Fall registration starts at 7 a.m., August 4

Fall 2016

Recreator

City of Fort Collins

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Fall 2016

Recreator

City of Fort Collins

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PARKS and RECREATION

City of Fort Collins Recreation
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Fort Collins, CO

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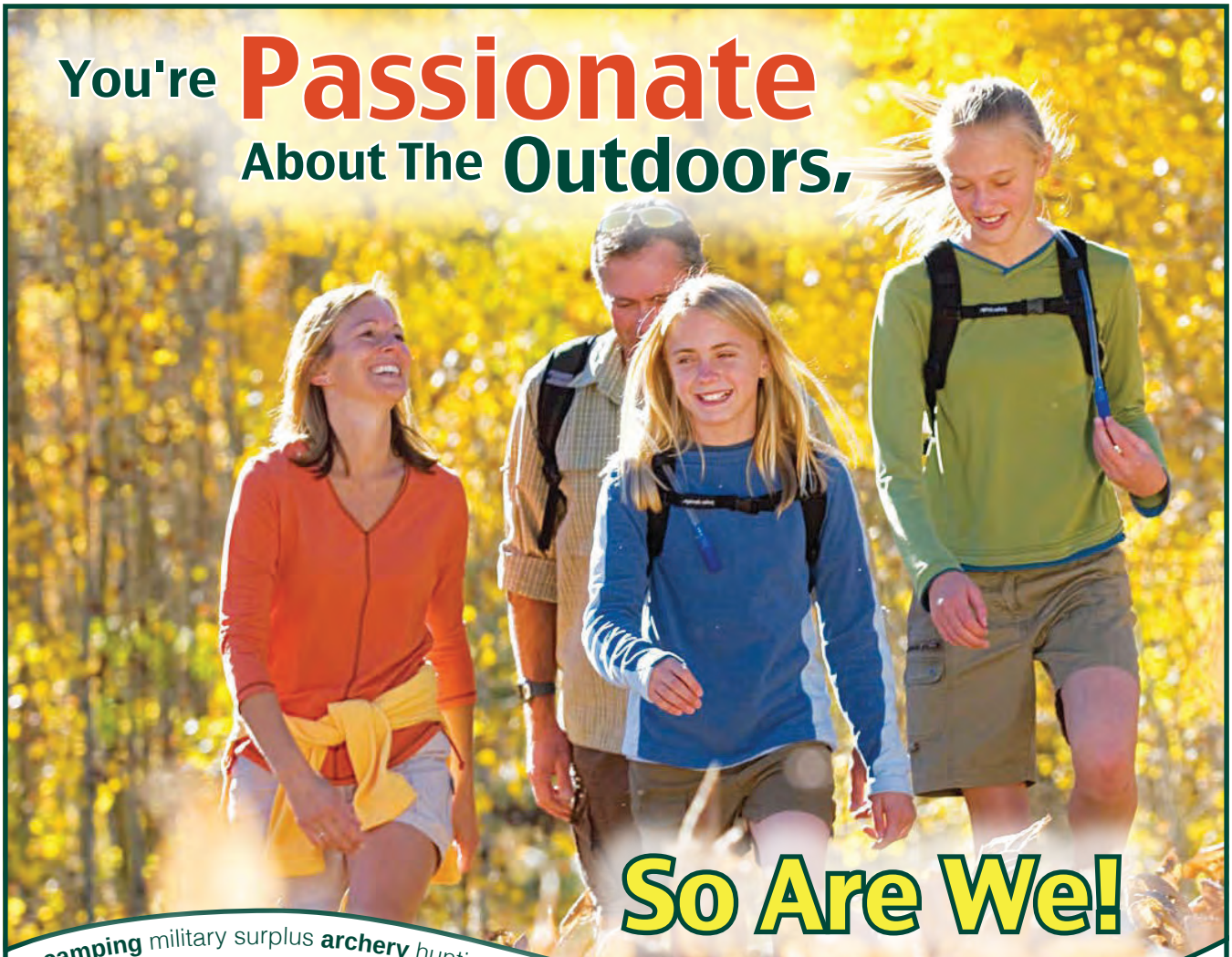

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Program Areas

14 Adaptive Recreation Opportunities
16 Alternative Programs

19 Aqua Fitness

21 Aquatics
21 Youth Learn-to-Swim
24 Adult Learn-to-Swim
25 Scuba Diving
26 Advanced Blended Learning

27 Arts & Crafts
27 Adult Programming
30 Pottery
33 Youth Programming

35 Bicycling

36 Dance & Movement
36 Adult Programming
37 Youth Programming

41 Early Learning
41 Child Without Parent Classes
43 Child With Parent Classes

47 Education
47 Adult Programming
51 Youth Programming

53 The Farm

55 Fitness
55 Adult Fitness
58 Youth & Family Fitness

58 Fitness Schedules

64 Gardens on Spring Creek

66 Health and Wellness
66 Services
67 Medical Education
68 Wellness Education
71 Nutrition
71 Financial Wellness
72 Holistic Options

74 Ice Skating
74 Curling
75 Hockey
75 Speed Skating
76 Adult Ice Skating
76 Youth Ice Skating

79 Outdoor Recreation

81 Special Events

82 Sports
82 Adult Sports Leagues
83 Martial Arts
83 Volleyball
84 Tennis
85 Youth Sports
89 Youngsters

92 50 Plus
92 Cards & Games
93 Clubs & Organizations
95 Education
95 Fitness
97 Ice
97 Sports
97 Resources
98 Social Programs & Special Events

99 Trips & Travel

Departments

5 Registration Information

7 Pass Fees

7 Facility Profiles

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
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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.

Auxiliary aids & services are available for persons with disabilities. V/TDD: 711.

Esta información puede ser traducida, sin costo para usted.

Credits

City of Fort Collins Parks and Recreation Board
Ragan Adams
Mary Carlson
Brian Carroll
Bruce Henderson
Kenneth Layton
Jessica MacMillan
Scott Sinn
Kelly Smith
Dawn Theis

Gino Campana, City Council Representative

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The Farm

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Dance and Adult Education, Senior Programs

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Ice Skating

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Public Relations and Communications

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Cover Photo: City Park 9

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City of Fort Collins

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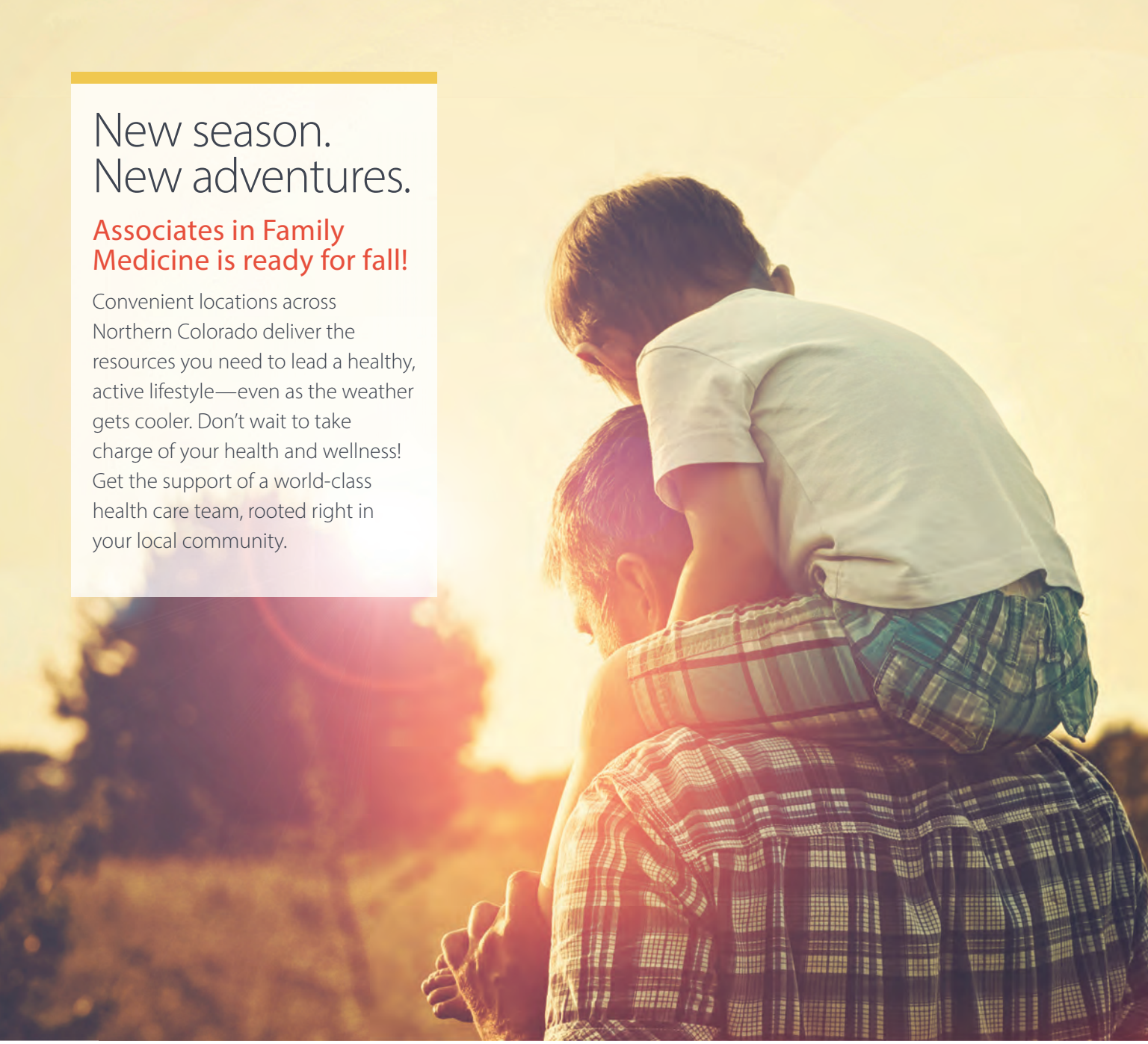

Fort Collins

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

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

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

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

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

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

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

Windsor

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

Loveland

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

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Registering for Recreator Programs

Registration begins at 7 a.m. on August 4 You can register for programs three ways:

Online

Before starting your online registration session, make sure you have your credit card or debit card and household ID number ready.

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

Hours are for fall registration. See facility pages for more info about operating hours.

Northside Aztlan Community 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.

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.

Fort Collins Senior Center
1200 Raintree Drive
M–F: 6 a.m.–9 p.m.
Sa: 8 a.m.–5 p.m.
Su: Noon–5 p.m.

Foothills Activity Center
241 E. Foothills Parkway
M–F: 6 a.m.–9 p.m.
Sa: 9 a.m.–6 p.m.
Su: 11 a.m.–5 p.m.

Over the Phone

Have your credit card 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.

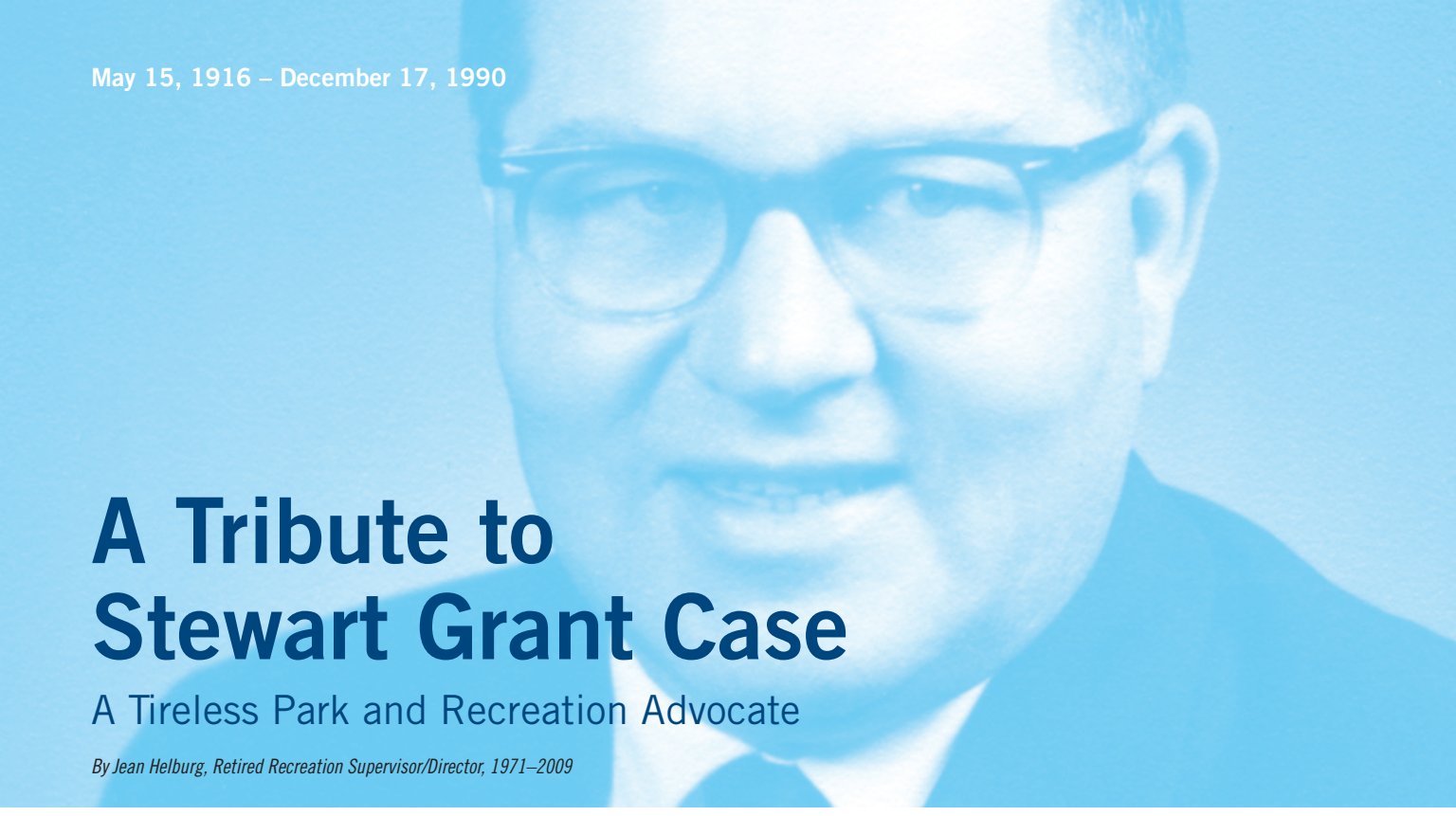
Refunds/Credit

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

Auxiliary aids and services are available for persons with disabilities. V/TDD: Dial 711 for Relay Colorado. If you require assistance in another language, please contact us 970.221.6655 or *recreation@fcgov.com.* Esta información puede ser traducida, sin costo para usted. For more information about Adaptive Recreation Opportunities programming, see page 14.



May 15, 1916 – December 17, 1990

A Tribute to Stewart Grant Case

A Tireless Park and Recreation Advocate

By Jean Helburg, Retired Recreation Supervisor/Director, 1971–2009

On October 6, 2016, Stewart G. Case will be inducted into the National Recreation and Park Association (NRPA) Hall of Fame.

Case was instrumental in helping found the parks and recreation professional development group in 1965. In 1966, NRPA hosted its first national conference in Washington, D.C. The very same year, the City of Fort Collins instituted the Parks and Recreation Department, also thanks to Case.

This year, both NRPA and the City of Fort Collins Parks and Recreation are celebrating their 50 year anniversaries. Along with celebration, we honor and recognize Stewart G. Case for his leadership and support in the establishment of both of these organizations.

So, who is Stewart Case? Why did the City of Fort Collins recognize him by naming the park adjacent to Fort Collins High School after him? Let's explore a very brief summary of his resume:

Born and raised in Fort Collins.

1933: Graduated from Fort Collins High School

1941: Graduated from Colorado State University with an ROTC Commission

1950: Obtained graduate degree in Recreation from Indiana University

1941–1946: Served in the U.S. Army, primarily as a sport and recreation officer. 1950–1951: As an Army Reserve, was recalled to service as a recreation specialist for troop morale during the Korean War; Case retired as a Colonel.

1946–1971: Recreation Specialist and Community Development Specialist, CSU Extension Service. Case inspired, supported, and educated leaders in small towns and farming communities about the value of recreation and parks. Case assisted in finding ways to provide activities and facilities for residents in these communities.

Professionally involved in local, state, and national park and recreation organizations throughout his career as a committee participant, board member, and officer including president, speaker, and advocate.

1956–1964: Served on the Fort Collins Recreation Commission Board. Served as a leader working with officials to transition the Commission into the newly-formed City department with Parks effective January, 1966.

1971: Retired from CSU.

After Case retired from CSU, he and his wife, Elizabeth, were very active in community organizations and activities such as CSU, Elks Club, and Fort Collins High School. Stewart was dedicated to his wife and four children, his profession, his constituents, his community, and to his causes. His passion for recreation and parks was unparalleled. He believed in the benefits of Parks and Recreation and spent his career advocating for finding balance between work and leisure.

We are grateful to Mr. Case and his family for their service and advocacy. To NRPA and the City of Fort Collins Parks and Recreation Department, you have a made a difference.

1966•2016 PARKS and RECREATION

Celebrating 50 years of Parks and Recreation.

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

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

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

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, 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.

Group rates available at City Park Pool, EPIC & Mulberry Pool. Group must consist of at least 10 participants and a 48 hour notice required for reservations. Groups over 50 people must provide one week notice. Group rates do not include skate rental.

No refunds on passes

City Park Pool

1599 City Park | 970.416.2589 | fcgov.com/cityparkpool

City Park Pool is the best place to be during those hot summer days in Fort Collins; it's a water park experience right in your own backyard. You can also enjoy the park surroundings and Sheldon Lake for fishing.

- 30-foot drop slide
- Large play structure
- Lazy river
- Located next to Sheldon Lake
- Open curly slide
- Boat and water bike rentals
- Picnic area
- Shallow water with geysers

Hours	
5/28–8/20	
M–F	11:00 AM–7:00 PM
Sa,Su	10:00 AM–5:30 PM
8/21 Last Day	
Su	10:00 AM–3:00 PM
Drop-In Adult Water Fitness	
5/31–8/19	
M–F	9:00 AM–10:00 AM

Special Events
Pooch Plunge is 9/5 from 4:30–6:30 p.m. Tickets go on sale 8/22 at Mulberry Pool and EPIC. See page 81 for more information.

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

Pool & Paddle Boats	
Youth (2–17) & 60 years & up	
Single Admission	$6
Group Admission	$5.50
10-Admission	$48
25-Admission	$120
Adult (18–59)	
Single Admission	$7
Group Admission	$6.50
10-Admission	$56
25-Admission	$140
Family 4-pass	$22
Twilight Swim*	**$4.50**
Paddle Boats	$2.50

**Includes admission for 2 adults and 2 children. Each additional child is $4.50. Twilight admission charged daily after 4:30 p.m. until close. No other discounts are honored during this swim time.*

All children must be accompanied by a paying adult. 5/31–8/19; daily.

For most up-to-date information about drop-in for paddle boat hours and closures, visit fcgov.com/cityparkpool.

Edora Pool Ice Center

1801 Riverside Ave. | 970.221.6683 | fcgov.com/epic

Please note that the EPIC Pool is closed until late October. Visit fcgov.com/epic for updates.

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.

- 2 1-meter diving boards
- 2 3-meter diving boards
- 2 indoor 200' x 85' ice surfaces
- Cardio/weight room
- Indoor 50-meter x 25-yard pool
- Multi-purpose room
- Skate service/sharpening
- Spectator seating
- Wading pool
- Warm water therapy 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.*	
Ice Arena Hours	
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

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

Mulberry Pool

424 Mulberry St. | 970.221.6657 | fcgov.com/mulberrypool

Mulberry Pool is open year-round and includes a large a child friendly interactive play area with slides and other fun water features. Mulberry Pool is located near Downtown Fort Collins.

Visit fcgov.com/mulberry for schedule of lane availability.

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

Hours	
M–Th	5:30 AM–4:00 PM
F	5:30 AM–8:00 PM
Sa	12:30–5:30 PM
Su	Noon–3:00 PM

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

The Farm

600 Sherwood St. | 970.221.6665 | fcgov.com/thefarm

The Farm at Lee Martinez Park has provided hands-on family fun since 1985. The Farm serves as an educational and interactive experience for Fort Collins residents and visitors of all ages. Learn about the agricultural industry that shaped this region and interact with life on the farm.

Fees & Admission			
Age	**Single Admission**	**10-Admission***	**25-Admission***
Under 2	No fee	No fee	No fee
All Ages (2 & up)	$3.00	$26.00	$65.00
** Valid one year from date of purchase.*			
Annual Childcare Passes			
Commercial Daycare	$150		
Home Daycare	$72		
Non-Profit	$72		
Barnyard Buddy Pass/Family Pass			
$65 per year	Unlimited visits, up to 4 people per visit (additional guests pay half admission). Includes invitation to special event in December.		
Hours			
W–Sa	10:00 AM–5:00 PM; 10:00 AM–4:00 PM effective 11/2		
Su	Noon–5:00 PM; 12:00–4:00 PM effective 11/2		
Pony Ride Hours			
Through 10/23			
Sa	11:00 AM–4:00 PM		
Su	1:00 AM–4:00 PM		

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

The Pottery Studio

1541 Oak St. | 970.221.6644 | fcgov.com/potterystudio

The Pottery Studio, located in the northwest corner of City Park, has provided interactive experiences and education since 1971. 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
- 30-inch wide slab-roller
- 32 potters' wheels (electric, kick; handicapped accessible)
- 200-square feet of work surface
- Clay extruders and dyes
- 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

Hours

Hours adhere to class and lab listings. See page 31 for more information.

Foothills Activity Center

241 E. Foothills Pkwy | 970.416.4280
fcgov.com/foothillsactivitycenter

The Foothills Activity Center is Recreation's newest facility. The 3-level recreation center is located inside the newly renovated mall, Foothills, and features a gymnasium, workout rooms, and classrooms. Foothills Activity Center is open to all ages, however specializes in programming for youth.

- 3 fitness rooms
- Child classrooms
- Gymnasium
- Fitness area with cardio and weight equipment
- Locker Rooms
- Meeting Space

Hours	
M–F	6:00 AM–9:00 PM
Sa	9:00 AM–6:00 PM
Su	11:00 AM–5:00 PM

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

Northside Aztlan Community Center

112 E. Willow St. | 970.221.6256 | 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
- Kitchen
- Locker rooms
- Multi-purpose rooms
- Outdoor handball courts
- Playground
- Lighted skate park
- Triple gymnasium

Hours	
M–F	6:00 AM–9:00 PM
Sa	8:00 AM–5:00 PM
Su	9:00 AM–5:00 PM

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

Health & Wellness

1200 Raintree Dr. | fcgov.com/health-wellness | 970.221.6644

The Health & Wellness center is an extension of the Fort Collins Senior Center, offering expert health and wellness programs in partnership with Columbine Health Systems, UCHealth, and City of Fort Collins.

- Blood pressure and cholesterol checks
- Health assessments
- Holistic options
- Massage
- Medical, wellness, nutrition, and financial education
- Professional health provider services
- Reflexology
- Rossiter
- Therapeutic massage

Hours

Hours adhere to program listings. See page 66.

Senior Center

1200 Raintree Dr. | 970.221.6644 | fcgov.com/seniorcenter

The Fort Collins Senior Center provides adults an opportunity to access and engage in recreational opportunities, stay active, and socialize. Programming ranges from travel, outdoor adventure, special events, fitness, and art. The Senior Center is open to all adults, however 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
- Gymnasium
- Health & Wellness Center
- Jog/walk track
- Kitchen and lounge
- Media center/library
- Multi-use area with stage
- Pool/snooker

Senior Center Membership	
Adult (18–49)	$50
50+	$25
Senior Center Members receive: $3.00 per month discount on fitness or multi-facility pass or $1 single admission to use fitness facilities. For more information about Senior Center Membership Benefits, see page 92.	

Hours	
M–F	6:00 AM–9:00 PM
Sa	8:00 AM–5:00 PM
Su	Noon–5:00 PM; 9:00 AM–8:00 PM effective 9/11
Pool	
M–F	6:00 AM–8:00 PM
Sa	9:00 AM–3:00 PM
Su	Noon–3:00 PM

For the most up-to-date information, visit fcgov.com/seniorcenter.

Other Facilities

Club Tico
1599 City Park Dr. | 970.224.6113 | fcgov.com/clubtico
Since the 1920's Club Tico has been a community gathering place. 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 | fcmod.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. 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 elegant 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, 2 10-years & under courts, and a 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. The City of Fort Collins has community centers, banquet rooms, parks, and pavilions available for your event. 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
Foothills Activity Center	970.416.4280
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 the 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.

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	Noon–5:00 PM; Closed effective 10/1

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 64 for more information and programming offered by the Gardens.

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 Course

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

Ice Legends at EPIC

"There's nothing like the breeze in your hair as you fly along the ice with wings on your feet!"
– Heidi and Paul Thibert

Heidi Thibert and her husband, Paul, are the original coaches and the primary foundation for the current ice-skating programs at the City of Fort Collins. In 1986, the pair moved to Fort Collins to visit the construction site for what is now one of the most popular ice rinks in all of Colorado: Edora Pool Ice Center (EPIC).

The Thibert's collective vision and coaching styles have impacted hundreds of local skaters, as well as many nationally ranked and international competitors. Their strong commitment to a balanced mix of coaching philosophy, ethics, skill and technique development, time management, character building, and just plain hard work sets them apart as coaches. The Thieberts express, "It's not just about learning how to execute a beautiful spiral or a triple-axel. It's about learning how to succeed or fail and to keep going no matter the result."

In the past 30 years, EPIC has hosted major figure skating competitions including sectional, regional, and national showcase championships. Supporting the ice shows along the way is the Fort Collins Figure Skating Club, the rink's host.

"We could never do what we do without the quality of the staff here at the rink", says Paul, "and that includes coaches Pam Kurtz, Linda Howes, and Trudy Fox. Paul concentrates his coaching on jumps, guiding his students to execute triples in perfect form. Recognized as the "Sports Science Coach of the Year" in 2009 by the USOC for her professional analysis of coaching philosophies and styles, Heidi has now transitioned her focus to the Professional Skating Association and the U.S. Figure Skating Headquarters in Colorado Springs as the Director of Coaching Development.

While the elements in figure skating have stayed basically the same throughout the years, coaching has changed immensely. Technology advancements make coaching much more efficient, and information available on judging and competitive requirements is almost instantaneous. Paul uses various online platforms on his iPad while teaching on the ice, enabling him to show a skater what their jump looks like and match it up with that of a more advanced skater, providing a shadow image so the student can see where they are out of alignment, allowing them to make the correction immediately. Depending on the natural abilities of the student, progress is much faster.

While coaching has been the Thibert's way of life for the past 30 years, it wasn't always that way. For Heidi, though, she has never known a time when skating wasn't in her life. Heidi grew up around the sport and was coached by Carlo and Christa Fassi at the Broadmoor in Denver, and was trained with Peggy Fleming, Dorothy Hamill, John Curry, and Robin Cousins-all of whom went on to win Olympic gold medals. Paul didn't begin skating until he was 12 years old (considered a late age to enter the sport). But, his hard work and competitive drive won him the 1976 World Professional Men's Figure Skating Champion. After owning two rinks on Cape Cod, Massachusetts, he left to train and teach with his coach, John A.W. Nicks. His training led him into the Ice Capades, where Heidi was already skating. They met, fell in love, married in 1982, and moved to Denver.

According to the Thiberts, the best age to begin skating is around 5-6 years old when the child can learn to have fun on the ice and gradually progress by staying in group classes. Ultimately, the child would continue into private lessons. From that point, it is a collaborative effort of the student skater, the coach, and the parents to decide an appropriate career path in the sport. While skating can be expensive, many students find financial help along the way and the professional rewards can be great. Contracts with Disney on Ice (there are nine touring companies), cruise ships, theme parks, and Holiday on Ice – Europe provide a future if a career in skating is the goal. Skaters also develop strong character from their training that they can take with them into other careers. Many of the Thiberts' students are now doctors, attorneys, and hold multiple degrees, which can be accredited to the discipline they learned during their young training years.

"Skating is a lifetime sport", says Paul, "and the skating family stays close over the decades. We never go to an event where we don't know someone from our skating past."

From the Thiberts' collective skating expertise, we not only have a strong figure skating program in Fort Collins, but also ice hockey, curling, speed skating, adult skating classes, and the "Learn to Skate" program. Find your passion on the ice. **To get started, check out the Ice section of this Recreator and get enrolled in what could be the adventure of your life.** And next time you are at the rink, find Paul or Heidi Thibert. They would love to exchange their stories with you.

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. ARO programs include trained staff, modifications, and adaptive equipment to provide for optimal participation and quality experiences. Alternative Programs are specialized programs designed for adults with intellectual disabilities, focused on community activities and social outings, and include activities such as monthly dances, outings, cooking, bowling, and trips.

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*

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

Aquatics

MS Aqua – NW

Designed for people with multiple sclerosis and other neuromuscular disorders. Trained staff give exercise modifications and assistance in a supportive social atmosphere. Exercises focus on maximizing or maintaining physical wellbeing, endurance, strength, and flexibility. **Note:** Please bring an attendant for assistance with personal care, if needed. Class will not be held on 11/22, 11/24.

Age: 18 years & up
Location: Mulberry Pool

9/6–12/22	Tu,Th	9:30–10:30 AM	$44 for 16 class pass	

Adaptive Swim Lessons

Swimming skills are introduced and/or enhanced for individuals with disabilities based on individual goals. Attendants are welcome for personal assistance in/out of the water.

Age: 3 years & up
Location: Mulberry Pool

Note: Registration cut-off for sections 01–04 is 9/7.

9/13–10/18	Tu	4:30–5:00 PM	$36	402326-01
9/15–10/20	Th	4:30–5:00 PM	$36	402326-02
9/13–10/18	Tu	5:10–5:40 PM	$36	402326-03
9/15–10/20	Th	5:10–5:40 PM	$36	402326-04

Note: Registration cut-off for sections 05–08 is 10/21.
Class will not be held on 11/22, 11/24.

10/25–11/29	Tu	4:30–5:00 PM	$36	402326-05
10/27–12/1	Th	4:30–5:00 PM	$36	402326-06
10/25–11/29	Tu	5:10–5:40 PM	$36	402326-07
10/27–12/1	Th	5:10–5:40 PM	$36	402326-08

Arts & Crafts

Artistic Abilities

Art with purpose. Create a variety of unique pieces of art with a goal of selling items for the holidays. This class is open to people of all abilities with an emphasis on accommodations for various challenges and disabilities.

Age: 13 years & up
Location: Colorado State University, Visual Arts Building, Room D102

9/22–11/10	Th	4:00–6:00 PM	$50	402990-01

Early Learning

Giant Friends Special Event

The Giant Friends Club (GFC) is the coolest club for children, inspired by the spirit and magic of Inspiration Playground. This club brings together children of all abilities to play, learn about each other, and build friendships. The theme for this event is “sports”.

Age: All
Location: Inspiration Playground

9/23	F	10:30 AM–12:30 PM	No Fee	402070-01

Movement, Sensory, & Play

Develop skills surrounding gross motor movement and spatial awareness in a fun and welcoming environment!

Age: 3–8 years
Location: Foothills Activity Center

10/19–11/16	W	4:30–5:30 PM	$18	402065-01

Fitness

Adaptive Yoga

Learn a variety of yoga postures that can be practiced from a chair, standing, or seated on the floor. Designed specifically for people with multiple sclerosis, spinal cord injury, or other neuromuscular disorders and adapted for people of all physical abilities. **Note:** Class will not be held on 11/24.

Age: 18 years & up
Location: Raintree Athletic Club

9/8–9/29	Th	1:30–2:30 PM	$30	402980-01
10/6–10/27	Th	1:30–2:30 PM	$30	402980-02
11/3–12/1	Th	1:30–2:30 PM	$30	402980-03

Work Out Partners

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 to create the work.

Age: 16 years & up
Location: Senior Center

9/15	Th	5:30–6:30 PM	$20	402585-01

Ice

Adaptive Skating

For those with and without disabilities. Basic skills are introduced and adapted for individuals with disabilities. Skill improvement and fun are the focus. **Note:** Class will not be held on 11/28.

Age: 8 years & up
Location: Edora Pool Ice Center

9/10–10/15	Sa	9:45–10:15 AM	$48	410356-01
10/22–12/10	Sa	9:45–10:15 AM	$56	410356-02

Music & Theatre

Theatre Acting Class

Learn to express yourself on stage while having fun with theater games, improvisation, and skits.

Age: 14 years & up
Location: Senior Center

11/1–11/15	Tu	4:30–6:00 PM	$18	402593-01

Outdoor Recreation

Adaptive Archery

Adapted for individuals with varying physical abilities. Learn the basics of safely when shooting a and arrow.

Age: 8 years & up
Location: Outdoor Archery Range

9/14–10/5	W	4:30–5:45 PM	$30	402040-01

Paralympic Sports

Paralympic Sport Club Fort Collins involves programming for youth and adults with physical disabilities or visual impairments and veterans in sports and physical activity.

Adaptive Boccia

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. Class will not be held on 11/21.

Age: 17 years & up
Location: Foothills Activity Center

9/26–12/5	M	11:00 AM–12:30 PM	$15	402464-01

Wheelchair Rugby

Wheelchair rugby is a full contact wheelchair sport designed for people with physical disabilities. Extra sport chairs available. **Note:** Class will not be held on 11/22.

Age: 14 years & up
Location: Northside Aztlan Center Gym

9/27–12/6	Tu	6:00–8:00 PM		

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*.

Youth Unified Flag Football

Note: Class will not be held on 9/5.

Age: 8–21 years
Location: City Park

Child

8/15–9/26	M	4:15–5:15 PM	$22	402061-01

Family

8/15–9/26	M	4:15–5:15 PM	$30	402061-02

Adult Unified Flag Football

Note: Class will not be held on 9/5.

Age: 16 years & up
Location: City Park Field

8/15–9/26	M	5:30–6:30 PM	$22	402157-01

Adult Unified Volleyball

Age: 16 years & up
Location: Foothills Gateway Gym

10/1–11/12	Sa	10:00 AM–2:00 PM	$23	402959-01

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 & Crafts

Harvest & Halloween Crafts

Create decorative crafts for your fall events. Have fun working on several projects, including all materials for your craft. **Note:** Attendants welcome at no cost. Class is partially discountable.

Age: 18 years & up
Location: Senior Center

10/11–10/18	Tu	4:00–5:15 PM	$18	402403-01

Education

Cooking

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

Age: 18 years & up
Location: Senior Center

Farm Fresh

9/7	W	6:30–8:00 PM	$11	402401-01

Soup du jour

10/5 & 10/19	W	6:30–8:00 PM	$22	402401-02

Savor the Season

11/17	Th	6:30–8:00 PM	$11	402401-03

Winter Warmers

11/30	W	6:30–8:00 PM	$11	402401-04

Social Opportunities

Bowling

Participants may have the opportunity to go to the Special Olympics bowling tournament. All skill levels welcome. **Note:** Fee includes two games per person per week and shoe rental.

Age: 18 years & up
Location: Chipper's Lanes North

9/17–10/29	Sa	10:30–11:30 AM	$58	402906-01

Movie Night

See Hollywood's finest flicks while out on the town. Bring $5.50 for your ticket and additional money for snacks, if desired. **Note:** Attendants welcome without program fee; please note when registering.

Age: 18 years & up
Location: Senior Center

9/13	Tu	6:15–9:30 PM	$5.50	402903-01
10/17	M	6:15–9:30 PM	$5.50	402903-02
11/7	M	6:15–9:30 PM	$5.50	402903-03

Restaurant Night

Explore different restaurants in town. Bring $20 for your meal and tip.

Age: 18 years & up
Location: Senior Center

9/28	W	5:45–8:00 PM	$5.50	402904-01
10/26	W	5:45–8:00 PM	$5.50	402904-02
11/9	W	5:45–8:00 PM	$5.50	402904-03

Special Events

Billiards Tournament

Get together with friends to play pool! Players are paired up with another player during the competition. Snacks provided. **Note:** Attendants may register for the -1A section.

Age: 18 years & up
Location: Senior Center

11/4	F	6:00–8:00 PM	$10	402407-01
11/4	F	6:00–8:00 PM	$0	402407-1A

Monthly Themed Dances – NW

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

Age: 18 years & up
Location: Senior Center

Gone Country

9/30	F	6:00–8:00 PM	$3.50

Hallo-Scream

10/28	F	6:00–8:00 PM	$3.50

Happy Harvest

11/18	F	6:00–8:00 PM	$3.50

Thanksgiving Meal & Dance

The ARO Thanksgiving meal and dance brings together adults with disabilities, their families, friends, and/or supportive living providers for a traditional, homemade feast of gratitude and fun. Cost includes the meal from 4:30–6 p.m. and the dance from 6–8 p.m. **Note:** Register by 11/16. Attendants may register for the -1A section.

Age: 18 years & up
Location: Senior Center

11/18	F	4:30–8:00 PM	$15	402409-01
11/18	F	4:30–8:00 PM	$9	402409-1A

Trips & Outings

Cooperative Campout

Spend a weekend at Cheley Camp in Estes Park with people from other communities on the Front Range. Designed for individuals who are independent in activities of daily living. Includes cabin lodging, meals, staff supervision, and days/nights full of activities. **Note:** Register by 9/23. Attendants may register for the -1A section.

Age: 18 years & up
Location: Senior Center

10/7–10/9	F–Su	2:00–12:30 PM	$175	402925-01
10/7–10/9	F–Su	2:00–12:30 PM	$125	402925-1A

CSU Football Game

Attend the CSU vs. University of Texas, San Antonio football game at Hughes Stadium. Cost includes ticket and transportation to and from the Senior Center. **Note:** The program time is approximate; registrants are notified of the exact times two weeks prior to event. Bring $20 for your meal. Accessible seating available.

Age: 18 years & up
Location: Senior Center

9/10	Sa	Noon–5:00 PM	$35	402926-01
9/10	Sa	Noon–5:00 PM	$25	402926-1A

CSU Volleyball

Cheer on the home team at CSU women's volleyball vs. Utah State game at Moby Arena. **Note:** Register by 10/15. Attendants may register for the -1A section.

Age: 18 years & up
Location: Senior Center

10/29	Sa	1:00–4:00 PM	$20	402914-01
10/29	Sa	1:00–4:00 PM	$8	402914-1A

Haunted Fort Tour

Haunted Fort Collins awaits. Tour the spooky spots in Old Town via horse drawn wagon. Each haunted stop has a sweet treat to sample. **Note:** Be prepared to walk up to 1.5 miles. Attendants may register for the -1A section.

Age: 18 years & up
Location: Senior Center

10/12	W	5:45–9:00 PM	$40	402918-01
10/12	W	5:45–9:00 PM	$25	402918-1A

Hiking & Outdoor Safety

Take in the beauty of autumn with a group hike and picnic while learning how to prevent and handle common emergencies and first aid procedures in the wilderness. **Note:** Be prepared to walk a minimum of 1.5 miles.

Age: 18 years & up
Location: Senior Center

9/24	Sa	9:00 AM–4:00 PM	$40	402312-01

Sleeping Beauty

The Fort Collins Children's Theatre presents Disney's "Sleeping Beauty" at the Lincoln Center. Enjoy lunch followed by this matinee show. **Note:** Bring $20 for your meal. Attendants may register for the -1A section.

Age: 18 years & up
Location: Senior Center

11/20	Su	11:30 AM–5:00 PM	$35	402594-01
11/20	Su	11:30 AM–5:00 PM	$15	402594-1A

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Things you can do today to get us to the final round:
1 Kill the Energy Vampires – use power strips to keep appliances from sucking energy.
2 Be a Star – buy ENERGY STAR® appliances to save money and energy all year long.
3 Wash your laundry in cold water – you'll save energy and your clothes get just as clean.
City of Fort Collins
more tips at lose-a-watt.com

Aqua Fitness

Classes with fewer than five participants registered by the end of the first day of class are canceled for that session. Participants 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 is canceled and there is no drop-in. Class will not be held on 11/23, 11/25, 11/24.

Drop-In Policy

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

- $6.00 per class visit
- 1 admission from a 10 admission drop-in fitness pass ($50)

Adult Programming

Drop-In Water Volleyball

Water volleyball is great exercise and low impact. **Note:** Comfort in the water along with basic swimming skills recommended. Pool depth is 3 ½–4 ½ feet.

Age: 18 years & up
Location: Senior Center

9/2–11/30	M,W,F	10:30–11:30 AM

Daily drop-in rate or 1 admission from a facility pass.

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

9/7–10/7	M,W,F	6:15–7:15 PM	$52.50	400412-01
10/10–11/11	M,W,F	6:15–7:15 PM	$56.50	400412-02
11/14–12/16	M,W,F	6:15–7:15 PM	$48.75	400412-03

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

9/7–10/7	M,W,F	8:30–9:30 AM	$52.50	400410-01
10/10–11/11	M,W,F	8:30–9:30 AM	$56.50	400410-02
11/14–12/16	M,W,F	8:30–9:30 AM	$48.75	400410-03

Twinges Plus

Combine the range-of-motion exercises with low-impact cardiovascular work. Excellent for people who have recently been diagnosed with arthritis or other joint-related conditions.

Age: 18 years & up
Location: Senior Center

9/7–10/7	M,W,F	12:15–1:15 PM	$52.50	400416-01
10/10–11/11	M,W,F	12:15–1:15 PM	$56.50	400416-02
11/14–12/16	M,W,F	12:15–1:15 PM	$48.75	400416-03

Medium Intensity

Advanced Water Fitness

Take your cardio to the next level and increase your caloric burn and overall endurance.

Age: 18 years & up
Location: Senior Center

9/6–10/6	Tu,Th	4:00–5:00 PM	$37.50	400424-01
10/11–11/10	Tu,Th	4:00–5:00 PM	$37.50	400424-02
11/15–12/15	Tu,Th	4:00–5:00 PM	$33.75	400424-03

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

9/7–10/7	M,W,F	4:15–5:15 PM	$52.50	400418-01
10/10–11/11	M,W,F	4:15–5:15 PM	$56.50	400418-02
11/14–12/16	M,W,F	4:15–5:15 PM	$48.75	400418-03

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

9/7–10/7	M,W,F	7:30–8:30 AM	$52.50	400222-01
10/10–11/11	M,W,F	7:30–8:30 AM	$56.50	400222-02
11/14–12/16	M,W,F	7:30–8:30 AM	$48.75	400222-03

Location: Senior Center

9/7–10/7	M,W,F	6:15–7:15 AM	$52.50	400422-01
10/10–11/11	M,W,F	6:15–7:15 AM	$56.50	400422-02
11/14–12/16	M,W,F	6:15–7:15 AM	$48.75	400422-03
9/7–10/7	M,W,F	9:30–10:30 AM	$52.50	400422-04
10/10–11/11	M,W,F	9:30–10:30 AM	$56.50	400422-05
11/14–12/16	M,W,F	9:30–10:30 AM	$48.75	400422-06
9/7–10/7	M,W,F	5:15–6:15 PM	$52.50	400422-07
10/10–11/11	M,W,F	5:15–6:15 PM	$56.50	400422-08
11/14–12/16	M,W,F	5:15–6:15 PM	$48.75	400422-09
9/6–10/6	Tu,Th	8:00–9:00 AM	$37.50	400422-10
10/11–11/10	Tu,Th	8:00–9:00 AM	$37.50	400422-11
11/15–12/15	Tu,Th	8:00–9:00 AM	$33.75	400422-12
9/6–10/6	Tu,Th	9:00–10:00 AM	$37.50	400422-13
10/11–11/10	Tu,Th	9:00–10:00 AM	$37.50	400422-14
11/15–12/15	Tu,Th	9:00–10:00 AM	$33.75	400422-15
9/6–10/6	Tu,Th	10:00–11:00 AM	$37.50	400422-16
10/11–11/10	Tu,Th	10:00–11:00 AM	$37.50	400422-17
11/15–12/15	Tu,Th	10:00–11:00 AM	$33.75	400422-18
9/6–10/6	Tu,Th	7:00–8:00 PM	$37.50	400422-19
10/11–11/10	Tu,Th	7:00–8:00 PM	$37.50	400422-20
11/15–12/15	Tu,Th	7:00–8:00 PM	$33.75	400422-21

Fitness and Fun

Combine a traditional water workout with water volleyball and other fun games.

Age: 18 years & up
Location: Senior Center

9/7–10/7	M,W,F	7:30–8:30 AM	$52.50	400420-01
10/10–11/11	M,W,F	7:30–8:30 AM	$56.50	400420-02
11/14–12/16	M,W,F	7:30–8:30 AM	$48.75	400420-03

High Intensity

Aqua Box

Mix kickboxing moves with aerobics for a fast, effective workout.

Age: 18 years & up
Location: Senior Center

9/6–10/6	Tu,Th	5:30–6:30 PM	$37.50	400428-01
10/11–11/10	Tu,Th	5:30–6:30 PM	$37.50	400428-02
11/15–12/15	Tu,Th	5:30–6:30 PM	$33.75	400428-03

Deep H20

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: Mulberry Pool

9/7–10/7	M,W,F	12:15–1:00 PM	$42	400230-01
10/10–11/11	M,W,F	12:15–1:00 PM	$45	400230-02
11/14–12/16	M,W,F	12:15–1:00 PM	$39	400230-03
9/6–10/6	Tu,Th	5:30–6:30 PM	$37.50	400230-04
10/11–11/10	Tu,Th	5:30–6:30 PM	$37.50	400230-05
11/15–12/15	Tu,Th	5:30–6:30 PM	$33.75	400230-06

Aquatics

Aquatics Policies

Children under the age of 8 years must be accompanied by a parent/guardian (at least 15 years of age). The parent/guardian 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 locker 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.

All classes listed are partially discountable unless otherwise noted.

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.*

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.

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

Learn-To-Swim Policies

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 second lesson, the manager will contact the parent for dismissal. A full refund will be issued for the class.

Participants 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
Baby & Me 1–Baby & Me 3	10
Pollywog, Froggy, Tadpole	6
Levels 1–2	6
Level 3–4	8
Level 5, Pre Comp	10
Diving	8

Youth Learn to Swim

Baby & Me 1

Parents help to introduce infants to the water while learning how to work with their child safely in the water.

Age: 6–18 months
Location: Senior Center

9/11–10/9	Su	3:30–4:00 PM	$27.50	401410-01
9/11–10/9	Su	4:50–5:20 PM	$27.50	401410-02
10/16–11/13	Su	3:30–4:00 PM	$27.50	401410-03
10/16–11/13	Su	4:50–5:20 PM	$27.50	401410-04

Baby & Me 2

Parents help introduce children to the water using songs, working on building confidence, and becoming comfortable in and around the pool.

Age: 10 months–2 years

continued on next page

Baby & Me 2 continued

Location: Mulberry Pool

9/12–10/12	M,W	4:15–4:45 PM	$55	401212-01
9/12–10/12	M,W	6:15–6:45 PM	$55	401212-02
10/17–11/16	M,W	4:55–5:25 PM	$55	401212-03
10/17–11/16	M,W	5:35–6:05 PM	$55	401212-04
9/13–10/13	Tu,Th	9:30–10:00 AM	$55	401212-05
10/18–11/17	Tu,Th	10:50–11:20 AM	$55	401212-06
9/13–10/13	Tu,Th	4:55–5:25 PM	$55	401212-07
9/13–10/13	Tu,Th	6:15–6:45 PM	$55	401212-08
10/18–11/17	Tu,Th	4:15–4:45 PM	$55	401212-09
10/18–11/17	Tu,Th	5:35–6:05 PM	$55	401212-10
9/10–10/8	Sa	8:20–8:50 AM	$27.50	401212-11
9/10–10/8	Sa	9:40–10:10 AM	$27.50	401212-12
9/10–10/8	Sa	11:00–11:30 AM	$27.50	401212-13
10/15–11/12	Sa	9:00–9:30 AM	$27.50	401212-14
10/15–11/12	Sa	10:20–10:50 AM	$27.50	401212-15
10/15–11/12	Sa	11:40 AM–12:10 PM	$27.50	401212-16
9/11–10/9	Su	3:15–3:45 PM	$27.50	401212-17
9/11–10/9	Su	4:35–5:05 PM	$27.50	401212-18
9/11–10/9	Su	5:55–6:25 PM	$27.50	401212-19
10/16–11/13	Su	3:55–4:25 PM	$27.50	401212-20
10/16–11/13	Su	5:15–5:45 PM	$27.50	401212-21

Location: Senior Center

9/11–10/9	Su	4:10–4:40 PM	$27.50	401412-01
10/16–11/13	Su	5:30–6:00 PM	$27.50	401412-02

Baby & Me 3

For toddlers who aren't ready to be in the water without a parent. Basic water activities are introduced.

Age: 2–4 years

Location: Mulberry Pool

9/12–10/12	M,W	4:55–5:25 PM	$55	401214-01
9/12–10/12	M,W	5:35–6:05 PM	$55	401214-02
10/17–11/16	M,W	4:15–4:45 PM	$55	401214-03
10/17–11/16	M,W	6:15–6:45 PM	$55	401214-04
9/13–10/13	Tu,Th	10:50–11:20 AM	$55	401214-05
10/18–11/17	Tu,Th	9:30–10:00 AM	$55	401214-06
9/13–10/13	Tu,Th	4:15–4:45 PM	$55	401214-07
9/13–10/13	Tu,Th	5:35–6:05 PM	$55	401214-08
10/18–11/17	Tu,Th	4:55–5:25 PM	$55	401214-09
10/18–11/17	Tu,Th	6:15–6:45 PM	$55	401214-10
9/10–10/8	Sa	9:00–9:30 AM	$27.50	401214-11
9/10–10/8	Sa	10:20–10:50 AM	$27.50	401214-12
9/10–10/8	Sa	11:40 AM–12:10 PM	$27.50	401214-13
10/15–11/12	Sa	8:20–8:50 AM	$27.50	401214-14
10/15–11/12	Sa	9:40–10:10 AM	$27.50	401214-15
10/15–11/12	Sa	11:00–11:30 AM	$27.50	401214-16
9/11–10/9	Su	3:55–4:25 PM	$27.50	401214-17
9/11–10/9	Su	5:15–5:45 PM	$27.50	401214-18
10/16–11/13	Su	3:15–3:45 PM	$27.50	401214-19
10/16–11/13	Su	4:35–5:05 PM	$27.50	401214-20
10/16–11/13	Su	5:55–6:25 PM	$27.50	401214-21

Baby & Me 3 continued

Location: Senior Center

9/11–10/9	Su	5:30–6:00 PM	$27.50	401414-01
10/16–11/13	Su	4:10–4:40 PM	$27.50	401414-02

Pollywog

For the child who is new to the water, will not put their face in the water, and can hold on to the side of the pool independently.

Age: 3–6 years

Location: Mulberry Pool

9/12–10/12	M,W	4:15–4:45 PM	$55	401216-01
9/12–10/12	M,W	5:35–6:05 PM	$55	401216-02
9/12–10/12	M,W	6:55–7:25 PM	$55	401216-03
10/17–11/16	M,W	4:55–5:25 PM	$55	401216-04
10/17–11/16	M,W	6:15–6:45 PM	$55	401216-05
9/13–10/13	Tu,Th	11:30 AM–Noon	$55	401216-06
10/18–11/17	Tu,Th	8:50–9:20 AM	$55	401216-07
9/13–10/13	Tu,Th	4:55–5:25 PM	$55	401216-08
9/13–10/13	Tu,Th	5:35–6:05 PM	$55	401216-09
9/13–10/13	Tu,Th	6:55–7:25 PM	$55	401216-10
10/18–11/17	Tu,Th	4:15–4:45 PM	$55	401216-11
10/18–11/17	Tu,Th	5:35–6:05 PM	$55	401216-12
10/18–11/17	Tu,Th	6:55–7:25 PM	$55	401216-13
9/10–10/8	Sa	9:00–9:30 AM	$27.50	401216-14
9/10–10/8	Sa	10:20–10:50 AM	$27.50	401216-15
9/10–10/8	Sa	11:40 AM–12:10 PM	$27.50	401216-16
10/15–11/12	Sa	8:20–8:50 AM	$27.50	401216-17
10/15–11/12	Sa	9:40–10:10 AM	$27.50	401216-18
10/15–11/12	Sa	11:40 AM–12:10 PM	$27.50	401216-19
9/11–10/9	Su	3:15–3:45 PM	$27.50	401216-20
9/11–10/9	Su	4:35–5:05 PM	$27.50	401216-21
9/11–10/9	Su	5:55–6:25 PM	$27.50	401216-22
10/16–11/13	Su	3:15–3:45 PM	$27.50	401216-23
10/16–11/13	Su	5:15–5:45 PM	$27.50	401216-24
10/16–11/13	Su	6:35–7:10 PM	$27.50	401216-25

Location: Senior Center.

9/11–10/9	Su	3:30–4:00 PM	$27.50	401416-01
9/11–10/9	Su	5:30–6:00 PM	$27.50	401416-02
10/16–11/13	Su	4:50–5:20 PM	$27.50	401416-03

Tadpole

For the child who will put their face in the water, can perform supported front and back float without apprehension, and will explore the water freely without fear.

Age: 3–6 years

Location: Mulberry Pool

9/12–10/12	M,W	4:55–5:25 PM	$55	401218-01
9/12–10/12	M,W	6:15–6:45 PM	$55	401218-02
10/17–11/16	M,W	4:15–4:45 PM	$55	401218-03
10/17–11/16	M,W	5:35–6:05 PM	$55	401218-04
10/17–11/16	M,W	6:55–7:25 PM	$55	401218-05
9/13–10/13	Tu,Th	10:10–10:40 AM	$55	401218-06

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Tadpole continued

10/18–11/17	Tu,Th	11:30 AM–Noon	$55	401218-07
9/13–10/13	Tu,Th	4:15–4:45 PM	$55	401218-08
9/13–10/13	Tu,Th	6:15–6:45 PM	$55	401218-09
9/13–10/13	Tu,Th	6:55–7:25 PM	$55	401218-10
10/18–11/17	Tu,Th	4:15–4:45 PM	$55	401218-11
10/18–11/17	Tu,Th	4:55–5:25 PM	$55	401218-12
10/18–11/17	Tu,Th	6:15–6:45 PM	$55	401218-13
9/10–10/8	Sa	8:20–8:50 AM	$27.50	401218-14
9/10–10/8	Sa	9:40–10:10 AM	$27.50	401218-15
9/10–10/8	Sa	11:00–11:30 AM	$27.50	401218-16
10/15–11/12	Sa	9:00–9:30 AM	$27.50	401218-17
10/15–11/12	Sa	10:20–10:50 AM	$27.50	401218-18
10/15–11/12	Sa	11:40 AM–12:10 PM	$27.50	401218-19
9/11–10/9	Su	3:55–4:25 PM	$27.50	401218-20
9/11–11/13	Su	5:15–5:45 PM	$27.50	401218-21
9/11–10/9	Su	6:35–7:10 PM	$27.50	401218-22
10/16–11/13	Su	3:15–3:45 PM	$27.50	401218-23
10/16–11/13	Su	4:35–5:05 PM	$27.50	401218-24
10/16–11/13	Su	5:55–6:25 PM	$27.50	401218-25

Location: Senior Center

9/11–10/9	Su	4:50–5:20 PM	$27.50	401418-01
10/16–11/13	Su	3:30–4:00 PM	$27.50	401418-02
10/16–11/13	Su	5:30–6:00 PM	$27.50	401418-03

Froggy

For the child who can front float with their face in the water without support, can back float for 5 seconds without support, and can submerge and pick up objects in shallow water.

Age: 3–6 years

Location: Mulberry Pool

9/12–10/12	M,W	4:15–4:45 PM	$55	401220-01
9/12–10/12	M,W	6:55–7:25 PM	$55	401220-02
10/17–11/16	M,W	4:55–5:25 PM	$55	401220-03
10/17–11/16	M,W	6:55–7:25 PM	$55	401220-04
9/13–10/13	Tu,Th	8:50–9:20 AM	$55	401220-05
10/18–11/17	Tu,Th	10:10–10:40 AM	$55	401220-06
9/13–10/13	Tu,Th	4:15–4:45 PM	$55	401220-07
9/13–10/13	Tu,Th	5:35–6:05 PM	$55	401220-08
9/13–10/13	Tu,Th	6:15–6:45 PM	$55	401220-09
10/18–11/17	Tu,Th	5:35–6:05 PM	$55	401220-10
10/18–11/17	Tu,Th	6:15–6:45 PM	$55	401220-11
10/18–11/17	Tu,Th	6:55–7:25 PM	$55	401220-12
9/10–10/8	Sa	9:00–9:30 AM	$27.50	401220-13
9/10–10/8	Sa	11:40 AM–12:10 PM	$27.50	401220-14
10/15–11/12	Sa	8:20–8:50 AM	$27.50	401220-15
10/15–11/12	Sa	9:40–10:10 AM	$27.50	401220-16
10/15–11/12	Sa	11:00–11:30 AM	$27.50	401220-17
9/11–10/9	Su	3:15–3:45 PM	$27.50	401220-18
9/11–10/9	Su	5:55–6:25 PM	$27.50	401220-19
9/11–10/9	Su	6:35–7:10 PM	$27.50	401220-20
10/16–11/13	Su	3:55–4:25 PM	$27.50	401220-21
10/16–11/13	Su	5:15–5:45 PM	$27.50	401220-22
10/16–11/13	Su	6:35–7:10 PM	$27.50	401220-23

Froggy continued

Location: Senior Center

9/11–10/9	Su	4:10–4:40 PM	$27.50	401420-01
10/16–11/13	Su	4:10–4:40 PM	$27.50	401420-02

Level 1

For the child who can roll from front to back without support, streamline front glide 5 feet without support, and jump into shallow water without support.

Age: 5–12 years

Location: Mulberry Pool

9/12–10/12	M,W	4:55–5:25 PM	$55	401222-01
9/12–10/12	M,W	6:15–6:45 PM	$55	401222-02
9/12–10/12	M,W	6:55–7:25 PM	$55	401222-03
10/17–11/16	M,W	4:15–4:45 PM	$55	401222-04
10/17–11/16	M,W	5:35–6:05 PM	$55	401222-05
10/17–11/16	M,W	6:55–7:25 PM	$55	401222-06
9/13–10/13	Tu,Th	4:15–4:45 PM	$55	401222-07
9/13–10/13	Tu,Th	5:35–6:05 PM	$55	401222-08
9/13–10/13	Tu,Th	6:55–7:25 PM	$55	401222-09
10/18–11/17	Tu,Th	4:15–4:45 PM	$55	401222-10
10/18–11/17	Tu,Th	5:35–6:05 PM	$55	401222-11
10/18–11/17	Tu,Th	6:55–7:25 PM	$55	401222-12
9/10–10/8	Sa	8:20–8:50 AM	$27.50	401222-13
9/10–10/8	Sa	9:40–10:10 AM	$27.50	401222-14
9/10–10/8	Sa	11:00–11:30 AM	$27.50	401222-15
10/15–11/12	Sa	9:00–9:30 AM	$27.50	401222-16
10/15–11/12	Sa	10:20–10:50 AM	$27.50	401222-17
10/15–11/12	Sa	11:40 AM–12:10 PM	$27.50	401222-18
9/11–10/9	Su	3:55–4:25 PM	$27.50	401222-19
9/11–10/9	Su	5:15–5:45 PM	$27.50	401222-20
9/11–10/9	Su	6:35–7:10 PM	$27.50	401222-21
10/16–11/13	Su	3:15–3:45 PM	$27.50	401222-22
10/16–11/13	Su	4:35–5:05 PM	$27.50	401222-23
10/16–11/13	Su	6:35–7:10 PM	$27.50	401222-24

Location: Senior Center

9/11–10/9	Su	3:30–4:00 PM	$27.50	401422-01
10/16–11/13	Su	4:10–4:40 PM	$27.50	401422-02

Level 2

For the child who can comfortably glide on their front and back for 5 seconds, front float with arm reach, and flutter kick on front and back with forward motion freely without fear.

Age: 5–12 years

Location: Mulberry Pool

9/12–10/12	M,W	4:15–4:45 PM	$55	401224-01
9/12–10/12	M,W	5:35–6:05 PM	$55	401224-02
9/12–10/12	M,W	6:55–7:25 PM	$55	401224-03
10/17–11/16	M,W	4:15–4:45 PM	$55	401224-04
10/17–11/16	M,W	6:15–6:45 PM	$55	401224-05
10/17–11/16	M,W	6:55–7:25 PM	$55	401224-06
9/13–10/13	Tu,Th	4:55–5:25 PM	$55	401224-07
9/13–10/13	Tu,Th	6:15–6:45 PM	$55	401224-08

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Level 2 continued

9/13–10/13	Tu,Th	6:55–7:25 PM	$55	401224-09
10/18–11/17	Tu,Th	4:55–5:25 PM	$55	401224-10
10/18–11/17	Tu,Th	6:15–6:45 PM	$55	401224-11
10/18–11/17	Tu,Th	6:55–7:25 PM	$55	401224-12
9/10–10/8	Sa	8:20–8:50 AM	$27.50	401224-13
9/10–10/8	Sa	10:20–10:50 AM	$27.50	401224-14
9/10–10/8	Sa	11:40 AM–12:10 PM	$27.50	401224-15
10/15–11/12	Sa	8:20–8:50 AM	$27.50	401224-16
10/15–11/12	Sa	11:00–11:30 AM	$27.50	401224-17
9/11–10/9	Su	3:15–3:45 PM	$27.50	401224-18
9/11–10/9	Su	4:35–5:05 PM	$27.50	401224-19
9/11–10/9	Su	6:35–7:10 PM	$27.50	401224-20
10/16–11/13	Su	3:55–4:25 PM	$27.50	401224-21
10/16–11/13	Su	5:55–6:25 PM	$27.50	401224-22
10/16–11/13	Su	6:35–7:10 PM	$27.50	401224-23

Location: Senior Center

9/11–10/9	Su	4:10–4:40 PM	$27.50	401424-01
10/16–11/13	Su	3:30–4:00 PM	$27.50	401424-02

Level 3

For the child who can perform 5 rotary (side) breaths with a kickboard, swim across the pool 25 yards (any stoke), jump into deep/shallow water and move to the side comfortably, and can swim 10 yards elementary backstroke.

Age: 5–12 years
Location: Mulberry Pool

9/12–10/12	M,W	4:15–5:00 PM	$72.50	401226-01
10/17–11/16	M,W	4:55–5:40 PM	$72.50	401226-02
9/13–10/13	Tu,Th	4:55–5:40 PM	$72.50	401226-03
10/18–11/17	Tu,Th	6:15–7:00 PM	$72.50	401226-04
9/10–10/8	Sa	9:00–9:45 AM	$27.50	401226-05
9/10–10/8	Sa	10:20–11:05 AM	$27.50	401226-06
9/10–10/8	Sa	11:00–11:45 AM	$27.50	401226-07
10/15–11/12	Sa	9:00–9:45 AM	$27.50	401226-08
10/15–11/12	Sa	10:20–11:05 AM	$27.50	401226-09
10/15–11/12	Sa	11:00–11:45 AM	$27.50	401226-10
9/11–10/9	Su	3:55–4:40 PM	$27.50	401226-11
9/11–10/9	Su	5:15–6:00 PM	$27.50	401226-12
10/16–11/13	Su	3:15–4:00 PM	$27.50	401226-13
10/16–11/13	Su	4:35–5:20 PM	$27.50	401226-14

Level 4

For the child who can swim 25 yards freestyle (perfected), flutter kick without a kickboard for 25 yards, perform 10 deep water bobs, and is comfortable in deep water.

Age: 5–12 years
Location: Mulberry Pool

9/12–10/12	M,W	4:55–5:40 PM	$72.50	401228-01
10/17–11/16	M,W	4:15–5:00 PM	$72.50	401228-02
9/13–10/13	Tu,Th	6:15–7:00 PM	$72.50	401228-03
10/18–11/17	Tu,Th	4:55–5:40 PM	$72.50	401228-04
9/10–10/8	Sa	9:40–10:25 AM	$27.50	401228-05

Level 4 continued

10/15–11/12	Sa	8:20–9:05 AM	$27.50	401228-06
10/15–11/12	Sa	9:40–10:25 AM	$27.50	401228-07
9/11–10/9	Su	4:35–5:20 PM	$27.50	401228-08
9/11–10/9	Su	5:55–6:40 PM	$27.50	401228-09
10/16–11/13	Su	3:55–4:40 PM	$27.50	401228-10
10/16–11/13	Su	5:15–6:00 PM	$27.50	401228-11

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.

Age: 5–12 years
Location: Mulberry Pool

9/12–10/12	M,W	5:35–6:20 PM	$72.50	401230-01
10/18–11/17	Tu,Th	4:15–5:00 PM	$72.50	401230-02
9/10–10/8	Sa	8:20–9:05 AM	$27.50	401230-03
10/16–11/13	Su	5:55–6:40 PM	$27.50	401230-04

Pre Comp

For the child who can swim a minimum of two laps without stopping and is efficient in competition strokes including freestyle, breaststroke, and backstroke.

Age: 6–12 years
Location: Mulberry Pool

10/17–11/16	M,W	5:35–6:20 PM	$72.50	401232-01
9/13–10/13	Tu,Th	4:15–5:00 PM	$72.50	401232-02
9/11–10/9	Su	3:15–4:00 PM	$27.50	401232-03

Introduction to Swim Team

Learn the basics of being on swim team. Improve on Olympic strokes, and increase speed and efficiency, all in a fun team environment. Fort Collins Area Swim Team introductory groups include Nova and Hammerhead swimming groups. Visit *fortcollinsareaswimteam.org* to register.

Age: 6–12 years

Adult Learn to Swim

Learning the Basics

Introduces basic aquatic skills and swimming strokes, including the front crawl, breaststroke, and elementary backstroke.

Age: 15 years & up

Location: Mulberry Pool

9/12–10/12	M,W	6:15–7:00 PM	$72.50	401238-01

Location: Senior Center

9/11–10/9	Su	4:50–5:35 PM	$36.25	401438-01

Improving Skills and Strokes

Improve proficiency in basic aquatic skills and the six basic swimming strokes; the butterfly stroke is optional. Prerequisite: Comfortable in chest-deep water, putting their face in the water, and can perform strokes that can be recognized as front crawl, breaststroke, and back crawl each for 15 yards.

Age: 15 years & up

Location: Mulberry Pool

10/17–11/16	M,W	6:15–7:00 PM	$72.50	401239-01

Location: Senior Center

10/16–11/13	Su	4:50–5:35 PM	$36.25	401439-01

Scuba 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 needed to dive under the direct supervision of a PADI Professional, including but not limited to seeing what scuba equipment feels like to wear and use. **Note:** Participants must call CSDA (1.855.557.2822) prior to class start. Additional required paperwork must be completed to participate in class. Class not discountable

Age: 10 years & up
Location: Mulberry Pool

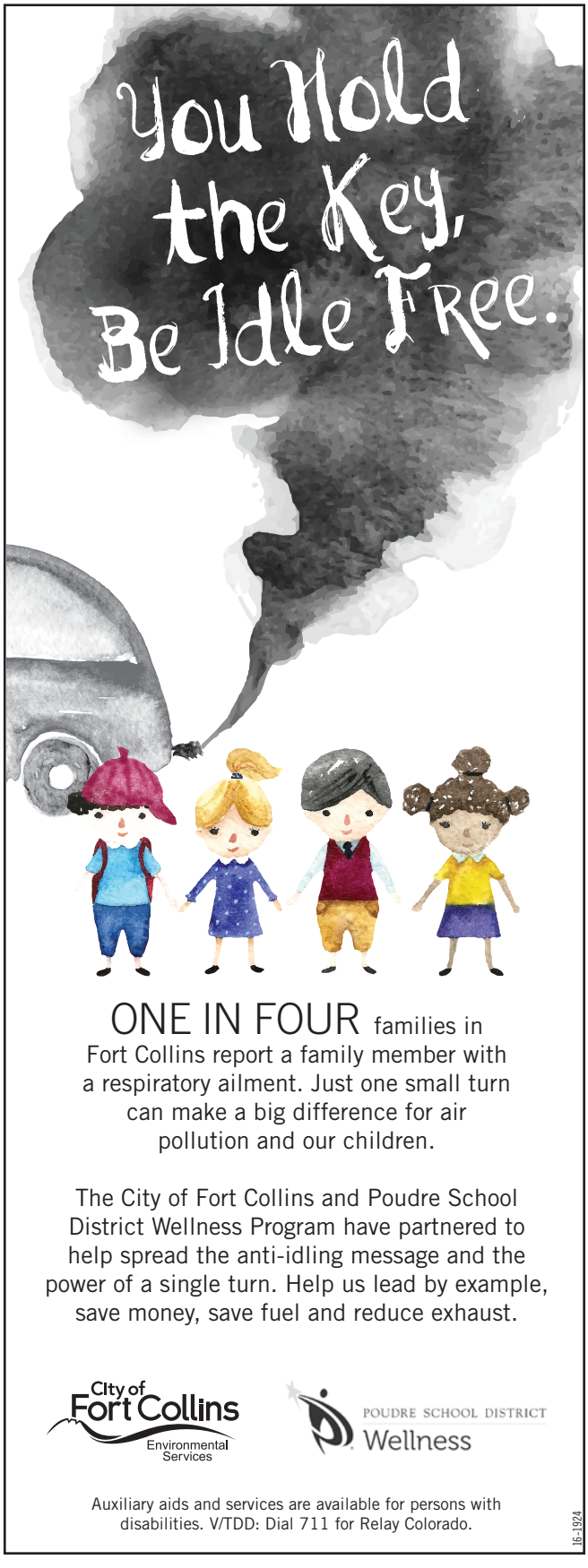
9/3	Sa	4:00–6:30 PM	$35	401252-01
9/17	Sa	4:00–6:30 PM	$35	401252-02
10/8	Sa	4:00–6:30 PM	$35	401252-03
11/12	Sa	4:00–6:30 PM	$35	401252-04

Scuba Challenge

For the experienced diver who wants to practice up on their skills. Challenges are set-up and include some dryland information. **Note:** Must have current certification. Class not discountable.

Age: 10 years & up
Location: Mulberry Pool

9/12	M	7:00–10:00 PM	$21	401256-01
9/26	M	7:00–10:00 PM	$21	401256-02
10/10	M	7:00–10:00 PM	$21	401256-03
10/24	M	7:00–10:00 PM	$21	401256-04
11/14	M	7:00–10:00 PM	$21	401256-05
11/28	M	7:00–10:00 PM	$21	401256-06



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 the 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.

Lifeguard Review

Opportunity to review the course content within a formal course setting. Individuals with a current American Red Cross lifeguarding/first aid/CPR/AED certificate may participate in a review course. Online class content is 7 hrs. 25 min. **Note:** Must attend all classes. Skill test on first day; continuation depends on passing. $27 certification fee is not included. Class not discountable.

Age: 17 years & up
Location: Mulberry Pool

11/6	Su	7:00 AM–1:00 PM	$48	401241-01

NEED **ACCESS** TO THE **CITY** IN YOUR **POCKET**?

Access Fort Collins is an easy way to send your questions, comments and service requests directly to City staff anytime, anywhere. Find it online at *fcgov.com*, or download the free mobile app.

Access Fort Collins City of Fort Collins

SPLASH Pool Services

SPLASH SWIM SCHOOL Opening Summer 2016!

Longtime local business owners of Splash Pool Services are proud to announce our own school!

We are thrilled to offer the following services:

- Year round swimming lessons in a WARM WATER POOL!
- Small group swimming classes
- Private and semi-private swimming classes
- Pool rental for parties and other events
- Lifeguard Training Classes
- Dive-In Movies and Family Night

You can find us conveniently located at:

1110 W Prospect
At the northwest corner of Prospect and Shields

Visit www.splashpoolswimschool.com for additional details as they become available or call 970-482-9057.

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 needed. 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.

Production Work Not Permitted

City of Fort Collins Recreation facilities are recreational and educational facilities. Production work is not permitted.

Contact

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

Adult Programming

Drawing

Comics Essentials

Develop your own style of drawing whether it's doodles, stick figures, or super heroes. Learn to draw Manga, cartoony people, places, and animals. Turn your characters and concepts into finished comics, gag cartoons, or cards. **Note:** Bring pencils, ruler, and paper to first class. Extra supplies optional.

Age: 18 years & up
Location: Senior Center

9/20–10/25	Tu	6:30–8:30 PM	$49	403407-01
			$42.25 Member	

Drawing – Human Portraiture

Focus in-depth on individual features such as eyes, nose, mouth, and ears. Then, concentrate on putting them all together into complete portraits. Emphasis is on creating strong likenesses in your portraits. **Note:** Supply list available at registration (approx. cost: $30–50).

Age: 14 years & up
Location: Senior Center

9/13–10/25	Tu	9:30–11:30 AM	$53	403406-01

Sketching Group – M

Open to drawing, pastels, sketching, and water media. Work from pictures, still-life, ideas, or imagination. Meet weekly to work on projects and share ideas and techniques. **Note:** No instructor provided. Bring your own supplies and inspiration.

Age: 18 years & up
Location: Senior Center

9/2–11/18	F	9:30 AM–12:30 PM	No Fee	

Zen Doodle

Create your own Zen Doodle journal. Relax and focus on personal wellbeing while creating beautiful images that increase artistic satisfaction. Basic lines combine to create spectacular imagery. **Note:** Supply list available at registration.

Age: 18 years & up
Location: Senior Center

10/12–11/2	W	7:00–9:00 PM	$39	403408-01
			$32.90 Member	

Fiber Arts

Needle Felting

Learn to make handcrafted figures, dolls, or animals from wool while using the needle felting method. Make unusual soft sculptures roughly 6". **Note:** All supplies provided.

Age: 14 years & up
Location: Senior Center

Animals				
9/10	Sa	9:00 AM–Noon	$27	403436-01
Pumpkins				
10/8	Sa	9:00 AM–Noon	$27	403436-02
Turkey				
11/12	Sa	9:00 AM–Noon	$27	403436-03
Angels				
12/10	Sa	9:00 AM–Noon	$27	403436-04

Quilting Quorum – M

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

Age: 18 years & up
Location: Senior Center

9/2–11/18	F	1:00–3:00 PM	No Fee

General Arts

Basket Cases – M

Open time for individuals interested in basketry to come together weekly and work on projects. Work with any medium: basket reed, yarn, pine needles, etc. Different techniques such as caning are also welcome. **Note:** Bring your own supplies. Class will not be held on 11/24.

Age: 18 years & up
Location: Senior Center

9/1–11/17	Th	1:00–3:00 PM	No Fee

C.H.A.T. Crafts Hobbies Arts Time – M

Open for scrapbooks, crochet, watercolor, knitting, or some other hobby. Group meets weekly to work on projects and share ideas and techniques.

Age: 18 years & up
Location: Senior Center

9/7–11/30	W	1:00–3:00 PM	No Fee

Metal Wind Sculpture, Beginning

Learn how to cut, shape, and solder copper and brass sheet metal into a kinetic wind sculpture. Use basic hand tools to construct a mobile sculpture suitable for a garden or yard.

Age: 18 years & up
Location: Senior Center

10/5–11/2	W	9:00 AM–Noon	$84	403459-01

Open Shop – M

Many tools available for jewelry, stained glass, and woodworking including scroll saws, wood lathes, and basic tools for mechanical repairs. A shop attendant is on duty to assist with questions.

Age: 18 years & up
Location: Senior Center

9/6–11/29	Tu	8:00 AM–Noon	No Fee
9/7–11/30	W	1:00–5:00 PM	
9/8–11/24	Th	5:00–9:00 PM	

Glass Arts

Stained Glass, Foil Beginning

Designed for the beginner that wants to learn how to create works of art in stained glass using the Tiffany foil method of construction. Learn how to cut glass, grind, foil, solder, and finish. Create two projects from varied patterns. **Note:** Some supplies provided. Supply list available at registration (approx. cost: $20–25).

Age: 18 years & up
Location: Senior Center

9/12–10/10	M	1:00–3:00 PM	$58	403461-01
10/17–11/14	M	1:00–3:00 PM	$58	403461-02

Jewelry

Jewelry, Beginning

Concentrate on cutting and piercing with a jeweler's saw, filing, soldering, and the proper techniques for polishing and finishing. Designed for those with no metal experience, as well as those just wanting to get back into it.

Age: 18 years & up
Location: Senior Center

9/13–10/25	Tu	5:30–7:30 PM	$95	403486-01
11/1–12/13	Tu	5:30–7:30 PM	$95	403486-02

Jewelry Casting

Learn the basic lost wax process in casting. Concentrate on wax carving and forming, spruing, casting of the investment, burning out, centrifugal casting, and finishing and surface treatment techniques to create exquisitely finished cast pieces. **Note:** Supply list available at registration. Supplies and supply cost vary with your project choice (approx.. cost: $20–85).

Age: 18 years & up
Location: Senior Center

9/13–10/25	Tu	7:30–9:30 PM	$99	403488-01

Jewelry Lapidary

Learn the basic processes used for rock and gem cutting and grinding. Evaluate which stones are best suited for grinding and polishing. Explore semi-precious stones and constructing a jewelry piece with a stone.

Age: 18 years & up
Location: Senior Center

11/1–12/13	Tu	7:30–9:30 PM	$99	403489-01

Painting

Painting, Beginning Acrylic

Ongoing entry-level course. Cover important basics such as preparing your canvas, starting techniques, drawing, color, values, and composition. Designed for those who have never painted before and are interested, or have emerging skills that they would like to stretch to new levels. **Note:** Supply list available at registration (approx. cost: $30–50).

Age: 18 years & up; 14-17 years with instructor approval.
Location: Senior Center

9/12–9/26	M	1:00–3:00 PM	$29.25	403446-01
10/3–10/31	M	1:00–3:00 PM	$48.75	403446-02
11/7–11/28	M	1:00–3:00 PM	$39	403446-03
9/1–9/29	Th	6:30–8:30 PM	$48.75	403446-04
10/6–10/27	Th	6:30–8:30 PM	$39	403446-05
11/3–11/17	Th	6:30–8:30 PM	$29.25	403446-06

Painting, Non-Traditional Acrylic

Finish four canvas paintings. Non-traditional tools, unusual additions, and brush techniques are incorporated with color psychology, paint application, and creativity. Explore masking fluids, water baths, hot glue, and stencils.

Age: 18 years & up
Location: Senior Center

10/4–10/25	Tu	1:00–3:00 PM	$49	403448-01

Porcelain Painting, Intermediate

Extend your current skills and knowledge. Learn varied techniques for achieving desired results, including the mixing of pigments and their application. **Note:** Class will not be held on 11/23.

Age: 18 years & up
Location: Senior Center

9/7–9/28	W	9:00–11:30 AM	$42	403471-01
10/5–10/26	W	9:00–11:30 AM	$42	403471-02
11/2–11/30	W	9:00–11:30 AM	$52.50	403471-03

Porcelain Painting, Advanced

Attention is given to advanced techniques, creating the image while observing color and value, and using specific different techniques. Plenty of one-on-one hands-on instruction and demonstrations included.

Age: 18 years & up
Location: Senior Center

9/7–9/28	W	1:00–4:00 PM	$48	403472-01
10/5–10/26	W	1:00–4:00 PM	$48	403472-02
11/2–11/30	W	1:00–4:00 PM	$60	403472-03

Painting, Bob Ross Style

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

Age: 18 years & up
Location: Senior Center

9/15	Th	9:00 AM–3:30 PM	$49	403427-01

Painting, Chinese Brush & Ink

An introduction and continued study of basic strokes and simple compositions using the traditional Chinese brush on absorbent Chinese paper. Beginning students learn the basic strokes to paint the Chinese orchid and bamboo. Continuing students choose from other subjects, as well. **Note:** Bring an apron or wear old clothes. Bring a jar and a small dish or white saucer. Supplies provided.

Age: 18 years & up
Location: Senior Center

9/20–10/25	Tu	6:30–8:30 PM	$78	403440-01
			$71.10 Member	

Watercolor, Beginning

Learn the basics of composition, painting techniques, special effects, how to set up a palette, types of papers, how to use the color wheel, color theory, and design principles and techniques for handling this medium. **Note:** Supply list available at registration (approx. cost: $50–100).

Age: 18 years & up
Location: Senior Center

9/16–10/21	F	9:00–11:00 AM	$74	403480-01

Watercolor, Intermediate to Advanced

Explore watercolor techniques more in-depth, including observation and various brush techniques. Designed to challenge students that have had beginning watercolor and would like to build their skills and knowledge of artistic concepts. Prerequisite: Beginning Watercolor. Supply list available at registration (approx. cost: $50–100).

Age: 18 years & up
Location: Senior Center

9/2–9/30	F	1:00–3:00 PM	$56.25	403481-01
10/7–10/28	F	1:00–3:00 PM	$45	403481-02
11/4–11/18	F	1:00–3:00 PM	$33.75	403481-03

Paper Arts

Calligraphy, Beginning

Learn the art of beautiful writing and add a personal touch to scrapbooks, journals, notes, and invitations. Use a broad edge pen to write the italic hand. Discuss materials, layout, design, and a brief history of writing.

Age: 18 years & up
Location: Senior Center

10/17–11/21	M	9:00–11:30 AM	$69	403409-01
			$60 Member	

Soul Collage, Introduction
An internationally popular, new way to develop self-insite 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:** All Supplies provided.

Age: 18 years & up
Location: Senior Center

9/17	Sa	9:00 AM–12:30 PM	$42	403415-01

Soft Cover Journal Workshop
Learn the basics of sewing a multiple signature book to make a soft cover. **Note:** Bring a pencil, scissors, and a bone folder. All other materials provided. Class partially discountable. Bring a sack lunch or eat nearby.

Age: 18 years & up
Location: Senior Center

10/22	Sa	9:00 AM–4:00 PM	$40	403412-01

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 focus on learning about camera operations, lenses,

Photography, Beginning continued

equipment, films, filters, depth of field, and bracketing, composition, and photo products. **Note:** Bring a functional digital or 35mm SLR camera and its manual. A field trip on Saturday after the start of class gives practical experience.

Age: 18 years & up
Location: Senior Center

9/28–10/12	W	6:00–9:00 PM	$49	403430-01
9/28–10/12	Sa	9:00 AM–12:00 PM		

Photography, Intermediate to Advanced
Advanced creative techniques are covered for specific genres including landscape, wildlife, night, and close-up photos. Most of the applications and techniques apply to both film and digital photography. An understanding of your camera and the basics of photography, either digital or regular film, required. **Note:** Bring a functional digital or 35mm SLR camera and its manual to class.

Age: 16 years & up
Location: Senior Center

10/26–11/9	W	6:00–9:00 PM	$44	403431-01

Woodworking

Woodworking, Beginning
Learn the use of basic woodworking tools, proper setup, and maintenance and discuss different materials and finishes. Create a basic project using these skills. Gain basic knowledge needed to work in Open Shop. **Note:** Supply list is provided on the first day of class (approx.. cost: $20–30).

Age: 18 years & up
Location: Senior Center

9/14–10/19	W	7:00–9:00 PM	$90	403490-01

Woodworking, Intermediate
A continuation of Beginning Woodworking. Advanced techniques and concepts are taught and further exploration into varied tools is available. Projects designed with the instructor's assistance and approval to include the use of traditional joinery techniques like mortise, tenon, dovetail, and rabbet. **Note:** Class will not be held on 11/23.

Age: 18 years & up
Location: Senior Center

11/2–12/14	W	7:00–9:00 PM	$90	403491-01

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

continued on next page

Pottery continued

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. Lab time included with adult classes unless otherwise noted. **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. Adults who have taken a 10-week class 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 32 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 32.

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); not 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.

Contact
Direct any questions regarding pottery to Dennis Steiner at *dsteiner@fcgov.com*, 970.817.0658.

Adult Pottery

Pottery, Beginning Wheel/Handbuilding
Designed for those are new to pottery. Learn about clay, tools, and glazing. Learn the basic skills, techniques, and principles involved in pottery. Primary emphasis is on creating while using the potter's wheel. Some handbuilding is covered.

Age: 18 years & up
Location: Pottery Studio

8/29–11/7	M	9:00–11:00 AM	$149	404850-01
8/29–11/7	M	5:45–7:45 PM	$149	404850-02
8/31–11/2	W	8:00–10:00 PM	$149	404850-03
9/3–11/5	Sa	12:30–2:30 PM	$149	404850-04

Pottery, Beginning Plus Wheel/Handbuilding
Designed for students who have taken a beginning class and are acquainted with the basic techniques involved in wheel throwing, as well as those 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

8/29–11/7	M	8:00–10:00 PM	$149	404855-01
8/31–11/2	W	5:45–7:45 PM	$149	404855-02
9/1–11/3	Th	9:00–11:00 AM	$149	404855-03

Pottery, Intermediate Wheel/Handbuilding
Learn more complex ceramic/pottery techniques and skills. Expression and exploration of form are taught. Experience working with clay and knowledge of wheel principles required.

Age: 18 years & up
Location: Pottery Studio

8/30–11/1	Tu	5:30–7:30 PM	$149	404860-01
8/31–11/2	W	9:00–11:00 AM	$149	404860-02

Pottery, Advanced Wheel/Handbuilding
Look further into the development of form while honing high-end techniques. Emphasis is placed on combining creativity with conceptual thought into design.

Age: 18 years & up
Location: Pottery Studio

9/1–11/3	Th	5:30–7:30 PM	$149	404865-01

Pottery Sampler
Introduction to handbuilding and wheel-throwing as well as glazing and studio operation. Create while learning the techniques of clay.

Age: 18 years & up
Location: Pottery Studio

9/3–10/1	Sa	12:30–2:30 PM	$49	404870-01
10/8–11/5	Sa	12:30–2:30 PM	$49	404870-02

Pottery, Handbuilding Expressions

Explore 3-D 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.

Age: 18 years & up
Location: Pottery Studio

8/31–11/2	W	6:00–8:00 PM	$149	404875-01

Cool Clay

Address imaginative methods of wheel and handbuilding while using extruders, slab rollers, various textures, and forms. Push the traditional boundaries of utilitarian clay, as well as concentrate with some focus on functionality.

Age: 18 years & up
Location: Pottery Studio

9/2–9/30	F	6:00–8:00 PM	$75	404880-01

Holiday Pottery

Make personal and unique holiday decorations such as Santa centerpieces, holly trivets, and holiday candleholders. **Note:** No previous experience necessary.

Age: 18 years & up
Location: Pottery Studio

11/15–12/1	Tu,Th	6:00–9:00 PM	$74	404899-01
11/19–12/3	Sa	9:00 AM–Noon		

Raku Workshop

Use American style Raku while hand-building or using the potter's wheel. Work in wet clay the first week and finish by glazing and firing the pieces during the second week. Use hands-on contemporary exploration of the forming and firing process first used by the Japanese potters. **Note:** No previous experience necessary.

Age: 18 years & up
Location: Pottery Studio

8/19–9/2	F	6:00–9:00 PM	$74	404890-01
8/20–9/3	Sa	9:00 AM–Noon		

Pottery Lab

Lab is for current students to practice or finish work in progress. Anyone who as taken classes at the Pottery Studio may register as a lab student. Staff is in attendance, but no formal instruction is provided.

Age: 18 years & up
Location: Pottery Studio

8/29–11/7	M,W,Th	11:00 AM–2:00 PM	$149	404895-01
8/30–11/5	Sa,Tu	9:00 AM–Noon		
9/1–11/3	Th	7:30–10:00 PM		

Work Study

This is a special registration only for work study students. All students must be approved and have filled out both official forms of paperwork.

Age: 18 years & up
Location: Pottery Studio

8/29–11/7	12:00–12:00 AM		No Fee	404898-01

Youth Pottery

Pottery, Child Handbuilding

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

Age: 6–9 years
Location: Pottery Studio

8/29–10/3	M	4:00–5:30 PM	$48	404805-01
8/31–9/28	W	4:00–5:30 PM	$48	404805-02
10/10–11/7	M	4:00–5:30 PM	$48	404805-03
10/5–11/2	W	4:00–5:30 PM	$48	404805-04

Pottery, Youth Wheel and Handbuilding

Learning basic potter's wheel skills, handbuilding, and other skills and techniques.

Age: 10–12 years
Location: Pottery Studio

9/1–11/3	Th	3:45–5:15 PM	$89	404810-01
9/2–9/30	F	4:00–5:30 PM	$48	404810-02
10/7–11/4	F	4:00–5:30 PM	$48	404810-03

Pottery, Teen Wheel and Handbu

Learn potter's wheel skills, handbuilding, glazing, and decorating techniques.

Age: 13–17 years
Location: Pottery Studio

8/30–9/27	Tu	3:45–5:15 PM	$48	404815-01
10/4–11/1	Tu	3:45–5:15 PM	$48	404815-02

Child with Parent Pottery

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 register for classes as many times as you wish.

Age: 3–5 years
Location: Pottery Studio

8/30–9/27	Tu	12:30–1:30 PM	$34	404801-01
8/31–9/28	W	2:45–3:45 PM	$34	404801-02
9/3–10/1	Sa	3:00–4:00 PM	$34	404801-03
10/4–11/1	Tu	12:30–1:30 PM	$34	404801-04
10/5–11/2	W	2:45–3:45 PM	$34	404801-05
10/8–11/5	Sa	3:00–4:00 PM	$34	404801-06

Pottery, Parent & Child Handbuilding

You and your youngster can work together at the Pottery Studio and share a creative experience. **Note:** Each additional youth is $44.50.

Age: 6–9 years
Location: Pottery Studio

9/3–10/1	Sa	4:30–6:00 PM	$89	404835-01
10/8–11/5	Sa	4:30–6:00 PM	$89	404835-02

Pottery, Parent, Teen & Youth Wheel & Handbuilding – NW

Explore the world of clay together. Make functional pots and whimsical, imaginative clay objects in this combination while learning the potter's wheel and handbuilding.

Age: 10–17 years
Location: Pottery Studio

9/2–9/30	F	5:45–7:15 PM	$89	404845-01
10/7–11/4	F	5:45–7:15 PM	$89	404845-02

Youth Programming

Lab times are not provided for Youth Pottery programs. All tools and supplies are provided.

Child with Parent Classes

Art Start With Parent

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. **Note:** Class will not be held on 11/23.

Age: 18 months–2 years
Location: Mulberry Pool

9/7–9/28	W	9:00–10:00 AM	$51	416217-01
10/5–10/26	W	9:00–10:00 AM	$51	416217-02
11/2–11/30	W	9:00–10:00 AM	$51	416217-03

Child without Parent Classes

Art Start Pre-K

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. **Note:** Class will not be held on 11/23

Age: 3–5 years
Location: Mulberry Pool

9/7–9/28	W	10:30–11:30 AM	$51	416217-05
10/5–10/26	W	10:30–11:30 AM	$51	416217-06
11/2–11/30	W	10:30–11:30 AM	$51	416217-07

Art Studio for Preschoolers

Discover your inner artist. Focus on different mediums and themes, or create at will with various materials provided. This can be a messy class.

Age: 3–6 years
Location: Northside Aztlan Center

Abstract				
9/12	M	9:30–11:00 AM	$10	416206-01
Clay				
9/19	M	9:30–11:00 AM	$15	416206-02
Creative Art				
9/26	M	9:30–11:00 AM	$10	416206-03
Collage				
10/3	M	9:30–11:00 AM	$10	416206-04
Water Colors				
10/10	M	9:30–11:00 AM	$10	416206-05
Beading				
10/31	M	9:30–11:00 AM	$13	416206-06
Painting Pumpkins				
10/24	M	9:30–11:00 AM	$15	416206-08
Crayon Resist				
10/17	M	9:30–11:00 AM	$10	416206-09
Pop Art				
11/7	M	9:30–11:00 AM	$10	416206-10
Thanksgiving				
11/14	M	9:30–11:00 AM	$10	416206-11

Artes of Mexicano

Discover the beauty of Mexico's traditions and cultures through various art mediums. Explore folk art through handbuilding clay. Create self-portraits in the style of Frida Kahlo and a class mural painting in the tradition of Diego Rivera.

Location: Mulberry Pool

Age: 3–5 years				
9/7–9/28	W	1:00–2:30 PM	$99	416249-01
Age: 6–8 years				
9/7–9/28	W	4:30–6:00 PM	$99	416249-02

Destination MOMA

Explore the lines, shapes, and colors of modern art. Meet Matisse, explore surrealism, and daydream with Chagall.

Location: Mulberry Pool

Age: 3–5 years				
11/2–11/30	W	1:00–2:30 PM	$99	416250-01
Age: 8–12 years				
11/2–11/30	W	4:30–6:00 PM	$99	416250-02

Scary Sculpture

Transform the classroom into a haunted house by creating one of kind sculptures, spooky masks, and designing your own haunted house.

Location: Mulberry Pool

Age: 3–5 years

10/5–10/26	W	1:00–2:30 PM	$99	416215-01

Age: 6–12 years

10/5–10/26	W	4:30–6:00 PM	$99	416215-02

Guess Who's Coming to Dinner

Using inspiration from famous artists, create your own art place setting complete with Pop Art for Thanksgiving Dinner.

Age: 6–8 years
Location: Mulberry Pool

11/23	W	9:00–11:00 AM	$39	416219-01

Angry Birds – Star Wars

Work with Sculpey Clay and paint on canvas to create these Star Wars inspired birds.

Age: 6–8 years
Location: Mulberry Pool

9/23	F	9:00–11:00 AM	$39	416245-01

Art Studio

Each week of Art Studio features a different unique project along with a variety of multi-media creative stations to explore. Designed to be artist driven giving participants the opportunity to work on expanding skills and techniques while exposing them to new ideas and mediums.

Age: 6–12 years
Location: Northside Aztlan Center

Abstract

9/12	M	4:30–6:00 PM	$10	416207-01

Clay

9/19	M	4:30–6:00 PM	$15	416207-02

Creative Art

9/26	M	4:30–6:00 PM	$10	416207-03

Collage

10/3	M	4:30–6:00 PM	$10	416207-04

Water Colors

10/10	M	4:30–6:00 PM	$12	416207-05

Beading

10/31	M	4:30–6:00 PM	$15	416207-06

Painting Pumpkins

10/24	M	4:30–6:00 PM	$15	416207-08

Crayon Resist

10/17	M	4:30–6:00 PM	$10	416207-09

Art Studio continued

Pop Art

11/7	M	4:30–6:00 PM	$10	416207-10

Thanksgiving

11/14	M	4:30–6:00 PM	$10	416207-11

Intro to Dabble

Introduction and exploration of a variety of painting mediums. No experience necessary.

Age: 12–15 years
Location: Northside Aztlan Center

10/15	Sa	1:00–2:30 PM	$39	415504-01

Dabble

Learn a variety of painting techniques. Paint from life, photography, and your imagination using watercolors and acrylic paints. No experience necessary.

Age: 12–15 years
Location: Northside Aztlan Center

10/29–11/19	Sa	1:00–2:30 PM	$99	415505-01

Bicycling

Bicycles and Helmets Available
FC Bikes is able to provide bicycles and helmets for use at bicycle programs if you are unable to provide your own. Contact 970.221.6987 for reservations.

Adult Programming

Safe Routes to School

Learn how to become a Safe Routes to School instructor or assistant at events such as bike rodeos and field trips. **Note:** Bring your own bike and helmet.

Age: 17 years & up
Location: 281 N. College Avenue

9/10	Sa	9:30 AM–1:30 PM	No Fee	430913-01

Bicycle Friendly Driver

Discuss traffic safety laws and responsibilities for both cyclists and motorists, shared responsibilities, and how to avoid crashes or conflicts. Earn a Bicycle Friendly Driver certification at the completion of the course.

Age: 15 years & up

Location: CSU Lory Student Center

10/4	Tu	6:00–7:30 PM	No Fee	430905-01

Location: Raintree Athletic Club

11/2	W	6:00–7:30 PM	No Fee	430905-02

Cycling in Winter

Learn how to prepare for the colder season and bike year-round. Discuss tips and techniques to 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: CSU Lory Student Center

10/18	Tu	6:30–8:00 PM	No Fee	430914-01

Location: Raintree Athletic Club

11/10	Th	6:30–8:00 PM	No Fee	430914-02

Smart Cycling

Formerly Traffic Skills 101. Designed 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.

Age: 14 years & up

Location: CSU Lory Student Center

10/22	Sa	8:15 AM–4:30 PM	No Fee	430902-02

Location: Westbridge Medical Suites

9/22–9/24	Th Sa	5:30–9:00 PM 8:30 AM–2:00 PM	No Fee	430902-01

Family Programming

Friday Foliage Rides

Join Bicycle Ambassadors for fun rides in select areas of town to enjoy fall foliage, experience new bicycle infrastructure, and build community. Each ride features a different route and ends at a destination where participants can socialize and enjoy the start to the weekend. **Note:** Bikes and helmets required.

Age: All
Location: Fort Collins

9/9	F	5:15–6:30 PM	No Fee	430915-01
9/23	F	5:15–6:30 PM	No Fee	430915-02
10/7	F	5:15–6:30 PM	No Fee	430915-03

Open Streets

Come play in the street. Linden and Redwood Streets from Willow to Willox are temporarily closed to motorized traffic and instead open to the public for walking, jogging, cycling, rollerblading, skateboarding, and other activities. Visit *fcgov.com/openstreets*.

Age: All
Location: Linden and Redwood Streets

9/18	Su	10:00 AM–3:00 PM	No Fee	

Art Bike Tour

FC Bikes is partnering with Leisurely Pedaling Bike Tours to offer a family-friendly bike tour around Fort Collins to visit some interesting, fun, and unique Art in Public Places pieces. Pedal 15–20 miles and learn about art pieces from guides, as well as some of the artists themselves. Pack a picnic lunch to enjoy at a stopping point along the way. **Note:** Bikes and helmets required. Cyclists should be able to travel the whole distance.

Age: All
Location: City Park Trolley Station

10/1	Sa	9:30 AM–1:30 PM	No Fee	430916-01

Walk to School Day

Celebrate International Walk to School Day by traveling to school on two feet. Visit *walkbiketoschool.org* to register your school's events and activities and to find out what your school is doing to celebrate.

Age: All
Location: Fort Collins

10/5	W	No fee

Light Up the Night

Front lights are required on bicycles at night. If you are in need of a light, stop by for free bike lights. **Note:** While supplies last.

Age: 4 years & up

Location: CSU Lory Student Center

10/18	Tu	6:00–8:30 PM	No Fee	430918-01

Location: Raintree Athletic Club

11/10	Th	6:00–8:30 PM	No Fee	430918-02

Dance & Movement

Adult Programming

Belly Dancing

Belly Dancing, Beginning
Tribal style belly dance is a group dance performed in a lead-and-follow format based on a shared vocabulary of movements and cues. Learn basic fast and slow movements, combos, and improvisational dance, all while improving balance, core strength, and flexibility. **Note:** Please wear yoga/exercise gear and bring a scarf or sash to tie around your hips. Bare feet recommended.

Age: 18 years & up
Location: Senior Center

9/6–9/27	Tu	7:00–8:00 PM	$44	406426-01
10/4–10/25	Tu	7:00–8:00 PM	$44	406426-02
11/1–11/29	Tu	7:00–8:00 PM	$54	406426-03

Belly Dancing, Continuing
Focus on group improvisation and expand vocabulary with more complex movements and formation. Begin prop work and introduction of Zambra Mora and Bollywood-influenced movements. **Note:** Please wear yoga/exercise gear and bring a scarf or sash to tie around your hips. Bare feet recommended.

Age: 18 years & up; 13–17 years welcome with instructor approval
Location: Senior Center

9/6–9/27	Tu	8:00–9:00 PM	$44	406427-01
10/4–10/25	Tu	8:00–9:00 PM	$44	406427-02
11/1–11/29	Tu	8:00–9:00 PM	$54	406427-03

Ballet

Ballet, Beginning
An introduction to classical barre, positions, and steps. **Note:** Class will not be held on 11/22.

Age: 18 years & up; 13–17 years welcome with instructor approval
Location: Club Tico

9/13–10/25	Tu	5:40–6:40 PM	$46	406102-01
11/8–12/13	Tu	5:40–6:40 PM	$34	406102-02

Ballet, Low–Intermediate
Continuing work on basic technique. **Note:** Class will not be held on 11/21.

Age: 18 years & up; 13–17 years welcome with instructor approval
Location: Empire Grange

9/12–10/24	M	5:45–7:00 PM	$57	406103-01
11/7–12/12	M	5:45–7:00 PM	$42	406103-02

Ballet, Intermediate
A more challenging, ongoing class for experienced dancers. Based on Cecchetti technique. **Note:** Class will not be held on 11/24.

Age: 18 years & up; 13–17 years welcome with instructor approval
Location: Club Tico

9/15–10/27	Th	5:45–7:00 PM	$57	406104-01
11/10–12/15	Th	5:45–7:00 PM	$42	406104-02

Dance

West Coast Swing
Learn all the basic 4, 6, and 8 count patterns of this partner swing dance. Dance the starter step, the side pass, the underarm pass, the sugar push, the tuck, the basket whip, and the basic whip. Singles and couples welcome. **Note:** Class will not be held on 11/23.

Age: 18 years & up
Location: Senior Center

9/7–9/28	W	7:30–9:00 PM	$39	406440-01
10/5–10/26	W	7:30–9:00 PM	$39	406440-02
11/2–11/30	W	7:30–9:00 PM	$39	406440-03

Line Dance

Line Dance, Starter Class

Learn the basic steps, terminology, and easy choreography. **Note:** Participants may pay a drop-in rate of $6 per class.

Age: 18 years & up
Location: Senior Center

9/6–9/27	Tu	12:30–1:45 PM	$16	406436-01
10/4–10/25	Tu	12:30–1:45 PM	$16	406436-02
11/1–11/29	Tu	12:30–1:45 PM	$19	406436-03

Line Dance, Continuing

Designed for the more experienced dancer who thrives on complex choreography. **Note:** Participants may pay a drop-in rate of $6 per class.

Age: 18 years & up
Location: Senior Center

9/6–9/27	Tu	1:45–3:00 PM	$16	406437-01
10/4–10/25	Tu	1:45–3:00 PM	$16	406437-02
11/1–11/29	Tu	1:45–3:00 PM	$19	406437-03

Modern

Modern Dance

Earthy, sometimes jazzy or lyrical movements follow a stretching/toning warm-up which leads to release of stress and interactive enjoyment. **Note:** Class will not be held on 11/22.

Age: 18 years & up; 13–17 years welcome with instructor approval
Location: Club Tico

9/13–10/25	Tu	6:45–7:45 PM	$46	406156-01
11/8–12/13	Tu	6:45–7:45 PM	$34	406156-02

Youth Programming

Acro-Dance

Aero Dance, Level 1
Learn the basics of acrobatic dance, including a mixture of acrobatics, gymnastics, and the art of lyrical dance. **Note:** Children are placed based on skill level.

Age: 3–5 years
Location: Club Tico

9/6–9/27	Tu	1:00–2:00 PM	$44	416172-01
10/4–10/25	Tu	1:00–2:00 PM	$44	416172-02
11/1–11/22	Tu	1:00–2:00 PM	$44	416172-03

Aero Dance Beginners, Levels 2–5
Ages: 5–9 years
Location: Mulberry Pool

9/7–9/28	W	5:30–6:25 PM	$44	416273-01
10/5–10/26	W	5:30–6:25 PM	$44	416273-02
11/2–11/16	W	5:30–6:25 PM	$33	416273-03

Acro Dance continued

Aero Dance Intermediate, Levels 5–7
Age: 9 years & up
Location: Mulberry Pool

9/7–9/28	W	6:30–7:25 PM	$44	416274-01
10/5–10/26	W	6:30–7:25 PM	$44	416274-02
11/2–11/16	W	6:30–7:25 PM	$33	41627 4-03

Ballet

Ballet & Modern Dance

Introduction to ballet and modern dance techniques with improvisation and live musical accompaniment. Build technical skills at an individual level while engaging in ever changing creative work.

Grade: K–2
Location: Club Tico

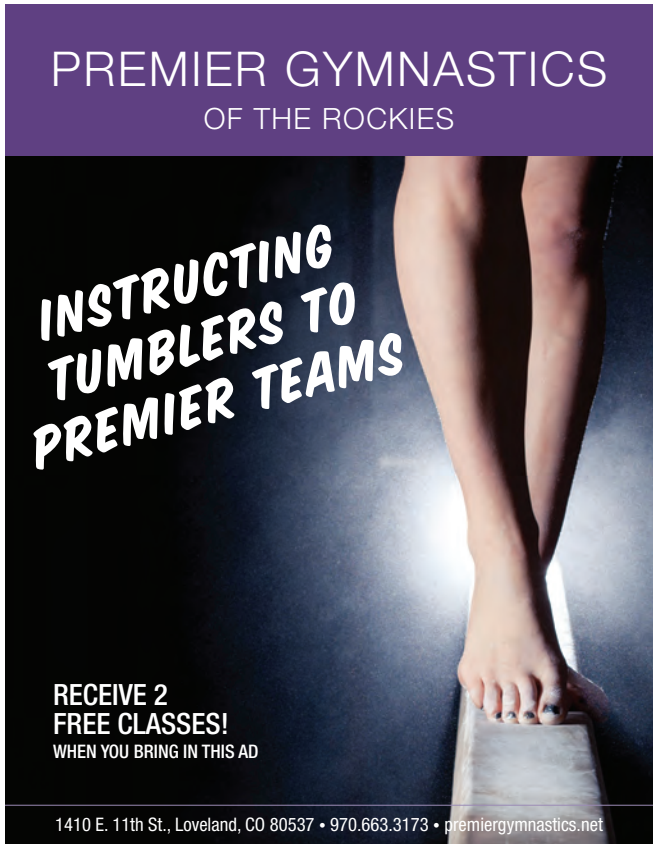
9/19–10/17	M	4:00–5:00 PM	$42	406101-01

Dancing Swans

A pre-ballet/movement class and introduction to basic dance, movement, and body awareness activities using imagery and imaginative play.

Age: 3–4 years
Location: Club Tico

10/4–10/25	Tu	10:00–10:45 AM	$33	416170-02
11/1–11/22	Tu	10:00–10:45 AM	$33	416170-03



Petite Ballerinas
Explore movement and discover the confident young artist within. Leveled classes help you attain certain skills. Instructors move dancers to the next level when they are ready. Attire: leotard, tights, pink leather ballet slippers, and hair pulled back. Registration deadline is 1 week prior to class start.

Location: Northside Aztlan Center

Petite Ballerinas 1
Age: 3–4 years

9/9–9/30	F	11:45 AM–12:30 PM	$44	416563-01
10/7–10/28	F	11:45 AM–12:30 PM	$44	416563-02
11/4–11/18	F	11:45 AM–12:30 PM	$34	416563-03
12/2–12/16	F	11:45 AM–12:30 PM	$34	416563-04

Petite Ballerinas 2
Age: 4–5 years

9/9–9/30	F	12:45–1:30 PM	$44	416563-05
11/4–11/18	F	12:45–1:30 PM	$34	416563-07
12/2–12/16	F	12:45–1:30 PM	$34	416563-08

Petite Ballerinas Performance Prep
Prepare for the "Spirit of Christmas" production by learning and perfecting choreography, helping create costumes, and choosing music. **Note:** Dancers must sign up for both Performance Prep and the Performance Class. Parental help required. Registration deadline is 9/1. A production fee of $50 is due the first day of class. Attire: leotard, tights, pink leather ballet slippers, and hair pulled back.

Location: Northside Aztlan Community Center

Petite Ballerinas I
Ages: 3–4 years

9/10–10/29	Sa	9:00–9:45 AM	$124	416574-01

Petite Ballerinas II
Ages: 4–5 years

9/10–10/29	Sa	10:00–10:45 AM	$124	416574-03

Petite Ballerinas III
Ages: 5–6 years

9/10–10/29	Sa	11:00–11:45 AM	$124	416574-05

Petite Ballet
Age: 7–11 years

9/10–10/29	Sa	Noon–12:45 PM	$124	416565-01

Petite Ballerinas Performances
Perform in the Spirit of Christmas production in Greeley on 11/28. Pre-show rehearsal is 4–5:30 p.m. Showtime is 6:30 p.m. Dress rehearsal is 11/19. In lieu of class, performances are held at local retirement centers on 12/3 & 12/10. Parental help required. Dancers must have attended the September class to enroll in this class. **Note:** Participation in all performances is not required. Registration deadline is 10/15.

Location: Northside Aztlan Community Center

Petite Ballerinas I
Ages: 3–4 years

11/5–12/10	Sa	9:00–9:45 AM	$124	416574-02

Petitie Ballerinas Performance continued

Petite Ballerinas II
Ages: 4–5 years

11/5–12/10	Sa	10:00–10:45 AM	$124	416574-04

Petite Ballerinas III
Ages: 5–6 years

11/5–12/10	Sa	11:00–11:45 AM	$124	416574-06

Petite Ballet
Ages: 7–11 years

11/5–12/10	Sa	Noon–12:45 PM	$124	416565-02

General Dance

Dancin' Dumplin's
Introduction to dance rhythms, movement, tumbling, and creativity. Confidence results from this fun-filled class. **Note:** Class will not be held on 11/22, 11/25.

Age: 3 years
Location: Foothills Activity Center

9/2–9/16	F	10:15–11:00 AM	$25	416755-01
9/23–10/14	F	10:15–11:00 AM	$33	416755-02
10/18–11/8	Tu	11:30–12:15 PM	$33	416755-03
10/21–11/11	F	10:15–11:00 AM	$33	416755-04
11/15–12/13	Tu	11:30–12:15 PM	$33	416755-05
11/18–12/16	F	10:15–11:00 AM	$33	416755-06

Age: 4–5 years
Location: Foothills Activity Center

9/2–9/16	F	9:00–10:00 AM	$33	416755-07
9/23–10/14	F	9:00–10:00 AM	$44	416755-08

Age: 5–7 years
Location: Mulberry Pool

8/30–9/13	Tu	5:45–6:45 PM	$33	416755-09
9/20–10/11	Tu	5:45–6:45 PM	$44	416755-10

Dancin' Dumplin's Recital
An extended version of our regular Dancin' Dumplin's class. Ends with a recital given for friends and family. Class focus is on the recital performance. Recital is on a Saturday afternoon in the winter; 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. Class will not be held on 11/22, 11/23, and 11/25.

Age: 4–5 years
Location: Foothills Activity Center

10/19–12/14	W	9:30–10:30 AM	$103	416759-01
10/21–12/16	F	9:00–10:00 AM	$103	416759-02

Age: 5–7 years
Location: Mulberry Pool

10/18–12/13	Tu	5:45–6:45 PM	$103	416759-03

GK GYMNASTICS

Recreational Gymnastics

Parent/Tot Classes
$50/month

Preschool Classes
$70/month for one hour

Beginner Classes
$70/month for one hour
$120/month for 90 minutes

Competitive Gymnastics

All levels of USAG
Boys and Girls

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

Just Dance

Combination dance class including a ballet warm-up for technique, gymnastics for alignment, and jazz dance combos for rhythm.

Age: 7–8 years
Location: Foothills Activity Center

8/31–9/14	W	6:00–7:00 PM	$33	416757-01
9/21–10/12	W	6:00–7:00 PM	$44	416757-02

Just Dance Recital

Combination dance class including a ballet warm-up for technique, gymnastics for alignment, and jazz dance combos for rhythm. Focus is on the recital performance held on a Saturday afternoon in the winter; date and time to be announced during class. **Note:** Class will not be held on 11/23.

Age: 7–8 years
Location: Mulberry Pool

10/19–12/14	W	6:00–7:00 PM	$103	416754-01

Kids Creative Movement

Build confidence, fitness, and connection with breath and feelings. Drum, journal, dance, practice yoga, and learn two choreographed songs to be performed on the last day of the session. Bring your yoga mat and be ready to move.

Age: 8–12 years
Location: Mulberry Pool

9/27–11/1	Tu	4:30–5:30 PM	$54	416271-01

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. Flexibility, balance, coordination, and self-confidence are developed. Age appropriate skills are taught. **Note:** Class will not be held on 9/5, 11/21, 11/23, 11/24.

Location: Foothills Activity Center

Age: 4–5 years

8/29–9/26	M	4:15–5:15 PM	$44	416779-01
8/31–9/14	W	4:15–5:15 PM	$33	416779-02
9/21–10/12	W	4:15–5:15 PM	$44	416779-03
10/3–10/24	M	4:15–5:15 PM	$44	416779-04
10/19–11/9	W	4:15–5:15 PM	$44	416779-05
11/7–12/12	M	4:15–5:15 PM	$55	416779-06
11/16–12/14	W	4:15–5:15 PM	$44	416779-07

Age: 5–6 years

8/29–9/26	M	5:30–6:30 PM	$44	416779-08
10/3–10/24	M	5:30–6:30 PM	$44	416779-09
11/7–12/12	M	5:30–6:30 PM	$55	416779-10

Age: 6–7 years

9/1–9/29	Th	4:15–5:15 PM	$55	416779-11
10/6–11/3	Th	4:15–5:15 PM	$55	416779-12
11/10–12/15	Th	4:15–5:15 PM	$55	416779-13

Hip Hop

Hip Hop for Preschool

Beginner course to learn the fundamentals of hip hop in a fun appropriate environment. Hip hop, free style, tricks, and breakdancing incorporated.

Age: 3–5 years
Location: Club Tico

9/6–9/27	Tu	11:00–11:45 AM	$33	416161-01
10/4–10/25	Tu	11:00–11:45 AM	$33	416161-02
11/1–11/22	Tu	11:00–11:45 AM	$33	416161-03

Hip Hop Dance

Learn basic dance skills like keeping rhythm, following choreography, and developing body control with kid-friendly hip hop and funk style music and movement. **Note:** No gum. Attire: loose workout clothes and tennis shoes. Class will not be held on 10/31.

Location: Northside Aztlan Center

Age: 6–8 years

9/12–10/3	M	5:15–6:15 PM	$44	415511-01
10/17–11/14	M	5:15–6:15 PM	$44	415511-02

Age: 9–11 years

9/12–10/3	M	6:30–8:00 PM	$66	415511-03
10/17–11/14	M	6:30–8:00 PM	$66	415511-04

B-Boy Dance

Choreography? The original Hip Hop dance was freestyle! Learn the basic styles created back in the day such as waving, popping, gliding, floor work, rocking, and locking. No experience necessary. **Note:** Class will not be held on 10/22.

Location: Northside Aztlan Center

Age: 6–8 years

9/10–10/8	Sa	1:30–2:30 PM	$55	415510-01
10/15–11/19	Sa	1:30–2:30 PM	$55	415510-02

Age: 9–11 years

9/10–10/8	Sa	3:00–4:30 PM	$55	415510-03
10/15–11/19	Sa	3:00–4:30 PM	$55	415510-04

Starz Dance

Danni Bronze Starz Clinic

Parents and students meet the coach and go over all information for the season format. After the meet and greet, children run through several tutorials on different dance styles.

Age: 3–5 years
Location: Foothills Activity Center

9/3	Sa	11:00 AM–Noon	No Fee	406700-01
9/10	Sa	11:00 AM–Noon	No Fee	406700-02

Danni Silver/Gold Starz Clinic

Parents and students meet the coach and go over all information for the season format. After the meet and greet, children run through several tutorials on different dance styles. Towards the end of class, children are placed in either Silver or Gold Starz.

Age: 6–15 years
Location: Foothills Activity Center

9/3	Sa	12:30–2:00 PM	No Fee	406701-01
9/10	Sa	12:30–2:00 PM	No Fee	406701-02

Danni's Starz Dance Team

Become part of a team and learn skills in three different dance styles including jazz, ballet, and hip hop. Gain dance knowledge, social skills, team building skills. Participate in a few in town performances, as well as an amazing dance holiday recital at the end of the session. **Note:** Class will not be held on 10/8, 11/26.

Location: Foothills Activity Center

Age: 3–5 years
Danni's Bronze Stars

9/17–12/17	Sa	1:30–2:30 PM	$136	406702-01

Age: 6–15 years
Danni's Silver Stars

9/17–12/17	Sa	2:30–3:30 PM	$136	406702-02

Danni's Gold Stars

9/17–12/17	Sa	3:30–4:30 PM	$136	406702-03

Tap

Tappin' Dumplin's

In this variation of our traditional Dancin' Dumplin's, explore a little tap dancing, as well as dance steps, movement, tumbling, and creativity. Attire: leotard and tights, or t-shirts and shorts. Tap shoes encouraged; loaner shoes may be available from instructor. Class will not be held on 11/25.

Location: Mulberry Pool

Age: 4–5 years

9/2–9/16	F	11:15 AM–Noon	$25	416756-01
9/23–10/14	F	11:15 AM–Noon	$33	416756-02
10/21–11/11	F	11:15 AM–Noon	$33	416756-03
11/18–12/16	F	11:15 AM–Noon	$33	416756-04

Age: 4–6 years

8/30–9/13	Tu	4:15–5:15 PM	$25	416756-05
9/20–10/11	Tu	4:15–5:15 PM	$33	416756-06

Tappin' Dumplin's Recital

Extended version of our regular Tappin' Dumplin's class; ends with a recital given for friends and family. Focus is on the recital performance held on a Saturday afternoon in the winter Attire: leotard and tights, or t-shirt and shorts and tap shoes. Price includes recital costume. Class will not be held on 11/25.

Age: 4–6 years
Location: Mulberry Pool

10/18–12/13	Tu	4:15–5:15 PM	$103	416758-01

Tumbling

Just Tumbling

Learn basic tumbling skills. Incorporate your new skills into a mini-floor exercise routine. **Note:** Class will not be held on 11/24.

Age: 7–8 years
Location: Foothills Activity Center

9/1–9/29	Th	6:00–7:15 PM	$41	416778-01
10/6–11/3	Th	6:00–7:15 PM	$41	416778-02
11/10–12/15	Th	6:00–7:15 PM	$41	416778-03

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 children ages 3 years & older are Child Without Parent Classes. Classes in which parents are required or permitted to attend are listed in the Child With Parent Classes on page 43.

It is recommended that children enrolled in classes without a 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.

Early Learning classes are partially discountable for those who qualify unless otherwise noted.

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 Programming

Funtime Discovery

Discover arts and crafts, creative play, letter/number recognition, and gym time in this fun transitional class. Please note age requirements. Previous class experience recommended. **Note:** Class will not be held on 10/15.

Age: 2.5–3.5 years

Location: Northside Aztlan Center

9/6–9/29	Tu,Th	9:30–11:30 AM	$84	417503-01
10/4–10/27	Tu,Th	9:30–11:30 AM	$73	417503-02
11/1–11/17	Tu,Th	9:30–11:30 AM	$63	417503-03

Funtime for Preschoolers

Participate in arts and crafts, storytelling, science, math, pre-reading, creative play/dramatics, and gym play. Children must have turned 3 by 9/15/2016. Previous class experience recommended. **Note:** Class will not be held on 10/13, 1/16, 2/13, 2/24, 3/13, 3/14, 3/14, 3/15, 3/16, 3/17, 4/7.

Age: 3–4 years

Location: Northside Aztlan Center

8/30–10/6	Tu,Th	9:30 AM–Noon	$157	417501-01
10/11–11/17	Tu,Th	9:30 AM–Noon	$144	417501-02
11/29–12/15	Tu,Th	9:30 AM–Noon	$79	417501-03
1/11–2/17	M,W,F	9:30 AM –Noon	$197	117501-01
2/20–4/5	M,W,F	9:30 AM –Noon	$210	117501-02
4/10–5/19	M,W,F	9:30 AM –Noon	$236	117501-03

Funtime Pre-K

Develop fundamental kindergarten readiness skills. Curriculum focus is on small-motor skills, literacy, emerging reading/writing and pre-math skills, arts and crafts, movement/physical education, drama, and development of social skills. Children must be 4 by 9/15/2016. **Note:** Class will not be held on 9/5, 9/23, 10/14, 11/11, 1/16, 2/13, 2/24, 3/13, 3/14, 3/14, 3/15, 3/16, 3/17, 4/7.

Age: 4–5 years

Location: Northside Aztlan Center

8/29–10/7	M,W,F	9:30 AM–Noon	$210	417500-01
10/10–11/18	M,W,F	9:30 AM–Noon	$210	417500-02
11/28–12/16	M,W,F	9:30 AM–Noon	$118	417500-03
1/11–2/17	M,W,F	9:30 AM–Noon	$197	417500-04
2/20–4/5	M,W,F	9:30 AM–Noon	$210	417500-05
4/10–5/19	M,W,F	9:30 AM–Noon	$236	417500-06

General Programming

Lunch Bunch Enrichment

Kids! 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 9/23.

Age: 4–6 years

Location: Northside Aztlan Center

10/10–11/14	M	Noon–2:00 PM	$45	417509-02
11/28–12/12	M	Noon–2:00 PM	$23	417509-03
10/12–11/16	W	Noon–2:00 PM	$45	417509-05
11/30–12/14	W	Noon–2:00 PM	$23	417509-06
9/16–10/7	F	Noon–2:00 PM	$23	417509-07
10/21–11/18	F	Noon–2:00 PM	$30	417509-08
12/2–12/16	F	Noon–2:00 PM	$23	417509-09

Curious Twos

Direct your attention to games, crafts, and stories while away from Dad and Mom. **Note:** Class will not be held on 10/13.

Age: 2 years

Location: Mulberry Pool

9/6–9/29	Tu,Th	9:30–10:30 AM	$42	417204-01
9/6–9/29	Tu,Th	11:00–Noon	$42	417204-02
10/4–10/27	Tu,Th	9:30–10:30 AM	$37	417204-03
10/4–10/27	Tu,Th	11:00–Noon	$37	417204-04
11/1–11/17	Tu,Th	9:30–10:30 AM	$31	417204-05
11/1–11/17	Tu,Th	11:00 AM–Noon	$31	417204-06

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

10/5–10/19	W	10:00–11:30 AM	$30	418508-01

Little Yogis
Explore movement through animated poses, games, art, music, and breathing exercises that help to strengthen coordination and build body awareness. Bark in downward dog, hiss in cobra, and take a yoga journey you'll never forget.

Age: 3–5 years
Location: KidsCrave Yoga, 4206 S. College Ave., #107

9/2–9/23	F	10:00–10:45 AM	$38	417955-01
9/30–10/21	F	10:00–10:45 AM	$38	417955-02
10/28–11/18	F	10:00–10:45 AM	$38	417955-03

Once Upon A Time in the Kitchen
Cook foods featured in your favorite books.

Age: 3–5 years
Location: Northside Aztlan Center

9/16	F	9:30–11:00 AM	$20	417522-01
9/30	F	9:30–11:00 AM	$20	417522-02
10/21	F	9:30–11:00 AM	$20	417522-03
11/4	F	9:30–11:00 AM	$20	417522-04

Preschool Tools
Under close supervision, practice using real tools.

Age: 3–5 years
Location: Mulberry Pool

Hammers

9/19	M	1:00–2:00 PM	$12	417256-01

Preschool Tools continued

Screws

10/10	M	1:00–2:00 PM	$12	417256-02

Take-it-apart

11/7	M	1:00–2:00 PM	$12	417256-03

Pretend with Friends
Play pretend, make new friends, and discover more about yourself and the world.

Age: 3–5 years
Location: Mulberry Pool

Camping

9/16	F	1:00–2:30 PM	$12	417250-01

Fairies & Gnomes

10/7	F	1:00–2:30 PM	$12	417250-03

Pizza Parlor

10/21	F	1:00–2:30 PM	$12	417250-04

Construction Site

11/4	F	1:00–2:30 PM	$12	417250-05

Recycle Center

11/18	F	1:00–2:30 PM	$12	417250-06

When I Grow Up
Using themed props and dress-up clothes, exercise your imagination trying out different grown-up jobs.

Age: 3–5 years
Location: Mulberry Pool

Firefighter

9/26	M	1:00–2:30 PM	$10	417244-01

Veterinary Hospital

10/17	M	1:00–2:30 PM	$10	417244-02

Builders & Bulldozers
Help build and destroy life size structures. Class includes dramatic play and arts and crafts.

Age: 3–6 years
Location: Northside Aztlan Center

10/6	Th	1:00–2:30 PM	$14	417553-01

Disney Delights
This Disney themed is class absolutely delightful. Have fun with crafts, games, music, and story time.

Age: 3–6 years
Location: Mulberry Pool

Frozen

9/12	M	1:00–2:30 PM	$12	417240-01

Minions

10/3	M	1:00–2:30 PM	$12	417240-02

Tangled

10/24	M	1:00–2:30 PM	$12	417240-03

Hospital Helpers
Specifically designed for those who love to help. Simulate what it is like to be a doctor or nurse and learn how to take care of minor cuts, scrapes, and bruises.

Age: 3–6 years
Location: Northside Aztlan Center

9/13–9/27	Tu	1:00–2:30 PM	$30	417545-01

Pinkalicious
There can never be too much pink. Have fun with arts and crafts, cupcakes, and Pinkalicious stories.

Age: 3–6 years
Location: Northside Aztlan Center

10/27	Th	1:00–2:30 PM	$14	417537-01

I Want to be a Scientist
Find out what it's like to be a scientist. Conduct hands-on investigations and discover the world of science.

Age: 3–6 years
Location: Northside Aztlan Center

Astronomy				
9/7	W	10:00–11:30 AM	$16	417507-01
Oceanography				
9/14	W	10:00–11:30 AM	$16	417507-02
Veterinary Medicine				
9/21	W	10:00–11:30 AM	$16	417507-03
Crazy Concoctions				
9/28	W	10:00–11:30 AM	$16	417507-04
Magnets				
10/26	W	10:00–11:30 AM	$16	417507-05
Entomology				
11/2	W	10:00–11:30 AM	$16	417507-06
Flight				
11/9	W	10:00–11:30 AM	$16	417507-07
Zoology				
11/16	W	10:00–11:30 AM	$16	417507-08

A Pirates Life for Me
Jump aboard Matey! Help our crew search and find the hidden treasure. Class includes dramatic play and arts and crafts.

Age: 3–6 years
Location: Northside Aztlan Center

10/4–10/18	Tu	1:00–2:30 PM	$30	417551-01

Playdough World
Spend time creating scented, edible, and even glow in the dark play dough. Also create your very own play dough world.

Age: 3–6 years
Location: Northside Aztlan Center

9/15–9/29	Th	1:00–2:30 PM	$30	417547-01

Secret Agents
Create spy tools and work as a team to solve the mystery. Class includes dramatic play, arts and crafts, and stories.

Age: 3–6 years
Location: Northside Aztlan Center

11/1–11/15	Tu	1:00–2:30 PM	$30	417552-01

Sofia the First
Join Sofia in finding out what it is like to be a princess.

Age: 3–6 years
Location: Northside Aztlan Center

10/20	Th	1:00–2:30 PM	$14	417536-01

Super Heroes
Create your very own super hero and dress up and play like legendary super heroes.

Age: 3–6 years
Location: Northside Aztlan Center

11/3–11/17	Th	1:00–2:30 PM	$30	417548-01

Ultimate Fort Making
Create a fort using blankets, towels, parachutes, boxes, hula hoops, floor mats, and anything else we can round up.

Age: 3–6 years
Location: Northside Aztlan Center

10/25	Tu	1:00–2:30 PM	$14	417539-01

Child with Parent Classes

Ages: 0–4 years

Baby Gym
Crawl on mats and through tunnels, play with balls and blocks, or challenge yourself on the soft obstacle course. **Note:** Registration not required. Children must be accompanied by an adult. $2.50 per child. No cost for adults.

Age: 0 years–18 months
Location: Foothills Activity Center

9/12–12/12	M	9:30–11:30 AM	$2.50	417799-01
Location: Northside Aztlan Center				
9/9–12/16	F	9:30–11:30 AM	$2.50	417599-01

Tot Gym
Balls, blocks, a mini obstacle course, and other activities are set up for you and your youngsters to enjoy together. **Note:** Registration not required. Children must be accompanied by an adult. $2.50 per child. No fee for adults. Class will not be held on 9/23, 10/14, 11/11, 11/23, 11/25.

Age: 0–5 years
Location: Foothills Activity Center

9/7–12/16	W,F	10:00 AM–Noon	$2.50	417798-01
Location: Northside Aztlan Center				
9/6–12/15	Tu,Th	10:00 AM–Noon	$2.50	417598-01

Splish Splash Playgroup

Participate in arts and crafts, music, social time, and pool play. This is a great opportunity for parents to meet other parents and let your children of the same age socialize and play.

Age: 12 months–2 years
Location: Mulberry Pool

9/9–9/30	F	10:00–11:30 AM	$32	417290-01
10/7–10/28	F	10:00–11:30 AM	$32	417290-02
11/4–11/18	F	10:00–11:30 AM	$32	417290-03

Shake, Rattle, & Roll

Sing and play simple games, finger plays, and instruments. **Note:** Class will not be held on 10/16.

Age: 12 months–3 years
Location: Foothills Activity Center

9/15–9/29	Th	9:30–10:15 AM	$24	417775-01
10/6–10/27	Th	9:30–10:15 AM	$24	417775-02
11/3–11/17	Th	9:30–10:15 AM	$24	417775-03

Toddlertime

Focus on creativity and imagination in this combination of fitness games, activities, stories, crafts, and movement.

Age: 15 months–2 years
Location: Mulberry Pool

9/26–10/3	M	11:00–11:45 AM	$16	417262-01
10/24–10/31	M	11:00–11:45 AM	$16	417262-02
11/21–11/28	M	11:00–11:45 AM	$16	417262-03

bring on the FUN!

WELCOME TO
BASE Camp

When school is out, BASE Camp is in!

- Quality, safe, and affordable before- and after-school programming
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Fort Collins, CO 80524

Contact Info
(p) (970) 266-1734
(f) (970) 377-9865

Online
mybasecampkids.org
facebook.com/mybasecampkids

Small hands, Big Messy Art

Have a ball making a mess and getting your hands into some shaving cream, flubber, and playdough.

Age: 18 months–2 years
Location: Mulberry Pool

9/12–9/19	M	11:00–11:45 AM	$16	417285-01
10/10–10/17	M	11:00–11:45 AM	$16	417285-02
11/7–11/14	M	11:00–11:45 AM	$16	417285-03

Baby Ballerinas

Explore body movement and awareness in this fun and imaginative class.

Age: 2 years
Location: Club Tico

9/6–9/27	Tu	9:00–9:45 AM	$33	417196-01
10/4–10/25	Tu	9:00–9:45 AM	$33	417196-02
11/1–11/22	Tu	9:00–9:45 AM	$33	417196-03

Little Explorers

Science, movement, arts and crafts, and music -all of your favorite toddler classes rolled into one. Experience a different kind of class each week.

Age: 2 years
Location: Mulberry Pool

9/12–9/19	M	9:30–10:30 AM	$16	417261-01
10/10–10/17	M	9:30–10:30 AM	$16	417261-02
11/7–11/14	M	9:30–10:30 AM	$16	417261-03

Mother Hubbard's Crafts and Cupboard

Play in the kitchen with themed, hands-on activities. Participate in cooking, arts and crafts, and story time.

Age: 2 years
Location: Northside Aztlan Center

Mini Pies				
9/23	F	10:00–11:00 AM	$16	417571-01
Farmers Market				
10/7	F	10:00–11:00 AM	$16	417571-02
Mini Carmel Apples				
10/28	F	10:00–11:00 AM	$16	417571-03
Turkey Treats				
11/18	F	10:00–11:00 AM	$16	417571-05

Parent and Tot Science

Explore the world of science with your little one by making fun concoctions for the bathtub.

Age: 2–3 years
Location: Mulberry Pool

9/26–10/3	M	11:00–11:45 AM	$16	417260-01
10/24–10/31	M	11:00–11:45 AM	$16	417260-02
11/21–11/28	M	11:00–11:45 AM	$16	417260-03

Roly Polys

Discover the world of gymnastics by working on agility, flexibility, strength, and coordination using balance beams, swing bars, parallel bars, and a mini tramp. **Note:** Class will not be held on 9/5, 11/24, 11/23.

Location: Foothills Activity Center

Age: 2 years

8/29–9/26	M	10:00–10:45 AM	$33	417795-01
8/29–9/26	M	11:05–11:50 AM	$33	417795-02
8/30–9/13	Tu	11:30 AM–12:15 PM	$25	417795-03
8/31–9/14	W	10:30–11:15 AM	$25	417795-04
9/20–10/11	Tu	11:30 AM–12:15 PM	$33	417795-05
9/21–10/12	W	10:30–11:15 AM	$33	417795-06
10/3–10/24	M	10:00–10:45 AM	$33	417795-07
10/3–10/24	M	11:05–11:50 AM	$33	417795-08
10/20–11/10	Th	11:30 AM–12:15 PM	$33	417795-09
10/31–11/14	M	10:00–10:45 AM	$25	417795-10
10/31–11/14	M	11:05–11:50 AM	$25	417795-11
11/17–12/15	Th	11:30 AM–12:15 PM	$33	417795-12
11/28–12/12	M	10:00–10:45 AM	$25	417795-13
11/28–12/12	M	11:05–11:50 AM	$25	417795-14

Age: 3 years

8/29–9/26	M	9:00–9:45 AM	$33	417795-15
8/31–9/14	W	9:30–10:15 AM	$25	417795-16
9/1–9/15	Th	11:30 AM–12:15 PM	$25	417795-17
9/21–10/12	W	9:30–10:15 AM	$33	417795-18
9/22–10/13	Th	11:30 AM–12:15 PM	$33	417795-19

Roly Polys continued

10/3–10/24	M	9:00–9:45 AM	$33	417795-20
10/19–11/9	W	11:15 AM–Noon	$33	417795-21
10/31–11/14	M	9:00–9:45 AM	$25	417795-22
11/16–12/14	W	11:15 AM–Noon	$33	417795-23
11/28–12/12	M	9:00–9:45 AM	$25	417795-24

S.T.E.M. Together

Explore S.T.E.M) activities related to Science, Technology, Engineering, and Mathematics. Age: 3–5 years

Location: Northside Aztlan Center

Airplanes/launchers				
9/7	W	1:00–2:30 PM	$12	417563-01
Building Bridges				
9/21	W	1:00–2:30 PM	$12	417563-02
Marble Maze				
10/5	W	1:00–2:30 PM	$12	417563-03
Airplanes/launchers				
10/19	W	1:00–2:30 PM	$12	417563-04
Building Bridges				
11/2	W	1:00–2:30 PM	$12	417563-05
Marble Maze				
11/16	W	1:00–2:30 PM	$12	417563-06

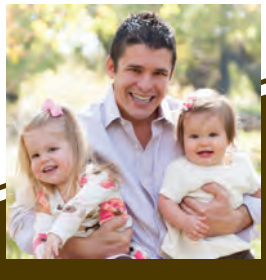
Call now to schedule a FREE screening for your toddler!

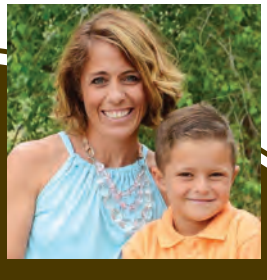
*24 months & under for patients without insurance

Come see Dr. Joe Guido and Dr. Katie Rusnak!

We are excited to add a third doctor to our team, Dr. Shivaun McArtor!

Mountain Kids
PEDIATRIC DENTISTRY





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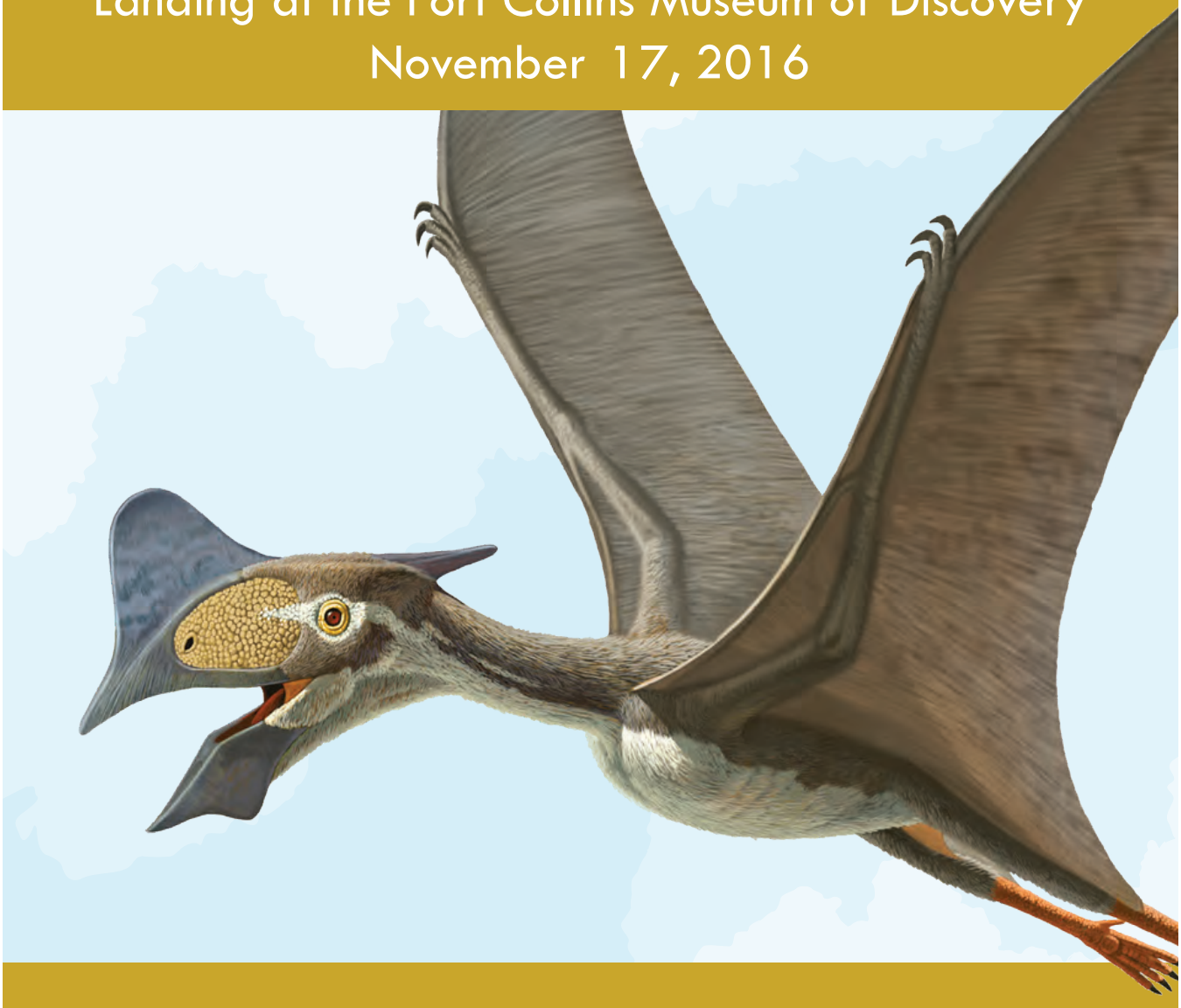
Landing at the Fort Collins Museum of Discovery
November 17, 2016



PTEROSAURS

FLIGHT IN THE AGE OF DINOSAURS

www.prehistoricair.com

Pterosaurs: Flight in the Age of Dinosaurs is organized by the American Museum of Natural History, New York (www.amnh.org).

FORT COLLINS
MUSEUM OF
DISCOVERY

408 Mason Court
Fort Collins, CO
970.221.6738
www.fcmod.org

Education

Interested in learning a new skill? City of Fort Collins Recreation offers educational classes that range from cooking an exotic dish, to mastering a technology skill, to being a hero with life-saving skills.

If you are registering for a class that involves food preparation and/or consumption, please note food allergies when registering.

Adult Programming

CPR & First Aid

Hands Only CPR

The American Heart Association estimates that effective bystander CPR, provided immediately after sudden cardiac arrest, can double or triple a person's chance of survival. Learn compression only CPR and about the Pulse Point app and its tie to the Fort Collins community.

Age: 18 years & up
Location: Senior Center

9/8	Th	1:00–2:00 PM	No Fee	407481-01
10/12	W	1:00–2:00 PM	No Fee	407481-02
11/10	Th	1:00–2:00 PM	No Fee	407481-03

CPR & First Aid

Learn basic first aid procedures, as well as adult, child, and infant CPR. Great for daycare providers. Two certificates from the Emergency Care Safety Institute-AAOS are issued at the end of the class. Book included.

Age: 14 years & up
Location: Senior Center

9/10	Sa	9:00 AM–5:00 PM	$77	407441-01
10/15	Sa	9:00 AM–5:00 PM	$77	407441-02
11/5	Sa	9:00 AM–5:00 PM	$77	407441-03

CPR Professional

Learn skills for adult, child, and infant CPR including the use of a 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.

Age: 16 years & up
Location: Senior Center

9/14	W	5:30–9:30 PM	$77	407442-01
10/12	W	5:30–9:30 PM	$77	407442-02
11/9	W	5:30–9:30 PM	$77	407442-03

Wilderness First Aid

Learn about 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 will be completed and is valid for three years. Book included. Class not discountable.

Age: 18 years & up
Location: Senior Center

11/8–11/10	Tu,Th	5:30–9:30 PM	$155	407443-01
11/12	Sa	9:00 AM–5:00 PM		

Cooking

Cooking Around the World

Learn about a new country each week through its cuisine. Recipes are simple, include adaptations using locally available ingredients, and are designed for convenience. Meals take 30 minutes to prepare. Vegetarian options available; if needed, eggs can be made optional, too. All supplies are included.

Age: 13 years & up
Location: Senior Center

9/6–9/27	Tu	6:30–7:30 PM	$50	407436-01

Indian Fusion
Learn to mix and match traditional recipes with common local ingredients and how easy it is to spice up every day 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

9/8	Th	6:00–8:30 PM	$35	407424-01

Curry in a Hurry
American efficiency meets the authentic Indian curry. Make curry in the modern world using three different styles of 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.

Age: 18 years & up
Location: Senior Center

9/21	W	6:00–8:30 PM	$35	407425-01

Healthy Ethiopian Dishes
Learn some basic cooking techniques and explore Ethiopian ingredients such as fresh herbs, grains, and spices. Meals are vegetarian. 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

9/28	W	6:00–8:30 PM	$35	407426-01

Zen and the Art of Street Food
All it takes for the great masters on the streets of this world is a tiny stove, elementary tools, and an immersion into the soul and Zen of the food. Recipes are vegan friendly.

Age: 18 years & up
Location: Senior Center

10/11	Tu	6:00–8:30 PM	$35	407427-01

World Curries
Discover curries from around the world. All recipes are vegan friendly. Menu: Indian eggplant vindaloo, Caribbean mixed vegetable curry, Indonesian tofu rending, and Jamaican plantains.

Age: 18 years & up
Location: Senior Center

10/20	Th	6:00–8:30 PM	$35	407428-01

Root Vegetables 101
Learn fun and easy ways to cook a variety of root vegetables, which happen to be high in beta-carotene and vitamin C—two highly effective antioxidants. Menu: creamy beet dip, hearty root soup, and curried lentil and root vegetable stew.

Age: 18 years & up
Location: Senior Center

10/24	M	6:00–8:30 PM	$35	407429-01

Dal 101 Indian Style Lentils
Dal, a Sanskrit name that refers to all pulses, legumes, and their derivatives, still forms the mainstay of the amino acid (protein) supply to the largely vegetarian Indian subcontinent. In addition to being high in protein, lentils also contain a copious amount of essential dietary fiber, vitamins, and minerals. Menu: a popular lentil appetizer, spinach and lentil curry (saag), and lentil stew served over basmati rice.

Age: 18 years & up
Location: Senior Center

10/26	Tu	6:00–8:30 PM	$35	407431-01

Tacos Non Traditionale
Explore some awesome vegetarian versions of a taco with exotic fillings like jackfruit, eggplant, sweet potato, and cauliflower paired with spices from around the world. All recipes are gluten-free and vegan friendly.

Age: 18 years & up
Location: Senior Center

11/2	W	6:00–8:30 PM	$35	407430-01

Thanksgiving Side Dishes
Impress your family and friends with these easy, delicious, and healthy sides for your holiday gathering. All recipes are gluten-free, dairy-free, and vegan friendly. Menu: guilt-free spinach/artichoke dip, roasted brussel sprouts, homemade cranberry sauce, parsnip mashed potatoes, and very festive wild rice salad.

Age: 18 years & up
Location: Senior Center

11/7	M	6:00–8:30 PM	$35	407432-01

Thai Cooking, 1st Course
Who needs take out when you can make your favorite Thai dishes at home? Learn how to use authentic ingredients to prepare and cook Thai food. Menu: jungle curry (a Thai curry from the forested areas of northern Thailand), turmeric chicken, taro sticky rice ball, Thai dipping sauce, and rice.

Age: 18 years & up
Location: Senior Center

9/14	W	6:00–8:30 PM	$35	407433-01

Thai Cooking, 2nd Course
Cook Thai food with variety of noodles - from street food to fusion food. Learn how to pick, prepare, and cook with ingredients to make a Thai meal. Menu: Yum Woon Sen, spicy spaghetti, and sticky rice.

Age: 18 years & up
Location: Senior Center

10/4	Tu	6:00–8:30 PM	$35	407434-01

General

Creative Writing

Learn techniques to become a better writer, as well as take an honest look at the changing field of publishing and agents in the digital age. Participate in writing exercises, learn from others, and receive critique, suggestions, and direction.

Age: 18 years & up
Location: Senior Center

9/15–10/20	Th	7:00–8:00 PM	$40	407457-01

Intuitive Journaling Overview

Explore a tool for personal development that instigates access to inner wisdom at a deeper level. Learn journaling techniques using the intuitive function of the brain. Perfect for the beginner and an opportunity for 'alums' to practice and learn more.

Age: 18 years & up
Location: Senior Center

9/19	M	6:00–8:00 PM	$20	407458-01

Fly Cheap, Stay Cheap, Travel Cheap

Learn the secrets of traveling in grand style on a limited budget. Discover how to obtain great deals on airfares, accommodations, cruises, entertainment and creative lodging ideas – 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

9/29	Th	6:00–8:00 PM	$50	407476-01
10/31	M	6:00–8:00 PM	$50	407476-02

How to be a Travel Writer: The Easy Way

Turn a passion for travel and writing into a career in travel journalism and see the world for free. A veteran travel photojournalist shares insider steps to get started. **Note:** $25 book included, but can be discounted at time of registration.

Age: 18 years & up
Location: Senior Center

10/1	Sa	9:00 AM–Noon	$60	407477-01
11/5	Sa	9:00 AM–Noon	$60	407477-02

Parenting Series

Workshops are for families with young children 2–8 years old.

Nurturing Your Child's Self Esteem

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

Age: 18 years & up
Location: Senior Center

9/14	W	6:30–8:30 PM	$20	407470-01

The Language of Encouragement

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

Age: 18 years & up
Location: Senior Center

9/28	W	6:30–8:00 PM	$20	407471-01

Effective Discipline

Effective discipline helps the child make better choices. Rewards and punishments have a faster impact, but research reveals negative outcomes. Learn to handle behavior challenges in ways that encourage cooperation, form agreements, and introduce problem solving. This approach helps the child develop skills for life.

Age: 18 years & up
Location: Senior Center

10/12	W	6:30–8:30 PM	$20	407472-01

The Four Mistaken Goals of Misbehavior

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

Age: 18 years & up
Location: Senior Center

10/26	W	6:30–8:30 PM	$20	407473-01

Importance of Emotional Intelligence

Emotional and social intelligence are said to be more important than IQ in contributing to a person's happiness and success. Learn strategies to help children develop abilities to identify, understand, and manage emotions positively to relieve stress, communicate effectively, overcome challenges, and defuse conflict.

Age: 18 years & up
Location: Senior Center

11/2	W	6:30–8:30 PM	$20	407474-01

Developing the Culture of the Family

Culture is defined as rituals and traditions passed down from one generation to another. By exploring the best from the past, you will see how to create a new legacy. Family meetings are powerful and support family life. Involving children offers them a deeper sense of self-worth, bonding, and personal power.

Age: 18 years & up
Location: Senior Center

11/16	W	6:30–8:30 PM	$20	407475-01

Pet Care

Good Dogs Out on the Town

Learn the latest dog training techniques while having fun teaching your dog to be more attentive and obedient. This class prepares you and your dog for exploring all that Fort Collins has to offer. Practice what you have taught your dog during field trips.

Location: Edora Pool Ice Center

9/13–10/18	Tu	5:30–6:30 PM	$80	407462-01

Technology

iPhone Photography

If you own an iPhone, then you have a powerful tool for taking amazing photos. Your device is capable of so many incredible functions. Discover picture-taking secrets and learn how to properly compose, take beautiful panoramas, and time lapse videos. After exploring the most useful apps, go outside to practice.

Age: 18 years & up
Location: Senior Center

9/30	F	6:00–9:00 PM	$50	407419-01
11/4	F	6:00–9:00 PM	$50	407419-02

Blogging for Passion or Profit

Want to have total creative control of your website? No need to hire an expensive web developer. Learn how to create your own WordPress blog with your own domain name and hosting. Create unlimited pages and edits; no programming experience needed.

Age: 18 years & up
Location: Columbine Health Computer Lab

9/28–10/26	W	7:30–8:30 PM	$45	407901-01

Blogging Lab

An optional extension of the Blogging for Passion or Profit class. Students apply the lessons covered in class with guidance from the instructor. A great way to practice your most common WordPress blogging tasks and build your website with confidence.

9/29–10/20	Th	7:30–8:30 PM	$40	407901-02

Facebook for Beginners

Ever get frustrated trying to figure out Facebook? Learn to build a meaningful network to 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

10/5–10/26	W	6:15–7:15 PM	$45	407905-01

Classes as listed below provided by Front Range PC Users Group

Excellent and 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

10/1	Sa	9:00 AM–Noon	$14	407406-01

Gizmos & Gadgets

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

Age: 18 years & up
Location: Senior Center

10/29	Sa	9:00 AM–Noon	$14	407407-01

Computer Basics

This class provides basic computer terminology for anyone who has never used a computer. Begin with a non-technical discussion of basic computer use. Writing letter, using email, and use the internet to listen to music and watch movies.

Age: 18 years & up
Location: Columbine Health Computer Lab

9/6–9/9	Tu–F	10:00 AM–Noon	$19	407902-01

Excel Introduction

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

Age: 18 years & up
Location: Columbine Health Computer Lab

9/10	Sa	8:30 AM–12:30 PM	$14	407903-01

Beginning Word v. 2010

An introduction, using hands-on exercises, to word processing basics such as file management and text formatting. Expand into the lesser known, but useful features such as tables and mail merge.

Age: 18 years & up
Location: Columbine Health Computer Lab

9/17–9/24	Sa	8:30 AM–12:30 PM	$24	407909-01

Having Fun with Windows

Learn basic terms and tools of Windows 7 and 10. Participate in hands-on exercises that demonstrate working with windows, menus, and files, plus how to customize. Hear 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

10/8–10/15	Sa	8:30 AM–12:30 PM	$25	407916-01

Youth Programming

School's Out Day

While school is out, have fun with arts and crafts, gym time, and movies with friends. **Note:** Please bring a lunch and a water bottle.

Grade: Kindergarten–5
Location: Northside Aztlan Center

10/13	Th	8:00 AM–5:00 PM	$44	416597-01
10/14	F	8:00 AM–5:00 PM	$44	416597-02

Lego Club

Get together with other Lego enthusiasts, share ideas, and use your imagination to create your own Lego masterpieces. Afterschool snack provided.

Age: 6–10 years
Location: Foothills Activity Center

9/14–9/28	W	4:30–6:00 PM	$20	418746-01
10/5–10/19	W	4:30–6:00 PM	$20	418746-02
10/26–11/9	W	4:30–6:00 PM	$20	418746-03

Go-Kart Camp

Be a safe, educated Go-Kart driver focused on skills that transfer to the everyday driving world. Participants who demonstrate driving competence after this experience are given a Fort Fun Drivers Permit, allowing them to drive independently on their future paid visits.

Age: 8–12 years
Location: Fort Fun

9/3	Sa	8:00–10:00 AM	$29	416989-01
9/17	Sa	8:00–10:00 AM	$29	416989-02
9/24	Sa	8:00–10:00 AM	$29	416989-03

Babysitting Bootcamp

A comprehensive skills-based camp for youth looking to get the knowledge and confidence to be great babysitters. Topics include: business practices, leadership principles, discipline and communication, safe play, basic care for infants and children, and disaster preparedness.

Age: 11–16 years
Location: Northside Aztlan Center

9/23	F	Noon–8:00 PM	$75	415522-01
10/11–10/12	Tu,W	4:00–8:00 PM	$75	415522-02
11/29–11/30	Tu,W	4:00–8:00 PM	$75	415522-03

Teen Crazy Cake Club

Share your passion for baking by trying out new recipes while interacting with other teens. The first class will have a lesson plan. Following classes decide recipes.

Age: 12–15 years
Location: Northside Aztlan Center

9/10–9/24	Sa	1:00 PM–2:30 PM	$55	415556-01
10/8–10/22	Sa	1:00 PM–2:30 PM	$55	415556-02
11/5–11/19	Sa	1:00 PM–2:30 PM	$55	415556-03

Teen Chef Club

Share your passion for cooking by trying out new recipes while interacting with other teens. The first class will have a lesson plan. Following classes decide recipes.

Age: 12–15 years
Location: Northside Aztlan Center

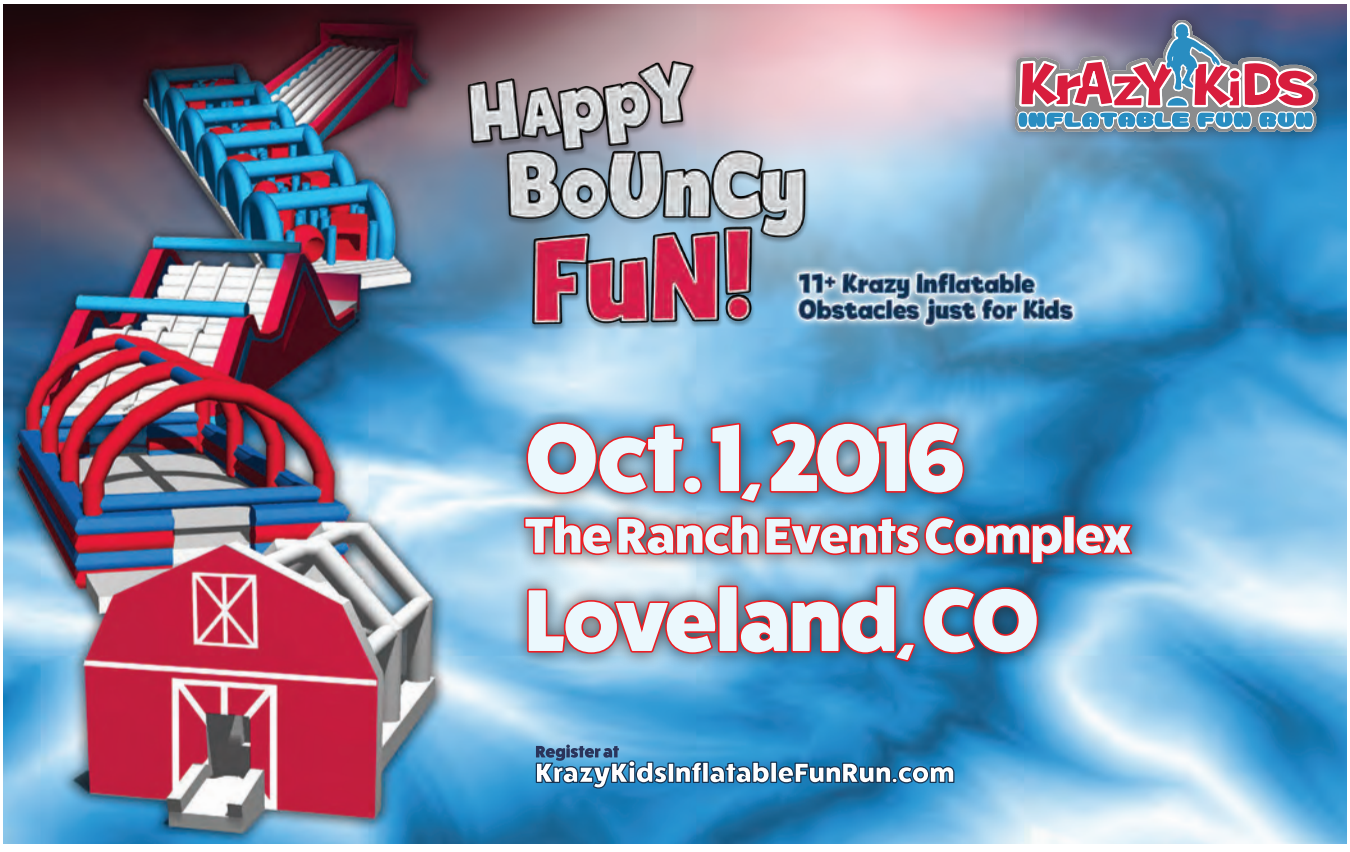
Latin				
9/10–9/24	Sa	11:00 AM–12:30 PM	$55	415555-01
Asian				
10/8–10/22	Sa	11:00 AM–12:30 PM	$55	415555-02
European				
11/5–11/19	Sa	11:00 AM–12:30 PM	$55	415555-03

Teen After School Programs

Classes below include free tutoring along with access to 8 computers beginning at 3 p.m. each day. **Note:** Class will not be held on 10/31. Contact 970.221.6729 with questions.

Age: 12–15 years
Location: Northside Aztlan Center

STEM				
9/5–10/3	M	4:00–5:30 PM	$45	415524-01
10/10–11/14	M	4:00–5:30 PM	$45	415524-02
9/7–10/5	W	4:00–5:30 PM	$45	415524-11
10/12–11/9	W	4:00–5:30 PM	$45	415524-12
Crafters				
9/5–10/3	M	4:00–5:30 PM	$45	415524-03
10/10–11/14	M	4:00–5:30 PM	$45	415524-04
Crazy Chefs				
9/6–10/4	Tu	4:00–5:30 PM	$45	415524-05
10/11–11/8	Tu	4:00–5:30 PM	$45	415524-06
Board Game				
9/6–10/4	Tu	4:00–5:30 PM	$45	415524-07
10/11–11/8	Tu	4:00–5:30 PM	$45	415524-08
Digital Photo				
9/7–10/5	W	4:00–5:30 PM	$45	415524-09
10/12–11/9	W	4:00–5:30 PM	$45	415524-10
Crazy Cakes				
9/8–10/6	Th	4:00–5:30 PM	$45	415524-13
10/13–11/10	Th	4:00–5:30 PM	$45	415524-14
B-Boy				
9/8–10/6	Th	4:00–5:30 PM	$45	415524-15
10/13–11/10	Th	4:00–5:30 PM	$45	415524-16



Youth Engineers

Age: 10–15 years
Location: Foothills Activity Center

Build a Lego Engine

Future engineers, come learn all about engines. Take apart real lawn mower engines to see how they work. Learn about gears, motion, pistons, valves, and spark plugs. Then, build a LEGO engine that really works and that you get to keep.

9/13–9/27	Tu	4:00–5:00 PM	$58	415773-01

Build a Catapult

Learn about energy and the laws of motion. Then, build and test your very own working catapults that you get to keep and take home.

9/15–9/29	Th	4:00–5:00 PM	$58	415773-02

Build a Drone

Learn to fly a real remote control drone. First, learn how and why drones fly. Then, learn to fly and practice your skills, including taking off and landing, hovering, forward flight, reverse flight, and flying through obstacles. All drones and supplies provided.

10/4–10/18	Tu	4:00–5:00 PM	$58	415773-03

Electronics Lab

Learn about circuits, what electronic parts do, and how to solder. Then, build a noise maker that uses light and electricity to produce sounds. Best of all, you get to keep the circuit that you build.

10/6–10/20	Th	4:00–5:00 PM	$58	415773-04

Build a Hovercraft

Learn what makes a hovercraft work, including friction, momentum, air pressure, and Newton's laws of motion. Then, build your very own battery operated hovercraft. All materials provided and each student gets to keep their hovercraft.

10/25–11/8	Tu	4:00–5:00 PM	$58	415773-05

Build a Dart Blaster

This is no ordinary Nerf dart blaster. Experiment with store bought blasters to learn what makes them work. Then, build and test your very own blaster that you get to keep and take home.

10/27–11/10	Th	4:00–5:00 PM	$58	415773-06

The Farm

All programs are held at The Farm unless otherwise noted.

Adopt an Animal

Anyone can adopt an animal at The Farm and become its "parent." As an adoptive parent, you help 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 3–8 year old. Call The Farm or stop by during open hours to reserve your date. Payment 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 1930s. Guess what the "mystery tool" is and how it was used. Then, test your "farm strength" by lifting a bale of hay with and without the aid of a pulley system.

Pony Club

Pony Club members have exclusive access to the pony gang during special Pony Club hours. A monthly fee of $20 is charged with additional fees for some activities. To be in Pony Club you must have completed at least one of The Farm's Pony Camps. This program is primarily active in the summer.

Fall Activities

Hayrides

Go on a scenic hayride along the Poudre River. The tractor drawn hayride takes you for a 20 minute loop down to the river and back to The Farm. Children must be accompanied by a paying adult. Paid admission to The Farm is required.

Age: All

10/1–10/22	Sa	11:30 AM–12:30 PM	$2.50
10/1–10/23	Sa,Su	1:30–2:30 PM	$2.50
10/1–10/23	Sa,Su	3:00–4:00 PM	$2.50

Pumpkin Patch

Get into the season and come to The Farm for yet another reason. Pumpkins are sold by the pound; head to the barn where they can be found. **Note:** The Pumpkin Patch is closed 10/28, 10/29, 10/30. Pumpkins are sold during open hours at The Farm. However, groups are welcome to reserve a time any day to purchase their pumpkins.

Age: All

10/1–10/31	W–Sa	10:00 AM–5:00 PM	No Fee
10/1–10/31	Su	Noon–5:00 PM	No Fee

Child without Parent Classes

Little Peepers

Explore the barnyard by gathering eggs, milking a cow, and reading stories in the hayloft.

Age: 3 years

8/25–9/8	Th	9:00–10:00 AM	$29	408610-01
8/25–9/8	Th	10:15–11:15 AM	$29	408610-02
9/20–10/4	Tu	9:00–10:00 AM	$29	408610-03
9/20–10/4	Tu	10:15–11:15 AM	$29	408610-04
9/21–10/5	W	9:00–10:00 AM	$29	408610-05
9/21–10/5	W	10:15–11:15 AM	$29	408610-06

After School Farmers

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

Age: 6–10 years

9/7–9/28	W	4:00–5:30 PM	$39	408601-01

Pee Wee Farmers

Learn what life on a farm is like through hands-on experience. Milk a cow, gather eggs, help make your own snack, and ride the ponies.

Age: 4–5 years

8/23–9/13	Tu	1:30–3:00 PM	$39	408606-01
8/24–9/14	W	9:30–11:00 AM	$39	408606-02
8/24–9/14	W	1:30–3:00 PM	$39	408606-03
8/25–9/15	Th	1:30–3:00 PM	$39	408606-04
8/26–9/16	F	9:30–11:00 AM	$39	408606-05
8/26–9/16	F	1:30–3:00 PM	$39	408606-06

Child with Parent Classes

Farm Chores

Discover what a morning on a farm is like. Join the farmer for a round of chores which includes feeding the animals and milking a cow. This is a family activity; your registration includes up to 4 people. Special treats included when the chores are done.

Age: All

9/11	Su	8:30–9:30 AM	$34	408615-01
9/18	Su	8:30–9:30 AM	$34	408615-02

Li'l Dumplin' Farmers

Meet the animals at the Farm, and help with farm chores such as gathering eggs and milking a cow. After the chores are finished, enjoy a picnic with the animals. **Note:** Class will not be held on 9/5.

Age: 2 years

8/22–9/12	M	11:00 AM–Noon	$30	408609-01
9/19–10/3	M	11:00 AM–Noon	$30	408609-02

Li'l Dumplin's & Beyond

Participate in all of The Farm's favorite chores plus a few added touches. Along with gathering eggs, milking a cow, and riding the ponies, create a mini-scrapbook using pictures taken during class. Souvenir t-shirt included. **Note:** Class will not be held on 9/5.

Age: 2 years

8/22–9/12	M	9:30–10:30 AM	$44	408624-01
9/19–10/3	M	9:30–10:30 AM	$44	408624-02

Pony Riding Lessons

Round 'em up and bring those cowpokes to The Farm to learn how to groom and saddle a pony. Lead your child's pony as the basics of riding are taught.

Age: 3–5 years

9/20–9/29	Tu,Th	1:30–2:30 PM	$58	408614-01
9/21–9/30	W,F	1:30–2:30 PM	$58	408614-02
9/3–9/24	Sa	9:15–10:15 AM	$58	408614-03

The Great Pumpkin

All things pumpkin-Charlie Brown style. Hang out in the barn for a story, snacks, and making of a classic Peanuts costume. You might even find the Great Pumpkin. **Note:** One adult per child. Class is partially discountable.

Age: 4–6 years

10/8	Sa	9:00–10:00 AM	$15	408635-01

Milk and Cookies Storytelling

Included with your admission enjoy milk, cookies and interactive storytelling performed by local storytellers. Milk is donated by our friends at Morning Fresh Dairy.

Age: All

7/15	F	10:30 AM–11:30 AM	No Fee
7/29	F	10:30 AM–11:30 AM	No Fee

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Fort Collins West
1830 Laporte Avenue • Fort Collins, CO 80521

Fitness

General Information
It is recommended that your physician be consulted before beginning any exercise program. If you are 55 years and 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.

Foothills Activity Center
We're excited to announce our new Foothills Activity Center! Visit Foothills Activity Center, located at the recently renovated mall, Foothills, and try fitness classes being hosted at the new facility. You can see classes being hosted at Foothills Activity Center on page 58.

Class Specifics
Senior Center offers fitness classes to those ages 18 years and up unless otherwise noted.

Northside Aztlan Community Center and Foothills Activity Center offer fitness classes for those ages 16 years and up unless otherwise noted.

For teen and youth fitness classes, see page 63.

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 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 a 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 Eldora Pool 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 David Wimmer at 970.224.6026, *dwimmer@fcgov.com* or Aaron Harris at 970.416.2225, *aharris@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

Yvonne Hanning
970.449.3460

Dominick Jones
970.481.2416

Deborah Knobel
970.221.6256

Terence Lenoir-Legros
970.889.4101

Tess Pasternak
970.694.2629

Mary Sewell Homan
970.213.0510

Adult Fitness

Aerobics

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

Athletic Conditioning

Be Ski Fit H
Discussion and exercise focused on specific strengthening needs for skiers of all ages and levels. Bring an exercise mat if you have one. Provider: Stuart Peterson, PT, specialist in Outpatient Rehab Therapy Services and expert skier at PVH.

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.

Bosu Conditioning
"Both Sides Utilized." The BOSU, the half dome blue ball, offers tons of new toning exercises not only stationary, but in a fat burning format. Combine both cardio exercises and a variety of sculpting and balance techniques on and off the BOSU. A great challenge for all levels.

CrossTrain
An intense workout that maximizes strength and agility. Use kettle bells, plyo boxes, ropes, and more to work every muscle in your body. Every workout is totally different, keeping your body guessing and forcing it to stay at its peak

Lose to Win
Designed to help you lose weight. If you have seen the Biggest Loser on TV and wondered if you could do something like that, here is your chance. Class includes a variety of exercises that are geared to burn fat and gain confidence.

Mom Fit: Boot Camp
Drop off your kiddo/s in "Fun and Fitness" from 9:30–11:30 a.m. and find time for your health and heart in Total Body Boot Camp offered from 10–11 a.m. Class is a mix of cardio, weight circuits, stretching, and more. Keep your body guessing and improving.

PowerTrain
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 and forcing it to stay at its peak.

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

TRX Body Blast
TRX is a suspension fitness system that helps build balance, muscle strength, and flexibility. TRX is perfect for all fitness levels; adjust your straps to increase or decrease the difficulty of every exercise.

Dance

Zumba
Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program. Routines feature interval training sessions where fast and slow rhythms are combined to tone and sculpt your body while burning fat.

Zumba – Vida Sana
This Zumba class accepts Vida Sana passes. Vida Sana is a call for collaboration to unite for the health equity and wellbeing of the low income communities in Fort Collins. Vida Sana is a health movement desiring to bring communities together to improve health. Apply for a Vida Sana pass at Northside.

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

General

Essentrics – Classic
Essentrics fitness is movement to music using circular patterns though 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.

Group Lift – Vida Sana
Group weight lifting and weight room use. This class accepts Vida Sana passes. Vida Sana is a health movement desiring to bring communities together to improve health. Apply for a Vida Sana pass at Northside. Participants must register.

Group Track – Vida Sana
Walking class around track. This class accepts Vida Sana passes. Vida Sana is a health movement desiring to bring communities together to improve health. Apply for a Vida Sana pass at Northside. Participants must register.

Nia
Claim wellness and explore 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. Advance registration strongly encouraged. All levels welcome.

Pound Rockout Workout
Combine cardio, conditioning, and core work with drumming using lightly weighted drumsticks called Ripsticks. Rock your entire body into shape while burning calories, strengthening muscles, and improving coordination and balance.

Martial Arts

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

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
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.

Taijifit
A mind/body exercise that combines the best of traditional Taiji (Tai Chi) with modern western fitness. There are no routines to learn or choreography to remember. More than exercise, TaijiFit is a moving mediation, a shield against disease, and a dance of flow.

Pilates

Mat Pilates
Gain flexibility, muscle strength, definition, and core balance by learning correct posture and alignment through a series of body movements.

Spin

Spin & Tone
Spin & Tone includes the same challenging workout that other Group Spin classes offer, but with an additional toning segment either throughout the class or at the end. Great for cardiovascular training and total body strengthening.

Strength & Toning

Barre Fitness
Leave your ballet shoes at home; this fat-burning class turns classic ballet on its head. Utilize a mix of ballet barre movements, stretching, and Pilates-based core exercises to sculpt, strengthen, and stretch the entire body in an intelligent and safe way.

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

Cardio, Core, & More (H)
A 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. Target the entire body. Perfect for those who are looking to improve overall body condition.

Strength & Tone
Designed to develop strength and flexibility in people who want to tone without an aerobic workout. The equipment provides different levels of difficulty. Sculpt your body without pounding your joints. Designed to develop strength and flexibility in people who want to tone without an aerobic workout.

Sculpt & Tone
Mixing Barre, Pilates, yoga, strengthening, and toning techniques, 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 Training
Increase muscle strength, bone mass and stamina. The first class of each session includes an orientation to training principals and equipment.

Yoga

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

Yoga, Beginning
By practicing yoga breathing and physical exercises, participants gain physical strength, tone, flexibility, and stamina. Participants may also experience a sense of inner calm.

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

Laughter Yoga (H)
Laughter Yoga is a series of simple yet profound exercises based on the philosophy of acting happy. Feel good by engaging the body in physical actions of happiness and relaxation, i.e.: laughter and deep breathing.

Restorative Yoga
Restorative yoga is a pleasant way to relax and soothe frayed nerves. Using blankets and blocks to prop students in passive poses, experience the benefits of a pose without having to exert much or any effort. During the practice open, release, and connect with self-healing.

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

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 touched on. Advanced beginner level with modifications offered. Class is suitable for beginning and intermediate students.

Therapeutic Yoga
Slow moving, directed yoga to improve specific health conditions and body issues.

Vinyasa 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.

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

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.

Youth & Family Fitness

Athletic Conditioning

Teen Boot Camp
Embrace the adult exercises with a format for teens. Learn proper movement when performing a variety of old and new exercises. Beginner to intermediate levels welcome. Enjoy a good workout and see improvements in strength, flexibility, and stamina.

General

Smart Fit Girls
This 10 week program for adolescent girls aims at improving physical and mental wellbeing. Girls participate in physical activity with a focus on strength training. Also discuss topics including nutrition, bullying, and self-love, all while building friendships.

Yoga

Family Yoga
Take this opportunity to explore yoga with your baby or toddler. Both child and guardian benefit physically, emotionally, and mentally with 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 is flat rate for up to three participants.

Intro Yoga 4 Kids (H)
Yoga comes to life in this fun and creative class designed to stimulate a young child's growing curiosity. Playful yoga poses, animated breathing exercises, and imaginative relaxation techniques, teach ages 3–5 years about their budding bodies. Enhance motor development, balance, coordination, and play skills.

Kids Yoga
This is a yoga class for ages 4–12 years. Embrace the same concepts as our Slow Flow Hatha Yoga in a kid-friendly way.

Teen Yoga
A yoga class for beginner to intermediate level teenagers ages 13–16 years. Embraces the same concepts as our Slow Flow Hatha Yoga, but is designed for teens.

Fitness Schedule

Adult Fitness

Club Tico

Dance

Zumba
Class will not be held on 11/23, 11/25.

9/12–10/3	M	9:00–10:00 AM	$12	409118-01
10/10–11/7	M	9:00–10:00 AM	$15	409118-02
11/14–12/12	M	9:00–10:00 AM	$15	409118-03
9/7–10/5	W	9:00–10:00 AM	$15	409118-04
10/12–11/9	W	9:00–10:00 AM	$15	409118-05
11/16–12/14	W	9:00–10:00 AM	$12	409118-06
9/9–10/7	F	9:00–10:00 AM	$15	409118-07
10/14–11/11	F	9:00–10:00 AM	$15	409118-08
11/18–12/16	F	9:00–10:00 AM	$12	409118-09

Zumba – Vida Sana
Class will not be held on 11/23, 11/25.

9/12–10/3	M	9:00–10:00 AM	No Fee	409119-01
10/10–11/7	M	9:00–10:00 AM	No Fee	409119-02
11/14–12/12	M	9:00–10:00 AM	No Fee	409119-03
9/7–10/5	W	9:00–10:00 AM	No Fee	409119-04
10/12–11/9	W	9:00–10:00 AM	No Fee	409119-05
11/16–12/14	W	9:00–10:00 AM	No Fee	409119-06
9/9–10/7	F	9:00–10:00 AM	No Fee	409119-07
10/14–11/11	F	9:00–10:00 AM	No Fee	409119-08
11/18–12/16	F	9:00–10:00 AM	No Fee	409119-09

Foothills Activity Center

Athletic Conditioning

Boot Camp
Class will not be held on 11/23, 11/24.

9/7–10/5	M,W	5:30–6:30 PM	$27	409774-01
10/10–11/9	M,W	5:30–6:30 PM	$30	409774-02
11/14–12/14	M,W	5:30–6:30 PM	$27	409774-03
9/6–10/6	Tu,Th	6:15–7:15 AM	$30	409774-04
10/11–11/10	Tu,Th	6:15–7:15 AM	$30	409774-05
11/15–12/15	Tu,Th	6:15–7:15 AM	$27	409774-06
9/10–10/8	Sa	8:30–9:30 AM	$15	409774-07
10/15–11/12	Sa	8:30–9:30 AM	$15	409774-08
11/19–12/17	Sa	8:30–9:30 AM	$15	409774-09

Bosu Conditioning
Class will not be held on 11/24.

9/6–10/6	Tu,Th	1:15–2:15 PM	$30	409778-01
10/11–11/10	Tu,Th	1:15–2:15 PM	$30	409778-02
11/15–12/15	Tu,Th	1:15–2:15 PM	$27	409778-03

Lose to Win
Class will not be held on 11/24.

9/6–10/6	Tu,Th	11:00 AM–Noon	$30	409775-01
10/11–11/10	Tu,Th	11:00 AM–Noon	$30	409775-02
11/15–12/15	Tu,Th	11:00 AM–Noon	$27	409775-03

Mom Fit: Boot Camp
Class will not be held on 11/24.

9/6–10/6	Tu,Th	9:45–10:45 AM	$30	409777-01
10/11–11/10	Tu,Th	9:45–10:45 AM	$30	409777-02
11/15–12/15	Tu,Th	9:45–10:45 AM	$27	409777-03

TRX Body Blast
Class will not be held on 11/23, 11/24.

9/7–10/5	M,W	6:15–7:15 AM	$27	409780-01
10/10–11/9	M,W	6:15–7:15 AM	$30	409780-02
11/14–12/14	M,W	6:15–7:15 AM	$27	409780-03
9/6–10/6	Tu,Th	Noon–1:00 PM	$30	409780-04
10/11–11/10	Tu,Th	Noon–1:00 PM	$30	409780-05
11/15–12/15	Tu,Th	Noon–1:00 PM	$27	409780-06

Dance

Zumba

9/6–10/4	Tu	5:30–6:30 PM	$15	409718-01
10/11–11/8	Tu	5:30–6:30 PM	$15	409718-02
11/15–12/13	Tu	5:30–6:30 PM	$15	409718-03

Pilates

Mat Pilates
Class will not be held on 11/24.

9/6–10/6	Tu,Th	8:30–9:30 AM	$30	409720-01
10/11–11/10	Tu,Th	8:30–9:30 AM	$30	409720-02
11/15–12/15	Tu,Th	8:30–9:30 AM	$27	409720-03
9/8–10/6	Th	5:30–6:30 PM	$15	409720-04
10/13–11/10	Th	5:30–6:30 PM	$15	409720-05
11/17–12/15	Th	5:30–6:30 PM	$12	409720-06

Strength & Toning

Barre Fitness
Class will not be held on 11/24.

9/6–10/6	Tu,Th	9:30–10:30 AM	$30	409734-01
10/11–11/10	Tu,Th	9:30–10:30 AM	$30	409734-02
11/15–12/15	Tu,Th	9:30–10:30 AM	$27	409734-03

Sculpt & Tone
Class will not be held on 11/23, 11/25.

9/7–10/7	M,W,F	Noon–1:00 PM	$42	409732-01
10/10–11/11	M,W,F	Noon–1:00 PM	$45	409732-02
11/14–12/16	M,W,F	Noon–1:00 PM	$39	409732-03

Strength Training
Class will not be held on 11/23.

9/7–10/5	M,W	11:00 AM–Noon	$27	409731-01
10/10–11/9	M,W	11:00 AM–Noon	$30	409731-02
11/14–12/14	M,W	11:00 AM–Noon	$27	409731-03

Yoga

Slow Flow Hatha Yoga
Class will not be held on 11/23, 11/24.

9/6–10/6	Tu,Th	7:30–8:30 AM	$30	409761-01
10/11–11/10	Tu,Th	7:30–8:30 AM	$30	409761-02
11/15–12/15	Tu,Th	7:30–8:30 AM	$27	409761-03
9/7–10/5	M,W	4:15–5:15 PM	$27	409761-04
10/10–11/9	M,W	4:15–5:15 PM	$30	409761-05
11/14–12/14	M,W	4:15–5:15 PM	$27	409761-06

Vinyasa Flow Yoga
Class will not be held on 11/23, 11/24.

9/7–10/5	M,W	9:45–10:45 AM	$27	409765-01
10/10–11/9	M,W	9:45–10:45 AM	$30	409765-02
11/14–12/14	M,W	9:45–10:45 AM	$27	409765-03
9/6–10/6	Tu,Th	6:45–7:45 PM	$30	409765-04
10/11–11/10	Tu,Th	6:45–7:45 PM	$30	409765-05
11/15–12/15	Tu,Th	6:45–7:45 PM	$27	409765-06
9/10–10/8	Sa	Noon–1:00 PM	$15	409765-07
10/15–11/12	Sa	Noon–1:00 PM	$15	409765-08
11/19–12/17	Sa	Noon–1:00 PM	$15	409765-09

Yoga Flow
Class will not be held on 11/23, 11/24.

9/6–10/6	Tu,Th	Noon–1:00 PM	$30	409762-01
10/11–11/10	Tu,Th	Noon–1:00 PM	$30	409762-02
11/15–12/15	Tu,Th	Noon–1:00 PM	$27	409762-03
9/7–10/5	M,W	6:45–7:45 PM	$27	409762-04
10/10–11/9	M,W	6:45–7:45 PM	$30	409762-05
11/14–12/14	M,W	6:45–7:45 PM	$27	409762-06
9/11–10/9	Su	8:30–9:30 AM	$15	409762-07
10/16–11/13	Su	8:30–9:30 AM	$15	409762-08
11/20–12/18	Su	8:30–9:30 AM	$15	409762-09

Northside Aztlan Community Center

Athletic Conditioning

CrossTrain
Class will not be held on 11/23, 11/25.

9/7–10/7	M,W,F	6:15–7:15 AM	$42	409571-01
10/10–11/11	M,W,F	6:15–7:15 AM	$45	409571-02
11/14–12/16	M,W,F	6:15–7:15 AM	$39	409571-03
9/7–10/7	M,W,F	Noon–1:00 PM	$42	409571-04
10/10–11/11	M,W,F	Noon–1:00 PM	$45	409571-05
11/14–12/16	M,W,F	Noon–1:00 PM	$39	409571-06

Lose to Win
Class will not be held on 11/23, 11/25.

9/7–10/7	M,W,F	9:30–10:30 AM	$42	409570-01
10/10–11/11	M,W,F	9:30–10:30 AM	$45	409570-02
11/14–12/16	M,W,F	9:30–10:30 AM	$39	409570-03

Power Train
Class will not be held on 11/24.

9/6–10/6	Tu,Th	Noon–1:00 PM	$30	409575-01
10/11–11/10	Tu,Th	Noon–1:00 PM	$30	409575-02
11/15–12/15	Tu,Th	Noon–1:00 PM	$27	409575-03
9/6–10/6	Tu,Th	6:15–7:15 AM	$30	409575-04
10/11–11/10	Tu,Th	6:15–7:15 AM	$30	409575-05
11/15–12/15	Tu,Th	6:15–7:15 AM	$27	409575-06

Total Body Boot Camp
Class will not be held on 11/24.

9/6–10/6	Tu,Th	5:30–6:30 PM	$30	409572-01
10/11–11/10	Tu,Th	5:30–6:30 PM	$30	409572-02
11/15–12/15	Tu,Th	5:30–6:30 PM	$27	409572-03

TRX Body Blast
Class will not be held on 11/24.

9/10–10/8	Sa	8:00–9:00 AM	$15	409580-01
10/15–11/12	Sa	8:00–9:00 AM	$15	409580-02
11/19–12/17	Sa	8:00–9:00 AM	$15	409580-03
9/6–10/6	Tu,Th	Noon–1:00 PM	$30	409580-04
10/11–11/10	Tu,Th	Noon–1:00 PM	$30	409580-05
11/15–12/15	Tu,Th	Noon–1:00 PM	$27	409580-06

Dance

Zumba
Class will not be held on 11/24, 11/23.

9/6–10/4	Tu	6:30–7:30 PM	$15	409518-01
10/11–11/8	Tu	6:30–7:30 PM	$15	409518-02
11/15–12/13	Tu	6:30–7:30 PM	$15	409518-03
9/8–10/6	Th	6:30–7:30 PM	$15	409518-04
10/13–11/10	Th	6:30–7:30 PM	$15	409518-05
11/17–12/15	Th	6:30–7:30 PM	$12	409518-06
9/7–10/5	W	6:30–7:30 PM	$15	409518-07
10/12–11/9	W	6:30–7:30 PM	$15	409518-08
11/16–12/14	W	6:30–7:30 PM	$12	409518-09

Zumba – Vida Sana
Class will not be held on 11/23, 11/24.

9/6–10/4	Tu	6:30–7:30 PM	No Fee	409519-01
10/11–11/8	Tu	6:30–7:30 PM	No Fee	409519-02
11/15–12/13	Tu	6:30–7:30 PM	No Fee	409519-03
9/8–10/6	Th	6:30–7:30 PM	No Fee	409519-04
10/13–11/10	Th	6:30–7:30 PM	No Fee	409519-05
11/17–12/15	Th	6:30–7:30 PM	No Fee	409519-06
9/7–10/5	W	6:30–7:30 PM	No Fee	409519-07
10/12–11/9	W	6:30–7:30 PM	No Fee	409519-08
11/16–12/14	W	6:30–7:30 PM	No Fee	409519-09

General

Essentrics – Classic
Class will not be held on 11/24, 11/26.

9/7–10/5	M,W	10:00–11:00 AM	$27	409583-01
10/10–11/9	M,W	10:00–11:00 AM	$30	409583-02
11/14–12/14	M,W	10:00–11:00 AM	$27	409583-03

Group Lift – Vida Sana
Class will not be held on 11/25.

9/6–10/4	Tu	10:30–11:30 AM	No Fee	409505-01
10/11–11/8	Tu	10:30–11:30 AM	No Fee	409505-02
11/15–12/13	Tu	10:30–11:30 AM	No Fee	409505-03
9/9–10/7	F	9:00–10:00 AM	No Fee	409505-04
10/14–11/11	F	9:00–10:00 AM	No Fee	409505-05
11/18–12/16	F	9:00–10:00 AM	No Fee	409505-06
9/9–10/7	F	3:00–4:00 PM	No Fee	409505-07
10/14–11/11	F	3:00–4:00 PM	No Fee	409505-08
11/18–12/16	F	3:00–4:00 PM	No Fee	409505-09

Group Track – Vida Sana
Class will not be held on 11/23.

9/12–10/3	M	9:30–10:30 AM	No Fee	409506-01
10/10–11/7	M	9:30–10:30 AM	No Fee	409506-02
11/14–12/12	M	9:30–10:30 AM	No Fee	409506-03
9/12–10/3	M	7:00–8:00 PM	No Fee	409506-04
10/10–11/7	M	7:00–8:00 PM	No Fee	409506-05
11/14–12/12	M	7:00–8:00 PM	No Fee	409506-06
9/7–10/5	W	6:30–7:30 PM	No Fee	409506-07
10/12–11/9	W	6:30–7:30 PM	No Fee	409506-08
11/16–12/14	W	6:30–7:30 PM	No Fee	409506-09

Pilates

Mat Pilates
Class will not be held on 11/24, 11/23.

9/6–10/6	Tu,Th	1:00–2:00 PM	$30	409520-01
10/11–11/10	Tu,Th	1:00–2:00 PM	$30	409520-02
11/15–12/15	Tu,Th	1:00–2:00 PM	$27	409520-03
9/7–10/5	W	5:30–6:30 PM	$15	409520-04
10/12–11/9	W	5:30–6:30 PM	$15	409520-05
11/16–12/14	W	5:30–6:30 PM	$12	409520-06

Spin

Spin & Tone
Class will not be held on 11/23, 11/24.

9/7–10/5	M,W	6:15–7:15 AM	$27	409551-01
10/10–11/9	M,W	6:15–7:15 AM	$30	409551-02
11/14–12/14	M,W	6:15–7:15 AM	$27	409551-03
9/6–10/6	Tu,Th	6:15–7:15 AM	$30	409551-04
10/11–11/10	Tu,Th	6:15–7:15 AM	$30	409551-05
11/15–12/15	Tu,Th	6:15–7:15 AM	$27	409551-06
9/7–10/5	M,W	5:30–6:30 PM	$27	409551-07
10/10–11/9	M,W	5:30–6:30 PM	$30	409551-08
11/14–12/14	M,W	5:30–6:30 PM	$27	409551-09

Strength & Toning

Barre Fitness
Class will not be held on 11/23.

9/7–10/5	M,W	9:00–10:00 AM	$27	409534-01
10/10–11/9	M,W	9:00–10:00 AM	$30	409534-02
11/14–12/14	M,W	9:00–10:00 AM	$27	409534-03
9/7–10/5	M,W	1:00–2:00 PM	$27	409534-04
10/10–11/9	M,W	1:00–2:00 PM	$30	409534-05
11/14–12/14	M,W	1:00–2:00 PM	$27	409534-06

Strength & Tone
Class will not be held on 11/24.

9/6–10/6	Tu,Th	12:10–12:55 PM	$30	409530-01
10/11–11/10	Tu,Th	12:10–12:55 PM	$30	409530-02
11/15–12/15	Tu,Th	12:10–12:55 PM	$27	409530-03

Strength Training
Class will not be held on 11/23, 11/24.

9/7–10/5	M,W	8:30–9:30 AM	$27	409531-01
10/10–11/9	M,W	8:30–9:30 AM	$30	409531-02
11/14–12/14	M,W	8:30–9:30 AM	$27	409531-03
9/6–10/6	Tu,Th	9:30–10:30 AM	$30	409531-04
10/11–11/10	Tu,Th	9:30–10:30 AM	$30	409531-05
11/15–12/15	Tu,Th	9:30–10:30 AM	$27	409531-06

Yoga

Restorative Yoga
Class will not be held on 11/23, 11/25.

9/7–10/5	M,W	Noon–1:00 PM	$27	409565-01
10/10–11/9	M,W	Noon–1:00 PM	$30	409565-02
11/14–12/14	M,W	Noon–1:00 PM	$27	409565-03
9/9–10/7	F	11:00 AM–Noon	$15	409565-04

Restorative Yoga continued

10/14–11/11	F	11:00 AM–Noon	$15	409565-05
11/18–12/16	F	11:00 AM–Noon	$12	409565-06

Sculpting Yoga
Class will not be held on 11/24.

9/6–10/6	Tu,Th	1:00–2:00 PM	$30	409584-01
10/11–11/10	Tu,Th	1:00–2:00 PM	$30	409584-02
11/15–12/15	Tu,Th	1:00–2:00 PM	$27	409584-03

Slow Flow Hatha Yoga
Class will not be held on 11/23, 11/24.

9/12–10/3	M	4:00–5:00 PM	$12	409561-01
10/10–11/7	M	4:00–5:00 PM	$15	409561-02
11/14–12/12	M	4:00–5:00 PM	$15	409561-03
9/6–10/4	Tu	5:00–6:00 PM	$15	409561-04
10/11–11/8	Tu	5:00–6:00 PM	$15	409561-05
11/15–12/13	Tu	5:00–6:00 PM	$15	409561-06
9/7–10/5	W	4:00–5:00 PM	$15	409561-07
10/12–11/9	W	4:00–5:00 PM	$15	409561-08
11/16–12/14	W	4:00–5:00 PM	$12	409561-09
9/8–10/6	Th	5:00–6:00 PM	$15	409561-10
10/13–11/10	Th	5:00–6:00 PM	$15	409561-11
11/17–12/15	Th	5:00–6:00 PM	$12	409561-12

Vinyasa Flow Yoga

9/10–10/8	Sa	8:00–9:00 AM	$15	409568-01
10/15–11/12	Sa	8:00–9:00 AM	$15	409568-02
11/19–12/17	Sa	8:00–9:00 AM	$15	409568-03

Yoga Flow
Class will not be held on 11/23.

9/7–10/5	W	6:30–7:30 PM	$15	409562-01
10/12–11/9	W	6:30–7:30 PM	$15	409562-02
11/16–12/14	W	6:30–7:30 PM	$12	409562-03

Yoga & Meditation
Class will not be held on 11/24.

9/6–10/6	Tu,Th	9:00–10:00 AM	$30	409569-01
10/11–11/10	Tu,Th	9:00–10:00 AM	$30	409569-02
11/15–12/15	Tu,Th	9:00–10:00 AM	$27	409569-03

Senior Center

Athletic Conditioning

Be Ski Fit

11/15	Tu	4:30–5:30 PM	$10	425414-01

Aerobics

Low Impact Aerobics
Class will not be held on 11/24.

9/6–10/6	Tu,Th	8:50–9:50 AM	$30	409401-01
10/11–11/10	Tu,Th	8:50–9:50 AM	$30	409401-02
11/15–12/15	Tu,Th	8:50–9:50 AM	$27	409401-03

Dance

Zumba

Class will not be held on 11/23.

9/12–10/3	M	5:30–6:25 PM	$12	409416-01
10/10–11/7	M	5:30–6:25 PM	$15	409416-02
11/14–12/12	M	5:30–6:25 PM	$15	409416-03
9/7–10/5	W	5:30–6:25 PM	$15	409416-04
10/12–11/9	W	5:30–6:25 PM	$15	409416-05
11/16–12/14	W	5:30–6:25 PM	$12	409416-06

Zumba Toning

9/10–10/8	Sa	9:00–10:00 AM	$15	409417-01
10/15–11/12	Sa	9:00–10:00 AM	$15	409417-02
11/19–12/17	Sa	9:00–10:00 AM	$15	409417-03

General

Nia

Class will not be held on 11/24.

9/6–10/4	Tu	5:30–6:25 PM	$15	409411-01
10/11–11/8	Tu	5:30–6:25 PM	$15	409411-02
11/15–12/13	Tu	5:30–6:25 PM	$15	409411-03
9/8–10/6	Th	6:30–7:20 PM	$15	409411-04
10/13–11/10	Th	6:30–7:20 PM	$15	409411-05
11/17–12/15	Th	6:30–7:20 PM	$12	409411-06

Pound Rockout Workout

Class will not be held on 11/23.

9/7–10/5	W	6:45–7:30 PM	$11.26	409418-01
10/12–11/9	W	6:45–7:30 PM	$11.26	409418-02
11/16–12/14	W	6:45–7:30 PM	$9	409418-03

Martial Arts

Integral Taichi

Class will not be held on 11/23, 11/25.

9/7–10/7	W,F	9:00–9:55 AM	$30	409427-01
10/12–11/11	W,F	9:00–9:55 AM	$30	409427-02
11/16–12/16	W,F	9:00–9:55 AM	$24	409427-03

Tai Chi, Beginning

9/10–10/8	Sa	12:45–1:45 PM	$15	409428-01
10/15–11/12	Sa	12:45–1:45 PM	$15	409428-02
11/19–12/17	Sa	12:45–1:45 PM	$15	409428-03

Tai Chi, Beginning Yang

Class will not be held on 11/23.

9/7–10/5	M,W	3:00–4:00 PM	$27	409430-01
10/10–11/9	M,W	3:00–4:00 PM	$30	409430-02
11/14–12/14	M,W	3:00–4:00 PM	$27	409430-03

Taijifit

Class will not be held on 11/23, 11/24.

9/7–10/5	M,W	7:00–7:45 AM	$20.25	409419-01
10/10–11/9	M,W	7:00–7:45 AM	$22.50	409419-02
11/14–12/14	M,W	7:00–7:45 AM	$20.25	409419-03
9/6–10/6	Tu,Th	3:00–3:45 PM	$22.50	409419-04
10/11–11/10	Tu,Th	3:00–3:45 PM	$22.50	409419-05
11/15–12/15	Tu,Th	3:00–3:45 PM	$20.25	409419-06

Pilates

Mat Pilates

Class will not be held on 11/25.

9/12–10/3	M	1:45–2:45 PM	$12	409408-01
10/10–11/7	M	1:45–2:45 PM	$15	409408-02
11/14–12/12	M	1:45–2:45 PM	$15	409408-03
9/9–10/7	F	8:45–9:45 AM	$15	409408-04
10/14–11/11	F	8:45–9:45 AM	$15	409408-05
11/18–12/16	F	8:45–9:45 AM	$12	409408-06

Strength & Toning

Boomer Boot Camp (H)

Class will not be held on 9/5, 11/23, 11/25.

9/5–9/28	M,W	8:00–8:50 AM	$22	425419-01
10/3–10/26	M,W	8:00–8:50 AM	$22	425419-02
10/31–11/16	M,W	8:00–8:50 AM	$17	425419-03

Cardio, Core, & More (H)

Class will not be held on 9/5, 11/23, 11/25.

9/5–9/28	M,W	9:00–9:50 AM	$22	425420-01
10/3–10/26	M,W	9:00–9:50 AM	$22	425420-02
10/31–11/16	M,W	9:00–9:50 AM	$17	425420-03

Strength Training

Class will not be held on 11/24.

9/6–10/6	Tu,Th	7:50–8:45 AM	$30	409410-01
10/11–11/10	Tu,Th	7:50–8:45 AM	$30	409410-02
11/15–12/15	Tu,Th	7:50–8:45 AM	$27	409410-03
9/6–10/6	Tu,Th	9:00–9:50 AM	$30	409410-04
10/11–11/10	Tu,Th	9:00–9:50 AM	$30	409410-05
11/15–12/15	Tu,Th	9:00–9:50 AM	$27	409410-06

Yoga

Yoga All Level

9/10–10/8	Sa	9:30–10:30 AM	$15	409470-01
10/15–11/12	Sa	9:30–10:30 AM	$15	409470-02
11/19–12/17	Sa	9:30–10:30 AM	$15	409470-03

Yoga, Beginning

Class will not be held on 11/23, 11/24.

9/6–10/6	Tu,Th	2:45–3:45 PM	$30	409463-01
10/11–11/10	Tu,Th	2:45–3:45 PM	$30	409463-02
11/15–12/15	Tu,Th	2:45–3:45 PM	$27	409463-03
9/6–10/6	Tu,Th	4:00–5:00 PM	$30	409463-04
10/11–11/10	Tu,Th	4:00–5:00 PM	$30	409463-05
11/15–12/15	Tu,Th	4:00–5:00 PM	$27	409463-06
9/6–10/6	Tu,Th	5:15–6:15 PM	$30	409463-07
10/11–11/10	Tu,Th	5:15–6:15 PM	$30	409463-08
11/15–12/15	Tu,Th	5:15–6:15 PM	$27	409463-09
9/7–10/5	W	Noon–1:00 PM	$15	409463-10
10/12–11/9	W	Noon–1:00 PM	$15	409463-11
11/16–12/14	W	Noon–1:00 PM	$12	409463-12
9/7–10/5	W	1:15–2:15 PM	$15	409463-13
10/12–11/9	W	1:15–2:15 PM	$15	409463-14
11/16–12/14	W	1:15–2:15 PM	$12	409463-15

Yoga, Advanced Beginner
Class will not be held on 11/23.

9/12–10/3	M	4:30–5:20 PM	$12	409464-01
10/10–11/7	M	4:30–5:20 PM	$15	409464-02
11/14–12/12	M	4:30–5:20 PM	$15	409464-03
9/7–10/5	M,W	5:30–6:20 PM	$27	409464-04
10/10–11/9	M,W	5:30–6:20 PM	$30	409464-05
11/14–12/14	M,W	5:30–6:20 PM	$27	409464-06
9/6–10/4	Tu	6:30–7:30 PM	$15	409464-07
10/11–11/8	Tu	6:30–7:30 PM	$15	409464-08
11/15–12/13	Tu	6:30–7:30 PM	$15	409464-09

Laughter Yoga (H)

9/10–11/19	Sa	9:00–9:45 AM	No Fee	

Therapeutic Yoga
Class will not be held on 11/24, 11/28.

9/12–10/3	M	11:00 AM–Noon	$12	409469-01
10/10–11/7	M	11:00 AM–Noon	$15	409469-02
11/14–12/12	M	11:00 AM–Noon	$15	409469-03
9/8–10/6	Th	11:00 AM–Noon	$15	409469-04
10/13–11/10	Th	11:00 AM–Noon	$15	409469-05
11/17–12/15	Th	11:00 AM–Noon	$12	409469-06
9/12–10/3	M	Noon–1:00 PM	$12	409469-07
10/10–11/7	M	Noon–1:00 PM	$15	409469-08
11/14–12/12	M	Noon–1:00 PM	$12	409469-09

Vinyasa Yoga

9/12–10/3	M	6:30–7:30 PM	$12	409471-01
10/10–11/7	M	6:30–7:30 PM	$15	409471-02
11/14–12/12	M	6:30–7:30 PM	$15	409471-03

Youth & Family Fitness

Foothills Activity Center

Athletic Conditioning

Teen Boot Camp
Class will not be held on 11/23, 11/24, 11/25.

9/7–10/7	M,W,F	6:15–7:15 AM	$42	409776-01
10/10–11/11	M,W,F	6:15–7:15 AM	$45	409776-02
11/14–12/16	M,W,F	6:15–7:15 AM	$39	409776-03
9/6–10/6	Tu,Th	3:30–4:30 PM	$30	409776-04
10/11–11/10	Tu,Th	3:30–4:30 PM	$30	409776-05
11/15–12/15	Tu,Th	3:30–4:30 PM	$27	409776-06
9/11–10/9	Su	9:45–10:45 AM	$15	409776-07
10/16–11/13	Su	9:45–10:45 AM	$15	409776-08
11/20–12/18	Su	9:45–10:45 AM	$15	409776-09

General

Smart Fit Girls
Grade: 6–8

9/13–11/17	Tu,Th	4:00–6:00 PM	$100	409766-01

Yoga

Family Yoga
Class will not be held on 11/25.

Parent/Baby Yoga
Age: 6–18 months

9/9–10/7	F	9:45–10:45 AM	$15	409760-01
10/14–11/11	F	9:45–10:45 AM	$15	409760-02
11/18–12/16	F	9:45–10:45 AM	$12	409760-03

Parent/Toddler Yoga
Age: 18 months–3 years

9/9–10/7	F	10:45–11:45 AM	$15	409760-04
10/14–11/11	F	10:45–11:45 AM	$15	409760-05
11/18–12/16	F	10:45–11:45 AM	$12	409760-06

Kids Yoga
Class will not be held on 11/25.
Age: 4–5 years

9/9–10/7	F	4:30–5:00 PM	$7.50	409764-01
10/14–11/11	F	4:30–5:00 PM	$7.50	409764-02
11/18–12/16	F	4:30–5:00 PM	$6	409764-03

Age: 6–8 years

9/9–10/7	F	5:10–5:40 PM	$7.50	409764-04
10/14–11/11	F	5:10–5:40 PM	$7.50	409764-05
11/18–12/16	F	5:10–5:40 PM	$6	409764-06

Age: 9–12 years

9/9–10/7	F	5:45–6:30 PM	$11.25	409764-07
10/14–11/11	F	5:45–6:30 PM	$11.25	409764-08
11/18–12/16	F	5:45–6:30 PM	$9	409764-09

Teen Yoga
Class will not be held on 11/25.

9/9–10/7	F	3:30–4:30 PM	$15	409763-01
10/14–11/11	F	3:30–4:30 PM	$15	409763-02
11/18–12/16	F	3:30–4:30 PM	$12	409763-03

Intro Yoga 4 Kids (H)
Age: 3–5 years

9/20	Tu	10:00–11:00 AM	No Fee	

Northside Aztlan Community Center

General

Smart Fit Girls
Grade: 6–8

9/12–11/16	M,W	4:00–6:00 PM	$100	409564-01

The Gardens on Spring Creek

All programs are hosted at the Gardens on Spring Creek unless otherwise noted. Hours and location information is on page 12. 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

Garden a'Fare Beer Tour with Odell Brewing

Hop from garden to garden and try bites from six local restaurants. Bites are made utilizing produce grown in the Garden of Eatin' and are paired with Odell beers. Silent auction, live local music, and a complimentary tasting globe glass included.

Age: 21 years & up

8/27	Sa	5:00–8:00 PM	$55/$65 after 8/21

Yoga in the Gardens

Embrace the natural setting of the botanical gardens while practicing yoga. All skill levels welcome. Bring your own water and mat.

Age: 18 years & up

9/3	Sa	8:30–9:30 AM	$10

Nature's Harvest Fest

A festival to celebrate the abundance of the season in NoCo's big backyard. The day includes butterfly releases, cooking and urban homesteading workshops, tastings of fresh produce, local artisans and food producers, live music, and family friendly activities.

9/10	Sa	9:00 AM–2:00 PM	$2 suggested donation

Halloween Enchanted Garden

Everything sweet without the candy. Celebrate the Halloween season with magical amusement and old-fashioned fun with the Talking Pumpkin, pumpkin bowling, mad scientist experiments, and games. Be sure to wear your costume.

Age: 0–8 years

10/29	Sa	10:00 AM–2:00 PM	$5 per child

Adult Programming

Classes are recommended for ages 18 years & up unless otherwise noted. Pre-registration is highly recommended. Register at *fcgov.com/gardens*.

Putting your Garden to Bed

Designed for novice gardeners. Find out what tasks should be done to put your garden to bed for the winter including what to do with your vegetable garden, perennials, trees, and shrubs to ensure beautiful and productive gardens in the spring.

9/17	Sa	10:00 AM–Noon	$10

Create your own Hypertufa Planter

Learn techniques and create a miniature version of the alpine mountains through hypertufa troughs. These cement containers are great for rock garden plants, wildflowers, and cacti. Proper soil and plant options are discussed. Materials for a trough (18 x 12 x 19") provided. This is an outdoor class; dress for the weather in old clothes.

9/17	Sa	1:00–3:00 PM	$30
			$27 Member

Natural Dyes: Introduction to Color and Methods

Explore the art of natural pigments, the history and process of using natural dyes, and different fabric dying techniques. You can bring personal items to dye, as well as take home a natural creation supplied by The Gardens.

10/8–10/15	Sa	10:00 AM–Noon	$40
			$37 Member

Basics of Preserving Safely

An overview of the basic methods of food preservation: canning, freezing, and dehydration. Learn about the equipment needed and best methods for particular food types. Samples of tasty preserved foods included.

10/8	Sa	1:30–3:30 PM	$15
			$12 Member

Pumpkin 3 Ways

Munch on roasted seeds while preparing and tasting three recipes: garlic rosemary hummus, savory soup, and no-bake cookies. **Note:** Weather permitting class is held in the outdoor kitchen.

10/15	Sa	1:30–3:30 PM	$25
			$22 Member

Mini Pumpkin Centerpieces

Create fall-themed centerpieces with a mini pumpkin or gourd, succulents, acorns, and other natural materials. All materials provided. Take home one or two completed centerpieces.

Age: 16 years & up

10/22	Sa	10:00 AM–Noon	$20
			$17 Member
10/22	Sa	1:00–3:00 PM	$20
			$17 Member

Create an Ornamental Grass Wreath

Create a beautifully unique natural grass wreath on 14" wire frame with instruction, supplies, and examples. **Note:** If you would like to use grass from your own garden, make sure it is at least 10" in length. Bring gloves.

11/5	Sa	10:00 AM–Noon	$30
			$27 Member

Easy Terrariums

Create a terrarium with instruction, supplies, and plants provided by The Gardens in this introductory class.

11/5 Sa		1:00–3:00 PM	$30
			$27 Member

Gardening Myths: Debunking with Science
Does corn gluten meal really prevent weeds? Are there boy and girl peppers? Does mulching grass clippings lead to thatch? Is pruning paint necessary following a pruning cut? Discover the facts and myths in this scientific and fun course.

11/12	Sa	10:00 AM–Noon	$18
			$15 Member

Introduction to Permaculture
Learn the basic principles and ethics of permaculture and whole systems design from a certified permaculture designer. Also work on designing plans for your own space; bring layouts, pictures, and ideas.

11/12	Sa	1:00–3:00 PM	$18
			$15 Member

Natural Lip and Hand Balms
Make your own natural lip balm and hand and heel salve at home. Materials, containers, and recipes provided. Ingredients include beeswax, olive oil, cocoa butter, apricot kernel oil, and essential oil. Take home one lip balm and one hand/heel salve.

11/19	Sa	10:00 AM–Noon	$25
			$22 Member

Zentangle® for Beginners
Zentangle® is an easy way of creating beautiful images by drawing structured patterns called tangles. It is a proven method to promote mindfulness, self-esteem, focus, relaxation, creativity, and stress relief. Instruction and materials provided for you to create an intricate and beautiful paper tile.

11/19	Sa	1:00–3:00 PM	$40
			$37 Member

Youth Programming

Read and Seed
Story time plus a fun, educational hands-on activity. Develop the school readiness skills of early language comprehension and fine motor skills through creativity, curiosity, and exploration of the natural world. **Note:** This is a child with parent class. Class will not be held on 9/5, 11/21–22. Drop-in class; registration not required. Class is not discountable.

Age: 0–5 years
Cost: $3 per child

Mondays	10:00–10:45 AM and 11:00–11:45 AM
Tuesdays	10:00–10:45 AM and 11:00–11:45 AM

September

Week of 9/5	Fresh Grape Juice
Week of 9/12	Lavender Sachet
Week of 9/19	Pond Life
Week of 9/29	Apples

October

Week of 10/3	Migrating Birds
Week of 10/10	Terrarium
Week of 10/17	Pumpkin decorations
Week of 10/24	Fall Trees
Week of 10/31	Corn Husk Dolls

November

Week of 11/7	Felted Acorns
Week of 11/14	Pumpkins
Week of 11/21	No Read and Seed this week
Week of 11/28	Herb Bundles

School's Out Day Camp
Day Camps are available during teacher workdays. Pack a lunch and spend a day gardening, cooking, crafting, and discovering. **Note:** Pre-registration required. Scholarships available.

Grade: K–5
Cost: $45 per child; scholarships are available.

9/23	F	9:00 AM–4:00 PM
10/13	Th	9:00 AM–4:00 PM
10/14	F	9:00 AM–4:00 PM
11/11	F	9:00 AM–4:00 PM

School Field Trips
Explore the science of nature and your community botanic garden with a guided program and hands-on learning activities. School field trips are available April–October to schools, homeschool groups, day cares, camps and youth groups. A variety of topics are built around grade level learning goals. Tours are $4 per child. Scholarships are available.

Birthday Parties
Enjoy 90 minutes of birthday fun in our Greenroof Shelter or classroom. Birthday parties include 30 minutes of Gardens instructor-led activities and playtime in the Children's Garden. Guests provide food, beverages, paper products, and utensils. One adult chaperone per party required. Two week advanced registration required.

Age: 2–9 years
Cost: $130 for up to 10 children

Tree Trunks
Filled to the brim with activities and materials for all ages, Tree Trunks make teaching lessons about trees successful and fun. Trunks are available for check-out. $50 refundable damage deposit required.

Scout Badge Program
Scout programs are customized to fit the needs of your troop including, but not limited to gardening, natural resources, and cooking. Programs are two hours and cost $10 per scout. One adult required per five scouts. Each program offers hands-on exploration and activities led by Gardens guides. All ages welcome. Preregistration required. Programs available year-round; gardening activities depend on weather and seasonal availability.

Health and Wellness

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 UCHealth. All services are for ages 18 years & up unless otherwise noted. Find additional Health & Wellness sponsored programs throughout the Recreator; they are denoted with a (H).

Services

Quarterly Balance Assessments

UCHealth rehabilitation staff assess balance using the STEADI system from CDC. Participants are rated in regards to fall risks and staff make suggestions based on the information obtained. 30-minute appointments.

Location: Senior Center

9/27	OT	1:00–3:00 PM	$10

Massage, Reflexology, Compression Massage

Benefit from traditional massage, reflexology, and compression massage. For those who need just enough pressure to ensure a calming and soothing sensation. Provider: Cynthia DiRaimondo.

20 minute/$20 40 minute/$40 60 minute/$60

Location: Senior Center

9/6–11/29	T	9:00 AM–1:00 PM	

Acupuncture

Stimulate healing, stress-release, and energy without pain or negative side effects. Acupuncture has been used for thousands of years to help with pain, depression, and anxiety. 45-minute appointments. Provider: LoveCo Acupuncture.

Location: Senior Center

9/7–11/30	W	10:00 AM–1:00 PM	$35

Manicures & Pedicures

Look good and feel good with spa manicure and pedicure services. Provider: Neitha Schneider, Sweetheart Nails.

Basic Manicure	$36	60 minutes
Basic Pedicure	$36	60 minutes
Spa Manicure	$54	90 minutes
Spa Pedicure	$54	90 minutes
Combo Spa	$72	120 minutes ($36 savings)

Location: Senior Center

9/7–11/30	W	10:00 AM–4:00 PM
9/8–12/1	Th	10:00 AM–4:00 PM

Blood Pressure Checks

Sit down with a registered nurse one-on-one to get blood pressure taken and ask any health-related questions. No appointment necessary. Provider: Health District.

Location: Senior Center

9/12, 10/10, 11/14	M	10:00 AM–Noon	No fee

Cholesterol Screenings

Blood pressure, cholesterol panel, and glucose tests with counseling and recommendations in 20 minutes. 8-hour fast recommended (water and medications permitted). Contact the Health District, 970.224.5209 to schedule an appointment; walk-ins accepted if space allows.

Location: Senior Center

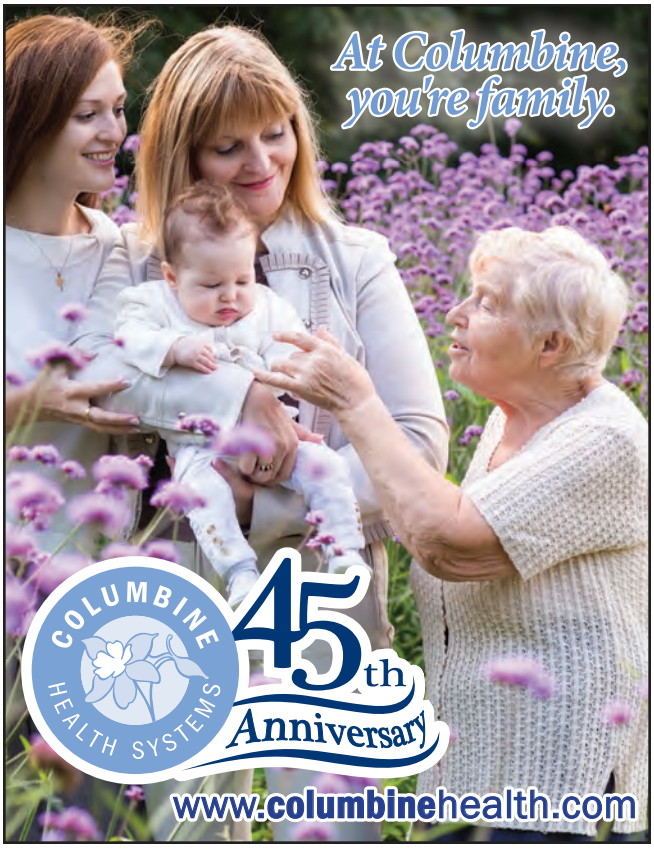
9/7	W	8:15–10:30 AM	$15
9/15, 10/20, 11/17	Th	8:15–10:30 AM	$15
9/24	Sa	8:15–10:30 AM	$15
10/4, 11/1	Tu	8:15–10:30 AM	$15

Golf Fitness Assessment

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. Bring an iron and driver. 30-minute appointments.

Location: Foothills Activity Center

9/8, 10/13, 11/10	Th	8:00–11:30 AM	$20



Fitness Check-Up
Check body fat percentage and BMI. Then, perform simple strength, cardio, and flexibility tests to determine your strengths and weaknesses. Test periodically to see changes. 45-minute appointments.

Location: Senior Center

9/19, 10/24, 11/14	M	10:00 AM–2:00 PM	$5

Location: Foothills Activity Center

9/21, 10/19, 11/16	W	2:00–6:00 PM	$5

Hearing Screening and Wax Removal
If you are experiencing ringing in the ears, have frequent exposure to loud noises, feel like your ears are clogged, or have difficulty hearing, visit with a licensed audiologist for a hearing test and review. Provider: Hearing Rehab Center of Fort Collins. 20-minute appointments.

Location: Senior Center
Senior Center

9/7, 10/5, 11/2	W	10:00 AM–Noon	No fee

Rossiter
Restore connective tissue to its natural, healthy state creating freedom from pain and increased mobility. Relieve back pain, sciatica, knee pain, hip pain, tennis elbow, plantar fasciitis, and more. Rossiter is done fully clothed and takes about 30 minutes. You must be able to get up and down off the floor. Call 970.221.6644 for days and times.

Cost: $45

Medical Education

Parkinson's Wellness Recovery
Developed by Dr. Beck Farley for those diagnosed with Parkinson's disease to improve balance and walking, and slow the progression of the disease. Designed for persons who have trouble with balance and walking in the home.

Age: 18 years & up
Location: Senior Center

9/7–10/26	W	1:00–2:00 PM	$40	425412-01

How to Stay Active as You Age
Are you hampered by foot, ankle, or lower extremity pain or injuries? Staying active in your senior years is very important for overall health and wellbeing. Learn how to deal with or treat frustrating maladies, as well as new technologies available to help you heal fast. Provider: Anderson Podiatry Center.

Age: 18 years & up
Location: Senior Center

9/13	Tu	12:30–1:30 PM	No Fee	425437-01
10/12	W	Noon–1:00 PM	No Fee	425437-02
11/8	Tu	12:30–1:30 PM	No Fee	425437-03

Balance & Fall Prevention Strategies
Discuss basic fall prevention strategies including how medication, vision, and environment impact potential for falls. Class includes information about gait, balance, and assistive devices. Provider: Specialists from UCHealth Rehabilitation Services.

Age: 18 years & up
Location: Senior Center

9/13	Tu	2:00–3:00 PM	No Fee	425417-01

Bossy Bladder
If a bossy bladder or bowel is affecting your life join Krista Covell-Pierson, Occupational Therapist certified in pelvic disorders and staff for a lecture offering tools to help you manage bladder and bowel issues.

Age: 18 years & up
Location: Senior Center

9/27	Tu	1:30–2:30 PM	$25	425445-01
11/7	M	2:00–3:00 PM	$25	425445-02

Treating Neuropathy: Advances in Medicine
For those with neuropathy, restless leg syndrome, or drop foot. Are you frustrated with the lack of sleep and mobility or are you in pain? Learn about non-drug solutions and how to reverse pain and numbness, and enjoy being active again. Provider: Anderson Podiatry Center.

Age: 18 years & up
Location: Senior Center

9/29	Th	Noon–1:00 PM	No Fee	
10/24	M	Noon–1:00 PM	No Fee	
11/17	Th	Noon–1:00 PM	No Fee	

Improving Balance thru Exercise

Discuss balance related issues from footwear, vision, weakness, posture, home modifications, and medications. This course is full of helpful information and hands-on exercises. Provider: UCHealth.

Age: 18 years & up
Location: Senior Center

10/11–11/15	Tu	9:00–10:00 AM	$35	425418-01

Know Pain, Know Gain

Don't let pain slow you down. Learn more about what causes pain, what the latest pain neuroscience has taught us, and how you can use that information to help yourself. Provider: UCHealth.

Age: 18 years & up
Location: Senior Center

10/14	F	11:00 AM–Noon	$10	425411-01

A Good Night's Sleep

One of four adults in our country report "not enough sleep" at least half of their nights. Learn why sleep is critical for our health and safety. Explore the latest research on what can help you get a good night's sleep. Provider: Dianne Grimmest, RN, BSN, M.Ed.

Age: 18 years & up
Location: Senior Center

10/13	Th	1:00–2:00 PM	$5	425441-01

Health Maintenance Manual for Men Over 50

Health planning, just like financial planning, is critical to aging well. Explore how men, age 50 and beyond, can prevent age-related illnesses unique to men and manage health conditions to enhance living longer and staying stronger. Provider: UCHealth Family Medicine Practitioner.

Age: 18 years & up
Location: Senior Center

11/14	M	6:00–7:30 PM	No Fee	425401-01

Wellness Education

Aging Mastery Program

Explore the realities of aging, making the most out of the gift of longevity and taking small steps to improve health, financial wellbeing, and quality of life. The National Council on Aging designed this class so every week expert speakers share their valuable insights on 10 key topics.

Age: All
Location: Senior Center

9/20–11/22	Tu	2:00–3:30 PM	$50	425400-01

Parkinson's Support Program

Monthly meeting of the Parkinson's Support Program in Larimer County. Open to all persons. This wellness program takes one hour, followed by groups meeting to discuss physical activity for the second hour.

Age: 18 years & up
Location: Senior Center

9/7–11/2	W	10:30 AM–12:30 PM	No Fee

Traits of Long Lived People

Fascinating and practical exploration of how your attitudes, personality, and feelings about life impact your health, happiness, wellbeing, and longevity. Provider: Fred Singer, Regis University Adjunct Professor, & author of Change Your Mind, Save Your Life: How your Mind Affects your Health & What you Can Do About It.

Age: 18 years & up
Location: Senior Center

9/7–10/5	W	10:00–11:30 AM	$25	425424-01
Location: Foothills Activity Center				
9/22–10/20	Th	7:00–8:30 PM	$25	425424-02

Conversation Project

Nine out of 10 people feel it is important to talk about end of life issues; however, less than 3 of 10 do so. Developed by journalist, Ellen Goodman, this impactful program helps get this very important conversation started before a health crisis or emergency. Also, come to the Advance Directive talk on 8/16.

Age: 18 years & up
Location: Senior Center

9/7	W	1:30–3:00 PM	No Fee

Balance Your Busy Life

Evaluate which areas of your life need attention thereby reducing stress and creating more balance. Primary areas we will focus on are: Healthy Relationships, Regular Physical Activity, a Desired Career, and Spiritual Practice.

Age: 18 years & up
Location: Senior Center

9/7	W	6:00–7:00 PM	No Fee

Enhance Wellness Class Series

Ten week program with topics on mindful eating, mind-body connection, stress, health management, sleep, exercise, and how to evaluate what you find on-line. Provider: UCHealth.

Age: 18 years & up
Location: Senior Center

9/8–11/10	Th	10:00–11:00 AM	$25	425442-01

5 Wishes – Advanced Care Planning

Discuss the importance of clarifying choices in relation to end of life (for all ages). The 5 Wishes document provides the opportunity to have a thoughtful and organized conversation guided by a registered nurse. Each participant is given the 5 Wishes booklet. Provider: Pathways.

Age: 18 years & up
Location: Senior Center

9/12	M	1:00–2:00 PM	No Fee

21st Century Psychiatry

Virtually everyone has had close contact with a person experiencing a mental disorder. This class, taught by a retired board certified psychiatrist, educates participants about mental disorders and the current state of understanding and treatment.

Age: 18 years & up
Location: Senior Center

9/12–10/10	M	2:30–4:00 PM	$35	425433-01

Life Reimagined Check Up

Life is full of checkups - our health, finances, cars, and pets. How about a checkup for life? During this session, hit the pause button, take a break, reflect on what's happening, and consider "What's next?" An AARP program for anyone at any age who wants to pursue a passion.

Age: 18 years & up
Location: Senior Center

9/13	Tu	9:30–11:30 AM	No Fee

Location: Northside Aztlan Center

10/18	Tu	1:30–3:30 PM	No Fee

Location: Foothills Activity Center

11/3	Th	9:30–11:30 AM	No Fee

Effective Communication Strategies

Caregivers learn to decode verbal and behavioral communication by someone with Alzheimer's or another dementia. Leave with strategies for meaningful connection with people in early, middle, and late stage dementia.

Age: 18 years & up
Location: Foothills Activity Center

9/13	Tu	10:00 AM–Noon	No Fee

Ready, Steady, Balance

From exercise demos, to informative fall prevention sessions, there is a little something for everyone at this fun event. Empower yourself and loved ones with knowledge of how to keep safe and fall free. Visit *fallpreventionnoco.com*.

Age: 18 years & up
Location: Senior Center

9/17	Sa	9:00 AM–Noon	No Fee

The Ageless Soul

Learn about how the challenges of aging can impact one's mental wellness, which in turn can affect friendships, family relationships, community interaction, and physical health. Discover how cultivating your strengths and resources can increase integrity and lessen feelings of despair.

Age: 18 years & up
Location: Senior Center

9/22	Th	10:00–11:00 AM	No Fee

Tai Chi Chih

The soft, gentle movements of Ta'i 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.

Age: 18 years & up
Location: Senior Center

9/27–11/15	Tu	1:00–2:00 PM	$80	425430-01

Making it Stick

Behavior changes rarely stick the first time around. Yet, knowledge of the behavior change process can help alter the dynamic of our efforts. Explore the stages of change and how to assess and address the impediments that get us stuck. Learn practical strategies to enhance your confidence and motivation.

Age: 18 years & up
Location: Senior Center

9/29	Th	10:00–11:00 AM	No Fee

Humor & Caregiving

Discover the value of finding humor in the serious role of care giving. Celebrate the humor of the moment with your family member or client. Join Yvonne Myers of Columbine Health Systems as she discusses ways to allow laughter back into your life.

Age: 18 years & up
Location: Senior Center

10/4	Tu	9:00–10:30 AM	No Fee

Know the 10 Signs

If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection of Alzheimer's disease gives you a chance to enroll in clinical studies, begin drug treatment, and plan for the future.

Age: 18 years & up
Location: Northside Aztlan Center

10/7	F	Noon–2:00 PM	No Fee

Get Your Advanced Directives Done

Learn about living wills and medical health care directives and be given a chance to complete these documents. Also discuss end of life issues and the importance of letting your loved ones know your plans.

Age: 18 years & up
Location: Senior Center

10/11	Tu	9:30–11:00 AM	No Fee

Boost Your Immunity

It's no secret that boosting your immune system helps to 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. Provider: Kellie Falbo of Peak Health & Wellness.

Age: 18 years & up
Location: Senior Center

10/11	Tu	6:00–7:00 PM	No Fee

Palliative Care & Hospice

Knowledge is powerful when navigating healthcare; you need choices and education on all options of care. Explore the importance of these specialty services as a registered nurse discusses the difference between these two types of care. Join Pathways as we "demystify" the stigma of hospice.

Age: 18 years & up
Location: Senior Center

10/13	Th	10:00–11:00 AM	No Fee	

Medicare Updates 2017

Changes to your Medicare Prescription Drug Plan (PDP's) and Medicare Advantage Plans can be made from 10/15–12/7. Prepare with an overview of changes to plans and to Medicare in general. Provider: UCHealth Aspen Club Medicare counselors.

Age: 18 years & up
Location: Senior Center

10/17	M	10:00–11:30 AM	No Fee	

Understanding your Body/Mind

Can you really bring about change in your body by the intentional use of your mind? Discover a systematic approach to using mindfulness to improve your health and quality of life.

Age: 18 years & up
Location: Senior Center

10/17–11/14	M	2:30–4:00 PM	$35	425434-01

Tame Stress: A Mindful Map

Stress and negative self-thoughts can be our constant companions. Learn how to tame our "inner gremlins" with the help of our four practices that constitute our Mindful MAP. Learn practical strategies to help bring greater calm, awareness, and self-compassion into your daily life.

Age: 18 years & up
Location: Foothills Activity Center

10/20	Th	Noon–1:00 PM	No Fee	

Navigating Health Care

Learn about the health care system to better understand how to navigate. Topics include: insurance, strategies to get better information from your doctor, transitions in care, future changes, and where to go for help. Provider: Presented by Anna Von Dreele, MSW Care Manager, Columbine Health Systems.

Age: 18 years & up
Location: Senior Center

10/25	Tu	10:00–11:00 AM	No Fee	

Brain Games with Rich

Rich Shipman from the UC Health Aspen Club shares some of his favorite brain/memory games that work many sides of the brain, plus create laughter and fun. Get ready for left/right brain activities and games that stimulate your senses while firing off those neurons.

Age: 18 years & up
Location: Senior Center

11/1	Tu	9:00–10:30 AM	$5	425406-01

Go Wish Game & Discussion

Thought provoking and engaging card game and discussion that has been developed as a way to talk about what matters most to you in your end-of-life choices.

Age: 18 years & up
Location: Senior Center

11/2	W	1:30–3:00 PM	No Fee	

Achieve Your Health Goals

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, improving sleep, how these things are interrelated, and how to start putting your personal health and wellness first.

Age: 18 years & up
Location: Senior Center

11/2	W	6:00–7:00 PM	No Fee	

Dementia: A Loss Like No Other

A registered nurse from Pathways leads a discussion on the grief that dementia caregivers deal with on a daily basis. By understanding how you grieve in relation to the different stages of dementia, find peace in honoring the process.

Age: 18 years & up
Location: Senior Center

11/9	W	10:00–11:00 AM	No Fee	

Aspen Laughter Club Fun

We know that laughter has so many therapeutic values and is tied to health and healing. Get ready for fun laughter exercises and activities designed to lift your spirit and get your blood pumping. Provider: Jill Taylor, UCHealth Aspen Club.

Age: 18 years & up
Location: Senior Center

11/11	F	2:00–3:00 PM	$5	425471-01

Arthritis Support Group

A quarterly group designed to offer information and support for those who have arthritis, their family members, friends and/or caregivers. Learn more, find related resources, meet people, network, and share experiences. Register with the Aspen Club, 970.495.8560.

Age: 18 years & up
Location: Senior Center

11/14	M	11:00 AM–12:30 PM	No Fee	

Positive Brain Change

Change your brain to benefit your health and wellbeing. Explore the concept of positive neuroplasticity and experiment with short mindfulness practices that can help us savor positive experiences and re-wire our brains towards a more present and open state.

Age: 18 years & up
Location: Senior Center

11/17	Th	Noon–1:00 PM	No Fee	

ABC's of Home Care

Learn the basics of home care and how you can benefit from it. Discuss why you might consider home care and its services, as well as what your insurance may cover. Provider: Columbine Poudre Home Care & Bloom at Home.

Age: 18 years & up
Location: Senior Center

11/29	Tu	10:00–11:00 AM	No Fee

Nutrition

Living with Low Sodium

Lower sodium food choices are a key part of a heart healthy diet and can better manage symptoms associated with congestive heart failure. Join Jenifer Bowman, MS, RD, Cardiac Dietitian with UCHealth to help get started with your low sodium diet.

Age: 18 years & up
Location: Senior Center

10/27	Th	10:30 AM–Noon	$5	425407-01

Financial Wellness

Rules of the Road

Investigate 10 principles for sound investing. Also, discuss how to identify and avoid the most common investment mistakes.

Age: 18 years & up
Location: Senior Center

9/13	Tu	10:00–11:00 AM	No Fee

Estate Planning Toolbox

Discuss some of the basic estate planning instruments that everyone should consider adding to their toolbox for ultimate preparedness. Review each tool, find out what they do, and learn how you can put them to work for you.

Age: 18 years & up
Location: Senior Center

9/14	W	10:00–11:30 AM	No Fee

Time to Downsize

"Where do I begin?" It's the #1 question of downsizing. If this is you, come speak with our Senior Transition Realtors from Keller Williams. Let us give you some great tips and go over some myths and mistakes in downsizing and real estate transactions.

Age: 18 years & up
Location: Senior Center

9/20	Tu	11:00 AM–Noon	No Fee
10/17	M	1:00–2:00 PM	No Fee
11/16	W	10:00–11:00 AM	No Fee

Stretching Your Dollars

Making your income stretch to cover your expenses can sometimes be a challenge. This session helps you look at your situation with ideas for making your money go further.

Age: 18 years & up

Location: Senior Center

9/28	W	9:30–11:00 AM	No Fee

Location: Foothills Activity Center

10/5	W	9:30–11:00 AM	No Fee

Financial Fitness Triathlon

Forget swimming, biking, and running – this Tri is about Avoiding ID Theft, Increasing Credit Scores, and Timely Tax Tips. Fall is a great time to make sure you are financially healthy. Join our trainers for a fun look at ways to improve your financial strength and bring your "stump the expert" questions.

Age: 18 years & up
Location: Foothills Activity Center

10/4	Tu	6:30–7:30 PM	No Fee

Avoid Property Transfer Mistakes

Better understand the titling of and transfer of property. Is it a good idea to add individuals to the title of your assets? What are the consequences of such transfers? This is a must for anyone who has or may consider using Quit Claim or Beneficiary Deeds to transfer their assets.

Age: 18 years & up
Location: Senior Center

10/13	Th	9:30–10:30 AM	No Fee

Outsmart the Scammers

Learn important strategies to help protect yourself and loved ones from scammers. We'll share: how to spot certain red flags that may indicate a fraudulent encounter, resources you can turn to in the event you or a loved one are targeted and steps you can take to help protect yourself and your loved ones. Provider: Presented by ED Jones.

Age: 18 years & up
Location: Senior Center

10/11	Tu	10:00–11:00 AM	No Fee

Estate Planning for Grandchildren

Discuss considerations to make when leaving assets to grandchildren, nieces or nephews, or someone more than one generation below you. Discuss methods of making lifetime gifts, bequests at death, and tax considerations involved in skipping a generation.

Age: 18 years & up
Location: Senior Center

11/15	Tu	10:00–11:00 AM	No Fee

Holistic Options

Aromatherapy & Emotions

A discussion of essential oils and their ability to effect emotions.

Age: 18 years & up
Location: Senior Center

9/7	W	5:30–7:30 PM	No Fee

Healing Through Meditation and Spiritual Wisdom

Age gracefully, by bringing strength to midlife difficulties. Simple yoga breathing, visualization, positive affirmations, and meditation for stress relief, fatigue, lack of sleep, high BP, and emotional distress. Bring peace and stability to the mind. Good for those recovering from serious ailments. Provider: Swamiji Dharmanda.

Age: 18 years & up
Location: Senior Center

Part 1

9/9–9/30	F	10:00–11:30 AM	$40	425413-01

Part 2

10/7–11/11	F	10:00–11:30 AM	$60	425413-02

Staying Healthy in Autumn

Learn how to maintain optimal health in the autumn as we begin to store our energy for the winter, strengthening immune systems. Learn herbal formulas and home remedies from an experienced Oriental Medical Practitioner, Susan Goldstone, LAc.

Age: 18 years & up
Location: Foothills Activity Center

9/12	M	11:00 AM–Noon	No Fee

Fall Energy Medicine

Autumn brings the energy of completion and reflection. Learn energetic techniques to use at home based on Chinese and Energetic Medicine that balance you with the energies of the season. Renew your mind-body connection to feel a new kind of better!

Age: 18 years & up

Location: Northside Aztlan Center

9/19	M	Noon–1:00 PM	$10	425566-01

Location: Senior Center

9/29	Th	Noon–1:00 PM	$10	425566-02

DIY with Essential Oils

A fun do-it-yourself class. Learn how to make your own spa recipes for kids, women, and men.

Age: 18 years & up
Location: Senior Center

10/5	W	5:30–7:30 PM	No Fee

Show Your Health on Your Face

The face is a map of the body, a way of accessing and balancing the whole body. Energy Light Facial Rejuvenation (ELR) is a non-invasive approach to facial rejuvenation, promoting healthy and vibrant skin without surgery, chemicals, needles, or downtime. ELR uses light, color, and mild micro current.

Age: 18 years & up
Location: Senior Center

10/10	M	10:00–11:00 AM	No Fee

Hands-on Energy Medicine

Learn practical methods to sleep better, gain mental clarity, and de-stress. Methods such as Reiki are proven to help reclaim your natural state of wellbeing. Hands-on healing of your energetic system balances mind, body, and emotions powerfully, yet gently.

Age: 18 years & up
Location: Northside Aztlan Center

10/24	M	9:30–10:30 AM	No Fee

5 Elements of Conscious Aging

Acupuncture and Oriental medicine view life's rhythm in cycles and seasons. This profound ancient medicine can impact your health and wellbeing. Choose to age consciously by integrating body, mind, spirit, and heart. Provider: Susan Goldstone, LAc.

Age: 18 years & up
Location: Senior Center

10/24	M	10:00–11:00 AM	No Fee

Cleaning & Essential Oils

Learn how to use essential oils for all your cleaning needs.

Age: 18 years & up
Location: Senior Center

11/2	W	5:30–7:30 PM	No Fee

Is Acupuncture Right for Me?

Learn how acupuncture helps you feel better: postpone surgeries, post-operative pain relief, quicker healing times, increase energy, balance, stamina, improve memory, arthritis, allergies, asthma, digestion, facials, and more. Acupuncture balances the mind and body, allowing optimal health. Provider: Susan Goldstone, LAc.

Age: 18 years & up
Location: Foothills Activity Center

11/7	M	11:00 AM–Noon	No Fee

Staying Healthy in the Winter

Learn how to maintain optimal health in the winter by preventing diseases and boosting immune systems. Learn about herbal formulas and home remedies from an experienced Oriental Medicine practitioner, Susan Goldstone, LAc.

Age: 18 years & up
Location: Senior Center

11/14	M	10:00–11:00 AM	No Fee

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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 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 are 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.

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.

Skate Sharpening Services
EPIC offers skate sharpening services for figure and hockey skates (Blackstone Flat Bottom V or standard hollow). Drop-off and walk-in service available.

Team & Club Contacts

Adult Hockey
Fort Collins Adult Hockey Association
fcaha.org

Youth Hockey
Northern Colorado Youth Hockey
ncyh.org

Women's Hockey
Flames / Phoenix / Comets
wachhockey.com

College Hockey
Colorado State University
csuhockey.com

High School Hockey
High Plains Hockey
highplainshockey.com

Figure Skating Club
Fort Collins Figure Skating Club
fortcollinsfsc.org

Speed Skating
Jondon Speed
jondonspeed.com

Curling
Poudre Valley Curling Club
poudrevalleycurling.com

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 10/30, 11/27.

Age: 8 years & up
Location: Edora Pool Ice Center

9/11–10/16	Su	9:15–10:45 AM	$66	410376-01
10/23–12/11	Su	9:15–10:45 AM	$66	410376-02

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. Reservation required.

Age: 8 years & up
Location: Edora Pool Ice Center

8/23–11/29	Tu	1:00–2:30 PM		

Hockey

Basic 1 Hockey Skate

Hockey equipment not required. For skaters who have never skated before. See Basic 1 Skate for more information about skills learned. **Note:** Helmets are strongly recommended for beginners. Warm clothes including gloves or mittens are needed. Class will not be held on 11/26.

Age: 5–9 years
Location: Edora Pool Ice Center

9/10–10/15	Sa	11:15–11:45 AM	$48	410308-01
10/22–12/10	Sa	11:15–11:45 AM	$56	410308-02

Basic 2 Hockey Skate

Hockey equipment not required. See Basic 2 Skate for more information about skills learned. Prerequisite: Successful completion of Basic 1 or be between the ages of 10–15 and never skated before. **Note:** Helmets are strongly recommended for beginners. Warm clothes including gloves or mittens are needed. Class will not be held on 11/26, 11/28.

Age: 5–15 years
Location: Edora Pool Ice Center

9/10–10/15	Sa	10:30–11:00 AM	$48	410312-01
10/22–12/10	Sa	10:30–11:00 AM	$56	410312-02

Beginner Cub Hockey

Practice held on Tuesdays; focus is on basic hockey and skating skills. Recreational games held on Thursdays. Equipment can be checked out with a $150 deposit check. Rental skates included; sticks available at equipment check-out for $10. Prerequisite: Tot 1 or Basic 1. **Note:** Equipment handout is 9/1 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

9/6–11/10	Tu,Th	4:15–5:00 PM	$210	410372-01

Power Skating Drop-In

Hockey skaters develop power, agility, and endurance. Program developed by Olympic speed skater, Jondon Trevena. Full hockey gear required.

Age: 9–17 years
Location: Edora Pool Ice Center

8/24–11/30	W	4:00–4:45 PM	$12

Drop-In Hockey

Open practice session to sharpen 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 unless a hockey punch pass is on file for phone-ins. Limited to 30 players. Not discountable. **Note:** Session will not be held on 11/24.

Age: 16 years & up
Location: Edora Pool Ice Center

8/22–11/25	M–F	11:15 AM–12:45 PM	$4.50
8/25–11/17	Th	1:00–2:30 PM	$4.50

Stick and Puck Drop-In

Open session. Helmet, gloves, stick, and shin guards required. Full equipment recommended for younger skaters. Not discountable. No scrimmaging allowed. Rules are posted in each arena.

Age: All
Location: Edora Pool Ice Center

8/27–11/27	Sa,Su	2:30–3:30 PM	$4.50

Speed Skating

Speed Skating

Designed to enhance skating speed technique for all types of skating. Gain knowledge of edges, pushes, balance, and pressure. Wear warm-up pants, long sleeved shirt, and speed skates (intermediate and advanced). Developed by Olympic speed skater, Jondon Trevena. Previous skating experience required.

Age: 7 years & up
Location: Edora Pool Ice Center

Beginner

8/24–11/30	W	5:00–5:30 PM	$8	

Intermediate

8/24–11/30	W	5:00–6:00 PM	$15	

Short Track Open Speed Skating Clinic

Before the competition, join us for a free speed skating clinic hosted by 1998 and 2002 Olympic speed skater, Jondon Trevena.

Age: 7 years & up
Location: Edora Pool Ice Center

10/15	Sa	9:30–11:00 AM	Free	410349-01

Short Track Open Speed Skating Competition

An all points format by division open to skaters from Pee Wee through Masters.

Age: 7 years & up
Location: Edora Pool Ice Center

10/15	Sa	12:00–3:00 PM	$25	410349-02

Adult Ice Skating

Adult Beginning and Intermediate Skate

Designed for those with little or no previous experience on ice. See descriptions for Youth Ice Skating, Basic 1–4 for skills learned. **Note:** Helmets are strongly recommended for beginners.

Age: 16 years & up
Location: Edora Pool Ice Center

9/1–9/22	Th	6:15–6:45 PM	$34	410349-01
9/29–10/20	Th	6:15–6:45 PM	$34	410349-02
10/27–11/17	Th	6:15–6:45 PM	$34	410349-03
12/1–12/22	Th	6:15–6:45 PM	$34	410349-04

Adult Advanced Skate

Good skaters wishing to learn new skills may take the advanced level. See descriptions for Youth Ice Skating, Basic 5–6 for skills learned.

Age: 16 years & up
Location: Edora Pool Ice Center

9/1–9/22	Th	6:15–6:45 PM	$34	410353-01
9/29–10/20	Th	6:15–6:45 PM	$34	410353-02
10/27–11/17	Th	6:15–6:45 PM	$34	410353-03
12/1–12/22	Th	6:15–6:45 PM	$34	410353-04

Fitness Skate

Intermediate to advanced skaters benefit from this aerobic exercise. Not discountable. 10 or 20 Admission Passes available. **Note:** Sessions will not be held on 9/30, 10/28, 11/24.

Age: 16 years & up
Location: Edora Pool Ice Center

8/22–11/30	M–F	11:15 AM–1:00 PM	$6	410367-01

Youth Ice Skating

Tot 1 Skate

Introduction to the ice at a relaxed pace. Learn to sit on the ice and stand up, march in place, standing swizzle, dip, march forward, forward marching with two-foot glide, and be introduced to backward wiggles and rocking horse. **Note:** Helmets required. Warm clothes including gloves or mittens needed. Class will not be held on 11/26.

Age: 4–5 years
Location: Edora Pool Ice Center

8/30–9/22	Tu,Th	4:45–5:15 PM	$64	410302-01
8/30–9/22	Tu,Th	9:30–10:00 AM	$64	410302-02
9/10–10/15	Sa	10:30–11:00 AM	$48	410302-03
9/27–10/20	Tu,Th	4:45–5:15 PM	$64	410302-04
9/27–10/20	Tu,Th	9:30–10:00 AM	$64	410302-05
10/22–12/10	Sa	10:30–11:00 AM	$56	410302-06
10/25–11/17	Tu,Th	4:45–5:15 PM	$64	410302-07
10/25–11/17	Tu,Th	9:30–10:00 AM	$64	410302-08
11/29–12/22	Tu,Th	4:45–5:15 PM	$64	410302-09
11/29–12/22	Tu,Th	9:30–10:00 AM	$64	410302-10

Tot 2 Skate

Learn to march forward across ice, forward two-foot glide, dip while moving, rocking horse, forward swizzles, snowplow stop, two-foot hop, and backward wiggles. Prerequisite: Successful completion of Tot 1. **Note:** Helmets required. Warm clothes including gloves or mittens needed. Parents may observe from the seating area. Class will not be held on 11/26.

Age: 4–5 years
Location: Edora Pool Ice Center

8/30–9/22	Tu,Th	4:45–5:15 PM	$64	410304-01
8/30–9/22	Tu,Th	9:30–10:00 AM	$64	410304-02
9/10–10/15	Sa	10:30–11:00 AM	$48	410304-03
9/27–10/20	Tu,Th	4:45–5:15 PM	$64	410304-04
9/27–10/20	Tu,Th	9:30–10:00 AM	$64	410304-05
10/22–12/10	Sa	10:30–11:00 AM	$56	410304-06
10/25–11/17	Tu,Th	4:45–5:15 PM	$64	410304-07
10/25–11/17	Tu,Th	9:30–10:00 AM	$64	410304-08
11/29–12/22	Tu,Th	4:45–5:15 PM	$64	410304-09
11/29–12/22	Tu,Th	9:30–10:00 AM	$64	410304-10

Basic 1 Skate

For skaters who have never skated before. Learn to 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 strongly recommended for beginners. Warm clothes including glove or mittens needed. Parents may observe from the seating area. Class will not be held on 11/26.

Age: 5–9 years
Location: Edora Pool Ice Center

8/30–9/22	Tu,Th	4:45–5:15 PM	$64	410306-01
8/30–9/22	Tu,Th	10:00–10:30 AM	$64	410306-02
9/10–10/15	Sa	10:30–11:00 AM	$48	410306-03
9/12–10/24	M	4:00–4:30 PM	$56	410306-04
9/12–10/24	M	4:30–5:00 PM	$56	410306-05
9/27–10/20	Tu,Th	4:45–5:15 PM	$64	410306-06
9/27–10/20	Tu,Th	10:00–10:30 AM	$64	410306-07
10/22–12/10	Sa	10:30–11:00 AM	$56	410306-08
10/25–11/17	Tu,Th	4:45–5:15 PM	$64	410306-09
10/25–11/17	Tu,Th	10:00–10:30 AM	$64	410306-10
11/7–12/19	M	4:00–4:30 PM	$56	410306-11
11/7–12/19	M	4:30–5:00 PM	$56	410306-12
11/29–12/22	Tu,Th	4:45–5:15 PM	$64	410306-13
11/29–12/22	Tu,Th	10:00–10:30 AM	$64	410306-14

Basic 2 Skate

Learn 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. Class will not be held on 11/26. Prerequisite: Successful completion of Basic 1 or be between ages 10–15 years and never skated.

Age: 5–15 years
Location: Edora Pool Ice Center

8/30–9/22	Tu,Th	4:45–5:15 PM	$64	410310-01
8/30–9/22	Tu,Th	10:00–10:30 AM	$64	410310-02
9/10–10/15	Sa	10:30–11:00 AM	$48	410310-03
9/12–10/24	M	4:00–4:30 PM	$56	410310-04
9/12–10/24	M	4:30–5:00 PM	$56	410310-05
9/27–10/20	Tu,Th	4:45–5:15 PM	$64	410310-06
9/27–10/20	Tu,Th	10:00–10:30 AM	$64	410310-07
10/22–12/10	Sa	10:30–11:00 AM	$56	410310-08
10/25–11/17	Tu,Th	4:45–5:15 PM	$64	410310-09
10/25–11/17	Tu,Th	10:00–10:30 AM	$64	410310-10
11/7–12/19	M	4:00–4:30 PM	$56	410310-11
11/7–12/19	M	4:30–5:00 PM	$56	410310-12
11/29–12/22	Tu,Th	4:45–5:15 PM	$64	410310-13
11/29–12/22	Tu,Th	10:00–10:30 AM	$64	410310-14

Basic 3 Skate

Learn 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. Prerequisite: Successful completion of Basic 2. **Note:** Class will not be held on 11/26.

Age: 5–15 years
Location: Edora Pool Ice Center

8/30–9/22	Tu,Th	4:45–5:15 PM	$64	410314-01
8/30–9/22	Tu,Th	10:30–11:00 AM	$64	410314-02
9/10–10/15	Sa	11:15–11:45 AM	$48	410314-03
9/27–10/20	Tu,Th	4:45–5:15 PM	$64	410314-04
9/27–10/20	Tu,Th	10:30–11:00 AM	$64	410314-05
10/22–12/10	Sa	11:15–11:45 AM	$56	410314-06
10/25–11/17	Tu,Th	4:45–5:15 PM	$64	410314-07
10/25–11/17	Tu,Th	10:30–11:00 AM	$64	410314-08
11/29–12/22	Tu,Th	4:45–5:15 PM	$64	410314-09
11/29–12/22	Tu,Th	10:30–11:00 AM	$64	410314-10

Basic 4 Skate

Learn 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. Prerequisite: Successful completion of Basic 3. **Note:** Class will not be held on 11/26.

Age: 5–15 years
Location: Edora Pool Ice Center

8/30–9/22	Tu,Th	4:45–5:15 PM	$64	410316-01
8/30–9/22	Tu,Th	10:30–11:00 AM	$64	410316-02
9/10–10/15	Sa	10:30–11:00 AM	$48	410316-03

Basic 4 Skate continued

9/27–10/20	Tu,Th	4:45–5:15 PM	$64	410316-04
9/27–10/20	Tu,Th	10:30–11:00 AM	$64	410316-05
10/22–12/10	Sa	10:30–11:00 AM	$56	410316-06
10/25–11/17	Tu,Th	4:45–5:15 PM	$64	410316-07
10/25–11/17	Tu,Th	10:30–11:00 AM	$64	410316-08
11/29–12/22	Tu,Th	4:45–5:15 PM	$66	410316-09
11/29–12/22	Tu,Th	10:30–11:00 AM	$64	410316-10

Basic 5 Skate

Learn 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. Prerequisite: Successful completed Basic 4. **Note:** Class will not be held on 11/26.

Age: 5–15 years
Location: Edora Pool Ice Center

8/30–9/22	Tu,Th	5:30–6:00 PM	$64	410318-01
9/10–10/15	Sa	11:15–11:45 AM	$48	410318-02
9/27–10/20	Tu,Th	5:30–6:00 PM	$64	410318-03
10/22–12/10	Sa	11:15–11:45 AM	$56	410318-04
10/25–11/17	Tu,Th	5:30–6:00 PM	$64	410318-05
11/29–12/22	Tu,Th	5:30–6:00 PM	$64	410318-06

Basic 6 Skate

Learn backward crossovers, forward inside three-turn, backward to forward two-foot turn, hockey stop, bunny hop, forward straight line spiral, forward lunge, and begin one foot spin. Prerequisite: Successful completion of Basic 5. **Note:** Class will not be held on 11/26.

Age: 5–15 years
Location: Edora Pool Ice Center

8/30–9/22	Tu,Th	5:30–6:00 PM	$64	410322-01
9/10–10/15	Sa	11:15–11:45 AM	$48	410322-02
9/27–10/20	Tu,Th	5:30–6:00 PM	$64	410322-03
10/22–12/10	Sa	11:15–11:45 AM	$56	410322-04
10/25–11/17	Tu,Th	5:30–6:00 PM	$64	410322-05
11/29–12/22	Tu,Th	5:30–6:00 PM	$64	410322-06

Basic 7 Skate

Learn 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. Prerequisite: Basic 6. **Note:** Class will not be held on 11/26.

Age: 5–15 years
Location: Edora Pool Ice Center

9/10–10/15	Sa	11:15–11:45 AM	$48	410324-01
10/22–12/10	Sa	11:15–11:45 AM	$56	410324-02

Basic 7 & 8 Ice Skating

Learn backward to forward two-foot turn, forward inside open and closed mohawk, ballet jump, backward crossovers to backward outside edge, one-foot spin, stand still waltz jump, mazurka, combination move, forward and backward inside pivot, and moving forward outside and inside three turn. Prerequisite: Basic 6.

Age: 5–15 years
Location: Edora Pool Ice Center

8/30–9/22	Tu,Th	5:30–6:00 PM	$64	410326-01
9/27–10/20	Tu,Th	5:30–6:00 PM	$64	410326-02
10/25–11/17	Tu,Th	5:30–6:00 PM	$64	410326-03
11/29–12/22	Tu,Th	5:30–6:00 PM	$64	410326-04

Basic 8 Skate

Learn moving forward outside three turn, moving forward inside three turn, stand still waltz jump, mazurka, combination move, forward inside pivot, and backward inside pivot. Prerequisite: Basic 7. **Note:** Class will not be held on 11/26.

Age: 5–15 years
Location: Edora Pool Ice Center

9/10–10/15	Sa	11:15–11:45 AM	$48	410328-01
10/22–12/10	Sa	11:15–11:45 AM	$56	410328-02

Field Moves

Learn pre-preliminary and preliminary moves in the field. Learn stroking, crossovers, forward and backward outside and inside consecutive edges, waltz eight, straight line spiral, figure eight crossovers, right and left three turns, consecutive spirals, and alternating three turns.

Age: 5–15 years
Location: Edora Pool Ice Center

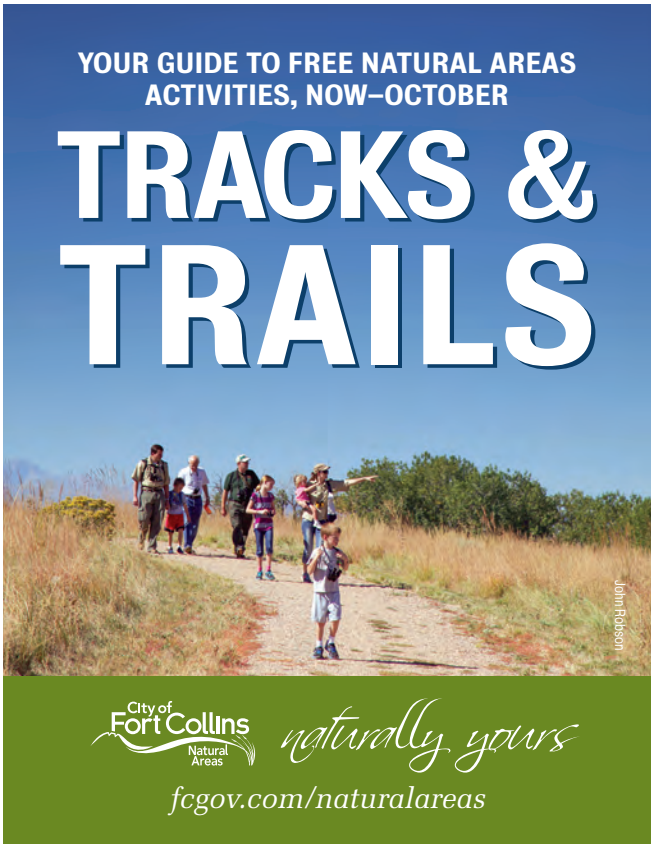
8/30–9/20	Tu	6:15–6:45 PM	$34	410330-01
9/27–10/18	Tu	6:15–6:45 PM	$34	410330-02
10/25–11/15	Tu	6:15–6:45 PM	$34	410330-03
11/29–12/20	Tu	6:15–6:45 PM	$34	410330-04

Beginning Free Skate 1 & 2

Focus on spins, jumps, and moves (15 minutes each). For a detailed description of skills, see the Learn-to-Skate bulletin board at EPIC. Prerequisite: Successful completion of Basic 8. **Note:** Class will not be held on 11/26.

Age: 5–15 years
Location: Edora Pool Ice Center

8/30–9/22	Tu,Th	5:15–6:00 PM	$102	410332-01
9/10–10/15	Sa	9:30–10:15 AM	$77	410332-02
9/27–10/20	Tu,Th	5:15–6:00 PM	$102	410332-03
10/22–12/10	Sa	9:30–10:15 AM	$89	410332-04
10/25–11/17	Tu,Th	5:15–6:00 PM	$102	410332-05
11/29–12/22	Tu,Th	5:15–6:00 PM	$102	410332-06



Intermediate Free Skate 3 & 4

Focus on spins, jumps, and moves (15 minutes each). For a detailed description of skills, see the Learn-to-Skate bulletin board at EPIC. **Note:** Class will not be held on 11/26.

Age: 5–15 years
Location: Edora Pool Ice Center

8/30–9/22	Tu,Th	5:15–6:00 PM	$102	410334-01
9/10–10/15	Sa	9:30–10:15 AM	$77	410334-02
9/27–10/20	Tu,Th	5:15–6:00 PM	$102	410334-03
10/22–12/10	Sa	9:30–10:15 AM	$89	410334-04
10/25–11/17	Tu,Th	5:15–6:00 PM	$102	410334-05
11/29–12/22	Tu,Th	5:15–6:00 PM	$102	410334-06

Advanced Free Skate 5 & 6

Focus on spins, jumps, and moves (15 minutes each). For a detailed description of skills, see the Learn-to-Skate bulletin board. **Note:** Class will not be held on 11/26.

Age: 5–15 years
Location: Edora Pool Ice Center

8/30–9/22	Tu,Th	5:15–6:00 PM	$102	410336-01
9/10–10/15	Sa	9:30–10:15 AM	$77	410336-02
9/27–10/20	Tu,Th	5:15–6:00 PM	$102	410336-03
10/22–12/10	Sa	9:30–10:15 AM	$89	410336-04
10/25–11/17	Tu,Th	5:15–6:00 PM	$102	410336-05
11/29–12/22	Tu,Th	5:15–6:00 PM	$102	410336-06

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, a full refund is issued. If you need to cancel a trip, notify us by 10 a.m. two (2) business days prior to trip departure for refund or credit, unless otherwise noted.

Adult Programming

Hunter Education
Learn the skills and information necessary to hunt without accidents. Colorado Division of Wildlife certificates are issued to those who successfully complete the course. Saturday's class involves review of class material, a written test, and live fire testing. **Note:** Attendance at all classes mandatory (19 hours). All firearms provided; do not bring your own to class.

Age: 12 years & up
Location: The Farm

9/20–9/29	Tu,Th	7:00 PM–10:00 PM	$10	411932-02
10/1	Sa	8:00 AM–3:00 PM		
11/8–11/17	Tu, Th	7:00 PM–10:00 PM	$10	411932-03
11/19	Sa	8:00 AM–3:00 PM		

Hiking Trips – M

Designed for adults who enjoy a good physical challenge, but can also accommodate a range of individual paces.

No formal instruction, but trips are led by experienced guides with wilderness first aid training. Vans are equipped with portable AEDs and guides carry SPOT GPS positioning in case of emergency.

Some trips are in the backcountry of the Poudre Canyon without available visitor centers. Trips made to Rocky Mountain National Park (RMNP) require a Parks Pass, Golden Age Pass, or $20 entry fee.

You should be in good health and capable of moderate physical activity. Bring your own equipment, water, and food. Cost includes guide and sweep. **Note:** Ratings are subjective and offered as a general guide for each hike level.

Age: 18 years & up
Location: Senior Center

Crown Point Trail (Pingree)
Grand vistas of the Northern Front Range. **Note:** Moderate; mileage (round trip): 6 miles; lowest elevation: 10,500 ft.; highest elevation: 11,400 ft.

9/6	Tu	8:00 AM–4:30 PM	$30	411902-01
			$25.50 Member	

Sandbeach Lake (RMNP)
Hike to a beautiful secluded mountain lake. **Note:** Moderate; mileage (round trip): 8.4 miles; lowest elevation: 8,340 ft.; highest elevation: 10,283 ft.

9/15	Th	8:00 AM–4:30 PM	$30	411902-02
			$25.50 Member	

Roaring Creek (Poudre Canyon)
Great upper canyon views and fall colors. **Note:** Moderate; mileage (round trip): 6 miles; lowest elevation: 7,750 ft.; highest elevation: 9,500 ft.

9/19	M	7:30 AM–4:30 PM	$41	411902-03
			$34.85 Member	

Estes Cone (RMNP)
Great views of Longs Peak and the Estes Valley. Final climb to Cone is strenuous. **Note:** Challenging; mileage (round trip): 6.4 miles; lowest elevation: 9,200 ft.; highest elevation: 11,000 ft.

9/28	W	7:30 AM–4:30 PM	$41	411902-04
			$34.85 Member	

Button Rock Preserve (Boulder County)
Hike to Ralph Price Reservoir. **Note:** Easy; mileage (round trip): 6 miles; lowest elevation: 6,000 ft.; highest elevation: 7,000 ft.

10/6	Th	8:00 AM–4:30 PM	$30	411902-05
			$25.50 Member	

Pawnee Buttes
Experience the wide open prairie on the hike to East Butte. **Note:** Easy; mileage (roundtrip): 5.5 miles; lowest elevation: 5,100 ft.; highest elevation: 5,435 ft.

10/12	W	8:00 AM–4:00 PM	$30	411902-06
			$25.50 Member	

Eldorado Canyon Trail (State Park)
Towering rock walls followed by views of wilderness. **Note:** Moderate; mileage (round trip): 6 miles; lowest elevation: 6,000 ft.; highest elevation: 7,000 ft.

10/18	Tu	8:00 AM–4:30 PM	$30	411902-07
			$25.50 Member	

Snow Sports Pre-season Kickoff
For ages 50 years & up. See page 100 for more information.

Youth Programming

Hiking 101
Meet with our lead instructor(s) to discuss offerings for teens. Cover the basics, tips, class offerings, and supplies needed to feel confident when you're ready to hit the trails. **Note:** Registration required.

Age: 12 years & up
Location: Northside Aztlan Center

9/3	Sa	9:00 AM–2:00 PM	Free	415549-01
10/1	Sa	9:00 AM–2:00 PM	Free	415549-02

Teen Hiking

Age: 12–15 years
Location: Northside Aztlan Center

Cirque Meadows
Stunning views of four great cirques via CSU Mountain Campus. **Note:** Moderate; mileage (round trip): 7 miles; lowest elevation: 8,930 ft.; highest elevation: 9,790 ft.

9/17	Sa	7:30 AM–4:30 PM	$41	415550-01

Mummy Pass Trail
Trek to the timberline with views galore. **Note:** Challenging; mileage (round trip): 9 miles; lowest elevation: 9,000 ft.; highest elevation: 10,800 ft.

9/24	Sa	7:30 AM–4:30 PM	$41	415550-02

Parent/Teen Hiking

Age: 12 years & up
Location: Northside Aztlan Center

Gem Lake
View of Estes Park with a lake destination. Mileage (round trip): 3.1 miles; lowest elevation: 7,882 ft.; highest elevation: 8,830 ft.

9/10	Sa	8:00 AM–4:00 PM	$41	415551-01

Cub Lake
A fall favorite in Rocky Mountain National Park. Features a trail covered in fall colors with a lake destination. **Note:** Mileage (round trip): 4.6 miles; lowest elevation: 8,121 ft.; highest elevation: 8,624 ft.

10/8	Sa	8:00 AM–4:00 PM	$41	415551-02

Emerald Lake
A popular trail along three lakes and with scenic views of Longs Peak. **Note:** Mileage (round trip): 3.16 miles; lowest elevation: 9,400 ft.; highest elevation: 10,000 ft.

10/15	Sa	8:00 AM–4:00 PM	$41	415551-03

Special Events

Pooch Plunge

The dog days of summer are about to end and it's your pooch's chance to take a dip in the pool. Tickets on sale 8/22 at EPIC or Mulberry Pool.

Location: City Park Pool

9/5	M	4:30 PM–6:30 PM	$6 per dog in advance $10 per dog day of

Grandparent's Day

Grandparents and grandchildren are invited to this free event to participate in games, play in the swimming pool, and have fun on the outdoor grounds.

Location: Senior Center

9/11	Su	9:00 AM–Noon	$4 No fee for ages 50 years & up

Multicultural Retreat

Learn about cross-cultural impacts, develop your cultural proficiency, and become inspired to take action on behalf of our community's wellbeing at a full two day retreat hosted by the City of Fort Collins Social Sustainability Department, Colorado State University, Front Range Community College, and community members.

Age: 18 years & up
Location: YMCA of the Rockies

9/24–9/25	Sa,Su	9:00 AM–5:00 PM	$80	430901-01

Line Dance Extravaganza

Learn some of the newest dances and some familiar ones, too. All levels welcome. **Note:** Step sheets and BBQ lunch included.

Age: 18 years & up
Location: Senior Center

10/8	Sa	10:00 AM–3:00 PM	$30	406438-01

Treatsylvania

Take a stroll through this unique Halloween event at The Farm. Trick-or-treating, hayrides, and treats for all. Tickets must be purchased in advance. Children must be accompanied by an adult.

Age: 0–10 years
Location: The Farm

10/28	F	6:00–7:30 PM	$5/Adults Free
10/29	Sa	6:00–8:00 PM	$5/Adults Free
10/30	Su	1:00–3:00 PM	$5/Adults Free
10/30	Su	5:00–6:30 PM	$5/Adults Free

Bow Wowvania

Bring your costumed canine friends to The Farm for this special Halloween event. Dogs trick-or-treat, take advantage of photo opportunities, and leave with a treat bag just for them. All dogs must be on a leash. Multiple humans may attend with each dog.

Age: All
Location: The Farm

10/29	Sa	Noon–1:00 PM	$5

Hogwarts Halloween

Witches and Wizards, join us for a night of Harry Potter-like fun. Play Quidditch, drink some Butter Beer, try your skill at creating potions and charms, and walk through the haunted hallways. Don't forget to wear your wizard robes. **Note:** Only adults accompanying children may attend.

Grade: Kindergarten–8
Location: Northside Aztlan Center

Child Registration

10/29	Sa	6:00–9:00 PM	$15	416502-01

Parent/Guardian Registration

10/29	Sa	6:00–9:00 PM	$5	416502-02

Dia de los Muertos

Experience the celebration of the dead and honor your friends and family that have passed. Explore beautiful Day of the Dead displays, food, crafts, and music. If you would like to set-up an altar, contact 970.221.6723.

Location: Northside Aztlan Center

11/5	Sa	1:00–4:00 PM	No Fee	415939-01

Veterans Day Breakfast

The Fort Collins Golden K Kiwanis Club and the Fort Collins Senior Center invite the community to share a morning of food, song and patriotism. Celebrate those who have honorably served our country. **Note:** Posting of Colors is at 8 a.m. with music to follow.

Location: Fort Collins Senior Center

11/11	F	7:00–10:00 AM	No Fee

Holiday Artisan Market

A premier craft fair welcoming more than 100 artisans and crafters to share their handmade creations. As one of the largest craft fairs around, the Holiday Artisan Market has become a Fort Collins tradition with thousands of shoppers in attendance.

Location: Fort Collins Senior Center

11/25–11/26	F,Sa	10:00 AM–4:00 PM	No Fee

School Spirit and Sports Prep Rally

Charge your spirits for a healthy and sports filled school year. This family event is designed for kids of all ages. Participate in fitness demonstrations, drop-in mini classes, and cheerleading. And, chat with experts about sports nutrition, concussion awareness and pediatrics. Attend the health education break-out sessions for more learning.

Age: All
Location: Foothills Activity Center

8/27	Sa	10:00 AM–1:00 PM	No Fee

Sports

Adult Sports Leagues

Fall Men's Basketball

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 7/21, ends 8/12 or when leagues fill. Leagues begin the week of 9/12. 8 games scheduled.

Age: 16 years & up Location: Northside Aztlan Center
Cost: $369

Monday Competitive	413501-01
Monday Recreational	413501-02
Friday Recreational	413501-03

Fall Flag Football

Leagues are 8-on-8 non-contact. Registration begins 7/21, ends 8/12 or when leagues fill . 8 games scheduled, 8 games guaranteed. League begins the week of 8/22. **Note:** Class will not be held on 9/5.

Age: 16 years & up Location: Rolland Moore Park
Cost: $434

Monday Recreational	413011-01
Tuesday Recreational	413011-02
Thursday Recreational	413011-03

Join us for our second year in Fort Collins!

BANDITS LACROSSE™

The Bandits are dedicated to providing great experiences through lacrosse for players, coaches, and parents.

Our goal is to develop a love of the game for each player through training in a fun and encouraging learning environment.

We offer winter box lacrosse and spring lacrosse for boys in kindergarten through 8th grade. Come find out what the Bandits are all about!

2016 CYLA Champions:
U9 White Division - Coach Moscatelli
U12 Red Division - Coach O'Brien
U13 Red Division - Coach Brown
U15 Red Division - Coach Waldbaum

For more information, visit 3dlacrosse.com/leagues/colorado/denver-bandits or contact: Bart Farinholt, bfarinholt@3dlacrosse.com

Fall Indoor Flag Football

Indoor league is 8-on-8 non-contact. Games are played Sunday mornings between 8 a.m.– noon. Registration begins 9/26, ends 10/28 or when league fills. 6 games scheduled, 6 games guaranteed. League begins 11/6. **Note:** Class will not be held on 11/27.

Age: 16 years & up Location: The Edge
Cost: $449 413912-01

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

9/6–9/27	Tu	9:45–11:00 AM	$20	409478-01
10/4–10/25	Tu	9:45–11:00 AM	$20	409478-02
11/1–11/22	Tu	9:45–11:00 AM	$20	409478-03

Pickle Ball Clinics

Intermediates are encouraged to register for these clinics to enhance particular skills. Participants are taught a skill and then work in small groups to practice. No game play. Skills and drills only.

Age: 18 years & up
Location: Senior Center

9/7	W	10:15 AM–Noon	$20	409479-01
9/21	W	10:15 AM–Noon	$20	409479-02
10/5	W	10:15 AM–Noon	$20	409479-03
10/19	W	10:15 AM–Noon	$20	409479-04
11/2	W	10:15 AM–Noon	$20	409479-05

Fall Adult Coed Kickball

Form your team and play an all-American favorite invented on the playground. The league is coed recreational; 8 games guaranteed. Registration begins 7/21, ends 8/12 or when leagues fill. League begins the week of 8/21. **Note:** Class will not be held on 9/2.

Age: 16 years & up Location: Rolland Moore Park
Cost: $259

Friday Coed Competitive	413061-01
Friday Coed Recreational	413061-02

Rattle Snake Rumble – Adult Kickball Tournament

Wrap up the 2016 kickball season by getting a team together and playing in this double-elimination one day tournament on 10/29. This is your last chance to play before the season ends. Registration begins 10/3, ends 10/24 or when leagues fill.

Age: 16 years & up Location: Spring Canyon Park
Cost: $140 413062-01

Fall Softball

Teams have the opportunity to continue playing softball after the summer leagues have concluded. 8 games scheduled, 8 games guaranteed. Registration begins 7/21, ends 8/12 or when leagues fill. League begins the week of 8/21. **Note:** Class will not be held on 9/2, 9/4, 9/5.

Age: 16 years & up. Location: TBA
Cost: $444

Men's League			
Sunday IV	413021-01	Wednesday III	413021-06
Monday III	413021-02	Wednesday IV	413021-07
Monday IV	413021-03	Thursday III	413021-08
Tuesday III	413021-04	Friday Unlimited HR	413021-09
Tuesday IV	413021-05	Friday IV	413021-10
Women's League			
Tuesday IV	413022-01		
Coed League			
Sun Coed Comp	413023-01	Wed Coed Comp	413023-05
Sun Coed Rec	413023-02	Wed Coed Rec	413023-06
Tues Coed Comp	413023-03	Thurs Coed Comp	413023-07
Tues Coed Rec	413023-04	Thurs Coed Rec	413023-08

Softball Tournament (2-Day)

Games are played at Rolland Moore Park and other community parks if needed. Play begins at 9 a.m. and continues until 10 p.m. (depending on number of entries). Registration begins 7/5, ends 7/31 or when divisions fill. Two games guaranteed. Tournament dates are 8/6–8/7.

Age: 16 years & up Location: Rolland Moore Park
Cost: $254

Men's II	413025-01	Coed Competitive	413025-04
Men's III	413025-02	Coed Recreational	413025-05
Men's IV	413025-03		

Fall Coed Dodgeball

Form your team and play an all-American favorite. The league is coed recreational; 8 games guaranteed. Registration begins 8/8, ends 9/2 or when leagues fill (whichever comes first). League begins 9/11.

Age: 16 years & up Location: Northside Aztlan Center
Cost: $259 413502-01

Women's Pickle Ball League

Women's Doubles pickle ball teams of various skill levels play matches against teams with similar skills each week for the duration of the league. Teams compete in round robin play each week with the opportunity to move up or down on the 'ladder' according to their results. Registration begins 8/4, ends 8/26 or when leagues fill. League nights are Tuesdays, 9/13–11/15.

Age: 16 years & up Location: Senior Center
Cost: $72 413992-01

Martial Arts

Shotokan Karate Beginners

Designed to introduce Shotokan Karate to individuals who may be interested in this Japanese martial art form. Students may be divided into groups depending on ability. Adults are welcome to participate with their children. The beginner class is getting the students ready for yellow belt level.

Age: 7 years & up
Location: Club Tico

9/5–10/5	M,W	6:00–7:00 PM	$55.50	422122-01
10/12–11/9	M,W	6:00–7:00 PM	$49.50	422122-02
11/14–12/14	M,W	6:00–7:00 PM	$49.50	422122-03

Shotokan Karate Intermediate

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.

Age: 7 years & up
Location: Club Tico

9/5–10/5	M,W	6:00–7:00 PM	$55.50	422123-01
10/12–11/9	M,W	6:00–7:00 PM	$49.50	422123-02
11/14–12/14	M,W	6:00–7:00 PM	$49.50	422123-03

Shotokan Karate Advanced

The advanced class moves at a faster pace and introduces more advanced karate techniques so the student can achieve a higher level of skill for self-defense. In addition to introducing new concepts, previously introduced concepts are reinforced.

Age: 7 years & up
Location: Club Tico

9/5–10/5	M,W	7:00–8:00 PM	$55.50	422124-01
10/12–11/9	M,W	7:00–8:00 PM	$49.50	422124-02
11/14–12/14	M,W	7:00–8:00 PM	$49.50	422124-03

Volleyball

Fall 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. Leagues begin the week of 9/5. 8 games scheduled. **Note:** Class will not be held on 9/2.

Age: 16 years & up Location: Northside Aztlan Center
Cost: $274

Women's League			
Wed Women's A	413542-01	Wed Women's BB	413542-02
Coed League			
Monday Coed BB	413543-01	Tuesday Coed BB	413543-04
Monday Coed B	413543-02	Friday Coed B	413543-05
Tuesday Coed A	413543-03		

Adult Volleyball Tournament

Coed and women's tournaments are offered for 6-person teams. Teams sign up for their level/playing night preference on a first come basis. Levels: A - Competitive, BB - Intermediate, B - Recreational. Pool play format ending in a seeded, single elimination tournament. Registration begins 9/28, ends 10/26.

Age: 16 years & up Location: Northside Aztlan Center
Cost: $144

Monday Coed B	413544-01	Wed Women's A	413544-04
Tuesday Coed A	413544-02	Wed Women's BB	413544-05
Tuesday Coed BB	413544-03		

Tennis

Lewis Tennis School directs all tennis programs for the City of Fort Collins.

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 Monday–Friday from Noon–6 p.m., Monday–Friday and Saturday, 10 am.–4 p.m.

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 and Fossil Creek Park.

Session Dates for All Classes

8/22–9/17: Session 1	10/17–11/12: Session 3
9/19–10/15: Session 2	11/14–12/10: Session 4

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

Future Star

Age: 7–8 years

M,W	4:30–6:00 PM
Sa	11:00 AM–12:30 PM

Aces

Age: 9–10 years

M,W	4:30–6:00 PM
Sa	11:00 AM–12:30 PM

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
Sa	1:00 –3:00 PM

Competitive (Int/Adv)
Age: 11–13 years

Tu,Th	4:00–6:00 PM
Sa	1:00–3:00 PM

Grade 6 League
Get ready to learn the game of tennis or improve your existing skills. Open to beginners and veterans. **Note:** Registration closes 8/29.

Age: 11–12 years

9/2–9/23	F	4:00–6:00 PM

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
Sa	1:00–3:00 PM

Grand Slam (Int/Adv)
Age: 14–18 years

Tu,Th	4:00–6:00 PM
Sa	1:00–3:00 PM

Performance Training
Designed 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 a Pro. Contact 970.493.7000 for additional information.

Age 12–18 years

M–Th	4:00–6:00 PM
Su	3:00–5:00 PM

Homeschool Classes
Classes are held at flexible times during the day. Contact us to arrange a homeschool class for your children.

After-School Enrichment
Classes are held after school in the gymnasiums of local elementary schools. Check with your school for details.

Fall Junior Tournaments
USTA sanctioned junior tournaments are offered for novice, intermediate, and advanced players.

Age: 7–18 years

9/3	Indian Summer Championship
9/24	Lewis Tennis Pumpkin Championship
10/1	Lewis Tennis Autumn Challenger
10/8	Lewis Tennis October Fest Championship

Youth Sports

Archery
A skillful sport requiring balance, poise, accuracy, vision, timing, and action. Through this indoor class learn the basic techniques and how to be safe. **Note:** Equipment provided. Check in by 4:15 p.m.

Age: 8–16 years
Location: Rocky Mountain Archery, 4518 Innovation Dr., Fort Collins

10/20–10/27	Th	4:30–5:30 PM	$30	415941-01
11/3–11/10	Th	4:30–5:30 PM	$30	415941-02

Boys Jr. Nuggets Basketball
Develop team play with participation, fun, skills, and sportsmanship. Teams are randomly formed in the sports office, not by when the players registered. Practice dates and times are determined by coach. Coaches call the week before the program with practice days/times. Junior Nuggets jersey and two Nuggets tickets included. **Note:** Special requests are not guaranteed.

Cost: $83 Dates: 10/24–12/17

Grade: Kindergarten–1

Northside Aztlan Center	414906-01
Foothills Activity Center	414906-15

Grade: 2–3

Bacon	414907-01	Linton	414907-27
Bauder	414907-03	Lopez	414907-29
Beattie	414907-05	McGraw	414907-31
Bennett	414907-07	O'dea	414907-33
Bethke	414907-09	Olander	414907-35
CLP	414907-11	Putnam	414907-37
Dunn	414907-13	Rice	414907-39
Eyestone	414907-15	Riffenburgh	414907-41
Harris	414907-17	Shepardson	414907-43
Irish	414907-19	Tavelli	414907-45
Johnson	414907-21	Timnath	414907-47
Kruse	414907-20	Traut	414907-49
Laurel	414907-25	Werner	414907-51
Liberty Com	414907-60	Zach	414907-53

Grade: 4–5

Bacon	414908-01	CLP	414908-11
Bauder	414908-03	Dunn	414908-13
Beattie	414908-05	Eyestone	414908-15
Bennett	414908-06	Harris	414908-17
Bethke	414908-09	Irish	414908-19

continued on next page

Boys Jr. Nuggets Basketball continued

Johnson	414908-20	Rice	414908-39
Kruse Purple	414908-22	Riffenburgh	414908-41
Laurel	414908-25	Shepardson	414908-43
Linton	414908-27	Tavelli	414908-45
Lopez	414908-29	Timnath	414908-47
McGraw	414908-31	Traut	414908-49
O'dea	414908-33	Werner	414908-51
Olander	414908-35	Zach	414908-53
Putnam	414908-37		

Boys Middle School Basketball

Develop a sense of team play where participation, fun, skills, and sportsmanship are stressed; winning is secondary. Teams are formed by school attended. Teams are randomly formed in the sports office and not by when the players are registered. T-shirt jerseys are provided at practice. Special requests are not guaranteed. **Note:** Class will not be held on 11/26.

Dates: 10/24–12/17 Cost: $83

Grade: 6

Blevins	414909-01	Lincoln	414909-25
Boltz	414909-05	Preston	414909-30
CLP	414909-10	Webber	414909-35
Kinard	414909-15	Wellington	414909-40
Lesher	414909-20		

Grade: 7–8

Blevins	414910-01	Lincoln	414910-30
Boltz	414910-05	Preston	414910-25
CLP	414910-10	Webber Red	414910-35
Kinard	414910-15	Wellington	414910-40
Lesher	414910-20		

Sport Specialization Training-Basketball

Prepare your budding star athlete for the upcoming season with small group training sessions taught by high school coaches and former collegiate players. Further your basketball development with these three 45-minute small group (4–10 people) skill sessions.

Cost: $50 Dates: Mondays, 10/10–10/24

8–10 years	414979-04
11–13 years	414979-06
14–16 years	414979-07
17–18 years	414979-08

Youth Flag Football

NFL FLAG Powered by USA Football provides opportunities for children to enjoy the game of football. Players benefit by being physically active through non-contact, continuous action while learning the fundamentals of football, lessons in teamwork, and sportsmanship. Emphasis is on equal participation. Registration begins 5/5, ends 8/31 or when leagues fill.

Dates: 9/10–10/22 Cost: $83

Youth Flag Football continued

Grade: Kindergarten–1

City Park	414010-01	Spring Canyon Park	414010-15
Edora Park	414010-04	Warren Park	414010-20
Fossil Creek Park	414010-07		

Grade: 2–3

Harmony Park	414011-20	Greenbriar Park	414011-11
City Park	414011-01	Harmony Park	414011-13
Edora Park	414011-03	Spring Canyon Park	414011-15
English Ranch	414011-05	Troutmam Park	414011-17
Fossil Creek	414011-07	Warren Park	414011-19

Grade: 4–5

Blevins Park	414012-25	Harmony Park	414012-09
City Park	414012-01	Rolland Moore Park	414012-12
Edora Park	414012-03	Spring Canyon Park	414012-15
Fossil Creek Park	414012-05	Troutman Park	414012-17
Greenbriar Park	414012-07	Warren Park	414012-19

Grade: 6–8

City Park	414013-01	Greenbriar Park	414013-07
English Ranch Park	414013-03	Rolland Moore Park	414013-09
Fossil Creek Park	414013-05	Spring Canyon Park	414013-11

Fall Youth Tackle Football

Practices are held 2–3 times per week with games on Saturday mornings or week nights. 8 games scheduled. Teams formed by weight and practice area; areas might be combined due to numbers.
Note: Grades are based on 2016–2017 school year.

Dates: 8/29–10/29 Cost: $109

Area 1: Bacon, Traut, Linton, Kruse, Zach, Timnath, Bethke

Area 2: Werner, McGraw, Lopez, Johnson, Beattie, Olander

Area 3: Odea, Shepardson, Riffenburgh, Harris, Laurel, Tavelli, Wellington

Area 4: Bauder, Bennett, Lab School, Dunn, Putnam, Irish, CLP, Mt. Schools

Equipment Checkout: Equipment handout for all ages is at Club Tico in City Park on 8/12 from 5–7 p.m., 8/13 from 10:30 a.m.–12:30 p.m., 8/15 from 5–6:30 p.m. and 8/16 from 5–6:30 p.m. Mouthpieces are required; tackle equipment provided. Player must be present to be fitted for gear.

Grade: 3–4			
Area 1	414018-01	Area 3	414018-03
Area 2	414018-02	Area 4	414018-04
Grade: 5			
Area 1	414019-01	Area 3	414019-03
Area 2	414019-02	Area 4	414019-04
Grade: 6			
Blevins	414020-01	Boltz	414020-05

Fall Youth Tackle Football continued

CLP	414020-10	Preston	414020-30
Kinard	414020-15	Webber	414020-35
Lesher	414020-20	Wellington	414020-40
Lincoln	414020-25		

NFL Pass, Punt, & Kick

This national skills competition is for boys and girls to compete separately against their peers. Test your skills in the punting, passing, and kicking aspects of football. The winners of each age level move on to the sectional level to compete and then to state if they win. The program is free to every youth who wants to participate. Age divisions are for ages as of 12/31/2016.

Age: 6–15 years Cost: No fee
Location: City Park

Date: 9/28 at 5:00 PM

Indoor Tackle Football League

Offered for 6-man teams. Teams are formed on the first night to create teams of equal size and ability. All weights/grades compete in the same program. All tackle football equipment provided.
1 practice/1 game day per week; days TBD.

Date: 11/1–12/8 Cost: $144
Location: The Edge Sports Center

Grade: 3–4	414913-01
Grade: 5–6	414913-10

Register for Fall Baseball

Registration Opens July 22 (closes August 25)

Recreational, Intermediate, and AA
Kindergarten through 8th Grade
Age Divisions:
- Fall Kindergarten - $90.00 (Instructional League)
- Fall 1st & 2nd Grade - $105.00
- Fall 3rd & 4th Grade - $115.00
- Fall 5th & 6th Grade - $125.00
- Fall 7th & 8th Grade - $135.00

Games are played Sunday 12:00-7:00pm
- Focus of the league is on individual and team instruction by coaches
- Umpires are asked to both call the game and assume a more active role in educating both the players and the coaches
- Coaches are given the opportunity to use free substitution in order to provide more individualized instruction
- 6 league games (9/11 - 10/16)
- Note: in case of weather cancellations, games are not rescheduled.

Fort Collins Baseball Club

Visit www.fortcollinsbaseballclub.org for details • 211 S. Bryan Ave (in City Park) • P.O. Box 1031 • Fort Collins, CO 80522
Email: office@fcbcmail.org • FCBC Office: 970-484-3368 • FCBC Fax: 970-484-6231

Girls Jr. Nuggets Basketball

Develop team play with participation, fun, skills, and sportsmanship. Teams are randomly formed in the sports office. Practice dates and times are determined by coach. Coaches call the week before the program with practice days/times. Junior Nuggets jersey and two Nuggets tickets included. **Note:** Special requests are not guaranteed.

Cost: $83 Dates: 1/9–2/18

Grade: Kindergarten–1

Northside Aztlan Center	114906-06
Foothills Activity Center	114906-07

Grade: 2–3

Bacon	114907-01	Linton	114907-27
Bauder	114907-03	Lopez	114907-29
Beattie	114907-05	McGraw	114907-31
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

Grade: 4–5

Bacon	114908-01	Linton	114908-27
Bauder	114908-03	Lopez	114908-29
Beattie	114908-05	McGraw	114908-31
Bennett	114908-07	O'dea	114908-33
Bethke	114908-09	Putnam	114908-37
CLP	114908-11	Rice	114908-39
Dunn	114908-13	Riffenburg	114908-41
Eyestone	114908-15	Shepardson	114908-43
Harris	114908-17	Tavelli	114908-45
Irish	114908-19	Timnath	114908-47
Johnson	114908-21	Traut	114908-49
Kruse	114908-23	Werner	114908-51
Laurel	114908-25	Zach	114908-53

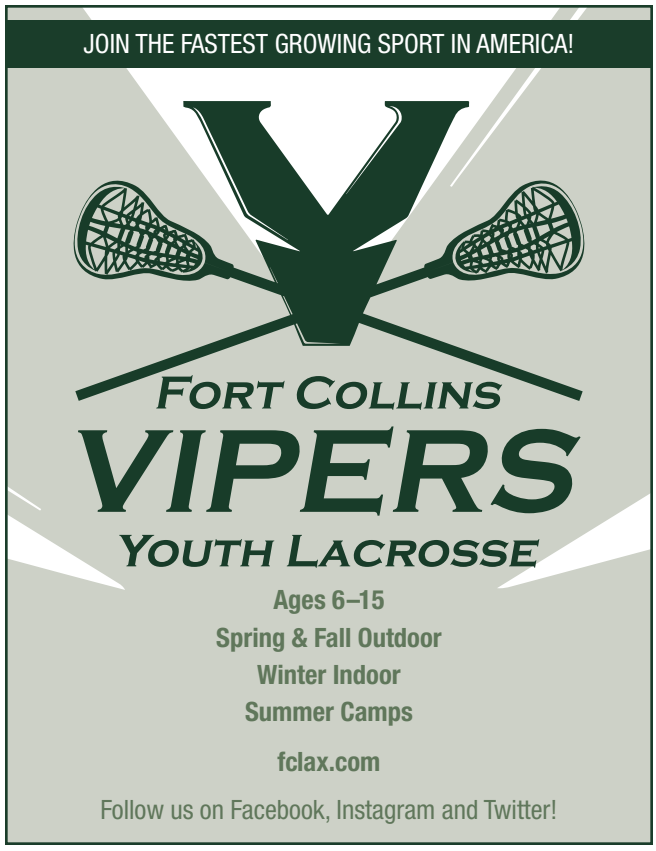
Girls Middle School Basketball

Develop a sense of team play where participation, fun, skills, and sportsmanship are stressed; winning is secondary. Teams are formed by school attended. Teams are randomly formed in the sports office and not by when the players registered. T-shirt jerseys are provided at practice. Special requests are not guaranteed. **Note:** Class will not be held on 11/26.

Dates: 1/9–2/18 Cost: $83

Grade: 6

Blevins	114909-01	Lincoln	114909-11
Boltz	114909-03	Preston	114909-12
CLP	114909-05	Webber	114909-15
Kinard	114909-07	Wellington	114909-17
Lesher	114909-09		



Girls Middle School Basketball continued

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
Lesher	114910-09		

TCDC FC Cheer Squad

High energy community cheerleading program which consists of learning dances, arm motions, jumps, cheer chants, tumbling, and stunts. Perform at area events with each session.

Location: Foothills Activity Center

Age: 5–8 years

8/16–9/20	Tu	5:00–6:05 PM	$68	414937-01
9/27–11/1	Tu	5:00–6:05 PM	$68	414937-05
11/8–12/13	Tu	5:00–6:05 PM	$68	414937-07

Age: 8–14 years

8/16–9/20	Tu	6:10–7:20 PM	$68	414937-04
9/27–11/1	Tu	6:10–7:20 PM	$68	414937-06
11/8–12/13	Tu	6:10–7:20 PM	$68	414937-08

TCDC Tumbling for Cheer

Polish your cheerleading tumbling skills- from cartwheels and running passes, to back hand springs and standing tucks. You must have a solid handstand and bridge to participate in this class.

Age: 6–14 years
Location: Foothills Activity Center

9/6–9/27	Tu	4:15–5:00 PM	$49	414938-01
10/4–10/25	Tu	4:15–5:00 PM	$49	414938-04
11/1–11/22	Tu	4:15–5:00 PM	$49	414938-05
11/29–12/20	Tu	4:15–5:00 PM	$49	414938-06

C.A.R.A. Cross Country

A recreational cross country program that promotes healthy lifestyles. Practices are held twice per week in various parks around Fort Collins. Meets are held in Front Range cities. Fee includes team shirt and fees for cross country meets.

Age: 6–14 years
Location: City Park

9/7–10/22	5:30–6:45 PM	$63	414033-01

Youth Volleyball

Develop a sense of team play where participation, fun, skills, and sportsmanship are stressed; winning is secondary. Practices are held 1–2 times per week, matches are Saturday mornings and week nights. Practices days and times vary. You will hear from the coach the week prior to the program.

Location: TBD Cost: $63
Dates: 9/5–10/29

Grade: 2–3	414941-01	Grade: 4–5	414942-01
Grade: 6			
Blevins	414943-01	Lincoln	414943-11
Boltz	414943-03	Preston	414943-13
CLP	414943-05	Webber	414943-17
Kinard	414943-07	Wellington	414943-19
Lesher	414943-09		
Grade: 7–8			
Blevins	414944-01	Lincoln	414944-11
Boltz	414944-03	Preston	414944-13
CLP	414944-05	Webber	414944-15
Kinard	414944-07	Wellington	414944-17
Lesher	414944-09		

Youth Wrestling

Learn the fundamentals and skills of wrestling and compete in interschool dual meets. Designed for the beginner, as well as the experienced wrestler. Wrestling techniques and conditioning are be taught. Compete in an end of season tournament. **Note:** Participants are notified by coach about practice times/dates. School shirt included.

Dates: 1/10–2/25 Cost: $65
Grades: 3–6

Blevins	114911-01	Kinard	114911-04
Boltz	114911-02	Lesher	114911-05
CLP	114911-03	Lincoln	114911-06

Youth Wrestling continued

Preston	114911-07	Wellington	114911-09
Webber	114911-08		

Youth Wrestling Camp

Learn the fundamentals and skills of wrestling. Designed for the beginner wrestler. Wrestling techniques and conditioning are taught. Registration begins 7/28, ends 10/21 or when camp fills.

Location: Foothills Activity Center

Grade: 1–5			
11/5	9:00 AM–Noon	$24	414952-02
Grade: 6–8			
11/5	9:00 AM–Noon	$24	414952-03

Youngsters

Amazing Athletes

Get active with Amazing Athletes today! In our action packed sports class your child will learn the basic fundamentals and mechanics of 9 different ball sports including soccer, volleyball, football, basketball, tennis, golf, lacrosse, hockey and baseball. **Note:** Class will not be held on 11/21, 11/24.

Location: Foothills Activity Center

Age: 18 months–2.5 years				
8/15–9/12	M	10:40–11:10 AM	$49	414577-01
8/18–9/15	Th	10:40–11:10 AM	$49	414577-02
9/19–10/24	M	10:40–11:10 AM	$58	414577-03
9/22–10/27	Th	10:40–11:10 AM	$58	414577-04
10/31–12/12	M	10:40–11:10 AM	$58	414577-05
11/3–12/15	Th	10:40–11:10 AM	$58	414577-06
Age: 2.5–3.5 years				
8/15–9/12	M	9:00–9:30 AM	$49	414575-01
8/18–9/15	Th	9:00–9:30 AM	$49	414575-02
9/19–10/24	M	9:00–9:30 AM	$49	414575-03
9/22–10/27	Th	9:00–9:30 AM	$58	414575-04
10/31–12/12	M	9:00–9:30 AM	$58	414575-05
11/3–12/15	Th	9:00–9:30 AM	$58	414575-06
Age: 3.5–5 years				
8/15–9/12	M	9:45–10:30 AM	$49	414576-01
8/18–9/15	Th	9:45–10:30 AM	$49	414576-02
9/19–10/24	M	9:45–10:30 AM	$58	414576-03
9/22–10/27	Th	9:45–10:30 AM	$58	414576-04
10/31–12/12	M	9:45–10:30 AM	$58	414576-05
11/3–12/15	Th	9:45–10:30 AM	$58	414576-06

Baseball for Shorties

Work on the fundamentals of throwing, hitting, and catching.

Age: 3–5 years
Location: Northside Aztlan Center

11/29–12/13	Tu	10:00–10:45 AM	$28	414573-01

Sporties for Shorties

Work on the fundamentals of sports as they relate to throwing, kicking, and catching. Highlights different skills and team work.

Age: 3–5 years
Location: Northside Aztlan Center

9/5–9/19	M	1:30–2:30 PM	$28	414571-04
9/7–9/21	W	10:00–10:45 AM	$28	414571-01
9/26–10/10	M	1:30–2:30 PM	$28	414571-05
9/28–10/12	Tu	10:00–10:45 AM	$28	414571-02
11/28–12/12	M	1:30–2:30 PM	$28	414571-06
11/30–12/14	W	10:00–10:45 AM	$28	414571-03

Mighty Kicks

Introduction to basic soccer skills. Age-appropriate curriculum enhances the soccer experience.

Age: 3 years

Location: City Park

9/9–10/28	F	9:00–9:45 AM	$90	414578-12
9/9–10/28	F	3:30–4:15 PM	$90	414578-13

Location: Harmony Park

9/6–10/25	Tu	9:00–9:45 AM	$90	414578-01
9/6–10/25	Tu	4:30–5:15 PM	$90	414578-03

Location: Spring Canyon Park

9/7–10/26	W	9:00–9:45 AM	$90	414578-05

Location: Troutman Park

9/8–10/27	Th	9:00–9:45 AM	$90	414578-07
9/8–10/27	Th	3:30–4:15 PM	$90	414578-09

Age: 4–5 years
Location: City Park

9/9–10/28	F	10:00–10:45 AM	$90	414578-14
9/9–10/28	F	4:30–5:15 PM	$90	414578-15

Location: Harmony Park

9/6–10/25	Tu	10:00–10:45 AM	$90	414578-02
9/6–10/25	Tu	5:30–6:15 PM	$90	414578-04

Location: Spring Canyon Park

9/7–10/26	W	5:45–6:30 PM	$90	414578-06

Location: Troutman Park

9/8–10/27	Th	10:00–10:45 AM	$90	414578-08
9/8–10/27	Th	4:30–5:15 PM	$90	414578-10

Age: 6 years
Location: City Park

9/9–10/28	F	5:30–6:30 PM	$90	414578-16

Location: Troutman Park

9/8–10/27	Th	5:30–6:30 PM	$90	414578-11

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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 Golf
First Baseball	Kinder Karate
First Football	First Tennis
First Basketball	Little Laxer Lacrosse

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: 9 am - 4 pm or Half-Day: 9 am - noon)

Late Summer Camps
- *Aug 1 - 5; Aug 8 - 12; Aug 15 - 19*

On all PSD School Days Off, including
- *Sep 23; Oct 13 & 14*
- *Nov 11, Nov 23; Jan 2 - 6*

Sports Camps & Clinics

- **Volleyball**

Middle School VB Pre-Tryout Clinic
Gr 6 - 8 Mon - Fri 8/15 - 19

- **Tennis** - *Small Group Lessons*

Gr K - 6 Fridays 9/9 - 9/30
10/7 - 10/28
11/4 - 12/16

"Perpetual Motion" Program

This program was designed by a local pediatric occupational therapist to **help kids who "don't fit" in the typical youth athletic stereotype.**

The premise is simply to give every child an opportunity to use all their body muscles in a fun, exploratory setting using a structured, "perpetual motion" circuit. Children need only to be able to walk and to independently follow an 'obstacle course' activity format. Preschool & Gr K - 5 classes

Classes after school Wednesdays & Fridays

Instructional Leagues

Designed for Beginning & Intermediate Players. Sessions split between skill building and small-sided scrimmages.
No scores are kept.
There are no fixed teams.
The focus is on learning & having FUN!

- **Lacrosse**

BOYS	*Gr K - 8*	*Mondays*	*9/12 - 10/24*
GIRLS	*Gr 1 - 8*	*Tuesdays*	*9/13 - 10/25*

- **Volleyball** (Boys & Girls)

Gr 3 - 8	*Thursdays*	*9/8 - 10/27*

- **Flag Football** (Boys & Girls)

Gr K - 5	*Saturdays*	*9/10 - 10/29*

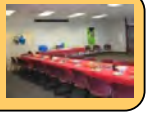
Basketball (Boys & Girls)

Gr K - 2	*Tuesdays*	*8/30 - 10/4*
		10/11 - 11/8
		11/15 - 12/20
Gr K - 2	*Saturdays*	*8/27 - 10/1*
		10/8 - 11/5
		11/12 - 12/17

- **Soccer** (Boys & Girls)

Ages 7-11	*Monday Basic*	*11/7 - 12/12*
Ages 9-11	*Mon PDL/Advanced*	*11/7 - 12/12*
Ages 5-6	*Wednesday Basic*	*11/2 - 12/14*

Sports-themed Birthday Parties for all Ages!



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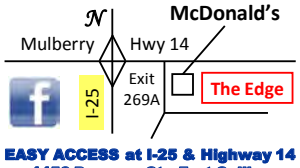

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www.columbinehealth.com

50 Plus

All 50+ programs are for ages 50 years & up and are held at the Senior Center unless otherwise noted. For programming designed for all ages, browse the other sections of the Recreator.

Other Adult Programs in the Recreator

Adaptive Recreation	14	Gardens on Spring Creek	64
Aqua Fitness	19	Heath & Wellness	66
Aquatics	21	Ice Skating	74
Arts & Crafts	27	Outdoor Recreation	79
Bicycling	35	Pottery	30
Dance & Movement	36	Special Events	81
Education	47	Sports	82
Fitness	55	Trips & Travel	99
Fitness 50+	95		

Senior Center Membership

Membership 50+ is $25 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 at the Senior Center.
- 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 & Wellness services

New Member Orientations

Get a tour of the Senior Center and learn about the resources and opportunities available to you. Ask questions and begin a relationship with the people at the Senior Center. Tours are monthly.

First Friday	9:00–10:00 AM	No Fee
Third Tuesday	5:30–6:30 PM	No Fee

Cards and Games

Bridge

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 Member

Bridge Mentoring – M
Half hour review of one topic followed by bridge play. Mentor assists with bidding and playing questions per the 21st Century Standard American Bridge system.

Age: 18 years & up
Location: Senior Center

9/12	M	6:00–8:30 PM	No fee
9/26	M	6:00–8:30 PM	No fee
10/10	M	6:00–8:30 PM	No fee
10/24	M	6:00–8:30 PM	No fee
11/14	M	6:00–8:30 PM	No fee
11/28	M	6:00–8:30 PM	No fee

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

Practice Duplicate Bridge Game
Quarterly drop-in game for people new to Duplicate Bridge to develop skills and have companionable play in preparation for the weekly Friday duplicate bridge game. Mentor partners available. Prerequisite: Can play a bridge hand in 7 minutes.

Age: 18 years & up
Location: Senior Center

10/23	Sun	12:45–4:00 PM	$3.50	
			$2.80 Member	

Bridge, Getting Started
Start playing right away without having to know rules for bidding. Focus on card basics, bridge etiquette, hand evaluation, playing to win tricks, defending and scoring. Begin a solid foundation of skills to build upon in the 21st Century Standard American process.

Age: 18 years & up
Location: Senior Center

9/7–9/28	W	5:30–8:30 PM	$45	412460-01
			$40.80 Member	

Bridge 2, Bidding
Continue to build a solid foundation of basic 21st Century Standard American Bridge skills by adding basic bidding using the ACBL book, Bidding in the 21st Century. Prerequisite: Bridge 1 or instructor approval. Supplies included.

Age: 18 years & up
Location: Senior Center

10/5–11/30	W	5:30–8:30 PM	$100	412461-01
			$87.55 Member	

Bridge R1, Beginning Rubber Bridge
Add enough basic bidding skills using older, simpler techniques to enable players to join the Party Bridge groups using rubber bridge scoring. Continue practice playing hands. Slower and less complete than the Bridge 2,3,4,5 series. Prerequisite: Bridge 1 or instructor approval. Supplies included.

Age: 18 years & up
Location: Senior Center

10/3–11/21	M	2:00–5:00 PM	$80	412462-01
			$68 Member	

Bridge P7, Major Suit Raises I "Play" Course
Practice the bridge playing and bidding concepts learned through Bridge 4, Commonly Used Conventions. Use structured play in the ACBL Major Suit Raises I "Play" Course manual. Prerequisite: Bridge 3 or instructor approval. Supplies included.

Age: 18 years & up
Location: Senior Center

9/19,10/2, 10/17,10/31	M	5:30–8:30 PM	$45	412463-01
			$39.45 Member	

Bridge P8, Major Suit Raises II "Play" Course
Practice the bridge playing and bidding concepts learned through Bridge Beginning 4, Commonly Used Conventions. Use structured play in the ACBL Major Suit Raises II "Play" Course manual. Prerequisite: Bridge 3 or instructor approval. Price includes supplies.

Age: 18 years & up
Location: Senior Center

11/7,11/21, 12/5,12/19	M	5:30–8:30 PM	$45	412464-01
			$39.45 member price	

General Games

BINGO – M
Senior Center members compete against each other in BINGO for prizes.

9/12	M	1:00–2:00 PM	No Fee
10/10	M	1:00–2:00 PM	No Fee
11/14	M	1:00–2:00 PM	No Fee

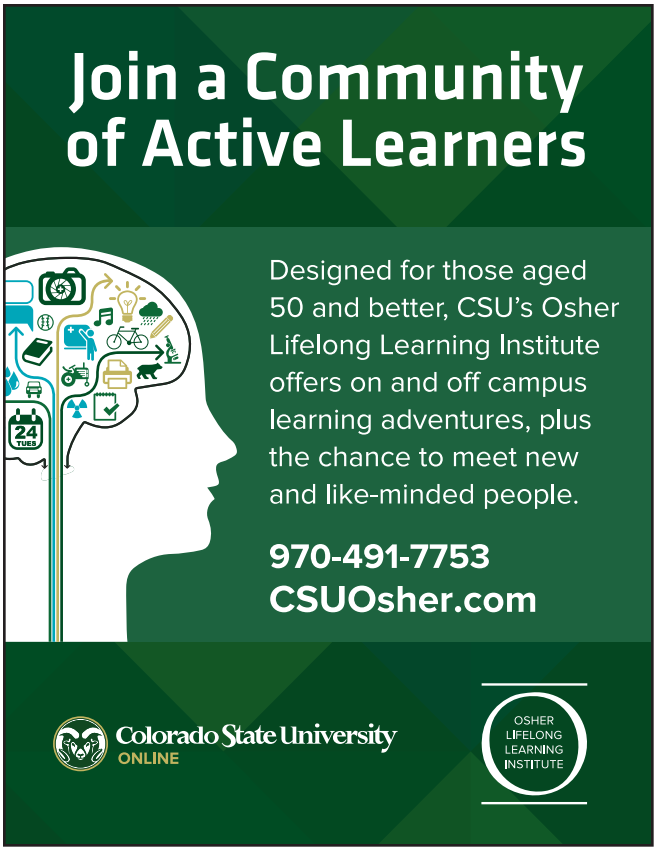
Cards & Games – M
Cards and board games played including canasta, mahjongg, scrabble, and cribbage.

Age: 18 years & up

Ongoing	M	9:00 AM–Noon	No Fee
Ongoing	W	12:30 PM–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 28.



Donut Make U Wonder – M
A group that engages in local, national, and global topical discussions with donuts and coffee.

Ongoing	F	10:00–11:30 AM	No Fee

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
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)

Older Gay Lesbian Bisexual Transgender (OGLBT)
A social networking group for persons that are OGLBT and ages 50 years & up. We have partnered with *NoCoPride.org* and encourage you to visit their website. 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
Advise City Council on issues related to older adults. The board is comprised of individuals of all ages who share a concern for the aging members of our community and 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
Assist and advise the administrative staff in matters regarding the operation of the Senior Center. Members 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. SOAP meets at 1:30 p.m. on the 4th Tuesday of each month. Contact Ashley Ruffer at 970.224.6033.

The Play's the Thing – M
We 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 from 6:30–8:30 p.m. Contact *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

Education

Emergency Preparedness for Seniors

Learn from experts about what to do if a large-scale disaster like a tornado, flood, or wildfire threatened the community. Find out how to prepare and react in an emergency. Also, explore concerns such as limited mobility, pets, or hard to find medications. Provider: Fort Collins Office of Emergency Management.

Age: 18 years & up

Location: Senior Center

9/13	Tu	6:00–7:30 PM	No Fee	407478-01

Seniors, Stay Safe (H)

Seniors have a higher statistical rate of becoming a victim of crime. Stay Safe teaches practical and easy to implement, personal safety skills. Seniors learn to recognize and respond to intuition, define personal and defendable space, and practice easy defense/deterrent moves.

Age: 18 years & up
Location: Senior Center

10/6	Th	10:00–11:00 AM	$20	425422-01

Medical Self-Awareness

Emergency Medical Services (EMS) is an ever-changing field. Find out what is available through EMS, how to get help, and get answers to other related questions. Provider: EMS with the Poudre Fire Authority.

Age: 18 years & up
Location: Senior Center

10/11	Tu	6:00–7:30 PM	No Fee	407479-01

Fire Safe Seniors

We've come a long way since the first smoke alarm was sold in 1955. Learn about new technology and techniques designed to keep seniors fire safe. Also learn about 'reliable standby's' such as smoke alarms and extinguishers. Provider: Poudre Fire Authority.

Age: 18 years & up
Location: Senior Center

11/8	Tu	6:00–7:30 PM	No Fee	407480-01

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.

The fitness classes listed below are specific for ages 50 years & up. See page 55 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. Movements come naturally, stimulate the body, and initiate a mind-body link, providing anti-aging exercises that almost anyone can do. Fun and a little silly, we laugh a lot. Usually practiced in a chair.

9/6–10/4	Tu	11:00–11:50 AM	$15	409436-01
10/11–11/8	Tu	11:00–11:50 AM	$15	409436-02
11/15–12/13	Tu	11:00–11:50 AM	$15	409436-03

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. **Note:** Class will not be held on 9/5, 11/23, 11/25.

8/31–10/2	M,W,F	8:50–9:50 AM	$42	409437-01
10/5–11/6	M,W,F	8:50–9:50 AM	$45	409437-02
11/9–12/16	F,M,W	8:50–9:50 AM	$39	409437-03
9/5–10/5	M,W	8:50–9:50 AM	$27	409437-1A
10/10–11/9	M,W	8:50–9:50 AM	$30	409437-2A
11/14–12/14	M,W	8:50–9:50 AM	$27	409437-3A
9/5–10/3	M	8:50–9:50 AM	$12	409437-1B
10/10–11/7	M	8:50–9:50 AM	$15	409437-2B
11/14–12/12	M	8:50–9:50 AM	$15	409437-3B

Balance 201

Practice techniques and work to develop body awareness, methods, and confidence in facing challenging balance issues. Just like strength improves with practice, so can balance improve with practice. **Note:** Class will not be held on 11/23.

9/7–10/5	W	8:30–9:30 AM	$15	409448-01
10/12–11/9	W	8:30–9:30 AM	$15	409448-02
11/16–12/14	W	8:30–9:30 AM	$12	409448-03

Body & Mind in Motion

Perform a variety of arm and leg movements while sitting in chairs. Designed for adults with physical limitations. **Note:** Class will not be held on 9/5, 11/23, 11/25.

9/7–10/7	M,W,F	10:00–10:55 AM	$42	409442-01
10/10–11/11	M,W,F	10:00–10:55 AM	$45	409442-02
11/14–12/16	M,W,F	10:00–10:55 AM	$39	409442-03
9/7–10/5	M,W	10:00–10:55 AM	$27	409442-1A
10/10–11/9	M,W	10:00–10:55 AM	$30	409442-2A
11/14–12/14	M,W	10:00–10:55 AM	$27	409442-3A
9/5–10/3	M	10:00–10:55 AM	$12	409442-1B
10/10–11/7	M	10:00–10:55 AM	$15	409442-2B
11/14–12/12	M	10:00–10:55 AM	$15	409442-3B

Dynamic Senior Fitness

A workout for active seniors focused on agility, balance, flexibility, and strength. Designed around low impact games and drills to enhance ability to participate in a variety of sports. **Note:** Class will not be held on 11/25.

9/9–10/7	F	2:00–2:45 PM	$11.25	409441-01
10/14–11/11	F	2:00–2:45 PM	$11.25	409441-02
11/18–12/16	F	2:00–2:45 PM	$9	409441-03

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. **Note:** Class will not be held on 9/5, 11/23.

9/7–10/5	M,W	11:00–11:55 AM	$27	409438-01
10/10–11/9	M,W	11:00–11:55 AM	$30	409438-02
11/14–12/14	M,W	11:00–11:55 AM	$27	409438-03
9/5–10/3	M	11:00–11:55 AM	$12	409438-1A
10/10–11/7	M	11:00–11:55 AM	$15	409438-2A
11/14–12/12	M	11:00–11:55 AM	$15	409438-3A

N'Balance

An effective fall prevention class that achieves results. Enjoy practice exercises and movements to strengthen core balance and to overcome the fear of falling. This is an evidence-based program designed from the kinetic principles of Fall Proof, a balance program created by Cal State University/Fullerton. **Note:** Class will not be held on 11/23.

9/7–10/26	M,W	2:30–3:30 PM	No Fee	409439-01
10/31–12/21	M,W	2:30–3:30 PM	No Fee	409439-02

Parklane Fitness

Receive instruction while sitting in a chair to improve flexibility, strength, coordination, and cardiovascular fitness. **Note:** Class will not be held on 11/24.

Location: Parklane Towers North

9/6–10/6	Tu,Th	9:30–10:30 AM	$30	409440-01
10/11–11/10	Tu,Th	9:30–10:30 AM	$30	409440-02
11/15–12/15	Tu,Th	9:30–10:30 AM	$27	409440-03

Staying Fit After Menopause (H)

Discussion, plus exercise with a focus on specific strengthening needs for women after menopause. Bring an exercise mat if you have one. Provider: Sharon Petty, PT, DPT, OCS, specialist in Women's Health at Outpatient Rehab, PVH.

Age: 18 years & up
Location: Senior Center

11/15	Tu	5:30–6:30 PM	$10	425410-01

Swiss Theraball

Enjoy gentle, effective, low-impact exercise on the Theraball. Improve balance, endurance, flexibility, and strength with this relaxing routine. Theraballs are provided. **Note:** Class will not be held on 11/24.

9/8–10/6	Th	4:00–5:00 PM	$15	409443-01
10/13–11/10	Th	4:00–5:00 PM	$15	409443-02
11/17–12/15	Th	4:00–5:00 PM	$12	409443-03

Tai Chi for Arthritis

Tai Chi for Arthritis and Falls Prevention is effective and evidence based. It relieves pain and maintains and improves health and the quality of life. **Note:** Class will not be held on 11/25.

9/9–10/7	F	3:00–4:00 PM	$15	409431-01
10/14–11/11	F	3:00–4:00 PM	$15	409431-02
11/18–12/16	F	3:00–4:00 PM	$12	409431-03

Yoga, Chair

Improve your health through this form of adaptive exercise. You are supported by a chair, so you can receive yoga's healing and restorative benefits. Yoga relaxes the body and mind and improves musculoskeletal fitness and flexibility. **Note:** Bringing your own yoga mat is encouraged, but not required.

9/12–10/3	M	8:30–9:30 AM	$12	409466-01
10/10–11/7	M	8:30–9:30 AM	$15	409466-02
11/14–12/12	M	8:30–9:30 AM	$15	409466-03

SilverSneakers

Do you want to learn more about SilverSneakers? Inquire at the front desk at the Senior Center. **Note:** Nonmembers may attend by paying drop in or register for the month.

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:** Class will not be held on 11/23, 11/24.

Location: Senior Center

9/6–10/6	Tu,Th	10:10–10:55 AM	$22.50	409444-01
10/11–11/10	Tu,Th	10:10–10:55 AM	$22.50	409444-02
11/15–12/15	Tu,Th	10:10–10:55 AM	$20.25	409444-03
9/10–10/8	Sa	10:15–11:00 AM	$11.25	409444-04
10/15–11/12	Sa	10:15–11:00 AM	$11.25	409444-05
11/19–12/17	Sa	10:15–11:00 AM	$11.25	409444-06

Location: Northside Aztlan Center

9/7–10/5	M,W	11:00–11:45 AM	$20.25	409545-01
10/10–11/9	M,W	11:00–11:45 AM	$22.50	409545-02
11/14–12/14	M,W	11:00–11:45 AM	$20.25	409545-03

Circuit, Silver Sneakers

Move through a series of exercises in a circuit format to improve cardiovascular endurance and muscular strength and endurance. **Note:** Class will not be held on 11/23, 11/25.

9/7–10/7	M,W,F	1:00–1:45 PM	$31.50	409446-01
10/10–11/11	M,W,F	1:00–1:45 PM	$33.75	409446-02
11/14–12/16	M,W,F	1:00–1:45 PM	$29.25	409446-03

Splash, Silver Sneakers

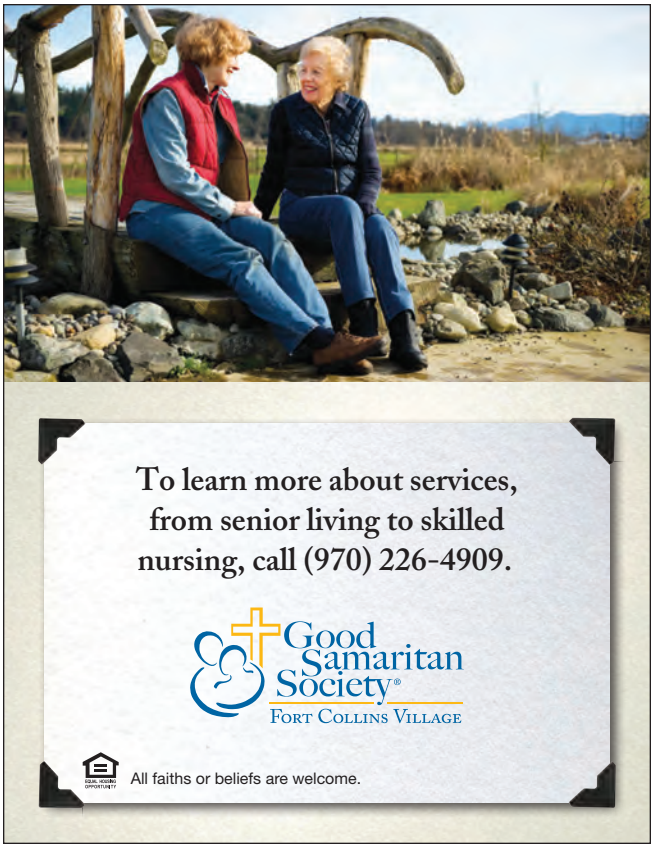
Fun shallow-water moves that improve agility, flexibility, and cardiovascular endurance. No swimming ability required. A special Silver Sneakers kickboard is used to develop strength, balance, and coordination. **Note:** Class will not be held on 11/24.

9/6–10/6	Tu,Th	12:15–1:00 PM	$22.50	409447-01
10/11–11/10	Tu,Th	12:15–1:00 PM	$22.50	409447-02
11/15–12/15	Tu,Th	12:15–1:00 PM	$20.25	409447-03
9/6–10/6	Tu,Th	1:15–2:00 PM	$22.50	409447-04
10/11–11/10	Tu,Th	1:15–2:00 PM	$22.50	409447-05
11/15–12/15	Tu,Th	1:15–2:00 PM	$20.25	409447-06

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:** Class will not be held on 11/24, 11/23.

9/6–10/6	Tu,Th	11:10–11:55 AM	$22.50	409467-01
10/11–11/10	Tu,Th	11:10–11:55 AM	$22.50	409467-02
11/15–12/15	Tu,Th	11:10–11:55 AM	$20.25	409467-03



Yoga, Silver Sneakers continued

9/7–10/5	M,W	4:10–4:55 PM	$20.25	409467-04
10/10–11/9	M,W	4:10–4:55 PM	$22.50	409467-05
11/14–12/14	M,W	4:10–4:55 PM	$20.25	409467-06
9/10–10/8	Sa	11:15 AM–Noon	$11.25	409467-07
10/15–11/12	Sa	11:15 AM–Noon	$11.25	409467-08
11/19–12/17	Sa	11:15 AM–Noon	$11.25	409467-09

Ice

Senior Coffee Club

For older adults interested in social skating. Regular fees apply.

Age: 60 years & up
Location: Edora Pool Ice Center

8/24–11/30	W	9:15–10:45 AM

Sports

AOA Badminton

If you enjoy the energetic fast-paced game of badminton, join the group of Active Older Adults that play on Tuesday and Thursday mornings. **Note:** Drop-in fees apply.

8/30–11/29	Tu,Th	7:00–10:00 AM

AOA Basketball

Still got game? Suit-up and get on the court for some hoops. Active Older Adults own the court on Monday, Wednesday, and Friday mornings. **Note:** Drop-in fees apply.

8/29–11/30	M,W,F	9:00–11:00 AM

Resources

Legal Services – MO

Free 30-minute sessions every 1st Thursday of the month. Contact the Senior Center to schedule an appointment.

9/1	Th	1:00–5:00 PM	No fee
10/6	Th	1:00–5:00 PM	No fee
11/3	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 – M

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 Community 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

Location: Northside Aztlan Center

Ongoing	Tu,W,Th	Noon	$2.50 suggested donation

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*.

Special Events

See a list of Special Events available for all ages on page 81.

Social Programs & Special Events

Celebrations – M

Celebrate July, August and September birthdays and anniversaries of the Senior Center members with cake, gifts, and entertainment.

9/22	Th	1:30–3:00 PM	No Fee	412410-01

Historical Café, Survivor Story – Iwo Jima

Sargent John "Jack" Thurman, retired from the US Marine Corps., is 91 years of age and is one of few who survived the WWII battle of Iwo Jima. Join this talented author as he shares his story. **Note:** Lunch served after the presentation. Please indicate special dietary needs at registration time.

9/14	W	11:30 AM–1:30 PM	$22	412440-01
			$18.70 member price	

Historical Café – Argentina

Experience Argentina, the land of tango, steak and football. **Note:** Lunch served after the presentation. Please indicate special dietary needs at registration time.

10/19	W	11:30 AM–1:30 PM	$22	412440-02
			$18.70 member price	

Mahjong and Mimosa's

Join us for the 2nd annual Senior Center Mahjong Tournament. Play mahjong, enjoy refreshments, and listen to light music.

Age: 50 years & up
Location: Senior Center

9/24	Sa	10:00 AM–3:00 PM	$15	412450-01

Movies, New Release and Classics – M

Movie showings of new releases and classics. Schedule of movie titles available at the registration desk.

9/2	F	1:00–3:00 PM	No fee
9/16	F	1:00–3:00 PM	No fee
10/7	F	1:00–3:00 PM	No fee
10/21	F	1:00–3:00 PM	No fee
11/4	F	1:00–3:00 PM	No fee
11/18	F	1:00–3:00 PM	No fee

Prairie Sage Dances

Dance to live music. Refreshments served. 9/5 No Dance

H & H (1940s Dance)

9/19	M	7:00–10:00 PM	$4

Big Twang Theory

10/3	M	7:00–10:00 PM	$4

Jim Ehrlich (Halloween/Chili Supper)

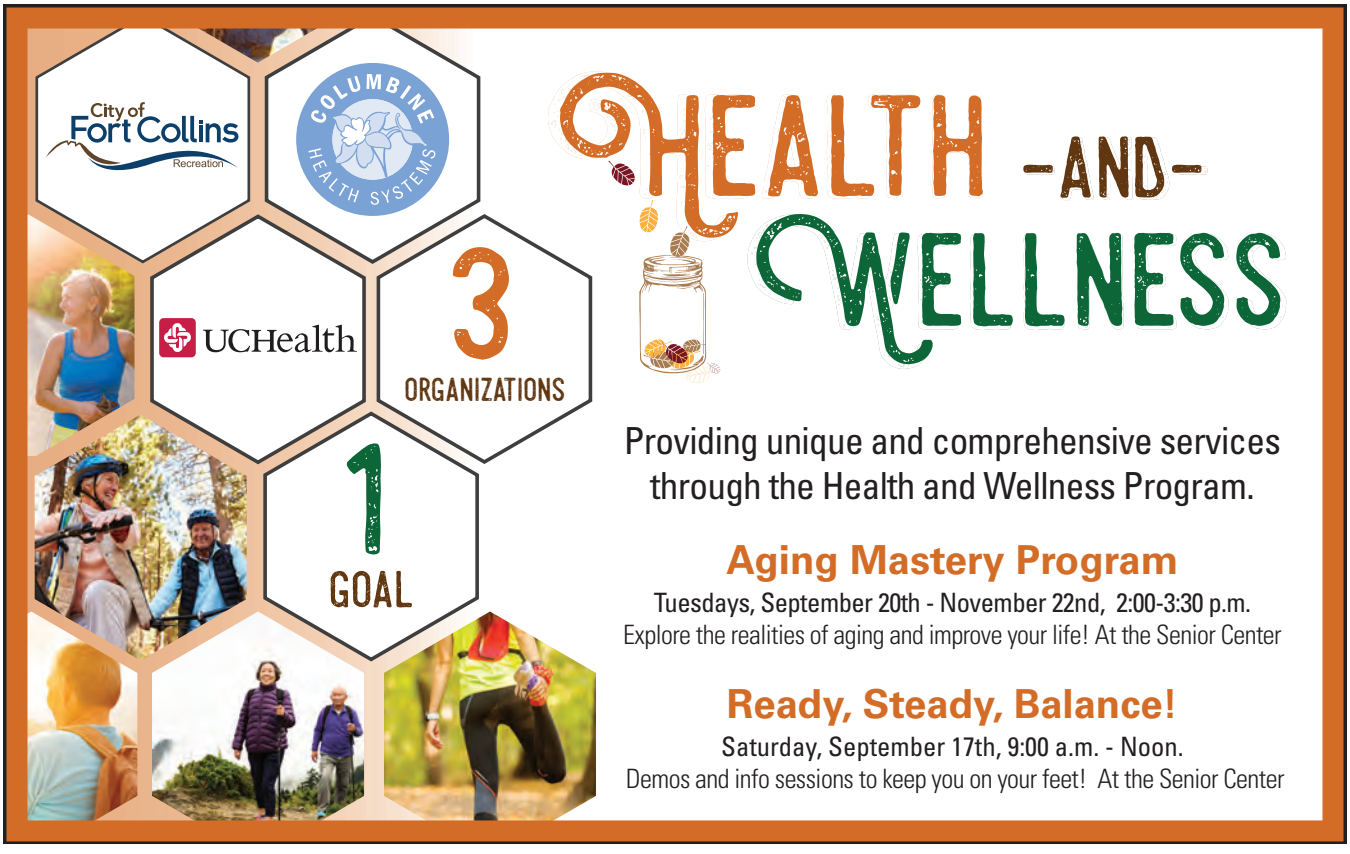
10/17	M	7:00–10:00 PM	$4

Pepie (Bronco Mania)

11/7	M	7:00–10:00 PM	$4

Back Stage Trio

11/21	M	7:00–10:00 PM	$4



Trips & Travel

Senior Center trips are for ages 50 years & up 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
If you need to cancel a trip, notify us by 10 a.m. two (2) business days prior to trip departure for refund or credit, unless otherwise noted below.

Ticketed trip sales are considered final and non-refundable. No refunds are given unless we resell that ticket. Ticketed trips include but are not limited to shows, special events, and sports games. Full refunds are available for overnight trips until the final payment deadline, after which all sales are final and non-refundable.

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, unless otherwise noted. Many trips include more 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 and 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.

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.

Smoking

Trips are smoke-free whenever possible. Smoking is not allowed on vans or buses.

Adventure Travel

Norsk Hostfest – Minot, North Dakota

A truly cultural experience featuring all five Scandinavian countries: Denmark, Finland, Iceland, Norway, and Sweden. Start with a scenic trip through the Black Hills and end with a stop at Devil's Tower Monument. Visit with artisans showcasing ancient traditions or take a walk back in time to Viking Village and Tromso Cultural Village. Enjoy lively entertainment, a 6-course feast, and an array of learning opportunities. **Note:** 5 days/4 nights. Includes motor coach transportation, lodging, two ticketed shows, all entrance fees, most meals, and festival transportation. $300 deposit taken at time of registration.

Single Occupancy, per person

9/27–10/1	Tu–Sa	$1499	405990-01

Double Occupancy, per person

9/27–10/1	Tu–Sa	$999	405990-01

Argentina Highlights –Spring 2017

Experience everything Argentina has from top to bottom. Spend three days in Buenos Aires, described at the Paris of South America. Wander through markets, visit the Cemetery of the Recoleta, and watch a Tango show. Fly over the awe-inspiring Patagonian Andes to land in Bariloche for three days of wonder in the mountains. Next, on to El Calafate to visit the UNESCO World Heritage Site, Los Glaciares National Park. **Note:** 10 days/9 nights including airfare, transportation, lodging, most meals, tours, and guide.

Single Occupancy, Per Person

4/19–4/28, 2017	W–F	TBD	205990-01

Double Occupancy, Per person

4/19–4/28, 2017	W–F	TBD	205990-01

Moher Adventures in Ireland – Summer 2017

Go to the heart of Ireland's culture on this people to people experience. Spend days walking (5–8 miles) the picturesque landscape. Spend lunchtime in local historic pubs sharing stories with locals. In the evenings, stay in comfortable bed & breakfasts operated by native families. Traverse the Burren of County Clare, climb the Cliffs of Moher, and walk through the ancient settlements of Clochans. Head

Moher Adventures in Ireland continued

to the westernmost tip of Ireland on the Dingle Peninsula, walk to medieval castles and abbey ruins, and wander the rolling green hills alive with wildflowers. **Note:** 11 days/10 nights. Fee includes flights, lodging, most meals, local guides, and all admissions.

6/16–6/2, 20176	F–M	Cost: TBD	305996-01

Whales, Wildlife, and the San Juan Islands – Summer 2017

Two countries, one cruise ship, unlimited sights. The waters of the Pacific Northwest contain hundreds of islands, some a little more than rocky reefs; others rise to nearly 2,500 feet. Visit the San Juan Islands, considered to be the loveliest, and experience breathtaking rolling pastures, rocky shorelines, and thickly forested ridges. Cruise with guided tours from Mt. Rainier National Park outside of Seattle to the Butchart Gardens in Victoria, British Columbia. **Note:** 8 days/7 nights. Fee includes transportation, lodging, guides, some meals, and admissions.

Single Occupancy, Per Person

7/25–8/1, 2017	Tu–Tu	$4,849	305993-01

Double Occupancy, Per Person

7/25–8/1, 2017	Tu–Tu	$3,999	305993-01

Snow Sports Pre-Season Kickoff

Meet other snow sport enthusiasts over refreshments and a cash bar at this pre-season gathering. All cross-county, downhill skiers, snowboarders, and snowshoers welcome. Meet new friends or catch up with those you haven't seen since last season. You might even win a door prize. Registration required.

Location: Senior Center

11/17	Th	6:00–8:00 PM	No Fee	411410-01

Ongoing

Rockies v Cardinals – M

Enjoy the game from the shaded seats at Denver's Coors Field. **Note:** Fee includes ticket.

Age: 50 years & up
Location: Senior Center

9/21	W	10:30 AM–6:00 PM	$37 $31.45 Member	405902-01

Casino Trips

A day in the mountains at the Mardi Gras Blackhawk.

Location: Rolland Moore Park

9/20	Tu	8:00 AM–5:30 PM	$10	405910-01
10/18	Tu	8:00 AM–5:30 PM	$10	405910-02
11/29	Tu	8:00 AM–5:30 PM	$10	405910-03

Outdoor Strolls – M

Short, easy strolls in scenic areas at your own pace and you determine the distance you want to walk. Perfect for photographers and artists. **Note:** Wear appropriate footwear. Bring your own lunch, snacks, water, and appropriate clothing for forecast.

For more of a challenge see Hikes on page 79.

Lions Open Space

9/2	F	9:00 AM–3:00 PM	$20	411904-01
			$17 Member	

Nix Farm

9/14	W	9:00 AM–3:00 PM	$20	411904-02
			$17 Member	

Out to Lunch – M

Join friends for a trip out to lunch. **Note:** Lunch cost is on your own unless noted otherwise.

Cinzetti's – Denver

Roam throughout a piazza where trained chefs prepare fresh Italian food at 14 exhibition cooking stations. Up to 80 items are on display and all are yours for the sampling.

9/7	W	10:30 AM–3:30 PM	$20	405930-01
			$17 Member	
9/29	Th	10:30 AM–3:30 AM	$20	405930-05
			$17 Member	

Briarwood Inn Witches Tea – Golden

Come in costume or wear your best hat. This fun tradition is a great way to enjoy the fall and Halloween season. **Note:** Fee includes cost of full tea.

10/29	Sa	9:30 AM–3:00 PM	$72	405930-02
			$61.20 Member	

Rincon Argentino – Boulder

Chef Christian was born and raised in Buenos Aires where he perfected his art of asado, before moving to Boulder to open his restaurant. Enjoy the tastes of Argentina as we explore the culture of Argentina this fall.

11/2	W	10:30 AM–3:30 PM	$20	405930-03
			$17 Member	
11/30	W	10:30 AM–3:30 PM	$20	405930-04
			$17 Member	

Sunday Out to Lunch

Head somewhere in the specified area for lunch to enjoy a day out of the house. We don't tell you which restaurant because the mystery is half the fun. A scenic ride home tops it off. **Note:** Lunch cost is on your own.

Livermore

9/25	Su	11:00 AM–3:00 PM	$10	405932-01

Lafayette

10/23	Su	11:00 AM–3:00 PM	$10	405932-02

Erie

11/6	Su	11:00 AM–3:00 PM	$10	405932-03

Traveling Gourmet – M

Get fancy for dinner and try gourmet Colorado cuisine. **Note:** Dinner cost on your own unless noted otherwise.

Cholon – Denver

ChoLon, which translates to "big market", is named after the largest Chinese-influenced market in Saigon, Vietnam. ChoLon's menu hallmarks inspired interpretations of traditional dishes found across the exotic Far East. **Note:** Fee includes cost of meal. Meal served family-style by table.

9/13	Tu	3:30 PM–9:30 PM	$110	405940-01
9/15	Th	3:30 PM–9:30 PM	$110	405940-04

Praha – Longmont

The Praha Restaurant and Bar is reminiscent of an old European country inn where one can enjoy a delicious meal, excellent wine, attentive service, and a warm ambience. Entrees range from $30–50.

10/20	Th	3:30–9:30 PM	$25	405940-02
			$21.25 Member	

Greenbriar Inn – Boulder

Opened in 1967, The Greenbriar Inn is an elegant restaurant and tavern nestled at the foot of the Rocky Mountains. The cuisine focuses on seasonal, American classics and the surrounding 20 acres features two ponds, striking woodland, and thriving vegetable, fruit, and flower gardens. Entrees range from $30–50.

11/17	Th	3:30–9:30 PM	$25	405940-03
			$21.25 Member	

September

Phantom of the Opera – Denver

Hailed by critics as "bigger and better than ever before," Cameron Mackintosh's spectacular new production of Andrew Lloyd Webber's The Phantom of the Opera boasts many exciting special effects including the show's legendary chandelier, new scenic and lighting designs, new staging, and choreography. Location: Buell Theater. Fee includes great tickets. Lunch cost on your own at the Limelight Supper Club prior to the performance.

9/1	Th	10:00 AM–7:00 PM	$110	405920-01

Dinosaur Ridge – Morrison

Take a guided tour of the various sites where over 300 footprints were left by several dinosaurs. The Dinosaur Bone Quarry has dinosaur bones imbedded in sandstone that were originally left in sand in an ancient stream system. Stegosaurus, Colorado's State Fossil, was first discovered here in 1877. **Note:** Fee includes admission and tour. Bring your own picnic lunch to have a Red Rocks Park.

9/8	Th	8:30 AM–3:30 PM	$30	405953-01
			$25.50 Member	

Longs Peak Scottish-Irish Festival – Estes Park

Celebrating their 40th year anniversary, the Highlands Festival is one of the nation's largest gatherings celebrating Scottish/Irish heritage. Enjoy international competitions in bagpiping and drumming, jousting, Highland dance, Irish step dance, athletics, and dogs of the British Isles, as well as clans, worldwide guest bands, importers, and crafters. **Note:** Fee includes admission. Lunch is on your own. Comfortable walking shoes are a must.

9/9	F	9:00 AM–4:00 PM	$55	405950-01
			$46.75 Member	

Boulder Walking Tour

Passport to Paris brings together works from rock stars of the art world such as Claude Monet, Edgar Degas, Camille Pissarro, and Henri de Toulouse-Lautrec. The exhibition focuses on French art from the late 1600s to early 1900s and explores changes in art and society during three important centuries in art history. **Note:** Fee includes tour and escort. Lunch cost is on your own on Pearl Street.

9/12	M	9:00 AM–3:30 PM	$45	405960-01
			$38.25 Member	

Hudson Gardens Bee Keepers – Littleton

Learn how important bees and other pollinators are to humans and plants. Explore the various stages of the honeybee life cycle, the intricacies of pollination and honey production, and discover exactly what beekeepers do to "keep" bees. **Note:** Fee includes admission fee and honey tasting. Lunch cost is on your own at Merle's. Please bring your own EPI pen if allergic.

9/16	F	8:15 AM–4:00 PM	$37	405952-01
			$31.45 Member	

Clive Cussler Museum – Arvada

The Cussler Museum is dedicated to the preservation of astounding rare and vintage automobiles from all over the world. This extensive collection of over 100 significant automobiles, ranging in years from 1906 to 1965, was started by renowned best-selling author Clive Cussler. **Note:** Fee includes admission. Lunch cost is on your own at Steuben's.

9/22	Th	8:30 AM–3:30 PM	$32	405957-01
			$27.20 Member	

Bourbon Speakeasy – Georgetown Loop Railroad

Stretch your legs on a tour through the Hotel des Paris in Historic Georgetown before taking a journey back in time to a bygone era of luxury, class, and nostalgic train travel. Watch the lovely Clear Creek County Valley scenery pass by as you enjoy a selection of hors d'oeuvres designed to complement the four styles of the evening's featured libation: bourbon. **Note:** Fee includes motorcoach transportation, guided tour, and dinner. Ages 21 years & up welcome.

9/24	Sa	2:00–10:00 PM	$105	405956-01

CU Museum of Natural History – Boulder

The University of Colorado Museum of Natural History houses the largest natural history collection in the Rocky Mountains. The collections include the world's oldest documented Navajo textile, the Aiken bird collection, and Colorado's largest collection of bees. **Note:** Fee includes admission and guided tour. Lunch cost is on your own at the Med.

9/27	Tu	9:00 AM–3:00 PM	$20	405955-01
			$17 Member	

October

An Evening of Bernstein's Best – Denver

Broadway vocalist Morgan James returns to the Colorado Symphony with a slate of showstoppers and ballads from the one and only Leonard Bernstein. This intersection of opera, music theatre, and jazz bring forth selections from West Side Story, Candide, and On the Town. **Note:** Fee includes ticket. Bring lunch or snack to enjoy in the van.

10/2	Su	11:00 AM–6:00 PM	$75	405922-01

Cabaret – Denver

Direct from Broadway, the acclaimed masterpiece returns to Denver. Hear some of the most memorable songs in theatre history, including "Cabaret," "Willkommen," and "Maybe This Time." Leave your troubles outside - life is beautiful at Cabaret. Location: Buell Theater. Fee includes ticket.

10/4	Tu	11:00 AM–6:00 PM	$105	405923-01

NREL Pop-up Trip – Golden

A follow-up day trip visit to the National Renewable Energy Laboratory (NREL) occurs during the Community Open House. This one-day annual event welcomes visitors to tour the NREL campus, see the newly dedicated hydrogen fueling station (the first of its kind in Colorado), and ask questions of the many NREL experts on hand. We will notify you of the exact day once announced by NREL in September. **Note:** Fee includes admission. Lunch cost is on your own.

10/10–10/14	M–F	8:30 AM–3:00 PM	$20	405963-01
			$17 Member	

Fall Colors Scenic Drive

Drive a portion of the peak to peak scenic byway. Start in Lyons and travel up Highway 36 to Estes Park for lunch. After lunch, continue up Highway 7 for a stop at Lily Lake and an optional stroll around the lake. Continue on the scenic byway to Lyons. Along the way, pass Twin Sisters, Saint Malo Church, and the Wild Basin area. **Note:** Lunch cost is on your own at Claire's on the Park.

10/13	Th	10:30 AM–4:00 PM	$20	405961-01
			$17 Member	

Evita – Johnstown

Argentina's controversial First Lady is the subject of this dynamic musical masterpiece. Driven by ambition and blessed with charisma, Eva Peron was destined to leave a fascinating political legacy unique in the 20th century. Evita creates an arresting theatrical portrait as complex as the woman herself. Location: Candlelight Dinner Theater. Fee includes ticket and dinner.

10/16	Su	11:30 AM–6:30 PM	$75	405970-01

Tartuffe– Arvada

Moliere's comedy for the ages mercilessly and mirthfully skewers hypocrites and the fools who believe in them. Family man, Orgon, believes he's found in Tartuffe a humble and pious holy man. Orgon's family sees a different Tartuffe: a conman set out to ruin their family. The family hatches a bold plot to expose Tartuffe, who won't go down without a fight. Location: Arvada Center Black Box Theater. Fee includes center seats and an after performance discussion with members of the production. Bring a lunch or snack to enjoy on the bus.

10/19	W	11:00 AM–7:00 PM	$62	405921-01

Aquarium – Denver

The Denver Aquarium includes more than a million gallons of underwater exhibits that highlight fascinating ecosystems around the world and houses over 500 species of animals, as well as the interactive stingray reef touch tank. Also, don't miss the Sumatran Tigers training session. **Note:** Fee includes entrance fees. Lunch cost is on your own at the Aquarium.

10/25	Tu	8:30 AM–4:30 PM	$40	405971-01
			$34 Member	

Hammond's Candies – Denver

Denver has seen a number of fine chocolate and candy manufacturers come and go, but one special company is still very much in business: Hammond's Candies. In 1920, after several years of learning the candy business, Carl T. Hammond, Sr. was inspired to become an entrepreneur after creating his first original candy: Honey Ko Kos. **Note:** Fee includes tour. Lunch cost is on your own at Gunther Toody's.

10/27	Th	8 AM–4:00 PM	$25	405962-01
			$21.25 Member	

November

PBS Channel 6 Tour

Rocky Mountain Public Broadcasting station is celebrating 60 years of service. Join us to see the daily operations of a public television company. Learn how television programs are scheduled and presented. Please consider bringing a gently used children's book to donate to the station. **Note:** Fee includes tour. Lunch cost is on your own around the Denver Art Museum.

11/1	Tu	8:00 AM–4:00 PM	$20	405965-01
			$17 Member	
11/3	Th	8:00 AM–4:00 PM	$20	405965-02
			$17 Member	

National Center for Atmospheric Research – Boulder

This state-of-the-art, world-class science laboratory offers an informative view of weather, climate, and the spectrum of atmospheric research. **Note:** Fee includes guided tour. Lunch cost is on your own on Pearl Street.

11/8	Tu	8:30 AM–3:30 PM	$25	405966-01
			$21.25 Member	

IKEA – Denver

Holiday shopping at its best!. IKEA has 415,000 sq. ft. of floor space, 50 room settings, 3 complete model home interiors and a restaurant featuring Swedish specialties. Roam and explore everything from furniture, rugs, lighting, linens, kids store, kitchen stuff, home decor, and Swedish meatballs. **Note:** Lunch cost on your own. Van has space for purchases.

11/9	W	8:30 AM–4:00 PM	$20	405967-01
			$17 Member	

Star Wars Costume – Denver

Take a unique journey into the Star Wars universe as characters are brought to life through a dramatic presentation of more than 60 original costumes. Star Wars and the Power of Costume closely examines the captivating process of costume design for iconic outfits featured in all seven films, from Princess Leia's unforgettable bikini to Darth Vader's imposing black armor. **Note:** Fee includes tour. Lunch cost is on your own around the Denver Art Museum.

11/15	Tu	8:00 AM–4:00 PM	$35	405968-01
			$29.75 Member	

Annual Wood Carving and Craft Shows – Loveland

The Northern Colorado Carvers Annual Show and the Applewood Arts Festival offer a cornucopia of artisan treasures. Wander the festival to take in the more than thirty different categories of artistic and unique offerings on display. Enjoy the many wood carving demonstrations and take in the Wood Carving Competition pieces. **Note:** Fee includes admission. Lunch cost is on your own at the festival. Van has space for purchases.

11/19	Sa	9:30 AM–4:00 PM	$25	405958-01
			$21.25 Member	

Shostakovich Performed by Silver Ainomae – Denver

The tour de force that is Shostakovich's Cello Concerto No. 1 brings together Canadian conductor Peter Oundjian and the Colorado Symphony's Principal Cellist Silver Ainomae in a virtuosic performance. The shimmering and delicate opening clashes with Bartok's fiery Concerto for Orchestra to make for an awe-inspiring performance. **Note:** Fee includes great seats. Bring lunch or snack to enjoy on the bus.

11/20	Su	11:00 AM–6:00 PM	$75	405925-01

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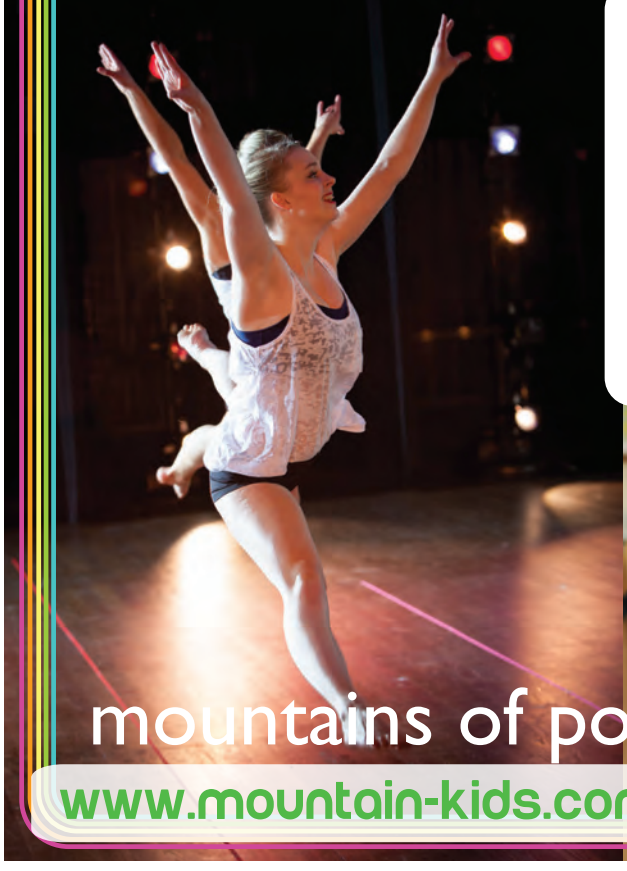

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