

Adaptive Recreation Opportunities

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

Inclusion

Do you need assistance to fully participate in activities listed throughout the Recreator? The City of Fort Collins welcomes individuals of all abilities into our classes and programs. If you are interested in participation support, please indicate any special needs you may have when you register. Requests should be made at least two weeks before the class begins. Contact Renee Lee, CTRS, 970.224.6027, rlee@fcgov.com

Transition

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

Adaptive Programs

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

Attendants

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

Volunteers Needed

Volunteers are always needed, whether assisting with a few events or being a weekly support partner. No experience is necessary; training is provided. Join us for fun and adventure! Contact Becca Heinze, CTRS, M.Ed., 970. 224.6125 or rheinze@fcgov.com.

Thank you!

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

Check out our webpage at fcgov.com/aro

Contacts

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

Other Opportunities:

Best Buddies

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

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

Facebook: facebook.com/CSUbestbuddies

Website: colostatebestbuddies.webs.com

Dance Express

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

Mary Elizabeth Lenahan, 970.493.2113, danceexpress@juno.com

Special Needs Swim

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

970.491.2321, specialneedsswim@gmail.com

Trips & Tours for People with Special Needs

"Just for the Fun of It"

Joan Handley, 970.532.4032

Club Bunches

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

Christine Barrett, 970.282.0695

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

Therapeutic horseback riding program.

Sherry Butler, 970.221.0646, ridewithfree.org

Transportation

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

Transfort (city bus) 970.221.6620

Dial-A-Ride 970.224.6066

SAINT 970.223.8645

Larimer Lift 970.498.7541

Special Olympics

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

Adult Unified Soccer: Brenda McDowell, 970.416.2024

Youth/Teen Unified Soccer: Brenda McDowell, 970.416.2024

Adult Unified Softball: Brenda McDowell, 970.416.2024

Track and Field, Adult: Lois Douthit, 970.493.6395

Youth: Patsy Kutchar, 970.377.0036

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

Arts & Crafts

Artistic Abilities Art

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

Age: 13 years & up

Location: Colorado State University

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

Aquatics

MS Aqua – NW

This class is designed for people with multiple sclerosis or other neuromuscular disorders. Trained staff gives exercise modifications and assistance, and class members share a supportive social atmosphere. Exercises focus on maximizing or maintaining physical well-being, endurance, strength, and flexibility. Please bring an attendant if you need assistance with personal care. To join or volunteer assist, contact Becca Heinze at rheinze@fcgov.com or 970.224.6125.

Age: 18 years & up

Location: Mulberry Pool

3/24–5/19 Tu,Th 9:30–10:30 AM \$43 202228-01

Adaptive Swim Lessons

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

Age: 5 years & up

Location: Edora Pool Ice Center

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

Fitness

Adaptive Yoga

You will learn a variety of Yoga postures that can be practiced from a chair, standing or seated on the floor. This class is specifically designed for people with multiple sclerosis, spinal cord injury or other neuromuscular disorders and adapted for people of all physical abilities. For more information contact Renee Lee at 970.224.6027 or rlee@fcgov.com. No drop in rate. Class is partially discountable.

Age: 18 years & up

Location: Raintree Athletic Club

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

Martial Arts

Adaptive Martial Arts

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

Age: 12 years & up

Location: Northside Aztlan Center

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

Music & Theatre

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. The final show will take place on May 2! For more information, contact Alison Cope at acope@frii.com. No class on 3/28.

Age: 14 years & up

Location: Club Tico

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

Outdoor Recreation

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. For more information, contact Renee Lee at 970.224.6027 or rlee@fcgov.com. Class is partially discountable.

Age: 14 years & up

Location: Lee Martinez Park

| | | | | |
|-----------|----|--------------|------|-----------|
| 4/16–4/30 | Th | 4:00–5:30 PM | \$18 | 202034-01 |
|-----------|----|--------------|------|-----------|

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. Kids not independent in personal care or who need extra supervision must provide an attendant at no fee. Contact Coach Brad Nelson, brad.nelson@thompsonschoools.edu.

Age: 10–17 years

Location: Mountain View High School

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

Sports

Wheelchair Tennis Clinic

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

Age: 14 years & up

Location: Rolland Moore Tennis

| | | | | |
|-----|----|---------------|-----|-----------|
| 5/2 | Sa | 10:00 AM–Noon | \$5 | 202464-01 |
|-----|----|---------------|-----|-----------|

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. Contact Renee Lee for more information, 970.224.6027. Class partially discountable.

Age: 14 years & up

Location: Northside Aztlan Center

| | | | | |
|----------|----|--------------|------|-----------|
| 3/24–5/5 | Tu | 6:00–8:00 PM | \$22 | 202560-01 |
|----------|----|--------------|------|-----------|

Goalball Plus

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

Age: 12 years & up

Location: Qdoba Event Center

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

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 bmcowell@fcgov.com or 970.416.2024.

Adult Soccer

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

Age: 16 years & up

Location: Troutman Park

4/1–5/6 W 5:30–6:45 PM \$22 202053-01

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 20, 2015. Teams will have practice/games for one hour. Questions? Contact Brenda McDowell at 970-416-2024 or bmcowell@fcgov.com. No practice on 3/23.

Age: 16 years & up

Location: Beattie Elementary

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

Junior Soccer

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

Age: 8–21 years

Location: Troutman Park

Unified Jr. Child

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

Unified Family

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

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 “Trains, Planes and Trucks” and will feature exciting activities, entertainment and more for a gigantic good time! **Note:** This event is provided with support from the Inspiration Playground Endowment Fund. For more information or to volunteer, contact Renee Lee, rlee@fcgov.com.

Age: All

Location: Inspiration Playground

4/10 F 10:30 am–12:30 pm No Fee

Alternative Programs

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

General Information

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

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

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

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

Movie Night

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

Age: 18 years & up

Location: Senior Center

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

Restaurant Night

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

Age: 18 years & up

Location: Senior Center

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

Bowling

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

Age: 18 years & up

Location: Chipper's Lanes North

| | | | | |
|---------|----|---------------|------|-----------|
| 4/4–5/2 | Sa | 12:30–1:30 PM | \$43 | 202906-01 |
|---------|----|---------------|------|-----------|

Special Events

Monthly Themed Dances – NW

Dances are fun filled events to celebrate with friends. Dressing for the theme is highly encouraged! No pre-registration; tickets will be sold at the door. Attendants welcome at no cost. Class is not discountable.

Age: 18 years & up

Location: Senior Center

Luck O' the Irish

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

Spring Fling

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

Fiesta

| | | | | |
|------|---|--------------|--------|-----------|
| 5/29 | F | 6:00–8:00 PM | \$3.50 | 202405-03 |
|------|---|--------------|--------|-----------|

Trips & Outings

Dino-Light! and Dinner

Join us for a matinee showing of "Dino-Light" at the Lincoln Center - Puppetry, technology, music and dance, followed by dinner at an Old Town establishment. Price includes transportation to/from the Senior Center, and a ticket to the show. Bring approximately \$15 for dinner and a tip. Registration and cancellation deadline is 04/10/2015. No refunds will be given unless your ticket can be resold. Attendants must pre-register separately for \$10.

Age: 18 years & up
Location: Senior Center

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

Denver Aquarium & IMAX Trip

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

Age: 18 years & up
Location: Senior Center

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

Education

Cooking

Learn how to cook tasty foods while gaining positive eating habits. We will help you with the cooking and setting the table, and then we will all sit down to sample the finished products. Attendants welcome at no cost. Class is not discountable. Please report any food allergies to Becca at rheinze@fcgov.com or 970.224.6125.

Age: 18 years & up
Location: Senior Center

Creative Cooking

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

Healthy Choices

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

Mexican Fiesta

| | | | | |
|------------|------|--------------|------|-----------|
| 5/6 & 5/21 | W,Th | 6:30–8:00 PM | \$18 | 202401-03 |
|------------|------|--------------|------|-----------|

Outdoor

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. Attendants welcome at no cost but please inform Becca Heinze at rheinze@fcgov.com or 970.224.6125 to reserve space in the van. Class not discountable

Age: 18 years & up
Location: Senior Center

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

Aqua Fitness

Classes are for ages 18 years & up unless otherwise noted. Classes with fewer than 5 patrons registered by the end of the first day of class will be canceled for that session. Drop-in participants do not count in registration numbers. Patrons may attend only the class for which they are registered. There are no make-up classes for missed aqua fitness classes. If the class enrollment is not met, the class will be canceled and there will be no drop-in.

Drop-In

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

- \$5.50/class visit
- 1 admission from a 10 admission drop-in fitness pass (\$50)

Aqua Personal Training

See page 59 for details.

Low Intensity

Twinges in the Hinges

People with arthritis can exercise! Certified instructors lead the class through gentle, no-impact movements. The warm water may help relieve pain and stiffness. The water's buoyancy and resistance provides support and help to maintain joint flexibility. No class on 5/25.

Age: 18 years & up

Location: Edora Pool Ice Center

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

Stretch & Tone

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

No class on 5/25.

Age: 18 years & up

Location: Senior Center

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

Basic H2O Workout

Get started in water exercise! This class is designed for people new to water exercise, recovering from an injury or with physical limitations. Range-of-motion, stretching and cardiovascular elements are emphasized. No class on 5/25.

Age: 18 years & up

Location: Senior Center

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

Twinges Plus

This class takes range-of-motion exercises from Twinges and adds low impact cardiovascular work. Twinges Plus is excellent for people who have recently been diagnosed with arthritis or other joint-related conditions. No class on 5/25.

Age: 18 years & up

Location: Senior Center

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

Splash – Silver Sneakers

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

Age: 50 years & up

Location: Senior Center

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

Medium Intensity

Classics

Enjoy the classic blend of aerobics, toning and stretching. This is the right place to begin an exercise program, maintain your fitness level or add a challenging workout! No class on 5/25.

Age: 18 years & up

Location: Mulberry Pool

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

Location: Edora Pool Ice Center

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

Location: Senior Center

| | | | | |
|-----------|-------|----------------|---------|-----------|
| 3/16–4/17 | M,W,F | 6:15–7:15 AM | \$52.50 | 200422-01 |
| 4/20–5/22 | M,W,F | 6:15–7:15 AM | \$52.50 | 200422-02 |
| 5/27–6/26 | M,W,F | 6:15–7:15 AM | \$49 | 200422-03 |
| 3/16–4/17 | M,W,F | 9:30–10:30 AM | \$52.50 | 200422-04 |
| 4/20–5/22 | M,W,F | 9:30–10:30 AM | \$52.50 | 200422-05 |
| 5/27–6/26 | M,W,F | 9:30–10:30 AM | \$49 | 200422-06 |
| 3/16–4/17 | M,W,F | 5:15–6:15 PM | \$52.50 | 200422-07 |
| 4/20–5/22 | M,W,F | 5:15–6:15 PM | \$52.50 | 200422-08 |
| 5/27–6/26 | M,W,F | 5:15–6:15 PM | \$49 | 200422-09 |
| 3/17–4/16 | Tu,Th | 8:00–9:00 AM | \$35 | 200422-10 |
| 4/21–5/21 | Tu,Th | 8:00–9:00 AM | \$35 | 200422-11 |
| 5/26–6/25 | Tu,Th | 8:00–9:00 AM | \$35 | 200422-12 |
| 3/17–4/16 | Tu,Th | 9:00–10:00 AM | \$35 | 200422-13 |
| 4/21–5/21 | Tu,Th | 9:00–10:00 AM | \$35 | 200422-14 |
| 5/26–6/25 | Tu,Th | 9:00–10:00 AM | \$35 | 200422-15 |
| 3/17–4/16 | Tu,Th | 10:00–11:00 AM | \$35 | 200422-16 |
| 4/21–5/21 | Tu,Th | 10:00–11:00 AM | \$35 | 200422-17 |
| 5/26–6/25 | Tu,Th | 10:00–11:00 AM | \$35 | 200422-18 |
| 3/17–4/16 | Tu,Th | 4:00–5:00 PM | \$35 | 200422-19 |
| 4/21–5/21 | Tu,Th | 4:00–5:00 PM | \$35 | 200422-20 |
| 5/26–6/25 | Tu,Th | 4:00–5:00 PM | \$35 | 200422-21 |
| 3/17–4/16 | Tu,Th | 7:00–8:00 PM | \$35 | 200422-22 |
| 4/21–5/21 | Tu,Th | 7:00–8:00 PM | \$35 | 200422-23 |
| 5/26–6/25 | Tu,Th | 7:00–8:00 PM | \$35 | 200422-24 |

Aqua-Natal

For women during or after pregnancy! Low and medium impact exercises will maintain muscle tone and cardiovascular fitness. The water may also ease the pressure of the pregnancy or build muscle to help you support your newborn's weight. Take off that excess weight after delivery! No class on 5/25.

Age: 18 years & up

Location: Senior Center

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

Fitness and Fun

This class combines the traditional water workout with water volleyball and other fun games. If you are looking for a break from the norm, this is the class for you. No class on 5/25.

Age: 18 years & up

Location: Senior Center

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

High Intensity

Deep H2O

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

Age: 18 years & up

Location: Mulberry Pool

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

Location: Edora Pool Ice Center

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

Aqua Box

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

Age: 18 years & up

Location: Senior Center

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

Aquatics

Aquatics Policies

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

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

All patrons are required to shower before entering any pool.

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

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

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

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

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

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

Group Rates for Swimming

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

of children# of in-water adult supervisors

| | |
|-------|---|
| 1-6 | 1 |
| 7-12 | 2 |
| 13-18 | 3 |
| 19-24 | 4 |

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

Birthday Party Packages

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

Private Swim Instruction

Private swim instruction is available for all ability levels. Interested persons can fill out a request form with a cashier at either EPIC or Mulberry Pool facilities. Fee based on a 30 min. session: 1 person \$25, 2 people \$35 and 3 people \$45. These private lessons are not discountable and are scheduled based on instructor availability. **Note:** Patrons swimming recreationally before or after a private swim lesson must pay the drop-in fee.

Scout Water Badges

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

Underwater Hockey

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

Age: 14+

Ongoing M 8:00-9:30 PM \$6/day

Learn-To-Swim Policies

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

endurance/distance in the various strokes.

Edora Pool Ice Center (EPIC), 1801 Riverside

Mulberry Pool (MP), 424 West Mulberry

Drop-in Swim Test

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

Mulberry Pool, Wednesday, 4–7:30 p.m.

EPIC, Saturday, Noon–5:30 p.m.

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

If the class you wish to register for is filled, you may place your

name on a paid waiting list no later than one week prior to the start of the class. Every attempt is made to accommodate the demand

for swim lessons.

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

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

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

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

Make-up lessons are NOT available.

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

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

Minimum for all classes based on cost efficiency is 4.

Lunchtime Splash & Dash

Join intermediate and advanced fitness swimmers for workouts designed to improve strength, endurance and form.

Typical workouts vary from 1,800–3,200 yards, with an emphasis on intervals and variable speed training. Participants need a foundation in freestyle and the ability to repeatedly swim 50 yards nonstop. Class will not be held on 3/16, 3/18, 3/20.

Age: 18 years & up

Location: Mulberry Pool

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

Adult – Improving Skills and Swimming Strokes

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

Age: 15 years & up

Location: Edora Pool Ice Center

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

Advanced Blended Learning

These blended learning courses combine online learning with hands-on skill sessions. Practice skills and demonstrate

competency, reinforce skills learned with a Red Cross-certified instructor, complete interactive lessons and activities on your own time with the online portion while building the same knowledge and skills as our traditional training course.

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

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

Now Hiring Lifeguards and Instructors for Summer!

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

Lifeguard Training

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

Age: 15 years & up

Location: Edora Pool Ice Center

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

Water Safety Instructor

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

Age: 16 years & up

Location: Mulberry Pool

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

Lifeguard Review

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

Age: 17 years & up

Location: Edora Pool Ice Center

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

Diving

Discover Scuba Diving

Learn how to use scuba equipment in shallow water and get a quick and easy introduction to what it takes to explore the underwater world. You will learn the basics you need to dive under the direct supervision of a PADI Professional including but not limited to seeing what scuba equipment feels like to wear and use. **Note:** Participants must call CSDA 1.855.557.2822 prior to class start. Additional required paperwork must be completed to participate in class. Class not discountable

Age: 10 years & up

Location: Edora Pool Ice Center

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

Open Water Diver

Here is the class to get your PADI certification. The PADI Open Water Diver course will give you the basic principles of scuba diving, the use of basic scuba gear including a dive computer and standard accessories as well as introduce you to the adventure of diving underwater. Additional books will need to be purchased. Participants must call CSDA 1.855.557.2822 prior to class start. Additional required paperwork must be completed to participate in class. Class not discountable

Age: 10 years & up

Location: Edora Pool Ice Center

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

Scuba Challenge

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

Age: 10 years & up

Location: Edora Pool Ice Center

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

Youth

Advanced Guppy

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

Age: 10 months–2 years

Location: Mulberry Pool

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

Location: Edora Pool Ice Center

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

Guppy

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

Age: 6–18 months

Location: Edora Pool Ice Center

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

Level 1

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

Age: 6–12 years

Location: Mulberry Pool

| | | | | |
|-----------|-------|-------------------|------|-----------|
| 4/7–5/7 | Tu,Th | 4:15–4:45 PM | \$50 | 201222-01 |
| 4/7–5/7 | Tu,Th | 6:15–6:45 PM | \$50 | 201222-02 |
| 4/7–5/7 | Tu,Th | 6:55–7:25 PM | \$50 | 201222-03 |
| 4/11–5/9 | Sa | 8:20–8:50 AM | \$25 | 201222-04 |
| 4/11–5/9 | Sa | 10:20–10:50 AM | \$25 | 201222-05 |
| 4/11–5/9 | Sa | 11:40 AM–12:10 PM | \$25 | 201222-06 |
| 3/1–3/29 | Su | 3:55–4:25 PM | \$20 | 201222-07 |
| 3/1–3/29 | Su | 5:55–6:25 PM | \$20 | 201222-08 |
| 3/1–3/29 | Su | 6:40–7:10 PM | \$20 | 201222-09 |
| 4/12–5/10 | Su | 3:15–3:45 PM | \$25 | 201222-10 |
| 4/12–5/10 | Su | 4:35–5:05 PM | \$25 | 201222-11 |
| 4/12–5/10 | Su | 6:40–7:10 PM | \$25 | 201222-12 |

Location: Edora Pool Ice Center

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

Level 2

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

Age: 6–12 years

Location: Mulberry Pool

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

| | | | | |
|-----------|----|--------------|------|-----------|
| 4/12–5/10 | Su | 6:40–7:10 PM | \$25 | 201224-13 |
|-----------|----|--------------|------|-----------|

Location: Edora Pool Ice Center

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

Level 3

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

Age: 6–12 years

Location: Mulberry Pool

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

Location: Edora Pool Ice Center

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

Level 4

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

Age: 6–12 years

Location: Mulberry Pool

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

Location: Edora Pool Ice Center

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

Level 5

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

Age: 6–12 years

Location: Mulberry Pool

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

Location: Edora Pool Ice Center

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

Preschool 1

This class is designed for children ready to be independent of a parent in the water. They will be introduced to basic water

skills and learn how to be safe in and around water. Class partially discountable. Class will not be held on 3/22.

Age: 3–5 years

Location: Mulberry Pool

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

Location: Edora Pool Ice Center

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

Preschool 2

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

Age: 3–5 years

Location: Mulberry Pool

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

Location: Edora Pool Ice Center

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

Preschool 3

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

Age: 3–5 years

Location: Mulberry Pool

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

Location: Edora Pool Ice Center

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

Tadfish

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

Age: 2–4 years

Location: Mulberry Pool

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

Location: Edora Pool Ice Center

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

Arts & Crafts

Visual Arts and Crafts Show

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

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

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

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

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

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

Request for Exhibits

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

Visual Arts Committee

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

Request for Submission, Photography

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

Seeking Teachers

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

Volunteers Wanted

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

Drawing

Comics Essentials

Develop your own style of drawing whether it is doodles, stick figures or super heroes. Learn how to draw cartoon people, places and animals. Turn your own characters and concepts into finished comics or gag cartoons or cards. Supply list available at registration. Those 14 and older may register for this class also.

Age: 18 years & up

Location: Senior Center

3/17-4/28 Tu 6:30-8:30 PM \$49 203407-01

Drawing from the Right Side of the Brain

Awaken your creativity and improve your drawing skills. This class intensive class is aimed at those who have little or no drawing experience. The class will guide you through basic perceptual skills to put you in touch with your creative side of your brain and learn new seeing and drawing skills. Supply list available at registration (approximate cost \$50-\$75). Class partially discountable.

Age: 18 years & up

Location: Senior Center

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

Fiber Arts

Felting, Needle

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

Age: 14 years & up

Location: Senior Center

Felting, Spring Flowers

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|------|----|--------------|------|-----------|
| 3/14 | Sa | 9:00 AM–Noon | \$27 | 203436-01 |
|------|----|--------------|------|-----------|

Felting, Easter Bunny

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|------|----|--------------|------|-----------|
| 4/11 | Sa | 9:00 AM–Noon | \$27 | 203436-02 |
|------|----|--------------|------|-----------|

Felting, Gnomes and People

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|-----|----|--------------|------|-----------|
| 5/9 | Sa | 9:00 AM–Noon | \$27 | 203436-03 |
|-----|----|--------------|------|-----------|

Quilting Quorum – M

All levels of quilters are welcome and may work on any projects. You may also work on items for a charity of your choice or the ones the group has adopted that offers quilts for people in need. Meet other local quilters, swap tips, share techniques, and a common interest in quilting. There is no instructor. No fee, but must be a Senior Center member. Sewing machines, mats, cutters, and material are available.

Age: 50 years & up

Location: Senior Center

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

General

C.H.A.T. Crafts Hobbies Arts – M

Open for scrapbooks, crochet, watercolor, knitting, or some other hobby. Enjoy the relaxed atmosphere where you can meet new friends and share an enthusiasm for the arts and crafts. This group of creative people meets weekly to work on projects and share ideas and techniques. No instructor provided. Learn from others, discuss the many aspects of different art related hobbies and crafts. No fee, but must be a Senior Center member.

Age: 50 years & up

Location: Senior Center

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|---------|---|--------------|--------|-----------|
| Ongoing | W | 1:00–3:00 PM | No Fee | 203496-01 |
|---------|---|--------------|--------|-----------|

Open Shop (MO) – M

Many tools available for jewelry, stained glass, and woodworking. Also available are scroll saws, wood lathes, other wood related tools as well as basic tools for mechanical repairs. A shop attendant is on duty to assist with questions. Production work or work on items for sale is not permitted. There is no fee. A Senior Center membership is required to participate in open lab time.

Age: 18 years & up

Location: Senior Center

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

Jewelry

Jewelry, Beginning

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

Age: 18 years & up

Location: Senior Center

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

Jewelry Enameling

Explore the fundamentals of enamels on copper and silver. This class is for intermediate or advanced students that have

an understanding of jewelry concepts. We will cover tools, materials, and processes used in enameling as it relates to the jewelry size scale. PREREQUISITE: Beginning Jewelry. Supply list available at registration. Supply cost varies with project choice. (approximate cost \$15–45). Class partially discountable

Age: 18 years & up

Location: Senior Center

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

Paper Arts

Calligraphy, Continuing

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

Age: 18 years & up

Location: Senior Center

3/11–4/15 W 6:30–8:30 PM \$69 203410-01

Soft Cover Journal Workshop

Make your own soft cover journal that is perfect for recording everything from your travel adventures to your garden notes. Participants will learn the basics of sewing a multiple signature book as they make their own journal. Bring pencil, Scissors and a bone folder. All other materials provided. Class partially discountable. Bring sack lunch or eat nearby.

Age: 18 years & up

Location: Senior Center

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

Soul Collage, Introduction

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

Age: 18 years & up

Location: Senior Center

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

Photography

Photography, Beginning

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

A field trip will be on Saturday after the start of your class.

Age: 18 years & up

Location: Senior Center

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

Age: 18 years & up

Location: Senior Center

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|-----------|---|--------------|------|-----------|
| 4/29–5/13 | W | 6:00–9:00 PM | \$44 | 203431-01 |
|-----------|---|--------------|------|-----------|

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

Age: 18 years & up

Location: Senior Center

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|------|----|-----------------|------|-----------|
| 3/19 | Th | 9:00 AM–3:30 PM | \$60 | 203427-01 |
|------|----|-----------------|------|-----------|

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. Supply list available at registration (approximate cost \$30–\$50). This class is ongoing and meets weekly on a month-to-month basis. Class will not be held on 5/25.

Age: 18 years & up

Location: Senior Center

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

Porcelain Painting, Intermediate

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

Age: 18 years & up

Location: Senior Center

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

Age: 18 years & up

Location: Senior Center

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

Age: 18 years & up

Location: Senior Center

3/12–4/16 Th 1:00–3:00 PM \$74 203480-01

Watercolor, Intermediate and Advanced

This class will take you on an in-depth exploration into watercolor techniques. Emphasis on observation and various brush techniques will be covered. This class will challenge the students that have had beginning watercolor and would like to build their skills and knowledge of artistic concepts. **PREREQUISITE:** Beginning Watercolor Supply list available at registration (approximate cost \$50–\$100). Class partially discountable.

Age: 18 years & up

Location: Senior Center

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

Woodworking

Woodworking, Intermediate

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

Age: 18 years & up

Location: Senior Center

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

Pottery

Pottery Pals

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

Work Study Program

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

Private Pottery Instruction

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

Pottery, Beginning Wheel/Handbuilding

This class is for the students who have never had pottery. You will learn about clay, tools, and glazing plus much more. You will learn the basic skills, techniques and principles involved in pottery. Primary emphasis for the class is on creating using the potter's wheel as a tool. Some handbuilding will be covered. Lab time included. All tools and supplies provided, 25 pounds of clay included in the fee. Need to purchase a tool kit at the first class, if needed (\$12) Class will not be held on 5/26.

Age: 18 years & up

Location: Pottery Studio

3/23–6/1 M 9:00–11:00 AM \$139 204850-01

3/23–6/1 M 5:45–7:45 PM \$139 204850-02

3/25–5/27 W 8:00–10:00 PM \$139 204850-03

Pottery, Beginning Plus Wheel/Handbuilding

This class is paced for students who have previously taken a beginning class, and are acquainted with the basic techniques involved in wheel throwing. This class is excellent for students that are not feeling comfortable with the clay and wish to hone their skills some before progressing to intermediate. PREREQUISITE: One or more sessions of Beginning Wheel/Handbuilding. Lab time included. All tools and supplies provided, 25 pounds of clay included in the fee. Class will not be held on 5/26.

Age: 18 years & up

Location: Pottery Studio

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

Pottery, Intermediate Wheel/Handbuilding

The class will deal with more complex ceramic/pottery techniques and skills. Expression and exploration of form will be taught. Intermediate students must have had experience working with clay and should know the principles of the wheel. PREREQUISITE: Beginning Wheel/Handbuilding or equivalent. Lab time included. All tools and supplies provided, 25 pounds of clay included in the fee. Need to purchase a tool kit at first class for \$12.

Age: 18 years & up

Location: Pottery Studio

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

Pottery, Advanced Wheel/Handbuilding

This class looks further into the development of form while honing your high-end techniques. Emphasis is placed on combining your own creativity with conceptual thought into design. PREREQUISITE: Intermediate Wheel/Handbuilding or equivalent. Lab time included, 25 pounds of clay included in the fee.

Age: 18 years & up

Location: Pottery Studio

3/26–5/28 Th 5:30–7:30 PM \$139 204865-01

Pottery Sampler

Adults enrolled in this class will be encouraged to create while learning the techniques of clay. You will be introduced to handbuilding and wheel-throwing, as well as glazing and studio operation. If you have always wanted to know about pottery, join this introductory class. There is no lab offered with this class. All materials and tools provided. In this class, clay will be provided as needed.

Age: 18 years & up

Location: Pottery Studio

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

Pottery, Handbuilding Expressions

Students will explore three-dimensional form in clay using handbuilding techniques as they relate to sculpture. Create moderate-sized pieces within the framework of ceramic construction. Use additive and subtractive methods in clay to explore line and form, integrated with design and shape relationships. This class is for all levels. 25 pounds of basic clay, glazes and firings provided. Lab time included. Need to purchase a tool kit at the first class.

Age: 18 years & up

Location: Pottery Studio

3/25–5/27 W 6:00–8:00 PM \$139 204875-01

Pottery, Construction Techniques

This 5 week class will address imaginative methods of handbuilding while using extruders, slab rollers, various textures and forms. You will push the traditional boundaries of utilitarian clay as well as concentrate with some focus on functionality. This class is for all levels. Lab for 5 weeks only is included with this class. 25 pounds of basic clay, glazes, and firings provided. Need to purchase a tool kit at first class for \$12.

Age: 18 years & up

Location: Pottery Studio

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

Pottery, Creative Clay Craft

Your creativity and inventiveness combine to create out of the ordinary clay structures that are not necessarily utilitarian. All this while drawing upon inspiration while using some of the more exotic tools like extruders, slab rollers, and incorporating various textures for rich surfaces. No previous experience necessary. This class is for all levels. Lab is included. 25 pounds of basic clay, glazes, and firings provided. Need to purchase a tool kit at first class for \$12.

Age: 18 years & up

Location: Pottery Studio

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|-----------|---|---------------|-------|-----------|
| 3/27–5/29 | 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. Lab Fee includes 25 pounds of clay. Lab hours are for adults only. Open lab times are not available for students enrolled in the Sampler Class. Class will not be held on 5/25.

Age: 18 years & up

Location: Pottery Studio

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

Parent & Child

Art Start

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

Age: 2–5 years

Location: Mulberry Pool

Age: 2–3 years

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

Age: 2–5 years

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

Art Discovery

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

Age: 3–4 years

Location: Mulberry Pool

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

Art Studio for Preschoolers

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

Age: 3–6 years

Location: Mulberry Pool

Beads

| | | | | |
|-----|----|----------------|------|-----------|
| 3/3 | Tu | 10:00–11:30 AM | \$10 | 116206-08 |
|-----|----|----------------|------|-----------|

Saint Patrick's Day

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

Tie Dye

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

Bunnies & Chicks

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

Paint

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

Clay

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

Weaving

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

Art Studio

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

Age: 6–12 years

Location: Mulberry Pool

Beads 1 day

| | | | | |
|-----|----|--------------|------|-----------|
| 3/3 | Tu | 4:30–6:00 PM | \$10 | 116207-08 |
|-----|----|--------------|------|-----------|

Saint Patrick's Day

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

Clay

| | | | | |
|------|----|--------------|------|-----------|
| 3/24 | Tu | 4:30–6:00 PM | \$14 | 216207-01 |
|------|----|--------------|------|-----------|

Explorations

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

Paint

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

Weaving

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

Tie Dye

| | | | | |
|------|----|--------------|------|-----------|
| 5/19 | Tu | 4:30–6:00 PM | \$14 | 216207-05 |
|------|----|--------------|------|-----------|

Flowers ala O'Keeffe

Create flowers using Georgia O'Keeffe as inspiration.

Age: 6–12 years

Location: Northside Aztlan Center

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

Canvas Painting

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

Age: 6–12 years

Location: Mulberry Pool

| | | | | |
|------|---|--------------|------|-----------|
| 4/13 | M | 1:00–3:00 PM | \$24 | 216543-01 |
|------|---|--------------|------|-----------|

Pottery Youth

Parents or Grandparents & Children Together

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

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

Birthday Parties

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

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

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

Boy and Girl Scout Badges

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

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

Pottery, Parent & Tot Mud, Handbuilding

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

Age: 3–5 years

Location: Pottery Studio

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

Pottery, Child Handbuilding

Youngsters will make interesting clay projects while learning various methods of forming and glazing clay. The projects are constantly being varied so it is possible to register for classes as many times as you wish. The fee includes all tools and materials. Lab time not included. Class will not be held on 5/25.

Age: 6–9 years

Location: Pottery Studio

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

Pottery, Youth Wheel & Handbuilding

Emphasis will be on students learning basic potter's wheel skills. Handbuilding as well as other skills and techniques will be taught. The fee includes all tools and materials. Lab time not included.

Age: 10–12 years

Location: Pottery Studio

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

Pottery, Teen Wheel & Handbuilding

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

Age: 13–17 years

Location: Pottery Studio

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

Pottery, Parent & Child Handbuilding

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

Age: 6–9 years

Location: Pottery Studio

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

Pottery, Parent Teen & Youth Wheel & Handbuilding

A unique opportunity is created for the two of you to explore the world of clay together. You will be making functional pots and whimsical, imaginative clay objects in this combination wheel/handbuilding class. **Note:** The fee includes all tools and materials. One parent per youth (each additional youth, \$44.50). Lab time not included.

Age: 10–17 years

Location: Pottery Studio

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

Dance & Movement

Adult

Belly Dancing

Belly Dancing Beginning

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

Age: 18 years & up

Location: Senior Center

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

Belly Dancing, Intermediate

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

Age: 18 years & up

Location: Senior Center

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

Ballet

Ballet, Beginning

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

Age: 18 years & up

Location: Club Tico

| | | | | |
|----------|----|--------------|------|-----------|
| 3/24–5/5 | Tu | 5:40–6:40 PM | \$46 | 206102-01 |
|----------|----|--------------|------|-----------|

Ballet, Low-Intermediate

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

Age: 18 years & up

Location: Empire Grange

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

Ballet, Intermediate

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

Age: 18 years & up

Location: Club Tico

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

Dance

Ballroom in Afternoon

Ballroom Brush Up for Boomers with 2 classic styles each series such as Waltz/Foxtrot in 3 monthly series offering

rotating styles each month includes Swing, Cha Cha, and Rumba. Couples register for sections 01, 03, 05. Individuals register for 02, 04, 06. Instructor is Nancy Mandy Evans.

Age: 18 years & up

Location: Senior Center

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

Argentine Tango

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

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

Latin Salsa & Argentine Tango

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

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

Classical Shape Up, Silver Sen

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

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

General

Mother Daughter Dance

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

Age: 12 years & up

Location: Senior Center

| | | | | |
|-----|----|--------------|-----|-----------|
| 5/9 | Sa | 3:30-5:00 PM | \$8 | 206450-01 |
|-----|----|--------------|-----|-----------|

Line Dance

Line Dance, Starter Class

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

Age: 18 years & up

Location: Senior Center

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

Line Dance, Continued

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

Age: 18 years & up

Location: Senior Center

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

Modern

Modern Dance

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

Age: 18 years & up

Location: Club Tico

| | | | | |
|----------|----|--------------|------|-----------|
| 3/24–5/5 | Tu | 6:45–7:45 PM | \$46 | 206156-01 |
|----------|----|--------------|------|-----------|

Youth

Ballet & Modern Dance

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

Grade: Kindergarten–2

Location: Club Tico

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

Hip Hop for Preschool

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

Age: 3–5 years

Location: Club Tico

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

Dancing Swans

This pre-ballet/movement class will introduce three and four year olds to basic dance, movement and body awareness activities using imagery and imaginative play. This is a child without parent class.

Age: 3–4 years

Location: Club Tico

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

Tappin' Dumplin's

In this variation of our traditional Dancin' Dumplin's, participants will explore a little tap dancing as well as dance steps, movement, tumbling and creativity. Appropriate attire is required: leotard and tights, or T-shirts and shorts. Tap shoes are encouraged. Loaner shoes may be available from instructor. Please call 970.224.6032 for more information.

Age: 4–5 years

Location: Mulberry Pool

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

Dancin' Dumplin's

This class for preschoolers will introduce your child to dance rhythms, movement, tumbling and creativity. Confidence will result from this fun-filled class. Appropriate attire is required: leotard and tights, or T-shirts and shorts.

Age: 3–3 years

Location: Mulberry Pool

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

Jazz Tap Combo Recital

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

Age: 6–8 years

Location: Mulberry Pool

| | | | | |
|-----------|---|--------------|-------|-----------|
| 3/11–5/13 | W | 5:45–6:45 PM | \$103 | 216257-01 |
|-----------|---|--------------|-------|-----------|

Tappin' Dumplings Recital

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

Age: 4–5 years

Location: Mulberry Pool

| | | | | |
|-----------|----|--------------|-------|-----------|
| 3/10–5/12 | Tu | 4:15–5:15 PM | \$103 | 216258-01 |
|-----------|----|--------------|-------|-----------|

Dancin' Dumplin's Recital

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

Age: 4–7 years

Location: Mulberry Pool

Age: 4–5 years

| | | | | |
|-----------|----|----------------|-------|-----------|
| 3/10–5/12 | Tu | 10:45–11:45 AM | \$103 | 216259-01 |
|-----------|----|----------------|-------|-----------|

| | | | | |
|-----------|---|---------------|-------|-----------|
| 3/13–5/15 | F | 9:00–10:00 AM | \$103 | 216259-02 |
|-----------|---|---------------|-------|-----------|

Age: 5–7 years

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

Just Tumbling

The emphasis of this class will be on learning all the basic tumbling skills and then incorporating them in a mini-floor exercise routine. Class will not be held on 4/23.

Age: 7–8 years

Location: Mulberry Pool

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

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. Appropriate attire is required: leotard and tights, or T-shirts and shorts. No jeans are allowed. Class will not be held on 4/20, 4/27, 4/23.

Age: 4–7 years

Location: Mulberry Pool

Age: 4–5 years

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

Age: 5–6 years

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

Age: 6–7 years

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

Petite Ballerinas

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

Age: 3–5 years

Age: 3–4 years

Club Tico

Petite Ballerinas I

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

Petite Ballerinas I

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

Petite Ballerinas I

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

Northside Aztlan Center

Petite Ballerinas I

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

Petite Ballerinas I

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

Petite Ballerinas I

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

Age: 4-5 years

Club Tico

Petite Ballerinas II

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

Petite Ballerinas II

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

Petite Ballerinas II

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

Northside Aztlan Center

Petite Ballerinas II

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

Petite Ballerinas II

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

Petite Ballerinas II

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

Petite Ballerinas Performance

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

Age: 3–6 years

Location: Northside Aztlan Center

Age: 3–4 years

Petite I Prep

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

Petite I Group

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

Age: 4–5 years

Petite II Prep

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

Petite II Group

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

Age: 5–6 years

Petite III Prep

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

Petite III Group

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

Petite Ballet Performance

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

Age: 7–12 years

Location: Northside Aztlan Center

Age: 7–11 years

Ballet I Prep

| | | | | |
|-----------------------------------|----|----------------|------|-----------|
| 3/7–3/28 | Sa | 1:00–1:45 PM | \$44 | 216565-01 |
| Ballet I Group | | | | |
| 4/4–5/23 | Sa | 1:00–1:45 PM | \$94 | 216565-02 |
| Age: 8–12 years Ballet II Prep | | | | |
| 3/7–3/28 | Sa | 11:00–11:45 AM | \$44 | 216565-03 |
| Ballet II Group | | | | |
| 4/4–5/23 | Sa | 11:00–11:45 AM | \$94 | 216565-04 |

Day Camps

General

Spring Break Mini Camp

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

Age: 4–7 years

Location: Mulberry Pool

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

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. In case of inclement weather we will call you with a make-up date. You will receive an email with more camp information will follow. Class partially discountable.

Age: 8–12 years

Location: Fort Fun

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

Spring Break Adventures

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

Age: 7–12 years

Location: Northside Aztlan Center

| | | | | |
|-----------|-----|-----------------|-------|-----------|
| 3/16–3/20 | M–F | 8:00 AM–5:00 PM | \$148 | 216792-01 |
|-----------|-----|-----------------|-------|-----------|

Summer Adventure

This fun-filled camp is sure to keep you coming back for more! We're going to do it all! Outdoor play, cooking, crafts, games, and theater are just some of the awesome activities you'll enjoy. We will swim at EPIC every Tuesday and at City Park Pool every Friday. You will be notified in advance about field trips. Class partially discountable. Please bring swimming attire and a backpack with a lunch and water bottle. Don't forget to wear sunscreen!

Age: 7–12 years

Location: Edora Pool Ice Center

| | | | | |
|-----------|------|-----------------|-------|-----------|
| 6/1–6/5 | M–F | 8:00 AM–5:00 PM | \$148 | 316380-01 |
| 6/8–6/12 | M–F | 8:00 AM–5:00 PM | \$148 | 316380-02 |
| 6/15–6/18 | M–Th | 8:00 AM–5:00 PM | \$118 | 316380-03 |
| 6/22–6/26 | M–F | 8:00 AM–5:00 PM | \$148 | 316380-04 |
| 6/29–7/2 | M–Th | 8:00 AM–5:00 PM | \$118 | 316380-05 |
| 7/6–7/10 | M–F | 8:00 AM–5:00 PM | \$148 | 316380-06 |
| 7/13–7/17 | M–F | 8:00 AM–5:00 PM | \$148 | 316380-07 |
| 7/20–7/24 | M–F | 8:00 AM–5:00 PM | \$148 | 316380-08 |
| 7/27–7/31 | M–F | 8:00 AM–5:00 PM | \$148 | 316380-09 |
| 8/3–8/7 | M–F | 8:00 AM–5:00 PM | \$148 | 316380-10 |

Kids On-the-Go Half Day Camp

This series of half day camps are a perfect way to break up summer boredom. Campers will get to know each other on Monday, Swim at City Park Pool on Tuesday, go on a hike on Wednesday, go on a field trip on Thursday and cook on Friday. Each week's activities will surround a fun theme. Snack is provided. Class partially discountable. Drop off time is 1–1:30 p.m.; pick up time is from 5–6 p.m. Bring a water bottle, wear sunscreen and dress for the weather.

Grade: 1–6

Location: Northside Aztlan Center

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|-----------|------|--------------|-------|-----------|
| 6/1–6/5 | M–F | 1:00–6:00 PM | \$101 | 316582-01 |
| 6/8–6/12 | M–F | 1:00–6:00 PM | \$101 | 316582-02 |
| 6/15–6/19 | M–F | 1:00–6:00 PM | \$101 | 316582-03 |
| 6/22–6/26 | M–F | 1:00–6:00 PM | \$101 | 316582-04 |
| 6/29–7/2 | M–Th | 1:00–6:00 PM | \$81 | 316582-05 |
| 7/6–7/10 | M–F | 1:00–6:00 PM | \$101 | 316582-06 |
| 7/13–7/17 | M–F | 1:00–6:00 PM | \$101 | 316582-07 |
| 7/20–7/24 | M–F | 1:00–6:00 PM | \$101 | 316582-08 |
| 7/27–7/31 | M–F | 1:00–6:00 PM | \$96 | 316582-09 |
| 8/3–8/7 | M–F | 1:00–6:00 PM | \$101 | 316582-10 |

Survival in Woods Nature Camp

Learn what to do if you ever get lost in the woods. This class will address shelter building, water safety, edible forest foods, basic camping skills and more. Fridays will include a field trip to a local hiking trail. We'll make a survival kit for your future trips. Class partially discountable. Bring a sack lunch, jacket and a water bottle. Please dress appropriately for outdoor activities.

Age: 8–12 years

Location: Lee Martinez Park

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

Teen

Teen Spring Camp

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

Age: 11–16 years

Location: Northside Aztlan Center

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

Teen Super Camp Series

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

Age: 11–16 years

Location: Northside Aztlan Center

Chef Camp I

Let's cook up a storm! We will prepare main courses, appetizers, salads, and desserts – best of all, enjoy what you've made! We'll work with a professional chef and finish the camp with an Iron Chef Challenge!

6/2–6/5 Tu–F 8:00 AM–5:00 PM \$159 315553-01

Super Hero Camp

Sign up for Super Hero Camp and learn the trademark skills of all the super heroes. Master archery like Katniss, learn how to swing on a rope and repel like Spider Man. Challenge yourself in this fun and adventurous camp!

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

Outdoor Adventure

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

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

Camp Relaxation

Discover your inner goddess while you build your self-confidence, strength, mind and culinary skills. We will practice yoga, take a trip to the spa, learn self-defense, and cook up a storm.

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

Camp Extreme

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

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

Challenge Camp

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

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

Splash Camp

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

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

Chef Camp II

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

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

Outdoor Adventure II

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

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

Bike Camps

Spring Bike Camp

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

Age: 6–11 years

Location: Edora Pool Ice Center

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

Bike Camp I

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

Age: 6–11 years

Location: Edora Pool Ice Center

| | | | | |
|-----------|-----|------------------|-------|-----------|
| 6/22–6/26 | M–F | 8:30 AM–12:30 PM | \$120 | 315985-02 |
|-----------|-----|------------------|-------|-----------|

| | | | | |
|-----------|-----|------------------|-------|-----------|
| 7/13–7/17 | M–F | 8:30 AM–12:30 PM | \$120 | 315985-04 |
|-----------|-----|------------------|-------|-----------|

Location: Northside Aztlan Center

| | | | | |
|----------|-----|------------------|-------|-----------|
| 6/8–6/12 | M–F | 8:30 AM–12:30 PM | \$120 | 315985-01 |
|----------|-----|------------------|-------|-----------|

Location: Rolland Moore Park

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

Bike Camp II

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

Age: 6–11 years

Location: Northside Aztlan Center

| | | | | |
|-----------|-----|------------------|-------|-----------|
| 7/27–7/31 | M–F | 8:30 AM–12:30 PM | \$120 | 315986-02 |
|-----------|-----|------------------|-------|-----------|

Location: Spring Canyon Park

| | | | | |
|-----------|-----|------------------|-------|-----------|
| 7/20–7/24 | M–F | 8:30 AM–12:30 PM | \$120 | 315986-01 |
|-----------|-----|------------------|-------|-----------|

Farm Camps

Spring Break Pony Camp

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

Age: 8–12 years

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

Farm Day Camp

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

Age: 8–12 years

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

Mini Day Camp

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

Age: 6–7 years

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

Not-So-Mini Day Camp

This camp is an extended version of Mini Day Camp. Campers can be found doing typical farm chores such as gathering eggs, milking the cow and riding the ponies. Other “chores” include crafts and going on a hayride. Bring a sack lunch every day. Water will be provided. Wear closed toed shoes.

Age: 6–7 years

| | | | | |
|-----------|------|-----------------|-------|-----------|
| 6/23–6/26 | Tu–F | 8:30 AM–3:30 PM | \$128 | 308605-01 |
| 7/7–7/10 | Tu–F | 8:30 AM–3:30 PM | \$128 | 308605-02 |
| 7/21–7/24 | Tu–F | 8:30 AM–3:30 PM | \$128 | 308605-03 |
| 7/28–7/31 | Tu–F | 8:30 AM–3:30 PM | \$128 | 308605-04 |

Beginning Pony Camp

Pony campers will learn to groom, saddle and ride a pony during their week at The Farm. Pony chores will be included for our young equestrians and safety is stressed at all times. Bring a water bottle. Shoes worn must be closed toed.

Age: 8–12 years

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

Advanced Pony Camp

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

Age: 8–12 years

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

| | | | | |
|-----------|------|------------------|-------|-----------|
| 7/14–7/17 | Tu–F | 8:30–11:00 AM | \$135 | 308608-06 |
| 7/28–7/31 | Tu–F | 8:30–11:00 AM | \$135 | 308608-07 |
| 7/28–7/31 | Tu–F | 11:45 AM–2:15 PM | \$135 | 308608-08 |

Early Learning

Youth

Funtime Pre-K

Children will develop fundamental kindergarten readiness skills. Curriculum will focus on small-motor, literacy, emerging reading/writing and pre-math skills; arts & crafts, movement/physical education, drama, and development of social skills. Children must have turned 4 by 9/15/2014. Funtime closures/holidays correspond to the Poudre School district schedule. Funtime DOES NOT follow PSD weather closures.

Age: 4–6 years

Location: Northside Aztlan Center

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

Funtime for Preschoolers

Arts & crafts, storytelling, science, math, pre-reading, creative play/dramatics and gym play are only part of the fun your child will experience in this class! Previous class experience recommended. Children must have turned 3 by 9/15/2014. Funtime closures/holidays correspond to the Poudre School district schedule. Funtime DOES NOT follow PSD weather closures.

Age: 3–4 years

Location: Northside Aztlan Center

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

Lunch Bunch Enrichment

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

Age: 4–6 years

Location: Northside Aztlan Center

Exploring Art

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

Fun Stories

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

Science

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

Ultimate Fort Making

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

Age: 3–6 years

Location: Northside Aztlan Center

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

Super Heroes

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

Age: 3–6 years

Location: Northside Aztlan Center

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

Secret Agents

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

Age: 3–6 years

Location: Northside Aztlan Center

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

Builders & Bulldozers

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

Age: 3–6 years

Location: Northside Aztlan Center

3/10 Tu 1:00–2:30 PM \$10 217553-01

Shake, Rattle, Roll Pre-K

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

Age: 3–4 years

Location: Northside Aztlan Center

3/3–3/24 Tu 10:00–11:00 AM \$32 217535-01

3/31–4/21 Tu 10:00–11:00 AM \$32 217535-02

4/28–5/12 Tu 10:00–11:00 AM \$24 217535-03

My Pretty Pony

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

Age: 3–5 years

Location: Northside Aztlan Center

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

Ninja Turtles

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

Grade: 3 & up

Location: Northside Aztlan Center

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

Cars with Friends

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

Grade: 3 & up

Location: Northside Aztlan Center

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

Playdough World

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

Age: 3–5 years

Location: Northside Aztlan Center

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

Afternoon Play Pals

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

Age: 4–6 years

Location: Mulberry Pool

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

Funtime Discovery

Your child will discover arts & crafts, creative play, letter/number recognition and gym time in this fun transitional class. Please note age requirements. Previous class experience recommended. Must be toilet trained. This is a child without parent class. Funtime closures/holidays correspond to the Poudre School District schedule unless otherwise notified in class. Funtime does not follow PSD weather closures. Class will not be held on 3/17, 3/19.

Age: 2.5–3.5 years

Location: Northside Aztlan Center

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|-----------|-------|---------------|------|-----------|
| 3/3–4/9 | Tu,Th | 9:30–11:00 AM | \$79 | 217503-01 |
| 4/14–5/14 | Tu,Th | 9:30–11:00 AM | \$79 | 217503-02 |

Curious Twos

This class will direct your child's attention to games, crafts, and stories while providing a positive first time away from Dad and Mom experience. Please tell front desk staff of allergies at the time of registration. This is a child without parent class. Class will not be held on 3/16, 3/18.

Age: 2 years

Location: Northside Aztlan Center

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

I Want to be a Scientist

Explore, learn, discover! What is it like to be a scientist? Come and find out! We will conduct hands-on investigations as we discover the world of science. This is a child without parent class.

Age: 3–6 years

Location: Northside Aztlan Center

Paleontology

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

Astronomy

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

Magnets

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

Oceanography

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

Concoctions

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

Vet Medicine

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

Entomology

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|------|----|---------------|------|-----------|
| 5/14 | Th | 9:30–11:00 AM | \$16 | 217507-07 |
|------|----|---------------|------|-----------|

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

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|----------|----|---------------|------|-----------|
| 4/2–4/16 | Th | 9:30–11:00 AM | \$30 | 217508-01 |
|----------|----|---------------|------|-----------|

Little Chefs Cooking Club

Let's get creative in the kitchen! These theme-based classes are all hands-on. An occasional craft will be offered to enhance the learning experience. On days that school is out we've increased the age so older kids may attend. Great for siblings! Please tell front desk staff of allergies at the time of registration. This is a child without parent class.

Age: 3–8 years

Location: Northside Aztlan Center

Age: 3–6 years

Rubber Ducky Cupcake

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

Cookie Caterpillar

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

Age: 3–8 years

Green Omelets

| | | | | |
|------|---|---------------|------|-----------|
| 3/13 | F | 9:30–11:00 AM | \$21 | 217520-01 |
|------|---|---------------|------|-----------|

Mini Mac-n-Cheese

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

Storybook Theater

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

Age: 3–5 years

Location: Northside Aztlan Center

3 Little Pigs

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

Henny Penny

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

3 Billy Goats

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

Gingerbread Boy

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

Stinky Cheese Man

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

Sound Stories

| | | | | |
|------|---|--------------|------|-----------|
| 5/13 | W | 1:00–2:30 PM | \$10 | 217530-06 |
|------|---|--------------|------|-----------|

Storybook Theater-Performance!

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

Age: 4–7 years

Location: Northside Aztlan Center

Are you my Mother?

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

Disney Delights

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

Age: 3–8 years

Location: Northside Aztlan Center

Age: 3–6 years

Planes

4/24 F 1:00–2:30 PM \$16 217540-03

Toy Story

5/8 F 1:00–2:30 PM \$16 217540-04

Age: 3–8 years

Frozen

3/13 F 1:00–2:30 PM \$16 217540-01

Little Mermaid

4/10 F 1:00–2:30 PM \$16 217540-02

Hospital Helpers

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

Age: 3–6 years

Location: Northside Aztlan Center

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

Hello Kitty

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

Age: 3–6 years

Location: Northside Aztlan Center

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

When I Grow Up

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

Age: 3–5 years

Location: Northside Aztlan Center

Construction

3/6 F 1:00–2:30 PM \$12 217554-01

Police Station

4/3 F 1:00–2:30 PM \$12 217554-02

Post Office

4/17 F 1:00–2:30 PM \$12 217554-03

Flower Shop

5/1 F 1:00–2:30 PM \$12 217554-04

Preschool Tools

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

Age: 3–5 years

Location: Northside Aztlan Center

Hammers and Nails

| | | | | |
|-----|---|--------------|------|-----------|
| 3/2 | M | 1:00–2:00 PM | \$12 | 217556-01 |
|-----|---|--------------|------|-----------|

Screws, Bolts, Nuts

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

Take-it-apart

| | | | | |
|-----|---|--------------|------|-----------|
| 5/4 | M | 1:00–2:00 PM | \$12 | 217556-03 |
|-----|---|--------------|------|-----------|

Little Yogis

Let your little ones come play yoga! We'll explore movement through animated poses, games, art, music and breathing exercises that help to strengthen coordination and build body awareness. We'll bark in downward dog, hiss in cobra and take a yoga journey your child will never forget! Class partially discountable. All sessions will be different so sign up for as many as you like. This is a child without parent class. Class will not be held on 3/20.

Age: 3–6 years

Location: KidsCrave Yoga 4021B S College

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

Pirate Yoga

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

Age: 3–6 years

Location: KidsCrave Yoga 4021B S College

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

Downward Doll Yoga

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

Age: 3–6 years

Location: KidsCrave Yoga 4021B S College

| | | | | |
|-----|---|--------------|------|-----------|
| 4/3 | F | Noon–1:00 PM | \$25 | 218571-01 |
|-----|---|--------------|------|-----------|

Superhero Yoga

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

Age: 3–6 years

Location: KidsCrave Yoga 4021B S College

| | | | | |
|-----|---|--------------|------|-----------|
| 5/1 | F | Noon–1:00 PM | \$20 | 218968-02 |
|-----|---|--------------|------|-----------|

Parent & Child

Baby Ballerinas

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

Age: 2 years

Location: Club Tico

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

Shake Rattle and Roll

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

Age: 12 months-3 years

Location: Northside Aztlan Center

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

Mom and Tot Science

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

Age: 2-3 years

Location: Northside Aztlan Center

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

Mother Hubbard's Crafts and Cupboard

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

Age: 2 years

Location: Northside Aztlan Center

Green Treats

| | | | | |
|-----|---|----------------|------|-----------|
| 3/6 | F | 10:00-11:00 AM | \$16 | 217571-01 |
|-----|---|----------------|------|-----------|

Citrus Chick Cookies

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|-----|---|----------------|------|-----------|
| 4/3 | F | 10:00-11:00 AM | \$16 | 217571-02 |
|-----|---|----------------|------|-----------|

Teddy Bear Treats

| | | | | |
|------|---|----------------|------|-----------|
| 4/17 | F | 10:00-11:00 AM | \$16 | 217571-03 |
|------|---|----------------|------|-----------|

Caterpillar Cupcakes

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|-----|---|----------------|------|-----------|
| 5/1 | F | 10:00-11:00 AM | \$16 | 217571-04 |
|-----|---|----------------|------|-----------|

Daddy & Me Surprise for Mom

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

Age: 2-3 years

Location: Northside Aztlan Center

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|-----|----|---------------|------|-----------|
| 5/9 | Sa | 10:00 AM-Noon | \$20 | 217581-01 |
|-----|----|---------------|------|-----------|

Mommy (or Daddy) and me learn together

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

Age: 18 months–2 years

Location: Northside Aztlan Center

Zoo Animals

| | | | | |
|-----|---|---------------|------|-----------|
| 3/6 | F | 9:30–10:30 AM | \$10 | 217569-01 |
|-----|---|---------------|------|-----------|

Cars & Trucks

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

Farm Animals

| | | | | |
|-----|---|---------------|------|-----------|
| 4/3 | F | 9:30–10:30 AM | \$10 | 217569-03 |
|-----|---|---------------|------|-----------|

Bugs & Butterflies

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|------|---|---------------|------|-----------|
| 4/24 | F | 9:30–10:30 AM | \$10 | 217569-04 |
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Small Hands, Big Messy Art

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

Age: 18 months–2 years

Location: Northside Aztlan Center

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|----------|---|----------------|------|-----------|
| 3/25–4/1 | W | 10:00–10:45 AM | \$20 | 217585-01 |
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| 4/22–4/29 | W | 10:00–10:45 AM | \$20 | 217585-02 |
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Roly Polys

Take part with your child while he/she discovers the world of gymnastics. Children will work on agility, flexibility, strength and coordination using balance beams, swing bars, parallel bars and a mini tramp. Roly Polys is a structured, fun-filled class that includes the parent. Please wear appropriate clothing: leotards/footless tights, or T-shirt and shorts/sweats. No jeans or jewelry please. This is a parent with child class.

Age: 2–3 years

Location: Mulberry Pool

Age: 2 years

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

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

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

Age: 2 years

Location: Mulberry Pool

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

Splash Splash Playgroup

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

Age: 12 months–2 years

Location: Mulberry Pool

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

Little Explorers

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

Age: 2 years

Location: Northside Aztlan Center

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

Toddler time

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

Age: 18 months–2 years

Location: Northside Aztlan Center

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|-----------|----|---------------|------|-----------|
| 3/3–3/24 | Tu | 9:30–10:30 AM | \$18 | 217562-01 |
| 3/31–4/14 | Tu | 9:30–10:30 AM | \$18 | 217562-02 |
| 4/21–5/5 | Tu | 9:30–10:30 AM | \$18 | 217562-03 |
| 5/12–5/19 | Tu | 9:30–10:30 AM | \$12 | 217562-04 |

Education

Adult

CPR & First Aid

CPR & First Aid

This class will prepare you with basic first aid procedures as well as adult, child and infant CPR. This is a great class for daycare providers. Two certificates from the Emergency Care Safety Institute-AAOS will be issued at the end of the class. Book included. Class not discountable.

Age: 18 years & up

Location: Senior Center

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

CPR Professional

Course teaches the skills of adult, child and infant CPR including barrier device-mask, use of an AED, and relief of foreign body airway obstruction. A two-year American Heart Association Certification will be issued upon successful completion of the course. Appropriate for new certifications and re-certifications. Includes AHA student text. Class not discountable.

Age: 18 years & up
Location: Senior Center

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

Wilderness 1st Aid

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

Age: 18 years & up
Location: Senior Center

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

Cooking

Indian Fusion

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

Age: 18 years & up
Location: Senior Center

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

Slow Cooker Curries

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

Age: 18 years & up
Location: Senior Center

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

Healthy Ethiopian Dishes

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

Age: 18 years & up
Location: Senior Center

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

Homemade Crepes & Indian Chutney

Learn how to make these awesome, simple, and vegetarian creations at home! Pair them with the perfect chutneys and you've got a meal everyone will talk about! Menu: mung bean crepe with coconut chutney; semolina crepe with tomato chutney, garbanzo bean flour crepe with mint-cilantro chutney, cardamom chai.

Age: 18 years & up
Location: Senior Center

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|------|----|--------------|------|-----------|
| 4/30 | Th | 6:00–8:15 PM | \$29 | 207428-01 |
|------|----|--------------|------|-----------|

Healthy Greens Indian Style

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

Age: 18 years & up

Location: Senior Center

5/14 Th 6:00–8:15 PM \$29 207429-01

Homemade Indian Flatbreads

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

Age: 18 years & up

Location: Senior Center

5/13 W 6:00–8:15 PM \$29 207430-01

Food for Life: Cancer Project

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

Age: 18 years & up

Location: Senior Center

3/24–4/14 Tu 6:00–8:00 PM \$90 207431-01

3/24 Tu 6:00–8:00 PM \$25 207431-02

Cooking Around the World

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

Age: 18 years & up

Location: Senior Center

4/7–4/28 Tu 6:30–7:30 PM \$49 207432-01

Thai Cooking 1st Course

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

Age: 18 years & up

Location: Senior Center

3/3 Tu 6:00–8:30 PM \$35 207433-01

Thai Cooking 2nd Course

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

Age: 18 years & up

Location: Senior Center

5/5 Tu 6:00–8:30 PM \$35 207434-01

General

Henna Tattoo

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

Age: 18 years & up

Location: Senior Center

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

Hindi

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

Age: 18 years & up

Location: Senior Center

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

Wine Tasting Basics

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

Age: 18 years & up

Location: Senior Center

3/6 F 7:00–8:30 PM \$35 207459-01

Wines of Spain

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

Age: 18 years & up

Location: Senior Center

5/5 Tu 7:00–8:30 PM \$35 207460-01

Jack Reacher in Book and Film

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

Age: 18 years & up

Location: Senior Center

3/26 Th 1:00–4:00 PM \$5 207478-01

Creative Writing

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

Age: 18 years & up

Location: Senior Center

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

Success Strategies

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

Age: 18 years & up

Location: Senior Center

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

Organizing Made Easy

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

Age: 18 years & up

Location: Senior Center

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|------|----|---------------|------|-----------|
| 3/21 | Sa | 10:00 AM–Noon | \$20 | 207469-01 |
|------|----|---------------|------|-----------|

Fly Cheap, Stay Cheap, Travel Cheap

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

Age: 18 years & up

Location: Senior Center

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|-----|----|--------------|------|-----------|
| 3/3 | Tu | 6:00–9:00 PM | \$50 | 207476-01 |
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|-----|----|--------------|------|-----------|
| 4/7 | Tu | 6:00–9:00 PM | \$50 | 207476-02 |
|-----|----|--------------|------|-----------|

How to be a Travel Writer: The Easy Way

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

Age: 18 years & up

Location: Senior Center

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

Nurturing Your Child's Self Esteem

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

Age: 18 years & up

Location: Senior Center

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|------|----|--------------|------|-----------|
| 3/12 | Th | 6:30–8:30 PM | \$20 | 207470-01 |
|------|----|--------------|------|-----------|

The Language of Encouragement

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

Age: 18 years & up

Location: Senior Center

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|------|----|--------------|------|-----------|
| 3/24 | Tu | 6:30–8:30 PM | \$20 | 207471-01 |
|------|----|--------------|------|-----------|

The Four Mistaken Goals of Misbehavior

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

Age: 18 years & up

Location: Senior Center

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|-----|----|--------------|------|-----------|
| 4/2 | Th | 6:30–8:30 PM | \$20 | 207472-01 |
|-----|----|--------------|------|-----------|

Developing the Culture of the Family

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

Age: 18 years & up

Location: Senior Center

4/14 Tu 6:30–8:30 PM \$20 207473-01

Music & Theatre

Just Once Guitar

In just a few hours you can learn enough about playing guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Bring your acoustic guitar. For more information go to justonceclasses.com. Fee includes workbook and practice DVD.

Age: 18 years & up

Location: Senior Center

4/7 Tu 4:00–6:30 PM \$54 207466-01

Just Once Piano

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

Age: 18 years & up

Location: Senior Center

4/7 Tu 6:40–9:30 PM \$96 207467-01

Technology

Excellent & Free Software

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

Age: 18 years & up

Location: Senior Center

5/2 Sa 9:00 AM–Noon \$14 207406-01

Microsoft Live Movie Maker

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

Age: 18 years & up

Location: Senior Center

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

Quicken Introduction

This class starts with the basics of creating and managing files and accounts. The hands-on exercise includes creating both a checking and savings account, reconciling a bank statement, creating reports, and more. **PREREQUISITE:** Computer Basics Class or basic computer knowledge. Instructor provided by the Front Range PC Users Group.

Age: 18 years & up

Location: Senior Center

5/2 Sa 8:30 AM–12:30 PM \$14207412-01

Gizmos & Gadgets

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

Age: 18 years & up

Location: Senior Center

4/11 Sa 9:00 AM–Noon \$14 207407-01

Blogging for Passion or Profit and Lab Option

Want to have total creative control of your website? No need to hire an expensive web developer. Learn how to create your own WordPress blog with your own domain name & hosting. Create unlimited pages and edits; no programming experience needed. Creating your business or hobby blog has never been easier! Those under 18 welcome with parent permission.

Age: 18 years & up

Location: Columbine Health Computer Lab

4/22–5/20 W 7:30–8:30 PM \$45 207901-01

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

4/25–5/16 Sa 9:00–10:00 AM \$40 207901-02

Computer Basics

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

Age: 18 years & up

Location: Columbine Health Computer Lab

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

Excel Introduction

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

Age: 18 years & up

Location: Columbine Health Computer Lab

4/18 Sa 8:30 AM–12:30 PM \$14207903-01

Facebook for Beginners

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

Age: 18 years & up

Location: Columbine Health Computer Lab

3/25–4/15 W 7:30–8:30 PM \$45 207905-01

Beginning Word v. 2010

This two-session class provides an introduction, using hands-on exercises, to word processing basics such as file management and text formatting, and then expands into the lesser known but useful features such as tables, mail merge and more. PREREQUISITE: Computer Basics Class or basic computer knowledge. Instructor provided by the Front Range PC Users Group.

Age: 18 years & up

Location: Columbine Health Computer Lab

3/7–3/14 Sa 8:30 AM–12:30 PM \$24207909-01

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. Those under 18 welcome with parent permission.

Age: 18 years & up

Location: Columbine Health Computer Lab

4/8–5/6 W 6:15–7:15 PM \$45 207914-01

Using Windows 7

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

Age: 18 years & up

Location: Columbine Health Computer Lab

3/21–4/4 Sa 8:30 AM–12:30 PM \$25207916-01

Twitter for Regular Folks

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

Age: 18 years & up

Location: Columbine Health Computer Lab

4/1 W 6:15–7:15 PM \$15 207918-01

Teen

Junior Staff in Training Program

The Recreation Junior Staff in Training program is designed to give 14–17 year olds hands-on, pre-employment experience aimed towards bringing better-trained future entry level employees to the City's recreation programs.

The schedule of the Junior Staff in Training program is determined by the program needs of the Recreation Department. Space is limited. All candidates must fill out an application and write a short essay. To request an application or for more information call Lisa Ratajczak at 970.416.2528 or email at lratajczak@fcgov.com. Mandatory interviews will be set up with select applicants. Application deadline is May 8.

Before being placed in a recreation program selected Junior Staff in Training candidates must attend a scheduled orientation that will include a parent meeting, overview of recreation policies, staff manual and child labor laws and will be required to complete our Red Cross Babysitting Boot camp class.

Following orientation Junior staff in Training may work up to 30 hours per week for a minimum of 5 weeks in a youth recreation programs or camp. All junior staff will under the guidance of an experienced staff person. Junior Staff will receive a performance evaluation, certificate of hours completed and a small stipend.

Cost of the program is:

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

\$65 for Returning Junior Staff

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

Schools Out Teen Trips

Age: 11–16 years

Location: Northside Aztlan Center

RM National Park

4/10 F 9:00 AM–4:00 PM \$20 215538-01

Poudre Trail Riding

5/15 F 9:00 AM–4:00 PM \$20 215538-02

Babysitting Bootcamp

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

Age: 11–16 years

Location: Northside Aztlan Center

3/16 M Noon–8:00 PM \$75 215522-01

4/10 F Noon–8:00 PM \$75 215522-02

5/15 F Noon–8:00 PM \$75 215522-03

Crazy Cakes

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

Age: 11–16 years

Location: Northside Aztlan Center

3/14 Sa 1:00–4:00 PM \$26 215556-01

4/11 Sa 1:00–4:00 PM \$26 215556-02

5/16 Sa 1:00–4:00 PM \$26 215556-03

Youth

After-School Enrichment

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

Grade: Kindergarten–8

Location: Northside Aztlan Center

3/2–3/6 M–F 4:00–6:00 PM \$40 215525-01

3/9–3/12 M–Th 4:00–6:00 PM \$30 215525-02

3/23–3/27 M–F 4:00–6:00 PM \$40 215525-03

3/30–4/3 M–F 4:00–6:00 PM \$40 215525-04

4/6–4/9 M–Th 4:00–6:00 PM \$30 215525-05

4/14–4/17 Tu–F 4:00–6:00 PM \$30 215525-06

4/20–4/24 M–F 4:00–6:00 PM \$40 215525-07

4/27–5/1 M–F 4:00–6:00 PM \$40 215525-08

5/4–5/8 M–F 4:00–6:00 PM \$40 215525-09

5/11–5/14 M–Th 4:00–6:00 PM \$30 215525-10

5/18–5/22 M–F 4:00–6:00 PM \$40 215525-11

5/26–5/28 Tu–Th 4:00–6:00 PM \$20 215525-12

Youth Sciences Classes

Build an AM Radio

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

Grade: 1–8

Location: Northside Aztlan Center

Build an AM Radio

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

Build a Hovercraft

Come join us as we will learn about friction, momentum, air pressure and Newton's laws of motion. Then we will build our very own battery operated hovercraft. All Materials are provided and each student gets to keep their hovercraft.

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

Build a Telescope

Discover the basic principles of light and lenses. Learn about images and color. Best of all, build your very own, very cool working telescope that you get to keep and take home!

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

Jedi Academy

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

Age: 6–10 years

Location: Northside Aztlan Center

3/7 Sa 1:00–3:00 PM \$19 218542-01

Legomania

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

Age: 6–10 years

Location: Northside Aztlan Center

4/11 Sa 1:00–3:00 PM \$19 218547-01

Lego Crazy Schools Out Day

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

Grade: 1–6

Location: Northside Aztlan Center

4/13 M 8:00 AM–5:00 PM \$36 216598-01

Van Gogh Sunflowers

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

Age: 6–11 years

Location: Northside Aztlan Center

3/19 Th 9:00–11:00 AM \$24 216516-01

School's Out Day

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

Grade: 1–6

Location: Northside Aztlan Center

4/10 F 8:00 AM–5:00 PM \$36 216597-01

Schools Out Elementary Drop-In

What will your elementary-aged children do on their schools out day? Come visit the Northside Aztlan Community Center. Open gym will provide various balls, scooters, obstacle courses, boxes (and other fun things). In our Innovation

lab a variety of materials will be available to explore and create with. This is not a drop off program. Kids must be accompanied by an adult. One adult may accompany multiple children. Younger siblings welcome. Adults and kids 2 and older.

Grade: Kindergarten–5

Location: Northside Aztlan Center

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

The Farm

Adopt an Animal

Anyone can adopt an animal at The Farm and become its “parent”. As an adoptive parent, you are helping to provide for the food and care of “your” animal.

Your adopted animal stays at The Farm where it is cared for by farm staff. (**Note:** for all practical purposes, some of the animals are sold when they reach maturity.) Choose your favorite farm animal and adopt it for a year by making a tax-deductible donation. A farm “parent” receives an adoption certificate; his/her name listed at The Farm, and a poster as a “thank you.” Adoptions made before December 9 will be sent an invitation to a special holiday event in December!

Birthday Parties

Celebrate your child’s birthday with farm flair! Meeting the animals, riding a pony (April–October) or going on a hayride create a very unique party for your 3 to 9 year old. Call The Farm or stop by during open hours to reserve your date. A minimum charge is due at time of reservation. Your hostess will take care of all the details to ensure a stress-free day for you. Party package includes pony rides or hayride, lemonade, table settings, a bandana for each child, and of course a visit with the animals. For more information, contact The Farm at 970.221.6665 or visit us online at fcgov.com/recreation/thefarm.

The Farm Store

Looking for a unique farm-related gift? The Farm Store is the place to shop. We are stocked with farm toys, puzzles, T-shirts, and novelties. Open during open hours of The Farm.

The Farm Museum

Take a walk through yesteryear’s farm era. Displays depict farming from the turn of the century to the early 1930’s. Guess what the “mystery tool” is and how it was used. Then test your “farm strength” by lifting a bale of hay with and without the aid of a pulley system.

The Farm Celebrates 30 Years!

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

After School Farmers

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

Age: 6–10 years

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

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

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|------|---|---------------|------|-----------|
| 3/18 | W | 9:30–11:30 AM | \$16 | 208623-01 |
|------|---|---------------|------|-----------|

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! Parents will be asked to lead their child's pony on the day they ride.

Age: 4–5 years

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

Li'l Dumplin' Farmers

Mom, Dad, or any other favorite adult, you and your two-year-old can meet the animals in this class. Join us in farm chores that include gathering eggs and milking a cow. Learn about life on a farm. After the chores are finished we will enjoy a picnic with the animals. Everyone will bring their own sack lunch. The Farm staff will provide homemade dessert. Parents are expected to stay with the child.

Age: 2–2 years

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

Little Peepers

Little Peepers explore the barnyard in each class by gathering eggs, milking a cow, reading stories in the hayloft and so much more! Parents leave their three-year-old for an hour of discovery on The Farm. Parents cannot stay with their little peepers.

Age: 3 years

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

Spring Break Pony Camp

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

Age: 8–12 years

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

Farm Day Camp

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

Age: 8–12 years

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

Pony Riding Lessons

You and your child will learn to groom and saddle a pony. You will lead your child's pony as the basics of riding are taught. Other children may not attend this class because you are a full time participant with your pony rider. Parent and child need to wear closed toed shoes.

Age: 3–5 years

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

Li'l Dumplin's & Beyond

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

Age: 2–2 years

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

Mini Day Camp

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

Age: 6–7 years

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

Not-So-Mini Day Camp

This camp is an extended version of Mini Day Camp. Campers can be found doing typical farm chores such as gathering eggs, milking the cow and riding the ponies. Other “chores” include crafts and going on a hayride. Bring a sack lunch every day. Water will be provided. Wear closed toed shoes.

Age: 6–7 years

| | | | | |
|-----------|------|-----------------|-------|-----------|
| 6/23–6/26 | Tu–F | 8:30 AM–3:30 PM | \$128 | 308605-01 |
| 7/7–7/10 | Tu–F | 8:30 AM–3:30 PM | \$128 | 308605-02 |
| 7/21–7/24 | Tu–F | 8:30 AM–3:30 PM | \$128 | 308605-03 |
| 7/28–7/31 | Tu–F | 8:30 AM–3:30 PM | \$128 | 308605-04 |

Beginning Pony Camp

Pony campers will learn to groom, saddle and ride a pony during their week at The Farm. Pony chores will be included for our young equestrians and safety is stressed at all times. Bring a water bottle. Shoes worn must be closed toed.

Age: 8–12 years

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

Advanced Pony Camp

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

Age: 8–12 years

| | | | | |
|-----------|------|------------------|-------|-----------|
| 6/9–6/12 | Tu–F | 8:30–11:00 AM | \$135 | 308608-01 |
| 6/16–6/19 | Tu–F | 11:45 AM–2:15 PM | \$135 | 308608-02 |

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

Horsemanship I

Teens will learn to groom, saddle and ride a horse in this four day class. Class size is small, so sign up soon! Bring a water bottle. Closed toed shoes must be worn.

Age: 12–18 years

| | | | | |
|-----------|------|---------------|-------|-----------|
| 6/1–6/4 | M–Th | 12:15–2:45 PM | \$135 | 308616-01 |
| 6/15–6/18 | M–Th | 9:00–11:30 AM | \$135 | 308616-02 |
| 6/22–6/25 | M–Th | 12:15–2:45 PM | \$135 | 308616-03 |
| 7/6–7/9 | M–Th | 12:15–2:45 PM | \$135 | 308616-04 |

Horsemanship II

This camp is designed for teens who have taken Horsemanship I or Pony Camps. Now that you know how to groom and saddle, more time will be spent riding and learning more about horses. Bring a water bottle. Closed toed shoes must be worn.

Age: 12–18 years

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

Fitness

See Fitness class schedules for each facility on page 63.

Adult

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

General Information

It is recommended that your physician be consulted before beginning any exercise program.

If you are 55 or older, sedentary or exhibit any of the major coronary risk factors, you should get your doctor's clearance to start a new exercise program.

Registration Options

For fitness classes, participation options are available:

1) Participants may register for an entire class session.

2)

Participants may pay a drop-in fee of \$5.50/class, except for Karate.

Special Classes

Personal Training

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

Imorris@fcgov.com or 970.224.6032, Katie Stieber at *kstieber@fcgov.com* or 970.224.6029.

Trainers

Talisa Gula Yeast
970.302.8414

Dominick Jones
970.481.2416

Aqua Personal Training

Get a challenging workout with the most expensive piece of equipment in the gym – the pool! Have an effective workout designed to reach your own fitness goals with a non-swimming, water based personal prescription. You will be encouraged by a certified trainer as you utilize the properties of the water to tone muscles, build endurance, lose body fat, and develop core strength, balance and flexibility. Deborah Knobel is a certified Personal Fitness Professional. Rates are \$25 per session and we offer small group rates. Sessions are approximately one hour. Further information can be obtained by contacting Katie Stieber at 970.224.6029, *kstieber@fcgov.com* or stop by the main desk of the Senior Center. Or to schedule an appointment call Deborah at 970.658.5710.

Badminton

If you enjoy the fast-paced game of badminton, or would like to learn to play, join the group for a morning of fun games. All skill levels welcome. Rackets and plastic shuttles available.

Location: Senior Center

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

Aerobics

Fitness Discovery

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

Low Impact Aerobics

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

Athletic Conditioning

Lose to Win

Do you want to lose weight? Do you need help or lack motivation? Here is your chance to join a class designed to help you lose weight. If you have seen the Biggest Loser on TV and wondered if you could do something like that, here is your chance. Age: 16 years & up.

CrossTrain

CrossTrain is an intense workout that will maximize your strength and agility! You'll use kettle bells, plyo boxes, ropes and more to work every muscle in your body. Best of all, every workout is totally different, keeping your body guessing, forcing it to stay at its peak. Age: 16 years & up.

Total Body Boot Camp

Total Body Boot Camp is a mix of cardio, weight circuits, stretching and more. Every class will keep your body guessing and improving. You will see improvements in your strength, flexibility and stamina. Age: 16 years & up.

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

Experience this total body "plateau proof fitness formula" workout, using resistance & cardio training, which masterfully combines Resistance, Intervals, Power, Plyometrics, Endurance, and Diet components of R.I.P.P.E.D. to help you attain and maintain your physique in ways that are fun, safe, and extremely effective. Age: 16 years & up.

Insanity

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

Power Train

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

TRX Body Blast – NW

TRX is an amazing new suspension fitness system that will help you build muscle tone, strength, and flexibility. Because you work with your own straps, TRX is perfect for all fitness levels. You can adjust your straps to increase or decrease the difficulty of every exercise. Age: 16 years & up.

TRX/KettleBell Fusion

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

Dance

Zumba

Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away! The routines feature interval training sessions where fast and slow rhythms are combined to tone and sculpt your body while burning fat. Zumba is the most fun you will ever have exercising! Age: 16 years & up.

Zumba – Vida Sana

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

Zumba Toning & Zumba

30 minutes of Zumba toning and 30 minutes of high energy Zumba. After a great toning session enjoy great Latin music and have fun dancing while burning calories and improving cardio fitness! Age: 18 years & up.

Bollywood Dance

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

General

Koshi Waza

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

Nia

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

Pound Rockout Workout

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

TaijiFit

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

Nia

Discover joy and pleasure with this sensory-based, non-impact, aerobic fusion of dance, healing and martial arts. Nia connects body, mind, emotions, and spirit for wellness and fitness. For every body and fitness levels. Every experience can be adapted to individual needs and abilities. *NiaNow.com/practice*. **Note:** under 18 welcome with permission. Age: 18 years & up.

Martial Arts

Tai Chi, Beginning

Tai Chi is an orthodox internal martial art from China. This class will present the four “Mother Forms” of the art which are low-impact, meditative repeating movements and provide some insight into internal movement and training. **Note:** Class will not be held on 4/25. Age: 18 years & up.

Tai Chi, Continuing

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

Silver Sneakers

Classic – NW

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a small ball are offered for resistance, and a chair is used for seated or standing support. **Note:** Nonmembers may attend by paying drop in or register for the month. Class will not be held on 4/25. Age: 50 years & up.

Circuit – NW

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

Yoga – NW

Focus on poses and postures to improve joint range of movement, muscular strength, endurance and balance. Static and dynamic movements are presented with a chair for seated and standing support. **Note:** Nonmembers can attend by paying drop in fee or register for the month. Age: 50 years & up.

Spin

Group Spin

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

Spin & Tone

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

Quick Ride

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

Toning & Strength

Strength Training

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

Mat Pilates

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

Strength & Tone

Designed to develop strength and flexibility in people who want to tone without an aerobic workout. The equipment provides different levels of difficulty. Sculpt your body without pounding your joints! Designed to develop strength and flexibility in people who want to tone without an aerobic workout. Various routine. Age: 16 years & up.

Strength Training

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

30 Minute Abs

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

Barre Fitness

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

Yoga

Yoga, Beginning PLUS (Morning)

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

Before You Yoga

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

Yoga, Beginning

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

Yoga, Advanced Beginner

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

Yoga, Beginning Plus

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

Therapeutic Yoga

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

Yoga All Levels

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

FAC Yoga

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

Slow Flow Hatha Yoga

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

Yoga Flow

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

Partner Yoga

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

Vinyasa Flow Yoga

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

Yoga in the Park

Enjoy Yoga outdoors in beautiful City Park: A relaxed & creative class where you can explore yoga at your own pace, creating a different dimension to your practice. Being outdoors in nature helps to reduce stress & increases self-awareness! Please bring a mat, water, sunscreen & a towel. **Note:** Class will be held outside. Please bring your own mat, water, sunscreen & towel. Held at Shelter #7. Age: 16 years & up.

Prenatal Yoga

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

Yoga & Meditation

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

Ashtanga Based Yoga

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

Hiking Yoga Workshop

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

Partner Yoga Workshop

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

Restorative Yoga

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

Family Yoga

Parents and children take this opportunity to explore yoga together! Improve your body and mind with a fun approach to breathing and movement. Increase strength, flexibility, coordination and posture. Learn relaxation techniques & fun posture poses that will create a foundation for health and wellness. **Note:** Price is flat rate for up to 3 participants. Age: 0–10 years.

General Senior

Ageless Grace

Ageless Grace® teaches 21 Simple Tools for Lifelong Comfort and Ease. Movements come naturally, stimulate the body, and initiate a mind-body link, providing anti-aging exercises that almost anyone can do! Fun and a little silly – we laugh a lot! Usually practiced in a chair.

Back & Body

Strengthen and stretch the major muscle groups of the body in this class. Physical conditions like back, hip, knee and neck problems can be prevented or alleviated through a holistic training routine. Age: 18 years & up.

MS Dryland Exercise

For people with multiple sclerosis and designed to maximize strength and endurance through performance of chair-based exercises. The instructor is aware of symptom issues and monitors participants closely. Classes end with a relaxation session. For more information, call the MS Society at 970.482.4807. **Note:** Class will not be held on 5/26. Age: 18 years & up.

N'Balance

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

Body & Mind in Motion

Participants perform a variety of arm and leg movements while sitting in chairs. Class is designed for adults with physical limitations.

Swiss Theraball

Enjoy gentle, effective low-impact exercise on the Theraball. You can improve balance, endurance, flexibility, and strength with this relaxing routine. Please dress in comfortable fitness or dance attire. Theraballs are provided. **Note:** Class will not be held on 5/9. Age: 18 years & up.

Yoga, Chair

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

Youth Fitness

Teen Spin

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

Teen Cross Train

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

Teen TRX Fusion

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

Teen Zumba

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

Teen Yoga

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

Northside Aztlan Community Center

Athletic Conditioning

Lose to Win

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

CrossTrain

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

Total Body Boot Camp

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

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

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

Insanity

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

Power Train

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

TRX Body Blast – NW

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

TRX/KettleBell Fusion

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

| | | | | |
|-----------|-------|--------------|------|-----------|
| 3/17–4/16 | Tu,Th | 6:30–7:30 AM | \$30 | 209581-10 |
| 4/21–5/21 | Tu,Th | 6:30–7:30 AM | \$30 | 209581-11 |
| 5/26–6/25 | Tu,Th | 6:30–7:30 AM | \$30 | 209581-12 |

Dance

Bollywood Dance

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

Zumba

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

Zumba – Vida Sana

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

Silver Sneakers

Classic

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

Spin

Group Spin

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

Spin & Tone

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

Quick Ride

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

Toning & Strength

Mat Pilates

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

Strength & Tone

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

Strength Training

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

30 Minute Abs

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

Barre Fitness

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

Yoga

Slow Flow Hatha Yoga

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

| | | | | |
|-----------|----|--------------|------|-----------|
| 3/19–4/16 | Th | 5:00–6:00 PM | \$15 | 209561-10 |
| 4/23–5/21 | Th | 5:00–6:00 PM | \$15 | 209561-11 |
| 5/28–6/25 | Th | 5:00–6:00 PM | \$15 | 209561-12 |

Yoga Flow

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

Partner Yoga

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

Vinyasa Flow Yoga

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

Prenatal Yoga

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

Yoga & Meditation

| | | | | |
|-----------|-------|----------------|------|-----------|
| 3/17–4/14 | Tu,Th | 9:00–10:00 AM | \$30 | 209569-03 |
| 4/21–5/19 | Tu,Th | 9:00–10:00 AM | \$30 | 209569-04 |
| 5/26–6/23 | Tu,Th | 9:00–10:00 AM | \$30 | 209569-05 |
| 3/22–4/19 | Su | 10:00–11:00 AM | \$30 | 209569-06 |
| 4/26–5/24 | Su | 10:00–11:00 AM | \$30 | 209569-07 |

Ashtanga Based Yoga

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

Hiking Yoga Workshop

| | | | | |
|-----|----|---------------|------|-----------|
| 5/9 | Sa | 8:00–10:00 AM | \$10 | 209587-01 |
|-----|----|---------------|------|-----------|

Partner Yoga Workshop

| | | | | |
|-----|----|--------------|-----|-----------|
| 4/4 | Sa | 1:00–3:00 PM | \$8 | 209588-01 |
|-----|----|--------------|-----|-----------|

Restorative Yoga

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

Family Yoga

Baby & Toddler Yoga

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

Age: 3–6 years

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

Age: 7–10 years

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

Youth Fitness

Teen Spin

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

Teen Cross Train

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

Teen TRX Fusion

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

Teen Zumba

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

Teen Yoga

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

Senior Center

Dance

Zumba

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

Zumba Toning & Zumba

| | | | | |
|-----------|-----|---------------|------|-----------|
| 3/16–4/15 | M,W | 12:05–1:00 PM | \$27 | 209417-01 |
| 4/20–5/20 | M,W | 12:05–1:00 PM | \$30 | 209417-02 |
| 5/27–6/24 | M,W | 12:05–1:00 PM | \$27 | 209417-03 |

| | | | | |
|-----------|----|---------------|------|-----------|
| 3/21–4/18 | Sa | 9:15–10:15 AM | \$15 | 209417-04 |
| 4/25–5/23 | Sa | 9:15–10:15 AM | \$15 | 209417-05 |
| 5/30–6/27 | Sa | 9:15–10:15 AM | \$12 | 209417-06 |

General

Koshi Waza

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

Nia

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

Pound Rockout Workout

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

Taijifit

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

Martial Arts

Tai Chi, Beginning

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

Tai Chi, Continuing

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

Silver Sneakers

Classic

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

Circuit

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

| | | | | |
|-----------|-------|--------------|---------|-----------|
| 5/27–6/26 | M,W,F | 1:00–1:45 PM | \$31.50 | 209446-03 |
|-----------|-------|--------------|---------|-----------|

Yoga

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

Toning & Strength

Strength Training

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

Yoga

Before You Yoga

| | | | | |
|---------|---|--------------|------|-----------|
| 6/3–7/8 | W | 7:00–8:00 PM | \$15 | 209462-01 |
|---------|---|--------------|------|-----------|

Yoga, Beginning

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

Yoga, Advanced Beginner

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

Yoga, Beginning Plus

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

Therapeutic Yoga

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

Yoga All Levels

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

FAC Yoga

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

General

Ageless Grace

| | | | | |
|-----------|----|----------------|------|-----------|
| 3/17–4/14 | Tu | 11:00–11:50 AM | \$15 | 209436-01 |
| 4/21–5/19 | Tu | 11:00–11:50 AM | \$15 | 209436-02 |
| 5/26–6/23 | Tu | 11:00–11:50 AM | \$15 | 209436-03 |

Back & Body

| | | | | |
|-----------|-------|--------------|------|-----------|
| 3/16–4/17 | M,W,F | 8:50–9:50 AM | \$45 | 209437-01 |
| 4/20–5/22 | F,M,W | 8:50–9:50 AM | \$36 | 209437-02 |
| 5/27–6/26 | M,W,F | 8:50–9:50 AM | \$42 | 209437-03 |

MS Dryland Exercise

| | | | | |
|-----------|-----|----------------|------|-----------|
| 3/16–4/15 | M,W | 11:00–11:55 AM | \$27 | 209438-01 |
| 4/20–5/20 | M,W | 11:00–11:55 AM | \$30 | 209438-02 |
| 5/27–6/24 | M,W | 11:00–11:55 AM | \$27 | 209438-03 |

N'Balance

| | | | | |
|-----------|-----|--------------|--------|-----------|
| 3/30–5/6 | M,W | 2:30–3:30 PM | No Fee | 209439-01 |
| 5/11–6/17 | M,W | 2:30–3:30 PM | No Fee | 209439-02 |

Body & Mind in Motion

| | | | | |
|-----------|-------|----------------|------|-----------|
| 3/16–4/17 | M,W,F | 10:00–10:55 AM | \$42 | 209442-01 |
| 4/20–5/22 | M,W,F | 10:00–10:55 AM | \$45 | 209442-02 |
| 5/27–6/26 | M,W,F | 10:00–10:55 AM | \$42 | 209442-03 |

Swiss Theraball

| | | | | |
|-----------|----|--------------|------|-----------|
| 3/19–4/16 | Th | 4:00–5:00 PM | \$15 | 209443-01 |
| 4/23–5/21 | Th | 4:00–5:00 PM | \$15 | 209443-02 |
| 5/28–6/25 | Th | 4:00–5:00 PM | \$15 | 209443-03 |

Yoga, Chair

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|-----------|---|--------------|------|-----------|
| 3/16–4/13 | M | 8:30–9:30 AM | \$15 | 209466-01 |
| 4/20–5/18 | M | 8:30–9:30 AM | \$15 | 209466-02 |
| 6/1–6/22 | M | 8:30–9:30 AM | \$12 | 209466-03 |

Club Tico

Dance

Zumba

| | | | | |
|-----------|---|---------------|------|-----------|
| 3/16–4/13 | M | 9:00–10:00 AM | \$15 | 209118-01 |
| 4/20–5/18 | M | 9:00–10:00 AM | \$15 | 209118-02 |
| 6/1–6/22 | M | 9:00–10:00 AM | \$12 | 209118-03 |
| 3/18–4/15 | W | 9:00–10:00 AM | \$15 | 209118-04 |
| 4/22–5/20 | W | 9:00–10:00 AM | \$15 | 209118-05 |
| 5/27–6/24 | W | 9:00–10:00 AM | \$15 | 209118-06 |

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|-----------|---|---------------|------|-----------|
| 3/20–4/17 | F | 9:00–10:00 AM | \$15 | 209118-07 |
| 4/24–5/22 | F | 9:00–10:00 AM | \$15 | 209118-08 |
| 5/29–6/26 | F | 9:00–10:00 AM | \$15 | 209118-09 |

Zumba – Vida Sana

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|-----------|---|---------------|--------|-----------|
| 3/16–4/13 | M | 9:00–10:00 AM | No Fee | 209119-01 |
| 4/20–5/18 | M | 9:00–10:00 AM | No Fee | 209119-02 |
| 6/1–6/22 | M | 9:00–10:00 AM | No Fee | 209119-03 |
| 3/18–4/15 | W | 9:00–10:00 AM | No Fee | 209119-04 |
| 4/22–5/20 | W | 9:00–10:00 AM | No Fee | 209119-05 |
| 5/27–6/24 | W | 9:00–10:00 AM | No Fee | 209119-06 |
| 3/20–4/17 | F | 9:00–10:00 AM | No Fee | 209119-07 |
| 4/24–5/22 | F | 9:00–10:00 AM | No Fee | 209119-08 |
| 5/29–6/26 | F | 9:00–10:00 AM | No Fee | 209119-09 |

Masonic Center

General

Nia

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|-----------|---|--------------|------|-----------|
| 3/16–4/13 | M | 5:30–6:30 PM | \$15 | 209911-01 |
| 4/20–5/18 | M | 5:30–6:30 PM | \$15 | 209911-02 |
| 6/1–6/22 | M | 5:30–6:30 PM | \$12 | 209911-03 |

Edora Pool Ice Center

Yoga

Yoga, Beginning PLUS (Morning)

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|-----------|-------|--------------|------|-----------|
| 3/17–4/16 | Tu,Th | 6:30–7:20 AM | \$30 | 209365-01 |
| 4/21–5/21 | Tu,Th | 6:30–7:20 AM | \$30 | 209365-02 |
| 5/26–6/25 | Tu,Th | 6:30–7:20 AM | \$30 | 209365-03 |

City Park

Yoga

Yoga in the Park

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|-----------|----|----------------|------|-----------|
| 5/31–6/28 | Su | 10:00–11:00 AM | \$15 | 209566-01 |
|-----------|----|----------------|------|-----------|

The Gardens on Spring Creek

Special Event

Spring Plant Sale

May 8, 3–6 p.m., Members Only Sale

May 9–10, 9 a.m.–4 p.m.

Home gardeners can select from many standard and unique varieties of annual plants, vegetable starts, herbs, and perennials. Plants are grown by the Gardens on Spring Creek and the students of Colorado State University and Front Range Community College.

Adult Classes

Note: All the following classes are recommended for adults age 18 and up. Pre-registration is highly recommended.

Grow your Own Veggies

Create your own food-producing gardens at home. Get tips on garden size, site selection, container possibilities, choosing seeds and transplants. Learn how and when to plant, tend and harvest your garden. **Note:** \$3 discount for members of The Gardens on Spring Creek.

3/7 Sa 10:00 AM–Noon \$18

Using Earthworms to Create Better Soil

This workshop will teach you how to use worms to generate a nutrient-rich, organic soil amendment ideal for starting seeds, reducing transplant shock, controlling soil pathogens and helping plants resist insect pests. Learn the simple steps to set up a worm bin and make compost tea. **Note:** Price reduced by Fort Collins Utilities to promote water conservation

3/21 Sa 10:00 AM–Noon \$8

Botanical Drawing

Use colored pencils and pens to create technically detailed plant drawings. Focus on line, form, texture, color and composition with an emphasis on producing realistic illustrations. Select your own subjects from the Gardens, then get expert help to “see” and draw the plant. **Note:** \$10 discount for members of The Gardens on Spring Creek. Materials list provided.

3/25, 4/1,8,15,22 W 1:00–3:00 PM \$75

Season Extension – Techniques for Early Veggie Planting

Learn ways to extend the vegetable growing season in both the early spring and autumn to enjoy a greater bounty of fresh garden produce. This class will cover simple, useful and achievable techniques that will provide tender plants and seedlings protection from weather’s elements. Face a cold snap knowing your crops are protected! **Note:** \$3 discount for members of The Gardens on Spring Creek.

3/28 Sa 10:00 AM–Noon \$18

Ornamental Grasses

From petite to statuesque, well-watered to dry soil, sun or shade – there is an ornamental grass for your area! Learn the newest and best varieties of grasses to add movement and an architectural element to your yard. This class will provide information on growing a wide range of grasses and suggestions for choosing where to place them in your landscape.

Note: Price reduced by Fort Collins Utilities to promote water conservation.

4/2 Sa 1:00–3:00 PM \$8

Designing, Building and Planting Raised Beds for Vegetables

You’ll learn the advantages and disadvantages of growing plants in raised beds, how to size, design and build raised beds from wood timbers and concrete blocks, and what plants grow best in raised beds. **Note:** \$3 discount for members of The Gardens on Spring Creek.

4/11 Sa 10:00 AM–Noon \$18

Building Patios

Learn how to design and install flagstone and paver patios and walkways according to professional standards. This hands-on class will teach you how to prep the space and base, calculate for drainage and grade, installation tips and tricks, compaction and cutting. **Note:** \$2 discount for members of The Gardens on Spring Creek.

4/11 Sa 1:00–2:00 PM \$12

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.

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|------|----|--------------|------------------------|
| 4/18 | Sa | 9:00 AM–Noon | \$14 |
| 4/18 | Sa | 1:00–4:00 PM | \$14 (repeat of above) |

Underused Perennials

Learn about some of the best perennial varieties you're not growing now. The class will feature easy to grow, drought tolerant plants including many that will be available at our Mother's Day weekend plant sale. Topics include perennials with multi-season interest, those that are good for pollinators, long blooming varieties and cultivars that are better than the ones commonly grown. **Note:** Price reduced by Fort Collins Utilities to promote water conservation.

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|------|-----|---------------|-----|
| 4/25 | Sat | 10:00 AM–Noon | \$8 |
|------|-----|---------------|-----|

Butterfly Gardening

You can create butterfly habitat in any space, from a couple of container plants on your patio to an entire yard. Learn to recognize our most common local butterflies and know which plants they prefer for nectar and for their larvae. Get gardening tips that will encourage more butterflies to visit and enjoy your space. **Note:** \$3 discount for members of The Gardens on Spring Creek.

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|------|----|--------------|------|
| 4/25 | Sa | 1:00–3:00 PM | \$18 |
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All About Lawns

Learn how to plant a lawn from seed or sod and techniques for properly maintaining your turf. The pros and cons of different varieties of lawn grasses will also be discussed including the newest and best bluegrass varieties, as well as more drought-tolerant and native grass species. **Note:** Price reduced by Fort Collins Utilities to promote water conservation.

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|-----|----|--------------|-----|
| 5/2 | Sa | 1:00–3:00 PM | \$8 |
|-----|----|--------------|-----|

The Secret Lives of Bees Revealed

Take a trip inside a beehive to learn about how bees live together in a hive. Beekeeper Tom Cavanagh will share with you the yearly cycle of bees, beginning with the placement of a swarm of bees in a hive in the spring to removal of honeycomb the following spring. As part of this class you will be invited to see inside an actual beehive maintained by Tom at the Gardens on Spring Creek. **Note:** \$3 discount for members of The Gardens on Spring Creek.

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|------|----|--------------|------|
| 5/16 | Sa | 1:00 AM–Noon | \$18 |
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Sprinkler Efficiency –

How To Get the Most Out Of Your Sprinkler System

Learn what can be done for your individual irrigation system to improve its efficiency. This hands-on class will let you work with sprinkler components and teach you cycle-soak programming for your controller. Lower your water bills while maintaining a beautiful landscape through efficiency rebates and a free water audit (if you live in the available area). **Note:** Price reduced by Fort Collins Utilities to promote water conservation.

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|------|----|------------|-----|
| 5/23 | Sa | 10:00–Noon | \$8 |
|------|----|------------|-----|

Overcoming Common Problems In Your Veggie Garden

An in-depth look at the major issues affecting vegetable gardens here and how to overcome them. Topics covered will include organic control of common garden pests and diseases, tomato growing tips, soil problems, extending the growing season, irrigation and mulching. Bring your garden questions for professional answers. **Note:** \$3 discount for members of The Gardens on Spring Creek.

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|------|----|---------------|------|
| 5/30 | Sa | 10:00 AM–Noon | \$18 |
|------|----|---------------|------|

Youth Classes

Read & Seed

Story time plus an educational and fun hands-on activity. This program will help your child develop the school readiness skills of early language comprehension and fine motor skills while encouraging creativity, curiosity and exploration of the natural world. This is a parent/caregiver participation class.

M, Tu 10:00–10:45 AM and 11:00–11:45 AM \$3 per child.

Drop-in.

Registration not required; class is not discountable.

March

| | |
|--------------|---------------------|
| Week of 3/2 | Plant Lifecycle |
| Week of 3/9 | Citrus Window Spray |
| Week of 3/16 | Plants from Parts |
| Week of 3/23 | Balancing Butterfly |
| Week of 3/30 | Clothespin Bunny |

April

| | |
|--------------|-----------------|
| Week of 4/6 | Plant a Rainbow |
| Week of 4/13 | Rain Sticks |
| Week of 4/20 | Earth Dumplings |
| Week of 4/27 | May Baskets |

May

| | |
|--------------|----------------|
| Week of 5/4 | Seed Tape |
| Week of 5/11 | Nature Prints |
| Week of 5/18 | Zinnias |
| Week of 5/25 | Build a Garden |

School's Out Day Camps

9:00 a.m.–4:00 p.m.

\$45 per child.

March 13, April 10, April 13, May 15, May 25

School's Out Day Camps will be available for children ages 5–11. Pack a lunch and come spend a day gardening, composting, cooking, crafting and discovering. Scholarships are available. Preregistration is required. Call 970.416.2486, drop in to The Gardens or register online at fcgov.com/gardens.

Parent/Child classes

First Tuesday of every month

6:00 p.m.–7:30 p.m.

Children \$10, adults free

Preregistration preferred

March 3 – Tiny Terrariums

Enter the world of tiny terrariums! We'll be learning about closed-loop ecosystems and potting small plants into necklaces, terrarium magnets and hanging window ornaments. Open to ages 5+.

April 7 – Lavender

Trudy Perry, from Berthoud's Heritage Farms, will be leading a lavender themed class. We'll be learning about the benefits of lavender for relaxation, stress relief and its culinary attributes all the while enjoying the wonderful fragrance. She is bringing cuttings of local lavender to pot up and enjoy along with her wealth of knowledge about the subject. Open to ages 4+.

May 5 – Plantable Papermaking

What do you get when you combine gardening, crafts and recycling? Plantable paper! Come learn the art of papermaking with a fun, flowery twist! Open to ages 5+.

Spring Break Camps

Wild Roots Nature Art Camp

Join Wild Roots Studio on an interactive journey through Earth Art. Children will enjoy nature based games, crafts, and educational fun. Come ready to get in tune with nature and explore your artistic side! **Note:** \$10 discount with a family membership to The Gardens. Children may be dropped off as early as 8 a.m.; camp programming will not begin until 9 a.m.

Ages: 5–11 years

3/16–3/20 M–F 9:00 AM–Noon \$135

Discovering the Garden

Join us for hands-on exploration and investigation of gardening and the natural world. Children will enjoy science experiments, nature-based activities, learn some tricks of the gardening trade and even plant a raised bed. **Note:** \$10 discount with a family membership to The Gardens.

Ages: 5–11 years

3/16–3/20 M–F 1:00 PM–4:00 PM \$125

Participating in both camps? Or need to come early or stay late? Pack a lunch and stay at The Gardens for supervised fun in the Children's Garden from Noon–1 p.m. for an additional \$20 for the week.

Other Programs

Scout Badge Program

Scout programs are customized to fit the needs of your troop including (but not limited to) gardening, natural resources and cooking. Programs last two hours and cost \$10 per scout. One adult required for every five scouts. Each program offers hands-on exploration and activities led by Gardens on Spring Creek guides. All ages are welcome.

Preregistration required. Programs available year-round, gardening activities depend on weather and seasonal availability. Call to schedule today!

Youth Tours

Youth tours are available from April 1–October 31 to schools, homeschool groups, day cares, camps and youth groups. The Gardens on Spring Creek offers a Seed-centric Tour, a Tree-mendous Tour and a sensory-based Garden Tour.

All tours last 90 minutes and cost \$4 per child. Scholarships are available.

Tree Trunks

Looking for forestry-related educational resources for your classroom, family, or daycare? Tree Trunks are now available for check-out! Two trunks are available:

- Pre-K through 5TH grade
- Middle School through Adult

Filled to the brim with activities and materials for all ages, Tree Trunks make teaching lessons about trees successful and fun. These arbor-themed kits were a collaborative project made possible by Society of American Foresters, the Gardens on Spring Creek, Front Range Community College, Colorado State Forest Service, and US Forest Service. Call 970.416.2486 to check availability or inquire about the materials.

Health & Wellness

All Classes: Age: 18 years & up, Location: Senior Center

What it Takes to Age Well

Peter Smith MD, will share an “age well” prescription, with stories from those aging well (mental attitude, health practices) to those who haven’t “put in the work”. Discussions include cognitive function & strength, along with the importance of fall prevention strategies & safe use of medications.

5/14 Th 2:00–3:30 PM No Fee 225400-01

Pilates

The focus is on conscience control of movement and resistance against gravity. Muscles are lengthened and strengthened, thighs slimmed, buttocks toned, and abdominals firmed in a low impact workout. Learn exercises that can be done at home.

3/5–4/23 Th 1:30–2:30 PM \$80 225401-01

Seniors on the Ball

This low intensity class focuses on safety and proper technique to help anyone looking to improve their overall strength and balance in a fun and supportive environment. No age restrictions here – all adults welcome!

3/2–3/25 M,W 8:00–8:50 AM \$28 225402-01
4/6–4/29 M,W 8:00–8:50 AM \$28 225402-02
5/4–5/27 M,W 8:00–8:50 AM \$28 225402-03

Arthritis Exercise Program

This low impact class is designed for anyone with arthritis, related rheumatic disease or musculoskeletal conditions including those with very limited mobility due to joint impairment.

3/2–3/25 M,W 9:00–9:50 AM \$28 225403-01
4/6–4/29 M,W 9:00–9:50 AM \$28 225403-02
5/4–5/27 M,W 9:00–9:50 AM \$28 225403-03

Improving Balance Through Exercise

This class will cover balance related issues from footwear to vision to muscle weakness to posture and medications. Taking the balance assessment prior to class is highly recommended.

4/22–5/27 W 1:00–2:00 PM \$30 225405-01

Tai Chi Chih Beginner Class

An inner discipline focusing on circulating & balancing your body’s natural energy, this slow moving meditation is fun, easy & enjoyable. Benefits include reduced stress, strengthened immune system, weight & B/P control and better balance & flexibility. Can be done by anyone regardless of age and physical ability.

3/3–4/21 Tu 1:00–2:00 PM \$80 225406-01

Yoga for Healthy Backs

3 week series. Viniyoga principles with gentle postures and breath. Appropriate for anyone who would like to build back strength, increase flexibility, improve posture, or reduce chronic pain. Great for people new to yoga as well as experienced students to improve back health.

3/2–3/16 M 10:00–11:30 AM \$90 225407-01

Smooth Out Your Life with Yoga

A 3 week series. Will combine 3 potent tools of yoga; postures to stretch, relax, and balance your body; breath to bring energy and relaxation; and meditation to invite a sense of calm and focus so that you can explore issues uniquely to you.

4/13–4/27 M 10:00–11:30 AM \$90 225408-01

Improve Your Digestion with Yoga

This 2 week series uses Viniyoga practices to heal & prevent chronic digestive complaints. Digestive woes may have mental & emotional roots; practicing yoga helps achieve mind/body balance to aid digestion. Give gentle massage to organs increasing blood flow while aligning the digestive tract for optimal function.

5/11–5/18 M 10:00–11:30 AM \$90 225409-01

Bike Safety & Maintenance

Bike safety and maintenance is a two-part course that will get your spring riding season off to a great start. Week one you will learn how to ride safely on streets and trails. Week two you will acquire basic bicycle maintenance skills and learn to change a flat.

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|------|----|--------------|------|----------|
| 4/14 | Tu | 3:00–4:00 PM | \$20 | 225410-1 |
| 4/28 | Tu | 3:00–4:00 PM | | |

Back Care for Parents and Women during Pregnancy

A physical therapist will give tips on back care specific for this time you work as a “manual laborer” caring for yourself or your toddler/infant. Includes ideas on lifting, house cleaning, and every day activities. Great for Dads as well!

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| 4/7 | Tu | 10:00–11:00 AM | \$10 | 225411-01 |
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Coping With Fatigue

Finding an exercise activity and intensity you can enjoy and maintain can have many benefits. We will discuss appropriate modifications to help you exercise safely with a variety of medical conditions.

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| 5/7 | Th | 1:00–2:00 PM | \$10 | 225412-01 |
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Balance Class

Specialists from UC Health Rehabilitation Services will discuss basic fall prevention strategies including how medications, vision, and hearing impact potential for falls. Hear about assistive devices. You'll also learn about specific gait and balance training along with physical therapy options.

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| 3/11 | W | 9:00–10:00 AM | \$10 | 225413-01 |
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Antioxidants & Nutrition

Learn what antioxidants are, what foods contain them and how they affect your overall health. Presented by a registered dietitian.

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| 5/11 | M | 9:00–10:00 AM | \$12 | 225422-01 |
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Longevity Secrets from the “Blue Zones”

Living a healthy, active life well into your 90's and possibly 100's is achievable. Meet some of the planets longest lived people, and learn the powerful, but simple lessons for longer healthy lives, learned from the “Blue Zones”.

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| 5/19 | Tu | 2:00–4:00 PM | No Fee | 225416-01 |
|------|----|--------------|--------|-----------|

Age of Champions

This award winning documentary highlights the spirit of the athlete in all of us, regardless of age. Basketball grandmas, 100 year old tennis player, brothers who swim despite life challenges, 86 year old pole-vaulters and more. See the resilience of the human spirit and never losing that competitive edge.

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| 4/23 | Th | 2:00–4:00 PM | No Fee | 225414-01 |
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The Conversation Project

More than 9 of 10 people feel it is important to talk about end-of-life issues, however, less than 3 of 10 have done so. Journalist, Ellen Goodman, developed a very impactful program to help people get this important conversation started before a health crisis or emergency.

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|------|----|--------------|--------|-----------|
| 4/16 | Th | 1:30–3:00 PM | No Fee | 225417-01 |
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Steppin On

Steppin' On is an evidenced based fall prevention program for adults older than 65 that live independently. It includes balance and strengthening exercises and presentations by physical therapists, a pharmacist, vision expert and community officer.

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| 4/8–5/20 | W | 9:00–11:00 AM | \$10 | 225418-01 |
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Meditation with Swamiji Dharmananda

The physical, psychological and spiritual benefits of various types of meditation will be explained and practiced. Meditation has been shown to have significant health benefits for things such as heart disease, insomnia, decreasing pain, and more.

4/10–5/1 F 10:00–11:30 AM \$40 225419-01

Successful Communication

Learn how to create opportunities for positive interaction by using effective communication techniques. This class covers successful communications skills for interacting with people with dementia, as well as how to observe and respond to different and unusual behaviors often experienced with this diagnosis.

4/16 Th 1:00–2:00 PM No Fee 225420-01

DASH Diet

Dietary Approaches to Stop Hypertension. This is one of the most medically recommended diets in America. Come learn about DASH and its benefits from a registered dietician.

3/16 M 10:00–11:00 AM \$12 225421-01

Hiring a Caregiver

What makes a good caregiver? This class will focus on what to look for when hiring help for your home. What qualities to look for, costs, qualifications and compatibility. Also discussion regarding home safety, adaptive equipment & transfers. Bring your questions!

3/27 F 9:30–11:30 AM \$15 225423-01

Filling in the Gaps in Cancer Care

Improving care for our complete selves during and after cancer treatment, setting reasonable expectations and realistic goals for healing and moving forward with our lives.

4/8 W 6:00–7:30 PM No Fee 225428-01

Prostate Cancer, Nutrition and You

Learn which foods and nutrients might prevent prostate cancer, show promising benefit for men with prostate cancer or even prevent or delay occurrence. Join us for a safe and open conversation where you will have ample opportunity to have your questions answered. **Note:** By Brian S. Miller, MS RD Nutrition & Cancer Consultant

3/10 Tu 10:00–11:00 AM \$10 225424-01

Breast Cancer, Nutrition and You

Whether you are looking to prevent, are newly diagnosed or are a cancer survivor this class is for you. Learn ways to incorporate the food and nutrients your body needs to help protect, improve and empower your life. **Note:** By Brian Miller, MS RD Nutrition & Cancer Connection

4/29 W 10:00–11:00 AM \$10 225425-01

Nutrition Misconceptions

There is a lot of nutrition information or rather misinformation out there. Come learn about the latest nutrition claims and find out if they are true or not. Topics include: sugar and cancer, organic food, genetically modified foods, alkaline diet, supplements, and more. **Note:** By Brian Miller, MS RD Nutrition & Cancer Connection

5/13 W 6:00–7:00 PM \$10 225426-01

Stress, Sleep or Worry Problem

Worried? Trouble sleeping? Hands-on healing has been used in Japan for hundreds of years to reduce stress, relieve physical ailments, and much more. Reiki balances your brain, body, and emotions powerfully, yet gently. Learn a practical method to sleep better, rid yourself of worry & stress and gain mental clarity.

3/5 Th 1:00–2:00 PM No Fee 225427-01

Cancer, Exercise & Your Health

Learn the role of exercise in cancer prevention, preventing recurrences, improving function & restoring the body during & after cancer treatment. Answers to exercise & cancer-related questions for those recently diagnosed, living with cancer, finished with treatments, caregivers or anyone else interested in the topic.

5/12 Tu 10:00–11:30 AM No Fee 225429-01

Healthy Weighs

This 6 week group program offers a highly structured, easy-to-follow diet that emphasizes healthy eating habits & strategies for lifelong weight loss & maintenance. You get up to date nutrition and exercise information and motivational strategies for building healthy eating and exercise habits for life. **Note:** Taught by registered dietician – Extra \$10 for private 20 minute consult.

3/23–4/27 M 5:30–6:30 PM \$90 225430-01

Osteoporosis

Gets a basic overview from a Physical Therapist from Columbine Health Systems regarding osteoporosis education, exercise, and prevention.

5/14 Th 8:30–9:30 AM No Fee 225461-01

Chill Out

During this session we'll discuss alternative therapies currently used to treat anxiety and anxiety disorders including stress and relaxation techniques, qigong, acupuncture, nutrition, and herbal remedies. You'll leave with ideas and strategies that will help you manage the stress in your life.

4/28 Tu 6:00–7:00 PM No Fee 225431-01

Happy Meals

Neurotransmitters in the brain help us relate to, react and remember the world around us. Symptoms of deficiencies include depression, insomnia, irritability, memory loss, panic attacks & lack of motivation. Learn how these critical chemicals work & what to eat, including the 5 nutrients necessary for your brain.

5/11 M 6:00–7:00 PM No Fee 225432-01

Enhance Wellness

Enhance Wellness is an evidence-based 20 week program. Program includes goal setting with a nurse, registered dietician, group workout sessions with certified trainers and more. Participants are successful in their goals by learning to incorporate activity and healthy eating into their lives. Call the Aspen Club for more info. Must register through the Aspen Club at 970.495.7335.

2/3 T 7:30–8:30 AM \$125 125406
6/25 Th 12:15–1:15 PM

Alternative Medicine: Enhancing Your Healthcare!

Discussion of alternative medicine in treating common health issues, such as arthritis, indigestion, knee/hip pain, and insomnia facilitated by a chiropractor and acupuncturist from Sunstone Health Associates. Demonstrations will be provided; wear loose clothing to participate.

3/25 W 6:00–7:30 PM No Fee 225433-01

Time to Downsize!

"Where do I begin?" It's the #1 question of downsizing. If this is you, come speak with our Senior Transition Realtors from Keller Williams. Let us give you some great tips, and go over some myths and mistakes in downsizing and real estate transactions.

3/19 Th 11:30 AM–12:30 PM No Fee 225434-01
4/16 Th Noon–1:00 PM No Fee 225434-02
5/21 Th 1:00–2:00 PM No Fee 225434-03

Manage your Mind, Manage your Stress

Don't have time for complex meditation programs? There are simple, practical tips that anyone can use to lower their stress & increase their wellness. Whether you are struggling with significant health challenges or simply wanting to increase the quality of your daily life. Help is as close as your own mind!

4/6 M 2:00–3:00 PM No Fee 225435-01

Resolutions, Take Two!

How are you doing on your New Year's Resolutions to eat better, move more, save money, quit a bad habit? Many of us start with high hopes, but 88% fail to keep resolutions. Learn a strategy for success based on what science knows about forming a new habit. **Note:** Presented by Dianne Grimmett, RN, M.Ed.

3/26 Th 11:00 AM–Noon No Fee 225436-01

Basic Wound Care

A wound and Ostomy nurse will present how to treat basic skin tears and blisters, discuss what some causes of wounds could be, when to call the doctor, some basic first aid (no hands-on treatment, but recommendations of doctor care.)

3/4 W 3:00–4:00 PM No Fee 225437-01

The Mind/Body Link

The secret to health and long life is no secret. Join Fred Singer, professor and author of Change Your Mind, Save Your Life in a fascinating and practical exploration of how your attitudes, personality and feelings about life impact your health, happiness, well-being and longevity. **Note:** Book included in price

4/16–5/14 Th 7:00–8:00 PM \$25 225438-01

Boost Your Brain Power

This 6 week series includes a variety of research based techniques to improve brain and body performance. Learn fun and healthy strategies including brain balance movements, memory enhancers, and meditation techniques. One BioConnection brain integration session at the Senior Center is included.

3/5–4/9 Th 9:00–10:00 AM \$60 225439-01

Estate Planning for the Sandwich Generation

You're raising your children, caring for aging parents, and looking at your own needs. What approach should you take to planning for this increasingly complex situation? Presented by Cheryl Lee Van Ackern of Wolf, Van Ackern and Cuypers, LLP, Attorneys at Law.

3/5 Th 10:00–11:00 AM No Fee 225440-01

Legal Planning for Family and Multi Properties

Family cabins & multi-family retreats: Creating harmony or wreaking havoc? Do you have a cherished family property that you want to preserve for generations? Are you considering a ski condo with friends? Don't miss this seminar on the do's and don'ts of structuring these arrangements to create harmony.

4/21 Tu 10:00–11:00 AM No Fee 225441-01

“Rolling” Away the Pain

Roll out Pain! Bring your rolling pin and learn some creative techniques to roll out leg pain, low back pain and knee pain. Also get information on Rossiter and how it can help free your body from pain and increase your ability to move. Seated class for reasonably healthy individuals.

3/20 F 10:00–11:00 AM No Fee 225443-01

Women's Journaling Workshop

This workshop for personal growth, creative expression, and life enhancement is based on the book “Journal to the Self”. Gently but powerfully explore yourself, your life, and your relationships through journal writing – exploration of 18 different journaling techniques. **Note:** Required text “Journal to the Self” by Kathleen Adams. Bring journal and pen.

4/1–5/6 W 9:00–11:00 AM \$90 225444-01

Blood Sugar Balance

A licensed naturopathic doctor will share a detailed account of how sugar reacts in the body and how we can control it. This informational discussion will focus on lifestyle choices and a whole-foods diet.

3/20 F 9:00–10:30 AM \$12 225445-01

Doctoring from Your Kitchen

Need relief from nausea or a sore throat? Those are only a couple of ailments that can be relieved by using “home

remedies” from your own kitchen. Naturopathic Doctor, Keri Brown, N.D. will help you look at food in a different way – to help what ails you!

4/30 Th 1:00–2:30 PM \$12 225446-01

Favoring Fiber

Learn how fiber helps the immune system function properly as well as facilitating the removal of harmful waste. Building your diet from fiber-rich plant foods is important for cancer prevention as well as overall health. In this class, enjoy a fiber-rich light meal as you work toward your goal of 40g per day.

3/9 M 10:00–11:30 AM \$20 225447-01

The Power of Your Plate and Grocery Cart

This practical class encourages a new way of eating. Experience better blood sugar levels, weight loss and other health benefits. Create your own weekly planner and learn how to navigate the grocery store to find treasures and avoid troublemakers.

5/11 M 10:00–11:30 AM \$20 225449-01

Encore Careers

If you're motivated to do meaningful work in the second half of your life – work that provides continued income & honors your personal priorities – this is for you! Learn about exploring possibilities; identifying the roles & industries in demand & how to conduct career research that will lead you to your 2nd act.

3/10 Tu 1:00–2:00 PM No Fee 225450-01

Stress & Anxiety: A Yoga Perspective

Do you know someone suffering from anxiety or depression? Are you a professional in stress management, psychology, teaching, social work? Join us for a powerful revealing discussion on the origins of anxiety and 12 steps to overcome. Based on yoga philosophy and teachings of great masters.

5/16 Sa 10:00 AM–1:00 PM \$35 225451-01

Healthy Whole Grains – Gluten

This class will focus on bountiful whole grains, which are naturally gluten free and good for you! These recipes are vegan friendly. Menu: Buckwheat porridge, wild rice salad and quinoa chickpea burger.

4/20 M 10:00–11:30 AM \$20 225448-01

Laughter Yoga

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

3/14–5/30 Sa 9:00 AM–10:00 PM No Fee 225452-01

Do You Have a Bossy Bladder?

Do you have a bossy bladder or bowel? Krista Covell-Pierson, Occupational Therapist certified in pelvic disorders and staff will present a lecture and exercise class for individuals looking to improve bladder and bowel control. Supplies included.

3/10 Tu 2:00–3:00 PM \$25 225453-01

5/21 Th 10:30–11:30 AM \$25 225453-02

Natural Ways to Improve Your Sleep

Trouble falling asleep? Or do you wake up early, and are not able to fall back asleep? Joan Waters, naturopathic doctor will discuss common causes of insomnia and how you can utilize sunlight, darkness, herbs, diet and lifestyle to improve your sleep.

4/20 M 6:30–7:30 PM No Fee 225454-01

Natural Ways to Manage Allergies and Asthma

Are allergies or asthma getting you down? Joan Waters, naturopathic doctor, discusses seasonal allergies, asthma and

food sensitivities and provides practical strategies to cope/alleviate to enable you to live a full life.

3/2 M 6:30–7:30 PM No Fee 225455-01

Natural Ways to Improve Your Cardiovascular Health

Ever wonder why cardiovascular disease is so prevalent? Is cholesterol the cause of cardiovascular disease? Joan Water, naturopathic doctor, will discuss practical strategies for improving your cardiovascular health.

5/4 M 6:30–7:30 PM No Fee 225456-01

Mastectomy Support Group

Join us for E.M.B.R.A.C.E.: Empower, Me, Breather, Rest, Accept, Courage, and Engage. Ask and feel better, group discussions, healthy recipes, stretching/breathing & hugs.

3/9, 4/13, 5/11 M 4:45–5:45 PM No Fee 225457-01

Arthritis Support Group

This quarterly group is designed to offer information and support for those who have arthritis, their family members, friends and/or caregivers. Learn more, find related resources, and meet people, network, and share experiences. **Note:** Please register with the Aspen Club at 970.495.8560

5/11 M 11:00 AM–12:30 PM No Fee 225458-01

Why Weight?

Become empowered and motivated to conquer triggers, change habits, and gain confidence to control your weight for long-range health and happiness. Join Cheryl, MS Behaviorist, and acquire skills to move toward a healthier lifestyle. This is an enjoyable and informative program.

3/3–3/24 Tu 10:00–11:30 AM \$60 225459-01

Get a Jump on Your Day – the Home Exercise Way!

Have you been looking for a video so you can exercise in the comfort of your own home? A physical therapist from Columbine Health Systems will review 2–3 home exercise videos appropriate for varied levels of fitness. Included will be general fitness and balance training routines where you can preview and evaluate.

3/26 Th 8:30–9:30 AM No Fee 225460-01

Grief Support of the Rockies

This course aims to provide education to the community regarding grief & loss. We will discuss how to identify normal grief reactions, ways to memorialize a loved one & how to support someone who is grieving. Local and national resources provided.

4/22 W 9:30–10:30 AM No Fee 225462-01

Tennis Ball Massage

Relieve body aches and pains through self-massage using tennis balls. Reduce muscle tightness, increase range of motion, and improve your quality of life with just a tennis ball! Comfortable clothes are suggested. This class is appropriate for any level.

4/18 Sa 10:00–11:00 AM \$10 225463-01

Basics of Essential Oils

Take control of your health naturally. Learn the basics of how to use essential oils, how to apply the oils, and the benefits you can reap from using oils. It can address root causes without side effects.

3/14 Sa 9:00–10:00 AM No Fee 225464-01

4/18 Sa 9:00–10:00 AM No Fee 225464-02

Myths of Hospice Care

Truth or Myth: Hospice is a place; hospice is only for people with cancer; hospice is for old people; hospice care is expensive. There are many commonly held misconceptions regarding the nature of hospice care, even by medical professionals. This presentation will set the record straight on hospice.

3/4 W 1:30–2:30 PM No Fee 225465-01

Honoring Veterans by Pathways

About 38000 veterans live in Larimer and Weld counties and many face unique challenges at end of life as a result. This program provides respectful and compassionate care to those who have served. Get information on our Veteran-to-Veteran volunteer program and capturing Veteran Life Stories.

3/30 M 1:00–2:00 PM No Fee 225466-01

Consider the Conversation

“Consider the Conversation” is a powerful and inspiring film on the struggle with communication and preparation for end-of-life. The 55 minute PBS film combines personal stories and interviews along with opinions of experts in care. Discussion following video.

4/13 M 10:00–11:00 AM No Fee 225467-01

Take Control of Your End of Life Decisions

By planning ahead and preparing just a few documents, you can take control of your end-of-life wishes. You will leave with a clear understanding of what is a living will; a medical power of attorney, and when these documents are implemented. The well-known 5 Wishes Brochure is part of the discussion.

5/8 F 1:00–2:00 PM No Fee 225468-01

Stabilize & Strengthen Upper Body

Instructional upper body class, intended to help increase overall mobility, strength and range of motion. Taught by local CSU Health & Exercise Science student, Sam Nott. This class is intended to expand previous knowledge and to help explore new possible workout options from the gym to at home exercises. **Note:** Class will not be held on 3/19.

3/5–4/2 Th 3:00–4:00 PM No Fee 225469-01

Quarterly Balance Assessments

UC Health rehabilitation staff will assess participants balance using STEADI system for CDC. Participants will be rated as to fall risks and staff will make suggestions base on the information obtained.

4/8 W 1:00–3:00 PM \$15

Golf Fitness Assessments

This mini-assessment is designed to help improve your overall golf game by assessing strength and flexibility components specific to golf. Based on the results of the assessment, exercises and suggestions will be shared to help you become a stronger golfer (hopefully – with lower scores!). 30 minute session.

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| 3/3 | Tu | 8:00 AM–11:30 AM | \$20 |
| 4/7 | Tu | 8:00 AM -11:30 AM | \$20 |

Hearing Screenings and Wax Removal

Ring in the ears? Frequently exposed to loud noises? Ears feel clogged? Difficulty following conversations in noisy restaurants? Come check your hearing and talk with a licensed audiologist from Hearing Rehab Center of Fort Collins, Dr. Stuart Tomlin, an expert in hearing and tinnitus issues.

3/9– 5/18 Every other M 10:00 AM–12:00 PM no fee

Massage

Treat yourself to a massage today! Relieve stress, treat stiff and achy muscles, flush the toxins from your body. It not only feels good, it's good for your health!

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| 10 minute chair massage | \$12 |
| 20 minute chair massage | \$21 |
| 60 minute table massage | \$60 |

Fitness Check-up

It's time for your fitness check-up! Check your body fat percentage and BMI – then perform simple strength, cardio, and flexibility test, you can find your strengths and weaknesses. Test periodically to see changes.

3/2–5/18 Every other M 1:00–4:00 PM \$5

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| 3/5–5/14 | Every other Th | 9:00 AM–Noon | \$5 |
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Converse with a Nurse

Need clarification, guidance, basic info? This is your chance to sit down with a nurse and get some answers – plus get your get your blood pressure checked.

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| 3/9 | M | 10:00–11:00 AM | no fee |
| 5/13 | W | 1:00–2:00 PM | no fee |

Cholesterol Clinics

Blood pressure, cholesterol panel & glucose tests with counseling & recommendations in 20 minutes. 8 hour fast recommended (water & medications permitted). Appointments strongly recommended; walk-ins only accepted if space allows. Call the Health District 970.224.5209. \$15 cost; sliding scale available. **Note:** Care Provider: Health District Nurse

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| 3/3, 4/7, 5/5 | Tu | 8:15–10:30 AM | |
| 3/19, 4/16, 5/21 | Th | 8:15–10:30 AM | |

Blood Pressure Checks

This is an opportunity for seniors to sit down with a registered nurse on a one-to-one basis to get blood pressures taken and ask any health-related questions.

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| 3/9, 4/13, 5/11 | M | 10:00 AM–Noon | |
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Rossiter

Restore connective tissue to its natural, healthy, state creating freedom from pain and increased mobility. Relieve back pain, sciatica, knee pain, hip pain, tennis elbow, plantar fasciitis, and more. Rossiter is done fully clothed and takes about ½ hour. You must be able to get up and down off the floor.

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| 3/3–5/26 | T | 10:00 AM–1:00 PM | \$45 |
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Reflexology

In these relaxing sessions, your hand and feet will be massaged, paying special attention to pressure points that connect with organ and glands throughout the body. Enjoy the sugar scrub to soften your skin and remove dry skin. 30 minute appointments.

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| 3/10, 3/24, 4/7, 4/21, 5/5, 5/19 | T | 10:30–4:00 PM | \$45 |
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Reiki – Support Healing and Well-Being

Discover how Reiki treatments can reduce stress, relieve physical complaints and clear away blockages from your body & mind. Using light touch, Reiki activates your Ki so you feel tangible change in your overall well-being. Offered by Reiki Master and Teacher, Paula Harrison. 1 hour appointments. Wear Comfortable Clothing.

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| 3/2–5/28 | M/Th | 9:00–11:00 AM | \$45 |
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Affordable CommUnity Acupuncture Treatments

Thousands of years old, Acupuncture is globally popular! Tiny hair-sized needles stimulate healing without pain or negative side effects. These 1 hour treatments by Fort Collins CommUnity Acupuncture are affordable, relaxing & effective. It helps pain, anxiety, arthritis, insomnia, depression, migraines, etc. 1 hour sessions, scheduled every 10 minutes.

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| 3/2– 5/18 | M | 8:00 AM–12:00 PM | \$25 |
| 3/4– 5/27 | W | 9:00 AM–12:00 PM | \$25 |

Bio-Connection

Bio-Connection is an energy medicine therapy that relieves stress and anxiety. With ongoing session it can improve brain performance as it addresses issues of insomnia, learning, memory, focus, balance and coordination. Deeply calming and relaxing, you will feel like you've had a wonderful day at the spa! 30 minute appointment by Nancy Evans, RN, BSN, CH.

Age: 18 years & up

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| 3/4–4/8 | W | 9:00–11:30 AM | \$45 |
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This symbol represents those classes that are evidence based programs. These programs are backed by independent research and have been shown to yield measurable results in health.

Ice Skating

All programs take place at Edora Pool Ice Center.

General information for Learn to Skate Lessons

Lessons are taught by Certified P.S.A. instructors and are in compliance with the United States Figure Skating Association.

Parents may observe lesson from the upstairs bleachers. It is distracting for skaters and coaches to have parents at the gate and also creates an obstruction for skaters that are entering or exiting the ice.

Individuals are not allowed on the ice with their shoes on. However, parents are welcome to skate with their child during the 15 minute practice time. EPIC's rental skates are available free of charge.

Our class student to instructor ratio is 1 instructor to 10 students. Any tot, basic 1 or basic 2 classes larger than 10 will have an assistant added to them. Minimum for all classes, based on cost efficiency is 5. (Class levels may be combined to meet this minimum.)

Skating lessons are 30 minutes in length with a 15 minute practice time, which may be before or after your lesson depending on scheduling.

The instructors have time in between classes to talk to parents and address their concerns.

Please be aware that some levels will need to be repeated to master all the skills.

The first day of each lesson is generally termed as level evaluation day. At this time, the instructors will evaluate all of the participants in their assigned classes to make certain they have been correctly enrolled. If there is a problem, the instructor may discuss the best course of action with the parent. Students will be moved if there is space available in the appropriate level of class.

There are no make-up lessons for missed skating classes.

If the class you wish to register for is filled, you may place your name on a Paid waiting list. We attempt to accommodate the demand for skating lessons by adding new classes, however they may not be at the same time/day as the waiting list class. Classes that do not meet the minimum may be canceled or combined.

If you are unable to attend the last day of classes for testing, please request a progress card on the last day you attend.

Good ideas for proper clothing include:

Helmet (also available at EPIC; Tot 1 & 2 Required)

Gloves (thin –not ski mittens)

Fleece or light weight Jacket

Skating dresses with tights or Leggings/Pants that are easy to move in

Loose or bulky clothing is not recommended

Freestyle

Interested in knowing more about competitive or recreational figure skating programs?

Call 970.221.6683 and ask to speak with one of the professional skate instructors on staff. Program not discountable.

Conditioning for Skaters

For more information, please see our conditioning information center located in the green rink. Program not discountable.

Private Skating Instruction

Private ice skating instruction is available for all abilities in Figure Skating, Dance, Edges, Style, Choreography, Hockey, and Power. Fees vary depending on instructor. Ice time and skate rental is not included in instructor fee. Program not discountable

Skate Sharpening Services

EPIC offers Skate Sharpening services for Figure and Hockey skates (Blackstone Flat Bottom V). Drop-off and walk-in service available. Please call 970-221-6683 x3 for hours and fees.

Team & Club contacts

Adult Hockey – Fort Collins Adult Hockey Association
fcaha.org

Youth hockey – Northern Colorado Youth Hockey
ncyh.org

Figure Skating Club – Fort Collins Figure Skating Club
fortcollinsfsc.org

Women's Hockey – Flames / Phoenix / Comets
wachhockey.org

College Hockey – Colorado State University
csuhockey.com

High School Hockey – High Plains Hockey
highplainshockey.com

Figure Skating Lessons for Boy & Girl Scouts

Earn your skating Merit Badge! A learn to skate lesson can be arranged for your troop during a public skate session at a discounted rate. Minimum of 4 skaters needed. Flexible number of weeks available. Please call 970.416.2770 to make arrangements for your Troop.

Drop-in Activities

Curling Drop-In

Come practice and improve your delivery, sweeping, strategy, and basic rules of curling. Participants need to wear a helmet, clean rubber soled sneakers, and dress in layers that are stretch or loose.

Age: 8 years & up

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| Ongoing | Tu | 1:00–2:30 PM | \$7.50 |
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Power Skating

Hockey skaters will develop power, agility, and endurance. Program developed and instructed by Olympic speed skater Jondon Trevena. **Note:** No Session 3/18. Full hockey gear required

Age: 9–17 years

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| Ongoing | W | 3:45–4:30 PM | \$12 |
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Speed Skating Drop-In

Previous skating experience is a must. You will gain knowledge of your edges, pushes, balance, and pressure. This class is designed to enhance your skating speed and technique of all types of skating. Come prepared wearing warm-up pants, long sleeved shirt, and speed skates (Intermediate and Advanced). Program developed by 1998 and 2002 Olympic speed skater, Jondon Trevena. Session not discountable. **Note:** No Session 3/18.

Age: 7 years & up

Beginner

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| Ongoing | W | 4:45–5:30 PM | \$12 |
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Intermediate

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| Ongoing | W | 5:45–6:45 PM | \$15 |
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Senior Coffee Club

This program takes place during regular recreational skate sessions and is for older adults interested in social skating. Regular fees apply.

Age: 60 years & up

March– May

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| Ongoing | W | 9:15–10:45 AM | Drop-In Fees Apply |
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Drop-In Hockey

This open practice session is for hockey players who want to sharpen their skating and shooting skills. Session not discountable. 10 or 30 admission punch passes may be purchased at the \$4.00 rate. Sign up at the front desk beginning at 6 a.m. for morning session and 6 p.m. for evening session. Payment must be made when signing up unless a hockey punch pass is on file for phone-ins. Limited to 30 players. Full equipment required. No session 4/10, 5/25. Skate rental is

\$2.50 per pair.

Age: 16 years & up

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| Ongoing | M–F | 11:15 AM–12:45 PM | \$4/session |
| Ongoing | Th | 1:00–2:30 PM | \$4/session |

Fitness Skate

Intermediate to advanced skaters will benefit from this aerobic exercise. Session not discountable. No session 3/13, 4/10, 4/17, 5/15, 5/25. 10- or 30-admission punch passes may be purchased at the \$5.50/punch rate. Skate rental is \$2.50 per pair.

Age: 16 years & up

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| Ongoing | M–F | 11:15 AM–:00 PM | \$5.50/session |
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Stick & Puck

This open session requires helmet, gloves, stick, and shin guards; full equipment is recommended for younger skaters. Open to all ages. No Goalies in net. Session not discountable. No session 4/5, 4/11, 4/12. Skate rental is \$2.50 per pair.

March–May

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| Ongoing | Sa, Su | 2:30–3:30 PM | \$4/session |
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March 16–20

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| Ongoing | M–F | 4:30–5:30 PM | \$4/session |
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Adult Ice Skating

Adult Beginning and Intermediate Skate

These classes are for the person with little or no previous experience on ice. See Basic 1–4. **Note:** Class will not be held on 3/19.

Age: 16 years & up

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| 3/5–4/2 | Th | 6:15–6:45 PM | \$32 | 210349-01 |
| 4/16–4/30 | Th | 6:15–6:45 PM | \$24 | 210349-02 |

Adult Advanced Skate

Good skaters wishing to learn new skills may take the advanced level. See Basic 5 & 6.

Age: 16 years & up

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| 3/5–4/2 | Th | 6:45–7:15 PM | \$33 | 210353-01 |
| 4/16–4/30 | Th | 6:45–7:15 PM | \$24 | 210353-02 |

Curling

Curling

Learn to Curl classes are for those that have never curled before, and would like to see what it's all about. You will learn the terminology and proper curling technique. In two classes you will learn to slide, throw stones, and sweep. **Note:** Participants need to wear helmet, clean rubber soled sneakers, and dress in layers that are stretchy or loose. Helmets will be provided. No class on 4/5.

Age: 8 years & up

| | | | | |
|-----------|----|--------------|------|-----------|
| 3/1–4/12 | Su | 3:00–4:30 PM | \$66 | 210376-01 |
| 4/19–5/17 | Su | 3:00–4:30 PM | \$55 | 210376-02 |

Learn to Skate

Tot 1 Skate

Tots will be introduced to the ice at a relaxed pace. Upon completion of this level participants will be able to do the following skills: sit on ice and stand up, march in place, standing swizzle, dip, march forward, forward marching with two-foot glide, and introduced to backward wiggles and rocking horse. **Note:** We require that tots wear helmets. Warm clothes including gloves or mittens are needed. We prefer that parents observe from the seating area. Class will not be held on 3/17, 3/19, 4/11.

Age: 4–5 years

| | | | | |
|----------|-------|----------------|------|-----------|
| 3/3–4/2 | Tu,Th | 4:45–5:15 PM | \$60 | 210302-01 |
| 3/3–4/2 | Tu,Th | 9:30–10:00 AM | \$60 | 210302-02 |
| 3/28–5/2 | Sa | 10:30–11:00 AM | \$38 | 210302-03 |
| 4/7–4/30 | Tu,Th | 4:45–5:15 PM | \$60 | 210302-04 |
| 4/7–4/30 | Tu,Th | 9:30–10:00 AM | \$60 | 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. **Note:** We require that tots wear helmets. Warm clothes including gloves or mittens are needed. We prefer that parents observe from the seating area. Class will not be held on 3/17, 3/19, 4/11.

Age: 4–5 years

| | | | | |
|----------|-------|----------------|------|-----------|
| 3/3–4/2 | Tu,Th | 4:45–5:15 PM | \$60 | 210304-01 |
| 3/3–4/2 | Tu,Th | 9:30–10:00 AM | \$60 | 210304-02 |
| 3/28–5/2 | Sa | 10:30–11:00 AM | \$38 | 210304-03 |
| 4/7–4/30 | Tu,Th | 4:45–5:15 PM | \$60 | 210304-04 |
| 4/7–4/30 | Tu,Th | 9:30–10:00 AM | \$60 | 210304-05 |

Basic 1 Skate

For skaters who have never skated before. Upon completion of this level participants will be able to do the following skills: sit and stand up, march forward, two-foot glide, glide with dip, rocking horse, forward two-foot swizzles, two-foot snowplow stop, two-foot hop, wiggles, and intro to forward one-foot glide. **Note:** Helmets are strongly recommended for beginners. Warm clothes including gloves or mittens are needed. We prefer that parents observe from the seating area. Class will not be held on 3/16, 3/17, 3/19, 4/11.

Age: 5–9 years

| | | | | |
|----------|-------|----------------|------|-----------|
| 3/2–3/30 | M | 4:00–4:30 PM | \$30 | 210306-01 |
| 3/2–3/30 | M | 4:30–5:00 PM | \$30 | 210306-02 |
| 3/3–4/2 | Tu,Th | 4:45–5:15 PM | \$60 | 210306-03 |
| 3/3–4/2 | Tu,Th | 10:00–10:30 AM | \$60 | 210306-04 |
| 3/28–5/2 | Sa | 10:30–11:00 AM | \$38 | 210306-05 |
| 4/6–4/27 | M | 4:00–4:30 PM | \$30 | 210306-06 |
| 4/6–4/27 | M | 4:30–5:00 PM | \$30 | 210306-07 |
| 4/7–4/30 | Tu,Th | 4:45–5:15 PM | \$60 | 210306-08 |
| 4/7–4/30 | Tu,Th | 10:00–10:30 AM | \$60 | 210306-09 |

Basic 2 Skate

Participants must have successfully completed Basic 1 or be between the ages of 10–15 and never skated. Upon completion of this level participants will be able to do the following skills: forward glides, pumping, slalom, backward two-foot swizzles, two-foot glide, turn, snowplow stop, and T-position. **Note:** Helmets are strongly recommended for beginners. Warm clothes including gloves or mittens are needed. We prefer that parents observe from the seating area. Class will not be held on 3/16, 3/17, 3/19, 4/11.

Age: 5–15 years

| | | | | |
|----------|-------|----------------|------|-----------|
| 3/2–3/30 | M | 4:00–4:30 PM | \$30 | 210310-01 |
| 3/2–3/30 | M | 4:30–5:00 PM | \$30 | 210310-02 |
| 3/3–4/2 | Tu,Th | 4:45–5:15 PM | \$60 | 210310-03 |
| 3/3–4/2 | Tu,Th | 10:00–10:30 AM | \$60 | 210310-04 |

| | | | | |
|----------|-------|----------------|------|-----------|
| 3/28–5/2 | Sa | 10:30–11:00 AM | \$38 | 210310-05 |
| 4/6–4/27 | M | 4:00–4:30 PM | \$30 | 210310-06 |
| 4/6–4/27 | M | 4:30–5:00 PM | \$30 | 210310-07 |
| 4/7–4/30 | Tu,Th | 4:45–5:15 PM | \$60 | 210310-08 |
| 4/7–4/30 | Tu,Th | 10:00–10:30 AM | \$60 | 210310-09 |

Basic 3 Skate

Skaters must have successfully completed Basic 2. Upon completion of this level participants will be able to do the following skills: stroking, forward and backward pumping, backward slalom, two foot turn, gliding backward on one foot, hold inside and outside edge on a circle, and two foot spin. **Note:** Class will not be held on 3/17, 3/19, 4/11.

Age: 5–15 years

| | | | | |
|----------|-------|----------------|------|-----------|
| 3/3–4/2 | Tu,Th | 4:45–5:15 PM | \$60 | 210314-01 |
| 3/3–4/2 | Tu,Th | 10:30–11:00 AM | \$60 | 210314-02 |
| 3/28–5/2 | Sa | 11:15–11:45 AM | \$38 | 210314-03 |
| 4/7–4/30 | Tu,Th | 4:45–5:15 PM | \$60 | 210314-04 |
| 4/7–4/30 | Tu,Th | 10:30–11:00 AM | \$60 | 210314-05 |

Basic 4 Skate

Participants must have successfully completed Basic 3. Upon completion of this level participants will be able to do the following skills: stroking with power, backward one-foot glide, forward inside and outside edge on an axis, forward crossovers, forward outside three turn right and left, and backward snowplow stop. **Note:** Class will not be held on 3/17, 3/19, 4/11.

Age: 5–15 years

| | | | | |
|----------|-------|----------------|------|-----------|
| 3/3–4/2 | Tu,Th | 4:45–5:15 PM | \$60 | 210316-01 |
| 3/3–4/2 | Tu,Th | 10:30–11:00 AM | \$60 | 210316-02 |
| 3/28–5/2 | Sa | 10:30–11:00 AM | \$38 | 210316-03 |
| 4/7–4/30 | Tu,Th | 4:45–5:15 PM | \$60 | 210316-04 |
| 4/7–4/30 | Tu,Th | 10:30–11:00 AM | \$60 | 210316-05 |

Basic 5 Skate

Participants must have successfully completed Basic 4. Upon completion of this level participants will be able to do the following skills: forward crossovers, hold outside and inside edge on a circle, backward crossovers, one-foot spin, T-stop, side toe hop, and forward outside three turn. **Note:** Class will not be held on 3/17, 3/19, 4/11.

Age: 5–15 years

| | | | | |
|----------|-------|----------------|------|-----------|
| 3/3–4/2 | Tu,Th | 5:30–6:00 PM | \$60 | 210318-01 |
| 3/28–5/2 | Sa | 11:15–11:45 AM | \$38 | 210318-02 |
| 4/7–4/30 | Tu,Th | 5:30–6:00 PM | \$60 | 210318-03 |

Basic 6 Skate

Participants must have successfully completed Basic 5. Upon completion of this level participants will be able to do the following skills: backward crossovers, forward inside three-turn, backward to forward two-foot turn, hockey stop, bunny hop, forward straight line spiral, forward lunge, beginning one foot spin. **Note:** Class will not be held on 3/17, 3/19, 4/11.

Age: 5–15 years

| | | | | |
|----------|-------|----------------|------|-----------|
| 3/3–4/2 | Tu,Th | 5:30–6:00 PM | \$60 | 210322-01 |
| 3/28–5/2 | Sa | 11:15–11:45 AM | \$38 | 210322-02 |
| 4/7–4/30 | Tu,Th | 5:30–6:00 PM | \$60 | 210322-03 |

Basic 7 Skate

Participants must have successfully completed Basic 6. Upon completion of this level skaters will be able to do the following skills: backward to forward two-foot turn, forward inside open and closed mohawk, ballet jump, backward crossovers to backward outside edge, one-foot spin, and inside forward three turn. No class on 4/11.

Age: 5–15 years

| | | | | |
|----------|----|----------------|------|-----------|
| 3/28–5/2 | Sa | 11:15–11:45 AM | \$38 | 210324-01 |
|----------|----|----------------|------|-----------|

Basic 7 & 8 Ice Skating

Please see individual class descriptions under Basic 7 and Basic 8. **Note:** Class will not be held on 3/17, 3/19.

Age: 5–15 years

| | | | | |
|----------|-------|--------------|------|-----------|
| 3/3–4/2 | Tu,Th | 5:30–6:00 PM | \$60 | 210326-01 |
| 4/7–4/30 | Tu,Th | 5:30–6:00 PM | \$60 | 210326-02 |

Basic 8 Skate

Participants must have successfully completed Basic 7. Upon completion of this level participants will be able to do the following skills: moving forward outside three turn, moving forward inside three turn, stand still waltz jump, mazurka, combination move, forward inside pivot, and backward inside pivot. No class on 4/11.

Age: 5–15 years

| | | | | |
|----------|----|----------------|------|-----------|
| 3/28–5/2 | Sa | 11:15–11:45 AM | \$38 | 210328-01 |
|----------|----|----------------|------|-----------|

Field Moves

Participants will learn Pre-preliminary and Preliminary Moves in the Field. The following skills will be taught: stroking, crossovers, forward and backward outside and inside consecutive edges, waltz eight, straight line spiral, figure eight crossovers, right and left 3 turns, consecutive spirals, alternating 3 turns. **Note:** Class will not be held on 3/17.

Age: 5–15 years

| | | | | |
|----------|----|--------------|------|-----------|
| 3/3–3/31 | Tu | 6:15–6:45 PM | \$32 | 210330-01 |
| 4/7–4/28 | Tu | 6:15–6:45 PM | 32 | 210330-02 |

Beginning Free Skate 1 & 2

Participants must have successfully completed Basic 8. This is a 45-minute class that will focus on Spins, Jumps, and Moves (15 minutes each). For a detailed description of skills please see the Learn To Skate Bulletin Board. **Note:** Class will not be held on 3/17, 3/19.

Age: 5–15 years

| | | | | |
|----------|-------|---------------|------|-----------|
| 3/3–4/2 | Tu,Th | 5:15–6:00 PM | \$96 | 210332-01 |
| 3/28–5/2 | Sa | 9:30–10:15 AM | \$60 | 210332-02 |
| 4/7–4/30 | Tu,Th | 5:15–6:00 PM | \$96 | 210332-03 |

Intermediate Free Skate 3 & 4

This is a 45-minute class that will focus on Spins, Jumps, and Moves (15 minutes each). For a detailed description of skills please see the Learn To Skate Bulletin Board. **Note:** Class will not be held on 3/17, 3/19, 4/11.

Age: 5–15 years

| | | | | |
|----------|-------|---------------|------|-----------|
| 3/3–4/2 | Tu,Th | 5:15–6:00 PM | \$96 | 210334-01 |
| 3/28–5/2 | Sa | 9:30–10:15 AM | \$60 | 210334-02 |
| 4/7–4/30 | Tu,Th | 5:15–6:00 PM | \$96 | 210334-03 |

Advanced Free Skate 5 & 6

This is a 45-minute class that will focus on Spins, Jumps, and Moves (15 minutes each). For a detailed description of skills please see the Learn To Skate Bulletin Board. **Note:** Class will not be held on 3/17, 3/19, 4/11.

Age: 5–15 years

| | | | | |
|----------|-------|---------------|------|-----------|
| 3/3–4/2 | Tu,Th | 5:15–6:00 PM | \$96 | 210336-01 |
| 3/28–5/2 | Sa | 9:30–10:15 AM | \$60 | 210336-02 |
| 4/7–4/30 | Tu,Th | 5:15–6:00 PM | \$96 | 210336-03 |

Intensive Ice Skating Clinic

Spend Spring Break at EPIC ice arena for a week long Intensive Skating Clinic. This program is open to all Basic 1 - Free Skate 6 skaters (must have completed basic 1). Classes will be arranged by combined levels.

Age: 5–15 years

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|-----------|------|--------------|------|-----------|
| 3/16–3/19 | M–Th | 4:45–5:45 PM | \$35 | 210338-01 |
|-----------|------|--------------|------|-----------|

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.

No class on 4/11.

Age: 8 years & up

3/28–5/2 Sa 9:45–10:15 AM \$38 210356-01

Youth Hockey

Basic 1 Hockey Skate

Hockey equipment NOT required. For skaters who have never skated before. See Basic 1. **Note:** Helmets are strongly recommended for beginners. Warm clothes including gloves or mittens are needed. We prefer that parents observe from the seating area. No class on 4/11.

Age: 5–9 years

3/28–5/2 Sa 11:15–11:45 AM \$38 210308-01

Basic 2 Hockey Skate

Hockey equipment NOT required. Participants must have successfully completed Basic 1 or be between the ages of 10–15 and never skated. See Basic 2. **Note:** Helmets are strongly recommended for beginners. Warm clothes including gloves or mittens are needed. We prefer that parents observe from the seating area. No class on 4/11.

Age: 5–15 years

3/28–5/2 Sa 10:30–11:00 AM \$38 210312-01

Beginner Cub Hockey

Prerequisite: Tot 1 or Basic 1. Practice will be held on Tuesdays where the focus will be on basic hockey and skating skills, a recreational game will be held on Thursdays. Equipment can be checked out with a \$150 deposit check. Rental skates are included; sticks are available at equipment check out for \$10. **Note:** The equipment handout is Thursday, March 26 from 4–6 p.m. at EPIC. Equipment check-in is immediately following last game of the session.

Age: 4–8 years

3/31–5/21 Tu,Th 4:15–5:00 PM \$156 210372-01

Outdoor Recreation

Cancellation/Refund Policy

Trips may be cancelled or destinations may be changed due to weather conditions that are deemed hazardous or unsafe for driving/ transportation or activity. We regret any such cancellation, but we are committed to safe programming. In this case you will receive a full refund. If you need to cancel a trip you must notify us by 10 a.m. two (2) days prior to trip departure for refund or credit.

Hikes

These hikes will provide an opportunity to enjoy the great outdoors. The hikes are designed for active 50+ adults who enjoy a good physical challenge, but can also accommodate a range of individual pace and those 18+ are welcome. Those wishing for less of a challenge should check out our Outdoor Strolls in the 50 Plus section of the Recreator. **Note:** Should be in good health and capable of moderate physical activity. Bring own equipment, water, food. Cost includes transportation, guide.

Age: 18 years & up

Location: Senior Center

Red Mountain Open Space

Mileage (round trip): 5.5 miles; Lowest Elevation: 6300 ft.; Highest Elevation: 7200 ft.; explore the “Big Hole” near Wyoming; stunning redrock cliffs and grassy plains.

4/15 W 8:00 AM–3:00 PM \$25 211903-01
\$20 member

Homestead Meadows

Mileage (round trip): 4.5 miles; Lowest Elevation: 8300; Highest Elevation: 8600; Explore beautiful open-space area rich in homestead history.

4/23 Th 8:00 AM–4:00 PM \$25 211903-02
\$20 member

Grey Rock/Meadow Loop

Mileage (round trip): 7 miles; Lowest Elevation: 5558 ft.; Highest Elevation: 6800 ft. Popular trail with views of the valley and peaks to the west.

5/5 Tu 8:00 AM–4:00 PM \$25 211903-03
\$20 member

Gem Lake (RMNP)

Mileage (round trip): 3.5 miles; Lowest Elevation: 7870 ft.; Highest Elevation: 8860 ft.; outstanding views of Estes Park, Longs Peak and the surrounding mountains.

5/13 W 8:00 AM–4:00 PM \$25 211903-04
\$20 member

Mt Margaret

Mileage (round trip): 4 miles; Lowest Elevation: 8105 ft.; Highest Elevation: 8166 ft.; Scenic hike along an old roadbed through meadows, granite outcroppings, and ponderosa pine.

5/20 W 8:00 AM–4:00 PM \$25 211903-05
\$20 member

Downhill Skiing

Motor coach trips are made to various Colorado ski resorts. Cross-country skiers and shoppers are welcome on the Breckenridge trips. Participants are responsible for their own equipment, lift ticket and lunch. Cancellation must be made by 10 a.m. Monday prior to the trip for a refund or credit. Class not discountable. Trips depart from Rolland Moore Park promptly at 7 a.m. and stops in Loveland at the park and ride at I-25 and Hwy. 34 around 7:20 a.m. **Note:** Cancellation must be made by 10 a.m. four days prior to trip for refund or credit.

Age: 18 years & up

Location: Rolland Moore Park

Winter Park

3/4 W 7:00 AM–7:00 PM \$41 211910-01
\$35 member

Copper Mountain

3/9 M 7:00 AM–7:00 PM \$41 211910-02
\$35 member

Keystone/A-Basin

3/11 W 7:00 AM–7:00 PM \$41 211910-03
\$35 member

Copper Mountain

3/18 W 7:00 AM–7:00 PM \$41 211910-04
\$35 member

Loveland Ski Area

3/23 M 7:00 AM–7:00 PM \$41 211910-05
\$35 member

Winter Park

3/25 W 7:00 AM–7:00 PM \$41 211910-06
\$35 member

Keystone/A-Basin

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|-----|---|-----------------|------|-----------|
| 4/1 | W | 7:00 AM–7:00 PM | \$76 | 211910-07 |
|-----|---|-----------------|------|-----------|

\$35 member

Copper Mountain

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|-----|---|-----------------|------|-----------|
| 4/8 | W | 7:00 AM–7:00 PM | \$76 | 211910-08 |
|-----|---|-----------------|------|-----------|

\$35 member

Snowshoe and Cross-Country Skiing Trips

These snowshoe/cross-country trips will provide an opportunity to enjoy the great outdoors and are designed for 50+ adults who enjoy a good physical challenge, but can also accommodate a range of individual pace and those 18+ are welcome. There is no formal instruction; however all of our trips are led by experienced guides with wilderness first aid training. Our vans are equipped with portable AED's and the SPOT GPS positioning in case of emergency. We handle the details and the driving so you can enjoy the outdoors. Some trips are in the backcountry of the Poudre Canyon without an available Nordic Center. Trips made to RMNP require a parks pass, Golden Age pass or \$20. Beaver Meadows, Snow Mtn. Ranch, Devil's Thumb, Eldora, Frisco and Breckenridge have an additional day use fee for which you are responsible. Costs range from \$10–\$25. Our trips to WY have an additional fee due to crossing state lines. Other equipment can be used on the trips designated Cross Country or Snowshoe ONLY with guide approval 970.224.6136. **Note:** Should be in good health and capable of moderate physical activity. Bring own equipment, water, food. Cost includes transportation, guide.

Age: 18 years & up

Location: Senior Center

Beaver Meadows Resort

Mileage (round trip): varies; Lowest Elevation: 8600 ft.; Highest Elevation: 10600 ft.; 10K of groomed trails through pristine forest.

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|-----|----|-----------------|------|-----------|
| 3/3 | Tu | 9:00 AM–4:00 PM | \$30 | 211920-01 |
|-----|----|-----------------|------|-----------|

\$25 member

Emerald Lake (RMNP)

(Snowshoe) Mileage (round trip): 3.6 miles; Lowest Elevation: 9475 ft.; Highest Elevation: 10,080 ft.; forested trail with beautiful mountain and glacial views.

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|------|----|-----------------|------|-----------|
| 3/12 | Th | 8:00 AM–4:30 PM | \$30 | 211920-02 |
|------|----|-----------------|------|-----------|

\$25 member

Brainard Lake (Indian Peaks)

(Cross country skiing only) Mileage (round trip): 5.6 miles; Lowest Elevation: 10080 ft.; Highest Elevation: 10140 ft.; Surrounded by subalpine forest set in a glacially-carved valley.

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|------|----|-----------------|------|-----------|
| 3/17 | Tu | 8:00 AM–4:30 PM | \$30 | 211920-03 |
|------|----|-----------------|------|-----------|

\$25 member

Michigan Ditch (Cameron Pass)

(Both x-country ski & snowshoe) Mileage (round trip): 4.4 miles; Lowest Elevation: 10,255 ft.; Highest Elevation: 10,320 ft.; Spectacular views of the Nokhu Crags.

| | | | | |
|------|----|-----------------|------|-----------|
| 3/26 | Th | 8:00 AM–4:00 PM | \$30 | 211920-04 |
|------|----|-----------------|------|-----------|

\$25 member

Hunter Education

This course will give students the skills and information necessary to hunt without accidents. Colorado Division of Wildlife certificates will be issued to those successfully completing the course. Saturday's class involves reviewing of class material, written testing and live fire testing. **Note:** Attendance at all 5 classes is mandatory (19 hours). All firearms are provided – do not bring them to class. Class not discountable.

Age: 12 years & up

Location: The Farm

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|-----------|-------|---------------|------|-----------|
| 3/10–3/19 | Tu,Th | 7:00–10:00 PM | \$10 | 211932-01 |
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| | | | | |
|------|----|-----------------|--|--|
| 3/21 | Sa | 8:00 AM–3:00 PM | | |
|------|----|-----------------|--|--|

Teen

Schools Out Teen Trips

Age: 11–16 years

Location: Northside Aztlan Center

RM National Park

| | | | | |
|------|---|-----------------|------|-----------|
| 4/10 | F | 9:00 AM–4:00 PM | \$20 | 215538-01 |
|------|---|-----------------|------|-----------|

Poudre Trail Riding

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

Special Events

Cinco De Mayo

The celebration of this annual fiesta provides an excellent means of education and sharing of cultural diversity among our communities. We hope you will join us for a celebration of family, culture and community. For more information contact Tyler Robertson at 970.221.6729 or visit our website at fortcollinscincodemayo.com.

Location: Northside Aztlan Community Center

| | |
|---------|------------------|
| 5/2–5/3 | 11:00 AM–7:00 PM |
|---------|------------------|

18th Annual Father's Day 5k

Register online for the 18th annual Father's Day 5k. The race features several different racing categories including, father/daughter teams, father/son teams, individual race, and wheelchair divisions. The race benefits the Adaptive Recreation Opportunities. Race numbers and shirts will be available for pre-race pickup from June 19–20. Avoid the lines at the day of race and pick up your gear early. Register at fcgov.com/recreator.

Youth Open

| | | | |
|------|----|------|-----------|
| 6/21 | Su | \$15 | 313035-04 |
|------|----|------|-----------|

Father & Daughter

| | | | |
|------|----|------|-----------|
| 6/21 | Su | \$45 | 313035-05 |
|------|----|------|-----------|

Father & Son

| | | | |
|------|----|------|-----------|
| 6/21 | Su | \$45 | 313035-06 |
|------|----|------|-----------|

13 years & up

Male

| | | | |
|------|----|------|-----------|
| 6/21 | Su | \$30 | 313035-01 |
|------|----|------|-----------|

Female

| | | | |
|------|----|------|-----------|
| 6/21 | Su | \$30 | 313035-02 |
|------|----|------|-----------|

Wheelchair

| | | | |
|------|----|------|-----------|
| 6/21 | Su | \$30 | 313035-03 |
|------|----|------|-----------|

Kites in the Park

Celebrate spring, family and the outdoors at the 7th Annual Kites in the Park Festival. Little ones can get their face painted for free and build and decorate their own kite. Watch kite fights, kite ballet and giant kites soar in the spring sky. Food vendors and other booths will be available to purchase food and kite products. The Kite Festival is free to the public. Bring your own kite and experience a unique Fort Collins spring festival.

Location: Spring Canyon Community Park

| | |
|--------------|------------------|
| May 17, 2015 | 10:00 AM–4:00 PM |
|--------------|------------------|

Adaptive Recreation Opportunity 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 "Trains, Planes and Trucks" and will feature exciting activities, entertainment and more for a gigantic good time! Note: This event is provided with support from the Inspiration Playground Endowment Fund. For more information or to volunteer, contact Renee Lee, rlee@fcgov.com.

Age: All

Location: Inspiration Playground at Spring Canyon Park

| | | | |
|------|---|-------------------|--------|
| 4/10 | F | 10:30 AM–12:30 PM | No Fee |
|------|---|-------------------|--------|

Monthly Themed Dances

Dances are fun filled events to celebrate with friends. Dressing for the theme is highly encouraged! No pre-registration; tickets will be sold at the door. Attendants welcome at no cost. Class is not discountable.

Age: 18 years & up

Location: Senior Center

Luck O' the Irish

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

Spring Fling

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

Fiesta

| | | | | |
|------|---|--------------|--------|-----------|
| 5/29 | F | 6:00–8:00 PM | \$3.50 | 202405-03 |
|------|---|--------------|--------|-----------|

Sports

Adult Sports

Basketball

Spring Adult Men's Basketball

Keep the ball rolling into the spring. Men's leagues are offered for a Friday night league, Teams will sign up for their level preference on a first come basis. 6 games scheduled. Registration begins 2/12, ends 3/20 or when leagues fill. Leagues begin the week of 3/27. **Note:** Rosters are unlimited (Participants age 16 & 17 need parent signature on roster prior to participation). League not discountable.

Age: 16 years & up

Location: Northside Aztlan Center

Friday Men's Competitive

| | | | | |
|----------|---|---------------|-------|-----------|
| 3/27–5/1 | F | 6:00–10:00 PM | \$340 | 213901-01 |
|----------|---|---------------|-------|-----------|

Friday Men's Recreational

| | | | | |
|----------|---|---------------|-------|-----------|
| 3/27–5/1 | F | 6:00–10:00 PM | \$340 | 213901-02 |
|----------|---|---------------|-------|-----------|

Sat Men's 3 on 3

| | | | | |
|----------|----|-----------------|-------|-----------|
| 3/28–5/2 | Sa | 9:00 AM–1:00 PM | \$340 | 213901-03 |
|----------|----|-----------------|-------|-----------|

Summer Adult Men's Basketball

Escape the heat and join the fun! Gather up your co-workers and friends to come play in this Friday night basketball league. Teams will sign up for their level/playing preference on a first come-first serve basis. All games will be played at the Northside Aztlan Community Center. Registration begins 5/4, ends 5/22. **Note:** Rosters are unlimited (Participants age

16 & 17 need parent signature on roster prior to participation). League not discountable. Class will not be held on 7/3.

Age: 16 years & up

Location: Northside Aztlan Center

Friday Competitive

6/5–7/31 F 6:00–10:00 PM \$369 313001-01

Friday Recreational

6/5–7/31 F 6:00–10:00 PM \$369 313001-02

Flag Football

Spring Adult Flag Football

Leagues will be 8-on-8 non-contact. Registration begins 2/12, ends 3/6 or when leagues fill (whichever comes first); 6 games scheduled, 6 games guaranteed. League begins the week of 3/23. **Note:** Rosters are unlimited (Participants age 16 & 17 need parent signature on roster prior to participation). League not discountable.

Age: 16 years & up

Location: Rolland Moore Park

3/23–4/27 M 6:00–10:00 PM \$329 213011-01

Spring Adult Indoor Flag Football

Indoor league will be 8 on 8 non-contact. Games played Sunday mornings between 8 a.m.– 12 p.m. Registration begins 2/12, ends 3/20 or when league fills (whichever comes first); 6 games scheduled, 6 games guaranteed. League begins 3/29. **Note:** Rosters are unlimited (Participants age 16 & 17 need parent signature on roster prior to participation). League not discountable.

Age: 16 years & up

Location: TBA

3/29–5/3 Su 8:00 AM–Noon \$449 213912-01

Kickball

Spring Coed Kickball

Play an American Classic – Kickball. Form your team and come out to have some fun playing a game invented on the playground. The league is coed recreational. Registration begins 2/12, ends 3/6 or when league fills. League begins 3/27, 6 games scheduled. **Note:** Rosters are unlimited. (Participants age 16 & 17 need parent signature on roster prior to participation). League not discountable.

Age: 16 years & up

Location: Rolland Moore Park

Coed Competitive

3/27–5/1 F 6:00–10:00 PM \$184 213061-01

Coed Recreational

3/27–5/1 F 6:00–10:00 PM \$184 213061-02

Summer Adult Coed Kickball

Play an American Classic – Kickball. Form your team and come have some fun playing a game invented on the playground. Now offering coed competitive and recreational leagues. Registration begins 5/4, ends 5/22 or when league fills. League begins 6/5, 8 games scheduled. **Note:** Rosters are unlimited. (Participants age 16 & 17 need parent signature on roster prior to participation). League not discountable. Class will not be held on 7/4.

Age: 16 years & up

Location: Rolland Moore Park

Friday Competitive

| | | | | |
|----------|---|---------------|-------|-----------|
| 6/5–7/31 | F | 6:00–10:00 PM | \$254 | 313061-01 |
|----------|---|---------------|-------|-----------|

Friday Recreational

| | | | | |
|----------|---|---------------|-------|-----------|
| 6/5–7/31 | F | 6:00–10:00 PM | \$254 | 313061-02 |
|----------|---|---------------|-------|-----------|

Martial Arts

Shotokan Karate Beginners

Designed to introduce Shotokan Karate to individuals who may be interested in this Japanese martial art form. Students may be divided into groups depending on ability. Adults are welcome to participate with their children. The beginner class is getting the students ready for yellow belt level.

Age: 7 years & up

Location: Club Tico

| | | | | |
|-----------|-----|--------------|---------|-----------|
| 3/16–4/15 | M,W | 6:00–7:00 PM | \$55 | 222122-01 |
| 4/20–5/20 | M,W | 6:00–7:00 PM | \$55 | 222122-02 |
| 5/27–6/24 | M,W | 6:00–7:00 PM | \$49.50 | 222122-03 |

Shotokan Karate White through Purple

The physical and mental benefits of karate are numerous. Some physical benefits are enhanced physical condition, increased stamina, and coordination. Some mental benefits include increased confidence, self-esteem, discipline and concentration. Text is

supplemented via fitness manual document. **Note:** NO beginning Karate students.

Age: 7 years & up

Location: Club Tico

| | | | | |
|-----------|-----|--------------|---------|-----------|
| 3/16–4/15 | M,W | 6:00–7:00 PM | \$55 | 222123-01 |
| 4/20–5/20 | M,W | 6:00–7:00 PM | \$55 | 222123-02 |
| 5/27–6/24 | M,W | 6:00–7:00 PM | \$49.50 | 222123-03 |

Shotokan Karate Brown through Black

Age: 7 years & up

Location: Club Tico

| | | | | |
|-----------|-----|--------------|---------|-----------|
| 3/16–4/15 | M,W | 7:00–8:00 PM | \$55 | 222124-01 |
| 4/20–5/20 | M,W | 7:00–8:00 PM | \$55 | 222124-02 |
| 5/27–6/24 | M,W | 7:00–8:00 PM | \$49.50 | 222124-03 |

Aikido

Traditional Japanese martial art where students learn through repetitive practice, taking turns as attacker, and defender. Practice improves physical condition and mental conditioning, self-confidence, concentration and intuitiveness.

Age: 18 years & up

Location: Northside Aztlan Center

| | | | | |
|-----------|-------|--------------|------|-----------|
| 3/17–4/16 | Tu,Th | 6:00–8:00 PM | \$50 | 222521-01 |
| 4/21–5/21 | Tu,Th | 6:00–8:00 PM | \$50 | 222521-02 |
| 5/26–6/25 | Tu,Th | 6:00–8:00 PM | \$50 | 222521-03 |

Softball

Spring Softball

Teams will have the opportunity to get the rust off before the summer leagues begin! Registration begins 2/12, ends 3/6, or when leagues fill. Leagues begin the week of 3/22, 6 games scheduled. **Note:** Rosters are unlimited (Participants age 16 & 17 need parent signature on roster prior to participation). League not discountable.

Age: 16 years & up

Cost: \$334

Dates: 3/22–4/30

Location: Rolland Moore Park

| | |
|-----------------|-----------|
| Sun Men's IV | 213021-01 |
| Mon Men's III | 213021-02 |
| Mon Men's IV | 213021-03 |
| Tues Men's III | 213021-04 |
| Tues Men's IV | 213021-05 |
| Wed Men's II | 213021-06 |
| Wed Men's III | 213021-07 |
| Wed Men's IV | 213021-08 |
| Thurs Men's III | 213021-09 |
| Fri Men's IV | 213021-10 |
| Women's | 213022-01 |

Coed

| | |
|----------------|-----------|
| Sun Coed Comp | 213023-01 |
| Sun Coed Rec | 213023-02 |
| Tues Coed Comp | 213023-03 |
| Tues Coed Rec | 213023-04 |
| Wed Coed Comp | 213023-05 |
| Wed Coed Rec | 213023-06 |
| Thurs Coed Rec | 213023-07 |

Summer Adult Men's Softball

Games will be played at Fossil Creek, Lee Martinez, and Rolland Moore Parks. Season ends with league tournaments and awards given to winners. Optic Yellow balls will be used. Coed leagues will play with men hitting 12" softballs and women hitting 11" softballs. Registration begins 3/30, ends 4/17 or when leagues fill. **Note:** Rosters are unlimited (Participants age 16 & 17 need parent signature on roster prior to participation). Leagues not discountable. Class will not be held on 5/25, 7/5, 5/24, 5/22, 7/3.

Age: 16 years & up

Cost: \$569

Dates: 5/3–8/7

Location: TBA

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 Men's IV | 313021-13 |
| Friday Wood Bat | 313021-14 |
| Friday 50 & Over | 313021-15 |

Women's

| | |
|--------------|-----------|
| Tuesday IV | 313022-01 |
| Wednesday IV | 313022-02 |
| Thursday III | 313022-03 |
| Thursday IV | 313022-04 |

Coed

| | |
|----------------|-----------|
| 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 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). Registration begins 5/4, ends 5/29, or when divisions fill. Two games guaranteed. **Note:** Rosters are unlimited (Participants 16 & 17 need parent signature on roster prior to participation). Tournament fee not discountable.

Age: 16 years & up
Cost: \$254
Date: 6/6
Location: Rolland Moore Park

Men's II 313025-01
Men's III 313025-02
Men's IV 313025-03
Coed Comp 313025-04
Coed Rec 313025-05

Adult Tennis

General Information

Spring Adult Classes – check *Lewistennis.com* or call 970.493.7000 for days and times

Beginner Lessons

Whether you have never played or are getting back into the game after a long hiatus you will learn and develop your fundamentals so you can really enjoy the game. You will learn the correct way to hit forehands, backhands, volleys, overheads, and serves. You will also learn basic rules and strategies as you start competition.

Intermediate Lessons

Refine your skills. Learn the “Modern Game”. Experience the techniques that are used by the pros. Develop your topspin and slice forehand, backhand and serves. Learn doubles and singles strategies that win! Drills, Strategies and Competition.

League Coaching Programs

We have coaches available to get your team ready for the 2015 league season. Professional coaching will improve your team's strategy, technique and mental toughness to enable you to compete at your best. A variety of coaching programs are available.

Premier Clinics

These clinics are designed for the beginning through advanced player who wants more personal attention in their group instruction. Great for friends who want to learn together. Clinic times are flexible. Low student to Pro ratio.

Adult Spring Tournaments

5/9/2015 Adult Warmup. Enter by calling 970.493.7000

Class Schedule

Lesson programs are offered at Rolland Moore. You may sign up for as many days as you like (We recommend at least two days per week). Complete schedule and times can be viewed at *Lewistennis.com*.

Winter/Spring Sessions run for four weeks.

Session #1 Jan. 5 thru Jan. 31
Session #2 Feb. 2 thru Feb. 28
Session #3 March 2 thru March 28
Session #4 March 30 thru April 25
Session #5 April 27 thru May 23

Special Events
May 23 Memorial Weekend Extravaganza Noon–2 p.m.
at Rolland Moore.

Volleyball

Spring Adult Women Volleyball

Coed and women's leagues will be offered for 6-person teams. Teams will sign up for their level of play and night preference on a first come basis. Levels A – Competitive, BB – Intermediate, B – Recreational. Registration begins 2/12, ends 3/6 or when leagues fill. Leagues begin the week of 3/29, 8 games scheduled. **Note:** Rosters are unlimited (Participants age 16 & 17 need parent signature on roster prior to participation). League not discountable.

Age: 16 years & up

Location: TBA

Sunday Women's B

3/29–5/17 Su 6:00–11:00 PM \$274 213942-01

Wednesday Women's A

3/25–5/13 W 6:00–11:00 PM \$274 213942-02

Wednesday Women's BB

3/25–5/13 W 6:00–11:00 PM \$274 213942-03

Spring Adult Coed Volleyball

Coed and women's leagues will be offered for 6-person teams. Teams will sign up for their level of play and night preference on a first come basis. Levels A - Competitive, BB - Intermediate, B - Recreational. Registration begins 2/12, ends 3/6 or when leagues fill. Leagues begin the week of 3/29, 8 games scheduled. **Note:** Rosters are unlimited (Participants age 16 & 17 need parent signature on roster prior to participation). League not discountable.

Age: 16 years & up

Location: Northside Aztlan Center

Monday Coed B

3/23–5/11 M 6:00–11:00 PM \$274 213943-02

Tuesday Coed A

3/24–5/12 Tu 6:00–11:00 PM \$274 213943-03

Tuesday Coed BB

3/24–5/12 Tu 6:00–11:00 PM \$274 213943-04

Location: TBA

Monday Coed BB

3/23–5/11 M 6:00–11:00 PM \$274 213943-01

Friday Coed BB

3/27–5/15 F 6:00–11:00 PM \$274 213943-05

Senior Sports

AOA Badminton

If you enjoy the energetic fast-paced game of badminton, join the group of Active Older Adults that play on Tuesday and Thursday mornings! **Note:** Drop In Fees Apply

Age: 18 years & up

Location: Northside Aztlan Center

3/3–5/28 Tu,Th 8:00–10:00 AM No Fee 215519-01

Senior Travel Softball

50 & Over Seniors Travel to games in other cities as far as Colorado Springs and in Fort Collins. Registration begins 2/9, ends 3/20. Twenty-eight league games plus a season ending tournament, 32 total. **Note:** Rosters are unlimited (Participants age 16 & 17 need parent signature on roster prior to participation). Leagues not discountable. Class will not be held on 5/25, 7/5.

Age: 16 years & up

Location: TBA

4/29–8/19 W 5:00–10:00 PM \$75 313026-01

AOA Basketball

Still got game? Suit-up and get on the court for some hoops! These Active Older Adults own the court on Monday, Wednesday, and Friday mornings! **Note:** Drop In Fees Apply

Age: 18 years & up

Location: Northside Aztlan Center

3/2–5/29 M,W,F 8:00–10:00 AM No Fee 215520-01

Pickle Ball

Adult Pickleball League

Mixed Doubles pickleball teams of various skill levels will have the opportunity to play matches against teams with similar skills each week for the duration of the league. Registration begins 2/12, ends 3/20 or when leagues fill. League begins week of 3/30. **Note:** Rosters are unlimited (Participants age 16 & 17 need parent signature on roster prior to participation). League not discountable.

Age: 16 years & up

Location: Senior Center

3/31–5/26 Tu 5:00–9:00 PM \$36 213991-01

Pickle Ball Beginner Lessons

For those brand new to pickle ball or beginners needing some enhanced skill instruction. Class will consist of some class room time to learn the rules, scoring and the basics. Rotational court time to begin to play.

Age: 18 years & up

Location: Senior Center

| | | | | |
|-----------|----|----------------|------|-----------|
| 4/11 | Sa | 8:15–11:30 AM | \$16 | 209478-01 |
| 3/17–4/14 | Tu | 10:15–11:15 AM | \$16 | 209478-02 |
| 4/21–5/19 | Tu | 10:15–11:15 AM | \$16 | 209478-03 |
| 5/26–6/23 | Tu | 10:15–11:15 AM | \$16 | 209478-04 |

Pickle Ball Clinics

Intermediates are encouraged to register for these clinics to enhance particular skills. Participants will be taught a skill and then work in small groups to practice. No game play. Skills and drills only.

Age: 18 years & up

Location: Senior Center

| | | | | |
|-----------|---|---------------|------|-----------|
| 3/20–4/17 | F | 10:00 AM–Noon | \$14 | 209479-01 |
| 4/24–5/22 | F | 10:00 AM–Noon | \$14 | 209479-02 |
| 5/29–6/26 | F | 10:00 AM–Noon | \$14 | 209479-03 |

Ultimate Frisbee

Adult Indoor Ultimate Frisbee

5-on-5 Ultimate Frisbee is being offered at the Edge Sports Center. Register in teams of 12. Minimum of 4 women on the roster, with 2 women and 3 men on the field at all times. Registration begins 2/12, ends 2/20 or when league fills. League begins the week of 2/24, 6 games scheduled. **Note:** League schedules will be mailed to managers. Schedules will be mailed 1 week before the league begins. If you have not received it by this time, please call the sports office

Age: 16 years & up

Location: The Edge

2/24–4/23 Tu,Th 6:00–10:00 PM \$439 213091-01

Youngsters

SNAG Golf Spring Kickoff

SNAG (Starting New at Golf) is a program designed to teach kids the basics of Golf. During this event kids will have a 45 minute introductory lesson to Golf using the SNAG Equipment. Following the lesson they will play 9 holes of SNAG Golf!

Note: PSD Schools are closed on Friday, April 10 due to PSD Collaboration Date.

Location: City Park

Grade: All

4/10 F 1:00–2:30 PM \$5 214091-06

Grade: 1–2

4/10 F 10:30 AM–Noon \$5 214091-05

Grade: 3–5

4/10 F 1:00–2:30 PM \$5 214091-04

Parent/Child SNAG Golf Scramble

Kids get your parents and come out for the 2015 Parent/Child SNAG Golf Scramble! Teams will play a 9 hole scramble. Never played golf before? No problem! SNAG Golf is for beginning and experienced golfers. All equipment is provided; Tee Times will be between

1 p.m.–3:30 p.m. **Note:** Teams will be notified on May 9th of Tee Times. Registration fee is per team (1 child/1 parent).

Location: City Park

Grade: 1–2

5/17 Su 1:00–3:30 PM \$10 214092-04

Grade: 3–5

5/17 Su 1:00–3:30 PM \$10 214092-05

Grade: 6–8

5/17 Su 1:00–3:30 PM \$10 214092-06

Amazing Athletes

Get active with Amazing Athletes today! Our action packed sports program is specifically designed to enhance your child's learning experience through movement. Your child will learn the basic fundamentals and mechanics of 9 different ball sports while also building self-confidence, practicing teamwork, and improving.

Location: Northside Aztlan Center

Age: 2.5–3 years

4/13–5/18 M 9:00–9:30 AM \$45 214574-05

4/16–5/21 Th 9:00–9:30 AM \$45 214574-06

Age: 3.5–5 years

4/13–5/18 M 9:45–10:30 AM \$45 214575-05

4/16–5/21 Th 9:45–10:30 AM \$45 214575-06

Sporties for Shorties

Let's explore the world of sports in this fun-filled class. We will work on the fundamentals of sports as they relate to throwing, kicking, and catching. Come play ball with us! Each session will highlight different skills and different sports along with team work!

Age: 3–5 years

Location: Northside Aztlan Center

| | | | | |
|-----------|----|----------------|------|-----------|
| 2/25–3/11 | W | 10:00–10:45 AM | \$28 | 214776-04 |
| 3/24–4/7 | Tu | 10:00–10:45 AM | \$28 | 214776-05 |
| 4/15–4/29 | 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

| | | | | |
|-----------|----|----------------|------|-----------|
| 2/24–3/10 | 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

| | | | | |
|----------|---|----------------|------|-----------|
| 3/25–4/8 | W | 10:00–10:45 AM | \$28 | 214778-02 |
|----------|---|----------------|------|-----------|

Mighty Kicks

Mighty Kicks is a fun exciting way to introduce soccer to your child. Each innovative session is designed to build up your child's motor skills, life skills, self-confidence, and basic soccer skills. Our proven age-appropriate curriculum enhances the soccer experience while leaving a lasting positive impression.

Location: City Park

Ages: 3 years

| | | | | |
|----------|---|---------------|------|-----------|
| 4/1–5/20 | W | 9:30–10:15 AM | \$90 | 214972-07 |
|----------|---|---------------|------|-----------|

Ages: 4–5 years

| | | | | |
|----------|---|---------------|------|-----------|
| 4/1–5/20 | W | 9:30–10:15 AM | \$90 | 214972-08 |
|----------|---|---------------|------|-----------|

Location: Fossil Creek Park

Ages: 3 years

| | | | | |
|-----------|----|---------------|------|-----------|
| 3/31–5/19 | Tu | 9:30–10:15 AM | \$90 | 214972-05 |
|-----------|----|---------------|------|-----------|

Ages: 4–5 years

| | | | | |
|-----------|----|----------------|------|-----------|
| 3/31–5/19 | Tu | 10:30–11:15 AM | \$90 | 214972-06 |
|-----------|----|----------------|------|-----------|

Location: Harmony Park

Ages: 3 years

| | | | | |
|-----------|---|---------------|------|-----------|
| 3/30–5/18 | M | 9:30–10:15 AM | \$90 | 214972-01 |
| 3/30–5/18 | M | 4:30–5:15 PM | \$90 | 214972-02 |

Ages: 4–5 years

| | | | | |
|-----------|---|----------------|------|-----------|
| 3/30–5/18 | M | 10:30–11:15 AM | \$90 | 214972-03 |
| 3/30–5/18 | M | 5:30–6:15 PM | \$90 | 214972-04 |

Location: Troutman Park

Ages: 3 years

| | | | | |
|----------|----|---------------|------|-----------|
| 4/2–5/21 | Th | 9:30–10:15 AM | \$90 | 214972-09 |
|----------|----|---------------|------|-----------|

| | | | | |
|----------|----|--------------|------|-----------|
| 4/2–5/21 | Th | 4:30–5:15 PM | \$90 | 214972-10 |
|----------|----|--------------|------|-----------|

Ages: 4–5 years

| | | | | |
|----------|----|----------------|------|-----------|
| 4/2–5/21 | Th | 10:30–11:15 AM | \$90 | 214972-11 |
|----------|----|----------------|------|-----------|

| | | | | |
|----------|----|--------------|------|-----------|
| 4/2–5/21 | Th | 5:30–6:15 PM | \$90 | 214972-12 |
|----------|----|--------------|------|-----------|

Youth Sports

Archery

Archery is a skillful sport requiring balance, poise, accuracy, vision, timing and action! Through this indoor class participants will learn the basic techniques and how to be safe. **Note:** Location is Rocky Mountain Archery, 4518 Innovation Dr, Fort Collins, CO 80525, 970.226.5900 Equipment is provided. Check in by 4:15 p.m.

Age: 8–16 years

Location: Rocky Mtn. Archery

| | | | | |
|----------|----|--------------|------|-----------|
| 3/5–3/12 | Th | 4:30–5:30 PM | \$30 | 215941-01 |
|----------|----|--------------|------|-----------|

| | | | | |
|----------|----|--------------|------|-----------|
| 4/9–4/16 | Th | 4:30–5:30 PM | \$30 | 215941-02 |
|----------|----|--------------|------|-----------|

| | | | | |
|-----------|----|--------------|------|-----------|
| 5/14–5/21 | Th | 4:30–5:30 PM | \$30 | 215941-03 |
|-----------|----|--------------|------|-----------|

YOSA – School of Sport

Teen's Sports

Teen Sports Multi-sport program for promoting and teaching sports for teens in a fun, social, coed environment. Program includes but it is not limited to Flag Football, Capture the Flag, German Team Handball, Volleyball, Indoor Soccer, Track & Field, Ultimate Frisbee, Floorball, Brazilian Peteca, Rugby, Weights and other games.

Location: Qdoba Event Center

Ages: 14 and up

| | | | | |
|-----------|---|--------------|------|-----------|
| 4/17–5/22 | F | 6:30–7:45 PM | \$35 | 214971-25 |
|-----------|---|--------------|------|-----------|

| | | | | |
|-----------|---|--------------|------|-----------|
| 5/29–6/26 | F | 6:30–7:45 PM | \$35 | 214971-26 |
|-----------|---|--------------|------|-----------|

Futsal

International Brazilian Futsal (Indoor Soccer). Players will practice and improve their ball control, foot skills and moves that Brazilian soccer is famous for. Players are grouped according to age and ability. We will challenge players to raise their game and reach new heights within an excellent learning environment **Note:** Class will not be held on 1/19.

Location: Qdoba Event Center

Elementary School

| | | | | |
|-----------|------|--------------|------|-----------|
| 4/14–5/22 | Tu,F | 5:30–6:30 PM | \$60 | 214971-01 |
|-----------|------|--------------|------|-----------|

| | | | | |
|-----------|------|--------------|------|-----------|
| 5/26–6/30 | Tu,F | 5:30–6:30 PM | \$60 | 214971-02 |
|-----------|------|--------------|------|-----------|

Middle School

| | | | | |
|-----------|------|--------------|------|-----------|
| 4/14–5/22 | Tu,F | 4:30–5:30 PM | \$60 | 214971-03 |
|-----------|------|--------------|------|-----------|

| | | | | |
|-----------|------|--------------|------|-----------|
| 5/26–6/30 | Tu,F | 4:30–5:30 PM | \$60 | 214971-04 |
|-----------|------|--------------|------|-----------|

Intro – Inline Skate

Introduction to the fundamentals of basic skating skills. Test to next Level Skating Skills will be taught to increase participant's confidence on inline or quad skates. The program is designed for those new to skating and will prepare them for Learn to play hockey, Jr Derby and open skating Participation.

Location: Qdoba Event Center

Ages: 4–12

| | | | | |
|-----------|---|--------------|------|-----------|
| 4/14–5/20 | W | 4:40–5:30 PM | \$35 | 214971-05 |
|-----------|---|--------------|------|-----------|

| | | | | |
|-----------|---|--------------|------|-----------|
| 5/20–6/24 | W | 4:40–5:30 PM | \$35 | 214971-06 |
|-----------|---|--------------|------|-----------|

Indoor Track

The basic techniques of Track and Field will be taught. Great program for CARA Track offseason training!

Grades:3–8

Location: Qdoba Event Center

| | | | | |
|-----------|---|--------------|------|-----------|
| 4/15–5/20 | W | 6:30–7:30 PM | \$35 | 214971-07 |
| 5/27–6/24 | W | 6:30–7:30 PM | \$35 | 214971-08 |

Intermediate Volleyball

This coed class is designed to pick up where Volleykids classes left off. Following the Awesome Volleyball Method of Dr. Da Matta and the FIVB Mini Volleyball, this program will be a high level volleyball advanced initiation focus of universal positions and developmentally appropriate practices for more experienced kids.

Location: Qdoba Event Center

Grades: 3, 4, 5

| | | | | |
|-----------|------|--------------|------|-----------|
| 4/13–5/21 | M,Th | 4:30–6:00 PM | \$60 | 214971-09 |
| 5/25–6/30 | M,Th | 4:30–6:00 PM | \$60 | 214971-10 |

Grades: 6, 7, 8

| | | | | |
|-----------|------|--------------|------|-----------|
| 4/13–5/21 | M,Th | 4:30–6:00 PM | \$60 | 214971-11 |
| 5/25–6/30 | M,Th | 4:30–6:00 PM | \$60 | 214971-12 |

VolleyKids

This class is designed to develop the FUNdamental volleyball skills form youth. Following the Volleyball method of Dr. DaMatta and FIVB Volleyball. This program will be a high level volleyball initiation focus of universal positions and developmentally appropriate practices for young kids.

Location: Qdoba Event Center

Grades: 3, 4, 5

| | | | | |
|-----------|------|--------------|------|-----------|
| 4/13–5/21 | M,Th | 4:30–6:00 PM | \$60 | 214971-13 |
| 5/25–6/30 | M,Th | 4:30–6:00 PM | \$60 | 214971-14 |

Grades: 6, 7, 8

| | | | | |
|-----------|------|--------------|------|-----------|
| 4/13–5/21 | M,Th | 4:30–6:00 PM | \$60 | 214971-15 |
| 5/25–6/30 | M,Th | 4:30–6:00 PM | \$60 | 214971-16 |

Beach Volleyball

Develop skills beginning players need to master: serving,passing,setting,attacking, blocking, and digging. The FUNdamental volley skills. Using the Volleyball Method of Dr. Da Matta and FIVB MiniVolleyball, this class will be a high level focus of universal positions and developmentally appropriate practices for all.

Location: Rolland Moore Sand Courts

Grades: 3, 4, 5

| | | | | |
|-----------|------|--------------|------|-----------|
| 4/13–5/21 | Tu,F | 6:00–7:30 PM | \$60 | 214971-17 |
| 5/25–6/30 | Tu,F | 6:00–7:30 PM | \$60 | 214971-18 |

Grades: 6, 7, 8

| | | | | |
|-----------|------|--------------|------|-----------|
| 4/13–5/21 | Tu,F | 4:30–6:00 PM | \$60 | 214971-19 |
|-----------|------|--------------|------|-----------|

Youth Invasion Games

Our gym will be set up for Floorball, Ultimate Frisbee, Flag Football and German TeamHandball. Rules and basic skills will be taught for these Olympic Sports games.

Location: Qdoba Event Center

Grades: 3, 4, 5

| | | | | |
|-----------|------|--------------|------|-----------|
| 4/14–5/22 | Tu,F | 5:30–6:30 PM | \$60 | 214971-21 |
| 5/26–6/30 | Tu,F | 5:30–6:30 PM | \$60 | 214971-22 |

Grades: 6, 7, 8

| | | | | |
|-----------|------|--------------|------|-----------|
| 4/14–5/22 | Tu,F | 4:30–5:30 PM | \$60 | 214971-23 |
|-----------|------|--------------|------|-----------|

5/26–6/30 Tu,F 4:30–5:30 PM \$60 214971-24

Beginning Fencing

Learn fundamental skills and rules of this fast, fun and intense sport. Practice footwork, body position, blade control, offense and defense. Instruction is simple and each class is lively, building on the skills learned in the previous class.

Note: wear athletic shoes, T-shirt, and long loose pants. Equipment provided

Location: Qdoba Event Center

Ages: 10–12

4/15–5/20 W 4:30–6:00 PM \$68 214971-27

5/27–7/1 W 4:30–6:00 PM \$68 214971-28

Ages: 13 and up

4/15–5/20 W 6:00–7:30 PM \$68 214971-29

5/27–7/1 W 6:00–7:30 PM \$68 214971-30

Fencing Sparring

Enjoy Sparring with fellow students to develop a diverse technical and tactical repertoire in a low key atmosphere.

Improve your overall athletic readiness, speed strength and stamina. Footwork and bladework exercises most sessions.

Minimal coaching provided. Must have prior fencing experience.

Location: Qdoba Event Center

Ages: 13 and up

4/17–5/1 F 6:00–7:30 PM \$30 214971-31

5/8–5/22 F 6:00–7:30 PM \$30 214971-32

5/29–6/12 F 6:00–7:30 PM \$30 214971-33

6/19–7/3 F 6:00–7:30 PM \$30 214971-34

Golf

SNAG Golf for Shorties

Let's explore Golf; we will work on the fundamentals of driving, chipping and putting. Learn the basics in this fun and exciting class!

Age: 4–5 years

Location: City Park

5/12–5/26 Tu 9:00–9:45 AM \$24 214780-03

Youth Team Sports

Basketball

Freeze Basketball Tryouts

This program will provide an introduction to competitive basketball. Teams will be registered in the City Summer Basketball League in the Comp Division and 2 Power to Play Tournaments. Tryouts to form teams based on skill level.

Fee includes: 1–2 indoor practices/week, coaches, league and tournament costs and uniforms. **Note:** Boys and Girls Divisions for 4/5th, 6th, 7th and 8th. Tryouts April 11 (TBA) practices begin April 18. For More information go to fcgov.com/basketball.

Grade: 4–8

Cost: \$225

Dates: 4/11–7/26

Location: Northside Aztlan Center

| | |
|-------------|-----------|
| Boys 4/5th | 314000-01 |
| Girls 4/5th | 314000-02 |
| Boys 6th | 314000-03 |
| 6th Girls | 314000-04 |
| Boys 7th | 314000-05 |
| Girls 7th | 314000-06 |
| Boys 8th | 314000-13 |
| Girls 8th | 314000-14 |

Summer Boys & Girls Basketball

Teams formed by park practice location. 1–2 Practices outside with 6 games at indoor courts plus the end of season tournament. Games will be scheduled in the evenings on various week nights. Based on 2014/2015 school year. **Note:** NBA replica jerseys are provided for this league. For more information go to fcgov.com/sports. Interested in coaching? Call 970.221.6385

Cost: \$63

Dates: 6/1–7/16

Boys Grade: 2–3

| | |
|--------------------|-----------|
| 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 |

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 | 314004-05 |
| 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 |
| Fossil Creek Park | 314006-10 |

Lee Martinez Park 314006-15
Rolland Moore Park 314006-20
Spring Canyon Park 314006-05
Warren Park 314006-25

Boys Grade: 9–12

TBA 314007-01

Girls Grade: 9–12

TBA 314008-01

Boys and Girls Kindergarten–1

Northside 314700-01

Basketball Team League

This league is for pre-formed teams. 6 Games plus a single elimination tournament included. Teams must provide an adult coach to be on the bench during the games. Teams must provide same colored jerseys with identifiable numbers on the back. Based on the 2014/2015 School Year. Tuesday or Thursday night games. **Note:** Single elimination tournament week of July 13.

Cost:\$469

Date: 6/9–7/17

Location: Northside Aztlan Center

Boys 4/5th 314909-01

Boys 6th 314909-02

Boys 7th 314909-03

Boys 8th 314909-04

Boys High School 314909-05

Girls 4/5th 314909-06

Girls 6th 314909-07

Girls 7th 314909-08

Girls 8th 314909-09

Girls High School 314909-10

Youth Football

Ultimate Football

Designed for the first time football experience. This non-contact football program emphasizes the basic fundamentals of throwing and catching while combining the rules of football and ultimate Frisbee. One practice per week and 6 games.

Note: Begins week of 3/23; \$15 Green/gold City reversible jersey required; 6 games scheduled. Coach will call you with the practice days and times.

Cost: \$52

Grade: Kindergarten–2

City Park 214011-01

Edora 214011-03

Fossil Creek 214011-06

Rolland Moore 214011-12

Spring Canyon 214011-09

Flag Football

Our flag football program teaches the basic fundamentals of football with no tackling or blocking (1–2 graders with no football experience should play ultimate). The main emphasis will be equal participation with winning being secondary.

Practices will be held twice a week with games on Saturday mornings. **Note:** Begins week of 3/23; \$60 (plus \$15 jersey, if needed); 6 games scheduled plus the Rattlesnake Rumble Tournament.

Cost: \$60

Dates: 3/23–5/9

Grades 1–2

Blevins Park 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

Grades 3–4

Beattie Park 214013-01
Blevins Park 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

Grades 5–6

City Park 214014-03
Edora Park 214014-05
Fossil Creek Park 214014-21
Greenbriar Park 214014-08
Harmony Park 214014-11
Rolland Moore Park 214014-13
Spring Canyon Park 214014-17
Troutman Park 214014-23
Warren Park 214014-25

Grades 7–8

Blevins 214015-01
Boltz 214015-03
CLP 214015-05
Kinard 214015-07
Leshner 214015-09
Lincoln 214015-11
Preston 214015-13
Webber 214015-15
Wellington MS 214015-17

Grades 9–12

Case Park 214016-01
City Park 14016-09
Fossil Creek Park 214016-05
Spring Canyon Park 214016-15

Spring Football Camp

Put on the pads for Spring Drills! This Spring Football Camp will work on the fundamentals of tackle football. Players will have 5 practices with a “spring game” on the final day! Practices M/W’s. **Note:** Tackle football gear will be provided on the first day of the camp. Meet at Club Tico in City Park at 4:45 p.m.

Location: City Park

Grade: 3-4

5/4–5/27 \$45 214020-01

Grade: 5-6

5/4–5/27 \$45 214020-02

Softball

Girls Softball

This summer learn and improve your slow pitch softball skills and enjoy team competition. One/two practices held per week (days and times to be announced). Based on 2014/2015 current school year grade. Games played Tuesdays and/or Thursdays. Team visors are provided. For more information go to fcgov.com/sports. **Note:** 6 Games played Tuesdays or Thursdays. Green and Gold reversible jersey required for all grades (\$15, can be purchased at EPIC or at the NACC).

Cost: \$59

Dates: 6/1–7/18

Grades: 1–3

City Park 314021-16

Fossil Creek Park 314021-17

Cubs

Rolland Moore Park 314021-19

Mariners

Rolland Moore Park 314021-21

Spring Canyon Park 314021-20

Grades: 4–5

City Park 314022-16

Fossil Creek Park 314022-17

Fossil Creek Park 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

Leshner 314023-24

Lincoln 314023-25

Preston 314023-26

Webber 314023-27

Wellington 314023-28

Skyhawks Sports Camps

All participants receive a t-shirt, and a merit award. Participants should wear appropriate clothing, running shoes, and sunscreen.

Mini-Hawk

This multi-sport program is designed for campers to explore balance, movement, hand/eye coordination and skill development at their own pace. Baseball, basketball and soccer are taught in a safe, structured environment with lots of encouragement and focus on fun.

Age: 4–7 years

Location: City Park

| | | | | |
|----------|-----|--------------|-------|-----------|
| 6/8–6/12 | M–F | 9:00 AM–Noon | \$118 | 314071-03 |
|----------|-----|--------------|-------|-----------|

Location: Miramont Park

| | | | | |
|----------|------|--------------|------|-----------|
| 6/29–7/2 | M–Th | 9:00 AM–Noon | \$94 | 314071-07 |
|----------|------|--------------|------|-----------|

| | | | | |
|-----------|-----|--------------|-------|-----------|
| 7/20–7/24 | M–F | 9:00 AM–Noon | \$118 | 314071-12 |
|-----------|-----|--------------|-------|-----------|

Location: City Park

| | | | | |
|---------|-----|--------------|-------|-----------|
| 8/3–8/7 | M–F | 9:00 AM–Noon | \$118 | 314071-16 |
|---------|-----|--------------|-------|-----------|

Beginning Golf

Gain confidence in golf by focusing on proper technique and the fundamentals of form, swinging, putting, and body positioning. By adopting SNAG (Starting New At Golf), instruction is simplified so players can transition onto the golf course. All equipment is provided.

Age: 5–9 years

Location: Spring Canyon Park

7/13–7/17 M–F 9:00 AM–Noon \$118 314071-10

Cheerleading

Entry-level cheer camp will teach athletes skills to lead crowds and support teams! Cheers, proper hand and body movements, jumping techniques and a final choreographed performance will be taught. There is no stunting, but a focus on fun and important life skills such as teambuilding and leadership.

Age: 6–10 years

Location: Northside Aztlan Center

6/1–6/5 M–F 9:00 AM–Noon \$118 314071-01

Basketball

A camp for beginner and intermediate players focuses on the whole player. Using a progressive curriculum we teach the skills to be a better athlete on and off the court. A “skill of the day” progresses into passing, shooting, dribbling, and rebounding drills and games. Go to skyhawks.com for more information.

Age: 6–12 years

Location: Northside Aztlan Center

6/22–6/26 M–F 9:00 AM–Noon \$118 314071-06

Flag Football

Beginner and intermediate athletes will learn skills on both sides of the ball including the core components of passing, catching, and de-flagging or defensive positioning. The week ends with the Skyhawks Super Bowl, giving participants a chance to showcase their skills on the gridiron!

Age: 7–14 years

Location: Miramont Park

6/8–6/12 M–F 9:00 AM–Noon \$118 314071-02

Soccer

Skyhawks was founded as a soccer club in 1979. We remain the number one choice for introducing children to the fundamentals of soccer. Designed for beginner and intermediate players, our progressive curriculum will teach the sport knowledge and fundamentals of dribbling, passing, shooting, and ball control.

Age: 6–12 years

Location: Miramont Park

6/22–6/26 M–F 9:00 AM–Noon \$118 314071-05

Multi-Sport

Designed to introduce young athletes to a variety of sports, this multi-sport camp combines basketball and flag football into one fun-filled week. Athletes will learn the rules & essentials of each sport, along with respect, teamwork, and self-discipline, through skill-based games and scrimmages.

Age: 7–14 years

Location: Miramont Park

8/3–8/7 M–F 9:00 AM–Noon \$118 314071-15

Location: Radiant Neighborhood Park

6/15–6/19 M–F 9:00 AM–Noon \$118 314071-04

Lacrosse

Suit up and learn the fundamentals of stick handling, cradling, passing, and shooting in a fun, non-checking environment. Campers will also learn respect, teamwork, and discipline. Skyhawks ensures athletes will gain a deep understanding of

the game and its traditions. Go to skyhawks.com for more information.

Location: Spring Canyon Park

Age: 7–14 years

7/20–7/24 M–F 9:00 AM–Noon \$118 314071-09

Baseball

This camp is designed for beginner and intermediate players. Using a progressive curriculum we teach the fundamentals of fielding, catching, throwing, hitting, and base running, as well as respect, teamwork, and responsibility, in a fun, positive environment. Go to skyhawks.com for more information.

Location: Spring Canyon Park

Age: 7–14 years

7/13–7/17 M–F 9:00 AM–Noon \$118 314071-11

Basketball

A camp for beginner and intermediate players focuses on the whole player. Using a progressive curriculum we teach the skills to be a better athlete on and off the court. A “skill of the day” progresses into passing, shooting, dribbling, and rebounding drills and games. Go to skyhawks.com for more information.

Age: 7–14 years

Location: Northside Aztlan Center

7/27–7/31 M–F 9:00 AM–Noon \$118 314071-14

Beginning Volleyball

This co-ed program, designed for the beginning and intermediate player, teaches all aspects of the game through drills and exercises that focus on passing, setting, hitting and serving. Athletes will develop fundamental skills with game-speed drills and daily scrimmages aimed at developing the whole player.

Age: 6–12 years

Location: Northside Aztlan Center

7/6–7/10 M–F 9:00 AM–Noon \$118 314071-08

Track

C.A.R.A. Track

The basic techniques of track will be taught, and participants will be able to compete in Colorado Association of Recreational Athletics track meets held in various cities along the Front Range on Saturday mornings. Participants are responsible for their own transportation to practices and meets. **Note:** Meet schedules at first practice. Fee includes team shirt, water bottle and fees for track meets.

Age: 3.5–16 years

Location: Fort Collins High School

Age: 3.5–10 years

6/8–7/24 M,W,F 9:00–10:15 AM \$81 314031-03

Age: 11–16 years

6/8–7/24 M,W,F 10:30 AM–11:45 PM \$81 314031-04

Junior Tennis

General Information

For Full Program Information and for online registration visit Lewistennis.com

Lewis Tennis School directs all tennis programs for the City of Fort Collins. With over 40 years of experience in the tennis industry, Lewis Tennis provides quality lessons, programs and tournaments for all levels and ages. USPTA certified professional Larry Lewis has managed five of top tennis facilities in the United States.

The programs at Lewis Tennis School strive to provide a positive learning environment for players of all ages. Players will learn not only the techniques to become accomplished players but also life skills that help them to excel and enjoy tennis and other areas in their life.

Programs are held at Rolland Moore Racquet Complex.

Spring Junior Classes

Visit Lewistennis.com or call 970.493.7000 for days and times

Summer Junior Team Tennis

Matches are held on Mondays from June 15 thru July 27. Competition will include teams from Fort Collins, Loveland, Windsor, and Greeley. Entry deadline is May 25th.

10 & Under

This is an exciting play format for learning tennis, designed to bring kids into the game by utilizing specialized equipment, shorter court dimensions and modified scoring, all tailored to age and size. Check Lewistennis.com for details.

Little Lobber 4–6 years

Young players develop their basic hand and eye coordination and athletic skills. Movement, balance, and proper techniques will be taught by using fun games. Sportsmanship and encouraging words are emphasized.

Future Star STAR 7–8 years

Hundreds of youngsters have taken these classes to start a lifetime of tennis. Learn basic stroking fundamentals, rules, play fun games to develop skills. Players will learn the correct way to hit the ball in order to build a strong foundation for future play. As they learn the game they will participate in fun drills and games. Sportsmanship and positive attitude is emphasized. Most players will stay in this level for at least two years.

Aces 9–10 years

Players learn basic stroking fundamentals, rules, and play fun games to develop skills. As players progress, they will develop more advanced strokes such as topspin and slice serves and develop match skills. Players will be encouraged to participate in novice level tournaments.

Middle School Excellence

Just starting the game or a seasoned competitor? Middle School players will develop their games to effectively compete on middle and high school teams or to just enjoy the benefits of this great lifetime sport! There are 2 EXCELLENCE divisions.

Challenger 11–13 years

New players learn the basics of the game, play games, learn scoring and rules.

Competitive 11–13 years

Intermediate middle schoolers improve your basic skills, develop more advanced strokes and develop match skills.

High School Academy

High school players get ready to have some fun and develop your tennis games! Whether your goal is to play on your high school team or learn the best game to play with your friends, this is the class for you. There are 2 academy divisions.

Wimbledon 14–18 years

New players will learn the foundation of proper techniques to build a lifetime of tennis. Players will also play games, learn scoring and rules.

Grand Slam 14–18 years

Intermediate to Advanced players will develop advanced stroking skills, learn doubles and singles strategy, and learn how to compete effectively on their high school teams and in tournaments.

Performance Training

This program is for the devoted junior player who has already developed a solid foundation of the game and has shown a high level of commitment. Players typically have goals of state and sectional rankings, high school varsity play, and college scholarships. Players must be accepted by Head Pro.

Middle School Tennis League

6th, 7th and 8th grades, beginners welcome, get ready to learn the game, improve your skills, make new friends, have an amazing amount of fun and great competition. Four weeks of clinics and match play. Starts April 3. Deadline March 31.

Home School Classes

These classes are held at flexible times during the day. Give us a call to arrange a home school class for your children.

Junior Spring Tournaments

3/7/2014 Junior March Madness Satellite
4/4/2014 Junior Spring Fling Satellite
4/25/2014 Junior Summer Super Set Satellite Series #1

Enter these tournaments by calling 970.493.7000

Class Schedule

Lesson programs are offered at Rolland Moore after school and on weekends. You may sign up for as many days as you like (We recommend at least two days per week). Complete schedule and times can be viewed at Lewistennis.com.

Winter/Spring Sessions run for four weeks.

| | |
|------------|---------------------|
| Session #1 | Jan. 5 – Jan. 31 |
| Session #2 | Feb. 2 – Feb. 28 |
| Session #3 | March 2 – March 28 |
| Session #4 | March 30 – April 25 |
| Session #5 | April 27 – May 23 |