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Adaptive Recreation Opportunities

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

Inclusion

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

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

Transition

If you need more assistance in making your recreation and leisure choices, but want to be as independent as possible, the Transition program might be right for you. Explore new experiences; learn about exciting recreation opportunities and meet new people.

A therapeutic recreation professional will help you develop your personal Passport to Recreation Profile and discuss your needs, strengths, and interests. Call 970.224.6027.

Specialized Programs

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

Attendants

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

Volunteers Needed

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

Thank You!

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

Check out our webpage, www.fcgov.com/aro

For additional information, please feel free to contact the ARO staff.
Renee Lee, CTRS, 970.224.6027, rlee@fcgov.com
Jenna Moriarty, CTRS 970.224.6125, jmoriarty@fcgov.com
Brenda McDowell, 970.416.2024, bmcdowell@fcgov.com
Alison Cope, OTR, acope@frii.com
Riley Simonton, 970.224.6034, aro@fcgov.com

Area Recreation Opportunities

Best Buddies

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

858.602.8218 (President, Ellen Holbrook)
bestbuddies.csu@gmail.com

Facebook: facebook.com/CSUbestbuddies
Website: colostatebestbuddies.webs.com

Dance Express

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

Mary Elizabeth Lenahan, 970.493.2113, danceexpress@juno.com

Special Needs Swim

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

970.491.2321, specialneedsswim@gmail.com

Trips & Tours for People with Special Needs

“Just for the Fun of It”

Joan Handley, 970.532.4032

Club Bunches

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

Christine Barrett, 970.282.0695

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

Therapeutic horseback riding program.

Sherry Butler, 970.221.0646, ridewithfree.org

Transportation

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

Transfort (city bus) 970.221.6620
Dial-A-Ride 970.224.6066
SAINT 970.223.8645
Larimer Lift 970.498.7541

Special Olympics

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

Adult Unified Soccer

Brenda McDowell, 970.416.2024

Youth & Teen Unified Soccer

Brenda McDowell, 970.416.2024

Adult Unified Softball

Brenda McDowell, 970.416.2024

Track & Field

Adult: Lois Douthit, 970.493.6395

Youth: Patsy Kutchar, 970.377.0036

Swim Team: Loveland

Sarah Newton, inthegarden@juno.com

Other ARO Activities in Recreator:

Aquatic Fitness

MS Aqua 21

Twinges in the Hinges 21

Twinges Plus 21

Aquatics

Adaptive Swim
Fitness Lessons 25

Arts and Crafts

Artistic Abilities Art Class 33

Fitness

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NSCD Youth Ski Trips 87

Special Event

Giant Friends Club
Special Event “Dr. Suess” 89

Sports

Goalball 90

Adaptive Boccia
Tournament 90

Wheelchair Rugby 90

Unified Soccer 95

Unified Softball 95

Theatre

Theatre Acting Class 60

Alternative Programs

All Alternative Programs are for ages 18 & up unless otherwise noted.

General Information

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

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

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

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

Movie Night

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

Location: Edora Pool Ice Center

*Note:* Bring $5 (cash only) for ticket and money for a snack, if desired. Attendants welcome at no cost. Class not discountable.

3/24 M 6:00–9:00 Pm $5 202303-01

4/21 M 6:00–9:00 pm $5 202303-02

5/21 W 6:00–9:00 pm $5 202303-03

Restaurant Night

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

Location: Edora Pool Ice Center

*Note:* Bring approximately $15 cash to cover your meal and a tip. Attendants welcome at no cost. Class not discountable.

3/13 Th 5:45–8:00 pm $5 202304-01

5/1 Th 5:45–8:00 pm $5 202304-02

Cooking

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

Location: Senior Center

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

Creative Cooking

3/5 W 6:30–8:00 pm $9 202401-01

Healthy Choices

4/17–4/24 Th 6:30–8:00 pm $18 202401-02

Mexican

5/28 W 6:30–8:00 pm $9 202401-03

Crafts with A Cause

Let’s make something to give back to the community. We will research non-profits and choose a project to donate for a good cause.

Location: Senior Center

*Note:* Attendants welcome at no cost. Class partially discountable.

3/27–4/3 Th 4:30–6:00 pm $20 202402-01

Sports & Fitness

Adaptive Cycling

See page 87 for details.

Adaptive Swim Lessons

See page 25 for details.

Adult Unified Soccer

See page 95 for details.

Adult Unified Softball

See page 95 for details.

Trail Mix

This is a walking club that will explore different trails located in the area. Please dress for the weather, wear comfortable walking shoes and bring a water bottle and jacket.

Location: Northside Aztlan Center

*Note:* Attendants welcome at no cost but please inform Jenna Moriarty at *jmoriarty@fcgov.com* or 970.224.6125 to reserve space in the van. Class not discountable.

4/18–4/25 F 4:00–5:30 pm $12 202518-01

5/9–5/16 F 4:00–5:30 pm $12 202518-02

Bowling

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

Location: Chipper’s Lanes North

*Note:* Fee includes 2 games per person per week and shoe rental,
if needed. Class not discountable.

4/5–5/3 Sa 12:30–1:30 pm $48 202906-01

Special Events

Monthly Themed Dances – NW

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

Location: Senior Center

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

Wearing of the Green

3/28 F 6:00–8:00 pm $3

Spring Fling

4/25 F 6:00–8:00 pm $3

Fiesta

5/30 F 6:00–8:00 pm $3

Kentucky Derby Party

We are going to play our own version of a horse racing game
in celebration of the upcoming Kentucky Derby so wear your fancy hats or create one during this fun-filled party!

Location: Northside Aztlan Center

*Note:* Attendants welcome at no cost; please inform Jenna Moriarty
at jmoriarty@fcgov.com or 970.224.6125 who you will be assisting.

5/2 F 4:00–6:00 pm $15 202522-01

Trips & Outings

Monster Trucks Show

The Toughest Monster Truck Tour is coming to the Budweiser Events Center in Loveland. Join us as we watch this loud action packed show! Transportation home for those living within Fort Collins city limits may be provided, if needed.

Location: Edora Pool Ice Center

*Note:* Registration and cancellation deadline is 3/27/14. No refunds will be given unless your ticket can be resold. Attendants must
pre-register separately.

4/4 F 6:30–10:00 pm $35 202321-01

4/4 F 6:30–10:00 pm $20 202321-1A

Hiking Trip

We will enjoy an accessible hike at one of our favorite spots and a day of nature appreciation. Please dress for the weather and bring a sack/picnic lunch and water bottle. If the weather does not cooperate, we will enjoy a scenic drive and go out to lunch.

Location: Northside Aztlan Center

*Note:* Attendants must pre-register separately.

4/13 Su 9:00 am–2:00 pm $15 202916-01

4/13 Su 9:00 am–2:00 pm No Fee 202916-1A

Aqua-Fitness

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

Classes with fewer than 5 patrons registered by the end of the first day of class will be canceled for that session. Drop-in participants do not count in registration numbers. Patrons may attend only the class for which they are registered. There are no make-up classes for missed aqua fitness classes. If the class enrollment is not met, the class will be canceled and there will be no drop-in.

Drop-In

Drop-in participants do not count in registration numbers.
Reduced rates do not apply.

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

• $5.50/class visit

• 1 admission from a 10 admission drop-in fitness pass ($50)

Aqua Personal Training

See page 65 for details.

Low Intensity

Twinges in the Hinges

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

Location: Edora Pool Ice Center

*Note:* Class will not be held on 3/17, 3/19, 3/21, 5/26.

3/3–4/4 M,W,F 7:30–8:30 am $42 200314-01

4/7–5/2 M,W,F 7:30–8:30 am $42 200314-02

5/5–5/30 M,W,F 7:30–8:30 am $38.50 200314-03

3/3–4/4 M,W,F 9:30–10:30 am $42 200314-04

4/7–5/2 M,W,F 9:30–10:30 am $42 200314-05

5/5–5/30 M,W,F 9:30–10:30 am $38.50 200314-06

Stretch & Tone

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

Location: Senior Center

*Note:* Class will not be held on 3/17, 3/19, 3/21, 5/26.

3/3–4/4 M,W,F 8:30–9:30 am $42 200410-01

4/7–5/2 M,W,F 8:30–9:30 am $42 200410-02

5/5–5/30 M,W,F 8:30–9:30 am $38.50 200410-03

Basic H2O Workout

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

Location: Senior Center

*Note:* Class will not be held on 3/17, 3/19, 3/21, 5/26.

3/3–4/4 M,W,F 6:15–7:15 pm $42 200412-01

4/7–5/2 M,W,F 6:15–7:15 pm $42 200412-02

5/5–5/30 M,W,F 6:15–7:15 pm $38.50 200412-03

Twinges Plus

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

Location: Senior Center

*Note:* Class will not be held on 3/17, 3/19, 3/21, 5/26.

3/3–4/4 M,W,F 12:15–1:15 pm $42 200416-01

4/7–5/2 M,W,F 12:15–1:15 pm $42 200416-02

5/5–5/30 M,W,F 12:15–1:15 pm $38.50 200416-03

3/3–4/4 M,W,F 1:30–2:30 pm $42 200416-04

4/7–5/2 M,W,F 1:30–2:30 pm $42 200416-05

5/5–5/30 M,W,F 1:30–2:30 pm $38.50 200416-06

MS Aqua – NW

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

Location: Mulberry Pool

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

3/25–5/20 Tu,Th 9:30–10:30 am $43

Splash: Silver Sneakers – NW

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

Age: 50 years & up

Location: Senior Center

*Note:* Non-members may attend by paying a drop in fee
or a monthly pass

3/4–3/27 Tu,Th 12:15–1:00 pm $22 209447-01

4/1–4/29 Tu,Th 12:15–1:00 pm $24.75 209447-02

5/1–5/29 Tu,Th 12:15–1:00 pm $19.25 209447-03

Medium Intensity

Aqua-Natal

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

Location: Senior Center

*Note:* Class will not be held on 3/17, 3/19, 3/21, 5/26.

3/3–4/4 M,W,F 4:15–5:15 pm $42 200418-01

4/7–5/2 M,W,F 4:15–5:15 pm $42 200418-02

5/5–5/30 M,W,F 4:15–5:15 pm $38.50 200418-03

Fitness & Fun

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

Location: Senior Center

*Note:* Class will not be held on 3/17, 3/19, 3/21, 5/26.

3/3–4/4 M,W,F 7:30–8:30 am $42 200420-01

4/7–5/2 M,W,F 7:30–8:30 am $42 200420-02

5/5–5/30 M,W,F 7:30–8:30 am $38.50 200420-03

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!

*Note:* Class will not be held on 3/17, 3/18, 3/19, 3/20, 3/21, 5/26.

Location: Mulberry Pool

3/3–4/4 M,W,F 7:30–8:30 am $42 200222-01

4/7–5/2 M,W,F 7:30–8:30 am $42 200222-02

5/5–5/30 M,W,F 7:30–8:30 am $38.50 200222-03

Location: Edora Pool Ice Center

3/3–4/4 M,W,F 7:30–8:30 am $42 200322-01

4/7–5/2 M,W,F 7:30–8:30 am $42 200322-02

5/5–5/30 M,W,F 7:30–8:30 am $38.50 200322-03

Location: Senior Center

3/3–4/4 M,W,F 6:30–7:30 am $42 200422-01

4/7–5/2 M,W,F 6:30–7:30 am $42 200422-02

5/5–5/30 M,W,F 6:30–7:30 am $38.50 200422-03

3/3–4/4 M,W,F 9:30–10:30 am $42 200422-04

4/7–5/2 M,W,F 9:30–10:30 am $42 200422-05

5/5–5/30 M,W,F 9:30–10:30 am $38.50 200422-06

3/3–4/4 M,W,F 5:15–6:15 pm $42 200422-07

4/7–5/2 M,W,F 5:15–6:15 pm $42 200422-08

5/5–5/30 M,W,F 5:15–6:15 pm $38.50 200422-09

3/4–4/3 Tu,Th 8:00–9:00 am $28 200422-10

4/8–5/1 Tu,Th 8:00–9:00 am $28 200422-11

5/6–5/29 Tu,Th 8:00–9:00 am $28 200422-12

3/4–4/3 Tu,Th 9:00–10:00 am $28 200422-13

4/8–5/1 Tu,Th 9:00–10:00 am $28 200422-14

5/6–5/29 Tu,Th 9:00–10:00 am $28 200422-15

3/4–4/3 Tu,Th 10:00–11:00 am $28 200422-16

4/8–5/1 Tu,Th 10:00–11:00 am $28 200422-17

5/6–5/29 Tu,Th 10:00–11:00 am $28 200422-18

3/4–4/3 Tu,Th 4:00–5:00 pm $28 200422-19

4/8–5/1 Tu,Th 4:00–5:00 pm $28 200422-20

5/6–5/29 Tu,Th 4:00–5:00 pm $28 200422-21

3/4–4/3 Tu,Th 7:00–8:00 pm $28 200422-22

4/8–5/1 Tu,Th 7:00–8:00 pm $28 200422-23

5/6–5/29 Tu,Th 7:00–8:00 pm $28 200422-24

High Intensity

Aqua Box

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

Location: Senior Center

*Note:* Class will not be held on 3/18, 3/20.

3/4–4/3 Tu,Th 5:30–6:30 pm $28 200428-01

4/8–5/1 Tu,Th 5:30–6:30 pm $28 200428-02

5/6–5/29 Tu,Th 5:30–6:30 pm $28 200428-03

Deep H2O

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

*Note:* Class will not be held on 3/17, 3/18, 3/19, 3/20, 3/21, 5/26.

Location: Mulberry Pool

3/3–4/4 M,W,F 12:15–1:00 pm $33 200230-01

4/7–5/2 M,W,F 12:15–1:00 pm $33 200230-02

5/5–5/30 M,W,F 12:15–1:00 pm $30.25 200230-03

Location: Edora Pool Ice Center

3/4–4/3 Tu,Th 5:30–6:30 pm $28 200330-01

4/8–5/1 Tu,Th 5:30–6:30 pm $28 200330-02

5/6–5/29 Tu,Th 5:30–6:30 pm $28 200330-03

Aquatics

General Information & Policies

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

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

All patrons are required to shower before entering any pool.

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

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

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

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

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

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

Group Rates for Swimming

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

 **# of in-water
 # of children adult supervisors**

 1–6 1
 7–12 2
 13–18 3
 19–24 4

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

Drop-in Swim Test

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

Mulberry Pool, Wednesday, 4–5 p.m.
EPIC, Saturday, Noon–5 p.m.

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

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

Parents are allowed on the pool deck for the last day of class only.

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

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

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

Make-up lessons are NOT available.

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

 Class Class Maximum

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

Minimum for all classes based on cost efficiency is 4.

Birthday Party Packages

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

Private Swim Instruction

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

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

Scout Water Badges

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

Learn-to-Swim Policies

The Learn-to-Swim program is based on the guidelines set up by the American Red Cross. We have grouped the ages for the classes based upon our knowledge of abilities of young swimmers. Although your child may have passed all of the preschool classes, they will not be allowed into the higher Level classes until age 6. One of the many differences in skills between Preschool and Level classes is distance/endurance and stroke development. Most preschoolers are not able to swim the required distances in the Level classes. We suggest that even though your child has completed the Preschool classes, he/she should continue to take the highest Level class or work on your own with them to increase endurance/distance in the various strokes. Requirements for Preschool distance is 5 yards and the distance for the Level classes is 15 yards.

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

General

Underwater Hockey

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

Age: 14 years & up

Location: Edora Pool Ice Center

*Note:* Punch passes are available at a discount.

Ongoing M 8:00–9:30 pm $6/day

SCUBA Challenge

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

Age: 10 years & up

3/31,4/21,5/19 M 6:00–9:00 pm $6.00/day plus fees

Synchronized Swimming

This class is for you if you love swimming in deep water and artistic expression. The class will include synchronized swimming skills, routines to music and a fun new way to enjoy swimming in the “deep.”

Age: 6–19 years

Location: Edora Pool Ice Center

*Note:* Skill test on first day (swim at least 25 yards using the front crawl and comfortable in deep water), continuation depends on passing. Class not discountable. Class will not be held on 4/20, 5/4.

3/23–5/18 Su Noon–1:30 pm $83.50 201356-01

Adult Swim Classes

Adult 101 Beginner Swim

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

Age: 15 years & up

Location: Edora Pool Ice Center

3/24–4/14 M 7:00–7:45 pm $35 201338-01

4/21–5/7 M,W 7:00–7:45 pm $50 201338-02

Adult Advanced Swim

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

Age: 15 years & up

Location: Edora Pool Ice Center

3/26–4/16 W 7:00–7:45 pm $35 201339-01

Adaptive Swim Fitness

Our Paralympic Sports Club is excited to offer this program to individuals and Veterans with physical disabilities and polytrauma. Instructions will be individualized in a small group setting. All levels of swim abilities welcomed.

Age: 18 years & up

Location: Edora Pool Ice Center

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

4/4–5/9 F 2:00–3:00 pm $36 202389-01

Learn-To-Swim

Guppy

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

Age: 6–18 months

Location: Edora Pool Ice Center

*Note:* Class partially discountable.

3/24–4/16 M,W 5:10–5:40 pm $35 201310-01

3/24–4/16 M,W 6:30–7:00 pm $35 201310-02

3/25–4/17 Tu,Th 9:30–10:00 am $35 201310-03

4/21–5/7 M,W 4:30–5:00 pm $29 201310-04

4/21–5/7 M,W 5:50–6:20 pm $29 201310-05

Advanced Guppy

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

Age: 10 months–2 years

*Note:* Class partially discountable. Class will not be held on 4/19, 4/20.

Location: Mulberry Pool

3/25–4/17 Tu,Th 5:50–6:20 pm $35 201212-01

3/29–5/3 Sa 9:00–9:30 am $26 201212-02

3/29–5/3 Sa 10:20–10:50 am $26 201212-03

3/30–5/4 Su 3:55–4:20 pm $26 201212-04

3/30–5/4 Su 5:50–6:20 pm $26 201212-05

4/22–5/8 Tu,Th 5:10–5:40 pm $28 201212-06

4/22–5/8 Tu,Th 6:30–7:00 pm $28 201212-07

Location: Edora Pool Ice Center

3/24–4/16 M,W 4:30–5:00 pm $35 201312-01

3/24–4/16 M,W 5:50–6:20 pm $35 201312-02

3/25–4/17 Tu,Th 10:10–10:40 am $35 201312-03

4/21–5/7 M,W 5:10–5:40 pm $29 201312-04

4/21–5/7 M,W 6:30–7:00 pm $29 201312-05

4/22–5/8 Tu,Th 9:30–10:00 am $29 201312-06

Tadfish

This is a parent participation class for children who have completed the Advanced Guppy class or fit the age requirement. This class will build upon previous learned skills and prepare children to move on to classes without a parent. This class is for those youngsters not yet ready to take a class without mom or dad.

Age: 2–4 years

*Note:* Class partially discountable. Class will not be held on 4/19, 4/20.

Location: Mulberry Pool

3/25–4/17 Tu,Th 4:30–5:00 pm $35 201214-01

3/25–4/17 Tu,Th 6:30–7:00 pm $35 201214-02

3/29–5/3 Sa 9:40–10:10 am $26 201214-03

3/29–5/3 Sa 11:40 am–12:10 pm $26 201214-04

3/30–5/4 Su 3:15–3:45 pm $26 201214-05

3/30–5/4 Su 5:15–5:45 pm $26 201214-06

4/22–5/8 Tu,Th 5:50–6:20 pm $28 201214-07

Location: Edora Pool Ice Center

3/24–4/16 M,W 5:10–5:40 pm $35 201314-01

3/24–4/16 M,W 6:30–7:00 pm $35 201314-02

3/25–4/17 Tu,Th 10:50–11:20 am $35 201314-03

4/21–5/7 M,W 4:30–5:00 pm $29 201314-04

4/21–5/7 M,W 5:50–6:20 pm $29 201314-05

4/22–5/8 Tu,Th 10:10–10:40 am $29 201314-06

Preschool 1

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

Age: 3–5 years

*Note:* Class partially discountable. Class will not be held on 4/19, 4/20.

Location: Mulberry Pool

3/25–4/17 Tu,Th 4:30–5:00 pm $35 201216-01

3/25–4/17 Tu,Th 5:10–5:40 pm $35 201216-02

3/29–5/3 Sa 9:00–9:30 am $26 201216-03

3/29–5/3 Sa 11:00–11:30 am $26 201216-04

4/7–5/5 Su 3:55–4:25 pm $26 201216-05

3/30–5/4 Su 3:55–4:20 pm $26 201216-06

3/30–5/4 Su 4:35–5:05 pm $26 201216-07

3/30–5/4 Su 5:50–6:20 pm $28 201216-08

4/22–5/8 Tu,Th 4:30–5:00 pm $28 201216-09

4/22–5/8 Tu,Th 6:30–7:00 pm $28 201216-10

Location: Edora Pool Ice Center

3/24–4/16 M,W 4:30–5:00 pm $35 201316-01

3/24–4/16 M,W 5:50–6:20 pm $35 201316-02

3/25–4/17 Tu,Th 11:30 am–Noon $35 201316-03

4/21–5/7 M,W 4:30–5:00 pm $29 201316-04

4/21–5/7 M,W 5:10–5:40 pm $29 201316-05

4/21–5/7 M,W 6:30–7:00 pm $29 201316-06

4/22–5/8 Tu,Th 10:50–11:20 am $29 201316-07

Preschool 2

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

Age: 3–5 years

*Note:* Class partially discountable. Class will not be held on 4/19, 4/20.

Location: Mulberry Pool

3/25–4/17 Tu,Th 5:50–6:20 pm $35 201218-01

3/25–4/17 Tu,Th 6:30–7:00 pm $35 201218-02

3/29–5/3 Sa 9:40–10:10 am $26 201218-03

3/29–5/3 Sa 11:00–11:30 am $26 201218-04

3/30–5/4 Su 3:15–3:45 pm $26 201218-05

3/30–5/4 Su 4:35–5:05 pm $26 201218-06

3/30–5/4 Su 5:50–6:20 pm $26 201218-07

4/22–5/8 Tu,Th 4:30–5:00 pm $29 201218-08

4/22–5/8 Tu,Th 5:10–5:40 pm $29 201218-09

Location: Edora Pool Ice Center

3/24–4/16 M,W 4:30–5:00 pm $35 201318-01

3/24–4/16 M,W 5:10–5:40 pm $35 201318-02

4/21–5/7 M,W 5:10–5:40 pm $29 201318-03

4/21–5/7 M,W 5:50–6:20 pm $29 201318-04

4/22–5/8 Tu,Th 11:30 am–Noon $29 201318-05

Preschool 3

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

Age: 3–5 years

*Note:* Class partially discountable. Class will not be held on 4/19, 4/20.

Location: Mulberry Pool

3/25–4/17 Tu,Th 4:30–5:00 pm $35 201220-01

3/25–4/17 Tu,Th 5:10–5:40 pm $35 201220-02

3/25–4/17 Tu,Th 6:30–7:00 pm $35 201220-03

3/29–5/3 Sa 9:00–9:30 am $26 201220-04

3/29–5/3 Sa 11:00–11:30 am $26 201220-05

3/29–5/3 Sa 11:40 am–12:10 pm $26 201220-06

3/30–5/4 Su 5:15–5:45 pm $26 201220-07

4/22–5/8 Tu,Th 5:10–5:40 pm $29 201220-08

4/22–5/8 Tu,Th 5:50–6:20 pm $29 201220-09

Location: Edora Pool Ice Center

3/24–4/16 M,W 4:30–5:00 pm $35 201320-01

3/24–4/16 M,W 5:50–6:20 pm $35 201320-02

4/21–5/7 M,W 4:30–5:00 pm $29 201320-03

4/21–5/7 M,W 5:10–5:40 pm $29 201320-04

4/21–5/7 M,W 5:50–6:20 pm $29 201320-05

Level 1

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

Age: 6–12 years

*Note:* Class partially discountable. Class will not be held on 4/19, 4/20.

Location: Mulberry Pool

3/25–4/17 Tu,Th 4:30–5:00 pm $35 201222-01

3/25–4/17 Tu,Th 5:50–6:20 pm $35 201222-02

3/29–5/3 Sa 10:20–10:50 am $26 201222-03

3/29–5/3 Sa 11:00–11:30 am $26 201222-04

3/30–5/4 Su 3:15–3:45 pm $26 201222-05

3/30–5/4 Su 5:50–6:20 pm $26 201222-06

4/22–5/8 Tu,Th 4:30–5:00 pm $29 201222-07

4/22–5/8 Tu,Th 6:30–7:00 pm $29 201222-08

Location: Edora Pool Ice Center

3/24–4/16 M,W 4:30–5:00 pm $35 201322-01

3/24–4/16 M,W 6:30–7:00 pm $35 201322-02

4/21–5/7 M,W 4:30–5:00 pm $29 201322-03

4/21–5/7 M,W 5:10–5:40 pm $29 201322-04

4/21–5/7 M,W 5:50–6:20 pm $29 201322-05

Level 2

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

Age: 6–12 years

*Note:* Class partially discountable. Class will not be held on 4/19, 4/20.

Location: Mulberry Pool

3/25–4/17 Tu,Th 5:10–5:40 pm $35 201224-01

3/25–4/17 Tu,Th 6:30–7:00 pm $35 201224-02

3/29–5/3 Sa 9:00–9:30 am $26 201224-03

3/29–5/3 Sa 10:20–10:50 am $26 201224-04

3/30–5/4 Su 4:35–5:05 pm $26 201224-05

3/30–5/4 Su 5:15–5:45 pm $26 201224-06

4/22–5/8 Tu,Th 4:30–5:00 pm $29 201224-07

4/22–5/8 Tu,Th 5:50–6:20 pm $29 201224-08

Location: Edora Pool Ice Center

3/24–4/16 M,W 5:10–5:40 pm $35 201324-01

3/24–4/16 M,W 5:50–6:20 pm $35 201324-02

4/21–5/7 M,W 4:30–5:00 pm $29 201324-03

4/21–5/7 M,W 5:10–5:40 pm $29 201324-04

Level 3

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

Age: 6–12 years

*Note:* Class partially discountable. Class will not be held on 4/19, 4/20.

Location: Mulberry Pool

3/25–4/17 Tu,Th 4:30–5:15 pm $49 201226-01

3/29–5/3 Sa 9:40–10:25 am $35 201226-02

3/29–5/3 Sa 11:00–11:45 am $35 201226-03

3/30–5/4 Su 3:15–4:00 pm $35 201226-04

3/30–5/4 Su 4:35–5:20 pm $35 201226-05

4/22–5/8 Tu,Th 4:30–5:15 pm $38 201226-06

4/22–5/8 Tu,Th 5:10–5:55 pm $38 201226-07

Location: Edora Pool Ice Center

3/24–4/16 M,W 5:10–5:55 pm $49 201326-01

3/24–4/16 M,W 6:30–7:15 pm $49 201326-02

4/21–5/7 M,W 5:50–6:35 pm $38 201326-03

4/21–5/7 M,W 6:30–7:15 pm $38 201326-04

Level 4

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

Age: 6–12 years

*Note:* Class partially discountable. Class will not be held on 4/19, 4/20.

Location: Mulberry Pool

3/25–4/17 Tu,Th 5:10–5:55 pm $49 201228-01

3/29–5/3 Sa 9:00–9:45 am $35 201228-02

3/29–5/3 Sa 11:40 am–12:25 pm $35 201228-03

3/30–5/4 Su 3:55–4:40 pm $35 201228-04

3/30–5/4 Su 5:15–6:00 pm $35 201228-05

4/22–5/8 Tu,Th 5:50–6:35 pm $38 201228-06

Location: Edora Pool Ice Center

3/24–4/16 M,W 4:30–5:15 pm $49 201328-01

3/24–4/16 M,W 6:30–7:15 pm $49 201328-02

4/21–5/7 M,W 6:30–7:15 pm $38 201328-03

Level 5

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

Age: 6–12 years

*Note:* Class partially discountable. Class will not be held on 4/19, 4/20.

Location: Mulberry Pool

3/25–4/17 Tu,Th 5:50–6:35 pm $49 201230-01

3/29–5/3 Sa 9:40–10:25 am $35 201230-02

3/29–5/3 Sa 11:40 am–12:25 pm $35 201230-03

3/30–5/4 Su 3:15–4:00 pm $35 201230-04

4/22–5/8 Tu,Th 6:30–7:15 pm $38 201230-05

Location: Edora Pool Ice Center

3/24–4/16 M,W 5:50–6:35 pm $49 201330-01

4/21–5/7 M,W 6:30–7:15 pm $38 201330-02

Diving

Diving

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

Age: 5–17 years

Location: Edora Pool Ice Center

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

Beginning

3/24–4/16 M,W 4:50–5:35 pm $40 201336-01

4/21–5/7 M,W 4:50–5:35 pm $40 201336-02

Intermediate

3/24–4/16 M,W 5:40–6:25 pm $40 201336-03

4/21–5/7 M,W 5:40–6:25 pm $40 201336-04

Advanced

3/24–4/16 M,W 4:00–4:45 pm $40 201336-05

4/21–5/7 M,W 4:00–4:45 pm $40 201336-06

Advanced Aquatics Classes

Water Safety Instructor

Get the training needed to teach American Red Cross Swimming and Water Safety courses. Class develops understanding of how to use the course materials, conduct training sessions and how to evaluate participants’ progress. It is an extensive skill review and presentation of all levels of swimming.

Age: 16 years & up

Location: Mulberry Pool

*Note:* Must attend all classes. Skill test on first day, continuation depends on passing. E-books and certifications included. Class not discountable.

4/23–4/24 W,Th 4:00–10:00 pm $155 201242-01
4/26–4/27 Sa,Su 8:00 am–5:00 pm

5/28-5/29 W,Th 4:00–10:00 pm $155 201242-02
5/31–6/1 Sa,Su 8:00 am–5:00 pm

Water Safety Aide

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

Age: 10–15 years

Location: Edora Pool Ice Center

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

3/24–4/16 M,W 4:00–6:00 pm $81 201346-01

Discover Scuba Diving

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

Age: 10 years & up

Location: Edora Pool Ice Center

*Note:* Participants must call CSDA 1.855.557.2822 prior to class start. Additional required paperwork must be completed to participate in class. Class not discountable.

3/1 Sa 10:00–11:30 am $34 201352-01

4/12 Sa 10:00–11:30 am $34 201352-02

5/3 Sa 10:00–11:30 am $34 201352-03

Open Water Diver

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

Age: 10 years & up

Location: Edora Pool Ice Center

*Note:* Participants must call CSDA 1.855.557.2822 prior to class start. Additional required paperwork must be completed to participate in class. Class not discountable.

3/8–3/9 Sa,Su 8:00 am–4:00 pm $179 201354-01

4/5–4/6 Sa,Su 8:00 am–4:00 pm $179 201354-02

5/24–5/25 Sa,Su 8:00 am–4:00 pm $179 201354-03

Advanced Aquatics Blended Learning

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

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

Lifeguard Training

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

Age: 15 years & up

Location: Edora Pool Ice Center

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

3/15–3/19 Sa–W 9:00 am–2:00 pm $115 201340-01

4/5–4/13 F–Su 9:00 am–2:00 pm $115 201340-02

5/18–5/22 Su 9:00 am–2:00 pm $115 201340-03
 M–Th 3:30–8:30 pm

Lifeguard Review

This lifeguard review course is to give individuals the opportunity to review the course content within a formal course setting. Individuals with a current American Red Cross Lifeguarding/First Aid/CPR/AED certificate may participate in a review course. Online class content
7 hrs. 25 min.

Age: 17 years & up

Location: Edora Pool Ice Center

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

5/10–5/11 Sa,Su 9:00 am–3:00 pm $80 201341-01

CPR/AED PRO

The purpose of the American Red Cross CPR/AED for Lifeguards, Professional Rescuers and Health Care Providers program is to train professional-level rescuers to respond to breathing and cardiac emergencies in adults, children and infants until more advanced medical personnel take over. Online class content 2 hrs.

Age: 15 years & up

Location: Edora Pool Ice Center

*Note:* Must attend entire class. E-book and mask included;
$27 certification fee is not. Class not discountable.

5/14 W 4:30–7:30 pm $53 201343-01

Arts & Crafts

Adult

Classes are for ages 18 & up unless otherwise noted.

Request for Exhibits

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

Visual Arts Committee

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

Request for Submission for Photo Display

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

Teachers?

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

Volunteers Wanted

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

Drawing

Comics Essentials

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

Location: Senior Center

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

3/8–4/12 Sa 9:30–11:30 am $50 203407-01

Drawing from the Right Side of the Brain

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

Location: Senior Center

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

3/3–4/21 M 5:00–7:30 pm $114 203482-01

Fiber Arts

Quilting Quorum – M

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

Age: 50 years & up

Location: The Farm

*Note:* There is no instructor. No fee, but must be a Senior Center member. Sewing machines, mats, cutters, and material are available.

Ongoing F 1:00–3:00 pm No Fee

General Arts

Artistic Abilities Art

Participants will learn techniques with a variety of materials to create unique pieces of 3-D art. This class is open to people of all abilities, with emphasis on accommodations for various challenges and disabilities.

Age: 13 years & up

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

*Note:* Class partially discountable. Contact Alison Cope at
acope@frii.com for more information.

3/25–4/22 Tu 4:00–6:00 pm $32 202990-01

Metal Work, Beginning

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

Location: Senior Center

*Note:* This class is open to all levels of students. All tools and supplies provided. Class partially discountable.

3/29–4/12 Sa 9:00 am–Noon $62 203459-01

C.H.A.T. Crafts Hobbies Arts Time – M

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

Age: 50 years & up

Location: The Farm

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

Ongoing W 1:00–3:00 pm No Fee

Open Shop – M

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

Location: Senior Center

*Note:* There is no fee. A Senior Center membership is required to participate in open lab time. Class will not be held on 4/29, 4/30, 5/1, 5/6, 5/7, 5/8.

3/4–5/27 Tu 8:00 am–Noon No Fee

3/5–5/28 W 1:00–5:00 pm No Fee

3/6–5/29 Th 6:00–10:00 pm No Fee

Jewelry

Jewelry Casting

This class will cover the basic lost wax process in casting. Concentration will be given to wax carving and forming, spruing, casting of the investment, burning out, and centrifugal casting. Also attention to the finishing and surface treatment techniques will be covered to create exquisitely finished cast pieces.

Location: Senior Center

*Note:* Supply list available at registration. Supplies and supply cost vary with your project choice. (Approximate cost $20–$85). Class partially discountable.

3/11–4/22 Tu 5:30–7:30 pm $99 203488-01

Jewelry, Lapidary

Prerequisite: Beginning Jewelry

This class will cover the basic processes with rock and gem cutting and grinding. Evaluation of the best stones for, grinding, and polishing of semi-precious stones as well as some attention to the construction of a jewelry piece with a stone will be covered.

Location: Senior Center

*Note:* Supply list available at registration. Supply cost varies with project choice (approximately $15–45). Class partially discountable.

3/11–4/22 Tu 7:45–9:45 pm $99 203489-01

Painting

Painting, Bob Ross Style

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

Location: Senior Center

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

3/20 Th 9:00 am–3:30 pm $60 203427-01

4/17 Th 9:00 am–3:30 pm $60 203427-02

Painting, Chinese Brush

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

Location: Senior Center

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

3/25–4/22 Tu 6:30–8:30 pm $68 203440-01

Painting, Beginning Acrylic

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

Location: Senior Center

*Note:* Supply list available at registration (approximate cost $30–$50). This class is ongoing and meets weekly on a month-to-month basis. Class will not be held on 5/1, 5/8.

3/6–3/27 Th 6:30–8:30 pm $37 203446-01

4/3–4/24 Th 6:30–8:30 pm $37 203446-02

5/15–5/29 Th 6:30–8:30 pm $29 203446-03

Porcelain Painting, Beginning

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

Location: Senior Center

*Note:* All supplies included. Firing of your work is included in the course fee. Reduced fee when using your own supplies. Class partially discountable. Class will not be held on 5/2, 5/9.

3/7–3/28 F 1:00–3:30 pm $47 203470-01

4/4–4/25 F 1:00–3:30 pm $47 203470-02

5/16–5/30 F 1:00–3:30 pm $37 203470-03

Porcelain Painting, Intermediate

The instructor will demonstrate varied techniques for achieving desired results. The aim is to extend your current skills and knowledge. Learn more about the chemical process of paints, mediums and firing procedure.

Location: Senior Center

*Note:* Firing of your work is included in the course fee. You provide the painting supplies. Class will not be held on 4/30, 5/7.

3/5–3/26 W 9:00–11:30 am $42 203471-01

4/2–4/23 W 9:00–11:30 am $42 203471-02

5/14–5/28 W 9:00–11:30 am $32 203471-03

Porcelain Painting, Advanced

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

Location: Senior Center

*Note:* Firing of your work is included in the course fee. You provide the painting supplies. Class will not be held on 4/30, 5/7.

3/5–3/26 W 1:00–4:00 pm $48 203472-01

4/2–4/23 W 1:00–4:00 pm $48 203472-02

5/14–5/28 W 1:00–4:00 pm $37 203472-03

Watercolor, Beginning

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

Location: Senior Center

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

3/13–4/17 Th 1:00–3:00 pm $67 203480-01

Watercolor, Intermediate

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

Prerequisite: Beginning Watercolor

Location: Senior Center

*Note:* Supply list available at registration (approximate cost $50–$100). Class partially discountable.

3/14–4/18 F 1:00–3:00 pm $71 203481-01

Paper Arts

Stab Bookbinding Workshop

Participants will learn a variety of stitching patterns and create your own uniquely bound hardcover book album. Perfect for your beautiful scrapbooks and photo albums! These books are bound along one side with decorative stitching. You can enjoy it for years to come!

Location: Senior Center

*Note:* There will be a 1-hour lunch break (on your own). Supply list available at registration. Class partially discountable.

4/19 Sa 9:00 am–4:00 pm $41 203413-01

Photography

Photography, Beginning

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

Location: Senior Center

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

4/2–4/16 W 6:00–9:00 pm $49 203430-01
4/5 Sa 9:00 am–Noon

Photography, Intermediate to Advanced

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

Location: Senior Center

*Note:* Bring a functional digital or 35mm SLR camera and its manual to class.

5/14–5/28 W 6:00–9:00 pm $44 203431-01

Woodworking

Woodworking, Beginning

Learn the use of basic woodworking tools and their proper setup and maintenance. Create a basic project that requires the use of the special skills you have learned. This class will give you the knowledge and basics so you can work in the open shop. Discussion of the different materials and finishes will be covered.

Location: Senior Center

*Note:* Some supplies provided. Supply list available first day of class (approximate cost $20–$30). Class partially discountable.

3/19–4/23 W 7:00–9:00 pm $90 203490-01

Pottery

All pottery classes are held at the Pottery Studio, 1541 West Oak Street, unless otherwise noted. This is a recreational and educational facility. All work must be accomplished at the studio. Production work is not permitted.

Pottery Pals

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

Work Study Program

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

Private Pottery Instruction

Interested in having that intense one-on-one time to rapidly develop your skills and knowledge? Private lessons are available for all
levels. Fees vary depending on the program chosen. Not discountable.
For information contact Steve Dietemann 970.224.6028 or sdietemann@fcgov.com.

Pottery, Beginning Wheel & Handbuilding

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

*Note:* Lab time included. All tools and supplies provided, 25 pounds
of clay included in the fee. Class will not be held on 5/26.

3/24–6/2 M 9:00–11:00 am $139 204850-01

3/24–6/2 M 5:45–7:45 pm $139 204850-02

3/26–5/28 W 8:00–10:00 pm $139 204850-03

Pottery, Beginning Plus Wheel & Handbuilding

Prerequisite: One or more sessions of Beginning Wheel/Handbuilding

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

*Note:* Lab time included. All tools and supplies provided, 25 pounds of clay included in the fee Class will not be held on 5/26.

3/24–6/2 M 8:00–10:00 pm $139 204855-01

3/26–5/28 W 5:45–7:45 pm $139 204855-02

3/27–5/29 Th 9:00–11:00 am $139 204855-03

Pottery, Intermediate Wheel & Handbuilding

Prerequisite: Beginning Wheel/Handbuilding or equivalent

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

*Note:* Lab time included. All tools and supplies provided, 25 pounds of clay included in the fee.

3/25–5/27 Tu 5:30–7:30 pm $139 204860-01

3/26–5/28 W 9:00–11:00 am $139 204860-02

Pottery, Advanced Wheel & Handbuilding

Prerequisite: Intermediate Wheel/Handbuilding or equivalent

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

*Note:* Lab time included. All tools and supplies provided, 25 pounds of clay included in the fee.

3/27–5/29 Th 5:30–7:30 pm $139 204865-01

Pottery Sampler

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

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

3/29–4/26 Sa 12:15–2:15 pm $49 204870-01

5/3–5/31 Sa 12:15–2:15 pm $49 204870-02

Pottery, Handbuilding Expressions

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

*Note:* This class is for all levels. Tools, 25 pounds of basic clay, glazes and firings provided. Lab time included.

3/26–5/28 W 6:00–8:00 pm $139 204875-01

Pottery, Construction Techniques

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

*Note:* This class is for all levels. Lab for 5 weeks only is included with this class. Tools, 25 pounds of basic clay, glazes, and firings provided.

3/28–4/25 F 6:00–8:00 pm $70 204880-01

5/2–5/30 F 6:00–8:00 pm $70 204880-02

Pottery, Creative Clay Craft

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

*Note:* No previous experience necessary. This class is for all
levels. Lab is included. Tools, 25 pounds of basic clay, glazes,
and firings provided.

3/28–5/30 F 9:00–11:00 am $139 204885-01

Pottery Lab

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

*Note:* Lab Fee includes 25 pounds of clay. Lab hours are for adults only. Open lab times are not available for students enrolled in the Sampler Class. Class will not be held on 5/26.

3/24–6/2 M,W,Th,F 11:00 am–2:00 pm $139 204899-01
 Tu,Sa 9:00 am–Noon
 Tu,Th 7:30–10:00 pm

Youth Arts & Crafts

Art Studio for Preschoolers

Each week of Art Studio will feature a different unique project along with a variety of multi-media creative stations to explore. These classes are 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: 3–6 years

Location: Northside Aztlan Center

*Note:* $10 day if you pre-register, $15/day drop-in. There is a 10 student limit. This can be a messy class, please dress accordingly.

Pastels

3/5 W 1:00–3:00 pm $10 216506-01

Clay

3/12 W 1:00–3:00 pm $10 216506-02

Collage on Canvas

3/26 W 1:00–3:00 pm $10 216506-03

Beading

4/2 W 1:00–3:00 pm $10 216506-04

Paint

4/9 W 1:00–3:00 pm $10 216506-05

Bunnies & Chicks

4/16 W 1:00–3:00 pm $10 216506-06

Weaving

4/23 W 1:00–3:00 pm $10 216506-07

Junk Art

4/30 W 1:00–3:00 pm $10 216506-08

Mothers Day

5/7 W 1:00–3:00 pm $10 216506-09

Tie Dye

5/14 W 1:00–3:00 pm $10 216506-10

Art Studio

Each week of Art Studio will feature a different unique project along with a variety of multi-media creative stations to explore. These classes are 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

*Note:* $10 day if you pre-register, $15/day drop-in. There is a 10 student limit. This can be a messy class; please dress accordingly.

Explorations

3/5 W 4:30–6:30 pm $10 216507-01

Explorations

3/12 W 4:30–6:30 pm $10 216507-02

Collage on Canvas

3/26 W 4:30–6:30 pm $10 216507-03

Explorations

4/23 W 4:30–6:30 pm $10 216507-04

Explorations

4/30 W 4:30–6:30 pm $10 216507-05

Mothers Day

5/7 W 4:30–6:30 pm $10 216507-06

Tie Dye

5/14 W 4:30–6:30 pm $10 216507-07

Intro to Painting

Students will learn to mix colors and use a variety of tools and paints to create individual works of art. Come dressed for a mess! Skills taught are ongoing.

Age: 6–9 years

Location: Northside Aztlan Center

*Note:* Class partially discountable.

4/2–4/16 W 4:30–6:30 pm $50 216539-01

Painting Parodies

Imitation is the greatest form of flattery. Use your humor to draw and paint your favorite Stars Wars character to imitate the Mona Lisa.

Age: 6–12 years

Location: Northside Aztlan Center

*Note:* Class partially discountable.

4/12 Sa 1:00–4:00 pm $25 216542-01

Picasso Style Super Heros

Using Picasso’s colorful style, draw and paint to create your
own Superhero.

Age: 6–12 years

Location: Northside Aztlan Center

*Note:* Class partially discountable.

3/8 Sa 1:00–4:00 pm $25 216548-01

Youth & Teen Pottery

All pottery classes held at the Pottery Studio, 1541 West Oak Street, unless otherwise noted.

Parents or Grandparents & Children Together

Among the many classes offered are classes specifically geared for a parent or grandparent to work together with a child on pottery projects. Interesting clay projects will be completed in these unique classes. The projects are constantly being varied so it is possible
to register for classes as many times as you wish. The Pottery Studio is a robust fully functioning studio that offers classes for all levels and ages.

Birthday Parties

The kids will enjoy working in clay and will make a creation of their very own. They will learn the steps and processes that clay goes through and take a short tour. You invite participants and provide the refreshments (cake, ice cream, drinks, etc.) The Pottery staff will provide the “know how”, supplies and tools to teach and help them make a precious object that can be treasured for years. Parties last about 90 minutes. We can tailor a birthday package to your needs. Cost is $12 per child (5 children minimum). Parties are not discountable. With 10 kids or more the birthday child is free. Contact Steve Dietemann at 970.224.6028 or sdietemann@fcgov.com.

Boy & Girl Scout Badge Requirements

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

Cost is $12 per child (5 children minimum). Not discountable. Contact Steve Dietemann at 970.224.6028 or sdietemann@fcgov.com.

Pottery, Parent & Tot Mud, Handbuilding

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

Age: 3–5 years

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

3/25–4/22 Tu 12:30–1:30 pm $34 204801-01

3/26–4/23 W 2:45–3:45 pm $34 204801-02

3/29–4/26 Sa 2:30–3:30 pm $34 204801-03

4/29–5/27 Tu 12:30–1:30 pm $34 204801-04

4/30–5/28 W 2:45–3:45 pm $34 204801-05

5/3–5/31 Sa 2:30–3:30 pm $34 204801-06

Pottery, Child Handbuilding

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

Age: 6–9 years

*Note:* The fee includes all tools and materials. Lab time not included. Class will not be held on 5/26.

3/24–4/21 M 4:00–5:30 pm $48 204805-01

3/26–4/23 W 4:00–5:30 pm $48 204805-02

4/28–6/2 M 4:00–5:30 pm $48 204805-03

4/30–5/28 W 4:00–5:30 pm $48 204805-04

Pottery, Youth Wheel & Handbuilding

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

Age: 10–12 years

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

3/27–5/29 Th 3:45–5:15 pm $89 204810-01

3/28–4/25 F 4:00–5:30 pm $48 204810-02

5/2–5/30 F 4:00–5:30 pm $48 204810-03

Pottery, Parent & Child Handbuilding – NW

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

Age: 6–9 years

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

3/29–4/26 Sa 3:45–5:15 pm $89 204835-01

5/3–5/31 Sa 3:45–5:15 pm $89 204835-02

Pottery, Teen Wheel & Handbuilding

Participants enrolled in this program will learn a variety of handbuilding and ceramic and pottery decorating techniques.
They will also learn basic potter’s wheel skills.

Age: 13–17 years

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

3/25–4/22 Tu 3:45–5:15 pm $48 204815-01

4/29–5/27 Tu 3:45–5:15 pm $48 204815-02

Pottery, Parent Teen & Youth Wheel Handbuilding – NW

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

Age: 10–17 years

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

3/28–4/25 F 5:45–7:15 pm $89 204845-01

5/2–5/30 F 5:45–7:15 pm $89 204845-02

Dance & Movement

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

Ballet

Ballet, Beginning

An introduction to classical barre, positions and steps.

Location: Club Tico

*Note:* Ages 13–17 allowed with instructor approval.
Instructor Sarah Manno.

3/25–5/6 Tu 6:45–7:45 pm $46 206102-01

Ballet, Low-Intermediate

Continuing work on basic technique.

Location: Empire Grange

*Note:* Ages 13–17 allowed with instructor approval.
Instructor Sarah Manno.

3/24–5/5 M 5:30–6:45 pm $56 206103-01

Ballet, Intermediate

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

Location: Club Tico

*Note:* Ages 13–17 allowed with instructor approval.
Instructor Sarah Manno.

3/27–5/8 Th 5:25–6:40 pm $56 206104-01

Belly Dancing

Belly Dancing, Beginning

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

Location: Senior Center

*Note:* Please wear yoga/exercise gear and a scarf or sash around your hips. Bare feet recommended. Class will not be held on 5/1, 5/8.

4/17–5/22 Th 6:30–7:30 pm $34 206226-01

Belly Dancing, Intermediate

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

Go beyond the basics and learn more complex veil work, finger cymbal patterns and mini choreographies. Learn to layer shimmies over other movements and how to dance while balancing props. You will continue to build your vocabulary of fast and slow moves and play with more advanced dance improvisation concepts.

Location: Senior Center

*Note:* Please wear yoga/exercise gear and a scarf or sash around your hips. Class will not be held on 5/1, 5/8.

4/17–5/22 Th 7:30–8:30 pm $34 206227-01

Belly Dancing, Advanced

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

Location: Senior Center

*Note:* Instructor approval at the end of first class. Instructor Nancy Montgomery. Please wear yoga/exercise gear and a scarf or sash around your hips. Class will not be held on 5/1, 5/8.

4/17–5/22 Th 8:30–9:30 pm $34 206228-01

Clogging

Clogging, Beginning

Learn to Clog! Clogging is a percussive style of dance, a combination of rhythm, music, and movement performed to a variety of music genres. It’s aerobic, stimulating, and fun!

Location: Northside Aztlan Center

*Note:* Class will not be held on 3/17.

3/3–3/31 M 4:40–5:30 pm $24 206511-01

4/7–4/28 M 4:40–5:30 pm $24 206511-02

5/5–5/19 M 4:40–5:30 pm $18 206511-03

Clogging, Intermediate

Build on your clogging dance skills. This class offers more complex and challenging choreography. Great aerobic workout.

Location: Northside Aztlan Center

*Note:* Class will not be held on 3/17.

3/3–3/31 M 5:30–6:20 pm $24 206512-01

4/7–4/28 M 5:30–6:20 pm $24 206512-02

5/5–5/19 M 5:30–6:20 pm $18 206512-03

Line Dance

Line Dance, Starter Class

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

Location: Club Tico

*Note:* Participants can pay a drop-in fee prior to the class at $5.50. Instructor Blanch Adams.

3/4–3/25 Tu 12:30–1:45 pm $16 206436-01

4/1–4/29 Tu 12:30–1:45 pm $19 206436-02

5/6–5/27 Tu 12:30–1:45 pm $16 206436-03

Line Dance, Continued

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

Location: Club Tico

*Note:* Participants can pay a drop-in fee prior to attending the class at $5.50. Instructor Blanch Adams.

3/4–3/25 Tu 1:45–3:00 pm $16 206437-01

4/1–4/29 Tu 1:45–3:00 pm $19 206437-02

5/6–5/27 Tu 1:45–3:00 pm $16 206437-03

Modern

Modern Dance

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

Location: Club Tico

*Note:* Ages 13–17 allowed with instructor permission.
Instructor Sarah Manno.

3/25–5/6 Tu 5:40–6:40 pm $46 206156-01

Dance & Movement – Youth

Ballet & Modern Dance

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

Grade: Kindergarten–2

Location: Club Tico

*Note:* Instructor Sarah Manno.

4/3–5/1 Th 4:15–5:15 pm $42 206101-01

Hip Hop Dance

This is a beginner style class. Participants will come and learn new moves with a song!

Grade: 4–6

Location: Northside Aztlan Center

*Note:* No gum. Wear loose workout clothes and tennis shoes.

3/25–5/13 Tu,Th 6:00–7:00 pm $80 215511-01

Hip Hop & Break Dance

Come join the Choice City Breakerz to learn popular hip hop and break dance steps from one of our qualified instructors. Children will have a blast while learning the baby freeze and other cool moves to edited hip hop music.

Grade: Kindergarten–3

Location: Northside Aztlan Center

*Note:* Participants should wear tennis shoes and comfortable clothing. Class is not discountable. Class will not be held on 3/17.

3/3–3/31 M 4:00–5:00 pm $39 215577-01

4/7–4/28 M 4:00–5:00 pm $39 215577-02

5/5–5/19 M 4:00–5:00 pm $30 215577-03

Hip Hop for Preschool

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

Age: 3–5 years

Location: Club Tico

3/4–3/25 Tu 11:15 am–Noon $34 216161-01

4/1–4/22 Tu 11:15 am–Noon $34 216161-02

4/29–5/20 Tu 11:15 am–Noon $34 216161-03

Dancing Swans

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

Age: 3–4 years

Location: Club Tico

*Note:* This is a child without parent class.

3/4–3/25 Tu 10:15–11:00 am $34 216170-01

4/1–4/22 Tu 10:15–11:00 am $34 216170-02

4/29–5/20 Tu 10:15–11:00 am $34 216170-03

Dancin’ Dumplin’s

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

Age: 3 years

Location: Mulberry Pool

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

3/26–4/16 W 10:15–11:00 am $34 216255-01

3/26–4/16 W 11:15 am–Noon $34 216255-02

3/28–4/18 F 10:15–11:00 am $34 216255-03

3/28–4/18 F 11:15 am–Noon $34 216255-04

4/23–5/21 W 10:15–11:00 am $42 216255-05

4/23–5/21 W 11:15 am–Noon $42 216255-06

4/25–5/16 F 10:15–11:00 am $34 216255-07

4/25–5/16 F 11:15 am–Noon $34 216255-08

Dancin’ Dumplin’s Recital

This extended version of our regular Dancin’ Dumplin’s class will end with your child participating in a recital given for friends and family. Class focus will be on the recital performance. Fee includes recital costume. Recital will be held on 5/17.

Location: Mulberry Pool

*Note:* Class partially discountable. Appropriate attire is required: leotard and footless tights or T-shirts and shorts.

Age: 4–5 years

3/26–5/14 W 9:00–9:55 am $99 216257-01

3/28–5/16 F 9:00–9:55 am $99 216257-02

Age: 5–6 years

3/25–5/13 Tu 5:30–6:30 pm $99 216257-03

Age: 5–7 years

3/26–5/14 W 4:15–5:15 pm $99 216257-04

Tappin’ Dumplins Recital

This extended version of our regular Tappin’ Dumplin’s class will end with your child participating in a recital given for friends and family. Class focus will be on the recital performance. Price includes recital costume. Recital will be held on 5/17.

Location: Mulberry Pool

*Note:* Class partially discountable. Appropriate attire is required: leotard and tights, or T-shirts and shorts. Tap shoes are also required.

Age: 4–6 years

3/25–5/13 Tu 4:15–5:15 pm $99 216258-01

Age: 6–8 years

3/26–5/14 W 5:30–6:30 pm $99 216258-02

Just Tumbling

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

Age: 7–8 years

Location: Mulberry Pool

4/10–5/15 Th 5:45–6:45 pm $64 216278-01

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. As a result, flexibility, balance, coordination and self-confidence are developed. Age appropriate
skills will be taught.

Age: 4–5 years

Location: Mulberry Pool

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

4/7–5/19 M 4:15–5:15 pm $74 216279-01

4/7–5/19 M 5:30–6:30 pm $74 216279-02

4/10–5/15 Th 4:15–5:15 pm $64 216279-03

Petite Ballet I Intensive

Ballerinas-in-the-making, come to a class focused on technique awareness, flexibility and strengthening.

Age: 7–11 years

Location: Northside Aztlan Center

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

3/17–3/20 M–Th 10:00–11:00 am $54 216562-01

Fairy Ballet Workshop

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

Age: 3–6 years

Location: Northside Aztlan Center

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

3/17–3/20 M–Th 9:00–9:45 am $49 216566-01

Petite Ballerinas

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

Location: Northside Aztlan Center

*Note:* Class partially discountable. This is a child without parent class. Class will not be held on 3/21, 3/22.

Age: 3–4 years

3/7–4/4 F 11:45 am–12:30 pm $44 216963-01

4/11–5/2 F 11:45 am–12:30 pm $44 216963-02

3/8–4/5 Sa 9:00–9:45 am $44 216963-03

Age: 3–6 years

4/12–5/3 Sa Noon–12:45 pm $44 216963-07

Age: 4–5 years

3/7–4/4 F 12:30–1:15 pm $44 216963-04

4/11–5/2 F 12:30–1:15 pm $44 216963-05

3/8–4/5 Sa Noon–12:45 pm $44 216963-06

Age: 5–6 years

3/8–4/5 Sa 10:00–10:45 am $44 216963-08

Age: 7–11 years

3/8–4/5 Sa 11:00–11:45 am $44 216963-09

Petite Ballerinas Performance

In this performance based class dancers will learn dances to be performed around our community. In lieu of some class time, we will be out performing. Information will be available 3/1. March Petite Ballerina class participation required for all interested in taking the performance class. Registration Deadline 3/14.

Location: Northside Aztlan Center

*Note:* Class partially discountable. Participation is all performances is NOT mandatory. Additional $25 performance fee is due to the instructor by April 12.

Age: 3–4 years

4/12–5/24 Sa 9:00–9:45 am $94 216974-01

Age: 5–6 years

4/12–5/24 Sa 10:00–10:45 am $94 216974-02

Age: 7–11 years

4/12–5/24 Sa 11:00–11:45 am $94 216974-03

Day Camps

Farm Day Camps

See page 63 for details.

Spring Break Adventures

This is the Spring Break version of our popular Summer Adventures camp. Outdoor play, cooking, crafts, games, and theater are just some of the activities you’ll enjoy. On the first day of camp you will be given a schedule of ice skating, and swim times as well what the scheduled field trip will be.

Age: 7–12 years

Location: Northside Aztlan Center

*Note:* Please tell front desk staff of allergies at the time of registration. Campers should bring a bottle of water and a sack lunch everyday. Partially discountable

3/17–3/21 M–F 8:00 am–5:00 pm $142 216792-01

Summer Adventure

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

Age: 7–12 years

Location: Edora Pool Ice Center

*Note:* Class partially discountable. Please bring swimming attire and a backpack with a lunch and water bottle. Don’t forget to wear sunscreen! Class will not be held on 7/4.

6/2–6/6 M–F 8:00 am–5:00 pm $142 316380-01

6/9–6/13 M–F 8:00 am–5:00 pm $142 316380-02

6/16–6/19 M–Th 8:00 am–5:00 pm $115 316380-03

6/23–6/27 M–F 8:00 am–5:00 pm $142 316380-04

6/30–7/3 M–Th 8:00 am–5:00 pm $115 316380-05

7/7–7/11 M–F 8:00 am–5:00 pm $142 316380-06

7/14–7/18 M–F 8:00 am–5:00 pm $142 316380-07

7/21–7/24 M–Th 8:00 am–5:00 pm $115 316380-08

7/28–8/1 M–F 8:00 am–5:00 pm $142 316380-09

8/4–8/8 M–F 8:00 am–5:00 pm $142 316380-10

EPIC Adventures Mini-Camp

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

Age: 4–7 years

Location: Edora Pool Ice Center

*Note:* Class partially discountable. Clothing for swimming and skating is needed. Please wear sunscreen and bring a water bottle. Bike helmet recommended for skating. Class will not be held on 7/4.

Spring

3/17–3/21 M–F 9:00 am–Noon $75 216383-01

Summer

6/2–6/6 M–F 9:00 am–Noon $75 316383-01

6/9–6/13 M–F 9:00 am–Noon $75 316383-02

6/16–6/19 M–Th 9:00 am–Noon $61 316383-03

6/23–6/27 M–F 9:00 am–Noon $75 316383-04

6/30–7/3 M–Th 9:00 am–Noon $61 316383-05

7/7–7/11 M–F 9:00 am–Noon $75 316383-06

7/14–7/18 M–F 9:00 am–Noon $75 316383-07

7/21–7/24 M–Th 9:00 am–Noon $61 316383-08

7/28–8/1 M–F 9:00 am–Noon $75 316383-09

8/4–8/8 M–F 9:00 am–Noon $75 316383-10

6/2–6/6 M–F 1:00–4:00 pm $75 316383-11

6/9–6/13 M–F 1:00–4:00 pm $75 316383-12

6/16–6/19 M–Th 1:00–4:00 pm $61 316383-13

6/23–6/27 M–F 1:00–4:00 pm $75 316383-14

6/30–7/3 M–Th 1:00–4:00 pm $61 316383-15

7/7–7/11 M–F 1:00–4:00 pm $75 316383-16

7/14–7/18 M–F 1:00–4:00 pm $75 316383-17

7/21–7/24 M–Th 1:00–4:00 pm $61 316383-18

7/28–8/1 M–F 1:00–4:00 pm $75 316383-19

8/4–8/8 M–F 1:00–4:00 pm $75 316383-20

Kids On-the-Go Half Day Camp

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

Grade: 1–6 (Based on 2014/15)

Location: Northside Aztlan Center

*Note:* Class partially discountable. Drop off time is 1–1:30 p.m., pick up time is from 5–6 p.m. Bring a water bottle, wear sunscreen and dress for the weather. Class will not be held 7/4.

6/2–6/6 M–F 1:00–6:00 pm $96 316582-01

6/9–6/13 M–F 1:00–6:00 pm $96 316582-02

6/16–6/20 M–F 1:00–6:00 pm $96 316582-03

6/23–6/27 M–F 1:00–6:00 pm $96 316582-04

6/30–7/3 M–Th 1:00–6:00 pm $78 316582-05

7/7–7/11 M–F 1:00–6:00 pm $96 316582-06

7/14–7/18 M–F 1:00–6:00 pm $96 316582-07

7/21–7/25 M–F 1:00–6:00 pm $96 316582-08

7/28–8/1 M–F 1:00–6:00 pm $96 316582-09

8/4–8/8 M–F 1:00–6:00 pm $96 316582-10

Survival in Woods Nature Camp

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

Age: 8–12 years

Location: Lee Martinez Park

*Note:* Bring a sack lunch, jacket and a water bottle. Please dress appropriately for outdoor activities. Class will not be held on 7/4.

6/2–6/6 M–F 9:00 am–3:00 pm $150 316981-01

6/9–6/13 M–F 9:00 am–3:00 pm $150 316981-02

6/16–6/20 M–F 9:00 am–3:00 pm $150 316981-03

6/23–6/27 M–F 9:00 am–3:00 pm $150 316981-04

6/30–7/3 M–Th 9:00 am–3:00 pm $121 316981-05

7/7–7/11 M–F 9:00 am–3:00 pm $150 316981-06

7/14–7/18 M–F 9:00 am–3:00 pm $150 316981-07

7/21–7/25 M–F 9:00 am–3:00 pm $150 316981-08

7/28–8/1 M–F 9:00 am–3:00 pm $150 316981-09

8/4–8/8 M–F 9:00 am–3:00 pm $150 316981-10

Teen

Teen Supercamp Series

Age: 11–16 years

Location: Northside Aztlan Center

*Note:* Bring sack lunch, water bottle, and sunscreen. Wear comfortable attire and good walking shoes.

Super Hero Camp

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

6/10–6/13 Tu–F 8:00 am–5:00 pm $190 315553-02

Hollywood Camp

This camp will revolve around acting, improv, video production and theater. We’ll make our own movie or music video, plan and execute a flash mob, play improv games and catch “Traces,” an awe inspiring acrobatics show at the Stage theater in Denver. All participants will receive a DVD of their own movie.

7/8–7/11 Tu–F 8:00 am–5:00 pm $180 315553-06

Guys Camp

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

7/15–7/18 Tu–F 8:00 am–5:00 pm $165 315553-10

Chef Camp I

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

6/3–6/6 Tu–F 8:00 am–5:00 pm $149 315553-01

Outdoor Adventure

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

6/17–6/20 Tu–F 8:00 am–5:00 pm $210 315553-03

Art & Photo Camp

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

6/24–6/27 Tu–F 8:00 am–5:00 pm $145 315553-04

Girls Camp

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

7/15–7/18 Tu–F 8:00 am–5:00 pm $150 315553-05

Splash Camp

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

7/23–7/26 Tu–F 8:00 am–5:00 pm $144 315553-07

Chef Camp II

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

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

Early Learning

EPIC Adventures

Basic ice skating, art, pool fun, indoor/outdoor games, story time and snack included. Your child will receive an ice skating lesson conducted by an EPIC skate pro each day of EPIC adventures. There will be one day of recreational swimming per week. This class serves as a great complement to preschool or kindergarten.

Age: 4–6 years

Location: Edora Pool Ice Center

*Note:* Clothing for skating and swimming is needed. Please arrive
15 minutes early to help your child put on his/her ice skates.
Skate Tuesday/Thursday, swim on Thursday. Class will not be held
on 3/18, 3/20.

3/25–4/17 Tu,Th 12:30–3:00 pm $104 217305-01

4/22–5/15 Tu,Th 12:30–3:00 pm $104 217305-02

4/29–5/22 Tu,Th 12:30–3:00 pm $104 217305-03

Funtime Discovery

Your child will discover arts and crafts, creative play, letter/number recognition and gym time in this fun transitional class. Please note age requirements. Previous class experience recommended. Must be toilet trained. This is a child without parent class. Funtime does not follow PSD weather closures.

Age: 2½–3½ years

Location: Northside Aztlan Center

*Note:* Class partially discountable. Funtime closures/holidays correspond to the Poudre School District schedule unless otherwise notified in class. Class will not be held on 3/18, 3/20.

3/4–3/27 Tu,Th 9:30–11:00 am $49 217503-01

4/1–4/24 Tu,Th 9:30–11:00 am $64 217503-02

4/29–5/15 Tu,Th 9:30–11:00 am $49 217503-03

Curious Twos

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

Age: 2 years

Location: Northside Aztlan Center

*Note:* This is a child without parent class. Class will not be held on 3/17, 3/19.

3/3–3/26 M,W 9:30–10:30 am $34 217504-01

3/3–3/26 M,W 11:00 am–Noon $34 217504-02

3/31–4/23 M,W 9:30–10:30 am $44 217504-03

3/31–4/23 M,W 11:00 am–Noon $44 217504-04

4/28–5/14 M,W 9:30–10:30 am $34 217504-05

4/28–5/14 M,W 11:00 am–Noon $34 217504-06

I Want to Be A Scientist

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

Age: 3–6 years

Location: Northside Aztlan Center

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

Vet Medicine

4/3 Th 9:30–11:00 am $12 217507-01

Oceanography

4/10 Th 9:30–11:00 am $12 217507-02

Flight

4/17 Th 9:30–11:00 am $12 217507-03

Entomoloy

4/24 Th 9:30–11:00 am $12 217507-04

Crazy Concoctions

Get messy with these wild and wacky concoctions! From Gooey Gunk to Bathtub Finger Paints, you’ll have a blast creating and concocting.

Age: 3–6 years

Location: Northside Aztlan Center

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

4/3–4/10 Th 1:00–2:30 pm $19 217510-01

Afternoon Adventures

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

Age: 3–6 years

Location: Northside Aztlan Center

*Note:* Participants should dress for the weather and bring a water bottle. Children must be toilet trained. Snack provided.

3/5 W 1:00–4:00 pm $14 217513-01

3/26 W 1:00–4:00 pm $14 217513-02

4/9 W 1:00–4:00 pm $14 217513-03

4/23 W 1:00–4:00 pm $14 217513-04

5/7 W 1:00–4:00 pm $14 217513-05

Little Chefs Cooking Club

Let’s get creative in the kitchen! These theme-based classes
are all hands-on. An occasional craft will be offered to enhance
the learning experience.

Age: 3–6 years

Location: Northside Aztlan Center

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

Green Omelets

3/14 F 10:00–11:30 am $19 217520-01

Mac-n-Cheese Mini Cup

4/4 F 10:00–11:30 am $19 217520-02

Rubber Ducky Cupcake

4/18 F 10:00–11:30 am $19 217520-03

Cookie Caterpillar

5/2 F 10:00–11:30 am $19 217520-04

Soft Pretzel Butterflies

5/16 F 10:00–11:30 am $19 217520-05

Storybook Theater

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

Age: 3–5 years

Location: Northside Aztlan Center

*Note:* This is a child without parent class.

4/17–4/24 Th 1:00–2:30 pm $17 217530-01

Fancy Nancy

Life is better when you’re fancy. Fancy friends will enjoy crafts, snacks, dress-up and more.

Age: 3–6 years

Location: Northside Aztlan Center

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

4/22 Tu 1:00–2:30 pm $16 217536-01

Ultimate Fort Making

Blankets, towels, parachutes, boxes, hula hoops, floor mats and anything else we can think of will be used to make and create fun forts for an ultimate afternoon of building!

Age: 3–6 years

Location: Northside Aztlan Center

*Note:* Please tell front desk staff of allergies at the time of registration. Snack will be provided.

3/29 Sa 10:00 am–Noon $10 217539-01

Disney Delights

Your child will find this Disney themed class absolutely delightful! Crafts, games, music and story time is all part of the fun!

Age: 3–6 years

Location: Northside Aztlan Center

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

Frozen

3/12 W 1:00–2:30 pm $16 217540-01

Planes

4/2 W 1:00–2:30 pm $16 217540-02

Little Mermaid

4/16 W 1:00–2:30 pm $16 217540-03

Toy Story

4/30 W 1:00–2:30 pm $16 217540-04

Pocahontas

5/14 W 1:00–2:30 pm $16 217540-05

Super Heroes

Come and create your very own Super Hero! In this class we will dress up and play like legendary Super Heroes!

Age: 3–6 years

Location: Northside Aztlan Center

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

4/1–4/15 Tu 1:00–2:30 pm $26 217548-01

A Pirate’s 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

*Note:* Please tell front desk staff of allergies at the time of registration. This is a child without parent class. Class will not be held on 3/18.

3/4–3/25 Tu 1:00–2:30 pm $26 217551-01

Secret Agents

In this class we will create our very own spy tools and work as a team to solve the mystery. Class includes dramatic play, crafts and stories.

Age: 3–6 years

Location: Northside Aztlan Center

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

4/29–5/13 Tu 1:00–2:30 pm $26 217552-01

Builders & Bulldozers

In this class your child will help build and destroy life size structures. Class includes dramatic play, and arts and crafts.

Age: 3–6 years

Location: Northside Aztlan Center

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

4/26 Sa 10:00 am–Noon $10 217553-01

When I Grow Up

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

Age: 3–5 years

Location: Northside Aztlan Center

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

Construction

3/7 F 1:00–2:30 pm $10 217554-01

Police Station

3/28 F 1:00–2:30 pm $10 217554-02

Post Office

4/4 F 1:00–2:30 pm $10 217554-03

Fire Station

4/18 F 1:00–2:30 pm $10 217554-04

Pizzeria

4/25 F 1:00–2:30 pm $10 217554-05

Flower Shop

5/9 F 1:00–2:30 pm $10 217554-06

Musician

5/16 F 1:00–2:30 pm $10 217554-07

Pinkalicious

There can never be too much pink! Arts and crafts,
cupcakes, Pinkalicious stories and more! Please join us
for these Pinkeriffic classes!

Age: 3–6 years

Location: Northside Aztlan Center

*Note:* Class partially discountable. This is a child without parent class. Must be toilet trained.

Emeraldalicious

3/14 F 1:00–2:30 am $16 217737-01

Pinkalicious

4/11 F 1:00–2:30 am $16 217737-02

Purplicious

5/2 F 1:00–2:30 am $16 217737-03

Playdough World

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

Age: 3–6 years

Location: Northside Aztlan Center

*Note:* This is a child without parent class. Class will not be held
on 3/20.

3/6–3/27 Th 1:00–2:30 pm $27 217747-01

5/1–5/15 Th 9:30–11:00 am $27 217747-02

Little Yogis

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

Age: 3–6 years

Location: Kids Crave Yoga 4021B S College

*Note:* Class partially discountable. All sessions will be different so sign up for as many as you like. This is a child without parent class. Class will not be held on 3/21.

3/7–4/4 F 11:00–11:45 am $38 217955-01

4/11–5/2 F 11:00–11:45 am $38 217955-02

5/9–5/30 F 11:00–11:45 am $38 217955-03

Those Amazing Dinosaurs

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

Age: 3–5 years

Location: Northside Aztlan Center

*Note:* This is a child without parent class.

3/6–3/27 Th 9:30–11:00 am $31 218508-01

5/1–5/15 Th 1:00–2:30 pm $31 218508-02

Parent With Child

Tot Gym

Bring the little ones in for some fun gym time! Balls, blocks,
a mini obstacle course and other activities will be set up for you
and your youngsters to enjoy together! No need to register, just
come on in! Children must be accompanied by an adult. Adults free.

Age: 0–6 years

Location: Northside Aztlan Center

*Note:* No fee for babies 12 months and younger. Class will not be held on 3/18, 3/19, 3/20.

1/7–5/15 Tu–Th 10:00 am–Noon $2.50/child

Baby Gym

Now a special gym time just for babies ages 0–18 months. Babies can crawl on mats and through tunnels, play with balls and blocks or challenge themselves on the soft obstacle course, Children must be accompanied by an adult. $2.50 per child. Adults are free! No need to register, just come on in!

Age: 0–18 months

Location: Northside Aztlan Center

1/10–5/16 F 9:30–11:30 am $2.50

Daddy & Me Surprise for Mom

Kids and dads will work together to create a special gift for mom.

Age: 2–3 years

Location: Northside Aztlan Center

*Note:* This is a parent with child class.

5/3 Sa 10:00 am–Noon $20 217181-01

Baby Ballerinas

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

Age: 2 years

Location: Club Tico

*Note:* This is a parent with child class.

3/4–3/25 Tu 9:15–10:00 am $34 217196-01

4/1–4/22 Tu 9:15–10:00 am $34 217196-02

4/29–5/20 Tu 9:15–10:00 am $34 217196-03

Roly Polys

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

Location: Mulberry Pool

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

Age: 2 years

3/24–4/14 M 10:00–10:45 am $34 217295-01

3/24–4/14 M 11:05–11:50 am $34 217295-02

3/25–4/15 Tu 11:00–11:45 am $34 217295-03

4/21–5/19 M 10:00–10:45 am $42 217295-04

4/21–5/19 M 11:05–11:50 am $42 217295-05

4/22–5/20 Tu 11:00–11:45 am $42 217295-06

Age: 3 years

3/24–4/14 M 9:00–9:45 am $34 217295-07

3/27–4/17 Th 11:00–11:45 am $34 217295-08

4/21–5/19 M 9:00–9:45 am $42 217295-09

4/24–5/15 Th 11:00–11:45 am $34 217295-10

Mom & Tot Science

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

Age: 2–3 years

Location: Northside Aztlan Center

*Note:* This is a parent with child class. Class will not be held on 3/19.

3/5–3/26 W 10:00–11:00 am $26 217560-01

4/16–4/30 W 10:00–11:00 am $26 217560-02

Little Explorers

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

Age: 2 years

Location: Northside Aztlan Center

*Note:* This is a parent with child class. Class will not be held on 3/18.

3/4–3/25 Tu 11:00 am–Noon $20 217561-01

4/1–4/22 Tu 11:00 am–Noon $25 217561-02

4/29–5/13 Tu 11:00 am–Noon $20 217561-03

Toddlertime

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

Age: 18–24 months

Location: Northside Aztlan Center

*Note:* This is a parent with child class. Class will not be held on 3/18.

3/4–3/25 Tu 9:30–10:30 am $20 217562-01

4/1–4/22 Tu 9:30–10:30 am $25 217562-02

4/29–5/13 Tu 9:30–10:30 am $20 217562-03

I Can Do It Myself

This series of classes is aimed at the young toddler who, along with
a parent, can enjoy a number of different activities including arts and crafts, movement, making new friends and more.

Age: 15–24 months

Location: Northside Aztlan Center

*Note:* This is a child with parent class.

4/16 W 9:30–10:15 am $8 217567-02

Mother Hubbard’s Crafts & Cupboard

Join us for some fun in the kitchen! Each class is themed with hands-on activities. Class includes cooking, arts and crafts, and storytime.

Age: 2 years

Location: Northside Aztlan Center

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

Teddy Bear Biscuits

3/7 F 10:00–11:00 am $16 217571-01

April Fools Food

3/28 F 10:00–11:00 am $16 217571-02

Citrus Chick Cookies

4/11 F 10:00–11:00 am $16 217571-03

Mini Fritatas

4/25 F 10:00–11:00 am $16 217571-04

Caterpillar Cupcakes

5/9 F 10:00–11:00 am $16 217571-05

Shake Rattle & Roll

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

Age: 12–36 months

Location: Northside Aztlan Center

3/28–4/11 F 10:00–10:45 am $24 217575-01

4/25–5/9 F 10:00–10:45 am $24 217575-02

Artists Cafe

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

Age: 2–4 years

Location: Northside Aztlan Center

*Note:* Because of the class time you are welcome to bring a lunch or snack! This is a parent with child class.

3/26–4/16 W 11:00 am–Noon $38 217580-01

4/23–5/14 W 11:00 am–Noon $38 217580-02

Small Hands, Big Messy Art

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

Age: 18–24 months

Location: Northside Aztlan Center

*Note:* This is a parent with child class.

4/2–4/9 W 10:00–10:45 am $12 217585-01

5/7–5/14 W 10:00–10:45 am $12 217585-02

Education

Adult Classes

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

Computer Classes

Gizmos & Gadgets Galore

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

Location: Senior Center

5/24 Sa 9:00 am–Noon $14 207417-01

Blogging for Passion or Profit

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

Location: Columbine Health Computer Lab

*Note:* Those under 18 welcome with parent permission.

4/23–5/21 W 7:30–8:30 pm $45 207901-01

Computer Basics

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

Location: Columbine Health Computer Lab

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

3/4–3/7 Tu–F 10:00 am–Noon $19 207902-01

Excel v. 2010 Introduction

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

Prerequisite: Computer basics class or basic computer knowledge

Location: Columbine Health Computer Lab

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

3/15 Sa 8:30 am–12:30 pm $14 207904-01

Facebook for Beginners

Ever get frustrated trying to figure the ins and outs of Facebook? Want to share pictures and posts without worrying about who will see them? This class helps you master keeping up with family, friends, and favorite brands. We’ll cover ‘friending’, privacy controls, and more so you can easily and safely enjoy Facebook.

Location: Columbine Health Computer Lab

*Note:* Those under 18 welcome with parent permission.

3/26–4/16 W 7:30–8:30 pm $40 207905-01

Internet & Email Introduction

Safely access the internet, find information and use it for your email. Introduction to services such as Yahoo and Google, and tips on how and how not to search. For email, learn etiquette, addressing, attaching files, creating mailing lists, and handling junk mail. Hands-on exercises throughout.

Prerequisite: Computer Basics class or basic computer knowledge.

Location: Columbine Health Computer Lab

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

3/8 Sa 8:30 am–12:30 pm $14 207906-01

Beginning Word v. 2010

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

Prerequisite: Computer Basics Class or basic computer knowledge

Location: Columbine Health Computer Lab

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

3/22–3/29 Sa 8:30 am–12:30 pm $20 207909-01

Social Media for Business

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

Location: Columbine Health Computer Lab

*Note:* Those under 18 welcome with parent permission.

4/9–5/7 W 6:15–7:15 pm $45 207914-01

Using Windows 7

This 3-session class covers the basic terms and tools of Windows 7. Included are hands-on exercises that demonstrate working with windows, menus, and files, plus how to customize. Also a brief, non-technical description of the computer and simple maintenance tasks suitable for even the most inexperienced user.

Prerequisite: Computer Basics Class or basic computer knowledge

Location: Columbine Health Computer Lab

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

4/5–4/19 Sa 8:30 am–12:30 pm $25 207916-01

Cooking Classes

Curry in A Hurry

What do you get when American efficiency meets the authentic Indian curry? Learn to make curry in the modern world, three different styles of Indian curry, each taking less than 20 minutes without compromising taste or flavor. All dishes that are hot and spicy are not curries. All curries are not fiery hot, either.

Location: Senior Center

*Note:* Menu will include: red and black bean curry with spinach; butternut squash curry, mixed vegetable curry.

4/2 W 9:30–11:30 am $39 207428-01

Pressure Cooker Curries

Pressure cooker is magical when it comes to cooking an Indian meal. It transforms basic ingredients into delicious and satisfying suppers in very little time.

Location: Senior Center

*Note:* Menu: curried lentil soup with barley, garbanzo bean curry, green peas and potato curry, cumin brown rice, carrot pudding.

3/11 Tu 6:00–8:30 pm $29 207429-01

Dal 101 – Indian Style Lentils

Dal, a Sanskirt name that refers to all pulses, legumes, and their food derivatives, still forms the mainstay of the protein supply to the largely vegetarian billion odd, in the Indian subcontinent. In addition to being high in protein, lentils also contain copious amount of essential dietary fiber, vitamins, and miner

Location: Senior Center

*Note:* Menu: a popular lentil appetizer, a soup, spinach and lentil curry (Saag), and a lentil stew served over basmati.

4/14 M 6:00–8:30 pm $29 207432-01

Thai Cooking 1st Course

Khao Soi is a curry noodle dish from northern Thailand often made with chicken served over noodles and garnished with shallots, cilantro, pickled mustard greens and a squeeze of lime juice. The dish is a seemingly cacophony of taste, each strong and distinct.

Location: Senior Center

*Note:* Menu: Curry noodles; larb-the tasty Thai version of the popular Chinese lettuce cup; sticky rice; lemongrass drink

3/12 W 6:00–8:30 pm $35 207433-01

Thai Cooking 2nd Course

Cooking Thai food is not that complicated. You just need a little know how. Jungle curry (Kaeng Pa) is a variety of Thai curry from the forested areas of northern Thailand. Jungle curry lives up to its name because it seems to contain all the ingredients of the jungle!

Location: Senior Center

*Note:* Menu: Jungle curry; Mixed vegetables with fresh mushrooms and oyster sauce; Thai spicy egg salad with shallots and cilantro; Dried hibiscus flower tea.

5/14 W 6:00–8:30 pm $35 207434-01

Cheese Making at Home, Introduction

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

Location: Senior Center

3/6 Th 6:00–9:00 pm $55 207435-01

Cheddar Cheese – NW

Learn to make cheddar cheese and take home a two pound block. Participate without taking any cheese home if you don’t have a press. Taste other homemade hard cheeses and enjoy lunch with a fresh
soft cheese. The instructor will supply all materials except presses and caves.

Location: Senior Center

*Note:* Optional: Both presses and ingredient kits to make a home cheese press will be available for purchase.

3/30 Su 10:00 am–6:00 pm $65 207437-01
4/3 Th 6:00–9:00 pm

CPR & First Aid Classes

CPR & First Aid

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

Location: Senior Center

*Note:* Class not discountable.

3/8 Sa 9:00 am–5:00 pm $67 207441-01

4/12 Sa 9:00 am–5:00 pm $67 207441-02

5/17 Sa 9:00 am–5:00 pm $67 207441-03

CPR Professional

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

Location: Senior Center

*Note:* Includes AHA student text. Class not discountable.

3/12 W 5:30–9:30 pm $67 207442-01

4/9 W 5:30–9:30 pm $67 207442-02

5/14 W 5:30–9:30 pm $67 207442-03

Wilderness First Aid

This course includes assessment, short and long term management of injury, medical emergencies and conditions when definitive care is more than one hour away. The field day will focus on hands-on scenarios and techniques needed to stabilize the victim and others
in the group.

Location: Senior Center

*Note:* AAOS Emergency Care and Safety Institute Certification
will be completed and is valid for three years. Book included.
Class not discountable.

4/15–4/17 Tu,Th 5:30–9:30 pm $120 207443-01
4/19 Sa 9:00 am–5:00 pm

Financial

Social Security: Getting More

You will gain a better understanding of the basics of the Social Security program, how to estimate your potential benefits, and the best ways to optimize those benefits. You’ll explore the various benefits provided through the program and learn how to verify that you’ll be receiving all of the benefits you’ve earned.

Location: Senior Center

*Note:* No products will be offered for sale at this event.
For additional important disclosure information, please visit
Thrivent.com./disclosures.

3/31 M 5:00–6:00 pm No Fee 207455-01

Women, Wine, & Wealth

Enjoy your favorite wine, as you get information and steps to:
reduce your worries by understanding the facts that apply to women; overcome obstacles that can stand in the way of managing your finances; and use five keys to help you reach your financial goal.

Location: Senior Center

*Note:* No products will be offered for sale at this event. For additional important disclosure information, please visit Thrivent.com/disclosures.

3/6 Th 5:00–6:00 pm No Fee 207457-01

Identity Theft

Identity theft is American’s top-ranked crime concern. If someone stole your identity, it could put your finances and credit at risk. And that’s just the beginning. But how do you protect yourself? While no one is immune to identity theft, you can take steps to help keep your personal information safe. Find out how.

Location: Senior Center

*Note:* No products will be offered for sale at this event. For additional important disclosure information, please visit Thrivent.com/disclosures.

4/7 M 6:00–7:00 pm No Fee 207458-01

General Classes

Planning Extraordinary Travels

Planning fun and extraordinary travel adventures can seem expensive, time consuming and intimidating. Using the tips and tricks learned in this class, you will gain the confidence to begin planning your own vacation experience. Learn to navigate the many options available today no matter your destination.

Age: 50 years & up

Location: Senior Center

*Note:* Workshop taught by Sandy McMillen and the fee includes a copy of her book “Extraordinary Travels of an Ordinary Couple.”

5/20 Tu 5:30–7:00 pm $20 205480-01

Flea Market Finds: Silver & Gold

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

Location: Senior Center

*Note:* Bring a magnifying glass or jeweler’s loup to class.

4/2 W 6:00–8:00 pm $35 207464-01

Sterling Silver: Buying & Selling

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

Location: Senior Center

*Note:* Bring a magnifying glass or jeweler’s loup to class.

3/25 Tu 6:00–9:00 pm $45 207465-01

5/20 Tu 6:00–9:00 pm $45 207465-02

Fiction Writing

Participate in friendly, supportive workshops (submit original short stories or novel chapters; discuss manuscripts), develop writing skills, and practice revision. Focus will be on your work; reading material, craft lessons, and exercises will also be provided. For adult writers of any genre/experience level.

Location: Northside Aztlan Center

3/29–5/31 Sa 9:00 am–Noon $150 207563-01

Piano, Adult Beginner

Each student learns to play the piano sooner than ever thought possible by playing on individual digital grand pianos. Play separately and as a group as you learn the early essentials of music. Go home after the first class able to play at least one song.

Location: Piano Center of the Rockies

*Note:* $20 material fee payable at first class. Piano Center
of the Rockies – 2721 S College Ave. Fort Collins (Next to JoAnn
Fabric/Dollar Tree).

3/15–5/3 Sa 9:00–9:45 am $96 207966-01

Beyond Beginning Bridge – NW

Continue to build a solid foundation of basic bridge skills used in the Standard American Bridge System that will let the player experience more challenging hands and bidding, using conventions like Weak Twos, Jacoby Transfers, Takeout Doubles, and Blackwood.

Prerequisite: Beginning Bridge 1 or instructor
permission. Taught by Nila Hobbs, ACBL accredited teacher.
Price includes supplies. Class will not be held 4/30 or 5/7.

Location: Senior Center

4/9–5/14 W 6:30–8:30 pm $110 212462-01

Wellness Education

Is Acupuncture the Right Therapy?

Learn how acupuncture helps you feel better: postponing surgeries; Post-operative, acute and chronic pain-relief; quicker healing times; increased energy; balance; stamina; improved memory; facial rejuvenation; arthritis; allergies; asthma; digestion and more. Acupuncture balances the mind and body, allowing optimal health.

Age: 50 years & up

Location: Senior Center

*Note:* Instructor: Susan Goldstone, L.Ac, AP, Dipl,Ac, MSOM, MA,
Over 20 Years Clinical Experience

3/31 M 10:00–11:00 am $4 207481-01

How the Arts Contribute to Aging – NW

Learn about the healing power that creative expression brings to healthy aging. Rachael Coffren, a licensed professional counselor and art therapist, will talk about the benefits of delving into your creative side. Be ready to have fun and experience it first-hand.

Location: Senior Center

*Note:* Register with the Aspen Club at 970.495.8560

3/28 F 2:00–3:30 pm No Fee 207482-01

A Stroke is A Brain Attack – NW

Four out of five strokes are preventable. Learn to assess the risks you can and can’t control, the importance of recognizing a stroke, and what to do. Medical professionals from Poudre Valley Hospital will share types of strokes, symptoms, treatment options, and steps to keep your brain and body stroke risk prepared.

Location: Senior Center

*Note:* Register with the Aspen Club at 970.495.8560.

5/21 W 10:00–11:30 am No Fee

Music/Theater

Beginning Guitar

In just four lessons, students will learn the fundamental chords
and basic tablature skills needed to play many of their favorite
songs. Chords, strum patterns, tuning, and basic music theory
will be incorporated. Participants may bring an acoustic, classical,
or electric guitar.

Location: Northside Aztlan Center

*Note:* Students must bring their own guitar. Class will not be held
on 3/17.

Age: 7½–12 years

3/3–4/7 M 4:15–5:15 pm $32 215560-01

Age: 10–17 years

3/3–4/7 M 5:30–6:30 pm $46 215560-02

Age: 18 years & up

3/3–4/7 M 6:45–8:00 pm $46 215560-03

Beginning Guitar II

Build off of the skills you have learned in Beginning Guitar I and take on more challenging songs and chords. Chords, strum patterns, tuning, and basic music theory will be incorporated. Participants may bring an acoustic, classical, or electric guitar.

Location: Northside Aztlan Center

*Note:* Must bring own guitar.

Age: 9–12 years

4/14–5/12 M 4:15–5:15 pm $32 215561-01

Age: 13–17 years

4/14–5/12 M 5:30–6:30 pm $50 215561-02

Age: 18 years & up

4/14–5/12 M 6:45–8:00 pm $50 215561-03

Youth & Teen Classes

Babysitting Bootcamp

Topics include: Babysitting business practices, discipline and communication, feeding, diapering, safe play for infants and children, preventing accidents, recognizing and responding to emergencies, basic first aid, choking and hands only CPR. Students receive a card endorsed by the American Academy of Pediatrics for Babies

Age: 11–16 years

Location: Northside Aztlan Center

*Note:* Bring paper, pencil and lunch. Class only partially discountable.

3/17 M Noon–8:00 pm $75 215522-01

4/1–4/3 Tu,Th 4:00–8:00 pm $75 215522-02

4/29–5/1 Tu,Th 4:00–8:00 pm $75 215522-03

After-School Enrichment

The After-School Enrichment Program provides homework help, games, crafts, computers, sports, field trips, and more. Limited transportation is provided from select schools.

Grade: Kindergarten–5

Location: Northside Aztlan Center

*Note:* Must be in correct grade. Register at Northside Aztlan Community Center only.

3/3–3/7 M–F 3:30–6:00 pm $21 215525-01

3/10–3/13 M–Th 3:30–6:00 pm $21 215525-02

3/24–3/28 M–F 3:30–6:00 pm $21 215525-03

3/31–4/4 M–F 3:30–6:00 pm $21 215525-04

4/7–4/10 M–Th 3:30–6:00 pm $21 215525-05

4/15–4/18 Tu–F 3:30–6:00 pm $21 215525-06

4/21–4/25 M–F 3:30–6:00 pm $21 215525-07

4/28–5/2 M–F 3:30–6:00 pm $21 215525-08

5/5–5/9 M–F 3:30–6:00 pm $21 215525-09

5/12–5/15 M–Th 3:30–6:00 pm $21 215525-10

5/19–5/23 M–F 3:30–6:00 pm $21 215525-11

5/27–5/29 Tu–Th 3:30–6:00 pm $21 215525-12

Food For Life

The health problems faced by our youth today are unlike any in the past. The curriculum highlights the positives of the four food groups (whole grains, legumes, fruits, and vegetables) in the Power Plate.

Location: Northside Aztlan Center

Age: 4 years & up

Healthy Breakfasts

3/17 M 8:30–11:30 am $29 215568-01

Age: 6–12 years

Healthy Breakfasts

3/20 Th Noon–3:00 pm $29 215568-02

Rainbow Lunches

3/18 Tu 8:30–11:30 am $29 215568-03

Rainbow Lunches

3/21 F Noon–3:00 pm $29 215568-04

Both Classes

3/17–3/18 M,Tu 8:30–11:30 am $49 215568-05

Both Classes

3/20–3/21 Th,F Noon–3:00 pm $49 215568-06

School’s Out Day

School’s out! Let us keep your child entertained for the day. Arts and crafts, gym time, movies and more!

Grade: 1–6

Location: Northside Aztlan Center

*Note:* Please bring a sack lunch.

4/11 F 8:00 am–5:00 pm $36 216597-01

4/14 M 8:00 am–5:00 pm $36 216597-02

5/16 F 8:00 am–5:00 pm $36 216597-03

Youth Sciences Classes

Grade: 1–8

Location: Northside Aztlan Center

Build A Model Hovercraft

Learn about friction, momentum, air pressure and Newton’s laws of motion. We will build our very own battery operated hovercraft. All materials are provided and each student gets to keep their hovercraft.

3/1–3/15 Sa 10:00–11:00 am $49 215573-01

Lego Motor Mechanics

LEGO engineers, come join us as we learn basic concepts of the reciprocating engine. We’ll learn about mechanical motion, pistons, valves, and pressure. We will build and operate a real LEGO engine that you get to keep.

3/29–4/12 Sa 10:00–11:00 am $49 215573-02

Build A Nerf Blaster

This is no ordinary Blaster. We will experiment with store bought launchers and then take them apart to learn what makes them work. Then we will build and test our very own launchers that you get to keep and take home!

4/19–5/3 Sa 10:00–11:00 am $49 215573-03

Build A Model Rocket

Experience the thrill of launching your very own model rocket. We will learn all about rockets and how they fly. Then we will each build our very own rocket and launch it at the end of the course.

5/10–5/24 Sa 10:00–11:00 am $49 215573-04

Cooking Classes

Crazy Cakes

New cake recipes every time! You’ll work with fondant, modeling chocolate, gum paste and more to make the tastiest, most awesomely decorated cakes ever! Become a cake making and decorating master!

Age: 11–17 years

Location: Northside Aztlan Center

*Note:* Please note food allergies at registration. All supplies will be provided. Class partially discountable.

4/12 Sa 1:00–4:00 pm $26 215556-03

5/10 Sa 1:00–4:00 pm $26 215556-04

Kids Can Cook

Do you like to cook? Come join us as we get creative in the kitchen! These themed classes will help increase your cooking knowledge!

Age: 7–10 years

Location: Northside Aztlan Center

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

Oh My, Pie!

3/29 Sa 1:00–3:00 pm $22 218519-01

Crazy Cupcakes

4/26 Sa 1:00–3:00 pm $22 218519-02

Music & Theater

Theatre Acting Class/Show

Express your creativity on stage! We will learn acting techniques, work on a short script, then present a show for the last class! This class is designed for people with and without disabilities.

Age: 14 years & up

Location: Club Tico

*Note:* The final show will take place on May 10! For more information, contact Alison Cope at acope@frii.com.

3/29–5/10 Sa 2:00–4:00 pm $38 202593-01

Youth Classes

Legomania

Lego enthusiasts will work with and learn from each other while creating a master city with a wide variety of legos. Bring your creativity with you and join us for a fun afternoon of construction. Snack provided.

Age: 6–10 years

Location: Northside Aztlan Center

3/1 Sa 1:00–3:00 pm $19 218547-01

Lego Crazy Schools Out Day

Lego enthusiasts, spend your schools out day with other lego fanatics! Along with all day lego construction, kids will enjoy other fun activities such as arts and crafts, a movie, snacks and gym time!

Grade: 1–5

Location: Northside Aztlan Center

*Note:* Class partially discountable. Please bring a sack lunch.

3/14 F 8:00 am–5:00 pm $32 216598-01

Go Kart Camp

This class will teach your 8–12 year old to be a safe, educated Go-Kart driver focusing on skills that transfer to the everyday driving world! Participants who demonstrate driving competence after this experience will be given a Fort Fun Drivers Permit. Students must be 8–12 years old and be at least 50" tall.

Age: 8–12 years

Location: Fort Fun

*Note:* In case of inclement weather we will call you with a make-up date. You will receive an email with more camp information will follow. Class partially discountable.

3/22 F,Sa 8:00–10:00 am $29 216989-01

4/5 W,Sa 8:00–10:00 am $29 216989-02

4/11 F 8:00–10:00 am $29 216989-03

Jedi Academy

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

Age: 6–10 years

Location: Northside Aztlan Center

4/5 Sa 1:00–3:00 pm $19 218542-01

Make A Surprise for Mom

Kids will hand craft a special gift for mom.

Age: 7–10 years

Location: Northside Aztlan Center

*Note:* Class partially discountable.

5/3 Sa 1:00–3:00 pm $26 218557-01

Farm

All classes held at The Farm at Lee Martinez Park, 600 N. Sherwood, unless otherwise noted.

Adopt an Animal

Anyone can adopt an animal at The Farm and become its “parent”. As an adoptive parent, you are helping to provide for the food and care of “your” animal. Of course, your adopted animal stays at The Farm where it is cared for by farm staff. (Note: for all practical purposes, some of the animals are sold when they reach maturity.) It’s easy to adopt! Choose your favorite farm animal and adopt it for a year by making a tax-deductible donation. A farm “parent” receives an adoption certificate, his/her name listed at The Farm, and a poster as a “thank you”, because we do appreciate your support. All “adoptive parents” will be invited to a special event at The Farm in December.

Birthday Parties

Celebrate your child’s birthday with a farm flair! Meeting the animals, riding a pony (April – October) or going on a hayride create a very unique party for your 3 to 9 year old. Call The Farm or stop by during open hours to reserve your date. A minimum charge is due at time of reservation. Your hostess will take care of all the details to ensure a stress-free day for you. Party package includes pony rides or hayride, lemonade, table settings, a bandana for each child, and of course a visit with the animals. For more information, contact The Farm at 970.221.6665 or visit us online at fcgov.com/recreation/thefarm.

The Farm Store

Looking for a unique farm-related gift? The Farm Store is the place to shop. We are stocked with farm toys, puzzles, T-shirts, and novelties. Open during open hours of The Farm.

The Farm Museum

Take a walk through yesteryear’s farm era. Displays depict farming from the turn of the century to the early 1930’s. Guess what the “mystery tool” is and how it was used. Then test your “farm strength” by lifting a bale of hay with and without the aid of a pulley system.

Pony Club

Calling all pony lovers! Join us in Pony Club where you will get exclusive access to the pony gang during special Pony Club hours. You will be on an email list to keep you informed about the ponies and upcoming activities. A monthly fee of $18 is charged with additional fees for some activities. To be in Pony Club you must have completed at least one of The Farm’s Pony Camps or Horsemanship classes and be at least 8 years old. Call The Farm at 970.221.6665 or email Bridget at bbrownell@fcgov.com for more information.

After School Farmers

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

Age: 6–10 years

3/25–4/15 Tu 4:00–5:30 pm $39 208601-01

Pee Wee Farmers

The Pee Wee Farmer classes have been favorites since The Farm opened. Your child will learn what life on a farm is like through hands-on experience. Milking a cow, gathering eggs, helping make their own snacks and riding the ponies are all part of the fun at The Farm!

Age: 4–5 years

*Note:* Parents will be asked to lead their child’s pony on the day
they ride.

3/26–4/16 W 9:30–11:00 am $39 208606-01

3/27–4/17 Th 1:30–3:00 pm $39 208606-02

3/28–4/18 F 9:30–11:00 am $39 208606-03

3/28–4/18 F 1:30–3:00 pm $39 208606-04

4/22–5/13 Tu 9:30–11:00 am $39 208606-05

4/22–5/13 Tu 1:30–3:00 pm $39 208606-06

4/23–5/14 W 9:30–11:00 am $39 208606-07

4/24–5/15 Th 9:30–11:00 am $39 208606-08

4/24–5/15 Th 1:30–3:00 pm $39 208606-09

4/25–5/16 F 1:30–3:00 pm $39 208606-10

Li’l Dumplin’ Farmers

Mom, Dad, or any other favorite adult, you and your two-year-old can meet the animals in this class. Join us in farm chores that include gathering eggs and milking a cow. Learn about life on a farm. After the chores are finished we will enjoy a picnic with the animals.

Age: 2 years

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

3/24–4/7 M 11:00 am–Noon $30 208609-01

3/25–4/8 Tu 11:00 am–Noon $30 208609-02

4/14–4/28 M 11:00 am–Noon $30 208609-03

5/5–5/19 M 11:00 am–Noon $30 208609-04

Little Peepers

Little Peepers explore the barnyard in each class by gathering
eggs, milking a cow, reading stories in the hayloft and so much
more! Parents leave their three-year-old for an hour of discovery
on The Farm.

Age: 3 years

*Note:* Parents cannot stay with their little peepers.

3/27–4/10 Th 9:00–10:00 am $29 208610-01

3/27–4/10 Th 10:15–11:15 am $29 208610-02

4/25–5/9 F 9:00–10:00 am $29 208610-03

4/25–5/9 F 10:15–11:15 am $29 208610-04

Spring Break Pony Camp

Spend your Spring Break at The Farm learning to groom, saddle and ride a pony. No horse experience necessary. This is a beginner class, and safety will be stressed at all times.

Age: 8–12 years

*Note:* Please wear closed toed shoes, equestrian helmets will
be provided.

3/18–3/21 Tu–F Noon–2:30 pm $120 208611-01

Pony Riding Lessons

Round ‘em up and bring those cowpokes to The Farm where both you and your child will learn to groom and saddle a pony. You will lead your child’s pony as the basics of riding are taught.

Age: 3–5 years

*Note:* Other children may not attend this class because you are a full time participant with your pony rider.

4/2–4/23 W 1:00–2:00 pm $58 208614-01

4/12–5/3 Sa 9:30–10:30 am $58 208614-02

4/30–5/21 W 1:00–2:00 pm $58 208614-03

5/10–5/31 Sa 9:30–10:30 am $58 208614-04

Barnyard Experience

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

Age: 6–10 years

3/19 W 9:30–11:30 am $16 208623-01

Li’l Dumplin’s & Beyond

This Dumplin’ class brings all the favorite chores Lil’ Dumplin’s enjoy plus a few added touches. Along with gathering eggs, milking a cow and riding the ponies, we will create a mini-scrapbook using pictures taken during class, and each Dumplin’ will receive a souvenir T-shirt.

Age: 2 years

*Note:* Parents are expected to stay with their child. This class does not include lunch.

3/31–4/14 M 9:30–10:30 am $44 208624-01

4/1–4/15 Tu 9:30–10:30 am $44 208624-02

4/21–5/5 M 9:30–10:30 am $44 208624-03

Farm Daycamp

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

Age: 8–12 years

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

6/3–6/13 Tu–F 8:30 am–3:30 pm $198 308602-01

6/17–6/27 Tu–F 8:30 am–3:30 pm $198 308602-02

7/8–7/18 Tu–F 8:30 am–3:30 pm $198 308602-03

Mini Daycamp

Fun on The Farm involves your child, the animals and hours of activities designed to entertain and educate. Campers explore country life as they milk the cow, gather eggs, ride the ponies and go on treasure hunts. Mornings are topped off with picnic lunches in the silo, hayloft or maybe even on a hayride!

Age: 6–7 years

*Note:* Bring a sack lunch everyday. Water will be provided.

6/3–6/6 Tu–F 8:30 am–12:30 pm $64 308604-01

6/10–6/13 Tu–F 8:30 am–12:30 pm $64 308604-02

6/17–6/20 Tu–F 8:30 am–12:30 pm $64 308604-03

7/22–7/25 Tu–F 8:30 am–12:30 pm $64 308604-04

Not-So-Mini Daycamp

This camp is an extended version of Mini Day Camp. Campers can be found doing typical farm chores such as gathering eggs, milking the cow and riding the ponies. Other “chores” include crafts and going on a hayride.

Age: 6–7 years

*Note:* Bring a sack lunch everyday. Water will be provided.

6/24–6/27 Tu–F 8:30 am–3:30 pm $98 308605-01

7/8–7/11 Tu–F 8:30 am–3:30 pm $98 308605-02

7/22–7/25 Tu–F 8:30 am–3:30 pm $98 308605-03

7/29–8/1 Tu–F 8:30 am–3:30 pm $98 308605-04

Beginning Pony Camp

Pony campers will learn to groom, saddle and ride a pony during their week at The Farm. Pony chores will be included for our young equestrians and safety is stressed at all times.

Age: 8–12 years

*Note:* Bring a water bottle. Closed toed shoes must be worn.

6/3–6/6 Tu–F 8:30–11:00 am $120 308607-01

6/3–6/6 Tu–F 11:45 am–2:15 pm $120 308607-02

6/10–6/13 Tu–F 11:45 am–2:15 pm $120 308607-03

6/17–6/20 Tu–F 8:30–11:00 am $120 308607-04

6/24–6/27 Tu–F 8:30–11:00 am $120 308607-05

7/8–7/11 Tu–F 8:30–11:00 am $120 308607-06

7/15–7/18 Tu–F 11:45 am–2:15 pm $120 308607-07

7/22–7/25 Tu–F 8:30–11:00 am $120 308607-08

Advanced Pony Camp

Once your child has mastered grooming and saddling, this camp
is for them. The basics of riding will be reviewed and more time will be spent riding.

Age: 8–12 years

*Note:* Bring a water bottle. Closed toed shoes must be worn.

6/10–6/13 Tu–F 8:30–11:00 am $120 308608-01

6/17–6/20 Tu–F 11:45 am–2:15 pm $120 308608-02

7/8–7/11 Tu–F 11:45 am–2:15 pm $120 308608-03

7/15–7/18 Tu–F 8:30–11:00 am $120 308608-04

7/22–7/25 Tu–F 11:45 am–2:15 pm $120 308608-05

7/29–8/1 Tu–F 8:30–11:00 am $120 308608-06

7/29–8/1 Tu–F 11:45 am–2:15 pm $120 308608-07

Horsemanship I

Teens will learn to groom, saddle and ride a horse in this four day class. Class size is small, so sign up soon!

Age: 12–18 years

*Note:* Bring a water bottle. Closed toed shoes must be worn.

6/2–6/5 M–Th 12:15–2:45 pm $120 308616-01

6/16–6/19 M–Th 9:00–11:30 am $120 308616-02

6/23–6/26 M–Th 12:15–2:45 pm $120 308616-03

7/7–7/10 M–Th 12:15–2:45 pm $120 308616-04

Horsemanship II

This camp is designed for teens who have taken Horsemanship I or Pony Camps. Now that you know how to groom and saddle, more time will be spent riding and learning more about horses.

Age: 12–18 years

*Note:* Bring a water bottle. Closed toed shoes must be worn.

6/9–6/12 M–Th 12:15–2:45 pm $120 308617-01

6/16–6/19 M–Th 12:15–2:45 pm $120 308617-02

6/23–6/26 M–Th 9:00–11:30 am $120 308617-03

7/7–7/10 M–Th 9:00–11:30 am $120 308617-04

7/14–7/17 M–Th 9:00–11:30 am $120 308617-05

7/14–7/17 M–Th 12:15–2:45 pm $120 308617-06

7/21–7/24 M–Th 9:00–11:30 am $120 308617-07

Fitness

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

General Information

It is recommended that your physician be consulted before beginning any exercise program.

If you are 55 or older, sedentary or exhibit any of the major coronary risk factors, you should get your doctor’s clearance to start a new exercise program.

Registration Options

For fitness classes, participation options are available:

Participants may register for an entire class session.

Participants may pay a drop-in fee of $5.50/class, except for Karate.

Personal Training

Want to get back in shape? Want to fine tune your exercise regime? Want to exercise with your spouse or friends? You can now do that at the Senior Center or Northside Aztlan Community Center. The Personal Trainers will help you to develop an exercise program that meets your personal goals and needs. We now offer small group rates also: (Sessions are approximately one hour) 1 person $25. Payment must be received in advance for the training at the training facility. Further information can be obtained by contacting Katie Stieber at 970.224.6029, kstieber@fcgov.com or stop by the main desk at Northside or the Senior Center.

Aqua Personal Training

Get a challenging workout with the most expensive piece of equipment in the gym—the pool! Have an effective workout
designed to reach your own fitness goals with a non-swimming,
water based personal prescription. You will be encouraged by a certified trainer as you utilize the properties of the water to tone muscles, build endurance, lose body fat, and develop core strength, balance and flexibility. Rates are $22 per session and we offer
small group rates. Sessions are approximately one hour. Further information can be obtained by contacting Katie Stieber at 970.224.6029, kstieber@fcgov.com or stop by the main desk
of the Senior Center.

Badminton

If you enjoy the fast-paced game of badminton, or would like to learn to play, join the group for a morning of fun games. All skill levels welcome. Rackets and plastic shuttles available.

Location: Senior Center

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

General Fitness

Adaptive Running Club

This program is designed for people with visual impairments and is designed for participants to increase physical endurance while learning or enhancing basic running techniques with a partner. Guided running partners will also have the opportunity to participate in the Father’s Day 5K race.

Age: 16 years & up

Location: Gardens on Spring Creek

*Note:* All abilities welcome. Fee includes entry for Father’s Day 5K (Su, 6/15). Contact Jenna Moriarty at 970.224.6125 or jmoriarty@fcgov.com for more info.

5/13–6/12 Tu,Th 3:30–4:30 pm $25 202988-01

Nia

Discover joy and pleasure with this sensory-based, non-impact, aerobic fusion of dance, healing and martial arts. Nia connects
body, mind, emotions and spirit for wellness and fitness. For every body and all fitness levels. Drop-ins welcome. Classes are ongoing.

*Note:* Under 18 welcome with permission

Location: Club Tico

3/6–3/27 Th 7:00–8:00 pm $20 209111-01

4/3–4/24 Th 7:00–8:00 pm $20 209111-02

5/1–5/29 Th 7:00–8:00 pm $22.50 209111-03

Location: Masonic Center

3/3–3/31 M 5:30–6:30 pm $22.50 209911-01

4/7–4/28 M 5:30–6:30 pm $18 209911-02

5/5–5/19 M 5:30–6:30 pm $13.50 209911-03

Zumba

Do you enjoy dancing and want to get a low impact cardio workout? Enjoy this great Latin/international dance fitness program and get
a great workout while having fun!!

Location: Senior Center

*Note:* Class will not be held on 5/27.

3/3–3/31 M 5:30–6:25 pm $12.50 209416-01

4/7–4/28 M 5:30–6:25 pm $10 209416-02

5/12–5/19 M 5:30–6:25 pm $7.50 209416-03

3/5–3/26 W 5:30–6:25 pm $10 209416-04

4/2–4/30 W 5:30–6:25 pm $12.50 209416-05

5/10–5/28 W 5:30–6:25 pm $10 209416-06

Zumba Toning & Zumba

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

Location: Senior Center

3/1–3/29 Sa 9:15–10:15 am $12.50 209417-01

4/5–4/19 Sa 9:15–10:15 am $7.50 209417-02

5/10–5/31 Sa 9:15–10:15 am $10 209417-03

Pickle Ball Beginner Lessons

For those brand new to pickle ball or beginners needing some enhanced skill instruction. Class will consist of some class room time to learn the rules, scoring and the basics. Rotational court time to begin to play.

Location: Senior Center

3/6–3/27 Th 6:30–7:30 pm $16 209478-01

4/3–4/24 Th 6:30–7:30 pm $16 209478-02

5/8–5/29 Th 6:30–7:30 pm $16 209478-03

Pickle Ball Clinics

Intermediates are encouraged to register for these clinics to enhance particular skills. Participants will be taught a skill and then work in small groups to practice. No game play. Skills and drills only.

Location: Senior Center

3/14 F 1:00–3:00 pm $14 209479-01

3/14 F 3:00–5:00 pm $14 209479-02

5/9 F 1:00–3:00 pm $14 209479-03

5/9 F 3:00–5:00 pm $14 209479-04

Lose To Win

Do you want to lose weight? Do you need help or lack motivation?
Here is your chance to join a class designed to help you lose weight.
If you have seen the Biggest Loser on TV and wondered if you could
do something like that, here is your chance.

Location: Northside Aztlan Center

3/3–3/28 M,W,F 9:30–10:30 am $42 209509-01

3/31–4/25 M,W,F 9:30–10:30 am $42 209509-02

4/28–5/23 M,W,F 9:30–10:30 am $42 209509-03

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

Experience this total body “plateau proof fitness formula” workout, using resistance and cardio training, which masterfully combines Resistance, Intervals, Power, Plyometrics, Endurance, and Diet components of R.I.P.P.E.D. to help you attain and maintain your physique in ways that are fun, safe, and extremely effective.

Location: Northside Aztlan Center

*Note:* Class will not be held on 3/19.

3/4–3/25 Tu 6:15–7:15 pm $14 209518-01

3/6–3/27 Th 6:15–7:15 pm $14 209518-02

4/1–4/29 Tu 6:15–7:15 pm $17.50 209518-03

4/3–4/24 Th 6:15–7:15 pm $14 209518-04

5/6–5/27 Tu 6:15–7:15 pm $14 209518-05

5/1–5/29 Th 6:15–7:15 pm $17.50 209518-06

Zumba

Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away! The routines feature interval training sessions where fast and slow rhythms are combined to tone and sculpt your body while burning fat. Zumba is the most fun you will ever have exercising!

Age: 14 years & up

Location: Club Tico

3/3–5/30 M,W,F 9:00–10:00 am Drop in

Location: Northside Aztlan Center

3/5–5/28 W 6:15–7:15 pm Drop in

3/6–5/29 Th 6:15–7:15 pm Drop in

3/2–5/25 Su 3:30–4:30 pm Drop in

CrossTrain

CrossTrain is an intense workout that will maximize your strength and agility all at the same time. You’ll use kettlebells, plyo boxes, ropes and more to work every muscle in your body. Best of all, every workout is totally different, keeping your body guessing, forcing it to stay at its peak.

Age: 14 years & up

Location: Northside Aztlan Center

*Note:* Class will not be held on 5/26.

3/3–3/28 M,W,F Noon–1:00 pm $42 209555-01

3/31–5/2 M,W,F Noon–1:00 pm $42 209555-02

5/5–5/30 M,W,F Noon–1:00 pm $38.50 209555-03

3/3–3/28 M,W,F 6:15–7:15 am $42 209555-04

3/31–5/2 M,W,F 6:15–7:15 am $42 209555-05

5/5–5/30 M,W,F 6:15–7:15 am $38.50 209555-06

3/1–3/29 Sa 9:30–10:00 am $17.50 209555-07

4/5–4/26 Sa 9:30–10:00 am $14 209555-08

5/3–5/31 Sa 9:30–10:00 am $17.50 209555-09

Strength & Tone

Increase body strength, improve flexibility, and tone up with rhythmic weight lifting and challenging abdominal workouts set to lively music that is never boring!

Location: Northside Aztlan Center

3/4–3/27 Tu,Th 12:10–12:55 pm $28 209556-01

4/1–4/24 Tu,Th 12:10–12:55 pm $28 209556-02

4/29–5/29 Tu,Th 12:10–12:55 pm $35 209556-03

Strength Training

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

Location: Northside Aztlan Center

*Note:* Class will not be held on 5/26.

3/3–3/26 M,W 8:30–9:30 am $28 209557-01

3/31–4/30 M,W 8:30–9:30 am $35 209557-02

5/5–5/28 M,W 8:30–9:30 am $28 209557-03

3/4–3/27 Tu,Th 9:15–10:10 am $28 209557-04

4/1–5/1 Tu,Th 9:15–10:10 am $35 209557-05

5/6–5/29 Tu,Th 9:15–10:10 am $28 209557-06

TRX Body Blast

TRX is an amazing new suspension fitness system that will help you build muscle tone, strength, and flexibility. Because you work with your own straps, TRX is perfect for all fitness levels. You can adjust your vector to increase or decrease the difficulty of every exercise.

Age: 14 years & up

Location: Northside Aztlan Center

*Note:* TRX Cardio Circuit and Body Blast classes will rotate through this class.

3/4–3/27 Tu,Th Noon–1:00 pm $28 209559-04

4/1–4/24 Tu,Th Noon–1:00 pm $28 209559-05

4/29–5/29 Tu,Th Noon–1:00 pm $35 209559-06

3/1–3/29 Sa 8:00–9:00 am $17.50 209559-07

4/5–4/26 Sa 8:00–9:00 am $14 209559-08

5/3–5/31 Sa 8:00–9:00 am $17.50 209559-09

P90X

Always wanted sculpted arms, toned legs and ripped abs? P90X is designed to tone and sculpt your whole body head to toe. If you follow this routine you will get the results you’re looking for! Come join us for a rewarding experience that includes dynamic weight training, plyometrics, and aerobic exercises.

Age: 14 years & up

Location: Northside Aztlan Center

3/3–3/28 M,W,F 7:00–8:00 am $42 209560-01

3/31–4/25 M,W,F 7:00–8:00 am $42 209560-02

4/28–5/23 M,W,F 7:00–8:00 am $42 209560-03

Insanity

Are you ready to dig deep? Insanity is a high intensity cardio and strength training workout that will get you insane results in less than two months. Its a fun, fast-paced workout.

Age: 15 years & up

Location: Northside Aztlan Center

3/4–3/27 Tu,Th,F 7:00–8:00 am $28 209562-01

4/1–4/24 Tu,Th 7:00–8:00 am $28 209562-02

4/29–5/29 Tu,Th 7:00–8:00 am $35 209562-03

3/5–3/26 W 6:15–7:15 pm $14 209562-04

4/2–4/30 W 6:15–7:15 pm $17.50 209562-05

Fit4Mom Stroller Strides

Moms work out with stroller-aged kids in tow! Catered to your level: includes cardio, strength, toning, plus songs and learning activities for the kids.

Location: Northside Aztlan Center

*Note:* Bring your stroller. Jogging strollers are not mandatory.
Class will not be held on 5/26.

3/1–3/31 M,W,F,Sa 9:00–10:00 am $55 209570-01

4/2–4/30 M,W,F,Sa 9:00–10:00 am $55 209570-02

5/2–5/31 M,W,F,Sa 9:00–10:00 am $55 209570-03

Get Your Body Back

This is a clinically-proven small group training for moms, Body Back. Fun, but intense workouts 2x a week for moms of all levels
of skill, healthy snacks, plus before and after fitness assessments and weight.

*Note:* The 3-week class is only a workout. The 8-week class includes DVDs, recipe books, fitness assessments, homework and more!

3-Week

3/3–3/20 M,Th 6:00–7:00 am $58 209570-04

8-Week

3/31–5/22 M,Th 6:00–7:00 am $249 209570-05

Total Body Boot Camp

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

Age: 14 years & up

Location: Northside Aztlan Center

3/4–3/27 Tu,Th 5:00–6:00 pm $28 209572-01

4/1–4/24 Tu,Th 5:00–6:00 pm $28 209572-02

4/29–5/29 Tu,Th 5:00–6:00 pm $35 209572-03

3/4–3/27 Tu,Th 6:30–7:30 am $28 209572-04

4/1–4/24 Tu,Th 6:30–7:30 am $28 209572-05

4/29–5/29 Tu,Th 6:30–7:30 am $35 209572-06

Dance Fitness – Hip Hop

This high-energy dance workout will make you sweat while you learn the latest moves from the clubs and music videos. Our instructor will break the moves down so they are easy to learn and easy to follow. Join in and become a dancing machine!

Location: Northside Aztlan Center

*Note:* Class will not be held on 3/17.

3/3–3/24 M 9:30–10:30 am $26 209583-01

3/31–4/21 M 9:30–10:30 am $34 209583-02

4/28–5/12 M 9:30–10:30 am $34 209583-03

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!

Location: Northside Aztlan Center

3/4–5/29 Tu,Th 8:00–10:00 am Drop in

AOA Basketball

Still got game? Suit-up and get on the court for some hoops!
These Active Older Adults own the court on Monday, Wednesday,
and Friday mornings!

Location: Northside Aztlan Center

3/3–5/30 M,W,F 8:00–10:00 am Drop in

Aerobics

Low Impact Aerobics

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

Location: Senior Center

3/4–3/27 Tu,Th 9:00–10:00 am $22 209401-01

4/1–4/29 Tu,Th 9:00–10:00 am $24.75 209401-02

5/8–5/29 Tu,Th 9:00–10:00 am $19.25 209401-03

Fitness Discovery

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

Location: Senior Center

*Note:* Class will not be held 4/8, 4/10,

3/4–3/27 Tu,Th 5:30–6:25 pm $22 209402-01

4/1–4/29 Tu,Th 5:30–6:25 pm $19.25 209402-02

5/8–5/29 Tu,Th 5:30–6:25 pm $19.25 209402-03

Pilates

Tri-Planar Method Pilates

Want a leaner, healthier you? Try this new craze. Gain flexibility, tone and build new muscle. You’ll look and feel great.

Location: Northside Aztlan Center

*Note:* Under 18 welcome with permission.

3/4–3/27 Tu,Th 1:00–2:00 pm $28 209514-01

4/1–4/24 Tu,Th 1:00–2:00 pm $28 209514-02

4/29–5/29 Tu,Th 1:00–2:00 pm $35 209514-03

3/5–3/26 W 5:15–6:00 pm $14 209514-04

4/2–4/30 W 5:15–6:00 pm $17.50 209514-05

5/7–5/28 W 5:15–6:00 pm $14 209514-06

Senior 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.

Location: Senior Center

3/4–3/25 Tu 11:00–11:50 am $11 209436-01

4/1–4/29 Tu 11:00–11:50 am $13.75 209436-02

5/13–5/27 Tu 11:00 am–Noon $8.25 209436-03

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.

Location: Senior Center

*Note:* Class will not be held on 5/26.

3/3–3/31 M,W,F 9:00–9:55 am $29.25 209437-01

4/2–4/30 W,M,F 9:00–9:55 am $29.25 209437-02

5/2–5/30 M,W,F 9:00–9:55 am $24.75 209437-03

MS Dryland Exercise

For people with multiple sclerosis and designed to maximize strength and endurance through performance of chair-based exercises. The instructor is aware of symptom issues and monitors participants closely. Classes end with a relaxation session. For more information, call the MS Society at 970.482.4807.

Age: 50 years & up

Location: Senior Center

*Note:* Class will not be held on 5/26.

3/3–3/31 M,W 11:00–11:55 am $22.50 209438-01

4/2–4/30 M,W 11:00–11:55 am $22.50 209438-02

5/7–5/28 M,W 11:00–11:55 am $17.50 209438-03

Strictly Stretching

Participants perform a variety of arm and leg movements while sitting in chairs. Class is designed for adults with physical limitations.

Location: Senior Center

*Note:* Class will not be held on 5/26.

3/3–3/31 M,W,F 10:00–10:55 am $32.50 209442-01

4/2–4/30 M,W,F 10:00–10:55 am $25 209442-02

5/7–5/30 M,W,F 10:00–10:55 am $12.50 209442-03

Swiss Theraball

Enjoy gentle, effective low-impact exercise on the Theraball. You can improve balance, endurance, flexibility, and strength with this relaxing routine. Theraballs are provided.

Location: Senior Center

*Note:* Class will not be held on 5/8.

3/6–3/27 Th 4:00–5:00 pm $11 209443-01

4/3–4/24 Th 4:00–5:00 pm $11 209443-02

5/8–5/29 Th 4:00–5:00 pm $13.75 209443-03

Spin Classes

Spin & Tone

Class includes the same challenging workout as the Spin classes with an additional toning segment at the end of the workout. A great cardiovascular workout and total body strengthening and toning.

Location: Northside Aztlan Center

*Note:* Under 18 welcome with permission. Class will not be held on 5/26.

3/3–3/26 M,W 5:30–6:30 pm $28 209551-04

3/31–4/30 M,W 5:30–6:30 pm $35 209551-05

5/5–5/28 M,W 5:30–6:30 pm $24.50 209551-06

3/4–3/27 Tu,Th 6:15–7:15 am $28 209551-07

4/1–4/24 Tu,Th 6:15–7:15 am $28 209551-08

4/29–5/29 Tu,Th 6:15–7:15 am $35 209551-09

Spinning

This class offers high aerobic workouts that simulate hills and interval training. A great way to train in the winter. You adjust your speed and resistance, so it’s great for all ability levels.

Age: 14 years & up

Location: Northside Aztlan Center

*Note:* Please bring a water bottle and wear appropriate workout clothes and tennis shoes or cycling shoes with SPD cleats.

3/4–3/27 Tu,Th 12:10–1:00 pm $28 209554-01

4/1–4/24 Tu,Th 12:10–1:00 pm $28 209554-02

4/29–5/29 Tu,Th 12:10–1:00 pm $35 209554-03

Silver Sneakers

CLASSIC: Silver Sneakers – NW

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a small ball are offered for resistance, and a chair is used for seated or standing support.

Age: 50 years & up

Location: Senior Center

*Note:* Nonmembers may attend by paying drop in or register for the month. Class will not be held on 4/3.

3/4–3/27 Tu,Th 11:00–11:45 am $22 209444-01

4/1–4/29 Tu,Th 11:00–11:45 am $24.75 209444-02

5/8–5/29 Tu,Th 11:00–11:45 am $24.75 209444-03

Circuit: Silver Sneakers – NW

Move through a series of exercises in a circuit format to improve cardiovascular endurance and muscular strength and endurance.

Age: 50 years & up

Location: Senior Center

*Note:* Non-member may attend via drop in payment or register
for the month.

3/3–3/31 M 1:00–2:00 pm $13.75 209446-01

4/7–4/28 M 1:00–2:00 pm $11 209446-02

5/12–5/19 M 1:00–2:00 pm $5.50 209446-03

CLASSIC: Silver Sneakers – NW

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a small ball are offered for resistance, and a chair is used for seated or standing support.

Age: 50 years & up

Location: Northside Aztlan Center

*Note:* Non-members may attend via drop in payment or register for
the month. Class will not be held on 5/26.

3/3–3/31 M,W 11:00–11:45 am $24.75 209545-01

4/2–4/30 M,W 11:00–11:45 am $24.75 209545-02

5/5–5/28 M,W 11:00–11:45 am $19.25 209545-03

Martial Arts

Adaptive Martial Arts

Improve your coordination, posture, flexibility, and environmental awareness, through the practice of martial arts, enhancing focus and well-being. This class is adapted for people with disabilities and includes martial arts fundamentals, exercises and games.

Age: 10 years & up

Location: Northside Aztlan Center

*Note:* For more information, contact Renee Lee, 970.224.6027,
rlee@fcgov.com. Class partially discountable. Class will not be
held on 3/21.

3/7–4/11 F 4:30–5:30 pm $30 202581-01

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

*Note:* Class will not be held on 5/26.

3/3–3/31 M,W 6:00–7:00 pm $49.50 209122-01

4/2–4/30 M,W 6:00–7:00 pm $49.50 209122-02

5/5–5/28 M,W 6:00–7:00 pm $38.50 209122-03

Shotokan Karate

The physical and mental benefits of karate are numerous. Some physical benefits are enhanced physical condition, increased stamina, and coordination. Some mental benefits include increased confidence, self-esteem, discipline and concentration. Text is supplemented via fitness manual document.

Age: 7 years & up

Location: Club Tico

*Note:* No beginning Karate students. Class will not be held on 3/8, 5/26.

White thru Green

3/3–3/31 M,W 6:00–7:00 pm $49.50 209123-01

4/2–4/30 M,W 6:00–7:00 pm $49.50 209123-02

5/5–5/28 M,W 6:00–7:00 pm $38.50 209123-03

Purple thru Black

3/3–3/31 M,W 7:00–8:00 pm $49.50 209124-01

4/2–4/30 M,W 7:00–8:00 pm $49.50 209124-02

5/5–5/28 M,W 7:00–8:00 pm $38.50 209124-03

Orange thru Green with Saturday

3/1– 3/31 M,W, 6:00–7:00 pm $71.50 209125-01
 Sa 8:30–9:30 am

4/2-4/30 M,W, 6:00–7:00 pm $71.50 209125-02
 Sa 8:30–9:30 am

5/3-5/31 M,W, 6:00–7:00 pm $66 209125-03
 Sa 8:30–9:30 am

Purple thru Black with Saturday

3/1–3/31 M,W, 7:00–8:00 pm $71.50 209126-01
 Sa 8:30–9:30 am

4/2–4/30 M,W 7:00–8:00 pm $71.50 209126-02
 Sa 8:30–9:30 am

5/3–5/31 M,W, 7:00–8:00 pm $66 209126-03
 Sa 8:30–9:30 am

Tai Chi, Beginning

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

Location: Senior Center

3/1–3/29 Sa 12:45–1:45 pm $15 209428-01

4/5–4/19 Sa 12:45–1:45 pm $9 209428-02

5/10–5/31 Sa 12:45–1:45 pm $12 209428-03

Tai Chi, Continuing

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

Location: Senior Center

3/1–3/29 Sa 2:00–3:00 pm $15 209429-01

4/5–4/19 Sa 2:00–3:00 pm $9 209429-02

5/10–5/31 Sa 2:00–3:00 pm $12 209429-03

Aikido

Traditional Japanese martial art where students learn through repetitive practice, taking turns as attackers and defenders. Practice improves physical conditioning-strength, stamina, flexibility, coordination, and mental conditioning, self-confidence, concentration, intuitiveness, alertness, and concern for other.

Location: Northside Aztlan Center

*Note:* Victor Hung carries a SanDan (3rd Degree Black Belt).
Class will not be held on 5/26.

3/3–3/27 M,Th 6:30–8:30 pm $36 209521-01

3/31–4/24 M,Th 6:30–8:30 pm $36 209521-02

4/28–5/29 M,Th 6:30–8:30 pm $40.50 209521-03

Yoga

Adaptive Yoga

You will learn a variety of Yoga postures that can be practiced from a chair, standing or seated on the floor. This class is specifically designed for people with multiple sclerosis, spinal cord injury or other neuromuscular disorders and adapted for people of all physical abilities.

Location: Raintree Athletic Club

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

4/4–5/2 F Noon–1:00 pm $37 202980-01

Yoga, Beginning

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

*Note:* Class will not be held on 4/24, 5/26.

Location: Edora Pool Ice Center

3/4–3/27 Tu,Th 6:30–7:20 am $22 209363-01

4/1–4/29 Tu,Th 6:30–7:20 am $24.75 209363-02

5/8–5/29 Tu,Th 6:30–7:20 am $19.25 209363-03

Location: Senior Center

3/4–3/27 Tu,Th 2:45–3:45 pm $22 209463-01

4/1–4/29 Tu,Th 2:45–3:45 pm $24.75 209463-02

5/8–5/29 Tu,Th 2:45–3:45 pm $19.25 209463-03

3/4–3/27 Tu,Th 4:00–5:00 pm $22 209463-04

4/1–4/29 Tu,Th 4:00–5:00 pm $24.75 209463-05

5/8–5/29 Tu,Th 4:00–5:00 pm $19.25 209463-06

3/4–3/27 Tu,Th 5:15–6:15 pm $22 209463-07

4/1–4/29 Tu,Th 5:15–6:15 pm $24.75 209463-08

5/8–5/29 Tu,Th 5:15–6:15 pm $19.25 209463-09

3/4–3/25 Tu 6:30–7:30 pm $11 209463-10

4/1–4/29 Tu 6:30–7:30 pm $13.75 209463-11

5/8–5/27 Tu 6:30–7:30 pm $11 209463-12

3/3–3/31 M,W 5:30–6:20 pm $24.75 209463-13

4/2–4/30 M,W 5:30–6:20 pm $24.75 209463-14

5/7–5/28 M,W 5:30–6:20 pm $19.25 209463-15

Yoga, Chair

You will improve your health through an amazing form of adaptive exercise. You are supported by a chair so you can receive yoga’s healing and restorative benefits. Yoga relaxes your body and mind, improves your musculoskeletal fitness and flexibility, and elevates your overall health and well-being.

Location: Senior Center

3/3–3/31 M 8:30–9:30 am $13.75 209465-01

4/7–4/28 M 8:30–9:30 am $11 209465-02

5/5–5/19 M 8:30–9:30 am $8.25 209465-03

Before You Yoga

Intimidated by yoga? This short series of 5 classes helps. Basic poses broken down, phrases explained. Get the most out of yoga by learning the basics in a relaxed environment that takes ‘complex’ out. Prepare for Beginning Yoga class with this informational class.

Location: Senior Center

*Note:* Own yoga mat encouraged but not required. No drop ins please.

3/5–4/2 W 7:00–8:00 pm $13.75 209466-01

Yoga: Silver Sneakers – NW

Focus on poses and postures to improve joint range of movement, muscular strength, endurance and balance. Static and dynamic movements are presented with a chair for seated and standing support.

Age: 50 years & up

Location: Senior Center

*Note:* Non-members can attend by paying drop in fee or register
for the month

3/4–3/27 Tu,Th 10:00–10:50 am $22 209467-01

4/1–4/29 Tu,Th 10:00–10:50 am $24.75 209467-02

5/8–5/29 Tu,Th 10:00–10:50 am $19.25 209467-03

Slow Flow Hatha Yoga

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

Location: Northside Aztlan Center

3/4–3/27 Tu,Th 5:00–6:00 pm $28 209561-01

4/1–4/24 Tu,Th 5:00–6:00 pm $28 209561-02

4/29–5/29 Tu,Th 5:00–6:00 pm $35 209561-03

3/5–3/26 W 4:00–5:00 pm $14 209561-04

4/2–4/30 W 4:00–5:00 pm $17.50 209561-05

5/7–5/28 W 4:00–5:00 pm $14 209561-06

Power Vinyasa

A fun and smooth paced yoga flow linking breath with movement. Learn the fundamental postures that create a strong practice and build core strength to support more advanced poses.

Age: 14 years & up

Location: Northside Aztlan Center

*Note:* Yoga mats, blocks and straps will be provided if you do not have your own.

3/1–3/29 Sa 8:00–9:00 am $17.50 209568-01

4/5–4/26 Sa 8:00–9:00 am $14 209568-02

5/3–5/31 Sa 8:00–9:00 am $17.50 209568-03

Family Yoga

Parents and children take this opportunity to explore yoga together! Improve your body and mind with a fun approach to breathing and movement. Increase strength, flexibility, coordination and posture. Learn relaxation techniques and fun posture poses that will create
a foundation for health and wellness.

Age: 3 years & up

Location: Northside Aztlan Center

*Note:* Price is flat rate for up to 4 immediate family members. Class is fully discountable. Class will not be held on 3/19.

3/5–4/2 W 6:30–7:30 pm $45 215578-01

4/9–4/30 W 6:30–7:30 pm $45 215578-02

5/7–5/28 W 6:30–7:30 pm $45 215578-03

Youth Fitness

Mixed Martial Arts

Learn the basics of Mixed Martial Arts including Boxing, Mauh Tai, Kempo, Jujitsu, and Judo in this exciting class. Participants will have the opportunity to visit the Olympic Training Center in Colorado Springs to see where the pros train!

Age: 10–17 years

Location: Northside Aztlan Center

3/5–3/29 W,Sa 6:30–7:30 pm $80 209584-01

4/2–4/26 W,Sa 6:30–7:30 pm $80 209584-02

5/7–5/31 W,Sa 6:30–7:30 pm $80 209584-03

Youth CrossFit

Have fun and get fit! Youth CrossFit is developed for teens and consists of constantly varied, functional movements delivered in a fun and safe atmosphere. Exercises include – pulling, pushing, running, throwing, climbing, lifting and jumping.

Age: 12–17 years

Location: Northside Aztlan Center

*Note:* The Youth CrossFit program will benefit every day kids as well
as aspiring athletes by improving general fitness and developing mental toughness and nutrition. Class will not be held on 3/20.

3/6–5/22 Th 4:15–5:15 pm $33 215579-01

Discover Your SELF

Are you ready to be funky, fearless and fabulous? Get together with the girls and join us for this ½ day workshop where we will learn the tools to create a positive body image, build self-esteem and find our confidence using our voice! Unleash your SELF (Strength, Empowerment, Love and Freedom).

Age: 11–13 years

Location: KidsCrave Yoga 4021B S College

*Note:* Please bring a sack lunch. Bring $5.00 for materials.

3/20 Th 9:00 am–1:00 pm $40 218966-01

Hula Hoop Yoga

Are you ready to have some fun and get wacky? First, we’ll make our own stylish hula hoop. Next, we’ll learn all the amazing ways you can use your hula hoop doing yoga! Come have fun exploring poses, playing games, being completely silly and taking home your own unique hula hoop.

Age: 7–11 years

Location: KidsCrave Yoga 4021B S College

*Note:* Bring $5.00 for materials.

3/16 Su 9:30–11:30 am $22 218967-01

The Gardens on Spring Creek

Classes will be held at The Gardens on Spring Creek, 2145 Centre Avenue, unless otherwise noted. Registration is taken only by The Gardens: by phone 970.416.2486, in-person at 2145 Centre Avenue
or online at *fcgov.com/gardens*. The Gardens does not participate in the Reduced Fee Program. Scholarships are now available to children of families with limited income. Applications are available at
fcgov.com/gardens under Youth Programs. Discounts available to Gardens’ members only. Pre-registration is highly recommended.

Special Events

Spring Plant Sale

May 10, 9:00 am–4:00 pm and May 11, Noon–5:00 pm

Home gardeners can select from many standard and unique varieties of annual plants, vegetable starts, and perennials. Plants are grown by the Gardens on Spring Creek and the students of Colorado State University and Front Range Community College.

Free Lecture Series

Sponsored by Fort Collins Utilities REPS program.

Please see website for more information.

Location: Midtown Arts Center, 3750 S. Mason St.

Understanding Permaculture

Find out what the permaculture trend is all about with enthusiast, Patrick Padden, while getting concrete ideas on how to make your own yard more sustainable and organic.

3/12 W 7:00–9:00 pm No Fee

Xeriscape: A Unique & Functional Landscape

Discover how to create a well-designed landscape. Loretta Mannix will share design tips for transitioning from lawn to garden beds, including some exceptional, underused plants.

4/2 W 7:00–9:00 pm No Fee

Wildscaping 101: Habitat Hero Landscaping

Learn why and how to provide habitat for songbirds and pollinators, while reducing irrigation needs and saving water. Plantswoman, speaker and author, Lauren Springer Ogden explores examples of beautiful habitat gardens. Author and plant biologist Susan Tweit and Terra Foundation director Connie Holsinger follow with a nuts-and-bolts talk, followed by a Q & A session and book signing.

4/9 W 7:00–9:00 pm No Fee

Adult Classes

Preregistration is highly recommended.

Please see website for more information.

Intermediate Sketching

Tap into your artistic potential while continuing to learn and refine fundamental drawing techniques. Class will cover shading techniques, perspective, creating texture and line drawing with graphite pencils.

Instructor: Joanie Schneider

*Note:* Supply list provided. $10 discount for members of The Gardens on Spring Creek.

3/5 – 4/2 W 1:00–3:00 pm $110

Improving your Garden Soil with Compost and Cover Crops

Routine application of organic matter is an essential component of soil management. Learn how to make compost and properly apply it to the garden. We’ll also discuss using cover crops as an effective way to add organic matter to your soil, break up soil compaction, suppress weeds and insect pests, and protect the soil from erosion.

*Note:* Price reduced by Fort Collins Utilities to promote
water conservation.

3/8 Sa 1:00–3:00 pm $8

Grow Your Own Veggies

Learn how to create your own food-producing gardens at home. Get tips on garden size, site selection, container possibilities, choosing seeds and transplants as well as the how and when of planting, tending and harvesting in your own garden.

*Note:* $3 discount for members of The Gardens on Spring Creek.

3/15 Sa 10:00 am – Noon $18

The Portable Journey© Garden Journal Workshop
All That Grows in The Garden

Join Leslie Montana for an inspiring Garden Journal Workshop and experience the world as it comes to life through your artistry. Learn artistic styles that include botanical art, gesture, and free-style forms. Students will be encouraged to create in ways that revitalize and refresh their artistic approach. Aspiring and experienced artists are welcome.

*Note:* $10 discount for members of The Gardens on Spring Creek.

3/24, 3/31, 4/7 M 1:00–4:00 pm $139

4/14, 4/21, 4/28 M 1:00–4:00 pm $139

Seed Starting Made Simple

Learn the secrets to successfully starting seeds indoors so you
 can enjoy a head start on your garden, including vegetables,
annuals and perennials. This class will cover how to choose and use artificial lighting to ensure success as well as seed sources, hardening off and saving your own seed. Take home seeds of
a few of our favorite varieties.

*Note:* $3 discount for members of The Gardens on Spring Creek.

3/29 Sa 10:00 am–Noon $18

Gardening in Small Spaces

Have you recently down-sized and your garden is confined to a townhome courtyard? Do you need to maintain only a small piece of your otherwise larger yard? Learn to apply landscape design to small spaces and even containers. The class will also explore theme gardening, appropriate plant choices, and growing edible plants in small spaces.

*Note:* $3 discount for members of The Gardens on Spring Creek.

3/29 Sa 1:00–3:00 pm $18

A Tale of 10 Insects

Were your tomato leaves full of holes last year? Did bean beetles decimate your crops? Learn about bugs from one of the top experts in the field! Dr. Cranshaw will share details about the most common plant pests including how to manage them. Learn about beneficial insects and his favorite bugs in this fascinating look at the lives of ten insects.

*Note:* $3 discount for members of The Gardens on Spring Creek.

4/5 Sa 10:00–Noon $18

Landscape Design with Rocky Mountain Native Plants

Develop your garden plan using traditional landscape design practices, but focusing on native plants. Explore site design and identify zones in your landscape based on hydrology, soil type and existing plants. Learn about natives’ soil and water requirements, size and seasonal interest in order to pair plants effectively.

*Note:* Price reduced by Fort Collins Utilities to promote
water conservation.

4/12 Sa 10:00–Noon $8

Just Drip It!

This hands-on class covers the basics of drip irrigation. Learn the components’ functions and how they fit together to create a simple watering system for your patio, vegetable garden or flower beds. This class will teach you how to design and install or troubleshoot your own system.

*Note:* Price reduced by Fort Collins Utilities to promote
water conservation.

4/12 Sa 1:00–4:00 pm $14

4/19 Sa 1:00–4:00 pm $14

Organic Gardening

Learn what organic gardening involves including best fertilizer practices, pest control techniques, soil improvement and crop rotation. Explore the benefits of growing your own organic veggies, both to you and the environment and give you the tools to do so. Growing the healthiest, pesticide-free food is easier than you think!

*Note:* $3 discount for members of The Gardens on Spring Creek.

4/19 Sa 10:00 – Noon $18

Fragrant Gardens

Add another dimension to your garden by adding fragrant plants. Learn why plants produce scent and how your yard can be more enticing to you as well as pollinators. Weather permitting, this class will be outside so we can enjoy the plants in the Gardens’ scented and herb gardens.

*Note:* $2 discount for members of The Gardens on Spring Creek.

5/3 Sa 10:00–11:30 am $15

Vertical Gardening

Join the latest plant fad by growing up! Learn the best veggies and vines to grow on trellises, then go a step beyond with many ideas for ways to grow succulents, flowers and vegetables in unique, space-saving ways.

*Note:* $2 discount for members of The Gardens on Spring Creek.

5/3 Sa 1:00–2:00 pm $12

Maximize Your Sprinkler Efficiency

Get better control of your landscape water use! Learn how to maintain, adjust, repair and understand your sprinkler system.
This class will help you lower your water bills while maintaining
a beautiful landscape.

*Note:* Price reduced by Fort Collins Utilities to promote
water conservation.

5/31 Sa 10:00–Noon $8

Youth

Read & Seed

Story time plus an educational and fun hands-on activity. This program will help your child develop the school readiness skills of early language comprehension and fine motor skills while encouraging creativity, curiosity and exploration of the natural world. This is a parent/caregiver participation class.

Monday, 10:00–10:45 am and 11:00–11:45 am

Tuesday, 10:00–10:45 am and 11:00–11:45 am

$3 per child. Drop-in. Registration not required;
class is not discountable.

March
Week of 3/3 Memory Game
Week of 3/10 Peas and Shamrocks
Week of 3/17 Kites
Week of 3/24 Daylilies
Week of 3/31 April Fools

April
Week of 4/7 Sensory Game
Week of 4/14 Bunnies
Week of 4/21 Clouds
Week of 4/28 Caterpillars

May
Week of 5/5 Pressed Flowers
Week of 5/12 Garden Markers
Week of 5/19 Marigolds
Week of 5/26 Snakes (No class on Monday – Memorial Day)

Healthy Snacks for Kids

Learn new techniques for making healthy and delicious snacks with your child. Samples will be provided for tasting. Pre-registration required.

Ages: 2–5 years and parent/caregiver

Note: Class will not be held on 3/17.

3/1–5/31 M Noon–12:45 pm $10

Additional siblings $5 per child, each class

Parent-Child Classes

Visit website for class listings, instructors and cost per class.

3/1–5/31 Tu 5:30 pm Varies

Spring Break Camps

Join us for exploration and investigation of gardening and the natural world. Innovative “hands-on” group and individual learning experiences that provide a love of gardening, develop an appreciation for the environment, and cultivate the mind. Pre-registration required.

**Junior Master Gardener Camp – Level One**

Grade: 3–5

*Note:* $10 discount with a family membership to the Gardens

3/17–3/21 M–F 8:30 am – Noon $135

Junior Master Gardener Camp – Level Two

Grade: 6–8

*Note:* $10 discount with a family membership to the Gardens

3/17–3/21 M–F 8:30 am – Noon $135

Fairy Garden Camp

A three day mini-camp for youth interested in the creative process of designing, planting and caring for a miniature garden. Campers will create a fairy garden to take home. Pre-registration required.

Grade: K–4

*Note:* $10 discount with a family membership to the Gardens

3/18–20 T, W, Th 12:45– 2:45 pm $85

Terrarium Camp

A three day mini-camp – campers will create and take home
a variety of terrariums. We’ll have big fun with small gardens!
Pre-registration required.

Grade: K–4

*Note:* $10 discount with a family membership to the Gardens

3/18–20 T, W, Th 3:00–5:00 pm $85

Scout Badge Program – NEW!

Scout programs customized to fit the needs of your troop including (but not limited to) gardening, natural resources, and cooking. Programs last two hours and cost $10 per scout. One adult required for every five scouts. Each program offers hands-on exploration and activities led by Gardens on Spring Creek guides.

Pre-registration required by May 3

5/17 Sa 1:00–3:00 pm $10

Ice Skating

All classes held at EPIC, 1801 Riverside Avenue, unless
otherwise noted.

General information for Learn to Skate Lessons

Lessons are taught by Certified P.S.A. instructors and follow guidelines of the United States Figure Skating Association.

Parents may observe lesson from the upstairs bleachers. It is distracting for skaters and coaches to have parents at the gate
and also creates an obstruction for skaters that are entering or exiting the ice.

Individuals are not allowed on the ice with their shoes on. However, parents are welcome to skate with their child during the 15 minute practice time. EPIC’s rental skates are available free of charge.

Our class student to instructor ratio is 1 instructor to 10 students. Any classes larger than 10 will have an assistant added to them. Minimum for all classes, based on cost efficiency is 5. (Class levels may be combined to meet this minimum.)

Skating lessons are 30 minutes in length with a 15 minute
practice time, which may be before or after your lesson depending
on scheduling.

The instructors have time in between classes to talk to parents and address their concerns.

Please be aware that some levels will need to be repeated to master all the skills.

The first day of each lesson is generally termed as level evaluation day. At this time, the instructors will evaluate all of the participants in their assigned classes to make certain they have been correctly enrolled. If there is a problem, the instructor may discuss the best course of action with the parent. Students will be moved if there is space available in the appropriate level of class.

There are no make-up lessons for missed skating classes.

If the class you wish to register for is filled, you may place your name on a Paid waiting list. We attempt to accommodate the demand for skating lessons by adding new classes, however they may not be at the same time/day as the waiting list class. Classes that do not meet the minimum may be canceled or combined.

If you are unable to attend the last day of classes for testing, please request a progress card on the last day you attend.

Good ideas for proper clothing include:
Bicycle helmet (also available at EPIC; Tot 1 & 2 Required)
Gloves (thin – not ski mittens)
Fleece or light weight Jacket
Skating dresses with tights or Leggings/Pants that are easy to move in
Loose or bulky clothing is not recommended

Freestyle

Interested in knowing more about competitive or recreational figure skating programs?

Call 970.221.6683 and ask to speak with one of the professional skate instructors on staff. Program not discountable.

Conditioning for Skaters

For more information, please see our conditioning information center located in the green rink. Program not discountable.

Private Skating Instruction

Private ice skating instruction is available for all abilities in Figure Skating, Dance, Edges, Style, Choreography, Hockey, and Power. Fees vary depending on instructor. Ice time and skate rental is not included in instructor fee. Program not discountable.

Skate Sharpening Services

EPIC offers Skate Sharpening services for Figure and Hockey skates (Blackstone Flat Bottom V). Drop-off and walk-in service available. Please call 970.221.6683 x3 for hours and fees.

Team & Club contacts

Adult Hockey: Fort Collins Adult Hockey Association
fcaha.org

Youth hockey: Northern Colorado Youth Hockey
ncyh.org

Figure Skating Club: Fort Collins Figure Skating Club
fcfsc.org

Women’s Hockey: Flames / Phoenix / Comets
wachockey.org

College Hockey: Colorado State University
csuramhockey.com

High School Hockey: High Plains Hockey
highplainshockey.com

Figure Skating Lessons for Boy & Girl Scouts

Earn your skating Merit Badge!

A learn to skate lesson can be arranged for your troop during a public skate session at a discounted rate. Minimum of 4 skaters needed. Flexible number of weeks available.

Please call 970.416.2770 to make arrangements for your Troop.

Special Events

Short Track Speed Skating Clinic

Learn from the best at this FREE speed skating clinic!

Taught by Jondon Trevena and a Special Guest.

Jondon Trevena, 2002 US Olympic Team Member: 5000m,
2002 US All-round Champion, 2001 US All-round Champion,
US World Team Member, US National Team Member,
1998 US Olympic Team Member – 10,000m. For more information fcgov.com/recreation/epic/speedskating.php

3/8 Sa 9:30 am–12:00 pm No Fee 110364-01

Drop-In Activities

Speed Skating Drop-In

Previous skating experience is a must. You will gain knowledge of your edges, pushes, balance, and pressure. This class is designed to enhance your skating speed and technique of all types of skating. Come prepared wearing warm-up pants, long sleeved shirt, and
speed skates (Intermediate and Advanced). Program developed
by 1998 and 2002 Olympic speed skater, Jondon Trevena. Session
not discountable.

Age: 7 years & up

*Note:* No session 3/19.

Beginner

Ongoing W 4:45–5:30 pm $12

Intermediate

Ongoing W 5:45–6:45 pm $15

Senior Skating & Coffee Club

This program takes place during regular recreational skate sessions and is for older adults interested in social skating. Regular fees apply.

Age: 60 years & up

Ongoing W 9:15–10:45 am Regular Fees Apply

Drop-In Hockey

This open practice session in for hockey players who want to sharpen their skating and shooting skills. Session not discountable.

*Note:* 10- or 30-admission punch passes may be purchased at the $4.00/punch rate. Sign up at the front desk beginning at 6 a.m. for morning session and 6 p.m. for evening session. Payment must be made when signing up unless a hockey punch pass in on file for phone-ins. Limited to 30 players.

*Full equipment required.*

*No session 3/4, 3/6, 4/24, 4/25, 5/26 and 5/27*

Age: 16 years & up

Ongoing M–F 11:15 am–12:45 pm $4 Punch Rate

Age: 18 years & up

Ongoing Tu,Th 9:15 am–10:45 pm $4 Punch Rate

Fitness Skate

Intermediate to advanced skaters will benefit from this aerobic exercise. Session not discountable.

Age: 16 years & up

*Note:* 10- or 30-admission punch passes may be purchased at the $5.50/punch rate. No session 3/7, 4/11, 4/25, 5/16, and 5/26

Ongoing M–F 11:15 am–1:00 pm $5.50/session

Stick & Puck

This open session requires helmet, gloves, stick, and shin guards; full equipment is recommended for younger skaters. Open to all ages. Session not discountable.

*Note:* No session 3/29, 4/20, 4/26, and 4/27

Ongoing Sa,Su 2:30 – 3:30 pm $4.00/session

Learn to Skate

Tot 1 Skate

Tots will be introduced to the ice at a relaxed pace. Upon completion of this level participants will be able to do the following skills: sit on ice and stand up, march in place, standing swizzle, dip, march forward, forward marching with two-foot glide, and introduced to backward wiggles and rocking horse.

Age: 4–5 years

*Note:* We require that tots wear helmets. Warm clothes including gloves or mittens are needed. We prefer that parents observe from the seating area. Class will not be held on 3/18, 3/20, 4/26.

3/4–4/3 Tu,Th 4:45–5:15 pm $53 210302-01

3/6–4/3 Th 9:30–10:00 am $29 210302-02

3/29–5/3 Sa 10:30–11:00 am $53 210302-03

4/8–5/1 Tu,Th 4:45–5:15 pm $53 210302-04

4/10–5/1 Th 9:30–10:00 am $29 210302-05

Tot 2 Skate

Participants must have successfully completed Tot 1. Upon completion of this level participants will be able to satisfactorily perform the following skills: march forward across ice, forward two-foot glide, dip while moving, rocking horse, forward swizzles, snowplow stop, two-foot hop, and backward wiggles.

Age: 4–5 years

*Note:* We require that tots wear helmets. Warm clothes including gloves or mittens are needed. We prefer that parents observe from the seating area. Class will not be held on 3/18, 3/20, 4/26.

3/4–4/3 Tu,Th 4:45–5:15 pm $53 210304-01

3/6–4/3 Th 9:30–10:00 am $29 210304-02

3/29–5/3 Sa 10:30–11:00 am $35 210304-03

4/8–5/1 Tu,Th 4:45–5:15 pm $53 210304-04

4/10–5/1 Th 9:30–10:00 am $29 210304-05

Basic 1 Skate

For skaters who have never skated before. Upon completion of this level participants will be able to do the following skills: sit and stand up, march forward, two-foot glide, glide with dip, rocking horse, forward two-foot swizzles, two-foot snowplow stop, two-foot hop, wiggles, and intro to forward one-foot glide.

Age: 5–9 years

*Note:* Helmets are strongly recommended for beginners. Warm clothes including gloves or mittens are needed. We prefer that parents observe from the seating area Class will not be held on 3/17, 3/18, 3/20, 4/26.

3/3–3/31 M 4:00–4:30 pm $31 210306-01

3/3–3/31 M 4:30–5:00 pm $31 210306-02

3/4–4/3 Tu,Th 4:45–5:15 pm $57 210306-03

3/6–4/3 Th 10:00–10:30 am $31 210306-04

3/29–5/3 Sa 10:30–11:00 am $38 210306-05

4/7–4/28 M 4:00–4:30 pm $31 210306-06

4/7 M 4:30–5:00 pm $31 210306-07

4/8–5/1 Tu,Th 4:45–5:15 pm $57 210306-08

4/10–5/1 Th 10:00–10:30 am $31 210306-09

Basic 2 Skate

Participants must have successfully completed Basic 1 or be between the ages of 10–15 and never skated. Upon completion of this level participants will be able to do the following skills: forward glides, pumping, slalom, backward two-foot swizzles, two-foot glide, turn, snowplow stop, and T-position.

Age: 5–15 years

*Note:* Helmets are strongly recommended for beginners. Warm clothes including gloves or mittens are needed. We prefer that parents observe from the seating area Class will not be held on 3/17, 3/18, 3/20, 4/26.

3/3–3/31 M 4:00–4:30 pm $31 210310-01

3/3–3/31 M 4:30–5:00 pm $31 210310-02

3/4–4/3 Tu,Th 4:45–5:15 pm $57 210310-03

3/6–4/3 Th 10:00–10:30 am $31 210310-04

3/29–5/3 Sa 10:30–11:00 am $38 210310-05

4/7–4/28 M 4:00–4:30 pm $31 210310-06

4/7–4/28 M 4:30–5:00 pm $31 210310-07

4/8–5/1 Tu,Th 4:45–5:15 pm $57 210310-08

4/10–5/1 Th 10:00–10:30 am $31 210310-09

Basic 3 Skate

Skaters must have successfully completed Basic 2. Upon completion of this level participants will be able to do the following skills: stroking, forward and backward pumping, backward slalom, two foot turn, gliding backward on one foot, hold inside and outside edge on a circle, and two foot spin.

Age: 5–15 years

*Note:* Class will not be held on 3/18, 3/20, 4/26.

3/4–4/3 Tu,Th 4:45–5:15 pm $57 210314-01

3/6–4/3 Th 10:30–11:00 am $31 210314-02

3/29–5/3 Sa 11:15–11:45 am $38 210314-03

4/8–5/1 Tu,Th 4:45–5:15 pm $57 210314-04

4/10–5/1 Th 10:30–11:00 am $31 210314-05

Basic 4 Skate

Participants must have successfully completed Basic 3. Upon completion of this level participants will be able to do the following skills: stroking with power, backward one-foot glide, forward inside and outside edge on an axis, forward crossovers, forward outside three turn right and left, and backward snowplow stop.

Age: 5–15 years

*Note:* Class will not be held on 3/18, 3/20, 4/26.

3/4–4/3 Tu,Th 4:45–5:15 pm $57 210316-01

3/6–4/3 Th 10:30–11:00 am $31 210316-02

3/29–5/3 Sa 10:30–11:00 am $38 210316-03

4/8–5/1 Tu,Th 4:45–5:15 pm $57 210316-04

4/10–5/1 Th 10:30–11:00 am $31 210316-05

Basic 5 Skate

Participants must have successfully completed Basic 4. Upon completion of this level participants will be able to do the following skills: forward crossovers, hold outside and inside edge on a circle, backward crossovers, one-foot spin, T-stop, side toe hop, and forward outside three turn.

Age: 5–15 years

*Note:* Class will not be held on 3/18, 3/20, 4/26.

3/4–4/3 Tu,Th 5:30–6:00 pm $57 210318-01

3/29–5/3 Sa 11:15–11:45 am $38 210318-02

4/8–5/1 Tu,Th 5:30–6:00 pm $57 210318-03

Basic 6 Skate

Participants must have successfully completed Basic 5. Upon completion of this level participants will be able to do the following skills: backward crossovers, forward inside three-turn, backward to forward two-foot turn, hockey stop, bunny hop, forward straight line spiral, forward lunge, beginning one foot spin.

Age: 5–15 years

*Note:* Class will not be held on 3/18, 3/20, 4/26.

3/4–4/3 Tu,Th 5:30–6:00 pm $57 210322-01

3/29–5/3 Sa 11:15–11:45 am $38 210322-02

4/8–5/1 Tu,Th 5:30–6:00 pm $57 210322-03

Basic 7 Skate

Participants must have successfully completed Basic 6. Upon completion of this level skaters will be able to do the following skills: backward to forward two-foot turn, forward inside open and closed mohawk, ballet jump, backward crossovers to backward outside edge, one-foot spin, and inside forward three turn.

Age: 5–15 years

*Note:* Class will not be held on 4/26.

3/29–5/3 Sa 11:15–11:45 am $38 210324-01

Basic 7&8 Ice Skating

Please see individual class descriptions under Basic 7 and Basic 8.

Age: 5–15 years

*Note:* Class will not be held on 3/18, 3/20.

3/4–4/3 Tu,Th 5:30–6:00 pm $57 210326-01

4/8–5/1 Tu,Th 5:30–6:00 pm $57 210326-02

Basic 8 Skate

Participants must have successfully completed Basic 7. Upon completion of this level participants will be able to do the following skills: moving forward outside three turn, moving forward inside three turn, stand still waltz jump, mazurka, combination move, forward inside pivot, and backward inside pivot.

Age: 5–15 years

*Note:* Class will not be held on 4/26.

3/29–5/3 Sa 11:15–11:45 am $38 210328-01

Field Moves

Participants will learn Pre-preliminary and Preliminary Moves in the Field. The following skills will be taught: stroking, crossovers, forward and backward outside and inside consecutive edges, waltz eight, straight line spiral, figure eight crossovers, right and left 3 turns, consecutive spirals, alternating three turns.

Age: 5–15 years

*Note:* Class will not be held on 3/18.

3/4–4/1 Tu 6:15–6:45 pm $33 210330-01

4/8–4/29 Tu 6:15–6:45 pm $33 210330-02

Beginning Free Skate 1&2

Participants must have successfully completed Basic 8. This is a 45-minute class that will focus on Spins, Jumps, and Moves (15 minutes each). For a detailed description of skills please see the Learn To Skate Bulletin Board.

Age: 5–15 years

*Note:* Class will not be held on 3/18, 3/20, 4/26.

3/4–4/3 Tu,Th 5:15–6:00 pm $90 210332-01

3/29–5/3 Sa 9:30–10:15 am $58 210332-02

4/8–5/1 Tu,Th 5:15–6:00 pm $90 210332-03

Intermediate Free Skate 3&4

This is a 45-minute class that will focus on Spins, Jumps, and Moves (15 minutes each). For a detailed description of skills please see the Learn To Skate Bulletin Board.

Age: 5–15 years

*Note:* Class will not be held on 3/18, 3/20, 4/26.

3/4–4/3 Tu,Th 5:15–6:00 pm $90 210334-01

3/29–5/3 Sa 9:30–10:15 am $58 210334-02

4/8–5/1 Tu,Th 5:15–6:00 pm $90 210334-03

Advanced Free Skate 5&6

This is a 45-minute class that will focus on Spins, Jumps, and Moves (15 minutes each). For a detailed description of skills please see the Learn To Skate Bulletin Board.

Age: 5–15 years

*Note:* Class will not be held on 3/18, 3/20, 4/26.

3/4–4/3 Tu,Th 5:15–6:00 pm $90 210336-01

3/29–5/3 Sa 9:30–10:15 am $58 210336-02

4/8–5/1 Tu,Th 5:15–6:00 pm $90 210336-03

Intensive Ice Skating Clinic

Spend Spring Break at EPIC ice arena for a week long Intensive Skating Clinic. This program is open to all Basic 1–Free Skate 6 skaters (must have completed basic 1). Classes will be arranged by combined levels. Each day skaters will get intensive work on specific skating skills for 40 minutes along with 20 minute

Age: 5–15 years

3/17–3/20 M–Th 4:45–5:45 pm $30 210338-01

Adult Beginning & Intermediate Skate

These classes are for the person with little or no previous experience on ice. See Basic 1–4.

Age: 16 years & up

*Note:* Class will not be held on 3/20.

3/6–4/3 Th 6:15–6:45 pm $33 210349-01

4/10–5/1 Th 6:15–6:45 pm $33 210349-02

Adult Advanced & Free Style Skate

Good skaters wishing to learn new skills may take the advanced level. See Basic 5 & 6.

Age: 16 years & up

*Note:* Class will not be held on 3/20.

3/6–4/3 Th 6:45–7:15 pm $33 210353-01

4/10–5/1 Th 6:45–7:15 pm $33 210353-02

Adaptive Skating

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

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

Age: 8 years & up

*Note:* Class will not be held on 4/26.

3/29–5/3 Sa 9:45–10:15 am $33 210356-01

Hockey

Basic 1 Hockey Skate

Hockey equipment not required. For skaters who have never skated before. See Basic 1

Age: 5–9 years

*Note:* Helmets are strongly recommended for beginners. Warm clothes including gloves or mittens are needed. We prefer that parents observe from the seating area. Class will not be held on 4/26.

3/29–5/3 Sa 11:15–11:45 am $31 210308-01

Basic 2 Hockey Skate

Hockey equipment not required. Participants must have successfully completed Basic 1 or be between the ages of 10–15 and never skated. See Basic 2

Age: 5–15 years

*Note:* Helmets are strongly recommended for beginners. Warm clothes including gloves or mittens are needed. We prefer that parents observe from the seating area Class will not be held on 4/26.

3/29–5/3 Sa 10:30–11:00 am $38 210312-01

Beginner Cub Hockey

Prerequisite: Tot 1 or Basic 1

Practice will be held on Tuesdays where the focus will be on basic hockey and skating skills, a recreational game will be held on Thursdays. Equipment can be checked out with a $150 deposit check. Rental skates are included; sticks are available at equipment check out for $10.

Equipment Handout: Thursday, 3/27, 4–6 p.m.

Age: 4–8 years

*Note:* Equipment check-in is immediately following last game
of the session.

4/1–5/22 Tu,Th 4:15–5:00 pm $142 210372-01

Outdoor Recreation

Cancellation/Refund Policy

Trips may be cancelled or destinations may be changed due to weather conditions that are deemed hazardous or unsafe for driving/ transportation or activity. We regret any such cancellation, but we are committed to safe programming. In this case you will receive a full refund. If you need to cancel a trip you must notify us by 10 a.m. two (2) days prior to trip departure for refund or credit.

Adult

Classes are for ages 18 & up unless otherwise noted.

Adventure

CO River Canoe Trip – NW

Canoe the famous CO River from Grand Junction to Westwater, UT. Paddle through Ruby and Horsethief canyons, view the Jurassic sandstone cliffs of ancient sand dunes, hike to the Arches of Rattlesnake Canyon, star gaze or relax and enjoy a river dip.
Learn to canoe skills. Must be physically able to camp and paddle.

Age: 50 years & up

Location: Edora Pool Ice Center

*Note:* 4 Day/3 Night includes transportation, lodging (1 night hotel/2 night camping), instruction and group gear (canoe equipment, camping gear), most meals, and guide.

7/29–8/1 Tu–F Noon–9:30 pm 311995-01

Double $649, Single $749, Deposit $300

General

Hikes

These hikes will provide an opportunity to enjoy the great outdoors. Please keep in mind that hikes can be easy or difficult, depending on what you want to get out of them. These hikes are designed for 50+ adults. Trips to RMNP will require a Park Pass or $20 for entrance. Cancellation must be made by 10:00 a.m. two (2) days prior to trip for refund or credit.

Difficulty level as follows:

Easy: Distance of less than 4 miles, with little or no elevation gain.

Moderate: Distance of less than 5.5 miles with elevation
reaching 9,000 feet.

Difficult: Distance of greater than 5.5 miles with elevation
of over 10,000 feet possible.

Downhill Skiing

Motor coach trips are made to various Colorado ski resorts. Cross-country skiers and shoppers are welcome on the Breckenridge trips. Participants are responsible for their own equipment, lift ticket and lunch. Cancellation must be made by 10 a.m. Monday prior to the trip for a refund or credit. Class not discountable.

Trips depart from Rolland Moore Park promptly at 7 a.m. and stops in Loveland at the park and ride at I-25 and Hwy. 34 around 7:20 a.m.

Snowshoe & Cross-Country Skiing Trips

These snowshoe/cross-country trips will provide an opportunity to enjoy the great outdoors and are designed for 50+ adults. There is no formal instruction; however all of our trips are led by experienced guides with wilderness first aid training. Our vans are equipped with portable AED’s and the SPOT GPS positioning in case of emergency. We handle the details and the driving so you can enjoy the outdoors. Some trips are in the backcountry of the Poudre Canyon without an available Nordic Center. Trips made to RMNP require a parks pass, Golden Age pass or $20. Trip to Beaver Meadows has an extra
$12–17 fee which is on your own.

Easy: Distance of less than 3 miles, with little or no elevation gain.

Moderate: Distance of less than 4.5 miles with elevation
reaching 9,000 feet.

Difficult: Distance of greater than 4.5 miles with elevation
of over 10,000 feet possible.

Snowshoe 101

Experience winter in a whole new way by learning to Snowshoe! Class instruction will cover the gear, and the basic skills you’ll need to know before you strap on snowshoes and head out for a winter hike. You’ll also learn about some great places to go and get to practice on a short hike.

Age: 50 years & up

Location: Edora Pool Ice Center

*Note:* Should be in good health and capable of moderate physical activity. Bring own equipment, water, food. Cost includes transportation, instruction, equipment and guide.

3/4 Tu 9:00 am–4:00 pm $25 211930-01

Member Price $20

Golf, Introduction

Want to play golf but don’t know where to get started? This class provides you with everything you always wanted to know about golf but were afraid to ask! Learn the basic swing mechanics of putting, chipping, pitching, full swing, and rules and etiquette.

Location: Collindale Golf Course, 1441 E. Horsetooth Rd.

*Note:* Includes clubs/balls (students may use their own), top golf instructor in CO.

Golf Intro – Level 1

3/27–3/28 Th,F 5:30–7:00 pm $109 211933-01

Golf Intro – Level 1

4/24–4/25 Th,F 6:00–7:30 pm $109 211933-02

Golf Intro – Level 1

5/17–5/18 Sa,Su 10:00–11:30 am $109 211933-03

Golf – Level 2

100% of this class is on the golf course! Take the fundamentals you learned in Level 1 and apply them to real on course situations!! Must have completed Level 1 to take this class.

5/29–5/30 Th,F 6:30–8:00 pm $109 211933-04

Adaptive Cycling

Experience the freedom of cycling. Handcycles, tandems, and three wheel bikes will be available for riders with disabilities to take out on the Poudre River Trail.

Age: 14 years & up

Location: Northside Aztlan Center

*Note:* For more information, contact Renee Lee at 970.224.6027 or rlee@fcgov.com. Class partially discountable.

4/3–4/17 Th 4:00–5:30 pm $18 202034-01

Hunter Education

This course will give students the skills and information necessary to hunt without accidents. Colorado Division of Wildlife certificates will be issued to those successfully completing the course. Saturday’s class involves reviewing of class material, written testing and live
fire testing.

Age: 12 years & up

Location: The Farm

*Note:* Attendance at all 5 classes is mandatory (19 hours). All firearms are provided – do not bring them to class. Class not discountable. Tues, Thurs and one Sat.

3/11–3/20 Tu,Th 7:00–10:00 pm $10 211932-01
3/22 Sa 8:00 am–3:00 pm

Youth & Teen

NSCD Youth Ski Trips

The National Sports Center for the Disabled in Winter Park is world renowned for its adaptive ski program. These ski trips are offered to youth with disabilities only. Individual volunteer instructors and adapted equipment are provided.

Age: 10–17 years

Location: Mountain View High School

*Note:* Kids not independent in personal care or who need extra supervision must provide an attendant at no fee. Contact Coach
Brad Nelson, nelsonb@thompson.k12.co.us for more information.

3/21 F 6:00 am–6:00 pm $90 202933-01

4/4 F 6:00 am–6:00 pm $90 202933-02

Special Events

Family

Hip Hop Expo

Step it up and get down with your moves at the Hip Hop Expo 2014! Convention style demos, performances, teaching, team competitions, live street art, food, and more fun will highlight the night! Co-sponsored by Poudre School District, Team Fort Collins, and the City of Fort Collins Recreation Department.

Location: Northside Aztlan Center

*Note:* Fee only payable at the door. For more information
call 970.221.6729

3/8 Sa 6:00–10:00 pm $3 at the door

Cinco De Mayo

The celebration of this annual fiesta provides an excellent means
of education and sharing of cultural diversity among our communities. We hope you will join us for a celebration of family, culture and community.

Location: Northside Aztlan Center

5/3–5/4 Sa,Su 11:00 am–7:00 pm No Fee

The City of Fort Collins Kids Summer Activities Fair

Parents come and learn what activities the City of Fort Collins will have available this summer to keep your child occupied, active and engaged! Programmers and instructors from the City of Fort Collins Recreation Dept., the City of Fort Collins Natural Areas Department, the Fort Collins Museum of Discovery, The Gardens on Spring Creek and the Poudre River Public Library District will be on hand to answer any questions you may have.

*Note:* The Kids Summer Activities fair will run in conjunction with the Kites in the Park Festival on Sunday, April 27. We will have games and activities to keep your kids entertained while you browse the fair. There is no cost for the fair or the kites festival!

4/27 Su 10:00 am–4:00 pm No Fee

Spring Artisan Market – NW

Local artists and small businesses will display their homemade goods and products. This market is a unique blend of homemade and commercial products for Spring shoppers thinking about graduation, Mother’s Day, and Father’s Day gifts. You will find the practical, whimsical, lotions and potions and everything in between.

*Note:* Food and drinks available for purchase. For more information, contact pmoore@fcgov.com or call 970.221.6644.

4/26 Sa 9:00 AM–3:00 PM $1

Adult Special Events

Tribute Concert: Motown Greats

Tribute to the Motown Greats presented by Ron Ivory and the One on One Revue will include the music of Detroit from 1961 to 1974. The Supremes, Temptations, Martha Reeves and the Vandellas, The Four Tops, Gladys Knight and the Pips, Marvin Gaye and Tammi Terrell and many more will be covered.

*Note:* Doors open at 6 pm, snacks and a cash bar provided. Tickets are $18.00 at the door.

3/22 Sa 7:00–9:00 pm $15

Historical Cafe

Stump Markers

Have you ever wondered what all the decorations mean on grave stones? Journey with photographer, Dick Irwin through the folk art embodied in the stones. He is versed in tree stump grave markers which represent the “tree of life”. Learn about the organization that started the “Tree Stump Markers” in the 1880’s.

*Note:* Lunch served after the presentation. Please indicate special dietary needs at registration time.

3/20 Th 11:30 am–1:30 pm $20 212438-01

Member Price $16

Honey

Honey has been called the “Nectar of the Gods” and rightfully so. Jeffery Johnston will take you through the history of honey which dates back 8,000 years. Regions all over the world have harvested honey from China, Georgia, Rome, Egypt and Central America. He will talk about his involvement with bees.

*Note:* Lunch served after the presentation. Please indicate special dietary needs at registration time.

4/9 W 11:30 am–1:30 pm $20 212439-01

Member Price 16

Loralie Designs

Internationally known local artist Loralie Harris will share her journey through art school, professional involvements, and the launch of her company “loraliedesigns.com” in 2011. Her designs on fabric and in embroideries are humorous and colorfully whimsical and very recognizable in the industry.

*Note:* Lunch served after the presentation. Please indicate special dietary needs at registration time.

5/22 Th 11:30 am–1:30 pm $20 212443-01

Member Price 16

Youth & Teen Special Events

Giant Friends Club

Come and play together at the accessible Inspiration Playground at this free special event. This club brings kids of all abilities together for fun and friendships. The theme for this event is “Dr Suess” and will feature “Suessical” activities, entertainment and more for a gigantic good time!

Age: All

Location: Inspiration Playground

*Note:* This event is provided with support from the Inspiration Playground Endowment Fund. For more information or to volunteer, contact Renee Lee, rlee@fcgov.com.

4/11 F 10:30 am–12:30 pm No Fee

Kites In the Park Kite Festival

Celebrate spring, family, and the outdoors at the 6th Annual Kites In The Park Kite Festival. Little ones will get free face painting and their own free kite to decorate and fly! Watch kite fights, kite ballets and giant kites soar.

Location: Spring Canyon Park

*Note:* Food vendors and booths will be on hand to purchase meals
and kite products.

4/27 Su 10:00 am–4:00 pm No Fee

Sports

Adaptive Sports

Adaptive Boccia Tourney

Boccia is a paralympic sport, adapted for athletes with physical disabilities. Come play in this friendly tournament and test your strategic skills.

Age: 14 years & up

Location: Northside Aztlan Center

*Note:* Contact Renee Lee for more information, 970.224.6027,
rlee@fcgov.com. Class partially discountable.

4/5 Sa 3:00–5:00 pm $5 202464-01

Wheelchair Rugby

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

Age: 14 years & up

Location: Northside Aztlan Center

*Note:* Drop In rate is $4.00 per class. Contact Renee Lee for more information, 970.224.6027. Class partially discountable.

3/25–5/6 Tu 6:00–8:00 pm $22 202560-01

Goalball

Goalball is a fast paced sport, played by people with blindness or visual impairments. Sighted players can also join in the fun, using vision adaptations. It has become a favorite Paralympic sport, so don’t miss out!

Age: 12 years & up

Location: TBA

*Note:* Participants of all levels are welcome. For more information, contact Jenna Moriarty at jmoriarty@fcgov.com or 970.224.6125.
Drop in rate is $5 per visit.

4/5–5/3 Sa 9:30–11:30 am $20 202762-01

Adult Sports

Spring Adult Flag Football

Leagues will be 8-on-8 non-contact. Registration begins 2/13, ends 3/7 or when leagues fill (whichever comes first); 6 games scheduled, 6 games guaranteed. League begins the week of 3/24.

Age: 16 years & up

Location: Rolland Moore Park

*Note:* Rosters are unlimited (Participants age 16 and 17 need parent signature on roster prior to participation). League not discountable.

3/24–4/28 M 6:00–10:00 pm $329 213011-01

Spring Coed Kickball

Play an American Classic – Kickball. Form your team and come out to have some fun playing a game invented on the playground. The league is coed recreational. Registration begins 2/13, ends 3/7 or when league fills. League begins 3/28, 6 games scheduled.

Age: 16 years & up

Location: Rolland Moore Park

*Note:* Rosters are unlimited. (Participants age 16 and 17 need parent signature on roster prior to participation). League not discountable.

Coed Competitive

3/28–5/2 F 6:00–10:00 pm $184 213061-01

Coed Recreational

3/28–5/2 F 6:00–10:00 pm $184 213061-02

Adult Indoor Ultimate Frisbee

5-on-5 Ultimate Frisbee is being offered at the Edge Sports Center. Register in teams of 12. Minimum of 4 women on the roster, with 2 women and 3 men on the field at all times. Registration begins 2/13, ends 2/28 or when league fills. League begins the week of 3/4, 6 games scheduled.

Age: 16 years & up

Location: The Edge

*Note:* League schedules will be mailed to managers. Schedules will be mailed one week before the league begins.

2/25–4/24 Tu,Th 6:00–10:00 pm $439 213091-01

Spring Adult Indoor Flag Football

NEW! Indoor league will be 6-on-6 non-contact. Games played Sunday mornings between 8 a.m.–12 p.m. Registration begins 2/13, ends 3/21 or when league fills (whichever comes first); 6 games scheduled, 6 games guaranteed. League begins 3/30.

Age: 16 years & up

Location: TBA

*Note:* Rosters are unlimited (Participants age 16 and 17 need parent signature on roster prior to participation). League not discountable.

3/30–5/4 Su 8:00 am–Noon $449 213912-01

Softball

Spring Softball

Teams will have the opportunity to get the rust off before the summer leagues begin!

Fee: $334

League Start: Week of 3/23, 6 games scheduled

Registration: Begins 2/13, ends 3/7 or when leagues fill.

Age: 16 years & up

Location: Rolland Moore Park

*Note:* Rosters are unlimited (Participants age 16 and 17 need parent signature on roster prior to participation). League not discountable.

Men’s

Sunday IV 213021-01

Monday III 213021-02

Monday IV 213021-03

Tuesday III 213021-04

Tuesday IV 213021-05

Wednesday II 213021-06

Wednesday III 213021-07

Wednesday IV 213021-08

Thursday III 213021-09

Friday III 213021-10

Women’s

Women’s 213022-01

Coed

Sunday Comp 213023-01

Sunday Rec 213023-02

Tuesday Comp 213023-03

Tuesday Rec 213023-04

Wednesday Comp 213023-05

Wednesday Rec 213023-06

Thursday Rec 213023-07

Summer Adult Softball

Games will be played at Fossil Creek, Lee Martinez, and Rolland Moore Parks. Season ends with league tournaments and awards given to winners. Optic Yellow balls will be used. Coed leagues will play with men hitting 12" softballs and women hitting 11" softballs.

Fee: $569

League Start: Week of 5/4

Registration: Begins 3/31, ends 4/18 or when leagues fill.

Age: 16 years & up

Location: TBA

*Note:* Rosters are unlimited (Participants age 16 and 17 need parent signature on roster prior to participation). Leagues not discountable. Class will not be held on 5/25, 7/6, 7/3, 5/23, 7/4.

Men’s

Sunday III 313021-01

Sunday IV 313021-02

Monday III 313021-03

Monday IV 313021-04

Tuesday II 313021-05

Tuesday III 313021-06

Tuesday IV 313021-07

Wednesday II 313021-08

Wednesday III 313021-09

Wednesday IV 313021-10

Thursday III 313021-11

Thursday IV 313021-12

Friday IV 313021-13

Friday Wood Bat 313021-14

Friday 40 & Over 313021-15

Women’s

Tuesday IV 313022-01

Wednesday IV 313022-02

Thursday III 313022-03

Thursday IV 313022-04

Thursday Leisure 313022-05

Coed

Sunday Comp 313023-01

Sunday Rec 313023-02

Tuesday Comp 313023-03

Tuesday Rec 313023-04

Wednesday Comp 313023-05

Wednesday Rec 313023-06

Thursday Comp 313023-07

Thursday Rec 313023-08

Friday Rec 313023-09

Fast Pitch

Fast Pitch 313024-01

Showdown Softball Tournament

Games will be played at Rolland Moore Park and other community parks if needed. Play begins 9 a.m. and continues until 10 p.m. (depending on number of entries).

Fee: $254

Tournament Date: 6/7, 2 games guaranteed

Registration: Begins 5/5, ends 5/29 or when divisions fill.

Age: 16 years & up

Location: Rolland Moore Park

*Note:* Rosters are unlimited (Participants 16 and 17 need parent signature on roster prior to participation). Tournament fee not discountable.

Men’s

Men’s II 313025-01

Men’s III 313025-02

Men’s IV 313025-03

Coed

Coed Comp 313025-04

Coed Rec 313025-05

Volleyball

Spring Adult Volleyball

Coed and women’s leagues will be offered for 6-person and 4-person teams. Teams will sign up for their level of play and night preference on a first come basis. Levels A – Competitive, BB – Intermediate,
B – Recreational.

Fee: $274 sixes, $174 fours

League Start: Week of 3/25, 8 games scheduled

Registration: Begins 2/14, ends 3/8 or when leagues fill.

Age: 16 years & up

Location: TBA

*Note:* Rosters are unlimited (Participants age 16 and 17 need parent signature on roster prior to participation). League not discountable.

Women’s

Sunday B 213942-01

Wednesday A 213942-02

Wednesday BB 213942-03

Coed

Monday BB 213943-01

Monday B 213943-02

Tuesday A 213943-03

Tuesday BB 213943-04

Fri A/BB Fours 213943-05

Outdoor Adult Volleyball

This is a self-officiated outdoor grass league with three matches per night. The season is approximately seven weeks long. Individual awards will be given to league winners. Matches will be played at Spring Canyon Park.

Fee: $44/ Doubles, $84/fours

League Start: Week of 6/12

Registration: Begins 5/5, ends 5/29 or when leagues fill.

Age: 16 years & up

Location: Spring Canyon Park

*Note:* Rosters are unlimited (Participants 16 and 17 need parent signature on roster prior to participation). League not discountable. Class will not be held on 7/3, 7/4.

Men’s

BB Doubles 313041-01

Women’s

Tuesday BB Doubles 313042-01

Tuesday B Doubles 313042-02

Coed

Monday A Doubles 313043-01

Monday BB Doubles 313043-02

Wednesday A Fours 313043-03

Wednesday BB Fours 313043-04

Thursday B Fours 313043-05

Basketball

Spring Adult Men’s Basketball

Keep the ball rolling into the spring. Men’s leagues are offered for
a Friday night league, Teams will sign up for their level preference
on a first come basis.

Fee: $340

League Start: Week of 3/28, 6 games scheduled

Registration: Begins 2/13, ends 3/21 or when leagues fill.

Age: 16 years & up

Location: Northside Aztlan Center

*Note:* Rosters are unlimited (Participants age 16 and 17 need parent signature on roster prior to participation). League not discountable.

Friday Comp 213901-01

Friday Rec 213901-02

Summer Adult Men’s Basketball

Escape the heat and join the fun! Gather up your co-workers and friends to come play in this Friday night basketball league. Teams will sign up for their level/playing preference on a first come-first serve basis. All games will be played at the Northside Aztlan Community Center.

Fee: $369

League Start: Week of 6/6

Registration: Begins 5/5, ends 5/23 or when leagues fill.

Age: 16 years & up

Location: Northside Aztlan Center

*Note:* Rosters are unlimited (Participants age 16 and 17 need parent signature on roster prior to participation). League not discountable. Class will not be held on 7/4.

Friday Competitive 313001-01

Friday Recreational 313001-02

Kickball

Summer Adult Coed Kickball

Play an American Classic – Kickball. Form your team and come have some fun playing a game invented on the playground. Now offering coed competitive and recreational leagues.

Fee: $254

League Start: Week of 6/6, 8 games scheduled

Registration: Begins 5/5, ends 5/29 or when leagues fill.

Age: 16 years & up

Location: Rolland Moore Park

*Note:* Rosters are unlimited. (Participants age 16 and 17 need parent signature on roster prior to participation). League not discountable. Class will not be held on 7/4.

Friday Competitive 313061-01

Friday Recreational 313061-02

Adult Tennis

General Information

Spring Adult Classes: Check Lewistennis.com for days and times.

Beginner Lessons

Whether you have never played or are getting back into the game after a long hiatus you will learn and develop your fundamentals so you can really enjoy the game. You will learn the correct way to hit forehands, backhands, volleys, overheads, and serves. You will also learn basic rules and strategies as you start competition.

Intermediate Lessons

Refine your skills. Learn the “Modern Game”. Experience the techniques that are used by the pros. Develop your topspin and slice forehand, backhand and serves. Learn doubles and singles strategies that win! Drills, Strategies and Competition.

League Coaching Programs

Lewis Tennis sponsored 13 Adult league teams in 2012. We have coaches available to get your team ready for the 2013 league season. Professional coaching will improve your team’s strategy, technique and mental toughness to enable you to compete at your best. A variety of coaching programs are available.

Premier Clinics

These clinics are designed for the beginning through advanced player who wants more personal attention in their group instruction. Great for friends who want to learn together. Clinic times are flexible. Low student to Pro ratio.

Adult Spring Tournaments

5/11/2014 Adult Warmup

5/21/2014 Adult Northern Colorado Open

Enter these tournaments by calling 970.493.7000.

Class schedule

Lesson programs are offered at Rolland Moore. You may sign up for as many days as you like (We recommend at least two days per week). Complete schedule and times can be viewed at Lewistennis.com.

Winter/Spring Sessions run for four weeks.

Session #1 1/6 – 2/1

Session #2 2/3 – 3/1

Session #3 3/3 – 3/29

Session #4 3/31 – 4/26

Session #5 4/28 – 5/17 (3 weeks)

Special events

May 24th Memorial Weekend Extravaganza Noon–2:00 p.m.
at Rolland Moore.

To check availability of open city courts please go to Lewistennis.com.

Fencing

Youth Fencing

Learn fundamental skills and rules of this fast, fun and intense sport. Practice footwork, body position, blade control, offense and defense. Instruction is simple and each class is lively, building on the skills learned in the previous class.

Age: 10–12 years

Location: Northside Aztlan Center

*Note:* Equipment provided. Wear athletic shoes, T-shirt and long
loose pants.

4/4–5/23 F 4:30–6:00 pm $64 215542-01

4/5–5/24 Sa 9:00–10:30 am $64 215542-02

Teen & Adult Beginning Fencing

Learn fundamental skills and rules of this fast, fun and intense sport. Practice footwork, body position, blade control, offense and defense. Instruction is simple and each class is lively, building on the skills learned in the previous class.

Age: 13 years & up

Location: Northside Aztlan Center

*Note:* Wear athletic shoes, T-shirt, and long loose pants.
Equipment provided.

3/31–5/19 M 6:30–8:00 pm No Fee 215543-01

4/5–5/24 Sa 11:00 am–12:30 pm No Fee 215543-02

Teen & Adult Sparring

Enjoy sparring with fellow students to develop a diverse technical and tactical repertoire in a low-key atmosphere. Improve your overall athletic readiness, speed, strength and stamina. Footwork and bladework exercises most sessions. Minimal coaching provided.

Age: 13 years & up

Location: Northside Aztlan Center

*Note:* Participants must have prior fencing experience. Wear athletic shoes, comfortable shirt, and long loose pants. Equipment provided.

3/7–3/28 F 6:15–8:15 pm $32 215544-01

4/4–4/25 F 6:15–8:15 pm $32 215544-02

5/3–5/24 F 6:15–8:15 pm $32 215544-03

Unified Sports

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

Adult Soccer

Age: 16 years & up

Location: Troutman Park

*Note:* Attendants welcome at no fee. For more information or to volunteer, contact Brenda McDowell at bmcdowell@fcgov.com or 970.416.2024. Class partially discountable

4/2–5/7 W 5:30–6:45 pm $22 202053-01

Junior Soccer

Age: 8–21 years

Location: Troutman Park

Unified Jr. Child

3/31–5/5 M 5:00–6:00 pm $22 202054-01

Unified Family

3/31–5/5 M 5:00–6:00 pm $30 202054-02

Adult Softball

Integrated softball teams are being formed of players with and without disabilities to play in a Unified Softball league this summer. Sign up now! Registration fee will increase to $30 after April 3, 2014.

Age: 16 years & up

Location: Beattie Elementary

*Note:* Teams will have practice/games for one hour. Questions? Contact Brenda McDowell at 970.416.2024 or bmcdowell@fcgov.com or Renee Lee at rlee@fcgov.com

5/12–7/28 M 5:00–8:00 pm $25 202055-01

Youth Sports

Amazing Athletes

Get active with Amazing Athletes today! Our action packed sports program is specifically designed to enhance your child’s learning experience through movement. Your child will learn the basic fundamentals and mechanics of 9 different ball sports while also building self-confidence and practicing teamwork.

Location: Northside Aztlan Center

*Note:* Class will not be held on 3/17.

Age: 2½–3 years

2/24–3/31 M 9:00–9:30 am $37.50 114574-03

2/27–4/3 Th 9:00–9:30 am $37.50 114574-04

4/17–5/22 Th 9:00–9:30 am $45 114574-06

Age: 3½–5 years

2/24–3/31 M 9:45–10:15 am $37.50 114575-03

2/27–4/3 Th 9:45–10:15 am $37.50 114575-04

4/17–5/22 Th 9:45–10:15 am $45 114575-06

Spring Football Camp

Put on the pads for Spring Drills! This Spring Football Camp will work on the fundamentals of tackle football. Players will have 5 practices with a “spring game” on the final day! Practices M/W’s.

Age: 3–7

Location: City Park

3rd/4th/5th Grade

5/5–5/21 M,W 5:00–6:30 pm $45 214020-03

6th/7th Grade

5/5–5/21 M,W 5:00–6:30 pm $45 214020-04

SNAG Golf Spring Kickoff

SNAG (Starting New at Golf) is a program designed to teach kids the basics of Golf. During this event kids will have a 45 minute introductory lesson to Golf using the SNAG Equipment. Following the lesson they will play 9 holes of SNAG Golf!

Location: City Park

*Note:* PSD Schools are closed on Friday, April 11 due to PSD Collaboration Date.

Grade: 1–2

4/11 F 10:30 am–Noon $5 214091-05

Grade: 3–5

4/11 F 1:00–2:30 pm $5 214091-04

Grade: 6–8

4/11 F 1:00–2:30 pm $5 214091-06

Parent & Child SNAG Golf Scramble

Kids get your parents and come out for the 2014 Parent/Child SNAG Golf Scramble! Teams will play a 9 hole scramble. Never played golf before? No problem! SNAG Golf is for beginning and experienced golfers. All equipment is provided, Tee Times will be between
1 p.m.–3:30 p.m.

Location: City Park

*Note:* Teams will be notified on May 15th of Tee Times Registration fee is per team (1 child/1 parent).

Grade: 1–2

5/18 Su 1:00–3:30 pm $10 214092-04

Grade: 3–5

5/18 Su 1:00–3:30 pm $10 214092-05

Grade: 6–8

5/18 Su 1:00–3:30 pm $10 214092-06

Archery

Archery is a skillful sport requiring balance, poise, accuracy, vision, timing and action! Through this indoor class participants will began with safety instructions followed learning basic techniques

Age: 8–16 years

Location: Rocky Mtn. Archery

*Note:* Location is Rocky Mountain Archery, 4518 Innovation Dr,
Fort Collins, CO 80525, 970.226.5900 Equipment is provided. Try to check in by 4:15 p.m.

3/6–3/13 Th 4:30–5:30 pm $30 215941-01

4/10–4/17 Th 4:30–5:30 pm $30 215941-02

5/1–5/8 Th 4:30–5:30 pm $30 215941-03

Baton Twirling is Catching

Give baton twirling a whirl! Yvonne Pedersen, a national renowned twirl instructor, brings out children’s full potential while making learning fun. No experience required! Build self-esteem, self-discipline, and team work skills while enhancing coordination,
rhythm and grace. Class focuses on twirling, dance and drilling.

Age: 5–12 years

Location: Golden Girls Baton Studio

*Note:* Class partially discountable. ABC baton required and available from instructor for $25. Performance available through Golden Girls Baton Academy at extra costs.

3/28–5/2 F 4:30–5:30 pm $69 218969-01

C.A.R.A. Track

The basic techniques of track will be taught, and participants will be able to compete in Colorado Association of Recreational Athletics track meets held in various cities along the Front Range on Saturday mornings. Participants are responsible for their own transportation
to practices and meets.

Location: TBD

*Note:* Meet schedules at first practice. Fee includes team shirt, water bottle and fees for track meets.

Age: 4–10 years

6/9–7/25 M,W,F 9:00–10:15 am $81 314031-03

Age: 11–16 years

6/9–7/25 M,W,F 10:30 am–11:45 pm $81 314031-04

Youngsters

Sporties for Shorties

Let’s explore the world of sports in this fun-filled class. We will work on the fundamentals of sports as they relate to throwing, kicking, and catching. Come play ball with us! Each session will highlight different skills and different sports along with team work!

Age: 3–5 years

Location: Northside Aztlan Center

2/26–3/12 W 10:00–10:45 am $28 214776-04

3/25–4/8 Tu 10:00–10:45 am $28 214776-05

4/16–4/30 W 10:00–10:45 am $28 214776-06

Basketball For Shorties

Let’s explore basketball! We will work on large and small motor skills as they relate to shooting, dribbling, and passing. Come play ball with us! Learn the basketball basics in this fun and exciting class!

Age: 4–6 years

Location: Northside Aztlan Center

2/25–3/11 Tu 10:00–10:45 am $28 214777-02

Football For Shorties

Let’s explore football! We will work on large and small motor skills as they relate to throwing, kicking, and catching. Come play ball with us! Learn the football basics in this fun and exciting class!

Age: 4–5 years

Location: Northside Aztlan Center

3/26–4/9 W 10:00–10:45 am $28 214778-02

Youth Team Sports

Football

Ultimate Football

Designed for the first time football experience. This non-contact football program emphasizes the basic fundamentals of throwing and catching while combining the rules of football and ultimate Frisbee. One practice per week and 6 games.

Fee: $52

League Start: Week of 3/24

Grade: Kindergarten–2

*Note:* For more information go to fcgov.com/sports. Interested in coaching? Call 970.221.6385.

City Park 214011-01

Edora Park 214011-03

Fossil Creek Park 214011-06

Spring Canyon Park 214011-09

Rolland Moore Park 214011-12

Flag Football

1st – 6th Grade Flag Football

Our flag football program teaches the basic fundamentals of football with no tackling or blocking (1–2 graders with no football experience should play ultimate). The main emphasis will be equal participation with winning being secondary. Practices will be held twice a week with games on Saturday mornings.

Fee: $60

League Start: Week of 3/24

*Note:* Begins week of 3/24; $60 (plus $15 jersey, if needed); 6 games scheduled plus the Rattlesnake Rumble Tournament.

Grade: 1–2

Blevins 214012-32
City Park 214012-01
Edora Park 214012-03
English Ranch Park 214012-07
Fossil Creek Park 214012-11
Greenbriar Park 214012-14
Harmony Park 214012-17
Spring Canyon Park 214012-21
Troutman Park 214012-25
Warren Park 214012-29

Grade: 3–4

Beattie Park 214013-01
Blevins 214013-03
City Park 214013-31
Edora Park 214013-07
Fossil Creek Park 214013-29
Greenbriar Park 214013-11
Harmony Park 214013-13
Rolland Moore Park 214013-19
Spring Canyon Park 214013-21
Troutman Park 214013-23
Warren Park 214013-25

Grade: 5–6

City Park 214014-03
Edora Park 214014-05
Fossil Creek Park 214014-21
Harmony Park 214014-11
Greenbriar Park 214014-08
Rolland Moore Park 214014-13
Spring Canyon Park 214014-17
Troutman Park 214014-23
Warren Park 214014-25

7th & 8th Grade Flag Football

Represent your Middle School in the Spring Flag Football Season! This season will teach basic fundamentals of football with no tackling or blocking. The main emphasis will be on fair play with winning secondary. Two practices per week with Saturday games. Practices begin the week of March 24; days and times will vary.

Grade: 7–8

*Note:* Participants register by practice location, not by school; $60 (plus $15 jersey, if needed); Regular season games with a end of season tournament.

Blevins 214015-01
Boltz 214015-03
CLP 214015-05
Kinard 214015-07
Lesher 214015-09
Lincoln 214015-11
Preston 214015-13
Webber 214015-15
Wellington 214015-17
Heritage Christian 214015-18

Volleyball

4th – 8th Grade Volleyball

Develop a sense of team play where participation, fun, skills and sportsmanship are stressed; winning is secondary. Practices are held one or two times per week, matches are Saturday mornings and maybe some week nights. Practices days and times vary.

Fee: $63

League Start: Week of 3/24

Location: Northside Aztlan Center

*Note:* Begins the week of March 24, practices TBA, 6 wks, green/gold reversible jersey required purchase at EPIC/NACC. For information visit fcgov.com/sports

Grade: 4–5 214942-01

Grade: 6

Blevins 214943-01
Boltz 214943-03
CLP 214943-05
Kinard 214943-07
Lesher 214943-09
Lincoln 214943-11
Preston 214943-12
Preston 214943-14
Ridgeview 214943-15
Webber 214943-17
Wellington 214943-19

Grade: 7–8

Blevins 214944-01
Boltz 214944-03
CLP 214944-05
Kinard 214944-07
Lesher 214944-09
Lincoln 214944-11
Preston 214944-13
Webber 214944-15
Wellington 214944-17

Summer Basketball

Teams formed by park practice location. 1–2 Practices outside with 6 games at indoor courts plus the end of season tournament. Games will be scheduled in the evenings on various week nights. Cost is $63 per player. Based on 2013/2014 school year.

Fee: $63

League Start: Week of 6/3

*Note:* NBA replica jerseys are provided for this league. For more information go to fcgov.com/sports. Interested in coaching? Call 970.221.6385

Boys: Grade 2–3

City Park 314001-01
Fossil Creek Park 314001-10
Lee Martinez Park 314001-15
Rolland Moore Park 314001-20
Spring Canyon Park 314001-05
Troutman Park 314001-25
Warren Park 314001-30

Boys: Grade 4–5

City Park 314002-01
Fossil Creek Park 314002-10
Lee Martinez Park 314002-15
Rolland Moore Park 314002-20
Spring Canyon Park 314002-05
Troutman Park 314002-25
Warren Park 314002-30

Boys: Grade 6–8

City Park 314003-01
Fossil Creek Park 314003-10
Lee Martinez Park 314003-15
Rolland Moore Park 314003-20
Spring Canyon Park 314003-05
Warren Park 314003-25

Boys: Grade 9–12

Boys 314007-01

Girls: Grade 2–3

City Park 314004-01
Fossil Creek Park 314004-10
Lee Martinez Park 314004-15
Rolland Moore Park 314004-20
Spring Canyon Park 314004-06
Troutman Park 314004-25
Warren Park 314004-30

Girls: Grade 4–5

City Park 314005-01
Fossil Creek Park 314005-10
Lee Martinez Park 314005-15
Rolland Moore Park 314005-20
Spring Canyon Park 314005-05
Troutman Park 314005-25
Warren Park 314005-30

Girls: Grade 6–8

City Park 314006-01
Spring Canyon Park 314006-05
Fossil Creek Park 314006-10
Lee Martinez Park 314006-15
Rolland Moore Park 314006-20
Warren Park 314006-25

Girls: Grade 9–12

Girls 314008-01

Summer K–1 COED Basketball

Intro basketball league for K–1st Grade. Basic skills will be taught. 6 Scheduled games, and officials. Practice will be on Tuesdays with games Thursdays. Teams will be randomly selected. Cost is $50 per player. Based on 2013/2014 school year.

Grade: K–1

Location: Northside Aztlan Center

*Note:* NBA replica jerseys are provided for this league. For more information go to fcgov.com/sports. Interested in coaching? Call 970.221.6385

6/2–7/17 Tu $50 314700-01

Basketball Team League

This league is for pre-formed teams. 6 Games plus a single elimination tournament included. Teams must provide an adult
coach to be on the bench during the games. Teams must provide same colored jerseys with identifiable numbers on the back.
Based on 2013/2014 School Year. Tuesday night games 4–6.
Thursday HS games.

Fee: $469

League Start: Week of 6/10

Location: TBA

Boys

4/5 Team 314909-01
6 Team 314909-02
7/8 Team 314909-03
HS Team 314909-04

Girls

4/5 Team 314909-05
6 Team 314909-06
7/8 Team 314909-07
HS Team 314909-08

Girls’ Softball

This summer learn and improve your slow pitch softball skills and enjoy team competition. One/two practices held per week (days and times to be announced). Based on 2013/2014 current school year grade. Games played Tuesdays and/or Thursdays. Team visors are provided. For more information go to fcgov.com/sports

Fee: $59

League Start: Week of 6/3

*Note:* 6 Games played Tuesdays or Thursdays. Green and Gold reversible jersey required for all grades ($15, can be purchased
at EPIC or at the NACC)

Grade: 1–3

City Park 314021-16
Fossil Creek Park 314021-17
Fossil Creek Park 314021-18
Rolland Moore Park 314021-19
Spring Canyon Park 314021-20

Grade: 4–5

City Park 314022-16
Fossil Creek Park 314022-17
Fossil Creek 314022-18
Rolland Moore Park 314022-20
Spring Canyon Park 314022-19

Grade: 6–8

Blevins 314023-20
Boltz 314023-21
CLP 314023-22
Kinard 314023-23
Lesher 314023-24
Lincoln 314023-25
Preston 314023-26
Webber 314023-27
Wellington 314023-28

JUNIOR TENNIS

General Information

For full program information and for online registration visit Lewistennis.com

Lewis Tennis School directs all tennis programs for the City of Fort Collins. With over 40 years of experience in the tennis industry, Lewis Tennis provides quality lessons, programs and tournaments for all levels and ages. USPTA certified professional Larry Lewis has managed five of top tennis facilities in the United States.

The programs at Lewis Tennis School strive to provide a positive learning environment for players of all ages. Players will learn not only the techniques to become accomplished players but also life skills that help them to excel and enjoy tennis and other areas in their life.

Programs are held at Rolland Moore Racquet Complex.

Spring Junior Classes – check Lewistennis.com for days and times

10 & Under

This is an exciting new play format for learning tennis, designed to bring kids into the game by utilizing specialized equipment, shorter court dimensions and modified scoring, all tailored to age and size. Check Lewistennis.com for details

#1 Little Lobber (4–6 years)

Young players develop their basic hand and eye coordination and athletic skills. Movement, balance, and proper techniques will be taught by using fun games. Sportsmanship and encouraging words are emphasized.

#2 Future Star (7–8 years)

Hundreds of youngsters have taken these classes to start a lifetime of tennis. Learn basic stroking fundamentals, rules, play fun games to develop skills. Players will learn the correct way to hit the ball in order to build a strong foundation for future play. As they learn the game they will participate in fun drills and games. Sportsmanship and positive attitude is emphasized. Most players will stay in this level for at least two years.

#3 Aces (9–10 years)

Players learn basic stroking fundamentals, rules, and play fun games to develop skills. As players progress, they will develop more advanced strokes such as topspin and slice serves and develop match skills. Players will be encouraged to participate in novice level tournaments.

Middle School Excellence

Just starting the game or a seasoned competitor? Middle School players will develop their games to effectively compete on middle and high school teams or to just enjoy the benefits of this great lifetime sport! There are 2 EXCELLENCE divisions.

#4 Challenger (11–13 years)

New players learn the basics of the game, play games, learn scoring and rules.

#5 Competitive (11–13 years)

Intermediate middle schoolers improve your basic skills, develop more advanced strokes and develop match skills.

High School Academy

High school players get ready to have some fun and develop your tennis games! Whether your goal is to play on your high school team or learn the best game to play with your friends, this is the class for you. There are 2 ACADEMY divisions. #6 WIMBLEDON (14–18 years) New players will learn the foundation of proper techniques to build a lifetime of tennis. Players will also play games, learn scoring and rules.

#7 Grand Slam (14–18 years)

Intermediate to Advanced players will develop advanced stroking skills, learn doubles and singles strategy, and learn how to compete effectively on their high school teams and in tournaments.

Performance Training

This program is for the devoted junior player who has already developed a solid foundation of the game and has shown a high level of commitment. Players typically have goals of state and sectional rankings, high school varsity play, and college scholarships. Players must be accepted by Head Pro.

Middle School Tennis League

6th, 7th and 8th grades, beginners welcome, get ready to learn the game, improve your skills, make new friends, have an amazing amount of fun, great competition. Starts March 30.

Home School Classes

These classes are held at flexible times during the day. Give us a call to arrange a home school class for your children.

Junior Spring Tournaments

3/8/2014 Junior March Madness Satellite
4/5/2014 Junior Spring Fling Satellite
4/26/2014 Junior Summer Super Set Satellite Series #1
Enter these tournaments by calling 970.493.7000

Class Schedule

Lesson programs are offered at Rolland Moore. You may sign up for as many days as you like (We recommend at least two days per week). Complete schedule and times can be viewed at Lewistennis.com.

Winter/Spring Sessions run for four weeks.

Session 1 1/6 – 2/1
Session 2 2/3 – 3/1
Session 3 3/3 – 3/29
Session 4 3/31 – 4/26
Session 5 4/28 – 5/17 (3 weeks)

# 50 Plus

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

**Our Vision:**

Fort Collins is a community where all aging citizens are active, healthy, independent, and engaged.

**Our Mission:**

The Fort Collins Senior Center is a gathering place where older adults can come together for activities and services that enhance their dignity, maintain their wellbeing, support their independence, foster lifelong learning, and encourage their involvement in the community.

**We value:**

• Education and recreation that bring meaning to leisure time

• Health, wellness, and active lifestyles

• A supportive setting for socialization

• Information, referral, and support

• The efforts of senior service providers who share our vision

**We are expanding to meet the need.**

Construction began in fall, 2013 on our expansion. If you haven’t
been to the Senior Center recently, please note that the main entrance has moved to the east side of the building. Front desk staff (now located in Activity Room 2) will happily help you locate your class or activity. Parking is limited so use alternative transportation or carpool whenever possible. Provide us your email address and receive construction and program updates regularly.

**Senior Center Membership**

Membership 50+ is $25.00 annually with scholarships available. Membership provides a $3 per month discount for Fitness Passes and Full Access Passes or $1 off daily fitness admissions. Additionally 50+ members have free admission to drop-in programs including pool room, open shop, library/media center, bingo, cards and games, two day advance registration, member discounts on select services and activities, membership in member-only clubs, member celebrations, free limited legal counseling, notary service, and health and wellness services. See page 15 for details.

**Pool Room**

The Pool Room has 4 eight- ball tables and 1 snooker table. Players must be a member of the Senior Center or pay daily drop-in fee. Additionally, we ask that users contribute to the maintenance of the facility by making a donation in the donation box located in the room.

**Library Media Center**

The Senior Center’s library will be closed until construction is complete. The media center has been downsized and moved to Activity Room 2.

**Volunteers**

Our trained volunteers are vital to supporting our goals to serve and support aging adults of our community by serving in clubs and committees, as trip drivers and guides, as greeters, librarians and cooks, assisting with clerical tasks, special events and dances, travel activities, outdoor recreation, educational and fitness related activities, supervising arts and crafts and playing a role in a myriad of other social events! If you are interested in volunteering, please contact Volunteer Coordinator Betsy Emond at *bemond@fcgov.com*
for more information!

**Expansion**

**Board of Directors**

Fort Collins Senior Center Building on Basics Expansion
Committee 2014

(The Expansion Committee, a 501c3 nonprofit (#77-0710427), citizen-led volunteer committee, is raising funds to supplement the tax revenues allocated to the Senior Center Expansion. They may be contacted at Senior Center Expansion Initiative, P.O. Box 1217, Fort Collins, Colorado 80522, 970.224.6026)

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**Officers:**

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Linda Hopkins, *lindah@frii.com*

**Vice-president:**Eric Biedermann, *bied3@comcast.net*

**Secretary:**Lizbeth Denkers, *lizbden@aol.com*

**Treasurer:**Peggy McGough, *bmcgough7@comcast.net*

**Campaign Community Chair**John Pfeiffenberger

Watch our progress at *seniorcenterexpansion.org*

**Clubs**

**Senior Advisory Board**

The Senior Advisory Board advises City Council on issues related to older adults and is comprised of individuals of all ages who share a concern for the aging members of our community. The board consists of 11 members; nine members are appointed by City Council, and two members are appointed from the Senior Center Council. The Senior Advisory Board meets the second Wednesday of each month at 11:30 a.m. The first 20 minutes of each meeting is devoted to public participation. (***Note:*** *The Senior Advisory Board is meeting at the Park Shop in City Park due to construction at the Senior Center*).

**Organizations Assisting Fort Collins
Senior Center Staff**

**Senior Center Council – M**

The Fort Collins Senior Center Council assists and advises the administrative staff in matters regarding the operation of the Fort Collins Senior Center and are elected representatives from the senior membership. Elected representatives meet the third Monday of each month at 1:30 p.m. Members are invited to attend. Written information for the Council to consider can be submitted on comment cards that can be found at the Registration Desk.

**Clubs and Organizations Sponsored by
Fort Collins Senior Center**

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

Participants meet on a weekly basis to present their arts and crafts projects to others in the group. Individuals are encouraged to share new ideas and techniques, all this while they enjoy the camaraderie
of other artisans.

**Location:** The Farm 600 N. Sherwood

Ongoing W 1:00–3:00 PM

**Fort Collins Badminton Club**

With players of varying skill levels who range from elementary school age to 70+, the Fort Collins Badminton Club is the largest badminton club in northern Colorado. To participate in many play time options at NACC and the Senior Center, players can pay a $3.00 shuttle fee per visit or purchase a 10-punch, paper shuttle pass for a fee of $25.00. For further details, schedule changes, and updates, please *visitfcbadminton.org*.

**Location:** Northside Aztlan

Ongoing T, Th 8:00–10:00 am drop in fees apply

Ongoing Sat 2:00–5:00 PM drop in fees apply

**Location:** Senior Center
**Age:** 18+ only

Ongoing M, W 6:45–9:00 PM drop in fees apply

**Fort Collins Senior Sports Club – M**

Senior Sports Club is an active group of people over 50 who have a love for playing sports. Take advantage of this opportunity to interact with people who share your same interests both through sport activities and social events. Annual dues are $5.

Verify current schedule at 970.221.6644.

Badminton, M, W, F, 8:00–10:00 am, Senior Center

Badminton, M, W 6:30–8:30 PM, Senior Center

Badminton, T, Th, 8:00–10:00 am, NACC; club play

Basketball, M, W, F, 8:00–10:00 am, NACC

Pickleball, Pick up official schedule at Senior Center front desk.

Table Tennis, T, Th, Sat, 3:00–5:00 PM, Senior Center

Tennis, M–F, 9:30 am, Rolland Moore Park

Ice Skating, W, 9:00–11:00 am, EPIC

Swimming, T, F, 10:00–11:30 am, EPIC

Senior Sports Club meetings are held every other month on the second Monday with a potluck supper at 5:30 p.m. at the Senior Center. Each meeting features helpful information about living a healthy and active life. Information is shared about events and activities.

The activities of the Club are guided by a volunteer board with the assistance of a staff liaison.

Board meetings are held every 2nd Monday of the even months at 9:30 a.m. at the Senior Center.

Current list of sport contacts:

Swimming Kathy Garwood 482.5162

Badminton Dorris Taylor 221.3335

Bicycling Open 226.3477

Bowling Karen Burgess 484.2906
 Rich Larson 221.5190

Table Tennis Clarence Ehlbert 221.0269

Basketball Fritz Kitowski 282.1626

Tennis Fritz Kitowski 282.1626

Track Jim Frances 225.2902

Pickle Ball Clarence Elbert 221.0269

**Front Range Forum – M**

Front Range Forum is an organization serving the residents of Northern Colorado’s Front Range who are intellectually curious and dedicated to enriching their daily lives with the joy that comes with life-long learning. Members facilitate classes for each other; participants take part in short presentations and informal discussions.

The Forum offers 8–10 classes 3 times a year; classes meet two hours a week for up to eight weeks. Topics for study have varied from the Vikings to the Movies; from the Civil War to Science; and from Van Gogh to Broadway Musicals. In addition the Forum sponsors lectures, and a summer program.

For twenty years the Forum has offered friendship and camaraderie. Our newsletter, published four times a year, outlines the courses and lectures offered (Found on line at *fcgov.com/recreation/frf-index.php*). Present membership is $20 per year. For more information call Katie Stieber at 970.224.6029.

The Forum welcomes Senior Center Members who want to enrich their lives through learning.

**Harmonettes – M**

Do you enjoy singing favorite songs from your younger years? The Harmonettes practice and perform seasonal and themed programs of popular music from years past for local assisted living facilities and for special events. No choral experience is required, but ability to read music is helpful. Men and women 50+ are welcome. Contact Katie Stieber at 970.224.6029 for further information.

**Location:** Senior Center

Practice

Ongoing M 9:00 – 10:30 a.m. No Fee

**Older Gay Lesbian Bisexual Transgender (OGLBT)**

This group meets monthly for breakfast or dinner. The locations and times change monthly. It is a social network for persons that are OGLBT and age 50+. Please contact Katie Stieber on her private phone line at 224.6029 or at *kstieber@fcgov.com*.

**SOAP Troupe (Slightly Older Adult Players) – M**

SOAP Troupe produces two major shows per year featuring a variety of acts/short skits, monologues, stand-up comedy, song, dance or instrumental performances, a short play and usually a melodrama or short comedy.

Whether you are experienced or a beginner, your talent can be used to act, pound nails, sew, sing and/or write. Monthly programs and activities are planned. Interested persons are encouraged to attend a meeting. SOAP Troupe is only open to Senior Center Members who are 50+. Dues are $10 annually. SOAP meets at 3:00 p.m. on the fourth Tuesday of each month on the stage of the Senior Center.

Contact Katie Stieber at 970.224.6029 for membership information.

**The Writers Group – M**

Express yourself through writing in any manner you choose regardless of content, genre, or skill. Participants gather weekly to share their work and occasionally write on a topic selected by all. You will be asked to sign in at the meetings; new participants are always welcome. (Senior Center members 50+ only)

***Note:*** *Take notice of new, temporary location.*

**Location:** The Farm 600 N. Sherwood

Ongoing Tu 10:00 am–Noon No Fee

## Health and Wellness Services

Services are for ages 50 & up unless otherwise noted.

**Services Procedures**

Payment is required in advance for services. Services will include, but are not limited to, foot care and full body massage. A service reservation must be canceled at least 24 hours in advance. If not, the fee for this service will not be refunded. Following three missed appointments, the participant will no longer be able to schedule that service at the Senior Center.

**Arthritis Support Group**

This group is designed to offer information and support for those who have arthritis, their family members, friends and/or caregivers. Every meeting provides an opportunity to learn more about arthritis and related resources to meet other people with the condition, network, and share common experiences. Bring your lunch.

**Location:** Senior Center

Ongoing M 11:00 am–12:30 pm No Fee

**Audiology Screens – M**

A certified audiologist from All About Hearing will be available for hearing screenings, cleaning of hearing aids and to check hearing aids and do simple maintenance.

**Audiologist:** Brenna Whittey

**Location:** Senior Center

4/9 W 8:30–9:30 am No Fee

**Blood Pressure Checks – M**

This is an opportunity for seniors to sit down with a registered nurse on a one-to-one basis to get blood pressures taken and ask any health-related questions.

**Age:** All ages per Health District.

**Care Provider:** Health District Nurse

**Location:** Senior Center

Ongoing M 10:00 am–Noon No Fee

**Chair Massage**

Receive a therapeutic chair massage to increase circulation, reduce stress, and provide relief from muscle tension and fatigue. No clothing removed. Care provider is a certified massage therapist. Call 970.232.8589 to make your appointment. Drop-ins welcome as well.

**Therapist:** Annemarie Muehlbradt

**Location:** Senior Center

Ongoing M 9:00 am–Noon $8 (10 minutes)
 $15 (20 minutes)

**Cholesterol Clinics**

Blood pressure, cholesterol and glucose screenings are provided along with counseling and recommendations within 20 minutes by registered nurses. Clients are requested to fast 12 hours before the screenings (water and medications can be taken) to get complete results. Appointments are required. Please call the Health District
at 970.224.5209.

**Care Provider:** Health District Nurse

**Location:** Senior Center

Ongoing T 8:30–10:30 am $15 or sliding scale

Ongoing Th 8:30–10:30 Am $15 or sliding scale

**Foot Care Clinics – M**

The visit starts with a foot soak followed by an assessment of your feet. Your nails are then trimmed, corns and/or calluses are addressed, a skin sloughing treatment is given and a light massage concludes the visit.

**Care Provider:** Erin Sunshine Keefe

**Location:** Senior Center

***Note:*** *Footcare will not take place 4/29 and 5/6. Cancellations must
be made at least 24 hours in advance.*

Ongoing T 9:00–2:30 pm $34/$28

**Legal Services – M**

Free half-hour sessions every first Thursday of the month provided by Marla Hehn. Please call the Senior Center at 970.221.6644 to schedule an appointment. No fee.

**Location:** Senior Center

***Note:*** *No May appointments*

Dates 3/6, 4/3 Th 1:00–5:00 pm No fee

**Massage Therapy – M**

Swedish, integrative and deep tissue massage.

**Therapist:** Mareye Bullock, 970.224.4082

***Note:*** *Payment due when appointment is made (at least 24 hours in advance). Cancellation must be made 24 hours in advance in order to receive a refund.*

**Location:** Senior Center

One Hour

Ongoing M 12:30–6:30 pm $50/$45

Half Hour

Ongoing M 12:30–6:30 pm $27/$25

**VOA Senior Nutrition Program**

Senior nutrition is a service of Volunteers of America in cooperation with the City of Fort Collins Recreation Department. A hot lunch is provided at the Northside Aztlan Center on Tuesdays, Wednesdays, and Thursdays at noon and at the Senior Center on Monday, Tuesday, Thursday, and Friday at noon. A suggested donation of $2.50 is requested. Call 970.472.9630 for more information and reservations.

## Social Opportunities

Events are held at the Senior Center, 1200 Raintree Drive and are for ages 50 years & up unless otherwise noted.

**Bingo – NW M**

The Senior Center members compete against each other for prizes.

3/10 M 1:00–2:00 pm No Fee 212401-01

4/14 M 1:00–2:00 pm No Fee 212401-02

5/12 M 1:00–2:00 pm No Fee 212401-03

**Cards & Games – NW M**

Cards and board games including canasta, mahjongg, scrabble
and cribbage.

***Note:*** *No Cards, games on 4/28 thru 5/7 or 5/26.*

Ongoing M 9:00 am–Noon No Fee

Ongoing W 1:00–4:00 pm No Fee

**Party Bridge – NW M**

Drop-in bridge and pinochle for Senior Center members.

***Note:*** *Class will not be held on 4/29 thru 5/7.*

Ongoing Tu 12:30–4:00 pm No Fee

Ongoing Th 5:30–8:30 pm No Fee

**Pinochle – NW M**

Drop-in bridge and pinochle for Senior Center members.

***Note:*** *Class will not be held on 4/28 thru 5/7.*

Ongoing Tu 12:30–4:00 pm No Fee

Ongoing Th 5:30–8:30 pm No Fee

**Bridge Mentoring – NW M**

Mentoring instruction is based on Standard American Bridge. Nila Hobbs will help you with working through the play of the hands.

3/10,3/24 M 6:30–8:30 pm No Fee
4/14,4/21,
5/12

**Duplicate Bridge – NW M**

Duplicate Bridge, members $2.80, non-members $3.50 weekly.

***Note:*** *Class will not be held on 5/2, 5/9.*

Ongoing F 11:30 am–4:00 pm

## General

**Celebrations – NW M**

Celebrate January, February and March birthdays and anniversaries of the Senior Center members with cake and entertainment. Please register for the party.

3/27 Th 1:30–3:00 pm No Fee 212410-01

**Donut Make U Wonder – NW M**

Ongoing topical discussions with donuts and coffee.

***Note:*** *Class will not be held on 5/2, 5/9.*

Ongoing F 10:00–11:30 am No Fee

**Movies, New Release – NW M**

Join us for new release movies! Schedule of movie titles available at registration desk.

3/7 F 1:00–3:00 pm No Fee

3/21 F 1:00–3:00 pm No Fee

4/4 F 1:00–3:00 pm No Fee

4/18 F 1:00–3:00 pm No Fee

5/16 F 1:00–3:00 pm No Fee

## Social Dance

**Moonlight Melody Dances – NW**

Social dance to live music. Refreshments served.

C.C. Collier

3/3 M 7:00–10:00 pm $4 at the door

Harris & Harris

3/17 M 7:00–10:00 pm $4 at the door

Jim Ehrlich

3/31 M 7:00–10:00 pm $4 at the door

Darrell Sullivan

4/7 M 7:00–10:00 pm $4 at the door

Pepie Calberg

4/21 M 7:00–10:00 pm $4 at the door

Peter Lopez

5/19 M 7:00–10:00 pm $4 at the door

## Special Events

**Spring Artisan Market – NW**

Local artists and small businesses will display their homemade goods and products. This market is a unique blend of homemade and commercial products for Spring shoppers thinking about graduation, Mother’s Day, and Father’s day gifts. You will find the practical, whimsical, lotions and potions and everything in between.

**Location:** Senior Center

***Note:*** *Food and drinks available for purchase. For more information, contact pmoore@fcgov.com or call 970.221.6644.*

4/26 Sa 9:00 am–3:00 pm $1

**Tribute Concert: Motown Greats – NW**

Tribute to the Motown Greats presented by Ron Ivory and the One on One Revue will include the music of Detroit from 1961 to 1974. The Supremes, Temptations, Martha Reeves and the Vandellas, The Four Tops, Gladys Knight and the Pips, Marvin Gaye and Tammi Terrell and many more will be covered.

***Note:*** *Doors open at 6 p.m., snacks and a cash bar provided. Tickets are $18 at the door.*

3/22 Sa 7:00–9:00 pm $15

## Historical Cafe

**Stump Markers – M**

Have you ever wondered what all the decorations mean on grave stones? Journey with photographer, Dick Irwin through the folk art embodied in the stones. He is versed in tree stump grave markers which represent the “tree of life”. Learn about the organization that started the “Tree Stump Markers” in the 1880’s.

***Note:*** *Lunch served after the presentation. Please indicate special dietary needs at registration time.*

3/20 Th 11:30 am–1:30 pm $20 212438-01

Member Price $16

**Honey – M**

Honey has been called the “Nectar of the Gods” and rightfully so. Jeffery Johnston will take you through the history of honey which dates back 8,000 years. Regions all over the world have harvested honey from China, Georgia, Rome, Egypt and Central America. He will talk about his involvement with bees.

***Note:*** *Lunch served after the presentation. Please indicate special dietary needs at registration time.*

4/9 W 11:30 am–1:30 pm $20 212439-01

Member Price $16

**Loralie Designs – M**

Internationally known local artist Loralie Harris will share her journey through art school, professional involvements, and the launch of her company *loraliedesigns.com* in 2011. Her designs on fabric and in embroideries are humorous and colorfully whimsical and very recognizable in the industry.

***Note:*** *Lunch served after the presentation. Please indicate special dietary needs at registration time.*

5/22 Th 11:30 am–1:30 pm $20 212443-01

Member Price $16

**Experience the World...Faces of Fort Collins:
Our Global Community**

The biannual Experience the World series provides an opportunity for us to glimpse of ways the world through art, music, food, dance, religion, traditions, history, geology and the influence of politics and is presented by the City of Fort Collins Recreation Department and Global Village Museum of Arts and Cultures.

Fort Collins has an incredible array of connections to cultures throughout the world – personified by our citizens’ engagement and links around the globe. Photographs and biographies of more than 25 residents provide a glimpse into many of the cultural heritages and globally diverse populations that make our community vibrant. This photographic exhibit, presented by Intercultural Educator Martha Denney and Photographer Betsy Meredith Hudgens is sponsored by the Intercultural Resource Center of the Global Village Museum with assistance from Fort Fund and the City of Fort Collins. Please join us and bring your friends to celebrate Northern Colorado’s amazing global connections from Wednesday, March 5th thru Wednesday,
April 16th.

Join us for a reception and community cultural celebration on Wednesday, March 5 from 1 p.m. Sample a wide array of ethnic cuisine available at local venues. Sample tickets can be purchased at the event.

We invite Senior Center members and friends to share their international connections. Complete the registration form at the main desk at the Senior Center. You will be contacted for an interview. Stories, photos and global connections will be highlighted at the Senior Center in March and April.

## Trips

**General Information**

**Age:** All Senior Center trips are for ages 50 & up unless
otherwise noted.

**Registration:** Pre-registration is required for all trips. Some ticketed events will have an early registration deadline. Call 970.221.6644 to register. Online registration through WebTrac is not available for trips at this time.

**Refunds/Cancellation:** When you purchase seats for any ticketed event, the sale is considered final. No refunds are given unless we resell that ticket.

**Discounts:** No discounts are allowed for trips.

**Departure:** All trips now leave from Edora Pool and Ice Center (EPIC), 1801 Riverside Ave, Fort Collins, CO unless otherwise noted. Out of respect for the other participants we cannot wait for those “running late”. The trip will leave promptly at the posted trip time. Please arrive at least 15 minutes early to avoid missing out.

**Return Times:** Due to traffic situations, length of show/program
or other unknown occurrences, all return times are approximate. Please do not schedule appointments close to return times in case delays occur.

**What is included:** All trip prices include at least transportation and escort. Many include more depending on the trip (See trip details).

**Accommodations:** Individuals who are not independent in daily
living activities or are in need of extra supervision are encouraged
to register and participate with a personal care attendant. At time
of registration, please inform us of any accommodation needed.

There is no transportation fee for the personal care attendant providing assistance but he/she must pay for ticket or meal expenses if those are part of the trip fees. Attendants must register separately from individuals they are assisting so we can make sure to provide necessary seating, meals, tickets, etc.

**Smoking:** Trips are smoke-free whenever possible. No smoking is allowed on vans or buses.

**Door-to-Door Transportation:** Round trip transportation to and from your home is available for most trips if you reside within the Fort Collins city limits (with some exceptions). The cost for this service is $3/person. Requests must be made at the time you register or at least three days prior to the trip.

**Waitlist:** If a trip is sold out you may have your name placed on a waitlist. This list is used to gauge whether we offer another trip or add a van. You will be called in the order it was received; however after the call it will be first come first served.

### Adventure

**CO River Canoe Trip**

See page 84 for details.

**Costa Rica – Rainforest Ramble – NW**

Explore active volcanoes and hike the rainforest with one of the region’s finest naturalists. Boat down a river alive with exotic birds and monkeys. Amble through coffee and banana plantations, and then meet the locals at a special fiesta of traditional foods, dancing and singing (4–6 miles of walking each day).

**Deposit:** $400

**Location**: Senior Center

***Note:*** *10 day/9 night including airfare, transportation, lodging, most meals, tours, guide and escort.*

4/7–4/16 M–W 8:00 am–5:00 pm 205990-01

Single $4435, Double $3799

**Moonlight Snowshoe Feast**

Snowshoe a mile on a beautiful moonlit night to savor an elegant evening of four-course dining in an idyllic backcountry setting at Tennessee Pass Cookhouse. Night hike out and stay at the historic Delaware hotel in Leadville. Explore downtown Leadville the next day before heading back home.

**Deposit:** $150

***Note:*** *2 Day/1 Night including transportation, meals, lodging, tours and escort. Special Cookhouse meal is 4 course including wine. Must be able to snowshoe 2 miles.*

3/13–3/14 Th,F 8:00 am–5:00 pm 211990-01

Single $450, Double $375

**Trains, Peaches, Arches & More**

Back by popular demand…Beat the heat as we ride the train to Glenwood Hot Springs to soak the night away. Tour Glenwood Cavern, Iron Mountain and CO National Monument. Head to Moab and tour Arches National Park. Cruise the CO river and tour High Country Peaches and bring back plenty.

**Deposit:** $200

***Note:*** *4 day/3 nights all inclusive trip Includes motor coach transportation, Amtrak, cruise, lodging, food, admissions, tours
and escort.*

8/25–8/29 M–F 6:00 am–5:00 pm 305992-01

Single $778, Double $649

**Italy: Tuscany & Cinque Terre – NW**

Walk Tuscan countrysides, Europe’s best vineyards, and beneath Roman aqueducts. Meet farmers preparing for the grape harvest with fresh-made wine, olive oil, and breads. Visit Siena, Montepulciano, Rome, Pienza and Cinque Terre, offering a variety of dramatic cliff walks overlooking the Mediterranean coastline.

**Deposit:** $600

***Note:*** *10 day/9 night including airfare, transportation, most meals, tours, guide and escort. (5–8 miles walking most days). Trip Previews: 4/23, 5/19, 6/17, 7 p.m.–8 p.m.*

9/17–9/26 M–Su 8:00 am–11:00 pm 305994-01

Single $5399, Double $4999

### Ongoing Trips

**Rockies Game**

Enjoy the game from shaded seats in Denver’s Coors Field.

***Note:*** *Fee includes van transportation, ticket and escort. This trip is not discountable.*

Rockies vs. Giants

4/23 W 11:00 am–6:00 pm $30 205907-01

5/22 Th Noon–7:00 pm $30 205907-02

Member Price $25

**Casino Trips**

Join us for a day in the mountains at the specified casino. The fee helps support our great Fort Collins Senior Center.

**Location:** Rolland Moore Park

***Note:*** *Casino trips leave from Rolland Moore Park. Fee includes transportation, casino package and escort. Trip fee is not discountable.*

Mardi Gras Blackhawk

3/25 Tu 8:00 am–5:30 pm $6 205910-01

5/20 Tu 8:00 am–5:30 pm $6 205910-02

**Sunday Out to Lunch – NW**

We will head to an area for lunch to enjoy a day out of the house. We will give you an area, but we won’t tell you which restaurant because the mystery is half the fun. A scenic ride home tops off our outing.

***Note:*** *Fee includes transportation and escort. Trip is not discountable. Lunch cost is on your own.*

Boulder

3/2 Su 11:00 am–3:00 pm $8 205930-01

Wellington

4/6 Su 11:00 am–3:00 pm $8 205930-02

Estes Park

5/18 Su 11:00 am–3:00 pm $8 205930-03

### Out to Lunch

***Note:*** *The trip includes transportation and escort. Trip fee is not discountable. Lunch is on your own.*

**Mike O’Shays**

Let’s celebrate St. Patrick’s Day at Mike O’Shay’s, voted the Best Overall Restaurant in Longmont six years in a row. Featuring seafood, Irish fare, choice cut steaks, the best burgers in town, and award-winning desserts. Additionally, all of the sauces and soups are made fresh, in-house. Entrees range from $11–$14.

3/19 W 10:00 am–2:30 pm $12 205932-01

**Barnstormer**

This month’s lunch destination is Barnstormer, located at the Weld County Airport. This is not your typical airport food, plus it has a great view of the planes taking off from the dining room. Featured for lunch: Buffalo burgers, burritos, a variety of sandwiches and much more. Entrees range from $7–$9.

4/21 M 10:30 am–3:00 pm $12 205932-02

**Mama Sannino’s**

The award winning Mama Sannino’s Italian restaurant in Wheat Ridge is our lunch destination this month. Voted “Best Spaghetti and Meatballs” by Westword Magazine, family-oriented Mama Sannino’s features traditional and specialty pastas and Italian sandwiches. Entrees range from $8–$15.

5/29 Th 10:30 am–3:00 pm $12 205932-03

### Traveling Gourmet

***Note:*** *Fee includes van transportation and escort. Dinner cost
is on your own for L’Atelier and Bittersweet. The White Fence trip includes dinner.*

**L’Atelier – Boulder**

This month’s food adventure will be at L’Atelier in Boulder. This playfully formal French restaurant is the creation of critically acclaimed chef-owner, Radek Cerny. Seriously good food (filet mignon, Hawaiian ahi tuna, Lobster Meuniere) with a whimsical artistic presentation. Entrees range from $22–$35.

3/25 Tu 3:30–9:30 pm $20 205940-01

**White Fence Farm – Lak**

Not quite “gourmet”, but good food and fun makes this a great trip. Price includes world famous fried chicken, non-alcoholic drink, cottage cheese, kidney bean salad, pickled beets, coleslaw, corn fritters, and mashed potatoes – All Served Family Style. Also includes dessert and gratuity. You won’t leave hungry.

4/24 Th 3:30–9:30 pm $40 205940-02

**Bittersweet – Denver**

Winner of numerous awards, its housemade breads, pastas, house-cured meat, and handmade dessert all get their inspiration from an artisanal approach to cooking. The 600 sq. ft of organic gardens at the restaurant grow most of the produce featured in the meals. Entrees range from $26–$35.

5/13 Tu 3:30–9:30 pm $20 205940-03

**Outdoor Strolls**

Want to see the great outdoors? These short, easy, level strolls in scenic areas are at your own pace and you determine the distance
you want to walk. Perfect for photographers and artists. No guide,
but driver will accompany. Appropriate footwear is required.

***Note:*** *Fee includes van transportation. Bring your own lunch, snacks, and water.*

Poudre River Trail

4/14 M 9:00 am–3:00 pm $12 205954-01

Gateway Park

4/22 Tu 9:00 am–3:00 pm $12 205954-02

Bobcat Ridge

4/30 W 9:00 am–3:00 pm $12 205954-03

CSU Environmental Learning Center

5/7 W 9:00 am–3:00 pm $12 205954-04

Rocky Mtn. Arsenal

5/14 W 9:00 am–3:00 pm $12 205954-05

### March

**Denver Nuggets Game – NW**

Come cheer on the Denver Nuggets, our professional basketball team, as they play Kobe Bryant and the LA Lakers. Great seats for a premier game at the Denver Pepsi Center.

***Note:*** *Fee includes transportation, Lower Corner Balcony Nuggets ticket (same view as Club Level) and escort.*

3/7 F 5:00–11:30 pm $95 205901-01

Member Price $90

**Harlem Globetrotters – M**

The world famous Harlem Globetrotters have been thrilling millions of fans for 88 years. Their one-of-a-kind family show features mesmerizing ball handling, trick shots, high-flying dunks, and precise timing–all with an array of comedy guaranteed to entertain the young and the young at heart. Bring your grandkids!

**Age:** 10 years & up

***Note:*** *Fee includes transportation, ticket, escort. At Budweiser Event Center. You may attend with or without grandchildren.*

3/29 Sa Noon–4:00 pm $60 205903-01

Member Price $55

***Chicago* – M**

Paint the town red with merry murderesses Roxie Hart, Velma Kelly, their lawyer, Billy Flynn, and the iconic choreography of Bob Fosse. *Chicago* has everything that makes Broadway great: a universal tale of fame, fortune and all that jazz; one show-stopping song after another; and the most astonishing dancing.

***Note:*** *Includes transportation, tickets and escort. Great seats/middle orchestra. The show is at the Denver Buell theatre.*

3/23 Su Noon–6:00 pm $65 205920-01

Member Price $60

***West Side Story***

More than 50 years ago, one musical changed theatre forever. From the first note to the final breath, *West Side Story* soars as the greatest love story of all time. This rendition remains as poignant and timely as ever. The Bernstein & Sondheim score features such classics as *Tonight*, *Feel Pretty*, and *Somewhere*.

***Note:*** *Includes transportation, show ticket, and escort. Show is at the Lincoln Center.*

3/27 Th 6:45–10:00 pm $55 205922-01

**Hearing Dogs Tour – M**

This fascinating trip to the International Hearing Dog Center in Henderson is well worth your time. You will learn how the dogs are trained and matched with those with hearing difficulties. You will also see a short video and watch dogs in action. Following the tour, we will have lunch before returning home.

***Note:*** *Fee includes transportation, tour, and escort. Lunch is on your own with entrees ranging $10–$15.*

3/11 Tu 9:15 am–3:00 pm $25 205950-01

Member Price $20

**Butterfly Pavilion Tour – M**

Home to over 5,000 animals! Meet Rosie, the famous tarantula. Explore a tropical rainforest where 1,600 butterflies rule the sky!
End your journey in the gardens and nature trail where you’re sure to see critters of all kinds. We will have lunch on your own in Denver before returning.

***Note:*** *Includes transportation, guided tour, and escort. Located
in Westminster.*

3/20 Th 9:00 am–3:30 pm $30 205951-01

Member Price $25

**Denver Powwow – M**

American Indian Heritage is celebrated every year at the Denver March Powwow, one of the largest events of its kind in the US. More than 1,600 dancers from 100 tribes from 38 states and 3 Canadian provinces are featured. We’ll see the “Grand Entry” and then visit the Fry Bread, arts, music, and storytelling booths.

***Note:*** *Includes transportation, Powwow entry, and escort. Lunch cost
is on your own.*

3/21 F 9:00 am–4:00 pm $30 205952-01

Member Price $25

***Million Dollar Quartet* – M**

*Million Dollar Quartet* is the electrifying true story of the one and only recording session between Elvis Presley, Johnny Cash, Jerry Lee Lewis, and Carl Perkins. That legendary night from 1956 provides an irresistible tale featuring the timeless hits *Hound Dog*, *Great Balls of Fire*, *I Walk the Line*, and more.

***Note:*** *Includes transportation, tickets, and escort. Great seats/middle orchestra. The show is at the Denver Buell theatre.*

3/9 Su Noon–6:00 pm $90 205970-01

Member Price $85

**Colorado Symphony – NW M**

Cellist Paul Watkins was recently appointed to the prestigious Emerson String Quartet, the first new member in 34 years. He will display his immense talent on *Elgar’s Cello Concerto in E minor*, the composer’s final and most heart-breaking work. Finally, watch the Colorado Symphony’s debut of *Prokofiev’s Symphony No. 4*.

***Note:*** *Fee includes van transportation, symphony tickets, and escort.*

3/16 Su Noon–6:00 pm $70 205972-01

Member Price $65

### April

**Mammoth Lacrosse – M**

Come cheer on Denver’s very own professional Lacrosse team. Beginning in 2003, this team is in its 12th season. Tonight they
will battle the Edmonton Rush.

***Note:*** *Fee includes transportation, club end level ticket, and escort. Located at the Pepsi Center.*

4/11 F 5:00–10:30 pm $50 205905-01

Member Price $45

**Penn & Teller – M**

Is it comedy... or magic... or both? During their 10-year run in
Las Vegas, this duo has become a must-see show and has won
“Las Vegas Magicians of the Year” multiple times! Nobody
ever really knows what they’re in for when they go to one of
Penn & Teller’s shows.

***Note:*** *Fee includes transportation, ticket with great seats and escort. Show is at UCCC in Greeley.*

4/18 F 6:15–10:00 pm $70 205924-01

Member Price $65

**Celtic Woman Tour – M**

The international Irish singing sensation celebrates Ireland and its Celtic heritage through traditional Irish anthems and pop standards. Join the ranks of audiences around the world who have been dazzled by the Aontas Choir, championship Irish dancers, bagpipes, drummers, and the unforgettable, angelic voices.

***Note:*** *Fee includes transportation, ticket with great seats and escort. Show is at UCCC in Greeley.*

4/22 Tu 6:15–10:00 pm $55 205925-01

Member Price $50

***Shadowlands* – M**

*Shadowlands* is a biographical look at the late-in-life relationship between C.S. Lewis and wife Joy Davidman. Lewis experiences a love he’s never known before, only written about. However, a terrible twist of fate reveals a tragic truth for Lewis: a heart awakened to great love is made vulnerable to great pain.

***Note:*** *Includes transportation, tickets, and escort. Great seats. The show is at Denver Center, Space Theatre*

4/27 Su 11:30 am–5:30 pm $65 205926-01

Member Price $60

**CSU Powerhouse Tour – M**

This fascinating tour will take us inside the newly constructed 100,000 sq. ft. green research complex. The Powerhouse will be a catalyst for clean energy transformation and is home to numerous labs, policy centers, superclusters, and start-ups. Enjoy all you care to eat dinner in the newly renovated Durrell Center.

***Note:*** *Includes transportation, tour, escort and dinner (all you care to eat, drink and gratuity). Will include some walking.*

4/29 Tu 3:15–6:00 pm $25 205955-01

Member Price $20

**Colorado Symphony – NW M**

Opening with enigmatic composer Charles Griffes’ lush *The Pleasure Dome of Kubla Kahn*, CO Symphony Concertmaster Yumi Hwang-Williams and celebrated cellist Wendy Sutter then lead the orchestra through Phillip Glass’ *Double Concerto for Violin and Cello*. Rachmaninoff’s *Symphonic Dances* is the final selection.

***Note:*** *Fee includes transportation, symphony tickets (great seats in Mezzanine 5), and escort.*

4/13 Su Noon–6:00 pm $70 205974-01

Member Price $65

### May

***Sisters of Swing* – M**

The Andrews Sisters sold over 90 million records, nine of them gold. They had more Top Ten hits than the Beatles or Elvis. And they are still one of the best-selling female vocal groups of all time! The show follows them from their early days to their rise as recording stars. Over 20 hit songs in the show.

***Note:*** *Fee includes transportation to Boulder Dinner Theatre, dinner including non-alcoholic drink, gratuity, show and escort. Dessert and alcohol are extra.*

5/4 Su 11:00 am–6:00 pm $65 205928-01

Member Price $60

***The Great Gatsby* – M**

It’s the 1920’s, when wealth, glamour and decadence ignited public fascination. Jay Gatsby embraced the era as he set about becoming a self-made millionaire. His biggest conquest was the young socialite, Daisy. Gatsby passionately pursues her love until it all ends tragically in this classic study of American society.

***Note:*** *Fee includes transportation, show ticket, and escort. Arvada Center show. Best seats in the middle of the theater.*

5/21 W 11:00 am–5:30 pm $55 205929-01

Member Price $50

**US National Ice Core Lab – M**

We’ll tour the National Ice Core Lab, a working lab where national and international scientists come to study ice cores. The facility houses over 14,000 meters of ice cores. We’ll learn about current research, the role that ice cores play in understanding Earth’s climate history, and walk briefly through the freezer.

***Note:*** *Includes transportation, guided tour. Lunch cost is on your own in Denver.*

5/15 Th 8:30 am–4:00 pm $25 205953-01

Member Price $20

**Heritage Fair – M**

This fair brings the past alive! Presented as a historical timeline with re-enactor camps spanning the Vikings through World War II, you’ll also see swordsmanship, blacksmithing, weaving demos and more. Watch English Renaissance era dancers, Revolutionary War and Buffalo Soldier mounted combat, and 1890’s baseball.

***Note:*** *Price includes transportation and entrance fee. Lunch and explore on your own. Wear comfortable walking shoes.*

5/3 Sa 9:00 am–4:00 pm $45 205957-01

Member Price $40

**Tea & Washing – M**

The Lee Maxwell Washing Machine Museum is comprised of over 1000 washing machines and is the world’s only comprehensive collection dating from the early 1800’s. Displayed are hand-operated and animal-powered washing machines, machines with gasoline engines, a rocking chair powered machine, and even dancing machines!

***Note:*** *Includes transportation, guided tour, and 4-course lunch and tea at Victorian Tiny Tea house. Located in Eaton, CO.*

5/8 Th 9:00 am–3:30 pm $45 205958-01

Member Price $40

**Coors Field Tour – M**

Hey Rockies Fans! Come tour Coors Field, home of our mighty CO Rockies. This is your chance to see the “back of the house” including stops at Dugout, Visitors’ Clubhouse, Press Center, Club Level, concourse area and much more! Areas subject to change based on stadium events.

***Note:*** *Includes transportation, escort and guided tour. Lunch cost on your own in Denver.*

5/28 W 9:30 am–3:00 pm $30 205959-01

Member Price $25

**Yesterday: The Beatles Tribute – M**

Here comes the British Invasion! *Yesterday – The Beatles Tribute Show Band* is coming from the Las Vegas Strip to the Union Colony Civic Center. Founded by John Lennon performer Don Bellezzo, this group tours worldwide, and is featured on video at McCarran International Airport in Las Vegas.

***Note:*** *Fee includes van transportation and escort. Show is at the UCCC in Greeley.*

5/9 F 6:15–10:00 pm $50 205976-01

Member Price $45

**Colorado Symphony – NW M**

Take a trip to Catfish Row, home to the characters who populate Gershwin’s beloved folk opera, Porgy and Bess. Andrew Litton will conduct his own edition of this American classic, which is as famous for its historical significance as for songs including *Summertime*, *It Ain’t Necessarily So*, and *I Loves You Porgy*.

***Note:*** *Fee includes van transportation, symphony tickets (great seats in Mezzanine 5), and escort.*

5/18 Su Noon–6:00 pm $70 205978-01

Member Price $65