:** Supply list available at registration.

Age: 18 years & up

Location: Senior Center

1/19–2/9	Tu	1:00–3:00 PM	\$49	103448-01
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Porcelain Painting, Intermediate

The instructor demonstrates 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. **Note:** Firing of work included in the course fee. Painting supplies not included.

Age: 18 years & up

Location: Senior Center

12/2–12/16	W	9:00–11:30 AM	\$31.50	103471-01
1/6–1/27	W	9:00–11:30 AM	\$42	103471-02
2/3–2/24	W	9:00–11:30 AM	\$42	103471-03

Porcelain Painting, Advanced

The classes offer one-on-one hands-on instruction, as well as group demonstrations. In the classes, attention is given to advanced brush techniques and creating the image while observing color, value, and using specific different techniques. **Note:** Firing of work included in the course fee. Painting supplies not included.

Age: 18 years & up

Location: Senior Center

12/2–12/16	W	1:00–3:30 PM	\$36	103472-01
1/6–1/27	W	1:00–3:30 PM	\$48	103472-02
2/3–2/24	W	1:00–3:30 PM	\$48	103472-03

Paper Arts**Calligraphy Beginning**

Learn the art of beautiful writing and add a personal touch to your scrapbooks, journals, notes, and invitations. Use a broad edge pen to write the italic hand and get ideas for using your new skill. Class includes discussion about materials, layout and design, and a brief history of writing. **Note:** Good handwriting is NOT a prerequisite! Supply list available at registration; approximate cost is \$20. Class partially discountable.

Age: 16 years & up

Location: Senior Center

1/25–2/29	M	9:00–11:30 AM	\$69	103409-01
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Non-Adhesive Bookbinding Workshop

Make your own soft cover journal that is perfect for recording everything from your travel adventures to your garden notes. Participants learn the basics of sewing a multiple signature book as they make their own journal. **Note:** Bring a pencil, scissors, and a bone folder. All other materials provided.

Age: 18 years & up

Location: Senior Center

2/6	Sa	9:00 AM–4:00 PM	\$38	103413-01
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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. **Note:** Supplies and pattern provided.

Age: 18 years & up

Location: Senior Center

1/23	Sa	9:00 AM–12:30 PM	\$33	103415-01
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Photography**Photography, Beginning**

Designed for those that have a high-end digital camera or a 35mm SLR camera with interchangeable lenses and filters. Lectures and demos teach camera operations, lenses, equipment, films, filters, depth of field, and bracketing. Composition and photo products are covered. **Note:** Bring a functional digital or 35mm SLR camera and its manual to class. A field trip on Saturday after the start of class gives practical experience.

Age: 18 years & up

Location: Senior Center

1/13–1/27	W,Sa	6:00–9:00 PM	\$49	103430-01
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Photography, Intermediate & Advanced

Advanced creative techniques are covered for specific genres including landscape, wildlife, night and close-up photos. Most applications and techniques apply to both film and digital photography.

Note: Bring a functional digital or 35mm SLR camera and its manual to class. Basic understanding of your camera and photography, either digital or regular film, required.

Age: 16 years & up

Location: Senior Center

2/10–2/24	W	6:00–9:00 PM	\$44	103431-01
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Woodworking**Woodworking, Beginning**

Learn the use of basic woodworking tools and their proper setup and maintenance. Create a basic project that requires the use of the special skills you have learned. This class gives you the knowledge and basics so you can work in the Open Shop. Discussion of the different materials and finishes is covered. **Note:** Some supplies provided. Supply list available first day of class; approximate cost is \$20–\$30. Class partially discountable.

Age: 18 years & up

Location: Senior Center

1/13–2/17	W	7:00–9:00 PM	\$90	103490-01
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Woodburning, Beginning

Open to all skill levels, this class offers an introduction to woodburning. Learn the proper use and care of burning tools, the best types of woods to work with, and how to prepare them. The class also covers burning on three dimensional objects.

Note: All supplies provided.

Age: 18 years & up

Location: Senior Center

1/7–1/14	Th	9:00 AM–Noon	\$43	103494-01
2/11–2/18	Th	9:00 AM–Noon	\$43	103494-02

Holiday Wooden Ornaments

Start a new holiday tradition making wooden ornaments with a scroll saw. You can personalize them with family, friend, or kid names, and create specialized shapes. No experience necessary. **Note:** All supplies provided.

Age: 18 years & up

Location: Senior Center

12/12	Sa	9:00 AM–1:00 PM	\$39.50	103495-01
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Pottery

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

For adult classes, the first 25 lbs. of clay is provided. More clay can be purchased at the Studio for \$22. Only clay purchased from the Pottery Studio is fired. A basic tool kit (\$12) needs to be purchased at the first class if you don't already own your own hand tools. Large tools and project specific tools are provided, as well as a slab-roller and two extruders with many different dies. Glazes, slips, stains and engobes provided. Specialty tools and higher end hand tools are also available for purchase. **Note:** All work must be accomplished at the Studio. Production work is not permitted.

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 lbs. of clay. Lab hours are for adults only. Open lab times are not available for students enrolled in the Sampler Class. See page 41 to register for Lab Time.

Pottery Pals

Pottery Pals generously donate their time and talents to help with special events and studio activities. New members welcome.

Work Study

Offered to individuals who have been enrolled in pottery and wish to learn more about the pottery process. Work Study participants may perform specific studio activities in exchange for class time.

Parents or Grandparents & Children Together

Classes specifically geared for a parent or grandparent to work together with a child on pottery projects. Projects vary per class. See page 42.

Birthday Parties

At the Pottery Studio, we teach the steps and processes that clay goes through to create a masterpiece, as well as provide a tour of the facility. Attendees enjoy working with clay and instruction to make a creation of their very own.

Duration is about 90 minutes; tailored packages available. Cost is \$14 per child (5 children minimum); non-discountable. With 10 kids or more, the birthday child is free.

Scout Badges

Boy and Girl Scouts can learn the fundamentals of clay while completing their badge requirements. Scouts go on a tour and see the workings of a Pottery Studio, as well as create a piece that they can personalize with their own creativity. Cost is \$14 per child (5 children minimum). Class not discountable.

Private Instruction

Private pottery lessons are available for all levels interested in having one-on-one time to rapidly develop skills and knowledge. Fees vary depending on the program. Class not discountable.

Pottery Studio Welcomes New Director!

Congratulations and welcome to Dennis Steiner, our new Pottery Studio Director. Dennis is stepping in for Pat Dietemann, recently retired Pottery Studio Director for many years.

Adult Pottery Classes

Pottery Sampler

Create while learning the techniques of clay. Be introduced to handbuilding and wheel-throwing, as well as glazing and studio operation. If you have always wanted to know about pottery, join this introductory class. **Note:** There is no lab offered with this class. All materials and tools provided; clay provided as needed.

Age: 18 years & up

Location: Pottery Studio

1/9–2/6	Sa	12:15–2:15 PM	\$49	104870-01
2/13–3/12	Sa	12:15–2:15 PM	\$49	104870-02

Pottery, Beginning Wheel/Handbuilding

This class is for students who have never had pottery. Learn about clay, tools, and glazing, and the basic skills, techniques, and principles involved in pottery. The primary emphasis of class is using the potter's wheel as a tool. Some handbuilding is covered.

Age: 18 years & up

Location: Pottery Studio

1/4–3/7	M	9:00–11:00 AM	\$149	104850-01
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Pottery, Beginning Plus Wheel/Handbuilding

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

Age: 18 years & up

Location: Pottery Studio

1/4–3/7	M	8:00–10:00 PM	\$149	104855-01
1/6–3/9	W	5:45–7:45 PM	\$149	104855-02
1/7–3/10	Th	9:00–11:00 AM	\$149	104855-03

Pottery, Intermediate Wheel/Handbuilding

Prerequisite: Beginning Wheel/Handbuilding or equivalent. Try more complex ceramic and pottery techniques. Expression and exploration of form is taught. Intermediate students must have experience working with clay and should know the principles of the wheel.

Age: 18 years & up

Location: Pottery Studio

1/5–3/8	Tu	5:30–7:30 PM	\$149	104860-01
1/6–3/9	W	9:00–11:00 AM	\$149	104860-02

Pottery, Advanced Wheel/Handbuilding

Prerequisite: Intermediate Wheel or Equivalent. Look 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.

Age: 18 years & up

Location: Pottery Studio

1/7–3/10	Th	5:30–7:30 PM	\$149	104865-01
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Cool Clay

Explore imaginative methods of handbuilding while using extruders, slab rollers, various textures, and forms. Push the traditional boundaries of utilitarian clay, as well as focus on functionality. **Note:** This class is for all levels.

Age: 18 years & up

Location: Pottery Studio

1/8–2/5	F	6:00–8:00 PM	\$75	104880-01
2/12–3/11	F	6:00–8:00 PM	\$75	104880-02

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 using some of the more exotic tools like extruders, slab rollers, and incorporating various textures for rich surfaces. **Note:** This class is for all levels.

Age: 18 years & up

Location: Pottery Studio

1/8–3/11	F	9:00–11:00 AM	\$149	104885-01
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Handbuilding Expression

Students explore three-dimensional form in clay using handbuilding techniques as they relate to sculpture. Create moderate-sized pieces within the framework of ceramic construction. Use additive and subtractive methods in clay to explore line and form, integrated with design and shape relationships. **Note:** This class is for all levels.

Age: 18 years & up

Location: Pottery Studio

1/6–3/9	W	6:00–8:00 PM	\$149	104875-01
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Holiday Pottery

Make personal and unique holiday decorations such as Santa centerpieces, holly hotplates, and holiday candleholders. Projects are finished in fun, bright colors and will be ready for you to enjoy in your home or give as gifts. **Note:** No previous experience necessary. Class will not be held on 11/24, 11/26, 11/28.

Age: 18 years & up

Location: Pottery Studio

11/17–12/3	Tu,Th	6:00–9:00 PM	\$74	104895-01
11/21–12/5	Sa	9:00 AM–Noon		

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 provided. The Studio is open for 20 hours of lab time per week; students may use up to 10 hours of lab time per week. **Note:** Lab fee includes 25 lbs. of clay. Lab hours are for adults only. Open lab times are not available for students enrolled in the Sampler Class.

Age: 18 years & up

Location: Pottery Studio

1/4–3/11	M,W,Th,F	11:00 AM–2:00 PM	\$149	104899-01
1/5–3/12	Tu,Sa	9:00 AM–Noon		
1/5–3/10	Tu,Th	7:30–10:00 PM		

Youth Pottery Classes**Pottery, Child Handbuilding**

Youngsters make interesting clay projects while learning various methods of forming and glazing clay. The projects are constantly being varied, so it is possible to reregister for classes as many times as you wish. **Note:** Fee includes all tools and materials. Lab time not included.

Age: 6–9 years

Location: Pottery Studio

1/4–2/1	M	4:00–5:30 PM	\$48	104805-01
1/6–2/3	W	4:00–5:30 PM	\$48	104805-02
2/8–3/7	M	4:00–5:30 PM	\$48	104805-03
2/10–3/9	W	4:00–5:30 PM	\$48	104805-04

Pottery, Youth Wheel and Handbuilding

Emphasis is on students learning basic potter's wheel skills. Handbuilding, as well as other skills and techniques, are taught. **Note:** Fee includes all tools and materials. Lab time not included.

Age: 10–12 years

Location: Pottery Studio

1/7–3/10	Th	3:45–5:15 PM	\$89	104810-01
1/8–2/5	F	4:00–5:30 PM	\$48	104810-02
2/12–3/11	F	4:00–5:30 PM	\$48	104810-03

Pottery, Teen Wheel and Handbuilding

Participants enrolled in this program learn potter's wheel skills, handbuilding, glazing, and decorating techniques. **Note:** Fee includes all tools and materials. Lab time not included.

Age: 13–17 years

Location: Pottery Studio

1/5–2/2	Tu	3:45–5:15 PM	\$48	104815-01
2/9–3/8	Tu	3:45–5:15 PM	\$48	104815-02

Child with Parent Classes**Pottery, Parent & Tot, Handbuilding**

Parent and child combine their talents in this unique pottery class. The projects are constantly being varied, so it is possible to reregister for classes as many times as you wish. **Note:** Fee includes all tools and materials. One parent per youth. Lab time not included.

Age: 3–5 years

Location: Pottery Studio

1/5–2/2	Tu	12:30–1:30 PM	\$34	104801-01
1/6–2/3	W	2:45–3:45 PM	\$34	104801-02
1/9–2/6	Sa	2:30–3:30 PM	\$34	104801-03
2/9–3/8	Tu	12:30–1:30 PM	\$34	104801-04
2/10–3/9	W	2:45–3:45 PM	\$34	104801-05
2/13–3/12	Sa	2:30–3:30 PM	\$34	104801-06

**Pottery, Parent & Child Handbuilding – NW**

You and your youngster work together at the Pottery Studio and share a creative experience. **Note:** The fee includes all tools and materials. One parent per youth; each additional youth is \$44.50. Lab time not included.

Age: 6–9 years

Location: Pottery Studio

1/9–2/6	Sa	3:45–5:15 PM	\$89	104835-01
2/13–3/12	Sa	3:45–5:15 PM	\$89	104835-02

Pottery, Parent Teen and Youth Wheel and Handbuilding – NW

You and your child to work together at the Pottery Studio and share a creative experience. **Note:** The fee includes all tools and materials. One parent per youth; each additional youth is \$44.50. Lab time not included.

Age: 10–17 years

Location: Pottery Studio

1/8–2/5	F	5:45–7:15 PM	\$133.50	104845-01
2/12–3/11	F	5:45–7:15 PM	\$133.50	104845-02

Parent & Child Art & Crafts**Art Start with Parent**

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. This is a parent participation class; parent participation is optional.

Age: 18 months–2 years

Location: Mulberry Pool

1/6–1/27	W	9:00–10:00 AM	\$49	117283-01
2/3–2/24	W	9:00–10:00 AM	\$49	117283-02

Youth Arts & Crafts**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.

Age: 3–5 years

Location: Mulberry Pool

1/6–1/27	W	10:30–11:30 AM	\$49	117217-01
2/3–2/24	W	10:30–11:30 AM	\$49	117217-02

You Can Paint the Zoo

Beautiful and amazing animals are wonderful inspirations for art. Fun with clay, crafts, and collage.

Age: 3–5 years

Location: Mulberry Pool

2/3–2/24	W	1:00–2:30 PM	\$59	116521-01
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Art Studio for Preschoolers

Discover your inner artist! For this winter's studio, we 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

Collage

1/5	Tu	9:30–11:00 AM	\$10	116206-01
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Water Color

1/12	Tu	9:30–11:00 AM	\$10	116206-02
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Clay

1/19	Tu	9:30–11:00 AM	\$15	116206-03
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Paint

1/26	Tu	9:30–11:00 AM	\$10	116206-04
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Crayon Resist

2/2	Tu	9:30–11:00 AM	\$10	116206-05
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Valentine's Day

2/9	Tu	9:30–11:00 AM	\$10	116206-06
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Clay

2/16	Tu	9:30–11:00 AM	\$15	116206-07
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Beading

2/23	Tu	9:30–11:00 AM	\$13	116206-08
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Art Like an Egyptian

Take a trip through ancient Egypt. Discover pharaoh masks, mummies, and ancient hieroglyphs.

Age: 4–8 years

Location: Mulberry Pool

2/15	M	9:00 AM–Noon	\$49	116213-01
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Art Studio

Discover your inner artist! For this winter's studio, we 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

Collage

1/5	Tu	4:30–6:00 PM	\$10	116207-01
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Water Color

1/12	Tu	4:30–6:00 PM	\$10	116207-02
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Clay

1/19	Tu	4:30–6:00 PM	\$15	116207-03
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Paint

1/26	Tu	4:30–6:00 PM	\$10	116207-04
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Crayon Resist

2/2	Tu	4:30–6:00 PM	\$10	116207-05
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Valentine's

2/9	Tu	4:30–6:00 PM	\$10	116207-06
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*Art Studio continued***Clay**

2/16	Tu	4:30–6:00 PM	\$15	116207-07
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Beading

2/23	Tu	4:30–6:00 PM	\$13	116207-08
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ARTrageous CreARTions

A sampling of artists and movements. Mold “Munch-esque” masks from clay, move to jazz, explore Matisse style collage, and create Picasso's guitars.

Age: 6–12 years

Location: Mulberry Pool

2/3–2/24	W	4:30–6:30 PM	\$59	116209-01
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Dream Weaver

Be inspired to daydream. Explore creative ways in which our dreams can inspire art. Create dream catchers to capture nightmares and dream boxes using found objects.

Age: 6–12 years

Location: Mulberry Pool

1/18	M	9:00 AM–Noon	\$49	116217-01
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Totally Totems

Inspired by the beautiful totems of the Native Americans from the Pacific Northwest. Using various mediums, artists explore stories based on their imaginary adventures to create these amazing art forms.

Age: 6–12 years

Location: Mulberry Pool

1/6–1/27	W	4:30–6:30 PM	\$59	116215-01
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Cupcakes 'n Canvas

Using bright bold colors, this class is geared towards teaching young artists the joy of painting. We paint on canvas while enjoying cupcakes. **Note:** Please note food allergies when registering.

Age: 8–12 years

Location: Mulberry Pool

1/18	M	1:00–2:30 PM	\$25	116243-01
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2/15	M	1:00–2:30 PM	\$25	116243-02
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Duct Tape Designs

Have fun creating fun craft projects using duct tape. **Note:** Class partially discountable.

Age: 8–12 years

Location: Northside Aztlan Center

1/16	Sa	1:00–3:00 PM	\$19	116540-01
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Fun with Shrinky Dinks

Color beautiful art designs, crazy aliens, animals, or flowers and shrink them down in the oven. Have fun creating with this 80's throwback!

Age: 8–12 years

Location: Northside Aztlan Center

2/20	Sa	1:00–3:00 PM	\$20	116545-01
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Bicycling

Welcome to our recently added bicycling section of the Recreator. Find classes and events hosted by the City of Fort Collins bicycling and recreation programs including: FC Bikes, FC Bikes Bicycle Ambassador Program, Safe Routes to School, and City of Fort Collins-Recreation Department. Come learn and play with us on two wheels and keep Fort Collins bicycling fun, friendly, and safe.

For more information about bicycle programming through the City of Fort Collins, visit:

- bicycleambassadorprogram.org
- fcgov.com/saferoutes
- fcgov.com/fcbikes

For bicycle and helmet requests, and questions regarding classes, contact 970.221.6987 or info@bicycleambassadorprogram.org.

Bicycling Classes

Cycling in Winter

Interested in riding year-round, but not sure how to prepare for the colder season? Learn tips and techniques to help you ride safely, confidently, and comfortably. Topics include what to wear, what to ride, safe winter bike handling, route selection, and winter bike maintenance.

Age: 14 years & up

Location: Northside Aztlan Center

12/7	M	6:30–8:00 PM	No Fee	409596-04
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Cycle Touring Basics

Pedal to your next faraway destination! Learn about which bikes can be used for touring, the various types of panniers and trailers, camping equipment, and clothing. Discuss training, bike touring maps, and other essential resources to get you out on your first bike tour.

Age: 14 years & up

Location: Edora Pool Ice Center

1/12	Tu	6:30–8:00 PM	No Fee	109593-01
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Location: Northside Aztlan Center

2/3	W	6:30–8:00 PM	No Fee	109593-02
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Sharing the Road with Cyclists

Do you ever wonder how to safely navigate roads when cyclists are present? In this presentation we discuss traffic safety laws and responsibilities for both cyclists and motorists, shared responsibilities, and how to avoid crashes or conflicts.

Age: 16 years & up

Location: Northside Aztlan Center

2/11	Th	4:30–6:00 PM	No Fee	109592-01
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Location: Edora Pool Ice Center

3/7	M	4:00–5:30 PM	No Fee	109592-02
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Location: Foothills Activity Center

3/30	W	7:00–8:30 PM	No Fee	109592-03
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BIKE WINTER

GEAR UP FOR WINTER BICYCLING!

- Classes to Learn to Cycle Year-Round
- Free Bike Lights at “Light Up the Night” Events
- Winter Bike to Work Day – Wed. Dec. 9th
- Bike Winter Social Media Photo Contest
 - View Holiday Lights by Bike
- Bike Winter Celebration – Fri. Feb. 5th

FCGOV.COM/BIKEWINTER

City of Fort Collins
FCBIKES

Everyday Cycling

Whether you are traveling to work, running errands, or traveling to visit friends, you can Go By Bike! Learn the benefits of using a bike for transportation and how to make it possible. Learn what to ride, what to wear, what to carry, how to carry it, route selections, and safety techniques.

Age: 10 years & up

Location: Northside Aztlan Center

2/11	Th	7:00–8:30 PM	No Fee	109591-01
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Location: Edora Pool Ice Center

3/7	M	6:30–8:00 PM	No Fee	109591-02
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Location: Foothills Activity Center

3/30	W	4:30–6:00 PM	No Fee	109591-03
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Smart Cycling

Formerly Traffic Skills 101, this fun course is for beginners, returning, and seasoned cyclists. Gain confidence to ride safely and legally in traffic or on trails. Learn on-bike handling skills, crash avoidance techniques, and how to conduct bicycle safety checks. **Note:** Bikes and helmets provided if unable to bring your own; request in advance.

Age: 14 years & up

Location: Westbridge Medical Suites

2/20	Sa	8:15 AM–4:30 PM	No Fee	109590-01
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3/26	Sa	8:15 AM–4:30 PM	No Fee	109590-02
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Special Events

Bike Winter Photo Contest

Snap a photo of your first winter ride and submit it to the FC Bikes Bicycle Ambassador Program. Photos are posted on the FC Bikes Facebook page. Then, the photographers who snapped the photos with the most likes will win cool prizes! Photos will be on display at the Bike Winter Celebration on 2/5.

Note: Photos are due 1/5. Prizes for 1st, 2nd, and 3rd place. Submit photos to info@bicycleambassadorprogram.org. Visit fcgov.com/bikewinter for more info.

Age: All

Location: 281 N. College Ave.
11/1–1/5

Light Up the Night

Did you know that front lights are required on bicycles at night? Are you in need of a light? Stop by one of our “Light Up the Night” events to receive important cycling related information and a free light to keep you riding bright (while supplies last).

Age: All

Location: Northside Aztlan Center

12/7 M 6:00–8:30 PM

Winter Bike to Work Day

The 9th annual Winter Bike to Work Day is coming December 9! Similar to the Summer edition, Winter Bike to Work Day – organized by FC Bikes – features stations throughout Fort Collins that provide breakfast, coffee, bike repairs, and fun to reward those who arrive by bike. **Note:** For more information, visit fcgov.com/bikewinter.

Age: All

12/9 W 7:00–9:30 AM

Holiday Lights by Bike

Join the FC Bikes Bicycle Ambassadors for a tour of some of the best holiday lights in the city – by bike! Enjoy hot drinks and treats after the tour. **Note:** Bike and helmet required. Participants must be able to ride 6 miles round-trip.

Age: All

Location: 281 N. College Ave.

12/19 Sa 6:45–9:00 PM No Fee 409598-01

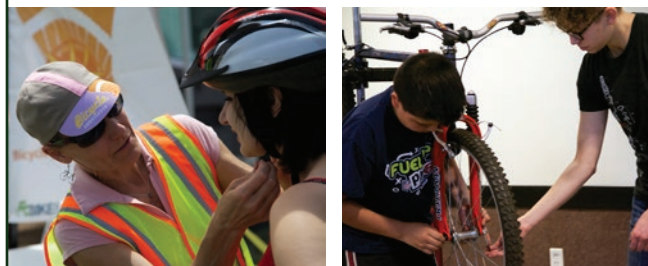
Bike Winter Celebration

Celebrate year-round cycling! Join us for festivities and to see the Bike Winter Photo Contest exhibit. **Note:** Visit fcgov.com/bikewinter for location and additional information about the celebration.

2/5 6:00–9:00 PM



Learn! Educate! Advocate!
for a better cycling community



The FC Bikes Bicycle Ambassador Program (BAP) aims to make Northern Colorado the safest and best place to ride a bike. You can become a Bicycle Ambassador or take advantage of the numerous classes and programs offered by BAP.

Be a Bicycle Ambassador

- Learn bike safety and how to teach cycling-related curriculum through comprehensive training
- Educate cyclists and motorists about cycling-related topics in classes, at events and in the field
- Identify and report infrastructure opportunities for better cycling conditions

Learn from Bicycle Ambassadors

- Bicycle safety, skills and instructional classes for individuals and communities
- Lunch and Learn presentations at businesses on a variety of cycling-related topics
- Neighborhood bike education and events



BicycleAmbassadorProgram.org
970-221-6987
info@bicycleambassadorprogram.org

Dance & Movement

Adult

Belly Dancing

Belly Dancing Beginning

Get a great workout as you learn an ancient dance form, belly dance! Learn fast and slow movements, work with finger cymbals and veils, create mini choreographies, and play with all these skills in fun improvisations. Along the way, learn some fascinating tidbits about belly dance and its origin. **Note:** Wear yoga/exercise gear, and bring a scarf or sash to tie around your hips.

Age: 18 years & up

Location: Senior Center

1/5–2/2	Tu	7:00–8:00 PM	\$54	106426-01
2/9–3/8	Tu	7:00–8:00 PM	\$54	106426-02

Belly Dancing Continuing

Prerequisite: Completed two sessions of Beginning Belly Dance or instructor approval. Continue to develop your belly dance vocabulary learning more complex movements, combinations, and dance formations. **Note:** Wear yoga/exercise gear, and bring a scarf or sash to tie around your hips.

Age: 18 years & up

Location: Senior Center

1/5–2/2	Tu	8:00–9:00 PM	\$54	106427-01
2/9–3/8	Tu	8:00–9:00 PM	\$54	106427-02

Ballet

Ballet, Beginning

An introduction to classical barre, positions, and steps. Taught by Sarah Manno. **Note:** Ages 13–17 years allowed with instructor approval. Class will not be held on 3/1.

Age: 18 years & up

Location: Club Tico

1/26–3/8	Tu	5:40–6:40 PM	\$40	106102-01
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Ballet, Low-Intermediate

Continuing work on basic technique. Taught by Sarah Manno. **Note:** Ages 13–17 years allowed with instructor approval.

Age: 18 years & up

Location: Empire Grange

1/25–3/7	M	5:45–7:00 PM	\$57	106103-01
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Ballet, Intermediate

A more challenging, ongoing class for experienced dancers. Based on Cecchetti technique. Taught by Sarah Manno. **Note:** Ages 13–17 years allowed with instructor approval.

Age: 18 years & up

Location: Club Tico

1/28–3/10	Th	5:45–7:00 PM	\$57	106104-01
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Dance

West Coast Swing

Learn all the basic 4-, 6-, and 8-count patterns in this partner swing dance! Learn to dance the starter step, side pass, underarm pass, sugar push, tuck, basket whip, and basic whip. All ages welcome. Singles and couples welcome! **Note:** Lessons are 8–9 p.m.; practice dance is 9–9:30 p.m.

Age: All

Location: Senior Center

12/9–12/30	W	8:00–9:30 PM	\$39	106440-01
1/6–1/27	W	8:00–9:30 PM	\$39	106440-02
2/3–2/24	W	8:00–9:30 PM	\$39	106440-03

Zambra Mora

This Spanish dance style combines twisting and flowing moves from North America, with sassy, percussive, flamenco-like moves from southern Spain. Learn the dances and enjoy “zambra”, or the dance party. **Note:** Wear exercise gear and a long full skirt.

Age: 18 years & up

Location: Senior Center

1/15	F	6:30–8:30 PM	\$10	106450-01
2/19	F	6:30–8:30 PM	\$10	106450-02

Line Dance

Line Dance, Starter Class

Designed for people who want to “start” learning to line dance. Learn the basic line dance steps, terminology, and easy choreography.

Note: Participants can pay a drop-in fee prior to attending the class (\$6 per class).

Age: 18 years & up

Location: Senior Center

12/1–12/15	Tu	12:30–1:45 PM	\$13	106436-01
1/5–1/26	Tu	12:30–1:45 PM	\$16	106436-02
2/2–2/23	Tu	12:30–1:45 PM	\$16	106436-03



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

GYMNASTICS GK

970-226-0306 • 2026 Lowe St., Ft. Collins
gk-gymnastics.com

Line Dance, Continued

Designed for the more experienced dancer who thrives on complex choreography. **Note:** Participants can pay a drop-in fee prior to attending the class (\$6/class).

Age: 18 years & up

Location: Senior Center

12/1–12/15	Tu	1:45–3:00 PM	\$13	106437-01
1/5–1/26	Tu	1:45–3:00 PM	\$16	106437-02
2/2–2/23	Tu	1:45–3:00 PM	\$16	106437-03

Modern

Modern Dance

Earthy, sometimes jazzy or lyrical movements follow a balanced warm up for stretching, toning, centering and fun. Taught by Sarah Manno.

Note: Ages 13–17 years allowed with instructor permission. Class will not be held on 3/1.

Age: 18 years & up

Location: Club Tico

1/26–3/8	Tu	6:45–7:45 PM	\$40	106156-01
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Youth

Ballet

Dancing Swans

This pre-ballet/movement class introduces 3–4 year olds to basic dance, movement, and body awareness activities using imagery and imaginative play.

Age: 3–5 years

Location: Club Tico

12/1–12/15	Tu	10:00–10:45 AM	\$25	116170-01
1/5–1/26	Tu	10:00–10:45 AM	\$33	116170-02
2/2–2/23	Tu	10:00–10:45 AM	\$33	116170-03

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 start. **Note:**

This is a child without parent class.

Location: Northside Aztlan Center

Age: 3–4 years

1/8–1/29	F	11:45 AM–12:30 PM	\$44	116563-01
2/5–2/26	F	11:45 AM–12:30 PM	\$44	116563-02
1/9–1/30	Sa	9:00–9:45 AM	\$44	116563-03
2/6–2/27	Sa	9:00–9:45 AM	\$44	116563-04

Age: 4–5 years

1/8–1/29	F	12:45–1:30 PM	\$44	116563-05
2/5–2/26	F	12:45–1:30 PM	\$44	116563-06
1/9–1/30	Sa	Noon–12:45 PM	\$44	116563-07
2/6–2/27	Sa	Noon–12:45 PM	\$44	116563-08

Age: 5–6 years

1/9–1/30	Sa	10:00–10:45 AM	\$44	116563-09
2/6–2/27	Sa	10:00–10:45 AM	\$44	116563-10

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. **Note:** There is no age override on this class.

Grade: K–2

Location: Club Tico

2/1–2/29	M	4:00–5:00 PM	\$42	106101-01
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Petite Ballet

Dedicated dancers begin to learn classical technique in ballet.

Registration deadline is one week prior to class start. **Note:** Please note food allergies when registering.

Age: 7–11 years

Location: Northside Aztlan Center

1/9–1/30	Sa	11:00–11:45 AM	\$44	116564-01
2/6–2/27	Sa	11:00–11:45 AM	\$44	116564-02

General

Dancin' Dumplin's

This class for preschoolers introduces your child to dance rhythms, movement, tumbling, and creativity. Confidence results from this fun-filled class. **Note:** Appropriate attire required: leotard and tights, or t-shirts and shorts.

Location: Foothills Activity Center

Age: 3 years

1/5–2/2	Tu	11:00–11:45 AM	\$41	116755-01
2/9–3/8	Tu	11:00–11:45 AM	\$41	116755-03
3/24–4/21	Th	11:00–11:45 AM	\$41	116755-05
1/8–2/5	F	10:15–11:00 AM	\$41	116755-02
2/12–3/11	F	10:15–11:00 AM	\$41	116755-04
3/25–4/22	F	10:15–11:00 AM	\$41	116755-06

Age: 4–5 years

1/8–2/5	F	9:00–10:00 AM	\$55	116755-07
2/12–3/11	F	9:00–10:00 AM	\$55	116755-08

Dancin' Dumplin's Recital

This extended version of our regular Dancin' Dumplin's class ends with your child participating in a recital given for friends and family. Class focus is on the recital performance. Rehearsal is 5/20 at 4 p.m.; recital is 5/21 at 1:30 p.m. Date and time to be announced during class. **Note:** Appropriate attire is required: leotard and tights or t-shirt and shorts. Fee includes recital costume.

Age: 4–5 years

Location: Foothills Activity Center

3/22–5/10	Tu	11:00 AM–Noon	\$103	116759-01
3/25–5/13	F	9:00–10:00 AM	\$103	116759-02

Just Dance

Just Dance is a combination dance class: ballet warm up for technique, gymnastics for alignment, and jazz dance combos for rhythm. Emphasis is on fun!

Age: 5.5–7.5 years

Location: Foothills Activity Center

1/6–2/3	W	6:00–7:00 PM	\$55	116757-01
2/10–3/9	W	6:00–7:00 PM	\$55	116757-02

Just Dance Recital

Just Dance is a combination dance class: ballet warm up for technique, gymnastics for alignment, and jazz dance combos for rhythm. Emphasis is on fun! Class focus is on the recital performance. Recital is on a Saturday afternoon in the spring. Rehearsal is 5/20 at 4 p.m.; recital is 5/21 at 1:30 p.m.

Age: 5.5–7.5 years

Location: Foothills Activity Center

3/23–5/11	W	6:00–7:00 PM	\$103	116754-01
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The Nutcracker Ballet

Featuring the Fort Collins Symphony under the direction of Maestro Wes Kenney

DECEMBER 11TH – 13TH

TICKETS ON SALE

BEGINNING

NOVEMBER 4TH

@

THE LINCOLN CENTER

\$34.00 ADULTS

\$16.00 CHILDREN UNDER 12
& SENIORS 60+

WWW.LCTIX.COM



Hip Hop

Hip Hop for Preschool

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

12/1–12/15	Tu	11:00–11:45 AM	\$25	116161-01
1/5–1/26	Tu	11:00–11:45 AM	\$33	116161-02
2/2–2/23	Tu	11:00–11:45 AM	\$33	116161-03

Hip Hop Dance

Are you walking into the house and turning on MTV to listen to some hip hop? Why not learn some moves to go with those tunes? Participants learn new moves they can dance to with a song! **Note:** No gum. Wear loose workout clothes and tennis shoes. Class will not be held on 1/18, 2/15.

Location: Northside Aztlan Center

Age: 6–8 years

1/9–1/30	Sa	1:00–2:00 PM	\$30	115511-01
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Age: 9–11 years

1/11–2/29	M	6:00–7:00 PM	\$43	115511-02
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Age: 12–15 years

1/11–2/29	M	7:15–8:15 PM	\$43	115511-03
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Shows for Families and Classes for Young Actors



Spring, Summer & Fall troupes
224-5774 Debuttheatre.org

B-Boy Dance

Learn the fundamentals of break dancing while having fun. The hip hop style of dancing is incorporated into the session, but the focus is primarily on freestyle dancing and tricks that the b-boy culture is known for. **Note:** Class will not be held on 2/4.

Location: Northside Aztlan Center

Age: 6–8 years

1/12–2/16	Tu	5:00–6:00 PM	\$43	115510-01
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Age: 9–12 years

1/14–2/25	Th	5:00–6:00 PM	\$43	115510-02
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Tap

Tappin' Dumplin's

In this variation of our traditional Dancin' Dumplin's, participants explore a little tap dancing, as well as dance steps, movement, tumbling and creativity. **Note:** Appropriate attire required: leotard and tights, or t-shirts and shorts. Tap shoes are encouraged; loaner shoes may be available from instructor.

Age: 4–8 years

Location: Foothills Activity Center

Age: 4–5 years

1/5–2/2	Tu	4:15–5:15 PM	\$55	116256-01
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1/8–2/5	F	11:15 AM–Noon	\$41	116256-02
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Tappin' Dumplins continued

2/9–3/8	Tu	4:15–5:15 PM	\$55	116256-03
2/12–3/11	F	11:15 AM–Noon	\$41	116256-04

Age: 5.5–8 years

1/5–2/2	Tu	5:30–6:30 PM	\$55	116256-05
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2/9–3/8	Tu	5:30–6:30 PM	\$55	116256-06
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Tappin' Dumplins Recital

This extended version of our regular Tappin' Dumplin's class ends with your child participating in a recital given for friends and family. Class focus is on the recital performance. Rehearsal is 5/20 at 4 p.m.; recital is 5/21 at 1:30 p.m. Date and time to be announced during class.

Note: Appropriate attire required: leotard and tights, or t-shirts and shorts. Tap shoes are also required. Price includes recital costume.

Location: Foothills Activity Center

Age: 4–5 years

3/22–5/10	Tu	4:15–5:15 PM	\$103	116758-01
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3/25–5/13	F	11:15 AM–12:15 PM	\$103	116758-02
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Age: 5.5–8 years

3/22–5/10	Tu	5:30–6:30 PM	\$103	116758-03
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Tumbling

Just Tumbling

Learn all the basic tumbling skills and then incorporate them in a mini-floor exercise routine. **Note:** Class will not be held on 3/17.

Age: 7–8 years

Location: Foothills Activity Center

1/7–2/11	Th	6:00–7:15 PM	\$81	116778-01
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2/18–3/31	Th	6:00–7:15 PM	\$81	116778-02
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Tumble Bumbles

Individual attention is paid to learning basic tumbling skills: somersault, cartwheel, and push-up bridge, and how to use the various pieces of equipment. As a result, flexibility, balance, coordination and self-confidence are developed. Age appropriate skills are taught. **Note:** Appropriate attire is required: leotard and tights, or t-shirts and shorts. No jeans allowed. Class will not be held on 1/18, 3/14, 3/17.

Location: Foothills Activity Center

Age: 4–5 years

1/4–2/8	M	4:15–5:15 PM	\$55	116779-01
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1/6–2/3	W	4:15–5:15 PM	\$55	116779-02
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2/10–3/9	W	4:15–5:15 PM	\$55	116779-03
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2/22–4/4	M	4:15–5:15 PM	\$55	116779-04
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3/23–4/20	W	4:15–5:15 PM	\$55	116779-05
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Age: 5–6 years

1/4–2/8	M	5:30–6:30 PM	\$55	116779-06
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2/22–4/4	M	5:30–6:30 PM	\$55	116779-07
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Age: 6–7 years

1/7–2/11	Th	4:30–5:30 PM	\$81	116779-08
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2/18–3/31	Th	4:30–5:30 PM	\$81	116779-09
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Early Learning

Early Learning courses are tailored toward children ages 6 years & under and are designed to enrich both their social and educational skills. Most classes for kids 3 years & older are children without parent classes. Classes in which parents are required or permitted to attend are listed in the Child With Parent Classes on page 53.

It is recommended that children enrolled in classes without parent/guardian are toilet trained. Children not yet toilet trained are welcome to attend classes, however, parents must be available to attend to toileting needs. City of Fort Collins Recreation staff is not permitted to change diapers. Please note food allergies when registering.

For programming designed for youth ages 6 years & up, browse the youth portions in the other sections of the Recreator (Ex. Education – Youth).

Child Without Parent Classes

Ages 2–6 years

Funtime Classes

Funtime Discovery

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. **Note:** Class partially discountable. Funtime closures/holidays correspond to the Poudre School District schedule unless otherwise notified in class. Funtime DOES NOT follow PSD weather closures.

Age: 2.5–3.5 years

Location: Northside Aztlan Center

12/1–12/17	T,Th	9:30–11:00 AM	\$47	417503-04
1/5–2/4	Tu,Th	9:30–11:00 AM	\$79	117503-01
2/9–3/10	Tu,Th	9:30–11:00 AM	\$79	117503-02

Funtime for Preschoolers

Arts & crafts, storytelling, science, math, pre-reading, creative play/dramatics, and gym play are only part of the fun. Previous class experience recommended. Children must have turned 3 by 9/15/2014.

Note: Funtime closures/holidays correspond to the Poudre School district schedule. Funtime DOES NOT follow PSD weather closures. Class will not be held on 3/15–3/19.

Age: 3–4 years

Location: Northside Aztlan Center

12/1–12/17	Tu,Th	9:30 AM–Noon	\$79	417501-03
1/5–2/11	Tu,Th	9:30 AM–Noon	\$157	117501-01
2/16–3/31	Tu,Th	9:30 AM–Noon	\$157	117501-02
4/5–5/12	Tu,Th	9:30 AM–Noon	\$157	117501-03

Funtime Pre-K

Children develop fundamental kindergarten readiness skills. Curriculum focuses 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. **Note:** Funtime closures/holidays correspond to the Poudre School district schedule. Funtime DOES NOT follow PSD weather closures. Class will not be held on 1/18, 2/15, 2/26, 3/14–3/18, 4/8.

Age: 4–5 years

Location: Northside Aztlan Center

11/30–12/18	M,W,F	9:30 AM–Noon	\$118	417501-03
1/6–2/12	M,W,F	9:30 AM–Noon	\$210	117500-01
2/17–4/1	M,W,F	9:30 AM–Noon	\$197	117500-02
4/4–5/13	M,W,F	9:30 AM–Noon	\$223	117500-03

General

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. **Note:** Class will not be held on 1/18, 2/15.

Age: 2 years

Location: Northside Aztlan Center

11/30–12/16	M,W	9:30–10:30 AM	\$31	117504-01
11/30–12/16	M,W	11:00 AM–Noon	\$31	117504-02
1/6–1/27	M,W	9:30–10:30 AM	\$31	117504-03
1/6–1/27	M,W	11:00 AM–Noon	\$31	117504-04
2/1–2/24	M,W	9:30–10:30 AM	\$37	117504-05
2/1–2/24	M,W	11:00 AM–Noon	\$37	117504-06

Fun and Fitness

Develop your fitness habit in a fun, festive atmosphere. Along with fitness activities, enjoy arts & crafts, social time and story time.

Note: Parents, check out our adult fitness classes on page 68 that run concurrently with this class! Fitness for you, fun and fitness for your child!

Age: 2–4 years

Location: Foothills Activity Center

1/12–1/28	Tu,Th	9:30–11:30 AM	\$65	117758-01
2/2–2/25	Tu,Th	9:30–11:30 AM	\$84	117758-02

Disney Delights

This Disney themed class is absolutely delightful! Crafts, games, music and story time is all part of the fun!

Age: 3–5 years

Location: Northside Aztlan Center

Cars

12/7	M	1:00–2:30 PM	\$16	117540-01
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Frozen

12/14	M	1:00–2:30 PM	\$16	117540-02
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Inside Out

1/11	M	1:00–2:30 PM	\$16	117540-03
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Disney Delights continued

Brave				
1/25	M	1:00–2:30 PM	\$16	117540-04
Tangled				
2/1	M	1:00–2:30 PM	\$16	117540-05
Minions				
2/8	M	1:00–2:30 PM	\$16	117540-06
Tinkerbell				
2/22	M	1:00–2:30 PM	\$16	117540-07
Dalmatians				
2/29	M	1:00–2:30 PM	\$16	117540-08

Once Upon A Time in the Kitchen

Have fun cooking up foods featured in your favorite books! **Note:** Please note food allergies when registering. Class partially discountable.

Age: 3–5 years

Location: Northside Aztlan Center

12/11	F	9:30–11:00 AM	\$20	117522-01
1/15	F	9:30–11:00 AM	\$20	117522-02
1/29	F	9:30–11:00 AM	\$20	117522-03
2/12	F	9:30–11:00 AM	\$20	117522-04

Preschool Tools

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

Age: 3–5 years

Location: Mulberry Pool

Screws, Bolts, Nuts

1/11	M	1:00–2:00 PM	\$12	117556-02
Take-it-apart				
2/8	M	1:00–2:00 PM	\$12	117556-03

Those Amazing Dinosaurs

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

Age: 3–5 years

Location: Northside Aztlan Center

12/3–12/17	Th	9:30–11:00 AM	\$30	118508-01
2/11–2/25	Th	9:30–11:00 AM	\$30	118508-02

When I Grow Up

Using themed props and dress up clothes, exercise your imagination by trying-on different grown-up jobs.

Age: 3–5 years

Location: Northside Aztlan Center

Bakery

12/4	F	1:00–2:30 PM	\$12	117554-01
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Pizzeria

12/11	F	1:00–2:30 PM	\$12	117554-02
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Doctor/EMT

1/8	F	1:00–2:30 PM	\$12	117554-03
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When I Grow Up continued

Veterinary Hospital				
1/22	F	1:00–2:30 PM	\$12	117554-04
School				
2/5	F	1:00–2:30 PM	\$12	117554-05
Dentist				
2/19	F	1:00–2:30 PM	\$12	117554-06

Afternoon Adventures

Moms and Dads, do you need an afternoon to yourself? Wouldn't it be nice to run errands, go out to lunch, play golf, or even paint the living room walls without having to worry about what your youngster is getting into? Now you can take care of business while we keep your kids entertained with lots of fun activities! **Note:** Participants should dress for the weather and bring a water bottle. Children must be toilet trained. Please note food allergies when registering.

Age: 3–6 years

Location: Northside Aztlan Center

1/13	W	1:00–5:00 PM	\$22	117513-01
1/27	W	1:00–5:00 PM	\$22	117513-02
2/10	W	1:00–5:00 PM	\$22	117513-03

Location: Foothills Activity Center

12/4	F	1:00–5:00 PM	\$22	117713-01
12/11	F	1:00–5:00 PM	\$22	117713-02
12/18	F	1:00–5:00 PM	\$22	117713-03
1/22	F	1:00–5:00 PM	\$22	117713-04
2/5	F	1:00–5:00 PM	\$22	117713-05
2/19	F	1:00–5:00 PM	\$22	117713-06

Builders & Bulldozers

Build and destroy life size structures. Class includes dramatic play, and arts & crafts. **Note:** Note any allergies at time of registration.

Age: 3–6 years

Location: Northside Aztlan Center

2/23	Tu	1:00–2:30 PM	\$14	117553-01
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Holiday Cards

Have fun cutting, pasting and gluing creative holiday cards. Your loved ones will enjoy receiving your creations in the mail. Come ready for a holly jolly mess! **Note:** Class partially discountable.

Age: 3–6 years

Location: Northside Aztlan Center

12/1	Tu	1:00–3:00 PM	\$16	116552-01
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Holiday Gifts by Me

Have fun making gifts for friends and family all by yourself! You can make someone's holiday merry and bright with a homemade touch of love. **Note:** Class partially discountable.

Age: 3–6 years

Location: Northside Aztlan Center

12/15–12/17	Tu,Th	1:00–3:00 PM	\$40	116553-01
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Holiday Ornaments

Come and create your very own holiday decorations and ornaments. Your home can be filled with holiday spirit with your cheery creations.

Note: Class partially discountable.

Age: 3–6 years

Location: Northside Aztlan Center

12/8–12/10	Tu,Th	1:00–3:00 PM	\$35	116551-01
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Hospital Helpers

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

Age: 3–6 years

Location: Northside Aztlan Center

1/14–1/28	Th	1:00–2:30 PM	\$30	117545-01
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I Want to be a Scientist

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

Age: 3–6 years

Location: Northside Aztlan Center

Vet Medicine

1/7	Th	9:30–11:00 AM	\$16	117507-01
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Oceanography

1/14	Th	9:30–11:00 AM	\$16	117507-02
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Crazy Concoctions

1/21	Th	9:30–11:00 AM	\$16	117507-03
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Zoology

1/28	Th	9:30–11:00 AM	\$16	117507-04
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Flight

2/4	Th	9:30–11:00 AM	\$16	117507-05
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Little Yogis

Come play yoga! We explore movement through animated poses, games, art, music, and breathing exercises that help to strengthen coordination and build body awareness. We bark in downward dog, hiss in cobra, flutter our wings in butterfly and take a yoga journey you will never forget! **Note:** Class partially discountable. Class will not be held on 12/26.

Age: 3–6 years

Location: KidsCrave Yoga, 4206 S. College #107

1/8–1/29	F	10:00–10:45 AM	\$38	117955-01
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2/5–2/26	F	10:00–10:45 AM	\$38	117955-02
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LEGEND

NW Denotes no web registration for program

M Denotes program/activity has special membership pricing

H Health and Wellness program

◀ARO Denotes Adaptive Recreation Opportunity program

Pinkalicious

There can never be too much pink! Arts & crafts, cupcakes, Pinkalicious stories and more! Join us for these Pinkeriffic classes! **Note:** Class partially discountable. Must be toilet trained.

Age: 3–6 years

Location: Northside Aztlan Center

1/7	Th	1:00–2:30 PM	\$16	117537-01
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Aqualicious

2/25	Th	1:00–2:30 PM	\$16	117537-02
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A Pirates Life for Me

Jump aboard Matey! Help our crew search and find the hidden treasure. Class includes dramatic play and arts & crafts.

Age: 3–6 years

Location: Northside Aztlan Center

2/2–2/16	Tu	1:00–2:30 PM	\$30	117551-01
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Playdough World

Spend time creating scented, edible and even glow in the dark play dough! We also create our very own worlds made completely from play dough.

Age: 3–6 years

Location: Northside Aztlan Center

1/12–1/26	Tu	1:00–2:30 PM	\$30	117547-01
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Super Heroes

Come and create your very own super hero! We dress up and play like legendary super heroes!

Age: 3–6 years

Location: Northside Aztlan Center

2/4–2/18	Th	1:00–2:30 PM	\$30	117548-01
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Ultimate Fort Making

Blankets, towels, parachutes, boxes, hula hoops, floor mats, and anything else we can think of is used to make and create fun forts for an ultimate afternoon of building. **Note:** Snack provided. Please note food allergies when registering.

Age: 3–6 years

Location: Northside Aztlan Center

1/5	Tu	1:00–2:30 PM	\$10	117539-01
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Mulberry Adventures

Enjoy arts & crafts, movement, school skills, indoor play, story time and pool fun. Snack included. There is one day of recreational swimming per week. This class serves as a great complement to preschool or kindergarten. **Note:** Clothing for swimming is needed on Thursdays. Please have children already dressed in swimsuits under their clothing.

Age: 4–6 years

Location: Mulberry Pool

1/5–1/28	Tu,Th	12:30–3:00 PM	\$105	117205-01
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2/2–2/25	Tu,Th	12:30–3:00 PM	\$105	117205-02
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*24 months & under for patients without insurance



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Lunch Bunch Enrichment

Bring your lunch, make new friends, and learn something new! This fun class offers enrichment opportunities that complement most pre-k and 1/2 day kindergarten programs. **Note:** Class will not be held on 1/18, 2/26, 3/14–3/18.

Age: 4–6 years

Location: Northside Aztlan Center

11/3–12/14	M	Noon–2:00 PM	\$23	417509-03
1/11–2/8	M	Noon–2:00 PM	\$34	117509-01
2/22–3/28	M	Noon–2:00 PM	\$42	117509-02
4/4–5/2	M	Noon–2:00 PM	\$42	117509-03
1/6–2/10	W	Noon–2:00 PM	\$51	117509-04
2/17–3/30	W	Noon–2:00 PM	\$51	117509-05
4/6–5/4	W	Noon–2:00 PM	\$42	117509-06
1/8–2/12	F	Noon–2:00 PM	\$51	117509-07
2/19–4/1	F	Noon–2:00 PM	\$42	117509-08
4/15–5/6	F	Noon–2:00 PM	\$34	117509-09

Child With Parent Classes

Ages 0–4 years

Baby Gym

Now a special gym time just for babies ages 0–18 months. Babies can crawl on mats and through tunnels, play with balls and blocks, or challenge themselves on the soft obstacle course. **Note:** Children must be accompanied by an adult. \$2.50 per child; adults are free. No need to register, just come on in! **Note:** Class will not be held on 3/18.

Age: 0–2 years

Location: Northside Aztlan Center

1/8–5/13	F	9:30–11:30 AM	\$2.50	117599-01
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Tot Gym

Bring the little ones in for some fun gym time! Balls, blocks, a mini obstacle course and other activities are set up for you and your youngsters to enjoy together. No need to register, just come on in! **Note:** Children must be accompanied by an adult. \$2.50 per child; adults and babies ages 12 months & younger are free. Class will not be held on 3/14–3/16, 3/29.

Age: 0–6 years

Location: Northside Aztlan Center

1/5–5/12	Tu–Th	10:00 AM–Noon	\$2.50	117598-01
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Location: Foothills Activity Center

1/8–5/13	F	10:00 AM–Noon	\$2.50	117798-01
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Splish Splash Playgroup

You and your child have fun meeting and playing with others! Activities 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. **Note:** Older siblings may attend and participate for a drop-in fee of \$5.

Age: 12 months–2 years

Location: Mulberry Pool

1/7–1/28	Th	10:00–11:30 AM	\$32	117290-01
2/4–2/25	Th	10:00–11:30 AM	\$32	117290-02

Shake Rattle and Roll

Come and shake, rattle, and roll! We have fun with singing, playing simple games, finger plays, and instrument play.

Age: 12 months–3 years

Location: Foothills Activity Center

12/3–12/17	Th	9:30–10:15 AM	\$24	117575-01
12/3–12/17	Th	10:30–11:15 AM	\$24	117575-02
1/7–1/28	Th	9:30–10:15 AM	\$32	117575-03
1/7–1/28	Th	10:30–11:15 AM	\$32	117575-04
2/4–2/25	Th	9:30–10:15 AM	\$32	117575-05
2/4–2/25	Th	10:30–11:15 AM	\$32	117575-06

Bilingual Story Time

Come join us for story time at the Foothills Activity Center presented by Poudre River Library District every Friday from 10–10:45 a.m. Stories are read/told in Spanish and English. You are never too young or too old for a good story.

Age: 12 months & up

Location: Foothills Activity Center

1/8–2/26	F	10:00–10:45 AM	No Fee	117782-01
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Small Hands, Big Messy Art

You and your youngster can have a ball making a mess in this hands-on art class. Shaving cream, flubber, and playdough are just a few of the things to get your hands on....and in!

Age: 18 months–2 years

Location: Northside Aztlan Center

12/2–12/9	W	10:00–11:00 AM	\$20	117585-01
1/20–1/27	W	10:00–11:00 AM	\$20	117585-02
2/17–2/24	W	10:00–11:00 AM	\$20	117585-03

Toddler Time

Focus on your child's creativity and imagination. This class is a combination of fun fitness games, activities, stories, crafts, and movement. **Note:** Class will not be held on 1/18, 2/15.

Age: 18 months–2 years

Location: Mulberry Pool

1/4–1/25	M	11:00 AM–Noon	\$24	117562-02
2/1–2/22	M	11:00 AM–Noon	\$24	117562-03

Baby Ballerinas

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

Age: 2 years

Location: Club Tico

12/1–12/15	Tu	9:00–9:45 AM	\$25	117196-01
1/5–1/26	Tu	9:00–9:45 AM	\$33	117196-02
2/2–2/23	Tu	9:00–9:45 AM	\$33	117196-03

Little Explorers

Curious toddlers and their parents get a chance to experience a different kind of class each week. Science, movement, arts & crafts, and music. All of our favorite toddler classes rolled into one! **Note:** Class will not be held on 1/18, 2/15.

Age: 2 years

Location: Mulberry Pool

1/4–1/25	M	9:30–10:30 AM	\$24	117561-02
2/1–2/22	M	9:30–10:30 AM	\$24	117561-03

Mother Hubbard's Crafts & 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. **Note:** Please note food allergies when registering.

Age: 2 years

Location: Northside Aztlan Center

Holiday Treats

12/4	F	10:00–11:00 AM	\$16	117571-01
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Breakfast

1/8	F	10:00–11:00 AM	\$16	117571-02
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Cookies

1/22	F	10:00–11:00 AM	\$16	117571-03
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Lunch

2/5	F	10:00–11:00 AM	\$16	117571-04
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Pizza

2/19	F	10:00–11:00 AM	\$16	117571-05
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Parent and Tot Science

Come explore the world of science with your little one. We make and do all kinds of fun science experiments.

Age: 2–3 years

Location: Northside Aztlan Center

1/6–1/13	W	10:00–11:00 AM	\$20	117560-01
2/3–2/10	W	10:00–11:00 AM	\$20	117560-02

Roly Polys

Take part with your child while he/she discovers the world of gymnastics. Children work on agility, flexibility, strength, and coordination using balance beams, swing bars, parallel bars, and a mini tramp. **Note:** Wear appropriate clothing: leotards/footless tights, or t-shirt and shorts/sweats. No jeans or jewelry please. Class will not be held on 1/18, 2/16.

Location: Foothills Activity Center

Age: 2 years

1/4-2/1	M	10:00-10:45 AM	\$33	117795-01
1/4-2/1	M	11:05-11:50 AM	\$33	117795-02
1/6-2/3	W	10:30-11:15 AM	\$41	117795-03
1/7-2/4	Th	11:00-11:45 AM	\$41	117795-04
2/8-3/7	M	10:00-10:45 AM	\$33	117795-05
2/8-3/7	M	11:05-11:50 AM	\$33	117795-06
2/10-3/9	W	10:30-11:15 AM	\$41	117795-07
2/11-3/10	Th	11:00-11:45 AM	\$41	117795-08
3/21-4/18	M	10:00-10:45 AM	\$41	117795-09
3/21-4/18	M	11:05-11:50 AM	\$41	117795-10
3/23-4/20	W	10:30-11:15 AM	\$41	117795-11

Age: 3 years

1/4-2/1	M	9:00-9:45 AM	\$33	117795-12
1/6-2/3	W	9:30-10:15 AM	\$41	117795-13
2/8-3/7	M	9:00-9:45 AM	\$33	117795-14
2/10-3/9	W	9:30-10:15 AM	\$41	117795-15
3/21-4/18	M	9:00-9:45 AM	\$41	117795-16
3/23-4/20	W	9:30-10:15 AM	\$41	117795-17

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Education

Adult

Bridge

Bridge Introduction to Duplicate

Quarterly drop-in game for people new to Duplicate Bridge to develop their skills. Drop-in offers the chance to have companionable play and preparation to play in the weekly Friday Duplicate Bridge game.

Age: 18 years & up

Location: Senior Center

1/17	Sun	1:00–4:30 PM	\$3.50
			\$2.80 members

Bridge Mentoring – M

Mentoring instruction is based on Standard American Bridge. Instructor gives half hour review then helps work through the play of the hands.

Age: 18 years & up

Location: Senior Center

12/14	M	6:00–8:30 PM	No fee
1/11	M	6:00–8:30 PM	No fee
1/25	M	6:00–8:30 PM	No fee
2/8	M	6:00–8:30 PM	No fee
2/22	M	6:00–8:30 PM	No fee

Bridge, Beginning 2 “Play” Course

Prerequisite: Beginning Bridge 2 or equivalent. Practice bridge playing and bidding concepts learned in Beginning Bridge 2 class using structured play in the ACBL Play of the Hand “Play” Course manual. **Note:** Supplies included.

Age: 18 years & up

Location: Senior Center

1/6–1/27	W	5:30–8:30 PM	\$38	112466-01
			\$32.30 Member	

Bridge, Beyond Beginning

Prerequisite: Beginning 2 or instructor approval. Suitable for people who have played bridge and 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.

Age: 18 years & up

Location: Senior Center

2/3–3/23	W	6:00–8:30 PM	\$75	112467-01
			\$63.75 Member	

Bridge, Advancing Player 2 “Play” Course

Prerequisite: Beginning Bridge 2 or instructor permission. Practice the bridge playing and bidding concepts learned through the Beginning Bridge 2 class using structured play in the ACBL Advancing Player II “Play” course manual. **Note:** Price includes supplies. Class will not be held on 1/25, 2/8, 2/22, 2/29.

Age: 18 years & up

Location: Senior Center

1/18–3/7	M	5:30–8:30 PM	\$38	112468-01
			\$32.30 Member	

Duplicate Bridge – M

Weekly duplicate bridge skill development and companionable play.

Age: 18 years & up

Location: Senior Center

Ongoing	F	11:30 AM–4:00 PM	\$3.50
			\$2.80 members

Party Bridge and Pinochle – M

Drop-in bridge and pinochle card games for Senior Center members.

Age: 18 years & up

Location: Senior Center

Ongoing	T	12:30–4:00 PM	No Fee
Ongoing	Th	5:00–8:00 PM	No Fee

CPR & First Aid

CPR & First Aid

Get prepared 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, are issued at the end of the class. Book included. **Note:** Class not discountable.

Age: 16 years & up

Location: Senior Center

12/5	Sa	9:00 AM–5:00 PM	\$77	107441-01
1/9	Sa	9:00 AM–5:00 PM	\$77	107441-02
2/6	Sa	9:00 AM–5:00 PM	\$77	107441-03

CPR Professional

Learn 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 is issued upon successful completion of the course. Appropriate for new certifications and re-certifications. **Note:** Includes AHA student text. Class not discountable.

Age: 16 years & up

Location: Senior Center

12/2	W	5:30–9:30 PM	\$77	107442-01
1/6	W	5:30–9:30 PM	\$77	107442-02
2/10	W	5:30–9:30 PM	\$77	107442-03

Wilderness First 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 focuses on hands-on scenarios and techniques needed to stabilize the victim and others in the group. **Note:** AAOS Emergency Care and Safety Institute Certification is completed and valid for three years. Book included. Class not discountable.

Age: 18 years & up
Location: Senior Center

1/19–1/21	Tu,Th	5:30–9:30 PM	\$155	107443-01
1/23	Sa	9:00 AM–5:00 PM		

Cooking

Curry in a Hurry

What do you get when American efficiency meets the authentic Indian curry? Discover three different styles of making Indian curry, each taking less than 20 minutes without compromising taste or flavor. Menu: Red and black bean curry with spinach, butternut squash curry, and mixed vegetable coconut curry. **Note:** Curries are not hot in flavor.

Age: 18 years & up
Location: Senior Center

1/14	Th	6:00–8:30 PM	\$35	107427-01
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Food for Life: Kickstart Your Heart

Discover which foods are optimal for weight management, and learn about various health topics including blood pressure and digestion – all while enjoying a cooking demonstration and tasting delicious, healthful dishes in a supportive group setting. **Note:** Weekly topics include Power of your Plate; Let’s Go-Getting in gear; and Breaking the Food Seduction.

Age: 18 years & up
Location: Senior Center

Series

1/21–2/18	Th	6:00–8:00 PM	\$95	107431-01
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One Day

1/21	Th	6:00–8:00 PM	\$20	107431-02
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Healthy Ethiopian Dishes

Enjoy this hands-on vegetarian Ethiopian cuisine class. Learn basic cooking techniques and explore Ethiopian ingredients, fresh herbs, grains and spices. Menu: Misir wot (red lentils), collard gomen, atkilt wot (cabbage, carrot, potato stew), duba wot (butternut squash in berbere sauce), and teff flour crepe.

Age: 18 years & up
Location: Senior Center

2/1	M	6:00–8:30 PM	\$35	107430-01
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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

2/25	Th	6:00–8:30 PM	\$35	107432-01
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Indian Fusion

Learn mixing and matching of traditional recipes with common local ingredients and how easy it is to spice up your everyday dishes with an Indian spin. Menu: Indian style quinoa, cardamom chai tea, mushroom, pepper and green pea curry on pasta, and tofu tikka masala on baguette.

Age: 18 years & up
Location: Senior Center

12/8	Tu	6:00–8:30 PM	\$35	107425-01
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Mexican Cooking

Learn traditional cooking recipes that you can bring home and share with the family. Each class delivers a different entree meal along with rice and beans. **Note:** Please note food allergies when registering. Class partially discountable.

Age: 16 years & up
Location: Northside Aztlan Center

Smothered Burritos

1/16	Sa	4:15–5:30 PM	\$24	115557-01
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Enchiladas

2/13	Sa	4:15–5:30 PM	\$24	115557-03
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Slow Cooker Curries

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

Age: 18 years & up

Location: Senior Center

12/2	W	6:00–8:30 PM	\$35	107424-01
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Thai Cooking, 1st Course

Learn to use authentic ingredients to prepare and cook gluten free Thai dishes. Menu: 3 flavors of masamun curry, stir fry chicken with madras curry and vegetables, multi-use Thai dipping sauce, Jasmine rice, and coconut Jell-O.

Age: 18 years & up

Location: Senior Center

1/20	W	6:00–8:30 PM	\$35	107433-01
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Thai Cooking, 2nd Course

Cook Chinese New Year's food and learn the meaning behind each dishes. You don't need to be Chinese to celebrate Chinese New Year's. Menu: Tea egg, taro cake, spring roll, and triangle of togetherness appetizer.

Age: 18 years & up

Location: Senior Center

2/10	W	6:00–8:30 PM	\$35	107434-01
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Treats to Treat Your Valentine

Let the exotic sights, smell and taste of chocolate, cardamom, figs, and strawberries endear you to your partner's heart this Valentine's Day. All recipes are gluten-free and vegan friendly. Menu: Cherry chocolate smoothie, cardamom pistachio truffles, fig coconut squares, and chocolate strawberry tart.

Age: 18 years & up

Location: Senior Center

2/9	Tu	6:00–8:30 PM	\$35	107428-01
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Vegan Baking 101

Learn to make delicious sweet treats, as well as tips and tricks to make sure your vegan desserts turn out perfect and healthy. Menu: Butternut squash muffins, double chocolate cake, banana bread, and coconut cake.

Age: 18 years & up

Location: Senior Center

12/10	Th	6:00–8:30 PM	\$35	107426-01
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Wholesome Whole Grains

Grains are rich in fiber and other complex carbohydrates, as well as protein, B vitamins, and zinc. Learn how to build each of your meals around a hearty grain dish. All recipes in this class are vegan friendly. Menu: Vegetable and barley soup, quinoa tabbouleh, kale – farro salad, and moist chocolate cake with spelt flour.

Age: 18 years & up

Location: Senior Center

1/26	Tu	6:00–8:30 PM	\$35	107429-01
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General**Wines of Spain**

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

Age: 21 years & up

Location: Senior Center

1/15	F	7:00–8:30 PM	\$35	107460-01
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Wine Tasting Basics

Learn to taste wines like a professional and experience the most popular wine varietals in a side by side format. Gain familiarity with basic wine terms, learn to identify various wine components, and discern which wine styles you prefer and why.

Age: 18 years & up

Location: Senior Center

2/12	F	7:00–8:30 PM	\$35	107461-01
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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 fares, accommodations, cruises, entertainment, and creative lodging ideas – all for a fraction of the usual cost. **Note:** \$15 book included, but can be discounted at time of registration.

Age: 18 years & up

Location: Senior Center

1/9	Sa	6:00–8:00 PM	\$50	107476-01
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How to be a Travel Writer: The Easy Way

Do you love to travel and write about your journeys? If so, you can turn that passion into a career in travel journalism and see the world for free. A veteran traveler and photojournalist shows the insider steps to get started. **Note:** \$15 book included, but can be discounted at time of registration.

Age: 18 years & up

Location: Senior Center

2/3	W	6:00–9:00 PM	\$60	107477-01
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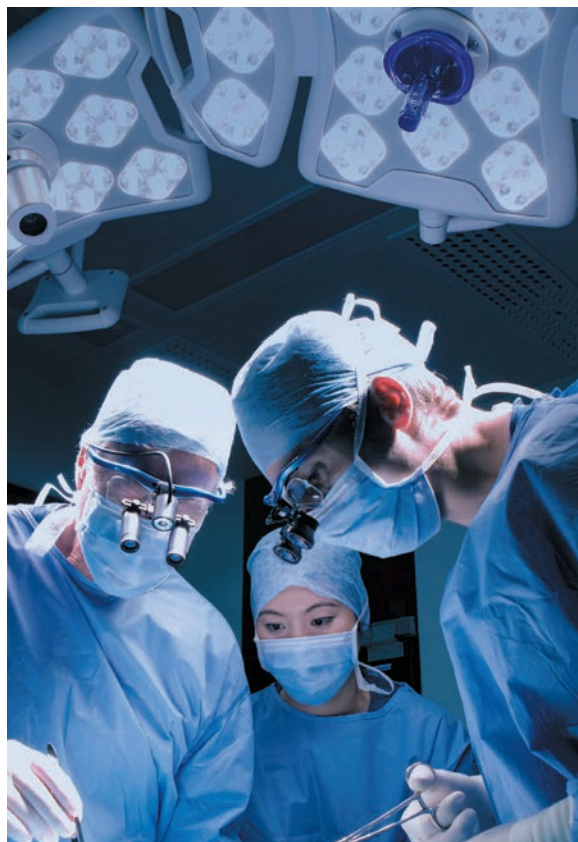
Your Life, Your Story – Digital Storytelling

Transform your story from just words into a modern-day short film. Record your story, add personal or creative common images (technology and use is taught), then share your digital story via DVD. **Note:** Attendance at first workshop is mandatory to design your personal timeline. Participants may attend less than the 8 weeks based on prior knowledge of the technology.

Age: 18 years & up

Location: Columbine Health Computer Lab

1/7–2/25	Th	6:00–7:30 PM	\$40	107958-01
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uchealth.org/gamechangers

Technology

Beginning Word v. 2010

This two-session class uses hands-on exercises to provide an introduction 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.

Age: 18 years & up

Location: Columbine Health Computer Lab

12/12–12/19	Sa	8:30 AM–12:30 PM	\$24	107909-01
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Blogging for Passion or Profit

Learn how to create your own WordPress blog with your own domain name and host. Create unlimited pages and edits. No programming experience needed. Creating your business or hobby blog has never been easier! **Note:** Ages 18 years & under welcome with permission. An optional lab is available for students to apply the lessons covered with guidance from the instructor.

Age: 18 years & up

Location: Columbine Health Computer Lab

Class

1/6–2/3	W	7:30–8:30 PM	\$45	107901-01
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Lab

1/7–1/28	Th	7:30–8:30 PM	\$40	107901-02
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Computer Basics

Learn basic computer terminology. For anyone who has never used a computer. Class begins with a non-technical discussion of basic computer use, and includes instruction for writing letters, using email, and using the Internet to listen to music and watch movies.

Age: 18 years & up

Location: Columbine Health Computer Lab

12/1–12/4	Tu–F	10:00 AM–Noon	\$19	107902-01
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Excel Introduction

Prerequisite: Computer Basics class or computer knowledge. Learn the basics of data entry, formulas, formatting, charts, and printing for Excel version 2010.

Age: 18 years & up

Location: Columbine Health Computer Lab

12/5	Sa	8:30 AM–12:30 PM	\$14	107903-01
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Excellent & Free Software

Why pay monthly fees for your computer software when you can find excellent and free software available for any computer task? Bring your computer to class and learn how to locate, download, and install free computer software.

Age: 18 years & up

Location: Senior Center

1/9	Sa	9:00 AM–Noon	No Fee	107406-01
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Facebook for Beginners

Learn to build a meaningful network within Facebook so that you can keep up with family, friends, and brands, all while controlling your privacy and visibility of what you share. If you can manage online email, you can handle Facebook!

Age: 18 years & up

Location: Columbine Health Computer Lab

1/6–1/27	W	6:15–7:15 PM	\$45	107905-01
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Gizmos and Gadgets

Prerequisite: Computer Basics Class or basic computer knowledge. This class is a combination of demonstrations, hands-on sessions, and a layman's introduction to modern day gadgets such as tablets and smartphones. Time for questions and handouts available.

Age: 18 years & up

Location: Senior Center

2/6	Sa	9:00 AM–Noon	\$14	107407-01
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Quicken

Prerequisite: Computer Basics class or basic computer knowledge. Instructor provided by the Front Range PC Users Group. Learn the basics of creating and managing files and accounts through instruction and hands-on exercises. Create both checking and savings accounts, reconcile a bank statement, create reports, and more.

Age: 18 years & up

Location: Senior Center

2/13	Sa	8:30 AM–12:30 PM	\$14	107412-01
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Having Fun with Windows

Prerequisite: Computer Basics class or basic computer knowledge. 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 receive a brief, non-technical description of the computer and simple maintenance tasks suitable for even the most inexperienced user.

Age: 18 years & up

Location: Columbine Health Computer Lab

1/16–1/30	Sa	8:30 AM–12:30 PM	\$25	107916-01
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Youth

Winter Break Camp at the Northside Aztlan Community Center

Enjoy a variety of activities such as gym play, arts & crafts, outdoor play, STEM activities and an off-site fieldtrip. **Note:** Please note food allergies when registering. Bring a water bottle and sack lunch each day. Drop-off time is between 8–9 a.m.

Location: Northside Aztlan Center

Grade: K–2

12/21–12/23	M–W	8:00 AM–5:00 PM	\$90	116592-01
12/28–12/30	M–W	8:00 AM–5:00 PM	\$90	116592-02

Winter Break Camp continued

Grade: 3–5

12/21–12/23	M–W	8:00 AM–5:00 PM	\$90	116592-03
12/28–12/30	M–W	8:00 AM–5:00 PM	\$90	116592-04

Grade: 6–8

12/21–12/23	M–W	8:00 AM–5:00 PM	\$90	116592-05
12/28–12/30	M–W	8:00 AM–5:00 PM	\$90	116592-06

After-School Enrichment

The After-School Enrichment Program provides homework help, games, crafts, computers, sports, and much more. On Mondays at Irish, we provide bi-lingual homework help, recreation activities, and snacks. **Note:** Class will not be held on 1/18, 2/15.

Grade: K–5

Location: Irish Elementary School

1/11–2/29	M	3:30–5:00 PM	\$50	115525-20
1/12–2/23	Tu	3:30–5:00 PM	\$60	115525-21
1/13–2/24	W	3:30–5:00 PM	\$60	115525-22
1/14–2/25	Th	3:30–5:00 PM	\$60	115525-23

Location: Northside Aztlan Center

12/7–12/11	M–F	4:00–6:00 PM	\$40	115525-01
12/14–12/18	M–F	4:00–6:00 PM	\$40	115525-02
1/11–1/15	M–F	4:00–6:00 PM	\$40	115525-04
1/25–1/29	M–F	4:00–6:00 PM	\$40	115525-06
2/1–2/5	M–F	4:00–6:00 PM	\$40	115525-07
2/8–2/12	M–F	4:00–6:00 PM	\$40	115525-08
2/22–2/26	M–F	4:00–6:00 PM	\$40	115525-10
1/5–1/8	Tu–F	4:00–6:00 PM	\$30	115525-03
1/19–1/22	Tu–F	4:00–6:00 PM	\$30	115525-05
2/16–2/19	Tu–F	4:00–6:00 PM	\$30	115525-09

Location: Putnam Elementary School

1/11–2/29	M	3:30–5:00 PM	\$50	115525-25
1/12–2/23	Tu	3:30–5:00 PM	\$60	115525-26
1/13–2/24	W	3:30–5:00 PM	\$60	115525-27
1/14–2/25	Th	3:30–5:00 PM	\$60	115525-28

Lego Club

Get together with other Lego enthusiasts to share ideas and use your imagination to create your own Lego masterpieces. Afterschool snack provided. **Note:** Please note food allergies when registering.

Age: 6–10 years

Location: Foothills Activity Center

1/13–1/27	W	4:30–6:00 PM	\$20	118746-01
2/3–2/17	W	4:30–6:00 PM	\$20	118746-02
2/24–3/9	W	4:30–6:00 PM	\$20	118746-03

Lego Drop-in

Meet with other Lego enthusiasts. No need to register-just drop in!

Age: 6–10 years

Location: Foothills Activity Center

1/5–2/23	Tu	4:30–6:30 PM	\$5	118745-01
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Babysitting Bootcamp

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

Age: 11–16 years

Location: Northside Aztlan Center

12/8–12/9	Tu,W	4:00–8:00 PM	\$75	115522-01
1/18	M	Noon–8:00 PM	\$75	115522-02
2/15	M	Noon–8:00 PM	\$75	115522-03

Crazy Cakes

New cake recipes every time! Work with fondant, modeling chocolate, gum paste and more to make the tastiest, most awesomely decorated cakes ever! Become a cake making and decorating master! **Note:** Please note food allergies when registering. All supplies provided. Class partially discountable.

Age: 11–15 years

Location: Northside Aztlan Center

12/19	Sa	1:00–3:00 PM	\$26	115556-01
1/16	Sa	1:00–3:00 PM	\$26	115556-02
2/13	Sa	1:00–3:00 PM	\$26	115556-03

Schools Out Middle School

School's Out!! Join us as we pack a full day of yay highlighted by a trip to cap off the day! Activities include arts & crafts, STEM projects, gym games, and much more!

Age: 12–15 years

Location: Northside Aztlan Center

Fort Fun

1/18	M	8:00 AM–5:00 PM	\$49	115538-01
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Beaver Meadows

2/15	M	8:00 AM–5:00 PM	\$59	115538-02
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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.

It's easy to adopt! Choose your favorite Farm animal and adopt it for a year by making a tax-deductible donation. A farm “parent” receives an adoption certificate and his/her name listed at The Farm. All “adoptive parents” are invited to a special event at The Farm in December.

Your adopted animal stays at The Farm where it is cared for by Farm staff and welcomes your visit regularly. **Note:** For all practical purposes, some of the animals are sold when they reach maturity.

Birthday Parties

Celebrate your child's birthday with Farm flair! Meeting the animals, riding a pony (April – October) or going on a hayride creates a very unique party for your 3–9 year old. Call The Farm or stop by during open hours to reserve your date. A deposit is due at time of reservation. Your farmer hostess takes care of all the details to ensure a stress-free day for you and your guests. Party packages include pony rides or hayride, lemonade, table settings, a bandana for each child, and of course, a visit with the animals.

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.

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.

Special Events

Breakfast with Santa

Join us for breakfast with the jolly elf himself – Santa Claus! After he reads the list of good boys and girls, everyone enjoys a light breakfast. There is time for children to sit on Santa's lap, so bring your camera. A gift from Santa highlights the morning. **Note:** Each child must have a paid adult in attendance

Location: The Farm

Age: 3–5 years

12/11	F	9:00–10:00 AM	\$9	108622-01
12/12	Sa	9:00–10:00 AM	\$9	108622-02

Age: 16 years & up

12/11	F	9:00–10:00 AM	\$9	108622-1A
12/12	Sa	9:00–10:00 AM	\$9	108622-2A

Santa on The Farm

Join us for some holiday festivities. Traditional fun includes free admission, hot chocolate, visiting the animals with holiday lights to guide your way, and everyone's friend – Santa. If you would like to enhance your visit even more, you can purchase \$1 tickets for gift making and make your own s'mores.

Age: All

Location: The Farm

12/12–12/13	Sa,Su	3:00–6:00 PM	No Fee	108629-01
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Youth Programming

Tractors Galore

If you like tractors, this all-tractor class is for you! We play with tractors, read stories, learn about how tractors work, and even make a tractor book of our very own.

Age: 3–5 years

Location: The Farm

2/4–2/18	Th	9:00–10:00 AM	\$25	108612-01
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Farmer Round Up

The Farm is a great place to visit even in the winter. We explore and learn about the hayloft, chicken house, and barn. Farmers not only visit these places on The Farm, but also read, tell stories, and make craft projects to take home.

Age: 3–5 years

Location: The Farm

2/4–2/18	Th	10:30–11:30 AM	\$25	108628-01
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LEGEND

- NW** Denotes no web registration for program
- M** Denotes program/activity has special membership pricing
- H** Health and Wellness program
- ◀ARO** Denotes Adaptive Recreation Opportunity program

Fitness

General Information

It is recommended that your physician be consulted before beginning any exercise program. If you are 55 years & up, sedentary, or exhibit any of the major coronary risk factors, we recommend that you 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. With this option, active facility pass holders receive 70% off enrollment price.
- 2) Participants may pay a drop-in fee of \$6 per class, except for Karate.

NEW!! Foothills Activity Center

We're excited to announce our new fitness facility, Foothills Activity Center! Visit the Foothills Activity Center and try the fitness classes being hosted at the new facility. You can see all classes being hosted at Foothills Activity Center on page 68. Join us on January 2 for the Fitness Extravaganza, an open house where you can try out different fitness classes for FREE! More information about the open house is on page 90.

Class Specifics

Senior Center offers Fitness Classes to those ages 18 years & up unless otherwise noted.

Northside Aztlan Community Center and Foothills Activity Center offer Fitness Classes for those ages 16 years & up unless otherwise noted.

For Teen and Youth Fitness classes, see page 67.

For classes for youth ages 6 years & under, see page 50.

For classes for ages 55 years & up, see page 102.

Class time includes set-up, warm-up, cool-down, take down, and transition times. Instruction time is approximately 50–55 minutes per 1-hour class. Fitness classes require a minimum of 6 participants per class for it to be offered and active. Fitness equipment needed for instruction is provided, though participants are welcome to bring their own.

Transfers/Cancellations

All cancellations must be made before the first day of the first class for full refund. A transfer may be made after the first class and before the second. No refunds or transfers may be made after the second class.

Personal Training

Personal trainers are available to train at the Eldora Pool and Ice Center, Foothills Activity Center, Northside Aztlan Community Center, and Senior Center and help you to develop an exercise program that meets your personal goals and needs. Personal training is available to those ages 13 years & up. Contact Stacie Bandy at 970.224.6026, sbandy@fcgov.com or Linda Morris at 970.224.6032, lmorris@fcgov.com for more information.

Group Number	Session Time	Cost
Individual	30 minute	\$15
Individual	60 minute	\$25
2-person	60 minute	\$45
3-person	60 minute	\$60
4-person	60 minute	\$80

*Ask about our discounted personal training sessions sold in packages of 4, 8, 12 & 24.

Trainers

For pictures and complete bios, visit fcgov.com/fitness.

Talisa Gula-Yeast 970.302.8414	Jimmie Laney 970.581.9017
Yvonne Hanning 970.449.3460	Terence Lenoir-Legros 970.488.9218
Dominick Jones 970.481.2416	Tess Pasternak 970.694.2629
Deborah Knobel 970.221.6256	Mary Sewell Homan 970.213.0510

Adult

Aerobics

Low Impact Aerobics

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

Cardio, Core & More

Join us for fun blend of cardio and strength exercises designed to create a stronger, healthier you. Increase flexibility, balance and stamina as you participate in a variety of exercises that change each week. This class targets the entire body and is perfect for those who are looking to improve overall body condition.

Athletic Conditioning

Bosu Conditioning

“Both Sides Utilized.” The BOSU, a half dome blue ball, offers tons of new toning exercises not only stationary but in a fat burning format. This class combines both cardio exercises and a variety of sculpting and balance techniques on and off the BOSU. All levels welcome.

Boomer Boot Camp

Get your blood flowing with a full body workout geared to increase strength and stamina. Designed with an injury prevention focus. Join the trainers from Water Valley Medical Fitness to get in great shape, increase energy, and have fun!

Cardio Boot Camp

Cardio Boot Camp is a fun, fat burning, “can do” focused class. Using functional movements and basic cardio calisthenics, this weight loss and fat burning class is built on evidenced based H.I.I.T. (High Intensity Interval Training) principles in order for all participants to maximize their results.

CrossTrain

CrossTrain is an intense workout that maximizes strength and agility. 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.

Power Train

Similar to CrossTrain, PowerTrain is an intense body strengthening workout using free weights, resistance machines, and cardio equipment. Pump iron and your heart. Each powerful cardio and weightlifting session is totally different, keeping your body guessing, forcing it to stay at its peak.

Lose to Win

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, this is it.

Mom Fit: Boot Camp

Enroll your kiddo(s) in “Fun & Fitness” from 9:30–11:30 a.m. (see page 50) and find time for your health and heart in Total Body Boot Camp offered from 10–11 a.m. This class is a mix of cardio, weight circuits, and stretching. Every class keeps your body guessing and improving.

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

Experience this total body “plateau proof fitness formula” workout, using resistance and cardio training, which masterfully combines the 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.

Total Body Boot Camp

Total Body Boot Camp is a mix of cardio, weight circuits, stretching, and more. Every class keeps your body guessing and improving. See improvements in your strength, flexibility, and stamina.

TRX Body Blast

TRX is an amazing suspension fitness system that helps you build balance, muscle strength, and flexibility using your own body weight from different suspended heights. TRX is perfect for all fitness levels since you adjust your own straps to increase or decrease the difficulty of every exercise.

Dance

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!

Fitness Flash Mob

Join us in creating a fun filled dance that we will take to the streets, the mall, or even Old Town Square! If you have ever wanted to be a part of or witness a Flash Mob, this is it. We meet weekly to choreograph a dance that will be performed at two secret locations.

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!

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 populations in Fort Collins. Vida Sana is a health movement desiring to bring communities together to improve health. **Note:** Vida Sana participants are required to enroll.

Age: 12 years & up

Zumba Toning

After a great toning session enjoy great Latin music and have fun dancing while burning calories and improving cardio fitness. 30 minutes of Zumba toning and 30 minutes of high energy Zumba.

General

Koshi Waza

For posture, balance, and movement, your hips are your body’s powerhouse. In this challenging class (the name means literally “hip techniques”) learn traditional Japanese movements and exercises that stretch, strengthen, and stabilize your hips and back, while also improving your balance.

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. All levels welcome.

Pound Rockout Workout

Pound combines cardio, conditioning, and core work with drumming using lightly weighted drumsticks called Ripsticks. 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!

Taijifit

TaijiFit-relaxing, energizing, and ahhhh, put it all together and it's flow! TaijiFit makes Tai Chi more fun and accessible while making fitness more graceful and holistic. There are no routines to learn or choreography to memorize. Join your friends in a moving meditation, easy and fun, no experience necessary.

Essentrics Style Fitness

Essentrics fitness is movement to music using circular patterns through various joints. A strengthening and slenderizing program using stretching techniques, it is also a full body workout. Improve posture, increase flexibility, and rebalance your body. Best for men and women at intermediate fitness levels.

Martial Arts

T'ai Chi Chih Beginner Class H

The soft, gentle movements of T'ai Chi Chih promote health in every part of the body circulating and balancing our internal energy. The movements can be done by anyone regardless of age or physical condition. Benefits include better balance, increased flexibility and strength, inner peace, improved health, and joy!

Tai Chi, Beginning

Tai Chi is an orthodox internal martial art from China. This class presents the four "Mother Forms" of the art which are low-impact, meditative repeating movements, and provides some insight into internal movement and training.

Tai Chi, Beginning Yang Style

Yang Style Tai Chi brought to the United States by Professor Chen Mon Ch'ing. It is a continuous flow form of Tai Chi. It is recommended to attend entire sessions of the class.

Tai Chi, Continuing

Additional Tai Chi concepts and training. This class is recommended after taking the Beginning Tai Chi class to further your development and understanding. This class covers a small Yang style form sequence called Grasp Sparrow's Tail.

Integral Taichi

Integral Taichi is a system of health improving exercises designed for all ages and types of bodies. It is founded upon the principles of traditional Taichi, Qigong (Chi-Kung), and yoga. It reduces stress thus restoring health, vitality, and well-being. Modifications for older or physically challenged students available.

Pilates

Pilates

Pilates is a safe system of exercise that focuses on developing body awareness, core strength, and graceful movement. Through Pilates, students can re-train their bodies to move in safer, more efficient patterns of motion – invaluable for injury recovery, good posture, and optimal health.

Spin

Spin & Tone

Similar workouts as other spin classes, this class jams to great music during high aerobic challenges that simulate hills and interval training. It also has a toning segment either throughout the class or at the end. Cardiovascular, H.I.I.T training and total body strengthening for all levels. You adjust your resistance.

Toning & Strength

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.

Sculpt & Tone

Mixing Barre, Pilates, yoga, strengthening and toning techniques, this class helps sculpt all major muscle groups using a variety of old and new exercises and equipment. Have fun building muscle in order to better burn fat!

Strength & Tone

Designed to develop strength and flexibility in people who want to tone without an aerobic workout. Various routines focus on major muscle groups, along with challenging abdominal workouts.

Strength Training

Increase muscle strength, bone mass, and stamina. The first class of each session includes an orientation to training principals and equipment.

Strength Training – Small Group

Learn to safely and effectively use our equipment. Work with a personal trainer in a small group setting to see and feel the benefits of strength training, flexibility, and balance.

Yoga

Before You Yoga

Intimidated by yoga? In this short series of 5 classes, basic poses are broken down and phrases are 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: This is a series class; no drop-ins.

Yoga, Beginning

Beginning to low intermediate level yoga. Basic practice that most can do. Practice yoga breathing and physical exercises to enjoy strength and flexibility. Stress management can also be enjoyed with a regular practice. You are encouraged to bring your own mat.

Yoga, Advanced Beginner

Advanced beginner level yoga. Previous yoga experience expected, with modifications offered for varying levels. This practice helps release stress, improve balance, flexibility, and strength with sometimes challenging poses. Mindfulness and breathing techniques are offered, as well. **Note:** Must be able to do floor and standing exercises at a fast pace.

Yoga All Levels

An emphasis on precision in alignment is taught in standing poses, forward bending, back bending, twisting, and restorative poses.

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 the physical actions of happiness and relaxation. i.e.: laughter and deep breathing.

Pre & Postnatal Yoga

A great class if you're pregnant or just had a baby and looking for ways to relax and stay fit. Yoga is good for you and your baby, and can help prepare you for labor, and keep healthy after labor. Much like other types of childbirth-preparation classes, prenatal yoga encourages stretching.

Restorative Yoga

Restorative yoga is a pleasant way to relax and soothe frayed nerves. Using blankets and blocks to prop students in passive poses, your body can experience the benefits of a pose without having to exert much or any effort.

Sculpting Yoga

Sculpt your body with this weights infused yoga class. Build strength and definition. Beginners to advanced level.

Slow Flow Hatha Yoga

Nurturing, fun, non-competitive session to improve balance, strength, and flexibility. Poses are linked together slowly, with attention to breath. Philosophy and stress management techniques are also touched on. Advanced beginner level with modifications offered, so class is suitable for beginning and intermediate students.

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.

Yin Yoga

Join for relaxation, deeper meditation, and experience self-awareness. Yin Yoga opens the body's meridian system to enhance internal energetic flow, providing self-awareness, and supporting emotional equilibrium. Floor postures are held passively for 3–5 mins., giving the body time to acclimate and stretch.

Yoga for Cancer Survivors

This gentle, restorative yoga class is for beginners, patients, and survivors. Be motivated to envision the "best you", evoke empowerment, and embrace peace.

Yoga, Chair

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, and elevates your overall health and well-being.

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 a present, rejuvenated, and healthier you.

Yoga Flow

A gentle yoga flow designed to guide you into listening to your body. The pace is based on your own breath and body. This is a time to be in the moment and let go of your day.

Youth & Family Fitness Classes

Athletic Conditioning

Teen Cross Train

Similar to our adult Cross Train class, but designed for teens. Cross-Train is an intense workout that maximizes strength and agility. 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: 13–18 years

Teen Boot Camp

Embraces adult boot camp exercises, but designed for teens. This class teaches proper movement when performing a variety of old and new exercises. Beginner to intermediate levels welcome. Be prepared to enjoy a good workout and see improvements in your strength, flexibility, and stamina.

Age: 13–18 years

Yoga

Teen Yoga

A yoga class for beginner to intermediate level teenagers, this class embraces the same concepts as our Slow Flow Hatha Yoga, but designed for teens. Nurturing, fun, non-competitive session to improve balance, strength, and flexibility. Poses are linked together slowly, with attention to breath.

Age: 13–18 years

Family Yoga: 6 months–2 years

Take this opportunity to connect with your baby or toddler through yoga. Both child and guardian benefit physically, emotionally, and mentally in this fun approach to breathing and movement together.

Note: At least one adult must be present and in the room with enrolled child/children. Price includes participation for up to 3 participants.

Family Yoga: 4–10 years

Take this opportunity to explore yoga together as parent and child. 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.

LEGEND	
NW	Denotes no web registration for program
M	Denotes program/activity has special membership pricing
H	Health and Wellness program
◀ARO	Denotes Adaptive Recreation Opportunity program

Fitness Schedule

Adult

Other Facilities

Dance

Fitness Flash Mob

Location: Colorado Cheer Academy

1/6–2/3	W	7:00–8:00 PM	\$15	109512–01
2/10–3/9	W	7:00–8:00 PM	\$15	109512–02

Club Tico

Dance

Zumba

Age: 16 years & up

1/4–2/1	M	9:00–10:00 AM	\$15	109118–01
2/8–3/7	M	9:00–10:00 AM	\$15	109118–02
1/6–2/3	W	9:00–10:00 AM	\$15	109118–04
2/10–3/9	W	9:00–10:00 AM	\$15	109118–05
1/8–2/5	F	9:00–10:00 AM	\$15	109118–07
2/12–3/11	F	9:00–10:00 AM	\$15	109118–08

Zumba – Vida Sana

Age: 12 years & up

1/4–2/1	M	9:00–10:00 AM		109119–01
2/8–3/7	M	9:00–10:00 AM		109119–02
1/6–2/3	W	9:00–10:00 AM		109119–04
2/10–3/9	W	9:00–10:00 AM		109119–05
1/8–2/5	F	9:00–10:00 AM		109119–07
2/12–3/11	F	9:00–10:00 AM		109119–08

Foothills Activity Center

Athletic Conditioning

Bosu Conditioning

1/5–2/4	Tu,Th	1:00–2:00 PM	\$30	109778–01
2/9–3/10	Tu,Th	1:00–2:00 PM	\$30	109778–02

Cardio Boot Camp

1/4–2/5	M,W,F	5:30–6:30 PM	\$45	109774–01
2/8–3/11	M,W,F	5:30–6:30 PM	\$45	109774–02
1/5–2/4	Tu,Th	6:15–7:15 AM	\$30	109774–04
2/9–3/10	Tu,Th	6:15–7:15 AM	\$30	109774–05
1/10–2/7	Su	12:30–1:30 PM	\$15	109774–07
2/14–3/13	Su	12:30–1:30 PM	\$15	109774–08

Lose to Win

1/5–2/4	Tu,Th	11:00 AM–Noon	\$30	109775–01
2/9–3/10	Tu,Th	11:00 AM–Noon	\$30	109775–02

Mom Fit: Boot Camp

1/5-2/4	Tu,Th	10:00-11:00 AM	\$30	109777-01
2/9-3/10	Tu,Th	10:00-11:00 AM	\$30	109777-02

Power Train

1/4-2/5	M,W,F	8:00-9:00 AM	\$45	109770-01
2/8-3/11	M,W,F	8:00-9:00 AM	\$45	109770-02

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

1/5-2/2	Tu	6:30-7:30 PM	\$15	109773-01
2/9-3/8	Tu	6:30-7:30 PM	\$15	109773-02
1/7-2/4	Th	6:30-7:30 PM	\$15	109773-04
2/11-3/10	Th	6:30-7:30 PM	\$15	109773-05

Total Body Boot Camp

1/9-2/6	Sa	8:30-9:30 AM	\$15	109772-01
2/13-3/12	Sa	8:30-9:30 AM	\$15	109772-02

TRX Body Blast

1/4-2/3	M,W	6:15-7:15 AM	\$30	109780-01
2/8-3/7	M,W	6:15-7:15 AM	\$30	109780-02
1/5-2/4	Tu,Th	4:30-5:30 PM	\$30	109780-04
2/9-3/10	Tu,Th	4:30-5:30 PM	\$30	109780-05
1/10-2/7	Su	1:30-2:30 PM	\$15	109780-07
2/14-3/13	Su	1:30-2:30 PM	\$15	109780-08

General

Nia

1/4-2/1	M	1:00-2:00 PM	\$15	109709-01
2/8-3/7	M	1:00-2:00 PM	\$15	109709-02
1/6-2/3	W	1:00-2:00 PM	\$15	109709-03
2/10-3/9	W	1:00-2:00 PM	\$15	109709-04

Pilates

Pilates

1/5-2/4	Tu,Th	9:00-10:00 AM	\$30	109720-01
2/9-3/10	Tu,Th	9:00-10:00 AM	\$30	109720-02
1/7-2/4	Th	5:30-6:30 PM	\$15	109720-04
2/11-3/10	Th	5:30-6:30 PM	\$15	109720-05

Toning & Strength

Barre Fitness

1/5-2/4	Tu-Th	10:00-11:00 AM	\$30	109734-01
2/9-3/10	Tu-Th	10:00-11:00 AM	\$30	109734-02
1/5-2/2	Tu	5:30-6:30 PM	\$15	109734-07
2/9-3/8	Tu	5:30-6:30 PM	\$15	109734-08
1/9-2/6	Sa	10:00-11:00 AM	\$15	109734-10
2/13-3/12	Sa	10:00-11:00 AM	\$15	109734-11

Strength Training

1/4-2/3	M,W	11:00 AM-Noon	\$30	109731-01
2/8-3/9	M,W	11:00 AM-Noon	\$30	109731-02

Sculpt & Tone

1/4-2/5	M,W,F	Noon-1:00 PM	\$45	109732-01
2/8-3/11	M,W,F	Noon-1:00 PM	\$45	109732-02
1/9-2/6	Sa	10:30-11:30 AM	\$15	109732-04
2/13-3/12	Sa	10:30-11:30 AM	\$15	109732-05

Yoga

Pre & Postnatal Yoga

1/4-2/3	M,W	9:00-10:00 AM	\$30	109767-01
2/8-3/9	M,W	9:00-10:00 AM	\$30	109767-02

Slow Flow Hatha Yoga

1/5-2/4	Tu,Th	7:15-8:15 AM	\$30	109761-01
2/9-3/10	Tu,Th	7:15-8:15 AM	\$30	109761-02

Vinyasa Flow Yoga

1/4-2/3	M,W	10:00-11:00 AM	\$30	109765-01
2/8-3/7	M,W	10:00-11:00 AM	\$30	109765-02
1/5-2/4	Tu,Th	7:30-8:30 PM	\$30	109765-04
2/9-3/8	Tu,Th	7:30-8:30 PM	\$30	109765-05
1/9-2/6	Sa	Noon-1:00 PM	\$15	109765-07
2/13-3/12	Sa	Noon-1:00 PM	\$15	109765-08

Yoga Flow

1/5-2/4	Tu,Th	Noon-1:00 PM	\$30	109762-01
2/9-3/10	Tu,Th	Noon-1:00 PM	\$30	109762-02
1/4-2/3	M,W	6:30-7:30 PM	\$30	109762-04
2/8-3/9	M,W	6:30-7:30 PM	\$30	109762-05
1/9-2/6	Sa	9:30-10:30 AM	\$15	109762-07
2/13-3/12	Sa	9:30-10:30 AM	\$15	109762-08
1/10-2/7	Su	9:30-10:30 AM	\$15	109762-10
2/14-3/13	Su	9:30-10:30 AM	\$15	109762-11
1/8-2/5	F	4:30-5:30 PM	\$15	109762-13
2/12-3/11	F	4:30-5:30 PM	\$15	109762-14

Northside Aztlan Community Center

Athletic Conditioning

CrossTrain

1/4-2/5	M,W,F	6:15-7:15 AM	\$45	109571-01
2/8-3/11	M,W,F	6:15-7:15 AM	\$45	109571-02
1/4-2/5	M,W,F	Noon-1:00 PM	\$45	109571-04
2/8-3/11	M,W,F	Noon-1:00 PM	\$45	109571-05
1/4-2/5	M,W,F	6:15-7:15 PM	\$45	109571-07
2/8-3/11	M,W,F	6:15-7:15 PM	\$45	109571-08

Lose to Win

1/4-2/5	M,W,F	9:30-10:30 AM	\$45	109575-01
2/8-3/11	M,W,F	9:30-10:30 AM	\$45	109575-02

Power Train

1/5-2/4	Tu,Th	Noon-1:00 PM	\$30	109570-01
2/9-3/10	Tu,Th	Noon-1:00 PM	\$30	109570-02
1/5-2/4	Tu,Th	6:15-7:15 AM	\$30	109570-04
2/9-3/10	Tu,Th	6:15-7:15 AM	\$30	109570-05

Total Body Boot Camp

1/5-2/4	Tu,Th	5:30-6:30 PM	\$30	109572-01
2/9-3/10	Tu,Th	5:30-6:30 PM	\$30	109572-02

TRX Body Blast

1/9–2/6	Sa	8:00–9:00 AM	\$15	109580-01
2/13–3/12	Sa	8:00–9:00 AM	\$15	109580-02
1/5–2/4	Tu,Th	Noon–1:00 PM	\$30	109580-04
2/9–3/10	Tu,Th	Noon–1:00 PM	\$30	109580-05
1/4–2/3	M,W	6:30–7:30 PM	\$30	109580-07
2/8–3/9	M,W	6:30–7:30 PM	\$30	109580-08

Dance

Bollywood Dance

1/5–2/2	Tu	6:30–7:30 PM	\$15	109511-01
2/9–3/8	Tu	6:30–7:30 PM	\$15	109511-02

Zumba

1/5–2/2	Tu	6:30–7:30 PM	\$15	109518-01
2/9–3/8	Tu	6:30–7:30 PM	\$15	109518-02
1/6–2/3	W	6:30–7:30 PM	\$15	109518-04
2/10–3/9	W	6:30–7:30 PM	\$15	109518-05
1/7–2/4	Th	6:30–7:30 PM	\$15	109518-07
2/11–3/10	Th	6:30–7:30 PM	\$15	109518-08

Zumba – Vida Sana

1/5–2/2	Tu	6:30–7:30 PM		109519-01
2/9–3/8	Tu	6:30–7:30 PM		109519-02
1/6–2/3	W	6:30–7:30 PM		109519-04
2/10–3/9	W	6:30–7:30 PM		109519-05
1/7–2/4	Th	6:30–7:30 PM		109519-07
2/11–3/10	Th	6:30–7:30 PM		109519-08

General

Essentrics Style Fitness

1/4–2/3	M,W	10:00–11:00 AM	\$30	109583-01
2/8–3/9	M,W	10:00–11:00 AM	\$30	109583-02

Pilates

Pilates

1/5–2/4	Tu,Th	1:00–2:00 PM	\$30	109520-01
2/9–3/10	Tu,Th	1:00–2:00 PM	\$30	109520-02
1/4–2/1	M	5:30–6:30 PM	\$15	109520-04
2/8–3/7	M	5:30–6:30 PM	\$15	109520-05
1/6–2/3	W	5:30–6:30 PM	\$15	109520-07
2/10–3/9	W	5:30–6:30 PM	\$15	109520-08

Spin

Spin & Tone

1/4–2/3	M,W	6:15–7:15 AM	\$30	109551-01
2/8–3/9	M,W	6:15–7:15 AM	\$30	109551-02
1/5–2/4	Tu,Th	6:15–7:15 AM	\$30	109551-04
2/9–3/10	Tu,Th	6:15–7:15 AM	\$30	109551-05
1/4–2/3	M,W	5:30–6:30 PM	\$30	109551-07
2/8–3/9	M,W	5:30–6:30 PM	\$30	109551-08
1/5–2/4	Tu,Th	6:30–7:30 PM	\$30	109551-10
2/9–3/10	Tu,Th	6:30–7:30 PM	\$30	109551-11

Strength & Toning

Barre Fitness

1/4–2/3	M,W	9:00–10:00 AM	\$30	109534-01
2/8–3/9	M,W	9:00–10:00 AM	\$30	109534-02
1/4–2/3	M,W	1:00–2:00 PM	\$30	109534-04
2/8–3/9	M,W	1:00–2:00 PM	\$30	109534-05
1/7–2/4	Th	6:30–7:30 PM	\$15	109534-07
2/11–3/10	Th	6:30–7:30 PM	\$15	109534-08

Strength & Tone

1/5–2/4	Tu,Th	12:10–12:55 PM	\$30	109530-01
2/9–3/10	Tu,Th	12:10–12:55 PM	\$30	109530-02

Strength Training

1/4–2/3	M,W	8:30–9:30 AM	\$30	109531-01
2/8–3/9	M,W	8:30–9:30 AM	\$30	109531-02
1/5–2/4	Tu,Th	9:30–10:30 AM	\$30	109531-04
2/9–3/10	Tu,Th	9:30–10:30 AM	\$30	109531-05

Yoga

Restorative Yoga

1/4–2/3	M,W	Noon–1:00 PM	\$30	109568-01
2/8–3/9	M,W	Noon–1:00 PM	\$30	109568-02
1/8–2/5	F	10:30–11:30 AM	\$15	109568-04
2/12–3/11	F	10:30–11:30 AM	\$15	109568-05

Sculpting Yoga

1/5–2/4	Tu,Th	1:00–2:00 PM	\$30	109584-01
2/9–3/10	Tu,Th	1:00–2:00 PM	\$30	109584-02

Slow Flow Hatha Yoga

1/4–2/1	M	4:00–5:00 PM	\$15	109561-01
2/8–3/7	M	4:00–5:00 PM	\$15	109561-02
1/5–2/2	Tu	5:00–6:00 PM	\$15	109561-04
2/9–3/8	Tu	5:00–6:00 PM	\$15	109561-05
1/6–2/3	W	4:00–5:00 PM	\$15	109561-07
2/10–3/9	W	4:00–5:00 PM	\$15	109561-08
1/7–2/4	Th	5:00–6:00 PM	\$15	109561-10
2/11–3/10	Th	5:00–6:00 PM	\$15	109561-11

Vinyasa Flow Yoga

1/9–2/6	Sa	8:00–9:00 AM	\$15	109565-01
2/13–3/12	Sa	8:00–9:00 AM	\$15	109565-02

Yin Yoga

1/4–2/1	M	7:30–8:30 PM	\$15	109566-01
2/8–3/7	M	7:30–8:30 PM	\$15	109566-02

Yoga & Meditation

1/5–2/4	Tu,Th	9:00–10:00 AM	\$30	109569-01
2/9–3/10	Tu,Th	9:00–10:00 AM	\$30	109569-02

Yoga Flow

1/6–2/3	W	6:30–7:30 PM	\$15	109562-01
2/10–3/9	W	6:30–7:30 PM	\$15	109562-02
1/4–2/1	M	7:00–7:45 AM	\$11.25	109562-04
2/8–3/7	M	7:00–7:45 AM	\$11.25	109562-05

Senior Center

Aerobics

Cardio, Core & More **H**

1/11–2/3	M,W	9:00–9:50 AM	\$22	125410-01
2/8–3/2	M,W	9:00–9:50 AM	\$22	125410-02

Low Impact Aerobics

Class will not be held on 12/25.

1/5–2/4	Tu,Th	8:50–9:50 AM	\$30	109401-01
2/9–3/10	Tu,Th	8:50–9:50 AM	\$30	109401-02

Athletic Conditioning

Boomer Boot Camp **H**

1/11–2/3	M,W	8:00–8:50 AM	\$22	125417-01
2/8–3/2	M,W	8:00–8:50 AM	\$22	125417-02

Dance

Zumba

1/4–2/1	M	5:30–6:25 PM	\$9	109416-01
2/8–3/7	M	5:30–6:25 PM	\$6	109416-02
1/6–2/3	W	5:30–6:25 PM	\$15	109416-03
2/10–3/9	W	5:30–6:25 PM	\$15	109416-04
1/10–2/7	Su	3:00–3:55 PM	\$9	109416-05
2/14–3/13	Su	3:00–3:55 PM	\$15	109416-06

Zumba Toning

1/4–2/1	M	12:05–1:00 PM	\$15	109417-01
2/8–3/7	M	12:05–1:00 PM	\$15	109417-02
1/9–2/6	Sa	9:15–10:15 AM	\$15	109417-03
2/13–3/12	Sa	9:15–10:15 AM	\$15	109417-04

General

Koshi Waza

1/4–2/1	M	6:45–8:00 PM	\$17.50	109409-01
2/8–3/7	M	6:45–8:00 PM	\$17.50	109409-02

Nia

1/5–2/2	Tu	5:30–6:25 PM	\$15	109411-01
2/9–3/8	Tu	5:30–6:25 PM	\$15	109411-02
1/7–2/4	Th	6:30–7:25 PM	\$15	109411-03
2/11–3/10	Th	6:30–7:25 PM	\$15	109411-04

Pound Rockout Workout

1/6–2/3	W	6:45–7:30 PM	\$11.25	109418-01
2/10–3/9	W	6:45–7:30 PM	\$11.25	109418-02

Taijifit

1/4–2/3	M,W	7:00–7:45 AM	\$22.50	109419-01
2/8–3/9	M,W	7:00–7:45 AM	\$22.50	109419-02
1/5–2/2	Tu	4:00–4:45 PM	\$11.25	109419-03
2/9–3/8	Tu	4:00–4:45 PM	\$11.25	109419-04
1/7–2/4	Th	3:00–3:45 PM	\$11.25	109419-05
2/11–3/10	Th	3:00–3:45 PM	\$11.25	109419-06
1/9–2/6	Sa	3:15–4:00 PM	\$11.25	109419-07
2/13–3/12	Sa	3:15–4:00 PM	\$11.25	109419-08

Martial Arts

Integral Taichi

1/6–2/5	W,F	9:00–9:55 AM	\$30	109427-01
2/10–3/11	W,F	9:00–9:55 AM	\$30	109427-02

T'ai Chi Chih Beginner Class **H**

1/5–2/23	Tu	1:00–2:00 PM	\$80	125438-01
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Tai Chi, Beginning

1/9–2/6	Sa	12:45–1:45 PM	\$15	109428-01
2/13–3/12	Sa	12:45–1:45 PM	\$15	109428-02

Tai Chi, Beginning Yang Style

1/4–2/3	M,W	3:00–4:00 PM	\$30	109430-01
2/8–3/9	M,W	3:00–4:00 PM	\$30	109430-02

Tai Chi, Continuing

1/9–2/6	Sa	2:00–3:00 PM	\$15	109429-01
2/13–3/12	Sa	2:00–3:00 PM	\$15	109429-02

Pilates

Pilates

1/4–2/1	M	1:45–2:45 PM	\$15	109408-01
2/8–3/7	M	1:45–2:45 PM	\$15	109408-02
1/8–2/5	F	8:45–9:45 AM	\$15	109408-03
2/12–3/11	F	8:45–9:45 AM	\$15	109408-04

Toning & Strength

Strength Training – Small Group

1/5–2/4	Tu,Th	9:00–10:00 AM	\$30	109410-01
2/9–3/10	Tu,Th	9:00–10:00 AM	\$30	109410-02

Yoga

Before You Yoga

This is a class series; no drop-ins.

2/10–3/9	W	7:00–8:00 PM	\$15	109462-01
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Yoga, Beginning

Class will not be held on 12/25.

1/5–2/4	Tu,Th	2:45–3:45 PM	\$30	109463-01
2/9–3/10	Tu,Th	2:45–3:45 PM	\$30	109463-02
1/5–2/4	Tu,Th	4:00–5:00 PM	\$30	109463-03
2/9–3/10	Tu,Th	4:00–5:00 PM	\$30	109463-04
1/5–2/4	Tu,Th	5:15–6:15 PM	\$30	109463-05
2/9–3/10	Tu,Th	5:15–6:15 PM	\$30	109463-06
1/6–2/3	W	Noon–1:00 PM	\$15	109463-07
2/10–3/9	W	Noon–1:00 PM	\$15	109463-08
1/6–2/3	W	1:15–2:15 PM	\$15	109463-09
2/10–3/9	W	1:15–2:15 PM	\$15	109463-10

Yoga, Advanced Beginner

1/4–2/1	M	4:30–5:20 PM	\$15	109464-01
2/8–3/7	M	4:30–5:20 PM	\$15	109464-02
1/4–2/3	M,W	5:30–6:20 PM	\$15	109464-03
2/8–3/9	M,W	5:30–6:20 PM	\$15	109464-04
1/5–2/2	Tu	6:30–7:30 PM	\$15	109464-05
2/9–3/8	Tu	6:30–7:30 PM	\$15	109464-06

Yoga All Levels

1/9–2/6	Sa	9:30–10:30 AM	\$15	109470-01
2/13–3/12	Sa	9:30–10:30 AM	\$15	109470-02

Laughter Yoga **H**

Class will not be held on 12/5, 12/26, 1/2.

12/12–2/27	Sa	9:00–10:00 AM	No Fee	125468-01
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Vinyasa Yoga

1/4–2/1	M	6:30–7:30 PM	\$15	109471-01
2/8–3/7	M	6:30–7:30 PM	\$15	109471-02

Yoga for Cancer Survivors **H**

12/7–12/30	M,W	10:00–11:00 AM	\$20	125400-01
1/4–1/27	M,W	10:00–11:00 AM	\$20	125400-02
2/1–2/24	M,W	10:00–11:00 AM	\$20	125400-03

Yoga, Chair

1/4–2/1	M	8:30–9:30 AM	\$15	109466-01
2/8–3/7	M	8:30–9:30 AM	\$15	109466-02

Youth & Family Fitness Classes

Northside Aztlan Community Center

Athletic Conditioning

Teen Cross Train

Age: 13–18 years

1/4–2/3	M,W	3:30–4:30 PM	\$22	109578-01
2/8–3/9	M,W	3:30–4:30 PM	\$20	109578-02

Yoga

Teen Yoga

Age: 13–18 years

1/5–2/4	Tu,Th	3:30–4:30 PM	\$20	109563-01
2/9–3/10	Tu,Th	3:30–4:30 PM	\$20	109563-02

Family Yoga: 6 months–2 years

Age: 6–18 months

1/5–2/2	Tu	11:00 AM–Noon	\$30	109560-01
2/9–3/8	Tu	11:00 AM–Noon	\$30	109560-02

Age: 18 months–2 years

1/7–2/4	Th	11:00 AM–Noon	\$30	109560-03
2/11–3/10	Th	11:00 AM–Noon	\$30	109560-04

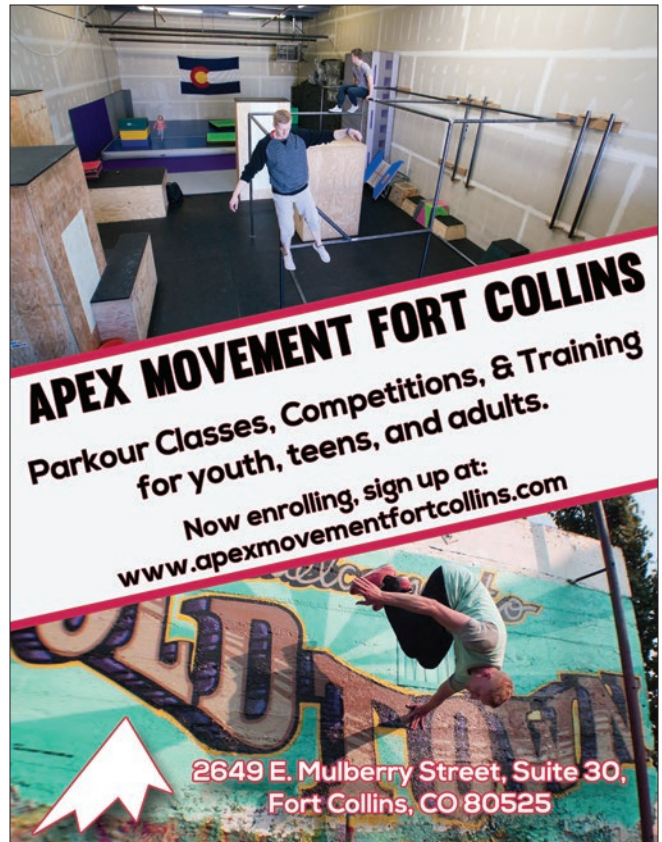
Foothills Activity Center

Athletic Conditioning

Teen Boot Camp

Age: 13–18 years

1/5–2/4	Tu,Th	3:30–4:30 PM	\$15	109776-01
2/9–3/10	Tu,Th	3:30–4:30 PM	\$15	109776-02



Yoga

Teen Yoga

Age: 13–18 years

1/4–2/5	M,W,F	3:30–4:30 PM	\$30	109763-01
2/8–3/11	M,W,F	3:30–4:30 PM	\$30	109763-02

Family Yoga: 6 months–2 years

Age: 6–18 months

1/8–2/5	F	10:00–11:00 AM	\$30	109760-01
2/12–3/11	F	10:00–11:00 AM	\$30	109760-02

Age: 18 months–2 years

1/8–2/5	F	11:00 AM–Noon	\$30	109760-04
2/12–3/11	F	11:00 AM–Noon	\$30	109760-05

Family Yoga: 4–10 years

Age: 4–5 years

1/4–2/1	M	4:30–5:30 PM	\$30	109760-07
2/8–3/7	M	4:30–5:30 PM	\$30	109760-08

Age: 7–10 years

1/6–2/3	W	4:30–5:30 PM	\$30	109760-10
2/10–3/9	W	4:30–5:30 PM	\$30	109760-11

OPENING HOLIDAY SEASON 2015



Foothills Activity Center

Basketball & Volleyball Court
Cardio, Weights & Fitness
Activity Rooms
Convenient Location in midtown

Located in Foothills

241 East Foothills Parkway



FOOTHILLS

fcgov.com/Recreation



Gardens on Spring Creek

All programs are hosted at the Gardens on Spring Creek unless otherwise noted. Hours and location information is on page 18. Members of the Gardens on Spring Creek receive discounted rates. For more information about the Gardens on Spring Creek programming and to register, visit fcgov.com/gardens.

Special Events

Holiday Gifts & Plants

Looking for a unique present for that someone special? We offer one-stop shopping in the Gift Shop, as well as holiday plants grown and nurtured in our greenhouse. Choose from poinsettias, amaryllis, Christmas cactuses, herb baskets, and rosemary topiaries.

Garden of Lights

Stroll through the whimsically decorated and twinkling Gardens lit by thousands of LED lights. See your favorite perennial flower beds, a brilliant blue LED pond, and a Primordial Forest—all created entirely from holiday lights! During the weekends, visit with Santa, listen to holiday music, and enjoy warm drinks.

Age: All

12/4–1/4	M–Su	5:00–9:00 PM	\$2 suggested donation
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High Plains Landscape Workshop

City of Fort Collins Utilities, Colorado State University Extension Larimer County, and the Gardens on Spring Creek host a one-day workshop for homeowners and professionals designed to promote high-quality, sustainable landscapes that reflect a sense of place in Colorado's northern Front Range.

Age: 18 years & up

Location: Lincoln Center, 417 W. Magnolia St.

2/27	8:30 AM–3:30 PM	\$49, \$59 after 2/1
		\$44 members until 2/1

Adult Classes

All of the following classes are recommended for adults ages 18 years & up. Pre-registration is highly recommended.

Create a Christmas Wreath

Create your own natural holiday wreath from scratch on a 14 inch frame. Attach evergreens to the frame and embellish the base with a wide variety of natural materials and a bow. Examples, instructions, assistance, and materials provided. **Note:** Bring gloves and any favorite item you envision for your wreath (bows, keepsakes, unique natural materials, etc.).

12/5	Sa	10:00 AM–Noon	\$30
			\$25 members
12/5	Sa	1:00–3:00 PM	\$30
			\$25 members

Photographing Holiday Lights

Explore photographing holiday lights with the Garden of Lights displays as inspiration. Class includes a lecture and slideshow on techniques of photographing light displays with a hand-held camera, tripod, and additional flash lighting. After class, use your own creativity in The Gardens with instructor guidance. **Note:** A digital camera capable of being mounted on a tripod is recommended. Some tripods are available to borrow. Dress to be both inside and outside. Bring a flashlight.

12/8	Tu	4:00–6:00 PM	\$25
			\$22 members

Growing Fruit Trees at Home

Learn the basics of growing fruit trees at home. From selection of appropriate varieties to planting, pruning, pest management, and long-term care, this class equips you with the skills and information necessary to grow and enjoy fruit for years to come.

1/30	Sa	10:00 AM–Noon	\$18
			\$15 members

Color Theory for Botanical Illustration

This class covers the three basic categories of color theory: the color wheel, color harmony, and the context of how colors are used. Mix and layer analogous and complimentary colors. Learn when and where to apply tones and tints and how to use color to create depth and perspective in your illustrations. **Note:** Supply list provided.

1/30	Sa	1:00–5:00 PM	\$110
			\$100 members
1/31	Su	1:00–5:00 PM	\$110
			\$100 members

Sketching 101: Forms & Textures

Do you want to paint gardens, flowers, and nature scenes, but don't know how to start? Learn basic techniques of shading, perspective, creating texture, and line drawings with graphite pencils. **Note:** Class is for novice sketchers. Supply list provided.

2/3–2/24	W	2:00–4:00 PM	\$110/
			\$100 members

The Kitchen Herbalist

Learn how to make natural medicines to promote health, wellness, nutrition, and healing with common herbs, spices, oils, vinegars, and honeys already in your kitchen. Learn medicinal attributes, energetics and uses of ten common herbs. Take home a handout and herbal recipes to keep in your medicine cabinet.

2/6	Sa	10:00 AM–Noon	\$25
			\$22 members

Make Your Own Mozzarella

Learn the basic skills and equipment needed to make this classic cheese. Discover the difference between types of milk and how they can effect curd development, as well as other ingredients needed. Recipes provided. Make two different mozzarella cheeses in class that you can sample.

2/6	Sa	1:00–3:00 PM	\$20
			\$17 members

Botany of Flowering

Go beyond pistils and stamens to discover the secrets of how and why plants flower. Find out why some plants bloom in spring while others wait until fall. Uncover the compounds that create unique colors in petals and leaves. Use microscopes for a close-up of plant and flower parts.

2/13	Sa	10:00 AM–Noon	\$18
			\$15 members

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.

2/20	Sa	10:00 AM–Noon	\$18
			\$15 members

Youth Classes

Read and Seed

This program helps your child develop school readiness skills of early language comprehension and fine motor skills while encouraging creativity, curiosity, and exploration of the natural world. Includes story time and an educational, hands-on activity. **Note:** These are parent with child classes. Registration not required. Class not discountable. No class 12/21, 12/22, 12/28, 12/29, 1/18, 2/15. Cost is per child; no charge for adults.

Age: 0–5 years

Mitten Tree

12/7–12/8	M,Tu	10:00–10:45 AM	\$3
12/7–12/8	M,Tu	11:00–11:45 AM	\$3

Snow Children

12/14–12/15	M,Tu	10:00–10:45 AM	\$3
12/14–12/15	M,Tu	11:00–11:45 AM	\$3

Snow Goggles

1/4–1/5	M,Tu	10:00–10:45 AM	\$3
1/4–1/5	M,Tu	11:00–11:45 AM	\$3

Squirrel Feeder

1/11–1/12	M,Tu	10:00–10:45 AM	\$3
1/11–1/12	M,Tu	11:00–11:45 AM	\$3

Soft Stacked Evergreen Tree

1/19 M,Tu	10:00–10:45 AM	\$3
1/19 M,Tu	11:00–11:45 AM	\$3

LEGEND

- NW** Denotes no web registration for program
- M** Denotes program/activity has special membership pricing
- H** Health and Wellness program
- ◀ARO** Denotes Adaptive Recreation Opportunity program

Read and Seed continued

Non-Abrasive, Scented, Cleaning Powder

1/25–1/26	M,Tu	10:00–10:45 AM	\$3
1/25–1/26	M,Tu	11:00–11:45 AM	\$3

Little White Duck

2/1–2/2	M,Tu	10:00–10:45 AM	\$3
2/1–2/2	M,Tu	11:00–11:45 AM	\$3

Veggie Valentine Cards

2/8–2/9	M,Tu	10:00–10:45 AM	\$3
2/8–2/9	M,Tu	11:00–11:45 AM	\$3

Honey Butter

2/16	M,Tu	10:00–10:45 AM	\$3
2/16	M,Tu	11:00–11:45 AM	\$3

Flowering Shrubs

2/22–23	M,Tu	10:00–10:45 AM	\$3
2/22–2/23	M,Tu	11:00–11:45 AM	\$3

Scent Memory Game

2/29–3/1	M,Tu	10:00–10:45 AM	\$3
2/29–3/1	M,Tu	11:00–11:45 AM	\$3

School's Out Day Camps

Pack a lunch and come spend a day gardening, composting, cooking, crafting, and discovering. Scholarships available. **Note:** Preregistration required.

Age: 5–11 years

2/26	F	9:00 AM–4:00 PM	\$45
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Tree Trunks

Looking for forestry-related educational resources for your classroom, family, or daycare? Tree Trunks are now available for check-out! 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 are 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. Trunks are available for elementary school and middle school to adult. **Note:** \$50 refundable damage deposit required.

Birthday Parties

Enjoy 90 minutes of birthday fun in the Green Roof Shelter. Birthday parties include 30 minutes of Garden instructor-led activities and playtime in the Children's Garden. **Note:** Guests provide food, beverages, paper products, and utensils. One adult chaperone per party required. Two week advanced registration recommended.

Age: 2–9 years

Cost: \$130 for up to 10 children

Senior Center

Health & Wellness PARTNERSHIP

Health Awareness

Medical Wellness & Education

Holistic Choices

Lifestyle Management



Health and Wellness Services

Health and Wellness Services is a unique and comprehensive public health and wellness program provided in partnership by the City of Fort Collins, Columbine Health Systems and University of Colorado Health. All services are for ages 18 years & up unless otherwise noted. Find additional Health & Wellness sponsored programs throughout the Recreator; they are denoted with an **H**.

Medical Education

Memory Loss, Dementia, & Alzheimer's **H**

Alzheimer's disease is not a normal part of aging. If you or someone you know is affected by Alzheimer's or dementia, it's time to learn the facts. This program provides information on detection, risk factors, stages of the disease, treatment, and much more.

Location: Senior Center

12/2	W	3:00–5:00 PM	No Fee	125409-01
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Parkinson's Wellness Recovery, Level 1 **H**

Parkinson's Wellness Recovery is an exercise program developed by Dr. Beck Farley for those diagnosed with Parkinson's disease to improve balance and walking, and slow the progression of the

Parkinson's Wellness Recovery continued

disease. This class is for those who have trouble with balance and walking at home. Taught by UCH neurologic physical therapists.

Location: Senior Center

1/6–2/24	W	1:00–2:00 PM	\$40	125412-01
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Bossy Bladder **H**

Do you have a bossy bladder or bowel? Krista Covell-Peirson, Occupational Therapist certified in pelvic disorders (and staff) presents a lecture and exercise class for individuals looking to improve bladder and bowel control.

Location: Senior Center

1/11	M	1:00–2:00 PM	\$20	125450-01
2/10	W	9:30–10:30 AM	\$20	125450-02

Medication Management **H**

Discussion about medication adherence, safety, efficacy, and potential side effects. Learn about herbal and over the counter medications and how they can help or harm your condition. Food/drug interactions are also covered. Review food that can inhibit or increase the actions of your medications. Taught by Columbine Health Systems Pharmacist.

Location: Senior Center

1/12	Tu	1:30–2:30 PM	\$5	125428-01
2/23	Tu	1:00–2:00 PM	\$5	125428-02

What is Dry Needling? H

This informative class on dry needling techniques explains how it works and who it helps. Learn about this new treatment option and how it may help your pain and symptoms. Led by Ben Dixon, Physical Therapist at PVH.

Location: Senior Center

1/22	F	4:30–5:30 PM	No Fee	125404-01
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CPAP H

Transform your sleep experience by joining a Columbine Medical Equipment expert to learn about Continuous Positive Airway Pressure. Learn how it works, its effectiveness and how to choose the right mask. Also, if you've had difficulty using one before, now's your chance to ask questions.

Location: Senior Center

1/26	Tu	2:00–3:00 PM	No Fee	125475-01
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Strategies to Improve Memory H

This class provides training and education on programs and activities to improve memory as we age. Class delivered by a speech therapist.

Location: Senior Center

1/27	W	10:30–11:30 AM	\$5	125418-01
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Live Well with Diabetes H

Designed specifically for people with diabetes or prediabetes. During this 6 week class, participants learn skills to better manage diabetes and prevent or delay complications, and receive a book that accompanies the class.

Location: Senior Center

1/28–3/3	Th	1:30–3:30 PM	No Fee	125411-01
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Stay Behind the Wheel H

Focus on safe driving, precautions and self-assessment for continuing to drive. Learn alternative community options, as well as having a Voice to Make a Choice that is best for your family and community. Stay driving as long as possible or come to terms with letting go in a healthy way.

Location: Senior Center

2/3	W	10:00–11:30 AM	No Fee	125403-01
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Heart Health & Fitness H

Join Senior Fitness Trainer, Katie Hansen, and Occupational Therapist, Krista Covell-Pierson, to learn more about how to keep your heart healthy. Take a functional fitness assessment to figure out what your fitness level is. Together, they can help point you in the right direction.

Location: Senior Center

2/8	M	1:00–2:00 PM	\$20	125451-01
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Roll Away Pain H

In this informative and interactive class, learn how to use the foam roller to ease pain. Led by Bobbett Hickson, Physical Therapist at PVH.

Location: Senior Center

2/17	W	3:30–4:30 PM	\$5	125405-01
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Aging thru the Decades H

What does healthy, normal aging look like? Join us for a decade by decade, head-to-toe look at healthy aging, from the visible changes in our skin and hair, to the hidden changes in our bones and organs. Learn simple, daily choices you can make to choose good health at every age. Presented by Dianne Grimmert RN, M.Ed.

Location: Senior Center

2/23	Tu	1:00–2:00 PM	\$5	125401-01
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Wellness Education**Parkinsons Support Group** H

Join us on the first Wednesday of every month for a variety of presentations and informational sessions. This class is tailored to those living with Parkinson's disease, as well as their caregivers.

Location: Senior Center

12/2	W	10:30 AM–12:30 PM	No Fee	125427-01
1/6	W	10:30 AM–12:30 PM	No Fee	125427-02
2/3	W	10:30 AM–12:30 PM	No Fee	125427-03

Long-Lived People, Part 1 H

The secret to health and long life is no secret. Join Fred Singer, Regis University adjunct 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.

Location: Senior Center

1/6–2/3	W	10:00–11:00 AM	\$25	125439-01
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New Year–New Habits H

A strong habit is our best friend, or our worst enemy. Discuss how habits are formed and what part our current habits play in our daily lives. Learn techniques on how to form a new good habit, or break a bad old habit. Leave with tools to make the changes you want. Presented by Dianne Grimmert.

Location: Senior Center

1/7	Th	10:00–11:00 AM	\$5	125462-01
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5 Wishes H

Hard Choices for Loving People: Discuss the importance of having your wishes and preferences at the end of life known, and how the 5 Wishes document can easily provide this, as well as create the opportunity to have this very important conversation.

Location: Senior Center

1/7	Th	11:00 AM–Noon	No Fee	125459-01
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Laughter Cafe O'Lay H

Start the year with laughter and merriment. Laughter can reduce stress and boost the immune system in so many ways. Participants are encouraged to bring one joke to share. Laughter exercises, fun videos, happy hand dances, and brain activities will wake up your funny bone!

Location: Senior Center

1/11	M	10:00–11:30 AM	\$5	125407-01
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Radon Awareness H

Exposure to radon is the second leading cause of lung cancer. Radon is an odorless, tasteless, invisible gas produced by the decay of naturally occurring uranium. The U.S. Surgeon General and EPA recommend all homes be tested for radon. Receive a radon kit to test your home.

Location: Senior Center

1/11	M	2:00–3:00 PM	No Fee	125441-01
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Exercise the Age Away H

Aging doesn't mean you have to give up doing all the activities you love. Learn why activity is important as we age, and the proper way to prevent injury and feel your best.

Location: Foothills Activity Center

1/12	Tu	10:00–11:00 AM	No Fee	125750-01
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Aging Mastery Program H

Developed by the National Council on Aging, this program helps you learn to make and maintain meaningful changes in your health behaviors, financial well-being, and enrichment in later life. Let experts in each field help you take key steps to improve all aspects of your aging.

Location: Senior Center

1/13–3/16	W	1:00–2:30 PM	\$30	107495-01
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EnhanceWellness H

A licensed program involving fitness, nutrition, and wellness coaching for adults with or at risk for chronic conditions. Receive a personalized health action plan that identifies health risks and the steps to take to improve health. **Note:** To register, contact Julie Knighton RN, UCH Community Health, 970.495.7335.

Location: Senior Center

1/12–3/31	Tu,Th	9:00–9:50 AM	No Fee	125426-02
1/13–3/30	W	10:00–11:00 AM	No Fee	125426-01

Create Your Living Legacy H

Discover the unrecognized treasures in your life and then share this unique contribution with those around you. Express the wisdom, insights, and skills gained during your lifetime of experiences. Light up the imagination as you create "the very best of you" project.

Location: Senior Center

1/14	Th	10:00–11:00 AM	No Fee	125452-01
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Death Café H

An opportunity to demystify the topic of death and engage in thoughtful, respectful, and provocative conversation. This is not a bereavement or grief counseling group. There is no agenda and no conclusion. The discussion, led by Patti Welfare, UCHHealth Aspen Club, talks about living well and leaving well.

Location: Senior Center

1/14	Th	1:00–2:00 PM	No Fee	125455-01
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How Hospice Can Help You H

Discuss the myths and facts of hospice care such as when to initiate hospice services, the team approach utilized in managing one's care at the end of life, and providing grief and bereavement services to those that are left behind.

Location: Senior Center

1/18	M	1:00–2:00 PM	No Fee	125456-01
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Achieve Health Goals H

Learn how to establish achievable health goals by developing an action plan that makes your goals become a reality. Discuss eating healthy, the importance of exercise, reducing stress, and improving sleep, and how these things are interrelated. Learn how to start putting your personal health and wellness first.

Location: Senior Center

1/19	Tu	6:00–7:00 PM	\$10	125466-01
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Your Child's Vision H

Dr. Reisler, O.D. discusses your child's visual development and needs from birth through the school age years.

Location: Foothills Activity Center

1/20	W	6:30–7:30 PM	No Fee	125753-01
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Gardening Myths: Get Facts H

Will a banana peel in your planting hole add additional potassium? Are there boy and girl peppers? Do grass clippings lead to thatch? Should you use pruning paint following a pruning cut? Get the facts and debunk the myths in this fun and research-based presentation. Appropriate for skilled and novice gardeners.

Location: Senior Center

2/1	M	10:00–11:30 AM	No Fee	125460-01
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Nordic Pole Walking H

Bob Waldchen, PT, demonstrates proper technique for Nordic Pole Walking, as well as how poles can be used to assist in balance and active stretching exercises.

Location: Senior Center

2/8	M	10:00–11:00 AM	\$8	125461-01
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Palliative Care H

Creating a Continuum of Services: An in-depth discussion on what Palliative Care is, and how it can be utilized to help manage symptoms and provide positive outcomes for both patient and family.

Location: Senior Center

2/9	Tu	10:00–11:00 AM	No Fee	125457-01
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Rossiter-Pain Relief H

Learn what Rossiter is and discuss how it can restore connective tissue to its natural healthy state. Rossiter can increase mobility and provide relief for sciatica, knee and back pain, hip pain, plantar fasciitis, and more.

Location: Foothills Activity Center

2/9	Tu	4:00–5:00 PM	No Fee	125740-01
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Being Mortal H

Join this life-affirming conversation about changing health and living circumstances across the life span. Our discussion about what really matters to us as individuals and the range of available options is loosely based on Dr. Atul Gawande nationally acclaimed book of the same name.

Location: Senior Center

2/18	Th	10:00–11:00 AM	\$18	125419-01
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Last Conversation H

A candid discussion about death and dying, and the importance of being able to make your needs known to your family and loved ones.

Location: Senior Center

2/22	M	10:00–11:00 AM	No Fee	125458-01
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Nutrition**Why Weight?** H

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.

Location: Senior Center

1/5–1/26	Tu	10:00–11:30 AM	\$60	125440-01
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2/2–2/23	Tu	10:00–11:30 AM	\$60	125440-02
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1/5–1/26	Tu	4:00–5:30 PM	\$60	125440-03
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2/2–2/23	Tu	4:00–5:30 PM	\$60	125440-04
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Location: Foothills Activity Center

1/13–2/3	W	4:30–6:00 PM	\$60	125744-01
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Food to Fight Cancer H

Research shows that as much as 40% of cancer risk may be diet related. If you have had cancer, want to prevent a re-occurrence, or reduce your risk of developing cancer, join us. A Food for Life educator, Sapna Von Reich, explores how the right food choices can help.

Location: Senior Center

1/11	M	10:00–11:30 AM	No Fee	125416-01
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Heart Healthy Foods H

Struggling to lower your cholesterol? Can't seem to get your blood pressure under control? Join Jennifer Bowman, MS, RD Cardiac Dietitian with UHealth for a discussion on how changes in your diet can improve heart health.

Location: Senior Center

2/11	Th	10:00–11:30 AM	\$5	125402-01
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Eating for Energy H

With the demands of today's hectic pace, too few hours of quality sleep, and poor eating habits, it's no wonder many people complain of fatigue and low energy. Health Coach, Kellie Falbo teaches how you can boost your energy and vitality by making some strategic changes to your diet and lifestyle.

Location: Senior Center

2/16	Tu	6:00–7:00 PM	\$10	125436-01
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Financial**Scrooge, Grinch or Magi?** H

Are you a tight wad or an extravagant giver? Do your holiday spending traditions leave you with a financial hangover in January? Join us for a fun, practical, and philosophical discussion about holiday finances so you can head into the season with new ideas and options.

Location: Senior Center

12/2	W	10:00–11:00 AM	No Fee	125447-01
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My Gift of Information H

A booklet that provides a framework to list important legal, financial, end-of-life, and other personal information that is critical for your family. Maryanne Heyman, CFP professional with Financial Design and Management, and a PVH/MCR Foundation member, gives tips to get you started.

Location: Senior Center

12/7	M	1:00–2:00 PM	\$5	125406-01
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Five Must-Do's When Downsizing H

Learn about the five must do's when downsizing and the myths and mistakes in selling your home.

Location: Senior Center

Reverse Mortgages

12/7	M	2:00–4:00 PM	No Fee	125470-01
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Financial Management.

1/14	Th	10:00 AM–Noon	No Fee	125470-02
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Wills and Trusts

2/23	Tu	10:00 AM–Noon	No Fee	125470-03
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Make Money Last H

Have you retired recently? Are you planning to retire soon? Discuss ideas to help build a reasonable and sustainable strategy for managing income and expenses. Address key concerns such as inflation, healthcare and market volatility, as well as ways to prepare in advance for things that may not go as expected.

Location: Senior Center

1/12	Tu	10:00–11:00 AM	No Fee	125446-01
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Credit Score Management H

Understanding credit scores can save you time and money. Learn how the scoring system works, how to obtain your reports and scores, and get specific strategies to improve your score.

Location: Foothills Activity Center

1/14	Th	4:00–5:00 PM	No Fee	125751-01
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Rules of the Road H

This seminar explores how you can move toward your financial fitness goals with 10 Rules of the Road to investing. Learn the fundamental concepts of investing and potential strategies to help you build wealth.

Location: Senior Center

2/9	Tu	10:00–11:00 AM	No Fee	125442-01
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Avoid Identity Theft ^H

Thieves want your information. From national database hacking and email scams to dumpster diving, the dangers are real. Discuss on-line safety practices, passwords, phone safety and more. Learn ways to minimize your risk.

Location: Foothills Activity Center

2/11	Th	4:00–5:00 PM	No Fee	125752-01
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Holistic Options**Emotions & Aromatherapy ^H**

Learn how essential oils support your emotions and how you can incorporate essential oils into your daily routine to support your emotions.

Location: Senior Center

12/5	Sa	9:30–11:00 AM	No Fee	125443-01
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Natural Sleep Help ^H

Trouble falling asleep? Do you wake up early and are unable to fall back asleep? Joan Waters, naturopathic doctor, discusses common causes of insomnia and how you can utilize sunlight, darkness, diet, herbs and lifestyle to achieve deep restorative sleep.

Location: Senior Center

12/7	M	Noon–1:00 PM	No Fee	125431-01
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Boost Your Immune System ^H

It's no secret that boosting your immune system helps fight off illness. Your immune system requires balance and harmony to function well. Learn what your mind and body need to maintain optimal health all year round.

Location: Senior Center

12/8	Tu	6:00–7:00 PM	\$10	125435-01
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Natural Brain Function ^H

Are you finding it difficult to concentrate or remember things? Joan Waters, naturopathic doctor, will discuss some practical strategies that you can use to improve your cognitive function.

Location: Senior Center

1/11	M	Noon–1:00 PM	No Fee	125430-01
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Sleep & Aromatherapy ^H

Learn a technique using four essential oils to help support your sleep.

Location: Senior Center

1/16	Sa	9:30–11:00 AM	No Fee	125444-01
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Eat, Breathe & Meditate ^H

Breath is the first act of life, as well the last. Learn simple, yet powerful breathing techniques to manage daily stress, sources of energy to maintain dynamism, and guided meditation. Also, learn a quick and easy way to get dark leafy greens into your body.

Location: Senior Center

1/17	Su	1:30–3:00 PM	No Fee	125415-01
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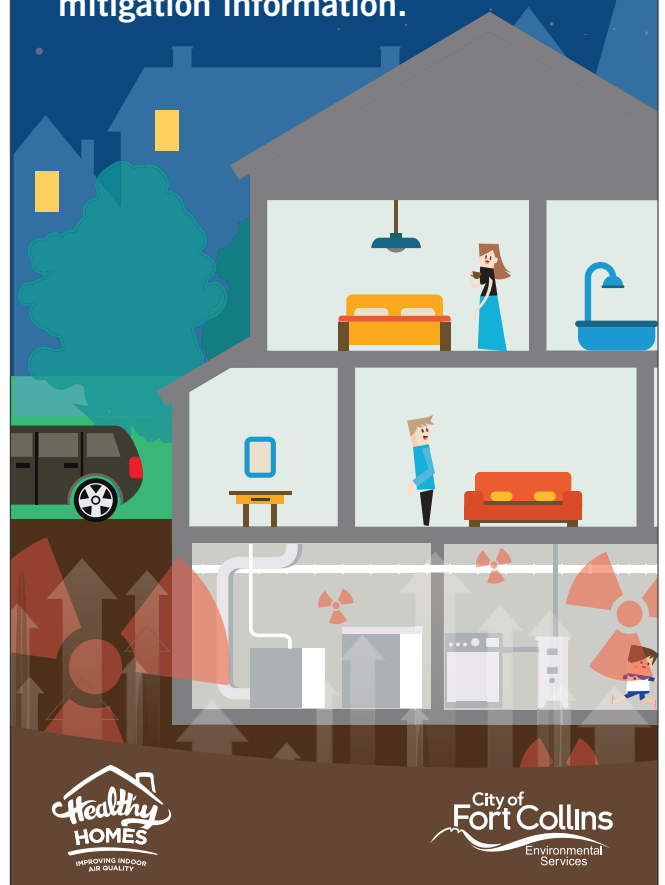
RADON

IN YOUR CITY

**RADIOACTIVE
RADON GAS**
accumulates in homes and
causes lung cancer.

**70% OF FORT COLLINS
HOMES EXCEED SAFE
LEVELS** according to EPA
and U.S. Surgeon General
recommendations.

Radon is **EASY TO TEST
AND MITIGATE!** Visit
fcgov.com/radon for radon test and
mitigation information.



Reiki Energy Therapy H

Stress or sleep problems? Energy medicine, such as Reiki, are proven to help you reclaim your natural state of well-being. Hands-on healing of your energetic system balance mind, body, and emotions powerfully, yet gently. Learn practical methods to sleep better, gain mental clarity, and de-stress.

Location: Senior Center

1/20	W	10:00–11:00 AM	No Fee	125434-01
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Staying Healthy in Winter H

Learn how you can keep your immune system boosted with acupuncture and oriental medicine, a Holistic approach to staying well. Learn about herbal formulas worth keeping in your medicine cabinet, as well as homemade remedies.

Location: Senior Center

1/25	M	10:00–11:00 AM	No Fee	125448-01
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Natural Cardio Health H

Ever wonder why cardiovascular disease is so prevalent? Is high cholesterol the cause of cardiovascular disease? Joan Waters, naturopathic doctor, discusses practical strategies for improving your cardiovascular health.

Location: Senior Center

2/8	M	Noon–1:00 PM	No Fee	125429-01
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Kriya Kundalini Workshop H

Yogacharya Dharmananda explains Kundalini experiences in old age, including dealing with sickness, death and dying, how color patterns depict emotional clocks, how chakras are the portals to entrance to higher dimensions, and more.

Location: Senior Center

2/12–3/18	F	10:00–11:30 AM	\$60	125408-01
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Health & Aromatherapy H

Learn how essential oils work to support the systems in your body, what oils help with what systems, and how to use them.

Location: Senior Center

2/20	Sa	9:30–11:00 AM	No Fee	125445-01
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Conscious Aging H

Acupuncture and Chinese medicine view life's rhythm in cycles and seasons. Learn about this profound ancient medicine and the positive impact it can have on your optimal health and wellbeing. Acupuncture and Chinese medicine are for those who want to age consciously-integrating body, mind, spirit, and heart.

Location: Senior Center

2/22	M	Noon–1:00 PM	No Fee	125449-01
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Services**Affordable Community Acupuncture Treatments** H

Thousands of years old, acupuncture is globally popular. Tiny hair-sized needles stimulate healing without pain or negative side effects. These 1-hour treatments are affordable, relaxing and effective. It helps with pain, anxiety, arthritis, insomnia, depression, migraines, and more. **Note:** First visit is free.

Location: Senior Center

12/4–2/26	F	8:00 AM–11:30 AM	\$25
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Blood Pressure Checks H

This is an opportunity to sit down with a registered nurse one-on-one to get your blood pressure taken and ask any health-related questions.

Location: Senior Center

12/14	M	10:00 AM–12:00 PM	No Fee
1/11	M	10:00 AM–12:00 PM	No Fee
2/8	M	10:00 AM–12:00 PM	No Fee

Cholesterol Screenings H

In just 20 minutes get your blood pressure, cholesterol and glucose levels tested, and receive counseling and recommendations from a Health District nurse. We recommend fasting for 8 hours prior to your appointment (water and medications permitted). Appointments strongly recommended; walk-ins only accepted if space allows. To register, contact the Health District at 970.224.5209.

Location: Senior Center

12/1	T	8:15–10:30 AM	\$15
1/5	T	8:15–10:30 AM	\$15
2/2	T	8:15–10:30 AM	\$15
12/17	Th	8:15–10:30 AM	\$15
1/21	Th	8:15–10:30 AM	\$15
2/18	Th	8:15–10:30 AM	\$15
2/20	Sa	8:15–10:30 AM	\$15

Fitness Check-Up H

Check your body fat percentage and BMI, then perform simple strength, cardio, and flexibility tests to determine your strengths and weaknesses. Test periodically to see changes.

Location: Senior Center

12/8	T	1:00–4:00 PM	\$5
2/9	T	1:00–4:00 PM	\$5
1/21	Th	9:00 AM–12:00 PM	\$5
2/18	Th	9:00 AM–12:00 PM	\$5

Location: Foothills Activity Center

1/5	T	2:00–5:00 PM	\$5
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Foot Care and Assessment H

Foot soak, foot care, and foot assessment. Have a skin sloughing treatment, light massage, nails trimmed and corns and/or calluses addressed by Podiatrist Dr. Kate Johnson, PDM.

Location: Senior Center

Every other Thursday	2:30 PM–4:30 PM	\$40
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Golf Fitness Assessment H

This assessment is designed to help improve your overall golf game by assessing strength and flexibility components specific to golf. Based on the results, exercises and suggestions are shared to help you become a stronger golfer. Contact 970.221.6644 to reserve your 30 minute session.

Location: Senior Center

1/14	W	8:00–11:30 AM	\$20
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Location: Foothills Activity Center

2/11	W	8:00–11:30 AM	\$20
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Hearing Screenings and Wax Removal H

Ringing in the ears? Frequently exposed to loud noises? Ears feel clogged? Difficulty following conversations in noisy restaurants? 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.

Location: Senior Center

12/2	W	9:00 AM–12:00 PM	No fee
1/7	W	9:00 AM–12:00 PM	No fee
2/4	W	9:00 AM–12:00 PM	No fee

Massage H

Relieve stress, treat stiff and achy muscles, and flush the toxins from your body. Massage not only feels good, but it's good for your health, too! **Note:** Contact 970.221.6644 for date and time availability.

Location: Senior Center and Foothills Activity Center

20 minute	\$20
40 minute	\$40
60 minute	\$60

Reflexology H

In these relaxing sessions, your hands and feet are massaged, with special attention to pressure points that connect with organ and glands throughout the body. Contact 970.221.6644 to schedule your 45-minute appointment.

Location: Senior Center

1/5	T	10:30 AM–4:00 PM	\$45
1/19	T	10:30 AM–4:00 PM	\$45
2/9	T	10:30 AM–4:00 PM	\$45
2/23	T	10:30 AM–4:00 PM	\$45

Rossiter H

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 30 minutes. You must be able to get up and down off the floor.

Location: Senior Center

12/1–2/23	T	10:00 AM–1:00 PM	\$45
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Location: Foothills Activity Center

Call for dates and times.



Giving to the SENIOR CENTER

Your community. Your Senior Center.

The City of Fort Collins Recreation Department has provided recreational services to seniors for over 30 years. The Fort Collins Senior Center provides limitless opportunities for seniors to stay active, engaged and healthy. We are committed to providing world class services to seniors in your community. As the population grows in Fort Collins the need for enhanced services and increased opportunities expands. Your support will help ensure the Senior Center grows and continues to provide high quality programs for generations to come.

Giving Options

You have several alternatives in supporting the Fort Collins Senior Center. Your specific "giving goals" should be considered and discussed with Community Foundation of Northern Colorado staff. There are two options that you may like to consider:

- **Cash contribution**
- **Community Foundation Endowment**

Need more information?

Please feel free to contact the Community Foundation of Northern Colorado for more information or to discuss your Fort Collins Senior Center giving plan.

Community Foundation of Northern Colorado

4745 Wheaton Drive, Suite 100
Fort Collins, CO 8052

970.224.3462 or info@NoCoFoundation.org



Ice Skating

Learn to Skate Lessons

General Information

Lessons are taught by Certified P.S.A. instructors and are in compliance with the United States Figure Skating Association.

Parents may observe lessons 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. 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 for every 10 students. Any Tot, Basic 1 or Basic 2 classes larger than 10 students include an additional assistant. Minimum for all classes is 5 students; 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 the lesson depending on scheduling.

Instructors have time in between classes to talk to parents and address their concerns. 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, instructors evaluate all participants in their assigned classes to make certain they have been correctly enrolled; if there is a problem, the instructor will 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.

Proper clothing may include:

Helmet (also available at EPIC; required for Tot 1 & 2)

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

See the Conditioning Information Center posted in the Green Ice 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. Ice time and skate rental not included. 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.

Team & Club Contacts

Adult Hockey

Fort Collins Adult Hockey Association
fcaha.org

Women's Hockey

Flames / Phoenix / Comets
wachockey.com

Youth Hockey

Northern Colorado Youth Hockey
ncyh.org

College Hockey

Colorado State University
csuhockey.com

Figure Skating Club

Fort Collins Figure Skating Club
fortcollinsfsc.org

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. Flexible number of weeks available. Contact 970.416.2770 to make arrangements for your troop.

Special Events

Winter Festival

Come to EPIC for a fun filled day of winter on-ice activities including free figure skating and synchronized skating exhibitions, speed skating demonstrations, skating lessons, curling, and broomball. Exhibitions and demonstrations will take place on the ice from 9:30–11:45 a.m., followed by a free public skate session from Noon–2 p.m. Lessons in skating, curling and broomball are available during public skate times. No registration necessary.

Ages: All

Location: EPIC

12/19	Sa	No fee
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Spring Spectacular Ice Show

Skaters enrolled in the Learn To Skate program are featured in the Spring Spectacular Ice Show during the weekend of May 6. Look for ticket information in the Spring Recreator. See page 87 for more information.

Drop-In

Corporate Curling

Curling is a great team building exercise and also one of the fastest growing sports. Contact 970.416.2770 for pricing and to reserve a Tuesday for your group. No experience required. All equipment provided. **Note:** Participants need to wear helmet, clean rubber soled sneakers, and dress in layers that are stretchy or loose.

Age: 8 years & up

Location: Edora Pool Ice Center

12/1–2/23	Tu	1:00–2:30 PM	
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Power Skating Drop-In

Hockey skaters develop power, agility, and endurance. Program developed by Olympic speed skater Jondon Trevena. Full hockey gear required. **Note:** Class will not be held on 12/30.

Age: 9–17 years

Location: Edora Pool Ice Center

12/2–2/24	W	4:00–4:45 PM	\$12
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Speed Skating–Beginner

Designed to enhance your skating speed technique for all types of skating. Gain knowledge of your edges, pushes, balance, and pressure. Wear warm-up pants, long sleeved shirt, and speed skates (Intermediate and Advanced). Program developed by Olympic speed skater, Jondon Trevena. Previous skating experience required. **Note:** Class will not be held on 12/30.

Age: 7 years & up

Location: Edora Pool Ice Center

12/2–2/24	W	5:00–5:30 PM	\$8
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Speed Skating–Intermediate

Age: 7 years & up

Location: Edora Pool Ice Center

12/2–2/24	W	5:00–6:00 PM	\$15
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Fitness Skate

Intermediate to advanced skaters benefit from this aerobic exercise. Not discountable. 10 or 20 Admission Passes available. **Note:** Class will not be held on 12/25, 1/1, 1/15, 1/18, 2/12.

Age: 16 years & up

Location: Edora Pool Ice Center

12/1–2/29	M–F	11:15 AM–1:00 PM	\$5.50
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Senior Coffee Club

This program is for older adults interested in social skating. Regular fees apply.

Age: 60 years & up

Location: Edora Pool Ice Center

12/2–2/24	W	9:15–10:45 AM	
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Drop-In Hockey

Open practice session for hockey players who want to sharpen their skating and shooting skills. Full equipment required. 10- or 20-Admission Passes available. Sign up at the front desk beginning at 6 a.m. Payment must be made when signing up. Limited to 30 players. Not discountable. **Note:** Class will not be held on 12/24, 12/25, 1/1, 1/14.

Age: 16 years & up

Location: Edora Pool Ice Center

12/1–2/29	M–F	11:15 AM–12:45 PM	\$4
12/3–2/25	Th	1:00–2:30 PM	\$4

Stick and Puck Drop-In

Open session. Helmet, gloves, stick, and shin guards required. Full equipment recommended for younger skaters. Not discountable. No scrimmaging is allowed during stick and puck. Rules are posted in each arena. **Note:** Class will not be held on 1/16, 1/17.

Age: All

Location: Edora Pool Ice Center

12/5–2/28	Sa,Su	2:30–3:30 PM	\$4
12/21–12/30	M–W	4:45–6:00 PM	\$4

Adult Ice Skating

Adult Beginning/Intermediate Skate

For those with little or no previous experience on ice. See descriptions for Basic 1 – 4 classes on page 85 for information about skills learned.

Age: 16 years & up

Location: Edora Pool Ice Center

1/7–1/28	Th	6:15–6:45 PM	\$34	110349-01
2/4–2/25	Th	6:15–6:45 PM	\$34	110349-02

Adult Advanced/Free Skate

Good skaters wishing to learn new skills may take the advanced level. See descriptions for Basic 5 & 6 classes on page 86 for information about skills learned.

Age: 16 years & up

Location: Edora Pool Ice Center

1/7–1/28	Th	6:45–7:15 PM	\$34	110353-01
2/4–2/25	Th	6:45–7:15 PM	\$34	110353-02

Curling

Curling League

League is for those who want to experience competitive curling. Each curling team consists of four curlers. Sign-up individually and add team names to the roster note. **Note:** Participants need to wear helmet, clean rubber soled sneakers, and dress in layers that are stretchy or loose. Class will not be held on 2/7.

Age: 8 years & up

Location: Edora Pool Ice Center

1/24–3/6	Su	3:00–4:30 PM	\$66	110376-01
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Hockey

Basic 1 Hockey Skate

Hockey equipment NOT required. For skaters who have never skated before. Upon completion of this level, participants are 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. Parents may observe from the seating area.

Age: 5–9 years

Location: Edora Pool Ice Center

1/9–2/6	Sa	11:15–11:45 AM	\$40	110308-01
2/13–3/12	Sa	11:15–11:45 AM	\$40	110308-02

Basic 2 Hockey Skate

Prerequisite: Participants must have successfully completed Basic 1 or be between the ages of 10–15 years and have never skated before. Hockey equipment NOT required. Upon completion of this level participants are 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. Parents may observe from the seating area.

Age: 5–15 years

Location: Edora Pool Ice Center

1/9–2/6	Sa	10:30–11:00 AM	\$40	110312-01
2/13–3/12	Sa	10:30–11:00 AM	\$40	110312-02

Beginner Cub Hockey

Prerequisite: Tot 1 or Basic 1. Practice is Tuesdays and the focus is basic hockey and skating skills. A recreational game is 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:** Equipment handout is 1/7 from 4–6 p.m. at EPIC. Equipment check-in is immediately following last game of the session.

Age: 4–8 years

Location: Edora Pool Ice Center

1/12–3/10	Tu,Th	4:15–5:00 PM	\$189	110372-01
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Youth Ice Skating

Tot 1 Skate

Tots are introduced to the ice at a relaxed pace. Upon completion of this level, participants are 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

Tot 1 Skate continued

backward wiggles and rocking horse. **Note:** Tots must wear helmets. Warm clothes, including gloves or mittens, are needed. Parents may observe from the seating area.

Age: 4–5 years

Location: Edora Pool Ice Center

1/5–1/28	Tu,Th	4:45–5:15 PM	\$64	110302-01
1/5–1/28	Tu,Th	9:30–10:00 AM	\$64	110302-02
1/9–2/6	Sa	10:30–11:00 AM	\$40	110302-03
2/2–2/25	Tu,Th	4:45–5:15 PM	\$64	110302-04
2/2–2/25	Tu,Th	9:30–10:00 AM	\$64	110302-05
2/13–3/12	Sa	10:30–11:00 AM	\$40	110302-06

Tot 2 Skate

Prerequisite: Participants must have successfully completed Tot 1. Upon completion of this level participants are able to satisfactorily perform the following skills: march forward across ice, forward two-foot glide, dip while moving, rocking horse, forward swizzles, snowplow stop, two-foot hop, and backward wiggles. **Note:** Tots must wear helmets. Warm clothes, including gloves or mittens, are needed. Parents may observe from the seating area.

Age: 4–5 years

Location: Edora Pool Ice Center

1/5–1/28	Tu,Th	4:45–5:15 PM	\$64	110304-01
1/5–1/28	Tu,Th	9:30–10:00 AM	\$64	110304-02
1/9–2/6	Sa	10:30–11:00 AM	\$40	110304-03
2/2–2/25	Tu,Th	4:45–5:15 PM	\$64	110304-04
2/2–2/25	Tu,Th	9:30–10:00 AM	\$64	110304-05
2/13–3/12	Sa	10:30–11:00 AM	\$40	110304-06

Basic 1 Skate

For skaters who have never skated before. Upon completion of this level, participants are 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. Parents may observe from the seating area.

Age: 5–9 years

Location: Edora Pool Ice Center

1/5–1/28	Tu,Th	4:45–5:15 PM	\$64	110306-01
1/5–1/28	Tu,Th	10:00–10:30 AM	\$64	110306-02
1/9–2/6	Sa	10:30–11:00 AM	\$40	110306-03
1/4–1/25	M	4:00–4:30 PM	\$32	110306-04
1/4–1/25	M	4:30–5:00 PM	\$32	110306-05
2/2–2/25	Tu,Th	4:45–5:15 PM	\$64	110306-06
2/2–2/25	Tu,Th	10:00–10:30 AM	\$64	110306-07
2/1–2/22	M	4:00–4:30 PM	\$32	110306-08
2/1–2/22	M	4:30–5:00 PM	\$32	110306-09
2/13–3/12	Sa	10:30–11:00 AM	\$40	110306-10

Basic 2 Skate

Prerequisite: Successful completion of Basic 1 or be between the ages of 10–15 years and have never skated before. Upon completion of this level, participants are 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. Parents may observe from the seating area.

Age: 5–15 years

Location: Edora Pool Ice Center

1/5–1/28	Tu,Th	4:45–5:15 PM	\$64	110310-01
1/5–1/28	Tu,Th	10:00–10:30 AM	\$64	110310-02
1/9–2/6	Sa	10:30–11:00 AM	\$40	110310-03
1/4–1/25	M	4:00–4:30 PM	\$32	110310-04
1/4–1/25	M	4:30–5:00 PM	\$32	110310-05
2/2–2/25	Tu,Th	4:45–5:15 PM	\$64	110310-06
2/2–2/25	Tu,Th	10:00–10:30 AM	\$64	110310-07
2/1–2/22	M	4:00–4:30 PM	\$32	110310-08
2/1–2/22	M	4:30–5:00 PM	\$32	110310-09
2/13–3/12	Sa	10:30–11:00 AM	\$40	110310-10

Basic 3 Skate

Prerequisite: Successful completion of Basic 2. Upon completion of this level, participants are able to do the following skills: stroking, forward and backward pumping, backward slalom, two foot turn, gliding backward on one foot, hold inside and outside edge on a circle, and two foot spin.

Age: 5–15 years

Location: Edora Pool Ice Center

1/5–1/28	Tu,Th	4:45–5:15 PM	\$64	110314-01
1/5–1/28	Tu,Th	10:30–11:00 AM	\$64	110314-02
1/9–2/6	Sa	11:15–11:45 AM	\$40	110314-03
2/2–2/25	Tu,Th	4:45–5:15 PM	\$64	110314-04
2/2–2/25	Tu,Th	10:30–11:00 AM	\$64	110314-05
2/13–3/12	Sa	11:15–11:45 AM	\$40	110314-06

Basic 4 Skate

Prerequisite: Successful completion of Basic 3. Upon completion of this level, participants are 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.

Age: 5–15 years

Location: Edora Pool Ice Center

1/5–1/28	Tu,Th	4:45–5:15 PM	\$64	110316-01
1/5–1/28	Tu,Th	10:30–11:00 AM	\$64	110316-02
1/9–2/6	Sa	10:30–11:00 AM	\$40	110316-03
2/2–2/25	Tu,Th	4:45–5:15 PM	\$64	110316-04
2/2–2/25	Tu,Th	10:30–11:00 AM	\$64	110316-05
2/13–3/12	Sa	10:30–11:00 AM	\$40	110316-06

Basic 5 Skate

Prerequisite: Successful completion of Basic 4. Upon completion of this level, participants are 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.

Age: 5–15 years

Location: Edora Pool Ice Center

1/5–1/28	Tu,Th	5:30–6:00 PM	\$64	110318-01
1/9–2/6	Sa	11:15–11:45 AM	\$40	110318-02
2/2–2/25	Tu,Th	5:30–6:00 PM	\$64	110318-03
2/13–3/12	Sa	11:15–11:45 AM	\$40	110318-04

Basic 6 Skate

Prerequisite: Successful completion of Basic 5. Upon completion of this level, participants are 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, and beginning one foot spin.

Age: 5–15 years

Location: Edora Pool Ice Center

1/5–1/28	Tu,Th	5:30–6:00 PM	\$64	110322-01
1/9–2/6	Sa	11:15–11:45 AM	\$40	110322-02
2/2–2/25	Tu,Th	5:30–6:00 PM	\$64	110322-03
2/13–3/12	Sa	11:15–11:45 AM	\$40	110322-04

Basic 7 Skate

Prerequisite: Successful completion of Basic 6. Upon completion of this level skaters are 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.

Age: 5–15 years

Location: Edora Pool Ice Center

1/9–2/6	Sa	11:15–11:45 AM	\$40	110324-01
2/13–3/12	Sa	11:15–11:45 AM	\$40	110324-02

Basic 7 & 8 Ice Skating

See individual class descriptions under Basic 7 and Basic 8.

Age: 5–15 years

Location: Edora Pool Ice Center

1/5–1/28	Tu,Th	5:30–6:00 PM	\$64	110326-01
2/2–2/25	Tu,Th	5:30–6:00 PM	\$64	110326-02

Basic 8 Skate

Participants must have successfully completed Basic 7. Upon completion of this level participants are 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.

Age: 5–15 years

Location: Edora Pool Ice Center

1/9–2/6	Sa	11:15–11:45 AM	\$40	110328-01
2/13–3/12	Sa	11:15–11:45 AM	\$40	110328-02

Field Moves

Participants learn pre-preliminary and preliminary moves in the field. The following skills are 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, and alternating 3 turns.

Age: 5–15 years

Location: Edora Pool Ice Center

1/5–1/26	Tu	6:15–6:45 PM	\$34	110330-01
2/2–2/23	Tu	6:15–6:45 PM	\$34	110330-02

Beginner Free Skate 1&2

Participants must have successfully completed Basic 8. This class focuses on spins, jumps, and moves (15 minutes each). For a detailed description of skills, see the Learn To Skate bulletin board at EPIC.

Age: 5–15 years

Location: Edora Pool Ice Center

1/5–1/28	Tu,Th	5:15–6:00 PM	\$102	110332-01
1/9–2/6	Sa	9:30–10:15 AM	\$64	110332-02
2/2–2/25	Tu,Th	5:15–6:00 PM	\$102	110332-03
2/13–3/12	Sa	9:30–10:15 AM	\$64	110332-04

Intermediate Free Skate 3&4

This class focuses on spins, jumps, and moves (15 minutes each). For a detailed description of skills, see the Learn To Skate bulletin board at EPIC.

Age: 5–15 years

Location: Edora Pool Ice Center

1/5–1/28	Tu,Th	5:15–6:00 PM	\$102	110334-01
1/9–2/6	Sa	9:30–10:15 AM	\$64	110334-02
2/2–2/25	Tu,Th	5:15–6:00 PM	\$102	110334-03
2/13–3/12	Sa	9:30–10:15 AM	\$64	110334-04

Advanced Free Skate 5 & 6

This class focuses on spins, jumps, and moves (15 minutes each). For a detailed description of skills, see the Learn To Skate bulletin board.

Age: 5–15 years

Location: Edora Pool Ice Center

1/5–1/28	Tu,Th	5:15–6:00 PM	\$102	110336-01
1/9–2/6	Sa	9:30–10:15 AM	\$64	110336-02
2/2–2/25	Tu,Th	5:15–6:00 PM	\$102	110336-03
2/13–3/12	Sa	9:30–10:15 AM	\$64	110336-04

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 are the focus; all abilities welcome. **Note:** Please bring an attendant if you need assistance off the ice.

Age: 8 years & up

Location: Edora Pool Ice Center

1/9–2/6	Sa	9:45–10:15 AM	\$40	110356-01
2/13–3/12	Sa	9:45–10:15 AM	\$40	110356-02

Spring Ice Show Registration

Skaters enrolled in our Learn To Skate classes can participate in the 2016 “Spring Spectacular” ice show. Register by 3/1. Participants must attend a casting call on 3/5. Costume fees range from \$50–\$85. A deposit is taken at time of measuring. Rehearsals begin mid-March. Shows are the weekend of 5/6. **Note:** Look for ticket information in the Spring Recreator, released mid-February.

Location: Edora Pool Ice Center

Dates: 5/6–5/8

Cost: \$15

Age: 4–5 years

Tot 1	110358-01
Tot 2	110358-02

Age: 5–15 years

Basic 1	110358-03
Basic 2	110358-04
Basic 3	110358-05
Basic 4	110358-06
Basic 5	110358-07
Basic 6	110358-08
Basic 7	110358-09
Basic 8	110358-10

Beginner Free Skate 1 & 2 110358-11

Intermediate Free Skate 3 & 4 110358-12

Advanced Free Skate 5 & 6 110358-13

Age: 16 years & up

Adult Beginner	110358-14
Adult Intermediate	110358-15
Adult Advanced	110358-16

LEGEND

NW	Denotes no web registration for program
M	Denotes program/activity has special membership pricing
H	Health and Wellness program
◀ARO	Denotes Adaptive Recreation Opportunity program

◀ARO *The City of Fort Collins will make reasonable accommodations for persons with disabilities to access to City services, programs, and activities. For more information about these resources, and additional Adaptive Recreation Opportunities, see page 24.*

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 case of a cancellation, you will receive a full refund. If you need to cancel a trip, notify us by 10 a.m. two (2) days prior to trip departure for refund or credit, unless otherwise noted.

Youth

Snow Tubing Trips

Join for a day of tubing up near Red Feather. Tube and lift ticket included. Dress for the weather.

Age: 12–15 years

Location: Northside Aztlan Center

1/23	Sa	8:00 AM–4:00 PM	\$54	115546-01
2/20	Sa	8:00 AM–4:00 PM	\$54	115546-02

Cross Country Skiing

Join for a day of cross country skiing near Red Feather. Skis included. Dress for the weather.

Age: 12–15 years

Location: Northside Aztlan Center

2/6	Sa	8:00 AM–4:00 PM	\$60	115547-02
1/16	Sa	8:00 AM–4:00 PM	\$60	115547-01

Ice Fishing

Join for a day of ice fishing. Supplies included. Dress for the weather.

Age: 12–15 years

Location: Northside Aztlan Center

Fort Collins Area

1/16	Sa	10:00 AM–3:00 PM	\$20	115548-01
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Red Feather Area

2/13	Sa	10:00 AM–3:00 PM	\$20	115548-02
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Teen Winter Series

This Saturday series offers a variety of action packed fun including gym games, snowshoeing, an iron chef challenge, winter crafts, yoga, sledding up at Beaver Creek Meadows, and more.

Age: 12–15 years

Location: Northside Aztlan Center

1/9–1/30	Sa	8:00 AM–5:00 PM	\$190	115553-01
2/6–2/27	Sa	8:00 AM–5:00 PM	\$190	115553-02

Ski & Snowboard Trips

Grab your friends and join us for a full day of skiing or snowboarding. Participants are responsible for bringing their own gear, clothing,

Ski & Snowboard Trips continued

and lift ticket. **Note:** Parents must sign a waiver before participants are allowed to board the bus to the ski resort. Bring a lunch and snacks or money to buy them.

Age: 12–15 years

Location: Northside Aztlan Center

1/9	Sa	6:00 AM–6:00 PM	\$30	115583-01
2/27	Sa	6:00 AM–6:00 PM	\$30	115583-02

Adult

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

Downhill Ski Trips – M

Motor coach trips are made to various ski resorts. Cross-country skiers and shoppers are welcome on the Breckenridge and Keystone/A-Basin trips. Participants are responsible for their own equipment, lift ticket, and lunch. Trips depart from Rolland Moore Park promptly at 7 a.m. and pickup in Loveland at I-25 and Hwy. 34 at about 7:20 a.m.

Location: Rolland Moore Park

Copper Mountain

12/9	W	7:00 AM–7:00 PM	\$41	111910-01
\$34.85 member				

Winter Park

12/16	W	7:00 AM–7:00 PM	\$41	111910-02
\$34.85 member				

Breckenridge

1/6	W	7:00 AM–7:00 PM	\$41	111910-03
\$34.85 member				

Copper Mountain

1/13	W	7:00 AM–7:00 PM	\$41	111910-04
\$34.85 member				

Keystone/A-Basin

1/20	W	7:00 AM–7:00 PM	\$41	111910-05
\$34.85 member				

Copper Mountain

1/25	M	7:00 AM–7:00 PM	\$41	111910-06
\$34.85 member				

Winter Park

1/27	W	7:00 AM–7:00 PM	\$41	111910-07
\$34.85 member				

Breckenridge

2/3	W	7:00 AM–7:00 PM	\$41	111910-08
\$34.85 member				

Winter Park

2/8	M	7:00 AM–7:00 PM	\$41	111910-09
\$34.85 member				

Downhill Ski Trips continued

Copper Mountain

2/10	W	7:00 AM–7:00 PM	\$41	111910-10
\$34.85 member				

Keystone/A-Basin

2/17	W	7:00 AM–7:00 PM	\$41	111910-11
\$34.85 member				

Loveland

2/22	M	7:00 AM–7:00 PM	\$41	111910-12
\$34.85 member				

Copper Mountain

2/24	W	7:00 AM–7:00 PM	\$41	111910-13
\$34.85 member				

Snowshoeing/Cross-Country Skiing

Snowshoe and cross-country trips provide an opportunity to enjoy the great outdoors. These trips are designed for adults ages 50 years & up who enjoy a good physical challenge, but can also accommodate a range of individual paces. Ages 18 years & up are also 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 our guides carry SPOT GPS positioning in case of emergency.

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. Breckenridge has an additional day use fee for which you are responsible; costs range from \$15–\$20. Trips to Wyoming have an additional fee due to crossing state lines.

Other equipment can be used on the trips designated Cross Country or Snowshoe ONLY with guide approval; contact 970.224.6136 for more information.

You should be in good health and capable of moderate physical activity. Bring your own equipment, water, and food. Cost includes transportation and a guide.

Pick-up location for all trips is at the Senior Center unless otherwise noted.

Michigan Ditch (Ski & Snowshoe)

Mileage (round trip): 4.4 miles; Lowest Elevation: 10,255 ft.; Highest Elevation: 10,320 ft.; Spectacular views of the Nokhu Crags.

12/17	Th	8:00 AM–4:00 PM	\$30	111920-01
\$25.50 member				

Sawmill Creek (Ski & Snowshoe)

Mileage (round trip): 3.5 miles; Lowest Elevation: 9475 ft.; Highest Elevation: 10,090 ft.; Gradual climb then levels off along an old logging road. Beautiful heavily forested trail that leads to great views.

12/30	W	8:00 AM–4:30 PM	\$30	111920-02
\$25.50 member				

Snowshoeing/Cross-Country Skiing continued

Glacier Gorge Trails (Snowshoe ONLY)

Mileage (round trip): 3.5 miles; Lowest Elevation: 9,475 ft.; Highest Elevation: 10,090 ft.; Views of Longs Peak and above timberline.

1/7	Th	8:00 AM–4:30 PM	\$30	111920-03
\$25.50 member				

Chimney Park, WY (Ski & Snowshoe)

Mileage (round trip): varies; Lowest Elevation: 8,800 ft.; Highest Elevation: 9,000 ft.; Wooded trails of lodgepole pines and aspen trees with gentle rolling hills winding along old logging roads.

1/12	Tu	8:00 AM–4:00 PM	\$41	111920-04
\$34.85 member				

Zimmerman Lake (Snowshoe ONLY)

Mileage (round trip): 3 miles; Lowest Elevation: 10,020 ft.; Highest Elevation: 10,495 ft.; Beautiful views of Neota Wilderness. Peaceful trail on old logging road.

1/21	Th	8:00 AM–4:00 PM	\$30	111920-05
\$25.50 member				

Bierstadt Lake (RMNP) (Ski (Intermediate) & Snowshoe)

Mileage (round trip): 3.1 miles; Lowest Elevation: 8,850 ft.; Highest Elevation: 9,416 ft.; Scenic wooded glacial moraine with excellent views along the way.

1/27	W	8:00 AM–4:30 PM	\$30	111920-06
\$25.50 member				

Breckenridge Nordic (Ski & Snowshoe)

Mileage (round trip): varies; Lowest Elevation: 9,800 ft.; Highest Elevation: 10,600 ft. 30K of groomed classic and skate cross-country ski trails through old-growth spruce forests with scenic overlooks. Motor coach transportation.

2/3	W	8:00 AM–4:30 PM	\$41	111920-07
\$34.85 member				

Meadows Trail (Ski & Snowshoe)

Mileage (round trip): 4 miles; Lowest Elevation: 10,020 ft.; Highest Elevation: 10,495 ft.; Gradual climb through forest and open meadows. Views of Iron Mountain and surrounding peaks.

2/11	Th	8:00 AM–4:30 PM	\$30	111920-08
\$25.50 member				

Gould Loop (Ski & Snowshoe)

Mileage (round trip): 4–6 miles; Lowest Elevation: 9,400 ft.; Highest Elevation: 9,640 ft.; Quiet trails along Michigan River through wooded sections and overlooks moose habitat.

2/17	W	8:00 AM–4:30 PM	\$30	111920-09
\$25.50 member				

Montgomery Pass (Snowshoe ONLY)

Mileage (round trip): 4 miles; Lowest Elevation: 10,020 ft.; Highest Elevation: 10,995 ft.; Trail rises steeply with views of Rawahs.

2/23	Tu	8:00 AM–4:00 PM	\$30	111920-10
\$25.50 member				

Special Events

Family Gingerbread House Decorating

Start a new family tradition. Create a family gingerbread house. We provide all the fixin's. You provide the creativity. **Note:** Only one person from each family needs to register. One gingerbread house per registration.

Age: All

Location: Northside Aztlan Center

12/6	Su	2:00–4:00 PM	\$40	118561-01
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Fitness Extravaganza

This fun open house is a chance for anyone to visit the NEW Foothills Activity Center at Foothills and join in on a group training or fitness class for FREE! A variety of classes, including TRX, Spin, CrossTrain, Zumba, yoga, and more will be available. **Note:** For more information, contact 970.224.6032.

Age: All

Location: Foothills Activity Center

1/2	Sa	9:00 AM–Noon	No fee	
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Youth Night

Every Thursday is Youth Night! Drop-in admission is free into the facility, but at 6 p.m. these organized activities extend the fun until 8 p.m.!!

Location: Northside Aztlan Center

Age: 9–11 years

Hip Hop

1/7–2/25	Th	6:00–7:00 PM	\$48	115516-01
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Science Experiments

1/7–2/25	Th	7:00–8:00 PM	\$48	115516-03
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Age: 12–15 years

Hip Hop

1/7–2/25	Th	7:00–8:00 PM	\$48	115516-02
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Science Experiments

1/7–2/25	Th	6:00–7:00 PM	\$48	115516-04
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Gym Games

1/7–2/25	Th	6:00–8:00 PM	\$48	115516-05
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You Can Do It!!

1/7–2/25	Th	6:00–8:00 PM	\$48	115516-06
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LEGEND

- NW** Denotes no web registration for program
- M** Denotes program/activity has special membership pricing
- H** Health and Wellness program
- ARO** Denotes Adaptive Recreation Opportunity program

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Sports

Adult Programming

For information about Sports that are specific to adults ages 50 years & older, see page 106.

The City of Fort Collins will make reasonable accommodations for persons with disabilities to access to City services, programs, and activities. For more information about these resources, and additional Adaptive Recreation Opportunities, see page 24.

Basketball

Winter Adult Coed Basketball

Teams sign up for their level/playing night preference on a first come basis. 8 games scheduled. **Note:** Rosters are unlimited. Participants ages 16–17 years need a parent signature on the roster prior to participation. League not discountable. Registration begins 11/24; ends 12/12 or when leagues fill. Leagues begin the week of 1/5.

Age: 16 years & up

Cost: \$448

Location: TBA

Men's		Women's	
Mon Men's Comp	113901-01	Wed Comp	113902-01
Mon Men's Rec	113901-02	Wed Rec	113902-02
Wed Men's Rec	113901-03	Coed	
		Rec	113903-01

Spring Adult Men's Basketball

Keep the ball rolling into the spring. Men's leagues are offered for a Friday night league. Teams sign up for their level preference on a first come basis. 6 games scheduled. **Note:** Rosters are unlimited. Participants ages 16–17 years need parent signature on roster prior to participation. League not discountable. Registration begins 2/11, ends 3/18 or when leagues fill. Leagues begin the week of 3/25.

Cost: \$340

Age: 16 years & up

Location: Northside Aztlan Center

Friday Men's Comp	213901-01	Friday Men's Rec	213901-02
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Flag Football

Winter Adult Indoor Flag Football

Indoor league is 8-on-8 non-contact. Games played Sunday mornings between 8–11 a.m. Registration begins 11/23, ends 12/14 or when league fills. 6 games guaranteed. **Note:** Rosters are unlimited. Participants ages 16–17 years need parent signature on roster prior to participation. League not discountable. League begins 1/10.

Age: 16 years & up

Location: The Edge

1/10–2/14	Su	8:00 AM–Noon	\$449	113912-01
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Spring Adult Indoor Flag Football

Indoor league is 8-on-8 non-contact. Games played Sunday mornings between 8 a.m.–12 p.m. Registration begins 2/11, ends 3/18 or when league fills (whichever comes first); 6 games scheduled, 6 games guaranteed. **Note:** Rosters are unlimited. Participants ages 16–17 years need parent signature on roster prior to participation. League not discountable.

League begins 3/27.

Age: 16 years & up

Location: The Edge

3/27–5/1	Su	8:00 AM–Noon	\$449	213912-01
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Spring Adult Flag Football

Leagues are 8-on-8 non-contact. Registration begins 2/11, ends 3/11 or when leagues fill (whichever comes first); 6 games scheduled, 6 games guaranteed. **Note:** Rosters are unlimited. Participants ages 16–17 years need parent signature on roster prior to participation. League not discountable. League begins the week of 3/21.

Age: 16 years & up

Location: Rolland Moore Park

3/21–5/2	M	6:00–10:00 PM	\$329	213011-01
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Kickball

Spring Coed 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 2/11, ends 3/11 or when league fills. League begins 3/25. 6 games scheduled. **Note:** Rosters are unlimited. Participants ages 16–17 years need parent signature on roster prior to participation. League not discountable.

Cost: \$184

Age: 16 years & up

Location: Rolland Moore Park

Friday Coed Competitive 213061-01

Friday Coed Recreational 213061-02

Pickle Ball

Pickle Ball Beginner Lessons

For those brand new to pickle ball or beginners needing some enhanced skill instruction. Class consists of some classroom time to learn the rules, scoring, and the basics. Rotational court time to begin to play.

Age: 18 years & up

Location: Senior Center

1/5–2/2	Tu	9:45–11:00 AM	\$20	109478-01
2/9–3/8	Tu	9:45–11:00 AM	\$20	109478-02



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Adult Pickle Ball League

Mixed doubles pickle ball teams of various skill levels 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. Leagues begin the week of 3/30. **Note:** Rosters are unlimited. League not discountable.

Age: 18 years & up

Location: Senior Center

3/29-5/24	Tu	5:00-9:00 PM	\$72	213991-01
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Martial Arts

Shotokan Karate Beginners Class

Designed as an introduction to Karate. Students may be divided into groups depending on ability. Adults are welcome to participate with their children. Students learn basic karate techniques and form before moving on to the intermediate level.

Age: 7 years & up

Location: Club Tico

1/4-2/8	M,W	6:00-7:00 PM	\$55	122122-01
2/8-3/9	M,W	6:00-7:00 PM	\$55	122122-02

Shotokan Karate Intermediate Class (White thru Purple Belts)

The intermediate level has numerous physical and mental benefits: enhanced physical condition, increased stamina and coordination, increased confidence, self-esteem, discipline, and concentration. The student must learn intermediate techniques and forms before moving forward to the advanced level. **Note:** NO beginner Karate students.

Age: 7 years & up

Location: Club Tico

1/4-2/3	M,W	6:00-7:00 PM	\$55	122123-01
2/8-3/9	M,W	6:00-7:00 PM	\$55	122123-02

Shotokan Karate Advanced Class (Brown thru Black Belts)

The advanced class not only teaches the student new karate concepts, but also reinforces the concepts the student has learned. Karate is never ending; it continues to develop and change ones physical and mental skills. **Note:** NO beginner karate students.

Age: 7 years & up

Location: Club Tico

1/4-2/3	M,W	7:00-8:00 PM	\$55	122124-01
2/8-3/9	M,W	7:00-8:00 PM	\$55	122124-02

Softball

Spring Softball

Teams have the opportunity to get the rust off before the summer leagues begin! Registration begins 2/11, ends 3/4, or when leagues fill. Leagues begin the week of 3/21. 6 games scheduled. **Note:** Rosters are unlimited. Participants ages 16–17 years need parent signature on roster prior to participation. League not discountable.

Age: 16 years & up

Location: Rolland Moore Park

Cost: \$334

Men's

Monday III	213021-02	Wednesday III	213021-07
Monday IV	213021-03	Wednesday IV	213021-08
Tuesday III	213021-04	Thursday III	213021-09
Tuesday IV	213021-05	Friday IV	213021-10
Wednesday II	213021-06		

Women's

Thursday 213022-01

Coed

Sunday Comp	213023-01	Wednesday Rec	213023-07
Sunday Rec	213023-02	Thursday Rec	213023-07
Tuesday Rec	213023-04		

Volleyball

Winter Adult Volleyball

Coed and women's leagues are offered for 6-person and 4-person teams. Teams sign up for their level of play and night preference on a first come basis. Levels A - Competitive, BB - Intermediate, B - Recreational. Registration begins 8/6, ends 12/14 or when leagues fill. Leagues begin the week of 1/4. 8 games **Note:** Rosters are unlimited. Participants ages 16–17 years need parent signature on roster prior to participation. League not discountable.

Cost: \$274 per team

Age: 16 years & up

Location: TBA

Women's

Sunday B	113942-01	Wednesday BB	113942-03
Wednesday A	113942-02		

Coed

Monday BB	113943-01	Tuesday BB	113943-04
Monday B	113943-02	Friday B	113943-05
Tuesday A	113943-03		

Spring Adult Volleyball

Coed and women's leagues are offered for 6-person teams. Teams sign up for their level of play and night preference on a first come basis. Levels A - Competitive, BB - Intermediate, B - Recreational. Registration begins 2/11, ends 3/11 or when leagues fill. Leagues

Spring Adult Volleyball continued

begin the week of 3/25. 8 games scheduled. **Note:** Rosters are unlimited. Participants ages 16–17 years need parent signature on roster prior to participation. League not discountable.

Cost: \$274 per team

Age: 16 years & up

Location: TBA

Women's

Sunday B	213942-01	Wednesday BB	213942-03
Wednesday A	213942-02		

Coed

Monday BB	213943-01	Tuesday BB	213943-04
Monday B	213943-02	Friday BB	213943-05
Tuesday A	213943-03		

Tennis

General Information

Lewis Tennis School directs all tennis programs for the City of Fort Collins. With more than 45 years of experience in the tennis industry, Lewis Tennis provides quality lessons, programs, and tournaments for all levels and ages with USPTA certified coaches on staff. Tennis director, Larry Lewis, has managed five of the top tennis facilities in the United States.

The programs at Lewis Tennis School provide a positive learning environment for players of all ages. Players learn techniques to become accomplished players, as well as life skills that help them to excel and enjoy tennis and other areas in their life. Thousands of players have participated in these programs over the years as they learn and progress in this great lifetime sport.

Rolland Moore Pro Shop

Visit our fully stocked pro shop located at the Rolland Moore Racquet Center. Racquets, shoes, accessories, and 24-hour stringing available.

Fall hours are Noon–6 p.m., Monday–Friday, and 10 a.m.–4 p.m. on Saturday.

Registration

For full program information, court availability and to register for programs, visit Lewistennis.com or call 970.493.7000. Discounts available for additional family members.

Programs

Programs are offered at Rolland Moore Racquet Complex.

Adult Tennis

Session Dates for All Classes

11/16–12/19	Session 1
1/4–1/30	Session 2
2/1–2/27	Session 3

Beginner Lessons

Whether you have never played or are getting back into the game after a long hiatus, learn and develop your fundamentals so you can really enjoy the game. Learn the correct way to hit forehands, backhands, volleys, overheads, and serves, as well as the basic rules and strategies as you start competition.

Age: 18 years & up

M,W	6:00–7:30 PM
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Intermediate Lessons

Learn the “Modern Game” of tennis and refine your skills by experiencing techniques that are used by the pros. Develop your topspin, forehand, backhand and serves, as well as learn doubles and singles strategies that win.

Age: 18 years & up

Tu,Th	6:00–7:30 PM
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League Coaching

Get your team ready for the USA Tennis Leagues. Professional coaching improves your team’s strategy, technique and mental toughness to enable you to compete at your best. A variety of coaching programs available.

Premier Clinics

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.

Age: 18 years & up

Private Lessons & Ball Machine

Private lessons are available with our USPTA certified professionals and our college coaching staff. Times are flexible; just let us know when you’re available. Rent our ball machines to work on that pesky backhand.

Youth Tennis

Session Dates for All Classes

11/16–12/19	Session 1
1/4–1/30	Session 2
2/1–2/27	Session 3

10 Years & Under

Exciting play format for those 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.

Little Lobber

Age: 4–6 years

Sa	10:00–10:45 AM
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Future Star

Age: 7–8 years

M, W	4:30–6:00 PM
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Sa	11:00 AM–12:30 PM
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10 years & Under continued

Aces

Age: 9–10 years

M, W	4:30–6:00 PM
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Sa	11:00 AM–12:30 PM
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Middle School

Just starting the game or a seasoned competitor? Middle School players develop their games to effectively compete on middle and high school teams or just enjoy the benefits of this great lifetime sport.

Challenger (new player)

Age: 11–13 years

Tu, Th	4:00–6:00 PM
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Sa	1:00–3:00 PM
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Competitive (Int/Adv)

Age: 11–13 years

Tu, Th	4:00–6:00 PM
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Sa	1:00–3:00 PM
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High School

Get ready to have some fun and develop your tennis game! Whether your goal is to play on your high school team or learn the best game to enjoy with your friends, this is the class for you.

Wimbledon (new player)

Age: 14–18 years

Tu, Th	4:00–6:00 PM
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Sa	1:00–3:00 PM
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Grand Slam (Int/Adv)

Age: 14–18 years

Tu, Th	4:00–6:00 PM
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Sa	1:00–3:00 PM
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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. Contact 970.493.7000 for times and additional information.

Homeschool Classes

These tennis classes are held at flexible times during the day. Give us a call to arrange a homeschool class for your children.

After-School Enrichment

These tennis classes are held after school in the gymnasiums of local elementary schools. Check with your school for details.

REGISTER NOW: YOUTH SPORTS

Affordable, High-Quality Youth Sports @ 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

Ages 4 - 5

Kinder Kicker Soccer

First Baseball

First Football

First Basketball

First Tennis

First Golf

Kinder Karate



Multi-Sport Day Camps

HEALTHY FUN FOR KIDS!

Explore & learn the basics of 4 - 5 different sports per day - Girls & Boys - Grades K - 5

(Full-Day: 9am - 4 pm or Half-Day: 9am - noon)

- Nov 13, Nov 25; Dec 21 - 23; Jan 4 & 18; Feb 15 & 26



Fall Camps

BOYS LACROSSE "LAX READY" PROGRAM

- Ages U8 - U15
- For Players with Travel/Competitive Team Experience
- Sessions once per week for 10 weeks in Dec, Jan & Feb

TENNIS - Small Group Lessons

- Grades K - 6
- For beginning and intermediate players
- Fridays, 5 classes, November 6 - December 11



Instructional Leagues

Designed for Beginning & Intermediate Players. Sessions split between skill building & small-sided scrimmages. No scores are kept. There are no fixed teams. The focus is on learning & having FUN!

- **Soccer** (Boys & Girls)

U7 - U11 Basic Level 11/2 - 12/7, 1/5 - 2/9

U9 - U11 PDL/Advanced 11/2 - 12/7, 1/5 - 2/9

U5 - U6 Basic Level 11/4 - 12/16, 1/6 - 2/10

- **Basketball** (Boys & Girls)

Gr K - 2 Tue 11/10 - 12/15, 1/5 - 2/9

Gr K - 2 Sat 11/14 - 12/19, 1/9 - 2/20

"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

Winter Break Camps

BASEBALL w/The Fort Collins Foxes

- Grades PK - 8 (Must turn 5 by 9/15/16)
- Boys & Girls
- Separate Camps for every level: Tee-ball, Beginning Baseball, Returning Recreational Baseball, and Competitive/Travel Team
- Dec 28 - 30



BOYS LACROSSE VOLLEYBALL BASKETBALL

- Grades K - 8
- Dec 28 - 30
- Grades 3 - 8
- Boys & Girls
- Dec 28 - 30
- Grades K - 3
- Boys & Girls
- Dec 28 - 30



Winter Camps

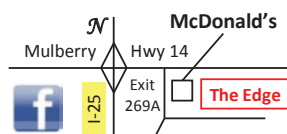
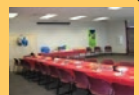
BASEBALL Small Group Hitting Clinics

- Grades K - 8
- 6-class session: Jan 7 - Feb 11

BASEBALL FCBC Level III Pre-tryout Camp

- Ages 9 - 12 as of 4/30/2016
- March 1 - 5

*Sports-themed
Birthday Parties
for all Ages!*



**EASY ACCESS at I-25 & Highway 14
4450 Denrose Ct. Fort Collins**

**For Details & Registration
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970.472.0048**

Locally owned & Operated by Phil & Pat Ebersole

BIRTHDAY PARTIES • BATTING CAGES • BASEBALL & LACROSSE INSTRUCTION • FIELD TRIPS • MEETING ROOM

Youth League Sports

Basketball

Nuggets Skills Challenge

Test your skills in dribbling, passing, and shooting. Separate age groups for boys and girls. Awards and winners advance to sectional competition. Register day of event. Participants' ages based on age as of 4/30/2016.

Age: 7–14 years

Location: Northside Aztlan Center

1/31 Su 9:00 AM No fee

Girls K–1 Jr. Nuggets Basketball

Basic skills are taught on a lower rim. 6 scheduled games. 1 official minimum for games. One practice per week. Saturday games. Teams are randomly selected. **Note:** Each participant receives a Jr. Nuggets jersey and 2 tickets to a Denver Nuggets game!

Age: K–1st Grade

Cost: \$70

Foothills Activity Center 114906-10

Northside Aztlan Center 114906-01

Girls Jr. Nuggets Basketball

Develop team play with participation, fun, skills, and sportsmanship. Teams are randomly selected. Practice dates and times are determined by the coach. Coaches call the week before the program begins with practice days/times. Special requests are not guaranteed. **Note:** Each participant receives a Jr. Nuggets jersey and 2 tickets to a Denver Nuggets game!

Cost: \$83

Registration: Begins 7/14

League Begins: Week of 1/11

Grade: 2–3

Bacon	114907-01	Lopez	114907-29
Bauder	114907-03	McGraw	114907-31
Beattie	114907-05	O'dea	114907-33
Bennett	114907-07	Olander	114907-35
Bethke	114907-09	Putnam	114907-37
CLP	114907-11	Rice	114907-39
Dunn	114907-13	Riffenburgh	114907-41
Eyestone	114907-15	Shepardson	114907-43
Harris	114907-17	Tavelli	114907-45
Irish	114907-19	Timnath	114907-47
Johnson	114907-21	Traut	114907-49
Kruse	114907-23	Werner	114907-51
Laurel	114907-25	Zach	114907-53
Linton	114907-27		

Grade: 4–5

Bacon	114908-01	Bennett	114908-07
Bauder	114908-03	Bethke	114908-09
Beattie	114908-05	CLP	114908-11

Girls Jr. Nuggets Basketball continued

Dunn	114908-13	Olander	114908-35
Eyestone	114908-15	Putnam	114908-37
Harris	114908-17	Rice	114908-39
Irish	114908-19	Riffenburgh	114908-41
Johnson	114908-21	Shepardson	114908-43
Kruse	114908-23	Tavelli	114908-45
Laurel	114908-25	Timnath	114908-47
Linton	114908-27	Traut	114908-49
Lopez	114908-29	Werner	114908-51
McGraw	114908-31	Zach	114908-53
O'dea	114908-33		

Middle School Girls Basketball

Develop a sense of team play where participation, fun, skills, and sportsmanship are stressed; winning is secondary. Teams are randomly selected. Special requests are not guaranteed. Game t-shirt is provided at practice. **Note:** Each participant receives a Jr. Nuggets jersey and 2 tickets to a Denver Nuggets game!

Cost: \$83

Registration Begins: 7/14

League Begins: Week of 1/11

Grade: 6

Blevins	114909-01	Lincoln	114909-11
Boltz	114909-03	Preston	114909-13
Kinard	114909-07	Webber	114909-15
Leshner	114909-09	Wellington	114909-17
Lincoln	114909-05		

Grade: 7–8

Blevins	114910-01	Lincoln	114910-11
Boltz	114910-03	Preston	114910-13
CLP	114910-05	Webber	114910-15
Kinard	114910-07	Wellington	114910-17
Leshner	114910-09		

Football

Flag Football

Learn the basic fundamentals of football with no tackling or blocking. The main emphasis is on equal participation; winning is secondary. Practices are held twice per week with games on Saturday mornings. **Note:** 6 games scheduled. Coach will call with practice days/times.

Cost: \$60 (plus \$15 jersey, if needed)

Registration Begins: 11/14

League Begins: Week of 3/21

Grade: K–1

Blevins Park	214012-32	Harmony Park	214012-17
City Park	214012-01	Spring Canyon Park	214012-21
Edora Park	214012-03	Troutman Park	214012-25
Fossil Creek Park	214012-11	Warren Park	214012-29
Greenbriar Park	214012-14		

Flag Football continued

Grade 2–3			
Beattie Park	214013-01	Harmony Park	214013-13
Blevins Park	214013-03	Rolland Moore Park	214013-19
City Park	214013-31	Spring Canyon Park	214013-21
Edora Park	214013-07	Troutman Park	214013-23
Fossil Creek Park	214013-29	Warren Park	214013-25
Greenbriar Park	214013-11		
Grade 4–5			
City Park	214014-03	Rolland Moore Park	214014-13
Edora Park	214014-05	Spring Canyon Park	214014-17
Fossil Creek Park	214014-21	Troutman Park	214014-23
Greenbriar Park	214014-08	Warren Park	214014-25
Harmony Park	214014-11		
Grade 6–8			
Blevins	214015-01	Lincoln	214015-11
Boltz	214015-03	Preston	214015-13
CLP	214015-05	Webber	214015-15
Kinard	214015-07	Wellington	214015-17
Leshar	214015-09		
Grade 9–12			
Fort Collins	214016-01	Poudre	214016-09
Fossil Ridge	214016-05	Rocky Mountain	214016-15



Rocky Mountain Youth Sports

GOT HOOPS?
PLAY BASKETBALL.

Year-round youth basketball activities
& competitive teams for boys and girls
in grades 2 through 8

RMYouthSports.com

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Ultimate Frisbee

Ultimate Frisbee League

Our youth ultimate frisbee program teaches the basic fundamentals of ultimate. The main emphasis is equal participation; winning is secondary. Practices are twice per week with games on Sunday afternoons. **Note:** Begins week of 3/1. 6 games scheduled. Coach will call with practice days/times.

Cost: \$63 (plus \$15 jersey, if needed)

Location: TBA

Registration Begins: 11/19

League Begins: Week of 3/21

Grade: 4–5 214061-01

Grade: 6–8 214062-01

Youth Sports

Archery

Archery

Archery is a skillful sport requiring balance, poise, accuracy, vision, timing, and action. Through this indoor class, participants learn basic techniques and how to be safe. **Note:** Location is Rocky Mountain Archery, 4518 Innovation Dr., Fort Collins, CO 80525, 970.226.5900. Equipment provided. Check in by 4:15 p.m.

Age: 8–16 years

Location: Rocky Mtn. Archery

12/3–12/10	Th	4:30–5:30 PM	\$30	115941-01
1/7–1/14	Th	4:30–5:30 PM	\$30	115941-02
2/4–2/11	Th	4:30–5:30 PM	\$30	115941-03

Cheerleading

TCDC Wildcat Cheerleading

TCDC Wildcat Cheerleading teaches your child the basics of dance, cheer motion, jumps, stunts, and tumbling skills in a safe/high energy environment. Local performances and lots of fun! Taught by The Cheer and Dance Connection Staff. \$50 uniform or \$12 shirt required. **Note:** Practices are held on Tuesday evenings; performances on Saturday mornings/some week nights. Visit fcgov.com/sports for more information. Class will not be held on 3/15.

Age: 5–14 years

Location: TBA

1/12–2/9	Tu	5:30–6:45 PM	\$64	114937-01
2/16–3/29	Tu	5:30–6:45 PM	\$64	114937-02

Wrestling

Wrestling

Learn the fundamentals and skills of wrestling and compete in inter-school dual meets. Designed for the beginner, as well as the experienced wrestler. Wrestling techniques and conditioning are taught. All participants compete in an end of season tournament. **Note:** Participants are notified by the coach about practice times/dates. All wrestlers receive a school shirt. Class will not be held on 1/19.

Cost: \$63

Grade: 3–6

Registration Begins: 7/14

League Begins: Week of 1/11

Blevins	114911-01	Lincoln	114911-06
CLP	114911-03	Preston	114911-07
Kinard	114911-04	Webber	114911-08
Leshar	114911-05	Wellington	114911-09

Sport Specialization Training

Prepare your budding athlete for the upcoming season with small group training sessions taught by high school coaches and former collegiate players. These sessions further your child's development. This program offers participants three 45-minute small group (4–10 people) skill sessions to increase skill level.

Age: 8–18 years

Football

Location: Beattie Park

Quarterback

3/7–3/9	4:00–4:45 PM	\$50	114979-01
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Wide Receiver / Running Back

3/7–3/9	5:00–5:45 PM	\$50	114979-02
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Basketball

Location: Northside Aztlan Center

12/28–12/30	M–W	8:00–8:45 AM	\$50	114979-04
12/28–12/30	M–W	9:00–9:45 AM	\$50	114979-05

YOSA – School of Sport

Location: Qdoba Event Center

Note: Class will not be held on 1/19, 3/18, 3/21, 3/17, 3/20.

Badminton

Who wouldn't want to play the world's fastest racquet sport? YOSA expert instructors teach kids how to play and have fun.

Grade: 3–8

1/4–2/11	M,Th	4:30–6:00 PM	\$69	114971-37
2/15–3/24	M,Th	4:30–6:00 PM	\$69	114971-38

Box Lacrosse

Participants are introduced to the sport with emphasis on fundamental skills.

Grade: 3–8

1/6–2/10	W	4:30–5:30 PM	\$39	114971-33
2/17–3/23	W	4:30–5:30 PM	\$39	114971-34

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. **Note:** wear athletic shoes, t-shirt, and long loose pants. Equipment provided.

Age: 10–13

1/6–2/10	W	4:30–6:00 PM	\$69	114971-23
2/17–3/23	W	4:30–6:00 PM	\$69	114971-24

Age: 13–19

1/6–2/10	W	6:00–7:30 PM	\$69	114971-26
2/17–3/23	W	6:00–7:30 PM	\$69	114971-27

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.

Age: 13 and older

1/6–2/10	W	6:00–7:30 PM	\$39	114971-30
2/17–3/23	W	6:00–7:30 PM	\$39	114971-31

Futsal

International Brazilian Futsal (indoor soccer). Players 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 challenge players to raise their game and reach new heights within an excellent learning environment.

Grade: 3–5

1/5–2/12	Tu,F	5:30–6:30 PM	\$69	114971-17
2/16–3/24	Tu,F	5:30–6:30 PM	\$69	114971-18

Grade: 6–8

1/5–2/12	Tu,F	4:30–5:30 PM	\$69	114971-19
2/16–3/25	Tu,F	4:30–5:30 PM	\$69	114971-20

Indoor Track

The basic techniques of track and field are taught. Great program for CARA Track offseason training.

Age: 5–17

1/11–2/1	Sa	9:00–10:00 AM	\$39	114971-05
2/17–3/23	W	6:30–7:30 PM	\$39	114971-06

Spring Break Camp

Participants are exposed to several sports and activities that turn spring break into a fun time for participants.

Age: 5–15

3/14–3/17	M–Th	8:00 AM–4:30 PM	\$150	114971-36
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VolleyKids

Designed to develop FUNDamental volleyball skills. Following the volleyball method of Dr. DaMatta and FIVB Volleyball, this program is a high level volleyball initiation focus of universal positions and developmentally appropriate practices for young kids.

Grade: 3–8

1/4–2/11	M,Th	4:30–6:00 PM	\$69	114971-21
2/15–3/24	M,Th	4:30–6:00 PM	\$69	114971-22

Intermediate Volleyball

Designed to develop FUNDamental volleyball skills. Following the volleyball method of Dr. DaMatta and FIVB Volleyball, this program is a high level volleyball initiation focus of universal positions and developmentally appropriate practices for young kids.

Grade: 3–8

1/4–2/11	M,Th	4:30–6:00 PM	\$69	114971-03
2/15–3/24	M,Th	4:30–6:00 PM	\$69	114971-04

Youngsters**Amazing Athletes**

This action packed sports program is specifically designed to enhance your child's learning experience through movement. Your child learns the basic fundamentals and mechanics of 9 different ball sports while also building self-confidence. **Note:** Class will not be held on 3/16, 3/19.

Location: Foothills Activity Center

Age: 18 months–2.5 years

1/4–2/1	M	11:00–11:30 AM	\$25	114782-01
1/7–2/4	Th	11:00–11:30 AM	\$25	114782-02
2/8–3/7	M	11:00–11:30 AM	\$25	114782-03
2/11–3/10	Th	11:00–11:30 AM	\$25	114782-04

Age: 2.5–3.5 years

1/4–2/1	M	9:00–9:30 AM	\$25	114574-01
1/7–2/4	Th	9:00–9:30 AM	\$25	114574-02
2/8–3/7	M	9:00–9:30 AM	\$25	114574-03
2/11–3/10	Th	9:00–9:30 AM	\$25	114574-04

Age: 3.5–5 years

1/4–2/1	M	9:45–10:30 AM	\$25	114575-01
1/7–2/4	Th	9:45–10:30 AM	\$25	114575-02
2/8–3/7	M	9:45–10:30 AM	\$25	114575-03
2/11–3/10	Th	9:45–10:30 AM	\$25	114575-04

LEGEND

NW	Denotes no web registration for program
M	Denotes program/activity has special membership pricing
H	Health and Wellness program
◀ARO	Denotes Adaptive Recreation Opportunity program

FITKIDZ!!!

Promotes a healthy and active lifestyle that helps build confidence and coordination. Program includes baseball, basketball, golf, and fitness fundamentals. FITKIDZ is competition free. **Note:** Please be on time to pick up your child after camp. Please advise if your child has allergies. Snacks are welcomed. This class is not discountable.

Age: 3–5 years

Location: Foothills Activity Center

12/1–12/15	Tu	9:00–9:45 AM	\$45	114076-01
12/2–12/16	W	9:00–9:45 AM	\$45	114076-02
1/5–1/26	Tu	9:00–9:45 AM	\$45	114076-03
1/6–1/27	W	9:00–9:45 AM	\$45	114076-04
2/2–2/23	Tu	9:00–9:45 AM	\$45	114076-05
2/3–2/24	W	9:00–9:45 AM	\$45	114076-06

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.

Cost: \$90

Age: 3 years old

Location: Colorado Cheer Academy

1/12–3/1	Tu	9:00–9:45 AM	114578-01
1/13–3/2	W	9:00–9:45 AM	114578-03

Location: Qdoba Event Center

1/14–3/3	Th	9:30–10:15 AM	114578-05
1/14–3/3	Th	3:15–4:00 PM	114578-07
1/15–3/4	F	9:30–10:15 AM	114578-09
1/15–3/4	F	3:15–4:00 PM	114578-11

Age: 4–5 years old

Location: Colorado Cheer Academy

1/12–3/1	Tu	10:00–10:45 AM	114578-02
1/13–3/2	W	10:00–10:45 AM	114578-04

Location: Qdoba Event Center

1/14–3/3	Th	10:30–11:15 AM	114578-06
1/14–3/3	Th	3:15–4:00 PM	114578-08
1/15–3/4	F	10:30–11:15 AM	114578-10
1/15–3/4	F	3:15–4:00 PM	114578-12

Sporties for Shorties

Come play ball with us and work on the fundamentals of sports as they relate to throwing, kicking, and catching. Each session highlights different skills and different sports along with team work.

Age: 3–5 years

Location: Northside Aztlan Center

1/4–1/18	M	2:30–3:15 PM	\$28	114771-03
1/6–1/20	W	10:00–10:45 AM	\$28	114771-01
1/26–2/9	Tu	10:00–10:45 AM	\$28	114771-02
1/28–2/11	Th	2:30–3:15 PM	\$28	114771-04



Registration Begins January 15

Fort Collins Baseball Club Summer Leagues!

**Boys & Girls Pre-K to 11th Grade
Includes Intermediate (Level III)**

2016 Registration will run
from 1/15/16 – 1/31/16

Details and online registration
forms can be found at

www.fortcollinsbaseballclub.org
970-484-3368

211 S. Bryan Ave. (in City Park) • P.O. Box 1031 Fort Collins, CO 80522 

Basketball For Shorties

Come play ball with us and explore basketball. Work on large and small motor skills as they relate to shooting, dribbling, and passing. Learn the basketball basics in this fun and exciting class.

Age: 4–5 years

Location: Northside Aztlan Center

1/5–1/19	Tu	10:00–10:45 AM	\$28	114772-01
1/25–2/8	M	2:30–3:15 PM	\$28	114772-02

Baseball For Shorties

Come play ball with us and explore baseball. Work on the fundamentals of throwing, hitting and catching!

Age: 4–5 years

Location: Northside Aztlan Center

1/27–2/10	W	10:00–10:45 AM	\$28	114773-01
1/7–2/11	Th	2:30–3:15 PM	\$28	114773-02



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WRESTLING CLUB

FOLKSTYLE:

Beginner: 5–7 yrs

Mon/Wed

Jan. 4–Feb 10

5:00–6:00 PM

Beginner: 5–7 yrs

Mon/Wed

Feb 22–Mar. 30

5:00–6:00

Grade School: 7–10

Tues/Fri

Jan 5–Feb 26

6:00–7:30 PM

FREESTYLE:

HS, MS, & GS

Starts Feb 29th

More detail to come...

Register at gritathletics.com

For more info contact Bill Greenwood: 970-219-6215, gritathleticscolorado@gmail.com

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U.S. News & WORLD REPORT

NORTHEASTERN COLORADO
GASTROENTEROLOGY & GI SURGERY
2015-16

POUDRE VALLEY HOSPITAL

BEST
REGIONAL HOSPITALS

U.S. News & WORLD REPORT

NORTHEASTERN COLORADO
HEART FAILURE • HIP REPLACEMENT
KNEE REPLACEMENT
2015-16

“ Our providers and staff are focused on providing **extraordinary care** to every patient, every day. We are proud of the *U.S. News & World Report* rankings because they echo something I've always known – our hospitals and our teams are among **the very best.** ”

– Kevin Unger, president and CEO of
Medical Center of the Rockies and Poudre Valley Hospital



uchealth.org/noco-numberone

50 Plus

All 50+ programs are held at the Senior Center unless noted otherwise. All programs are for ages 50 years & up unless otherwise noted. For programming designed for all ages, browse the other sections of the Recreator.

Other Adult Programs in the Recreator

Adaptive Recreation	24	Fitness	64
Aqua Fitness	28	Gardens on Spring Creek	74
Aquatics	30	Heath & Wellness	76
Arts & Crafts	37	Ice Skating	83
Pottery	40	Outdoor Recreation	88
Bicycling	44	Special Events	90
Dance & Movement	46	Sports	91
Bridge	57	Fitness 50+	104
Education	57	Trips & Travel	108

Senior Center Membership

Membership 50+ is \$25.00 annually with scholarships available. Programs that offer a free or discounted fee are indicated throughout the Recreator with an M. Benefits include:

- \$3 per month discount for fitness passes and full access passes, or \$1 off daily fitness admissions
- Free admission to drop-in programs including Pool Room, Open Shop, Library & Media Center, BINGO and Cards & Games
- 2-day advance registration to Recreator programs
- Member discounts on select services and activities
- Membership in member-only clubs
- Member celebrations
- Free limited legal counseling
- Notary service
- Health and wellness services

New Member Orientations

Get a tour of the Center and learn about the resources and opportunities available to you. Ask questions and begin a relationship with the people at the Senior Center.

First Friday	9:00–10:00 AM	No Fee
Third Tuesday	5:30–6:30 PM	No Fee

Cards and Games

BINGO – M

Senior Center members compete against each other in BINGO for prizes.

12/14	M	1:00–2:00 PM	No Fee
1/11	M	1:00–2:00 PM	No Fee
2/8	M	1:00–2:00 PM	No Fee

Bridge

For more information about Bridge classes, see page 57.

Cards & Games – M

Cards and board games played including canasta, mahjongg, scrabble and cribbage.

Age: 18 years & up

Ongoing	M	9:00 AM–Noon	No Fee
Ongoing	W	1:00–4:00 PM	No Fee

Clubs and Organizations

C.H.A.T. (Crafts Hobbies Arts Time) – M

For more information about C.H.A.T., see page 37.

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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Front Range Forum – M

Front Range Forum serves the residents of Northern Colorado's Front Range who are intellectually curious and dedicated to enriching their daily lives through life-long learning. Members facilitate classes for each other; participants take part in short presentations and informal discussions. 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 programs – FRF Travels and FRF Goes to the Movies. Membership is \$20 per year. For more information, including our newsletter, visit frontrangeforum.org.

Harmonettes – M

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 required, but ability to read music is helpful. Contact Ashley Ruffer at 970.224.6033, aruffer@fcgov.com for more information.

Location: Senior Center

Practice	M	9:30–11:00 AM	(Except 3rd Monday)
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Older Gay Lesbian Bisexual Transgender (OGLBT)

This social networking group is for persons that are OGLBT and ages 50 years & up. Meetings are monthly for breakfast or dinner; locations and times change monthly. Contact Katie Stieber at 970.224.6029, kstieber@fcgov.com for more information.

Senior Bowling Leagues

Bowling leagues are open to league members and substitutes ages 50 years & up. Leagues play at Chippers Lanes on Horsetooth; league fees apply. Contact Karen Burgess at 970.484.2906 for information about Tuesday leagues. Contact Jan Daggett at 970.229.9886 for information about Thursday leagues. Both leagues meet at 1 p.m.

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; 9 members are appointed by City Council, and 2 members are appointed from the Senior Center Council. The Senior Advisory Board meets the 2nd Wednesday of each month at 11:30 a.m. Guests are welcome.


Senior Center Council – M

Senior Center Council assists and advises the administrative staff in matters regarding the operation of the Senior Center and are elected representatives from the senior membership. Elected representatives meet the 3rd Monday of each month at 1:30 p.m. Members are invited to attend.

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. Annual dues are \$10. SOAP meets at 1:30 p.m. on the 4th Tuesday of each month. Contact Ashley Ruffer at 970.224.6033, aruffer@fcgov.com.


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.

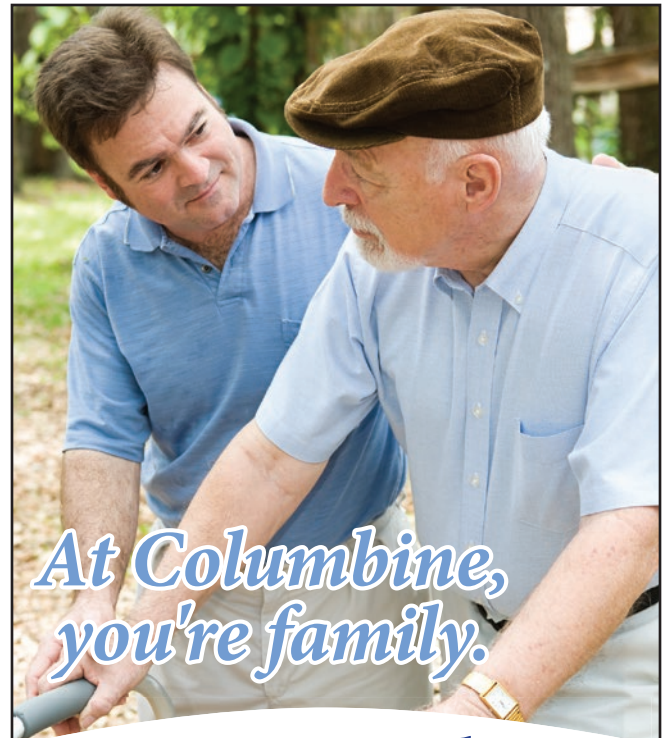
970-491-7753

CSUOsher.com



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outpatient therapy

Columbine Poudre Home Care

Poudre Infusion Therapy
medications requiring an IV

 **BLOOM** — AT HOME
Non-Medical Home Care



www.columbinehealth.com

The Play's the Thing – M

We will 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 are assigned. You could be reading a part for a man, woman, boy, girl, pet or ghost! At the next scene, the parts are assigned to the next set of people in the circle, 'round and 'round. We start with Shakespeare and see which other playwrights are appealing. Meetings are the 2nd and 4th Tuesday of the month, starting January 12. Contact Ashley Ruffer at 970.224.6033, fcsc.plaything@gmail.com for more information.

The Writers Group – M

Express yourself through writing in any manner you choose regardless of content, genre, or skill. Participants gather weekly to share their work and occasionally write on a topic selected by all. You are asked to sign in at the meetings; new participants welcome. Contact Ashley Ruffer at 970.224.6033, aruffer@fcgov.com for more information.

Ongoing	Tu	10:00 AM–Noon	No fee
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Education

Fall Prevention

Senior Falls happen every day in Fort Collins, but they don't have to! The Poudre Fire Authority teaches how to avoid falls by pointing out what hazards exist in the home, how you can keep yourself safe, and the best way to get up in case of a fall.

Age: 18 years & up

1/12	Tu	6:00–7:30 PM	No Fee	107478-01
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Fire Extinguisher Training

Fire extinguishers save lives and often make the difference between life and death. Poudre Fire Authority firefighters teach the different types of extinguishers, when and how to use them, and how to maintain them. Students use the digital extinguisher training system to gain practice.

Age: 18 years & up

2/9	Tu	6:00–7:30 PM	No Fee	107479-01
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Fitness

General Information

It is recommended that your physician be consulted before beginning any exercise program. If you are 55 years & up, sedentary or exhibit any of the major coronary risk factors, we recommend that you 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. With this option, active facility pass holders receive 70% off enrollment price.
- 2) Participants may pay a drop-in rate of \$6 per class, except for Karate.

Registration Options continued

The fitness classes listed below are specific for ages 50 years & up. See page 64 for information about additional fitness classes, as well as information about personal training services.

Land Fitness

Ageless Grace

Ageless Grace® teaches 21 Simple Tools for Lifelong Comfort and Ease. Anti-aging exercises include movements that come naturally, stimulate the body, and initiate a mind-body link. Good for balance and functionality. It's fun, a little silly, and makes us laugh a lot! Usually practiced in a chair. For more information, visit agelessgrace.com.

1/5–2/2	Tu	11:00–11:50 AM	\$15	109436-01
2/9–3/8	Tu	11:00–11:50 AM	\$15	109436-02

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.

1/4–2/5	M,W,F	8:50–9:50 AM	\$45	109437-01
2/8–3/11	M,W,F	8:50–9:50 AM	\$45	109437-02

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.

1/4–2/5	M,W,F	10:00–10:55 AM	\$45	109442-01
2/8–3/11	M,W,F	10:00–10:55 AM	\$45	109442-02

Dynamic Senior Fitness

A workout for active seniors focused on agility, balance, flexibility, and strength. Designed around low impact games and drills to enhance your ability to participate in a variety of sports.

1/8–2/5	F	2:00–2:45 PM	\$11.25	109441-01
2/12–3/11	F	2:00–2:45 PM	\$11.25	109441-02

MS Dryland Exercise

For people with multiple sclerosis or physical impairment, designed to maximize strength and endurance through chair based-exercises. The instructor is aware of symptom issues and monitors participants closely.

1/4–2/3	M,W	11:00–11:55 AM	\$30	109438-01
2/8–3/9	M,W	11:00–11:55 AM	\$30	109438-02

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 FallProof!, a balance program created by Cal State University/Fullerton. **Note:** Co-sponsored by Larimer County Office on Aging and the Consortium for Older Adult Wellness.

1/4–2/3	M,W	2:30–3:30 PM	No Fee	109439-01
2/8–3/9	M,W	2:30–3:30 PM	No Fee	109439-02



Senior Living with the Emphasis on Living.

To learn more about our senior housing with services community, call (970) 226-4909.



All faiths or beliefs are welcome.

Parklane Fitness

Receive instruction while sitting in a chair to improve flexibility, strength, coordination, and cardiovascular fitness.

Location: Parklane Towers North

1/5–2/4	Tu,Th	9:30–10:30 AM	\$30	109440-01
2/9–3/10	Tu,Th	9:30–10:30 AM	\$30	109440-02

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.

1/7–2/4	Th	4:00–5:00 PM	\$15	109443-01
2/11–3/10	Th	4:00–5:00 PM	\$15	109443-02

Therapeutic Yoga For Older Adults

Slow, quiet pace. Focus on improving joint health, building strength, balancing circulation, and stress relief at a slow and quiet pace. No yoga experience necessary. Men and women welcome.

Age: 18 & up

1/4–2/1	M	11:00 AM–Noon	\$15	109469-01
2/8–3/7	M	11:00 AM–Noon	\$15	109469-02
1/7–2/4	Th	11:00 AM–Noon	\$15	109469-03
2/11–3/10	Th	11:00 AM–Noon	\$15	109469-04

SilverSneakers

Do you want to learn more about SilverSneakers? Inquire at the front desk at the Senior Center.

Classic – Silver Sneakers

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:** Non-members may attend by paying the drop-in rate or register for the month. No class 12/25.

Location: Senior Center

1/5–2/4	Tu,Th	10:10–10:55 AM	\$22.50	109444-01
2/9–3/10	Tu,Th	10:10–10:55 AM	\$22.50	109444-02
1/9–2/6	Sa	10:30–11:15 AM	\$11.25	109444-03
2/13–3/12	Sa	10:30–11:15 AM	\$11.25	109444-04

Location: Northside Aztlan Center

1/4–2/3	M,W	11:00–11:45 AM	\$22.50	109545-01
2/8–3/9	M,W	11:00–11:45 AM	\$22.50	109545-02

Circuit – Silver Sneakers

Move through a series of exercises in a circuit format to improve cardiovascular endurance and muscular strength and endurance.

Note: Non-members may attend by paying the drop-in rate or register for the month.

1/4–2/5	M,W,F	1:00–1:45 PM	\$33.75	109446-01
2/8–3/11	M,W,F	1:00–1:45 PM	\$33.75	109446-02

“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. **Note:** Nonmembers may attend by paying drop in fee or register for the month. No class 12/25.

1/5–2/4	Tu,Th	12:15–1:00 PM	\$22.50	109447-01
2/9–3/10	Tu,Th	12:15–1:00 PM	\$22.50	109447-02
1/5–2/4	Tu,Th	1:15–2:00 PM	\$22.50	109447-03
2/9–3/10	Tu,Th	1:15–2:00 PM	\$22.50	109447-04

Yoga – Silver Sneakers

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:** Non-members may attend by paying drop-in rate or register for the month. No class 12/25.

1/5–2/4	Tu,Th	11:10–11:55 AM	\$22.50	109467-01
2/9–3/10	Tu,Th	11:10–11:55 AM	\$22.50	109467-02
1/4–2/3	M,W	4:10–4:55 PM	\$22.50	109467-03
2/8–3/9	M,W	4:10–4:55 PM	\$22.50	109467-04
1/9–2/6	Sa	11:15 AM–Noon	\$11.25	109467-05
2/13–3/12	Sa	11:15 AM–Noon	\$11.25	109467-06

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 rates apply. No class 12/25, 1/1.

Location: Northside Aztlan Center

12/1–2/25	Tu,Th	8:00–10:00 AM	No Fee
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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 rate applies.

Location: Northside Aztlan Center

12/2–2/26	M,W,F	8:00–10:00 AM	No Fee
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Resources

Legal Services – MO

Free 30-minute sessions every 1st Thursday of the month. Contact the Senior Center to schedule an appointment.

12/3	Th	1:00–5:00 PM	No fee
1/7	Th	1:00–5:00 PM	No fee
2/4	Th	1:00–5:00 PM	No fee

Library/Media Center

The Library/Media Center offers a quiet location for reading, reflection, relaxing or using one of the computers. Users must be members of the Senior Center. Book library includes large print, hard cover, and paperback books, as well as works by local artists. Volunteer Library Attendants are available to assist members during the day. Book donations are accepted as space allows.

Pool Room

The Pool Room has four 8-ball tables and 1 snooker table. Players must be a member of the Senior Center or pay a daily drop-in rate. Additionally, we ask that users contribute to the maintenance of the facility by making a donation in the donation box located in the room.

VOA Senior Nutrition Program

Volunteers of America and the City of Fort Collins Recreation Department host the Senior Nutrition Program to provide hot lunch at Northside Aztlan Center and the Senior Center. There is no charge for ages 60 years & up (and their spouses). Reservations required; contact 970.472.9630 by 1:30 p.m. one business day prior.

Location: Senior Center

Ongoing	M,Tu,Th,F	Noon	\$2.50 suggested donation
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Location: Northside Aztlan Center

Ongoing	Tu,W,Th	Noon	\$2.50 suggested donation
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Volunteers

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, visit fcgov.com/recreation/joinus or contact Betsy Emond at 970.224.6030, bemond@fcgov.com.

Social Programs

Annual Membership Meeting – M

Find out what is current at the Senior Center and provide input. RSVP at the front desk or by calling 970.221.6644. Brunch is served.

12/3	Th	9:00–11:00 AM	No fee	112445-01
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Celebrations – M

Celebrate December, January, February birthdays and anniversaries of the Senior Center members with cake, gifts, and entertainment.

12/17	Th	1:30–3:30 PM	412410-01	No Fee
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Movies, New Release and Classics – M

Join us for new release and classic movies! Schedule of movie titles available at the registration desk.

12/11	F	1:00–3:00 PM	No fee
12/18	F	1:00–3:00 PM	No fee
1/1	F	1:00–3:00 PM	No fee
1/15	F	1:00–3:00 PM	No fee
2/5	F	1:00–3:00 PM	No fee
2/19	F	1:00–3:00 PM	No fee

Prairie Sage Dances

Dance to live music. Refreshments served.

Jim Ehrlich, Twinkle Twinkle Star – Bling Dance

12/7	M	7:00–10:00 PM	\$4
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Big Twag Theory, Christmas Starlight Theme

12/21	M	7:00–10:00 PM	\$4
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Grant's Trio-Big Twang Theory Band

1/4	M	7:00–10:00 PM	\$4
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Pepie, Carlberg, Black and White Theme

1/18	M	7:00–10:00 PM	\$4
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Jim Ehrlich

2/1	M	7:00–10:00 PM	\$4
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Harris and Harris, Valentine's Day Theme

2/15	M	7:00–10:00 PM	\$4
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Special Events

See a list of Special Events available for all ages on page 90.

Jolly Holidays

Come celebrate the joys of the season with a wonderful evening of dining, dancing, and delight. Tickets are available at the Fort Collins Senior Center. **Note:** Cash bar available. Table reservations for tables of 6 or more; special dietary and transportation needs available upon request; note when registering.

12/9	W	6:00–9:00 PM	\$22
			\$19.30 member

Forever Mine

Gather your friends and family and celebrate the love of your life at this Valentines celebration! A three course meal will be served while enjoying dance and entertainment. **Note:** Cash bar available. Table reservations for tables of 6 or more; special dietary and transportation needs available upon request; note when registering.

2/12	F	6:00–9:00 PM	\$22
			\$19.30 member

LEGEND

NW	Denotes no web registration for program
M	Denotes program/activity has special membership pricing
H	Health and Wellness program
◀ARO	Denotes Adaptive Recreation Opportunity program

◀ARO *The City of Fort Collins will make reasonable accommodations for persons with disabilities to access to City services, programs, and activities. For more information about these resources, and additional Adaptive Recreation Opportunities, see page 24.*

Trips & Travel

Senior Center trips are for ages 50 years & up unless otherwise noted. All trips depart from the Senior Center unless otherwise noted.

Registration

Pre-registration is required for all trips. Some ticketed events have an early registration deadline. Register online at webtrac.fcgov.com or call 970.221.6644.

Refunds/Cancellation

Ticketed event sales are considered final and non-refundable. No refunds are given unless we resell that ticket. The same applies to trips paid for in advance. Full refunds are available for overnight trips until the final payment deadline, after which all sales are final and non-refundable. Overnight trips can receive a refund until final payment deadline.

Discounts

The Senior Center Member discount applies to trips when listed. Additional discounts do not apply.

Departure

All trips leave from the Fort Collins Senior Center unless otherwise noted. We recommend you arrive at least 15 minutes prior to departure. Out of respect for the other participants, we do not wait for late arrivals; trips leave promptly at the posted trip time.

Return Times

All return times are approximate. Please do not schedule appointments close to return times in case delays occur.

What's Included

All trip prices include transportation and escort. Many trips include amenities depending on the trip. See trip details for more information.

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 in order to ensure that we provide necessary seating, meals, tickets, etc.

Smoking

Trips are smoke-free whenever possible. Smoking is not 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 per person. Requests must be made at the time of registration or at least 3 days prior to the trip.

Waitlist

If a trip is sold out you may have your name placed on a waitlist. We will contact you directly if space becomes available. Reservations are on a first-come-first-served basis.

Adventure

Costa Rica, Spring 2016

Discover the culture and landscape of Costa Rica. Explore active volcanoes, hike rainforests, tour coffee/banana plantations, boat a river alive with birds, caiman and howler monkeys, and walk hanging bridges above the clouds. Tour through San Jose, Arenal, Monteverde, Manuel Antonio and more. Catch the trip preview on 12/15 & 1/12.

Note: Includes 11 days/10 nights, air and ground transportation, transfers (DIA included), most meals, all entrance and tour fees, full-time naturalist, guide, and escort.

Double Occupancy, Per Person

4/11-4/21	\$3,299	205996-01
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Single Occupancy, Per Person

4/11-4/21	\$3,999	205996-01
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Legendary Danube, Fall 2016

Experience the splendor of Prague to the gypsy violins of Budapest. Spend 3 nights in Prague visiting Hradcany Castle, the Jewish Quarter, Wenceslaus square, and more. Drive to Nuremberg to cruise Regensburg, Passau, Vienna, and Budapest, with guided sightseeing in each city. Catch the trip preview on 12/3 at 6:30 p.m. **Note:** 11 days/10 nights Includes airfare, transportation, lodging, river cruise, most meals, tours, and escort. \$600 deposit taken at time of registration.

Double Occupancy Category E Stateroom, Per Person

9/30-10/11	\$5,349	405993-01
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Double Occupancy Category D Stateroom, Per Person

9/30-10/11	\$5,555	405993-01
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Ongoing Trips

Casino Trips

Join us for a day in the mountains at Mardi Gras Blackhawk. **Note:** Fee includes motorcoach transportation, casino package, and escort.

Location: Rolland Moore Park

1/26	Tu	8:00 AM-5:30 PM	\$8	105910-01
2/23	Tu	8:00 AM-5:30 PM	\$8	105910-02

Sunday Out to Lunch

We head to somewhere in the specified area for lunch to enjoy a day out of the house. We won't tell you which restaurant because the mystery is half the fun. A scenic ride home tops it off. **Note:** Fee includes transportation and escort. Lunch cost is on your own.

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1/24	Su	11:00 AM-3:00 PM	\$10	105932-01
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Fort Lupton

2/28	Su	11:00 AM-3:00 PM	\$10	105932-02
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Out to Lunch

Join friends for a trip out to lunch. **Note:** Includes transportation and escort. Lunch cost is on your own.

McCormick's Fish House, Denver – M

From fresh seafood and shellfish to aged steaks and garden fresh salads, McCormick's offers culinary excellence at its best. Also see the holiday decorations in the adjacent historic Oxford Hotel. Lunch price range is \$15–25.

12/10	Th	10:30 AM–3:00 PM	\$20	105930-01
\$17 member				

Gunther Toody's, Northglenn – M

American food with a 1950's twist. Almost 30 years ago, a couple believed that they could bring the "diner philosophy" to Colorado. Fresh home cooked food and sassy energetic service, all presented in a fun 50's atmosphere. Lunch price range is \$10–15.

1/21	Th	10:30 AM–3:00 PM	\$20	105930-02
\$17 member				

The Med, Boulder – M

The Mediterranean is a casual, energetic, everyday restaurant. The diverse menu features tapas and paellas, artisan pizzas from the Italian wood-burning oven, and fresh seafood. Lunch price range is \$10–15.

2/9	Tu	10:30 AM–3:00 PM	\$20	105930-03
\$17 member				

Traveling Gourmet

Get fancy for dinner and try gourmet Colorado cuisine. **Note:** Fee includes transportation and escort. Dinner cost is on your own.

Briarwood Inn, Golden – M

Kick off the holiday season and experience the award-winning Briarwood. Sit surrounded by sparkling chandeliers, hand-carved antique furnishings, glowing fireplaces, and ornate decorations including a 15 foot tree in the Grand West Dining Room. Dinner price range is \$40–\$80.

12/15	Tu	3:30–9:30 PM	\$25	105940-01
\$21.25 member				

The Source, Denver – M

This artisan food market occupies a former 1880's brick foundry in the River North District. It is a collective of food artisans and retailers offering visitors many options. As a traveling gourmet, you are free to eat at Acorn or Comida, as well as shop around. Dinner price range is \$20–\$80.

1/12	Tu	3:30–9:30 PM	\$25	105940-02
\$21.25 member				

Leña, Denver – M

Leña is a Latin American inspired restaurant with a fun, vibrant atmosphere. The name translates to "firewood", and a wood fired grill serves as a focal point. They offer a vast asado selection of grilled meats, seafood, vegetables, and tacos with homemade corn tortillas. Dinner price range is \$35–\$65.

2/2	Tu	3:30–9:30 PM	\$25	105940-03
\$21.25 member				

December

Cheery Creek Experience – M

Cherry Creek is more than a shopping experience, it's a tradition. Enjoy the holiday decorations and lunch of your choice at one of the numerous options before checking off everyone on your list.

Note: Fee includes transportation and escort. There is a lot of walking on this trip and the shopping center is outdoors. Lunch is on your own.

12/1	Tu	9:00 AM–4:00 PM	\$20	105951-01
\$17 member				

Greeting Cards and Tea Tour – M

Watch as flat sheets of blank paper are transformed into beautiful, full-color cards. Feel the roar of printing presses, each the size of a school bus, as they crank out two sheets per second and 500,000 envelopes in one shift. Also tour the celestial Seasonings Tea Factory in Boulder. **Note:** Fee includes transportation, ticket, and escort. Lunch at Celestial Seasonings is on your own.

12/2	W	9:00 AM–3:30 PM	\$20	105952-01
\$17 member				

Brown Palace Tea

Back by popular demand! The Brown Palace is a Denver landmark that has decorated around the holidays for a century. Be spoiled through an artfully prepared 3-course tea with house-made scones, Devonshire cream, exquisite finger sandwiches, and classic tea pastries. Historic tour included. **Note:** Fee includes transportation, 3-course tea meal, historian guided tour, and escort.

12/3	Th	9:30 AM–4:00 PM	\$85	105950-01
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Glassworks

CH Glassworks is a production glass art studio located in Lakewood, Colorado making decorative, sculptural and functional hot glass art. Show your creative side as you make your own blown glass ornament. **Note:** Fee includes transportation, ticket and escort. Lunch is on your own.

12/4	F	8:00 AM–3:30 PM	\$55	105983-01
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Colorado Symphony "Eroica" – M

The annual tribute to Beethoven opens with the little-played overture to the 1801 ballet, The Creatures of Prometheus. Beethoven's famed Symphony No. 3, known as "Eroica," was groundbreaking for its musical range when it premiered in the early 19th century. Rossen Milanov returns to conduct this exciting program. **Note:** Fee includes transportation, pre-concert lecture, Mezzanine 5 or better seats, and escort. Bring a lunch for the van ride.

12/6	Su	10:30 AM–4:30 PM	\$76	105970-01
\$64.60 member				

USAF Concert – M

After a two-year hiatus, United States Air Force Academy Band returns with an exhilarating, world-class concert of holiday favorites and spirited patriotic music. For 74 years, the Air Force Academy's premier musical organization has inspired billions of listeners through engaging concerts. **Note:** Fee includes transportation, ticket, and escort. The concert is located at the Greeley Union Colony Civic Center.

12/7	M	8:00 AM–4:00 PM	\$20	105971-01
\$17 member				

Christmas in Europe

European traditions and customs vary greatly by country. And, the continent takes on a new look and feel during the holiday season. In this workshop, learn unique European Christmas traditions along with tips for planning your own European vacation, during the holidays or any time of year! **Note:** This is not a trip. Presented by Sandy McMillen, author of *Extraordinary Travels of an Ordinary Couple*.

12/8	Tu	6:00–7:30 PM	\$5	105481-01
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Georgetown Christmas Market – M

Enjoy the 56th annual Georgetown Christmas Market where Christmas hasn't changed in 100 years. Visitors enjoy appearances by St. Nicholas in his traditional dress, Santa Lucia, carolers in Victorian costume, dancers, and other entertainment. Enjoy the atmosphere, shop, and have lunch on your own. **Note:** Fee includes motor coach transportation, tour and escort. Georgetown is at about 9,600 feet. Dress appropriately for the season, including footwear with good grip.

12/12	Sa	8:00 AM–3:00 PM	\$45	105953-01
\$38.25 member				

Nutcracker Ballet

Colorado's favorite and 55th annual holiday tradition, *The Nutcracker*, features unforgettable characters as well as dazzling costumes and scenery. This seasonal tradition features classic choreography paired with Tchaikovsky's extraordinary arrangement performed live by the Colorado Ballet Orchestra. **Note:** Includes transportation, tickets, and escort. The show is at the Ellie Caulkins Opera House in Denver.

12/13	Su	11:00 AM–5:30 PM	\$95	105972-01
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Holiday Lights Tour – M

Tour the best of the local holiday lights starting at the Gardens on Spring Creek. Stroll through the whimsically decorated, twinkling Gardens lit by thousands of LED lights. See the new flower bed display created entirely from flowers made of holiday lights. Listen to holiday music and enjoy warm drinks. **Note:** Fee includes transportation and escort.

12/17	Th	6:00–9:30 PM	\$20	105945-01
\$17 member				

January**US Post Office – M**

Come see what's changed since Ben Franklin was in charge. Learn how a letter travels from its point of entry into the building to its departure for delivery. Experience how the mail touches everyone's lives every day, and connects us with the nation and the world. **Note:** Fee includes transportation, tour, and escort. Lunch is on your own.

1/7	Th	9:00 AM–3:00 PM	\$20	105955-01
\$17 member				

Mizel Museum and Cell Museum

Although different in theme and name, the museums were funded by Larry Mizel; one contains Jewish art and artifacts and the other is dedicated to the prevention of terrorism through education, empowerment, and engagement. The CELL or Counterterrorism Education Learning Lab actually grew out of the Mizel museum. **Note:** Fee includes transportation, tours, and escort. Lunch cost is on your own.

1/14	Th	8:30 AM–4:00 PM	\$36	105960-01
\$30.60 member				

Pepsi Center & Old Spaghetti Factory

See where the Denver Nuggets, Colorado Avalanche, and Colorado Mammoth call home. This arena is world class and a premier sports and entertainment destination in Denver. On tour, learn how the arena converts from hockey ice to a basketball court. After the tour, enjoy lunch at the Old Spaghetti Factory. **Note:** Fee includes transportation, lunch with a dessert, non-alcoholic drink, gratuity, and escort.

1/15	F	8:30 AM–3:00 PM	\$50	105957-01
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The Addams Family

The weird and wonderful Addams Family is back. Wednesday, the ultimate princess of darkness, has grown up and fallen in love with a smart young man from a respectable family. Everything changes for the family on the fateful night they host a dinner for Wednesday's "normal" boyfriend and his parents. **Note:** Fee includes transportation to Boulder Dinner Theatre, dinner including non-alcoholic drink, gratuity, show, and escort. Dessert and alcohol are extra.

1/17	Su	11:00 AM–6:00 PM	\$70	105923-01
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Western Stock Show – M

The 110th Annual National Western Stock Show is the West at its best. With over 350 vendors and 15,000 animals including horses, cattle, sheep, llamas, bison, yak, it is the largest horse show and tradeshow in Colorado. End the day with great seats to the Pro Rodeo and watch the cowboys in action. **Note:** Fee includes van transportation, Pro Rodeo ticket, stock show entry, and escort. Lunch cost is on your own.

1/20	W	8:30 AM–6:00 PM	\$47	105956-01
\$39.95 member				

Colorado Cowboy Gathering – M

The 27th annual Colorado Cowboy Poetry Gathering in Golden hosts some of the best poets and western musicians. Performers take turns on topics like “Fine Equine”, “Women of the West”, “Hombres,” and “Global Yodel.” There are also spontaneous, crowd-pleasing collaborations. Come spend the day and celebrate western heritage.

Note: Trip includes transportation, entrance fee, and escort. Lunch is on your own in downtown Golden.

1/22	F	8:30 AM–6:30 PM	\$47	105924-01
\$39.95 member				

Denver Nuggets vs Atlanta Hawks

Cheer on the Denver Nuggets as they play the Atlanta Hawks and see Hawks superstars, Al Horford, Jeff Teague, and Kyle Kover take on Kenneth Faried, Danilo Gallinari, and the rest of the Nuggets. Club Level seats at the Denver Pepsi Center. **Note:** Fee includes transportation, tickets, and escort.

1/25	M	4:30–11:30 PM	\$75	105901-01
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Dirty Dancing

Adapted from the original movie by Eleanor Bergstein, this production hews closely to the film. Seventeen year old Frances “Baby” Houseman is on holiday with her family in the summer of 1963 where she meets Johnny Castle, who teaches dance at the resort. Baby is introduced to the vibrant underworld of “Dirty Dancing.” **Note:** Fee includes transportation, ticket, and escort.

1/31	Su	Noon–6:30 PM	\$105	105921-01
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February**Breckenridge Snow Sculpture – M**

The 26th annual International Snow Sculpture Championships is a must-do holiday experience. International sculptors descend on Breckenridge and compete using only hand tools and creativity to shape a 20-ton block of snow. The masterpieces are amazing and you will have plenty of time to explore at your own pace. **Note:** Fee includes transportation. Breckenridge is 9,600 feet. Bring stable footwear with a good grip. Tour is mostly outside walking. Lunch cost on your own.

2/1	M	8:00 AM–5:00 PM	\$50	105958-01
\$42.50 member				

National Renewable Energy Lab – M

Where our energy comes from and how it is used is evolving in response to changes in the environment, advances in technology, and energy costs. Explore NREL’s research and development activities, current applications of renewable energy and energy-efficient technologies, and energy systems integration. **Note:** Fee includes transportation, tour, and escort. Lunch is on your own in Golden.

2/4	Th	9:00 AM–3:30 PM	\$20	105959-01
\$17 member				

Bullets Over Broadway

See this hilarious musical comedy about the making of a Broadway show. Bullets Over Broadway is the story of a young playwright who, in desperate need of financial backing for his next show, accepts an offer he can’t refuse from a mobster looking to please his showgirl girlfriend. **Note:** Fee includes transportation, ticket, and escort.

2/11	Th	6:45–9:45 PM	\$55	105925-01
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Dumb Friends League Tour – M

Calling all animal lovers. Take a guided tour through the shelter and learn about pets, adoption, and other services the dumb friends’ league provides. See many animals waiting for adoption. **Note:** Fee includes transportation, tour and escort. Lunch on your own at the Summit Steakhouse in Denver. Lots of walking and stairs.

2/12	F	9:00 AM–3:30 PM	\$20	105962-01
\$17 member				

Left Hand and Cheese – M

Enjoy the Tasting Room Tour of Longmont’s Left Hand Brewing Company. The brewery has a balanced portfolio of handcrafted ales and lagers to explore. It all started with a homebrew kit Christmas present and has turned into a booming business. Afterwards, go to Longmont Cheese Importers for a tour and lunch on your own. **Note:** Fee includes transportation, tour, tasting, and escort.

2/16	Tu	10:00 AM–2:00 PM	\$20	105933-01
\$17 member				

Pub and Pewter – M

Michael Ricker was an established, internationally recognized artist and sculptor and was regarded as one of the most collected artists in the world. Enjoy a tour through his world of artistic creations. Michael’s artwork reflects his attention to meticulous detail and his masterly ability to execute total reality. **Note:** Fee includes transportation, tour and escort. Lunch at Henry’s Pub in Loveland is on your own.

2/18	Th	10:00 AM–1:30 PM	\$20	105964-01
\$17 member				

Hello Dolly

Hello Dolly has been delighting audiences around the world since 1964. Dolly Levi is a delightful scheming busybody who makes her living as a matchmaker in the glamorous 1800s New York at the turn of the century. Winner of 10 Tony Awards, including Best Musical, Best Original Score, and Best Choreography. **Note:** Includes transportation to Candlelight Dinner Playhouse, dinner with non-alcoholic drink, gratuity, ticket, and escort. Dessert and alcohol are on your own.

Location: Rolland Moore Park

2/21	Su	Noon–6:00 PM	\$70	105922-01
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DMNS Chocolate – M

The Chocolate exhibition engages all of your senses as you trace the story of the “food of the gods,” from its earliest cultivation to its status today as the world’s favorite sweet. **Note:** Fee includes transportation, IMAX ticket, museum ticket and escort. Lunch is on your own. Denver Museum of Nature and Science.

2/25	Th	8:30 AM–4:00 PM	\$47	105963-01
\$39.95 member				

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SEPTEMBER 1, 2015 - PHASE ONE of the new smoking ordinance goes into effect: all City buildings and grounds, parks, trails, natural areas, and golf courses will be smoke-free.

JANUARY 1, 2016 - PHASE TWO goes into effect: Downtown Fort Collins and City-sponsored special events will be smoke-free.

The City views voluntary compliance as the ideal. However, any violation of the smoking ordinance is a misdemeanor and may be enforced through tickets, fines, and other measures.

fcgov.com/smokefree



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