Winter Recreator

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Adaptive Recreation Opportunities

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

Inclusion

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

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

Transition

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

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

Specialized Programs

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

Attendants

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

Volunteers Needed

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

Thank You!

A huge thank you to our interns and 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, fcgov.com/aro

For additional information, please feel free to contact the ARO staff.
Renee Lee, CTRS, 970.224.6027, rlee@fcgov.com
Jenna Moriarty, CTRS 970.224.6125, jmoriarty@fcgov.com
Brenda McDowell, 970.416.2024, bmcdowell@fcgov.com
ARO Interns, 970.224.6034, aro@fcgov.com

Area Recreation Opportunities

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.

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 and Youth Unified Basketball

Brenda McDowell, 970.416.2024

Other ARO Activities in Recreator:

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Alternative Programs

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

General Information

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

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

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

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.

For more information about any Alternative Program or to volunteer, please contact Jenna Moriarty, CTRS and Therapeutic Recreation Coordinator at 970.224.6125 or jmoriarty@fcgov.com.

Cooking

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

Location: Senior Center

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

1/16–1/23 Th 6:30–8:00 pm $18 102401-01

Crafts

Location: Senior Center

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

Holiday Scrapbooking

Celebrate the season as we scrap and chat!

12/12 Th 5:00–6:15 pm $16 102402-01

Crafts with A Cause

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

2/20–2/27 Th 4:30–6:00 pm $20 102402-02

Movie Night

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

Location: Edora Pool Ice Center

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

1/27 M 6:00–9:00 pm No Fee 102403-01

2/24 M 6:00–9:00 pm $5 102403-02

Restaurant Night

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

Location: Edora Pool Ice Center

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

12/11 W 5:45–8:00 pm $5 102404-01

2/19 W 5:45–8:00 pm $5 102404-02

Sports & Fitness

Adaptive Swim Lessons

See page 29 for details.

Adaptive Ski Trips

See page 83 for details.

Adult Unified Basketball

See page 90 for details.

Bowling

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

Location: Chipper’s Lanes North

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

2/8–3/8 Sa 12:30–1:30 pm $48 102906-01

Workout Partners

See page 64 for details.

Special Events

Monthly Themed Dances – NW

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

Location: Senior Center

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

Holiday Ball

12/20 F 6:00–8:00 pm $1

Rockin’ New Year

1/31 F 6:00–8:00 pm $3

Red Carpet Dance

2/28 F 6:00–8:00 pm $3

Pool Tournament

Get together with friends to play pool and enjoy a night of fun.
You’ll be paired up with another player during the competition.

Location: Senior Center

Note: Attendants welcome; please pre-register at no fee.
Class not discountable.

2/7 F 6:00–8:00 pm $10 102407-01

Bronco Football Party

The Broncos are playing the Tennessee Titans and the game starts
at 2:05 PM. Please join us as we cheer on the home team!

Age: All

Location: Northside Aztlan Center

Note: Class not discountable.

12/8 Su 2:00–5:00 pm $10 102523-01

Trips & Outings

Winter Wishes Ice Show

Don’t miss the annual ice show performance featuring local talent.

Location: Edora Pool Ice Center

Note: No refund given unless your ticket can be resold. Attendants welcome; please pre-register separately. Class not discountable.

12/21 Sa 12:45–3:30 pm $20 102310-01

12/21 Sa 12:45–3:30 pm $14 102310-1A

Aqua-Fitness

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

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

Drop-In

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)

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

Aqua Personal Training

See page 64 for details.

Low Intensity

Twinges in the Hinges

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

Location: Edora Pool Ice Center

12/2–12/20 M,W,F 7:30–8:30 AM $32 100314-01

1/6–1/31 M,W,F 7:30–8:30 AM $41 100314-02

2/3–2/28 M,W,F 7:30–8:30 AM $41 100314-03

12/2–12/20 M,W,F 9:30–10:30 AM $32 100314-04

1/6–1/31 M,W,F 9:30–10:30 AM $41 100314-05

2/3–2/28 M,W,F 9:30–10:30 AM $41 100314-06

Stretch & Tone

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

Location: Senior Center

12/2–12/20 M,W,F 8:30–9:30 AM $32 100410-01

1/6–1/31 M,W,F 8:30–9:30 AM $41 100410-02

2/3–2/28 M,W,F 8:30–9:30 AM $41 100410-03

Basic H2O Workout

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

Location: Senior Center

12/2–12/20 M,W,F 6:15–7:15 pm $32 100412-01

1/6–1/31 M,W,F 6:15–7:15 pm $41 100412-02

2/3–2/28 M,W,F 6:15–7:15 pm $41 100412-03

Twinges Plus

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

Location: Senior Center

12/2–12/20 M,W,F 12:15–1:15 PM $32 100416-01

1/6–1/31 M,W,F 12:15–1:15 PM $41 100416-02

2/3–2/28 M,W,F 12:15–1:15 PM $41 100416-03

12/2–12/20 M,W,F 1:30–2:30 PM $32 100416-04

1/6–1/31 M,W,F 1:30–2:30 PM $41 100416-05

2/3–2/28 M,W,F 1:30–2:30 PM $41 100416-06

MS Aqua – NW

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

Location: Mulberry Pool

Note: To join or volunteer assist, contact Jenna Moriarty at
jmoriarty@fcgov.com or 970.224.6125. Fee is for a 16 visit punch pass. Class partially discountable. Class will not be held on 1/30.

1/7–3/13 Tu,Th 9:30–10:30 AM $43

Silver Sneakers

“Splash”

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

Age: 50 years & up

Location: Senior Center

Note: Nonmembers may attend by paying drop in fee or register
for the month.

12/3–12/31 Tu,Th 12:15–1:00 PM $22 109447-01

1/2–1/30 Tu,Th 12:15–1:00 PM $22 109447-02

2/4–2/27 Tu,Th 12:15–1:00 PM $20 109447-03

Medium Intensity

Aqua-Natal

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

Location: Senior Center

12/2–12/20 M,W,F 4:15–5:15 PM $32 100418-01

1/6–1/31 M,W,F 4:15–5:15 PM $41 100418-02

2/3–2/28 M,W,F 4:15–5:15 PM $41 100418-03

Fitness & Fun

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

Location: Senior Center

12/2–12/20 M,W,F 7:30–8:30 AM $32 100420-01

1/6–1/31 M,W,F 7:30–8:30 AM $41 100420-02

2/3–2/28 M,W,F 7:30–8:30 AM $41 100420-03

Classics

Enjoy the classic blend of aerobics, toning and stretching. This is the right place to begin an exercise program, maintain your fitness level or add a challenging workout!

Location: Mulberry Pool

12/2–12/20 M,W,F 7:30–8:30 AM $32 100222-01

1/6–1/31 M,W,F 7:30–8:30 AM $41 100222-02

2/3–2/28 M,W,F 7:30–8:30 AM $41 100222-03

Location: Edora Pool Ice Center

12/2–12/20 M,W,F 7:30–8:30 AM $32 100322-01

1/6–1/31 M,W,F 7:30–8:30 AM $41 100322-02

2/3–2/28 M,W,F 7:30–8:30 AM $41 100322-03

Location: Senior Center

12/2–12/20 M,W,F 6:30–7:30 AM $32 100422-01

1/6–1/31 M,W,F 6:30–7:30 AM $41 100422-02

2/3–2/28 M,W,F 6:30–7:30 AM $41 100422-03

12/2–12/20 M,W,F 9:30–10:30 AM $32 100422-04

1/6–1/31 M,W,F 9:30–10:30 AM $41 100422-05

2/3–2/28 M,W,F 9:30–10:30 AM $41 100422-06

12/2–12/20 M,W,F 5:15–6:15 PM $32 100422-07

1/6–1/31 M,W,F 5:15–6:15 PM $41 100422-08

2/3–2/28 M,W,F 5:15–6:15 PM $41 100422-09

12/3–12/19 Tu,Th 8:00–9:00 AM $23 100422-10

1/7–1/30 Tu,Th 8:00–9:00 AM $29 100422-11

2/4–2/27 Tu,Th 8:00–9:00 AM $29 100422-12

12/3–12/19 Tu,Th 9:00–10:00 AM $23 100422-13

1/7–1/30 Tu,Th 9:00–10:00 AM $29 100422-14

2/4–2/27 Tu,Th 9:00–10:00 AM $29 100422-15

12/3–12/19 Tu,Th 10:00–11:00 AM $23 100422-16

1/7–1/30 Tu,Th 10:00–11:00 AM $29 100422-17

2/4–2/27 Tu,Th 10:00–11:00 AM $29 100422-18

12/3–12/19 Tu,Th 4:00–5:00 PM $23 100422-19

1/7–1/30 Tu,Th 4:00–5:00 PM $29 100422-20

2/4–2/27 Tu,Th 4:00–5:00 PM $29 100422-21

12/3–12/19 Tu,Th 7:00–8:00 PM $23 100422-22

1/7–1/30 Tu,Th 7:00–8:00 PM $29 100422-23

2/4–2/27 Tu,Th 7:00–8:00 PM $29 100422-24

High Intensity

Aqua Box

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

Location: Senior Center

12/3–12/19 Tu,Th 5:30–6:30 PM $23 100428-01

1/7–1/30 Tu,Th 5:30–6:30 PM $29 100428-02

2/4–2/27 Tu,Th 5:30–6:30 PM $29 100428-03

Deep H2O

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

Location: Mulberry Pool

12/2–12/20 M,W,F 12:15–1:00 PM $25.25 100230-01

1/6–1/31 M,W,F 12:15–1:00 PM $32 100230-02

2/3–2/28 M,W,F 12:15–1:00 PM $32 100230-03

Location: Edora Pool Ice Center

12/3–12/19 Tu,Th 5:30–6:30 PM $23 100330-01

1/7–1/30 Tu,Th 5:30–6:30 PM $29 100330-02

2/4–2/27 Tu,Th 5:30–6:30 PM $29 100330-03

Aquatics

General Information

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 in-water
 # of children adult supervisors**

 1–6 1
 7–12 2
 13–18 3
 19–24 4

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

Drop-in Swim Test

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

Mulberry Pool, Wednesday, 4:00–5:00 PM

EPIC, Saturday, Noon–5:00 PM

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

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

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

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

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

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

Make-up lessons are NOT available.

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

 Class Class Maximum

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

Minimum for all classes based on cost efficiency is 4.

Learn-To-Swim Policies

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

Edora Pool Ice Center (EPIC), 1801 Riverside

Mulberry Pool (MP), 424 West Mulberry

Birthday Party Packages

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

Private Swim Instruction

Private swim instruction is available for all ability levels. Interested persons can leave their information with a cashier at each of the facilities. Fee is $20/half-hour for one student. Semi-private lessons are also available for an additional $2 charge. These private lessons are not discountable.

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

Drop-In

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 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 years & up

Ongoing M 8:00–9:30 PM $6/day

SCUBA Challenge

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

Age: 10 years & up

12/23, 1/20, 2/17 M 6:00–9:00 PM $6/day plus fees

Adult Swim Classes

Adult 101 Beginner Swim

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

Age: 15 years & up

Location: Edora Pool Ice Center

1/20–2/10 M 7:00–7:45 PM $35 101338-01

2/17–3/10 M 7:00–7:45 PM $35 101338-02

Adult Advanced Swim

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

Age: 15 years & up

Location: Edora Pool Ice Center

1/22–2/12 W 7:00–7:45 PM $35 101339-01

2/19–3/12 W 7:00–7:45 PM $35 101339-02

Learn-to-Swim

Adaptive Swim Lessons

Basic swimming skills are introduced and/or enhanced for individuals with special needs.

Age: 5 years & up

Location: Edora Pool Ice Center

Note: Previous participants will be put on a waiting list and matched as volunteers are available. Please bring an attendant if you need personal assistance outside the water. Class will not be held 3/18.

2/18–4/15 Tu 4:15–4:45 PM $40 102326-01

2/18–4/15 Tu 4:50–5:20 PM $40 102326-02

Guppy

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

Age: 6–18 months

Location: Edora Pool Ice Center

Note: Please have your child wear plastic pants or swim diaper under bathing suit. Class is partially discountable.

1/20–2/12 M,W 4:30–5:00 PM $35 101310-01

1/20–2/12 M,W 5:50–6:20 PM $35 101310-02

2/17–3/12 M,W 4:30–5:00 PM $35 101310-03

2/17–3/12 M,W 5:50–6:20 PM $35 101310-04

2/18–3/13 Tu,Th 10:10–10:40 AM $35 101310-05

Advanced Guppy

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

Age: 10–24 months

Note: Please have your child wear plastic pants or swim diaper under bathing suit. Class partially discountable.

Location: Mulberry Pool

1/21–2/13 Tu,Th 5:50–6:20 PM $35 101212-01

1/25–2/15 Sa 9:00–9:30 AM $23 101212-02

1/25–2/15 Sa 11:00–11:30 AM $23 101212-03

1/26–2/16 Su 3:15–3:45 PM $23 101212-04

2/18–3/13 Tu,Th 5:10–5:40 PM $35 101212-05

2/22–3/15 Sa 9:40–10:10 AM $23 101212-06

Advanced Guppy continued

2/22–3/15 Sa 11:40 AM–12:10 PM $23 101212-07

2/23–3/16 Su 3:15–3:45 PM $23 101212-08

2/23–3/16 Su 4:35–5:05 PM $23 101212-09

Location: Edora Pool Ice Center

1/20–2/12 M,W 5:10–5:40 PM $35 101312-01

1/21–2/13 Tu,Th 10:50–11:20 AM $35 101312-02

2/17–3/12 M,W 5:10–5:40 PM $35 101312-03

2/17–3/12 M,W 6:30–7:00 PM $35 101312-04

2/18–3/13 Tu,Th 10:50–11:20 AM $35 101312-05

Tadfish

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

Age: 2–4 years

Note: Please have your child wear plastic pants or swim diaper under bathing suit. Class partially discountable.

Location: Mulberry Pool

1/21–2/13 Tu,Th 6:30–7:00 PM $35 101214-01

1/25–2/15 Sa 9:40–10:10 AM $23 101214-02

1/25–2/15 Sa 10:20–10:50 AM $23 101214-03

1/26–2/16 Su 3:55–4:25 PM $23 101214-04

1/26–2/16 Su 5:15–5:45 PM $23 101214-05

2/18–3/13 Tu,Th 4:30–5:00 PM $35 101214-06

2/18–3/13 Tu,Th 5:50–6:20 PM $35 101214-07

2/22–3/15 Sa 9:00–9:30 AM $23 101214-08

2/22–3/15 Sa 10:20–10:50 AM $23 101214-09

2/23–3/16 Su 3:55–4:25 PM $23 101214-10

2/23–3/16 Su 4:35–5:05 PM $23 101214-11

Location: Edora Pool Ice Center

1/20–2/12 M,W 4:30–5:00 PM $35 101314-01

1/20–2/12 M,W 5:50–6:20 PM $35 101314-02

1/21–2/13 Tu,Th 11:30 AM–Noon $35 101314-03

2/17–3/12 M,W 4:30–5:00 PM $35 101314-04

2/17–3/12 M,W 5:50–6:20 PM $35 101314-05

Preschool 1

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

Age: 3–5 years

Note: Class partially discountable.

Location: Mulberry Pool

1/21–2/13 Tu,Th 4:30–5:00 PM $35 101216-01

1/21–2/13 Tu,Th 5:10–5:40 PM $35 101216-02

1/21–2/13 Tu,Th 6:30–7:00 PM $35 101216-03

1/25–2/15 Sa 9:00–9:30 AM $23 101216-04

1/25–2/15 Sa 9:40–10:10 AM $23 101216-05

1/25–2/15 Sa 11:40 AM–12:10 PM $23 101216-06

1/26–2/16 Su 3:15–3:45 PM $23 101216-07

1/26–2/16 Su 4:35–5:05 PM $23 101216-08

1/26–2/16 Su 5:15–5:45 PM $23 101216-09

2/18–3/13 Tu,Th 4:30–5:00 PM $35 101216-10

2/18–3/13 Tu,Th 5:50–6:20 PM $35 101216-11

2/18–3/13 Tu,Th 6:30–7:00 PM $35 101216-12

2/22–3/15 Sa 9:00–9:30 AM $23 101216-13

2/22–3/15 Sa 9:40–10:10 AM $23 101216-14

2/22–3/15 Sa 11:00–11:30 AM $23 101216-15

2/23–3/16 Su 4:35–5:05 PM $23 101216-16

2/23–3/16 Su 5:15–5:45 PM $23 101216-17

Location: Edora Pool Ice Center

1/20–2/12 M,W 4:30–5:00 PM $35 101316-01

1/20–2/12 M,W 5:10–5:40 PM $35 101316-02

1/20–2/12 M,W 6:30–7:00 PM $35 101316-03

1/21–2/13 Tu,Th 10:10–10:40 AM $35 101316-04

2/17–3/12 M,W 4:30–5:00 PM $35 101316-05

2/17–3/12 M,W 6:30–7:00 PM $35 101316-06

Preschool 2

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

Age: 3–5 years

Note: Class partially discountable.

Location: Mulberry Pool

1/21–2/13 Tu,Th 5:10–5:40 PM $35 101218-01

1/21–2/13 Tu,Th 5:50–6:20 PM $35 101218-02

1/25–2/15 Sa 9:40–10:10 AM $23 101218-03

1/25–2/15 Sa 11:00–11:30 AM $23 101218-04

1/25–2/15 Sa 11:40 AM–12:10 PM $23 101218-05

1/26–2/16 Su 3:55–4:25 PM $23 101218-06

1/26–2/16 Su 5:15–5:45 PM $23 101218-07

2/18–3/13 Tu,Th 4:30–5:00 PM $35 101218-08

2/18–3/13 Tu,Th 5:50–6:20 PM $35 101218-09

2/22–3/15 Sa 9:00–9:30 AM $23 101218-10

2/22–3/15 Sa 9:40–10:10 AM $23 101218-11

2/22–3/15 Sa 10:20–10:50 AM $23 101218-12

2/23–3/16 Su 3:15–3:45 PM $23 101218-13

2/23–3/16 Su 3:55–4:25 PM $23 101218-14

Location: Edora Pool Ice Center

1/20–2/12 M,W 5:10–5:40 PM $35 101318-01

1/20–2/12 M,W 5:50–6:20 PM $35 101318-02

1/21–2/13 Tu,Th 9:30–10:00 AM $35 101318-03

2/17–3/12 M,W 5:10–5:40 PM $35 101318-04

2/17–3/12 M,W 5:50–6:20 PM $35 101318-05

2/18–3/13 Tu,Th 9:30–10:00 AM $35 101318-06

Preschool 3

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

Age: 3–5 years

Note: Class partially discountable.

Location: Mulberry Pool

1/21–2/13 Tu,Th 4:30–5:00 PM $35 101220-01

1/21–2/13 Tu,Th 5:10–5:40 PM $35 101220-02

1/25–2/15 Sa 9:00–9:30 AM $23 101220-03

1/25–2/15 Sa 10:20–10:50 AM $23 101220-04

1/25–2/15 Sa 11:40 AM–12:10 PM $23 101220-05

1/26–2/16 Su 3:15–3:45 PM $23 101220-06

1/26–2/16 Su 4:35–5:05 PM $23 101220-07

2/18–3/13 Tu,Th 5:10–5:40 PM $35 101220-08

2/18–3/13 Tu,Th 6:30–7:00 PM $35 101220-09

2/22–3/15 Sa 10:20–10:50 AM $23 101220-10

2/22–3/15 Sa 11:00–11:30 AM $23 101220-11

2/23–3/16 Su 3:15–3:45 PM $23 101220-12

2/23–3/16 Su 5:15–5:45 PM $23 101220-13

Location: Edora Pool Ice Center

1/20–2/12 M,W 4:30–5:00 PM $35 101320-01

1/20–2/12 M,W 5:10–5:40 PM $35 101320-02

2/17–3/12 M,W 4:30–5:00 PM $35 101320-03

2/17–3/12 M,W 5:10–5:40 PM $35 101320-04

2/18–3/13 Tu,Th 11:30 AM–Noon $35 101320-05

Level 1

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

Age: 6–12 years

Note: Class partially discountable.

Location: Mulberry Pool

1/21–2/13 Tu,Th 4:30–5:00 PM $35 101222-01

1/21–2/13 Tu,Th 5:50–6:20 PM $35 101222-02

1/25–2/15 Sa 9:00–9:30 AM $23 101222-03

1/25–2/15 Sa 11:00–11:30 AM $23 101222-04

1/26–2/16 Su 3:55–4:25 PM $23 101222-05

2/18–3/13 Tu,Th 5:50–6:20 PM $35 101222-06

2/18–3/13 Tu,Th 6:30–7:00 PM $35 101222-07

2/22–3/15 Sa 9:00–9:30 AM $23 101222-08

2/22–3/15 Sa 9:40–10:10 AM $23 101222-09

2/22–3/15 Sa 11:40 AM–12:10 PM $23 101222-10

2/23–3/16 Su 3:55–4:25 PM $23 101222-11

2/23–3/16 Su 5:15–5:45 PM $23 101222-12

Location: Edora Pool Ice Center

1/20–2/12 M,W 4:30–5:00 PM $35 101322-01

1/20–2/12 M,W 5:50–6:20 PM $35 101322-02

2/17–3/12 M,W 5:50–6:20 PM $35 101322-03

2/17–3/12 M,W 6:30–7:00 PM $35 101322-04

Level 2

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

Age: 6–12 years

Note: Class partially discountable.

Location: Mulberry Pool

1/21–2/13 Tu,Th 4:30–5:00 PM $35 101224-01

1/21–2/13 Tu,Th 5:50–6:20 PM $35 101224-02

1/25–2/15 Sa 9:00–9:30 AM $23 101224-03

1/25–2/15 Sa 9:40–10:10 AM $23 101224-04

1/25–2/15 Sa 10:20–10:50 AM $23 101224-05

1/26–2/16 Su 3:15–3:45 PM $23 101224-06

1/26–2/16 Su 4:35–5:05 PM $17 101224-07

2/18–3/13 Tu,Th 4:30–5:00 PM $35 101224-08

2/18–3/13 Tu,Th 5:10–5:40 PM $35 101224-09

2/22–3/15 Sa 9:00–9:30 AM $23 101224-10

2/22–3/15 Sa 11:00–11:30 AM $23 101224-11

2/23–3/16 Su 3:15–3:45 PM $23 101224-12

2/23–3/16 Su 3:55–4:25 PM $23 101224-13

2/23–3/16 Su 4:35–5:05 PM $23 101224-14

Location: Edora Pool Ice Center

1/20–2/12 M,W 5:10–5:40 PM $35 101324-01

1/20–2/12 M,W 6:30–7:00 PM $35 101324-02

2/17–3/12 M,W 4:30–5:00 PM $35 101324-03

2/17–3/12 M,W 5:10–5:40 PM $35 101324-04

Level 3

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

Age: 6–12 years

Note: Class partially discountable.

Location: Mulberry Pool

1/21–2/13 Tu,Th 5:10–5:55 PM $49 101226-01

1/21–2/13 Tu,Th 6:30–7:15 PM $49 101226-02

1/25–2/15 Sa 9:40–10:25 AM $30 101226-03

1/25–2/15 Sa 11:00–11:45 AM $30 101226-04

1/26–2/16 Su 3:55–4:40 PM $30 101226-05

1/26–2/16 Su 5:15–6:00 PM $30 101226-06

2/18–3/13 Tu,Th 4:30–5:15 PM $49 101226-07

2/18–3/13 Tu,Th 6:30–7:15 PM $49 101226-08

2/22–3/15 Sa 10:20–11:05 AM $30 101226-09

2/22–3/15 Sa 11:40 AM–12:25 PM $30 101226-10

2/23–3/16 Su 3:15–4:00 PM $30 101226-11

2/23–3/16 Su 5:15–6:00 PM $30 101226-12

Location: Edora Pool Ice Center

1/20–2/12 M,W 5:50–6:35 PM $49 101326-01

1/20–2/12 M,W 5:50–6:35 PM $49 101326-02

2/17–3/12 M,W 4:30–5:15 PM $49 101326-03

2/17–3/12 M,W 5:50–6:35 PM $49 101326-04

Level 4

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

Age: 6–12 years

Note: Class partially discountable.

Location: Mulberry Pool

1/21–2/13 Tu,Th 4:30–5:15 PM $49 101228-01

1/21–2/13 Tu,Th 6:30–7:15 PM $49 101228-02

1/25–2/15 Sa 10:20–11:05 AM $30 101228-03

1/26–2/16 Su 3:15–4:00 PM $30 101228-04

1/26–2/16 Su 4:35–5:20 PM $30 101228-05

2/18–3/13 Tu,Th 5:10–5:55 PM $49 101228-06

2/18–3/13 Tu,Th 6:30–7:15 PM $49 101228-07

2/22–3/15 Sa 9:40–10:25 AM $30 101228-08

2/22–3/15 Sa 11:00–11:45 AM $30 101228-09

2/23–3/16 Su 4:35–5:20 PM $30 101228-10

Location: Edora Pool Ice Center

1/20–2/12 M,W 4:30–5:15 PM $49 101328-01

2/17–3/12 M,W 6:30–7:15 PM $49 101328-02

2/17–3/12 M,W 5:10–5:55 PM $49 101328-03

Level 5

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

Age: 6–12 years

Note: Class partially discountable.

Location: Mulberry Pool

1/21–2/13 Tu,Th 6:30–7:15 PM $49 101230-01

1/25–2/15 Sa 11:40 AM–12:25 PM $30 101230-02

2/22–3/15 Sa 11:40 AM–12:25 PM $30 101230-03

Location: Edora Pool Ice Center

1/20–2/12 M,W 6:30–7:15 PM $49 101330-01

2/17–3/12 M,W 6:30–7:15 PM $49 101330-02

Advanced Aquatics

Water Safety Instructor

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

Age: 16 years & up

Location: Mulberry Pool

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

2/19–2/20 W,Th 4:00–10:00 PM $155 101242-01

2/22–2/23 Sa,Su 8:00 AM–5:00 PM

Discover Scuba Diving

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

Age: 10 years & up

Location: Edora Pool Ice Center

12/21 Sa 10:00–11:30 AM $34 101352-01

1/4–1/11 Sa 10:00–11:30 AM $34 101352-02

2/1 Sa 10:00–11:30 AM $34 101352-03

Open Water Diver

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

Age: 10 years & up

Location: Edora Pool Ice Center

12/7–12/8 Sa,Su 8:00 AM–4:00 PM $179 101354-01

1/18–1/19 Sa,Su 8:00 AM–4:00 PM $179 101354-02

2/8–2/9 Sa,Su 8:00 AM–4:00 PM $179 101354-03

Advanced Aquatics Blended Learning

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

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

Lifeguard Training

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

Age: 15 years & up

Location: Edora Pool Ice Center

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

1/2–1/6 Th–M 9:00 AM–2:00 PM $115 101340-01

1/31 F 3:30–8:30 PM $115 101340-02

2/1–2/9 Sa,Su 9:00 AM–2:00 PM

Diving

Diving

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

Age: 5–17 years

Location: Edora Pool Ice Center

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

Beginning

1/20–2/12 M,W 4:50–5:35 PM $40 101336-01

Beginning

2/17–3/12 M,W 4:50–5:35 PM $40 101336-02

Intermediate

1/20–2/12 M,W 5:40–6:25 PM $40 101336-03

Intermediate

2/17–3/12 M,W 5:40–6:25 PM $40 101336-04

Advanced

1/20–2/12 M,W 4:00–4:45 PM $40 101336-05

Advanced

2/17–3/12 M,W 4:00–4:45 PM $40 101336-06

ARTS & CRAFTS

Adult

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

Request for Exhibits

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

Visual Arts Committee

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

Request for Submission for Photo Display

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

Teachers?

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

Volunteers Wanted

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

Drawing

Comics Essentials

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

Location: Senior Center

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

1/14–2/18 Tu 6:30–8:30 PM $50 103407-01

Fiber Arts

Quilting Quorum – MO

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

Age: 50 years & up

Location: The Farm

Note: There is no instructor. No fee, but must be a Senior
Center member 50+. Sewing machines, mats, cutters, and
material are available.

12/6–2/28 F 1:00–3:00 PM No Fee 103498-01

General Arts

Artistic Abilities Art

Participants will learn 2-D techniques, with a variety of materials to create unique pieces of art. This class is open to people of all abilities, with emphasis on accommodations for various challenges and disabilities.

Age: 13 years & up

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

Note: Class partially discountable. See artisticabilities.org or contact Alison Cope at acope@frii.com for more info.

2/12–3/12 W 4:00–6:00 PM $32 102990-01

Pastels, Beginning

Remember the fun of chalk drawing on the sidewalk? Relive that childhood joy with more color and artistic refinement. You’ll learn a few fundamentals of drawing, color theory, how pastels work, and the best papers to use. Our objective: have fun learning while creating a pastel artwork, suitable for framing.

Location: Senior Center

Note: No previous experience required. Supply list available at registration. (Approximate cost $35–50) Class will not be held on 2/17.

1/13–2/24 M 6:30–8:30 PM $57 103408-01

C.H.A.T. Crafts Hobbies Arts Time – MO

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

Age: 50 years & up

Location: The Farm

Note: No instructor provided. Learn from others, discuss the many aspects of different art related hobbies and crafts. No fee, but must be a Senior Center member. Class will not be held on 12/25, 12/31.

12/4–2/26 W 1:00–3:00 PM No Fee 103496-01

Open Shop – MO

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

Location: Senior Center

Note: There is no fee. A Senior Center membership is required to participate in open shop time. Class will not be held on 12/24, 12/25, 12/26, 12/31, 1/1, 1/2.

12/3–2/25 Tu 8:00 AM–Noon No Fee 103497-01

12/4–2/26 W 1:00–5:00 PM No Fee 103497-02

12/5–2/27 Th 6:00–10:00 PM No Fee 103497-03

Digital Video, Beginning

These classes are designed for students who have digital camcorders or DSLR cameras that shoot video. Lectures and demonstrations will teach you camera control and operations, camera movement, audio and sound control, light and color management, digital video file formats, and video editing and production principles.

Location: Senior Center

Note: Bring your camera and owner’s manual. Class will not be held on 2/6.

1/9–2/20 Th 6:00–8:00 PM $45 107461-01

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.

Location: Senior Center

*Note: Tools and some supplies provided. Supply list available at registration (approximate cost $55*–*80). Class partially discountable.*

1/14–2/25 Tu 5:30–7:30 PM $95 103486-01

Jewelry, Intermediate & Advanced

Now that you know the basics of beginning you can focus on honing your skills while learning new ones. With new projects you will learn different jewelry construction techniques. This class will have an emphasis creating wearable jewelry and fine tuning your soldering and construction skills.

Location: Senior Center

*Note:* Wear old clothes. Supply list available at registration. Supplies and supply cost vary with your choice (Approximate cost $10–70). Class partially discountable.

1/14–2/25 Tu 7:45–9:45 PM $99 103487-01

Painting

Painting, Bob Ross Style

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

Location: Senior Center

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

1/16 Th 9:00 AM–3:30 PM $60 103427-01

2/20 Th 9:00 AM–3:30 PM $60 103427-02

Painting, Beginning Acrylic

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

Location: Senior Center

*Note:* Supply list available at registration (approximate cost $30–50). Those 14 and older may register for this class also. Class will not be held on 2/14.

12/5–12/19 Th 6:30–8:30 PM $29 103446-01

1/9–1/30 Th 6:30–8:30 PM $37 103446-02

2/6–2/27 Th 6:30–8:30 PM $37 103446-03

Porcelain Painting, Beginning

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

Location: Senior Center

*Note:* All supplies included. Firing of your work is included in
the course fee. Reduced fee when using your own supplies. Class partially discountable.

12/6–12/27 F 1:00–3:30 PM $49 103470-01

1/3–1/31 F 1:00–3:30 PM $56 103470-02

2/7–2/28 F 1:00–3:30 PM $47 103470-03

Porcelain Painting, Intermediate

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

Location: Senior Center

*Note:* Firing of your work is included in the course fee. You provide the painting supplies.

12/4–12/18 W 9:00–11:30 AM $32 103471-01

1/8–1/29 W 9:00–11:30 AM $42 103471-02

2/5–2/26 W 9:00–11:30 AM $42 103471-03

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.

Age: 18 years & up

Location: Senior Center

*Note:* Firing of your work is included in the course fee. You provide the painting supplies.

12/4–12/18 W 1:00–4:00 PM $37 103472-01

1/8–1/29 W 1:00–4:00 PM $48 103472-02

2/5–2/26 W 1:00–4:00 PM $48 103472-03

Photography

Photography, Beginning

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

Location: Senior Center

Note: Bring a functional digital or 35mm SLR camera and its manual to class. A field trip will give you practical experience and will be on Saturday. Class will not be held on 1/16, 1/30.

1/15–1/29 W 6:00–9:00 PM $49 103430-01

1/18 Sa 9:00 AM–Noon

Photography, Intermediate & Advanced

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

Location: Senior Center

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

2/12–2/26 W 6:00–9:00 PM $44 103431-01

Woodworking

Woodworking, Beginning

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

Location: Senior Center

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

1/15-2/19 W 7:00–9:00 PM $90 103490-01

Pottery

Classes will be held at the Pottery Studio, 1541 W. Oak Street, unless otherwise noted.

Pottery Pals

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

Work Study Program

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

Private Pottery Instruction

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

Pottery, Beginning Wheel & Handbuilding

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

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

1/6–3/10 M 9:00–11:00 AM $139 104850-01

1/6–3/10 M 5:45–7:45 PM $139 104850-02

1/8–3/12 W 8:00–10:00 PM $139 104850-03

Pottery, Beginning Plus Wheel & Handbuilding

Prerequisite: One or more sessions of Beginning Wheel & Handbuilding

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

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

1/6–3/10 M 8:00–10:00 PM $139 104855-01

1/8–3/12 W 5:45–7:45 PM $139 104855-02

1/9–3/13 Th 9:00–11:00 AM $139 104855-03

Pottery, Intermediate Wheel & Handbuilding

Prerequisite: Beginning Wheel & Handbuilding or equivalent

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

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

1/7–3/11 Tu 5:30–7:30 PM $139 104860-01

1/8–3/12 W 9:00–11:00 AM $139 104860-02

Pottery, Advanced Wheel & Handbuilding

Prerequisite: Intermediate Wheel/Handbuilding or equivalent.

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

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

1/9–3/13 Th 5:30–7:30 PM $139 104865-01

Pottery Sampler

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

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

1/11–2/8 Sa 12:15–2:15 PM $49 104870-01

2/15–3/15 Sa 12:15–2:15 PM $49 104870-02

Pottery, Handbuilding Expressions

Prerequisite: No previous experience necessary

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

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

1/8–3/12 W 6:00–8:00 PM $139 104875-01

Pottery, Construction Techniques

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

*Note:* Lab time included for the 5 weeks that you are in class. Tools, 25 pounds of basic clay, glazes, and firings provided. No previous experience necessary.

1/10–2/7 F 6:00–8:00 PM $70 104880-01

2/14–3/14 F 6:00–8:00 PM $70 104880-02

Pottery, Creative Clay Craft

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

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

1/10–3/14 F 9:00–11:00 AM $139 104885-01

Holiday Pottery

Make personal and unique holiday ornaments. This class is more than tree decorations; you will also make items such as Santa centerpieces, holly hotplates, holiday candleholders and much more. Projects will be finished in fun, bright colors and will be ready for you to enjoy in your home or give as gifts!

*Note:* No previous experience necessary. All tools, supplies and
25 pounds of clay provided. Class is partially discountable.

12/5–12/13 Th,F 6:00–9:00 PM $74 104895-01

12/7–12/14 Sa 9:00 AM–Noon

Pottery Lab

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

*Note:* Lab Fee includes 25 pounds of clay. Lab hours are for adults only. Open lab times are not available for students enrolled in the Sampler Class.

1/6–3/13 M,W,Th 11:00 AM–2:00 PM $139 104899-01

1/7–3/15 Tu,Sa 9:00 AM–Noon

1/7–3/13 Tu,Th 7:30–10:00 PM

Youth Arts & Crafts

Art Studio for Preschoolers

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

Age: 3–6 years

Location: Northside Aztlan Center

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

12/4 W 1:00–3:00 PM $10 116506-01

12/11 W 1:00–3:00 PM $10 116506-02

12/18 W 1:00–3:00 PM $10 116506-03

1/15 W 1:00–3:00 PM $10 116506-04

1/22 W 1:00–3:00 PM $10 116506-05

1/29 W 1:00–3:00 PM $10 116506-06

2/12 W 1:00–3:00 PM $10 116506-07

2/19 W 1:00–3:00 PM $10 116506-08

2/26 W 1:00–3:00 PM $10 116506-09

Art Studio

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

Age: 6–12 years

Location: Northside Aztlan Center

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

12/4 W 4:30–6:30 PM $10 116507-01

12/11 W 4:30–6:30 PM $10 116507-02

12/18 W 4:30–6:30 PM $10 116507-03

1/15 W 4:30–6:30 PM $10 116507-04

1/22 W 4:30–6:30 PM $10 116507-05

1/29 W 4:30–6:30 PM $10 116507-06

2/12 W 4:30–6:30 PM $10 116507-07

2/19 W 4:30–6:30 PM $10 116507-08

2/26 W 4:30–6:30 PM $10 116507-09

Duct Tape Designs

Come learn the latest duct tape designs. This class offers different projects and the latest fashions. Each child will use their creativity to design and make a project that will last forever.

Age: 8–12 years

Location: Northside Aztlan Center

*Note:* Class partially discountable.

2/1 Sa 1:00–3:00 PM $29 116540-01

Junque Art

Join us as we re-imagine upcycled materials into fabulous sculptures, collages and objects de arte and more! This class is designed with the older artist in mind to expand, explore and experience based on curiosity and interest.

Age: 9–12 years

Location: Northside Aztlan Center

*Note:* Class partially discountable.

2/15 Sa 1:00–4:00 PM $24 116541-01

Invasion of Angry Birds

We will work with Sculpey Clay and paint on canvas to create these art inspired birds... with a Star Wars twist!

Age: 6–12 years

Location: Northside Aztlan Center

1/18 Sa 1:00–4:00 PM $24 116545-01

Holiday Ornaments

Kids come and create your very own holiday decorations and ornaments. Your home will be filled with holiday spirit with your cheery creations!

Age: 6–10 years

Location: Northside Aztlan Center

*Note:* Class partially discountable.

12/14 Sa 1:00–3:00 PM $21 116551-01

Holiday Cards

Kids will have fun cutting, pasting and gluing creative holiday cards. Your loved ones will enjoy receiving your creations in the mail. Come ready for a holly jolly mess!

Age: 6–10 years

Location: Northside Aztlan Center

*Note:* Class partially discountable.

11/30 Sa 1:00–3:00 PM $21 116552-01

Holiday Gifts by Me

Kids, have fun making gifts for friends and family all by yourself! You can make someone’s holiday merry and bright with a homemade touch of love!

Age: 6–10 years

Location: Northside Aztlan Center

*Note:* Class partially discountable.

12/7 Sa 1:00–4:00 PM $31 116553-01

Fun & Funky Jewelry

Feather and dangle earrings, beaded and knotted bracelets and chunky rings are a few of the designs you’ll be creating in the fun jewelry making class.

Age: 8–12 years

Location: Northside Aztlan Center

*Note:* Class partially discountable.

2/15 Sa 1:00–3:00 PM $29 116554-01

Youth Pottery

Classes will be held at the Pottery Studio, 1541 W. Oak Street, unless otherwise noted.

Parents or Grandparents & Children Together

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

Birthday Parties

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

Boy & Girl Scouts Badge Requirements

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

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

Pottery, Teen Wheel & Handbuilding

Participants enrolled in this program will learn potter’s wheel skills, handbuilding, glazing, and decorating techniques.

Age: 13–17 years

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

1/7–2/4 Tu 3:45–5:15 PM $48 104815-01

2/11–3/11 Tu 3:45–5:15 PM $48 104815-02

Pottery, Parent Teen & Youth Wheel & Handbuilding – NW

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

Age: 10–17 years

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

1/10–2/7 F 5:45–7:15 PM $89.00 104845-01

2/14–3/14 F 5:45–7:15 PM $89.00 104845-02

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 reregister for classes as many times as you wish.

Age: 3–5 years

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

1/7–2/4 Tu 12:30–1:30 PM $34 104801-01

1/8–2/5 W 2:45–3:45 PM $34 104801-02

1/11–2/8 Sa 2:30–3:30 PM $34 104801-03

2/11–3/11 Tu 12:30–1:30 PM $34 104801-04

2/12–3/12 W 2:45–3:45 PM $34 104801-05

2/15–3/15 Sa 2:30–3:30 PM $34 104801-06

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 reregister for classes as many times as you wish.

Age: 6–9 years

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

1/6–2/3 M 4:00–5:30 PM $48 104805-01

1/8–2/5 W 4:00–5:30 PM $48 104805-02

2/10–3/10 M 4:00–5:30 PM $48 104805-03

2/12–3/12 W 4:00–5:30 PM $48 104805-04

Pottery, Youth Wheel & Handbuilding

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

Age: 10–12 years

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

1/9–3/13 Th 3:45–5:15 PM $89 104810-01

1/10–2/7 F 4:00–5:30 PM $48 104810-02

2/14–3/14 F 4:00–5:30 PM $48 104810-03

Pottery, Parent & Child Handbuilding – NW

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

Age: 6–9 years

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

1/11–2/8 Sa 3:45–5:15 PM $89.00 104835-01

2/15–3/15 Sa 3:45–5:15 PM $89.00 104835-02

Dance & Movement

Classes are for ages 18 years and up unless noted.

Ballet

Ballet, Beginning

An introduction to classical barre, positions, and steps. Taught by Sara Mano.

Location: Club Tico

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

1/21-3/11 Tu 6:45–7:45 PM $52 106102-01

Ballet, Low-Intermediate

Continuing work on basic technique. Taught by Sara Mano.

Location: Empire Grange

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

1/27–3/10 M 5:30–6:45 PM $56 106103-01

Ballet, Intermediate

A more challenging, ongoing class for experienced dancers, based on Cecchetti technique. Taught by Sarah Mano.

Location: Club Tico

*Note:* Ages 13–17 allowed with instructor approval. Class will not be held on 1/30.

1/23–3/13 Th 5:25-6:40 PM $56 106104-01

Belly Dancing

Belly Dancing Beginning

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

Location: Senior Center

*Note:* Please wear yoga/exercise gear and a scarf or sash around your hips. Bare feet recommended.

1/9–2/13 Th 6:30–7:30 PM $48 106226-01

2/27–4/3 Th 6:30–7:30 PM $48 106226-02

Belly Dancing, Intermediate

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

Go beyond the basics and learn more complex veil work, finger cymbal patterns, and mini choreographies. Learn to layer shimmies over other movements and how to dance while balancing props. You will continue to build your vocabulary, learn new rhythms and work on more advanced dance improvisations.

Location: Senior Center

*Note:* Wear yoga/exercise gear and a scarf for hips.
Bare feet recommended.

1/9–2/13 Th 7:30–8:30 PM $48 106227-01

2/27–4/3 Th 7:30–8:30 PM $48 106227-02

Belly Dancing, Advanced

*PREREQUISITE: Two sessions Belly Dance Intermediate or
instructor approval.*

Build on concepts learned in beginning and intermediate belly dancing to make belly dancing your own personal form of expression.

Location: Senior Center

*Note:* Wear exercise gear and a scarf for hips. Bare feet recommended.

1/9–2/13 Th 8:30–9:30 PM $48 106228-01

2/27–4/3 Th 8:30–9:30 PM $48 106228-02

Clogging

Clogging

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

Location: Northside Aztlan Center

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

1/6–1/27 M 4:40–5:30 PM $24 106511-01

2/3–2/24 M 4:40–5:30 PM $24 106511-02

3/3–3/24 M 4:40–5:30 PM $24 106511-03

Clogging, Intermediate

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

Location: Northside Aztlan Center

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

1/6–1/27 M 5:30–6:20 PM $24 106512-01

2/3–2/24 M 5:30–6:20 PM $24 106512-02

3/3–3/24 M 5:30–6:20 PM $24 106512-03

Line Dance

Line Dance, Starter Class

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

Location: Senior Center

*Note:* Participants can pay a drop-in fee prior to attending the class ($4.25/class).

12/3–12/17 Tu 12:30–1:45 PM $13 106436-01

1/7–1/28 Tu 12:30–1:45 PM $19 106436-02

2/4–2/25 Tu 12:30–1:45 PM $16 106436-03

Line Dance, Continued

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

Location: Senior Center

*Note:* Participants can pay a drop-in fee prior to attending the class ($4.25/class).

12/3–12/17 Tu 1:45–3:00 PM $13 106437-01

1/7–1/28 Tu 1:45–3:00 PM $16 106437-02

2/4–2/25 Tu 1:45–3:00 PM $16 106437-03

Modern

Modern Dance

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

Location: Club Tico

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

1/21–3/11 Tu 5:25–6:40 PM $64 106156-01

Dance & Movement – Youth

Ballet & Modern Dance

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

Grade: Kindergarten–2

Location: Club Tico

*Note:* There is no age override on this class. No Class on 1/30 or 3/20

1/16–2/20 Th 4:15–5:15 PM $49 106101-01

2/6–3/13 Th 4:15–5:15 PM $49 106101-02

Hip Hop Dance

Location: Northside Aztlan Center

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

Grade: 4–6

1/7–2/27 Tu,Th 6:00–7:00 PM $80 115511-01

Grade: 7–9

1/7–2/27 Tu,Th 7:00–8:30 PM $80 115511-02

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.

Location: Mulberry Pool

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

Age: 3 years

1/8–2/5 W 10:15–11:00 AM $42 116255-01

1/8–2/5 W 11:15 AM–Noon $42 116255-02

1/10–2/7 F 10:15–11:00 AM $42 116255-03

1/10–2/7 F 11:15 AM–Noon $42 116255-04

2/12–3/12 W 10:15–11:00 AM $42 116255-05

2/12–3/12 W 11:15 AM–Noon $42 116255-06

2/14–3/14 F 10:15–11:00 AM $42 116255-07

2/14–3/14 F 11:15 AM–Noon $42 116255-08

Age: 4–5 years

1/8–2/5 W 9:00–9:55 AM $54 116255-09

1/10–2/7 F 9:00–9:55 AM $54 116255-10

2/12–3/12 W 9:00–9:55 AM $54 116255-11

2/14–3/14 F 9:00–9:55 AM $54 116255-12

Age: 5–6 years

1/7–2/4 Tu 5:30–6:30 PM $54 116255-13

2/11-3/11 Tu 5:30–6:30 PM $54 116255-14

Age: 5–7 years

1/8–2/5 W 4:15–5:15 PM $54 116255-15

2/12–3/12 W 4:15–5:15 PM $54 116255-16

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.

Location: Mulberry Pool

*Note:* 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 Lisa at 970.416.2508.

Age: 4–5 years

1/7–2/4 Tu 4:15–5:15 PM $54 116256-01

2/11–3/11 Tu 4:15–5:15 PM $54 116256-02

Age: 5-8 years

1/8–2/5 W 5:30–6:30 PM $54 116256-03

2/12–3/12 W 5:30–6:30 PM $54 116256-04

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.

Age: 7–8 years

Location: Mulberry Pool

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

1/9–2/13 Th 5:45–6:45 PM $64 116278-01

2/20–4/3 Th 5:45–6:45 PM $64 116278-02

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.

Location: Mulberry Pool

*Note:* Appropriate attire is required: leotard and tights, or T-shirts and shorts. No jeans are allowed. Class will not be held on 2/24, 3/17, 3/20.

Age: 4–5 years

1/6–2/10 M 4:15–5:15 PM $64 116279-01

2/17–3/31 M 4:15–5:15 PM $54 116279-02

Age: 5–6 years

1/6–2/10 M 5:30–6:30 PM $64 116279-03

2/17–3/31 M 5:30–6:30 PM $54 116279-04

Age: 6–7 years

1/9–2/13 Th 4:15–5:15 PM $64 116279-05

2/20–4/3 Th 4:15–5:15 PM $64 116279-06

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: Northside Aztlan Center

12/2–12/16 M 1:00–1:45 PM $27 116561-01

1/13–1/27 M 1:00–1:45 PM $27 116561-02

2/10–2/24 M 1:00–1:45 PM $27 116561-03

Petite Ballerinas

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

Location: Northside Aztlan Center

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

Petite Ballerinas I
Age: 3–4 years

1/10–1/31 F 11:45 AM–12:30 PM $44 116563-01

2/7–2/28 F 11:45 AM–12:30 PM $44 116563-02

1/11–2/1 Sa 9:00–9:45 AM $44 116563-03

2/8–3/1 Sa 9:00–9:45 AM $44 116563-04

Petite Ballerinas II
Age: 4–5 years

1/10–1/31 F 12:30–1:15 PM $44 116563-05

2/7–2/28 F 12:30–1:15 PM $44 116563-06

1/11–2/1 Sa Noon–12:45 PM $44 116563-07

2/8–3/1 Sa Noon–12:45 PM $44 116563-08

Petite Ballerina III
Age: 5–6 years

1/11–2/1 Sa 10:00–10:45 AM $44 116563-09

2/8–3/1 Sa 10:00–10:45 AM $44 116563-10

Petite Ballet I

Young dancers begin to progressively learn classical ballet in this imaginative class.

Age: 7–11 years

Location: Northside Aztlan Center

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

1/11–2/1 Sa 11:00–11:45 AM $44 116564-01

2/8–3/1 Sa 11:00–11:45 AM $44 116564-02

Dancing Swans

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

Age: 3–4 years

Location: Northside Aztlan Center

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

12/2–12/16 M 10:00–10:45 AM $27 116570-01

1/13–1/27 M 10:00–10:45 AM $27 116570-02

2/10–2/24 M 10:00–10:45 AM $27 116570-03

Early Learning

EPIC Adventures

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

Age: 4–6 years

Location: Edora Pool Ice Center

*Note:* Please tell front desk staff of allergies at the time of registration. Clothing for skating and swimming is needed. Please arrive 15 minutes early to help your child put on their skates.

1/7–1/23 Tu,Th 12:30–3:00 PM $79 117305-01

1/28–2/13 Tu,Th 12:30–3:00 PM $79 117305-02

2/18–3/6 Tu,Th 12:30–3:00 PM $79 117305-03

12/3–12/19 Tu,Th 12:30–3:00 PM $79 117305-04

Curious Twos

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

Age: 2 years

Location: Northside Aztlan Center

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

1/13–1/29 M,W 9:30–10:30 AM $34 117502-01

1/13–1/29 M,W 11:00 AM–Noon $34 117502-02

2/3–2/26 M,W 9:30–10:30 AM $44 117502-03

2/3–2/26 M,W 11:00 AM–Noon $44 117502-04

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 and crafts, movement/physical education, drama, and development of social skills. Children must
be 4 by 9/15/2013

Age: 4–6 years

Location: Northside Aztlan Center

*Note:* Class partially discountable. Funtime closures/holidays correspond to the Poudre School district schedule. Funtime DOES NOT follow PSD weather closures. Class will not be held on 1/20, 3/17, 3/19, 3/21, 4/11, 4/14.

1/8–2/14 M,W,F 9:30 AM–Noon $204 117500-01

2/19–4/4 M,W,F 9:30 AM–Noon $204 117500-02

4/7–5/14 M,W,F 9:30 AM–Noon $191 117500-03

Funtime for Preschoolers

Arts and 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 be 3 by 9/15/2013. Must be toilet trained.

Age: 3–4 years

Location: Northside Aztlan Center

*Note:* Class partially discountable. Funtime closures/holidays correspond to the Poudre School district schedule. Funtime DOES NOT follow PSD weather closures. Class will not be held on 3/18, 3/20.

1/7–2/13 Tu,Th 9:30 AM–Noon $124 117501-01

2/18–4/3 Tu,Th 9:30 AM–Noon $124 117501-02

4/8–5/15 Tu,Th 9:30 AM–Noon $124 117501-03

Funtime Discovery

Your child will discover arts and crafts, creative play, letter/number recognition and gym time in this fun transitional class. Please note age requirements. Previous class experience recommended. Must be toilet trained. This is a child without parent class.

Age: 2½–3½ years

Location: Northside Aztlan Center

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

1/7–1/30 Tu,Th 9:30–11:00 AM $64 117503-01

2/4–2/27 Tu,Th 9:30–11:00 AM $64 117503-02

I Want To Be A Scientist

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

Age: 3–6 years

Location: Northside Aztlan Center

Oceanography

1/16 Th 9:30–11:00 AM $12 117507-01

Veterinary Medicine

2/13 Th 9:30–11:00 AM $12 117507-02

Entomology

2/20 Th 9:30–11:00 AM $12 117507-03

Concoctions

2/27 Th 9:30–11:00 AM $12 117507-04

Magnets

12/5 Th 9:30–11:00 AM $12 117507-05

Flight

12/12 Th 9:30–11:00 AM $12 117507-06

Astronomy

12/19 Th 9:30–11:00 AM $12 117507-07

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

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

1/23–2/6 Th 9:30–11:00 AM $27 117508-01

Storybook Theater

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

Age: 3–5 years

Location: Northside Aztlan Center

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

12/4–12/18 W 1:00–2:30 PM $24 117530-01

1/8–1/22 W 1:00–2:30 PM $24 117530-02

1/29–2/12 W 1:00–2:30 PM $24 117530-03

2/19–2/26 W 1:00–2:30 PM $17 117530-04

Pinkalicious

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

Age: 3–6 years

Location: Northside Aztlan Center

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

Silverlicious

1/28 Tu 1:00–2:30 PM $10 117537-01

Goldilicious

2/27 Th 1:00–2:30 PM $10 117537-02

Ultimate Fort Making

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

Age: 3–6 years

Location: Northside Aztlan Center

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

2/25 Tu 1:00–2:30 PM $10 117539-01

Disney Delights

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

Age: 3–6 years

Location: Northside Aztlan Center

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

Tinkerbell

12/6 F 9:30–11:00 AM $16 117540-01

Monsters University

1/10 F 9:30–11:00 AM $16 117540-02

Tangled

1/24 F 9:30–11:00 AM $16 117540-03

Cars

2/7 F 9:30–11:00 AM $16 117540-04

Brave

2/21 F 9:30–11:00 AM $16 117540-05

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

2/6–2/20 Th 1:00–2:30 PM $26 117545-01

It’s Raining Cats & Dogs!

In this fun class children will get to pretend they are cats and dogs! They will eat snacks from their own dog dish, have their faces painted like cats or dogs, create ears and tails for themselves and have a tail-wagging good time!

Age: 3–6 years

Location: Northside Aztlan Center

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

12/5–12/19 Th 1:00–2:30 PM $27 117546-01

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: 3–6 years

Location: Northside Aztlan Center

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

1/7–1/21 Tu 1:00–2:30 PM $26 117547-01

Super Heroes

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

Age: 3–6 years

Location: Northside Aztlan Center

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

1/9–1/23 Th 1:00–2:30 PM $26 117548-01

A Pirates Life for Me

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

Age: 3–6 years

Location: Northside Aztlan Center

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

12/3–12/17 Tu 1:00–2:30 PM $26 117551-01

Secret Agents

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

Age: 3–6 years

Location: Northside Aztlan Center

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

2/4-2/18 Tu 1:00–2:30 PM $26 117552-01

Builders & Bulldozers

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

Age: 3–6 years

Location: Northside Aztlan Center

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

1/30 Th 1:00–2:30 PM $10 117553-01

When I Grow Up

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

Age: 3–5 years

Location: Northside Aztlan Center

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

Going to the Office

12/6 F 1:00–2:30 PM $10 117554-01

Police Station

12/13 F 1:00–2:30 PM $10 117554-02

Flower Shop

12/20 F 1:00–2:30 PM $10 117554-03

Repair Shop

1/10 F 1:00–2:30 PM $10 117554-04

Librarian

1/17 F 1:00–2:30 PM $10 117554-05

Artist

1/24 F 1:00–2:30 PM $10 117554-06

Construction Site

1/31 F 1:00–2:30 PM $10 117554-07

Doctor/EMT

2/7 F 1:00–2:30 PM $10 117554-08

Pizzeria

2/14 F 1:00–2:30 PM $10 117554-09

Fire Station

2/21 F 1:00–2:30 PM $10 117554-10

Teacher

2/28 F 1:00–2:30 PM $10 117554-11

Little Yogi’s

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, flutter our wings in butterfly and take a yoga journey your child will never forget!

Age: 3–6 years

Location: KidsCrave Yoga, 4021B S College

*Note:* Class partially discountable. All sessions will be different so sign up for as many as you like.

12/6–12/27 F 11:00–11:45 AM $38 117955-01

1/10–1/31 F 11:00–11:45 AM $38 117955-02

2/7–2/28 F 11:00–11:45 AM $38 117955-03

Parent With Child

Classes are for child and parent together.

Tot Gym

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

Age: 0–6 years

Location: Northside Aztlan Center

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

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

Baby Gym

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

Age: 0-18 months

Location: Northside Aztlan Center

1/10–5/16 F 9:30–11:30 AM $2.50/child

Roly Polys

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

Location: Mulberry Pool

*Note:* Please wear appropriate clothing: leotards/footless tights, or T-shirt and shorts/sweats. No jeans or jewelry please. Class will not be held on 2/24.

Age: 2 years

1/6–2/3 M 10:00–10:45 AM $42 117295-01

1/6–2/3 M 11:05-11:50 AM $42 117295-02

1/7–2/4 Tu 11:00–11:45 AM $42 117295-03

2/10–3/10 M 10:00–10:45 AM $34 117295-04

2/10–3/10 M 11:05-11:50 AM $34 117295-05

2/11–3/11 Tu 11:00–11:45 AM $42 117295-06

Age: 3 years

1/6–2/3 M 9:00–9:45 AM $42 117295-07

1/9–2/6 Th 11:00–11:45 AM $42 117295-08

2/10–3/10 M 9:00–9:45 AM $34 117295-09

2/13–3/13 Th 11:00–11:45 AM $42 117295-10

Mom & Tot Science

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

Age: 2–3 years

Location: Northside Aztlan Center

*Note:* This is a parent participation class.

1/8–1/22 W 10:00–11:00 AM $20 117560-01

2/12–2/26 W 10:00–11:00 AM $20 117560-02

Little Explorers

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

Age: 2 years

Location: Northside Aztlan Center

*Note:* Please tell front desk staff of allergies at the time of registration. This is a child with parent class.

12/3–12/17 Tu 11:00 AM–Noon $20 117561-01

1/14–1/28 Tu 11:00 AM–Noon $20 117561-02

2/4–2/18 Tu 11:00 AM–Noon $20 117561-03

Toddlertime

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

Age: 18–24 months

Location: Northside Aztlan Center

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

12/3–12/17 Tu 9:30–10:30 AM $20 117562-01

1/14–1/28 Tu 9:30–10:30 AM $20 117562-02

2/4–2/18 Tu 9:30–10:30 AM $20 117562-03

I Can Do It Myself

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

Age: 15–24 months

Location: Northside Aztlan Center

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

Penguins

12/4 W 9:30–10:15 AM $8 117567-01

Happy Holidays

12/18 W 9:30–10:15 AM $8 117567-02

Winter

1/15 W 9:30–10:15 AM $8 117567-03

Refrigerator Art

1/29 W 9:30–10:15 AM $8 117567-04

Valentines Day

2/12 W 9:30–10:15 AM $8 117567-05

Dr Seuss

2/26 W 9:30–10:15 AM $8 117567-06

Mother Hubbard’s Crafts & Cupboard

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

Age: 2 years

Location: Northside Aztlan Center

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

Holiday Favorites

12/13 F 10:00–11:30 AM $19 117571-01

Snow Ice Cream

1/17 F 10:00–11:30 AM $19 117571-02

Polar Bears

1/31 F 10:00–11:30 AM $19 117571-03

Valentine’s Day

2/14 F 10:00–11:30 AM $19 117571-04

Queen of Hearts Tart

2/28 F 10:00–11:30 AM $19 117571-05

Shake Rattle & Roll

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

Age: 1–3 years

Location: Northside Aztlan Center

1/17–1/31 F 10:00–10:45 AM $24 117575-01

2/14–2/28 F 10:00–10:45 AM $24 117575-02

Artists Cafe

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

Age: 2–4 years

Location: Northside Aztlan Center

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

12/4–12/18 W 11:00 AM–Noon $30 117580-01

1/15–1/29 W 11:00 AM–Noon $30 117580-02

2/12–2/26 W 11:00 AM–Noon $30 117580-03

Small Hands, Big Messy Art

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

Age: 18–24 months

Location: Northside Aztlan Center

12/4–12/11 W 10:00–11:00 AM $19 117585-01

1/29–2/5 W 10:00–11:00 AM $19 117585-02

Baby Ballerinas

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

Age: 2 years

Location: Northside Aztlan Center

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

12/2–12/16 M 9:00–9:45 AM $27 117596-01

1/13–1/27 M 9:00–9:45 AM $27 117596-02

2/10–2/24 M 9:00–9:45 AM $27 117596-03

Education

Adult Classes

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

Computer Classes

Quicken

Prerequisite: Computer Basics Class or basic computer knowledge

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.

Location: Senior Center

*Note:* Instructor provided by the Front Range PC Users Group.

2/15 Sa 8:30 AM–12:30 PM $14 107412-01

Gizmos & Gadgets Galore Update

Tablet, smartphone, e-reader. What are these? What do they do? Do I want one? Discover what these gadgets and gizmos offer. This class is a combination of demonstrations, hands-on sessions, and a layman’s introduction to the technology you see in all the ads. Time for questions. Handouts will be available.

Location: Senior Center

*Note:* Instructor provided by the Front Range PC Users Group

3/1 Sa 9:00 AM–Noon $14 107417-01

Blogging for Passion or Profit

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

Location: Columbine Health Computer Lab

*Note:* Ages under 18 welcome with permission.

2/5–3/5 W 6:15–7:15 PM $45 107901-01

Computer Basics – MS

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

Location: Columbine Health Computer Lab

*Note:* Instructor provided by the Front Range PC Users Group.

12/2–12/5 M,W,Th 9:00 AM–Noon $46 107902-01

Member $19 Non-Member $27

Excel v. 2010 Introduction

Prerequisite: Computer basics class or basic computer knowledge

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

Location: Columbine Health Computer Lab

*Note:* Instructor provided by the Front Range PC Users Group.

12/14 Sa 8:30 AM–12:30 PM $14 107904-01

Facebook for Beginners

Facebook is fun for keeping up with family, friends, & your favorite brands. It can also be frustrating to learn, and troubling if you don’t know what strangers can see. This hands-on class walks you through posting, ‘friending’, privacy controls, and more so you can easily and safely enjoy Facebook.

Location: Columbine Health Computer Lab

*Note:* Ages under 18 welcome with permission.

1/8–1/29 W 6:15–7:15 PM $40 107905-01

Internet & Email Introduction – MS

Prerequisite: Computer Basics class or basic computer knowledge

Safely access the internet, find information and use it for your email. Introduction to services such as Yahoo and Google, and tips on HOW and HOW NOT to search. For email, learn etiquette, addressing, attaching files, creating mailing lists, and handling junk mail. Hands-on exercises throughout.

Location: Columbine Health Computer Lab

*Note:* Instructor provided by the Front Range PC Users Group.

12/7 Sa 8:30 AM–12:30 PM $30 107906-01

Social Media for Business

Social platforms are great resources for marketing small business. Learn how to leverage social media to establish leadership in your market – without spending all day in it! Participants will ideally have some experience with existing social media accounts.

Age: 16 years & up

Location: Columbine Health Computer Lab

1/15–2/12 W 7:30–8:30 PM $45 107914-01

Using Windows 7 – MS

Prerequisite: Computer Basics Class or basic computer knowledge

This 3-session class covers the basic terms and tools of Windows 7. Included are hands-on exercises that demonstrate working with windows, menus, and files, plus how to customize. Also a brief, non-technical description of the computer and simple maintenance tasks suitable for even the most inexperienced user.

Location: Columbine Health Computer Lab

*Note:* Instructor provided by the Front Range PC Users Group.

1/4–1/18 Sa 8:30 AM–12:30 PM $44 107916-01

Cooking Classes

Food for Life: Cancer Project

Studies have shown that a diet built from plant foods offers the most cancer-fighting protection of any. This class is an Introduction to How Foods Prevent and Fight Cancer while enjoying a cooking demonstration and tasting delicious, healthful dishes.

Age: 16 years & up

Location: Senior Center

12/11 W 9:30–11:30 AM $25 107425-01

Food For Life: Kickstart Your Health

Discover which foods are optimal for weight management, learn about health topics including blood pressure and digestion, get empowered with the practical cooking skills needed to help you on your journey to better health. Enjoy a cooking demonstration and taste delicious, healthy dishes in a supportive group setting.

Location: Senior Center

*Note:* Weekly Topics Include: Power of Your Plate. Let’s Go, Getting in Gear, Breaking the Food Seduction, Keys for Natural Appetite Control

Introduction Class, 1 day only

1/16 Th 6:00–8:00 PM $22 107426-01

Full Class

1/16–2/13 Th 6:00–8:00 PM $95 107426-02

International Cooking

Cooking from any country is not difficult at all! In fact, International cooking using locally available ingredients is even better! Come and learn how to cook simple every day cooking in 1/2 hour! Kid Friendly!! Low in fat! Every week we will visit a different country. All supplies included, come have fun!

Location: Senior Center

*Note:* Class partially discountable. Ages under 18 welcome
with permission.

1/22-2/5 W 6:30–7:30 PM $49 107427-01

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.

Location: Senior Center

*Note:* Menu will include: spicy lentil soup, garbanzo bean curry, saag – a popular spinach curry, vegetable korma.

12/5 Th 6:00–8:00 PM $29 107429-01

Homemade Indian Flatbreads

Impress your family and friends with some exotic and fantastic
Indian bread.

Location: Senior Center

*Note:* Menu includes: Spinach and mint paratha/bread, cauliflower and spiced chickpea flour bread, potato-stuffed bread.

1/15 W 9:30–11:45 AM $29 107430-01

Comfort Food, Indian Style

Indulge in some easy and healthy comfort food made with popular Indian spices.

Location: Senior Center

*Note:* Menu includes: wholesome pancake with blueberry chutney, Indian samosa burger with cilantro chutney, spicy sweet potato and carrot fries, chai shake.

1/28 Tu 6:00–8:30 PM $29 107431-01

Indian Fusion – NW

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.

Location: Senior Center

*Note:* Menu will include: cardamom chai tea, mushroom, pepper and green pea curry on pasta, and tofu tikka masala on baguette and Indian style quinoa.

2/20 Th 6:00–8:30 PM $29 107432-01

Thai Cooking 1st Course

The uniqueness of Thai food is in the perfect balance of spicy, salty, sweet, sour, bitter or aromatic flavors. Pineapple curry is one of these dishes that combine fruity, creamy, sweet, and spicy.

Location: Senior Center

*Note:* Menu: kang kuaw sapparod (pineapple curry/coconut milk), spicy chicken, prik nam pla, tapioca pearls in coconut milk with young coconut meat, jasmine rice.

1/15 W 6:00–8:30 PM $35 107433-01

Thai Cooking 2nd Course

Cooking Thai food is not that complicated. You just need a little know how. Learn cooking tips and tricks, and how to choose quality ingredients to make your meals taste great.

Location: Senior Center

*Note:* Menu: kanom jean nam ya (thai fish curry, rice noodles, fresh vegetables, fresh rolls (vegetables rolled in rice paper wrap), peanut dipping sauce, thai ice tea

2/12 W 6:00–8:30 PM $35 107434-01

CPR & First Aid Classes

CPR & First Aid

This class will prepare you with basic first aid procedures as well as adult, child and infant CPR. This is a great class for daycare providers. Two certificates from the Emergency Care Safety Institute-AAOS will be issued at the end of the class. Book included.

Location: Senior Center

*Note:* Class not discountable.

12/14 Sa 9:00 AM–5:00 PM $67 107441-01

1/11 Sa 9:00 AM–5:00 PM $67 107441-02

2/8 Sa 9:00 AM–5:00 PM $67 107441-03

CPR Professional

Course teaches the skills of adult, child and infant CPR including barrier device-mask, use of an AED, and relief of foreign body airway obstruction. A two-year American Heart Association Certification will be issued upon successful completion of the course. Appropriate for new certifications and re-certifications.

Location: Senior Center

*Note:* Includes AHA student text. Class not discountable.

12/18 W 5:30–9:30 PM $67 107442-01

1/15 W 5:30–9:30 PM $67 107442-02

2/19 W 5:30–9:30 PM $67 107442-03

Financial

Pay Bills Online

Do you want to save money on stamps? Want to learn an easy way to pay your bills that includes an audit trail? This class is taught by consultants from Xcelerate Business Solutions, LLC. They will educate you on internet safety, teach you how to pay bills online, and save you money in the process.

Location: Senior Center

1/31 F 10:00 AM–Noon $35 107456-01

Seven Tips to Hiring Financial Experts

Have you been thinking about hiring a personal finance manager to handle your books? Are you stressed out when it’s time to pay bills? This class is taught by consultants from Xcelerate Business Solutions, LLC. They will educate you in how to hire a financial expert that will meet your needs.

Location: Senior Center

2/7 F 10:00 AM–Noon $35 107457-01

Quickbooks Introduction

Do you own a business? Do you know how much income and expenses your business has? This class is taught by consultants from Xcelerate Business Solutions, LLC. They will educate you on creating a chart of accounts, inputting data, and generating helpful reports.

Location: Senior Center

2/24 M 9:00 AM–Noon $35 107458-01

General Classes

Feng Shui 101

The way you arrange your physical space can have a profound impact on your health, wealth, and relationships. Discover the principles of Feng Shui and learn how to balance the energy in your home. An experienced Feng Shui consultant will offer you practical and contemporary tools to bring positive changes in your life.

Location: Senior Center

1/8 W 7:00–9:00 PM $35 107464-01

Success with Deepak

Instructor Mary Elizabeth Lenahan, OT, to discuss and learn from Deepak Chopra’s “Seven Spiritual Laws of Success”. Bring your questions and comments as we consider these ideas for self-improvement and success.

Location: Senior Center

1/18 Sa 10:00–11:30 AM $15 107472-01

Wellness Education: Aspen Club

Register with the Aspen Club at 970.495.8560.

Manage Finances as A Single Woman – NW

As a divorced or widowed woman, do financial terms still sound “Greek” to you? What if your partner always handled the finances, then, you are suddenly alone. Would you know where to look, how to figure it out, how to start? Learn who to turn to for help, who to take advice from, and who to trust. Gentlemen welcome.

Location: Senior Center

1/23 Th 2:00–3:30 PM No Fee 107482-01

Benefits of Biofeedback – NW

A healthy response to stress is achievable. Learn about the benefits of biofeedback and what a typical session includes. Often used as a relaxation technique, biofeedback can be helpful for dealing with chronic pain, high blood pressure, insomnia, anxiety, stress management, overall wellness and disease prevention.

Location: Senior Center

2/21 F 10:00–11:30 AM No Fee 107483-01

Wellness Education

Hearing Loss Over 50

Learn about the symptoms and etiology of hearing loss, recommended screening guidelines, treatment options, and risks of untreated hearing loss.

Age: 50 years & up

Location: Senior Center

*Note:* Presenter: Dr. Stuart Tomlin, Au.D.

1/9 Th 10:00–11:30 AM No Fee 107485-01

Living Life with Purpose – NW

Is your New Year’s Resolution to live life with positive purpose? Join this series of 3 interactive conversations and explore relationships with yourself, family & friends, at work and in the community. Learn & practice techniques to improve the quality of your own life, and through you, the lives around you.

Location: Senior Center

1/7–1/21 Tu 7:00–8:30 PM $30 107486-01

Exploring Your Dreams

Begin, or continue, your dream exploration journey. Learn to understand your personal dream symbols, as well as interpret dreams for others. No previous experience, only an interest in exploring dreams. Bring a dream you’ve had to class. We’ll use our own dreams to interpret. If you don’t have a dream, come anyway!

Location: Northside Aztlan Center

1/21–1/28 Tu 7:00–9:00 PM $45 107491-01

Dr. Sears L.E.A.N. Start

Parents, discover which foods are best for growing kids, how to shop for affordable, quality food, how nutrition affects behavior and ADHD, great brainy breakfasts and more. Give your family more energy, better health and weight control with the tools learned at your home, at your pace.

Location: Online

*Note:* Instructor will contact you. Online workshop and classwork can be done at own pace. Weekly conference calls for questions.

Dr. Sears Prime Time Health

Enjoy your second half of life! This class is for those who want to take charge of their health, prevent disease, avoid disability, and spend money on things other than doctors. Learn how to open your internal pharmacy, make health your hobby, move waste from your waist, and live without pain and inflammation.

Age: 40 years & up

Location: Online

*Note:* Instructor will contact you. Online workshop and classwork can be done at own pace. Weekly conference calls for questions.

General Classes

Bridge Mini 1

This is a trick-taking mind sport for 4 players. Partners are either Attackers or Defenders. This game is a precursor to learning bridge for all ages, in an effective and enjoyable manner. Focus is on card basics, bridge etiquette, hand evaluation and playing to win tricks. Begin a solid foundation of skills.

Age: 7 years & up

Location: Senior Center

*Note:* Price includes supplies.

1/15–1/22 W 6:30–8:30 PM $28 112460-01

$20 Members and youth 17 and under

Bridge Mini 2

Prerequisite: Bridge Mini 1 or permission of the instructor

Take the skills learned in Bridge Mini 1 and add full scoring
and strategies to play the hand in order to create more tricks
or to defend your hand. Everything you learned is relevant to
“real” Bridge including counting your points, how to play the
cards, scoring and contracts.

Age: 7 years & up

Location: Senior Center

*Note:* Price includes supplies.

1/29–2/5 W 6:30–8:30 PM $28 112461-01

$20 Members and youth 17 and under

Bridge Beginning 2

Prerequisite: Bridge Beginning 1 or permission of the instructor

Take the skills learned in Bridge Beginning 1 and build upon them
by adding more bidding, playing and defending skills. ACBL materials will be used.

Age: 7 years & up

Location: Senior Center

*Note:* Price includes supplies.

2/12–4/2 W 6:30–8:30 PM $80 112462-01

$56 Members and youth 17 and under

Music/Theater

Beginning Guitar

In just four lessons, students will learn the fundamental chords and basic tablature skills needed to play many of their favorite songs. Chords, strum patterns, tuning, and basic music theory will be incorporated. Participants may bring an acoustic, classical, or
electric guitar.

Location: Northside Aztlan Center

*Note:* Students must bring their own guitar.

Age: 8–12 years

1/6–1/27 M 4:00–5:00 PM $32 115560-01

Age: 13–18 years

1/6–1/27 M 5:15–6:15 PM $46 115560-02

Age: 18 years & up

1/6–1/27 M 6:30–7:45 PM $46 115560-03

Intermediate Guitar

Build off of the skills you have learned in Beginning Guitar I and take on more challenging songs and chords. Chords, strum patterns, tuning, and basic music theory will be incorporated. Participants may bring an acoustic, classical, or electric guitar.

Location: Northside Aztlan Center

*Note:* Students must bring their own guitar.

Age: 8–12 years

2/3–2/24 M 4:00–5:00 PM $32 115561-01

Age: 13–17 years

2/3–2/24 M 5:15–6:30 PM $50 115561-02

Age: 18 years & up

2/3–2/24 M 6:45–8:00 PM $50 115561-03

Advanced Guitar

Build off of your intermediate guitar skills and learn some more exciting and advanced songs. Chords, strum patterns, tablatures, tuning, and more advanced music theory will be incorporated. Participants may bring an acoustic, classical, or electric guitar.

Location: Northside Aztlan Center

*Note:* Students must bring their own guitar.

Age: 8–12 years

12/2–12/16 M 4:15–5:15 PM $50 115562-02

Age: 13–17 years

12/2–12/16 M 5:30–6:30 PM $50 115562-03

Age: 18 years & up

12/2–12/16 M 6:45–8:00 PM No Fee 115562-01

Youth & Teen Classes

Babysitting Bootcamp

Topics include: 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 Babys

Age: 11–16 years

Location: Northside Aztlan Center

*Note:* Bring paper, pencil & lunch. Class only partially discountable.

12/2 M Noon–8:00 PM $75 115522-01

1/20 M Noon–8:00 PM $75 115522-02

2/17 M Noon–8:00 PM $75 115522-03

After-School Enrichment

The After-School Enrichment Program provides homework help, games, crafts, computers, sports, field trips, and more. Limited transportation is provided from select schools.

Grade: Kindergarten-5

Location: Northside Aztlan Center

*Note:* Must be in correct grade. Register at Northside Aztlan Community Center only. Class will not be held on 3/18, 3/19, 3/20, 3/21, 3/22.

11/25–11/26 M,Tu 3:30–6:00 PM $21 115525-01

12/3–12/6 Tu–F 3:30–6:00 PM $21 115525-02

12/9–12/13 M–F 3:30–6:00 PM $21 115525-03

1/7–1/10 Tu–F 3:30–6:00 PM $21 115525-05

1/13–1/17 M–F 3:30–6:00 PM $21 115525-06

1/21–1/24 Tu–F 3:30–6:00 PM $21 115525-07

1/27–1/31 M–F 3:30–6:00 PM $21 115525-08

2/3–2/7 M–F 3:30–6:00 PM $21 115525-09

2/10–2/14 M–F 3:30–6:00 PM $21 115525-10

2/18–2/21 Tu–F 3:30–6:00 PM $21 115525-11

2/24–2/28 M–F 3:30–6:00 PM $21 115525-12

Youth Sciences Classes

Location: Northside Aztlan Center

Build A Real Telescope

Come build your own 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!

Grade: 1–8

12/7–12/21 Sa 10:00–11:00 AM $45 115573-01

Build A Nerf Blaster

Come Build a working Nerf dart blaster. We’ll experiment with store bought blasters to learn what makes them work. Then we will build and test our very own launchers capable of making Nerf darts go faster and further than they were ever meant to go!

Grade: 1–8

12/28–1/11 Sa 10:00–11:00 AM $45 115573-02

Bicycle Workshop

Calling all Bicycle mechanics! Come join us as we learn about bicycles and how they work! We will learn how to fix a flat, change a tire, and adjust the chain. Then we will completely take apart real bicycles to see how they work on the inside.

Grade: 1–8

2/8–2/22 Sa 10:00–11:00 AM $45 115573-04

RC Helicopter Flight

Learn to fly a real remote control helicopter! First we will learn how and why helicopters fly. Then we will start our flight training, including taking off and landing, hovering, forward flight, reverse flight, and flying through obstacles.

Grade: 5–8

1/18–2/1 Sa 10:00–11:00 AM $45 115573-03

Girls Day Out

School’s out! Spend the day with your girlfriends. Movies, manicures, make your own snacks, arts and crafts (duct tape designs and simple jewelry) Pool time included.

Grade: 1–6

Location: Northside Aztlan Center

Note: Please tell front desk staff of allergies at the time of registration. Bring a sack lunch, bathing suit and towel. Class
is partially discountable.

1/6 M 8:00 AM–5:00 PM $39 116396-01

LEGO® Crazy

LEGO® enthusiasts, spend your schools out day with other lego fanatics! Along with all day lego construction, kids will enjoy other fun activities such as arts and crafts, a movie, snacks and swim time!

Grade: 1–6

Location: Edora Pool Ice Center

*Note:* Class partially discountable. Please bring a sack lunch, bathing suit and towel.

2/17 M 8:00 AM–5:00 PM $32 116398-01

School’s Out Day

School’s out! Let us keep your child entertained for the day. Arts and crafts, gym time, movies and more!

Grade: 1–6

Location: Northside Aztlan Center

*Note:* Class partially discountable. Please bring a sack lunch. Please note allergies at time of registration.

1/20 M 8:00 AM–5:00 PM $36 116597-01

LEGO® Club

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

Age: 6–10 years

Location: Edora Pool Ice Center

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

2/4–2/18 Tu 4:30–6:00 PM $20 118346-01

S.P.Y. Academy

Your mission will be to solve the “mystery of the missing loot!” Look for clues. Decode secret messages. Put your espionage skills to work.

Age: 7–11 years

Location: Northside Aztlan Center

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

1/25 Sa 1:00–3:00 PM $19 118541-01

Jedi Academy

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

Age: 6–10 years

Location: Northside Aztlan Center

2/8 Sa 1:00–3:00 PM $19 118542-01

Pirate Academy

Learn and practice walking the plank, searching for treasure,
creating fear-inspiring flags and other pirate pillaging and
plundering techniques.

Age: 6–10 years

Location: Northside Aztlan Center

2/22 Sa 1:00–3:00 PM $19 118543-01

Youth Cooking

Crazy Cakes

New cake recipes every time! You’ll work with fondant, modeling chocolate, gum paste and more to make the tastiest, most awesomely decorated cakes ever! Become a cake making and decorating master!

Age: 11–17 years

Location: Northside Aztlan Center

*Note:* Please note food allergies at registration. All supplies will be provided. Class partially discountable.

1/11 Sa 1:00–4:00 PM $26 115556-01

2/8 Sa 1:00–4:00 PM $26 115556-02

Gross Goodies

Kitty Litter Cake and other deliciously disgusting desserts! YUM!

Age: 8–12 years

Location: Northside Aztlan Center

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

1/25 Sa 10:00 AM–Noon $24 118517-01

Gross Grub

Horrify your family and friends by preparing delicious but disgusting recipes! These recipes will give a new meaning to finger foods!

Age: 8–12 years

Location: Northside Aztlan Center

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

2/22 Sa 10:00 AM–Noon $24 118518-01

Gingerbread House Cupcakes

Anything you can do with a gingerbread house you can do with
a giant cupcake! We will turn our gingerbread cupcakes into holiday works of art!

Age: 4–7 years

Location: Northside Aztlan Center

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

12/14 Sa 10:00–11:30 AM $21 118520-01

Valentine’s Day Treats

Homemade desserts the way to your child’s heart? Then they will love making their very own! Together we will make delicious Valentine’s Day treats!

Age: 6–10 years

Location: Northside Aztlan Center

2/8 Sa 10:00 AM–Noon $24 118521-01

Holiday Cookies

Have fun making holiday favorites

Age: 6–10 years

Location: Northside Aztlan Center

*Note:* Class partially discountable.

12/7 Sa 10:00 AM–Noon $24 118523-01

Farm

Classes will be held at The Farm, 600 N. Sherwood, unless
otherwise noted.

Adopt an Animal

Anyone can adopt an animal at The Farm and become its “parent”. As an adoptive parent, you are helping to provide for the food and care of “your” animal. Of course, your adopted animal stays at The Farm where it is cared for by farm staff. (Note: for all practical purposes, some of the animals are sold when they reach maturity.) It’s easy to adopt! Choose your favorite farm animal and adopt it for a year by making a tax-deductible donation. A farm “parent” receives an adoption certificate, his/her name listed at The Farm, and a poster as a “thank you”, because we do appreciate your support. All “adoptive parents” will be invited to a special “Santa on The Farm” December 13 from 5:30–7:30 PM. The evening will include: hayrides, hot dogs, make our own s’mores and entertainment. Adopt soon!

Birthday Parties

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

The Farm Store

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

The Farm Museum

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

Santa on The Farm

Join us for some holiday festivities. Traditional fun includes free admission, hayrides and hot chocolate, and visiting the animals with holiday lights to guide your way AND everyone’s friend SANTA returns to The Farm. If you would like to enhance your visit even more you can purchase $1 tickets for cookie decorating with Mrs. Claus, and make your own s’mores!

12/14, 12/15 Sa,Su 3:00–6:00 PM Admission Fee

Tractors Galore

If your child likes tractors, sign them up for this all-tractor class. We will play with tractors, read stories, learn about how tractors work, and even make a tractor book of our very own.

Age: 3–5 years

2/6–2/20 Th 9:00–10:00 AM $23 108612-01

Breakfast with Santa

Join us for breakfast with the jolly elf himself - Santa Claus! After he reads the list of good boys and girls, everyone will enjoy a light breakfast. There will be time for children to sit on Santa’s lap so bring your camera. A gift from Santa will highlight the morning. Each child must have a paid adult in attendance

Age: 3–5 years

12/13 F 9:00–10:00 AM $9 108622-01

12/14 Sa 9:00–10:00 AM $9 108622-02

Age: 16 years & up

12/13 F 9:00–10:00 AM $9 108622-1A

12/14 Sa 9:00–10:00 AM $9 108622-2A

Farmer Round-Up

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

Age: 3–5 years

2/7–2/21 Th 10:30–11:30 AM $23 108628-01

Jingle Bell Times

Join us for some holiday festivities. Traditional fun includes free hayrides and hot chocolate, and visiting the animals with holiday lights to guide your way. If you would like to enhance your visit even more you can purchase tickets for $1 and make your own s’mores.
Gift making in the workshop, and hot dogs will also

Age: All

12/14–12/15 Sa,Su 4:30–7:00 PM No Fee 108629-01

Fitness

Adult

Classes are for 18 years & up unless otherwise noted.

General Information

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

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

Registration Options

For fitness classes, participation options are available:

Participants may register for an entire class session.

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

Personal Training

Want to get back in shape? Want to fine tune your exercise regime? Want to exercise with your spouse or friends? You can now do
that at the Senior Center or Northside Aztlan Community Center
with the guidance of a personal trainer. They will help you to develop an exercise program that meets your personal goals and needs.
We now offer small group rates also: (Sessions are approximately
one hour) 1 person $22, 2 people $40, 3 people $58, 4 people $76.
For more information, contact Katie Stieber at 970.224.6029, kstieber@fcgov.com.

Aqua Personal Training

Get a challenging workout with the most expensive piece of equipment in the gym – the pool! Have an effective workout designed to reach your own fitness goals with a non-swimming, water based personal prescription. You will be encouraged by a certified trainer as you utilize the properties of the water to tone muscles, build endurance, lose body fat, and develop core strength, balance and flexibility. Rates are $22 per session and we offer small group rates. Sessions are approximately one hour. For more information contact Katie Stieber at 970.224.6029, kstieber@fcgov.com.

General Fitness

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

Work Out Partners

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

Age: 16 years & up

Location: Northside Aztlan Center

*Note:* For more information or to volunteer, contact Renee Lee,
970.224.6027, rlee@fcgov.com. Class partially discountable.

2/13 Th 6:00–7:00 PM $20 102585-01

Nia

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

Location: Club Tico

*Note:* Under 18 welcome with permission Class will not be held
on 1/30.

1/2–1/30 Th 7:00–8:00 PM $9 109111-02

2/6–2/27 Th 7:00–8:00 PM $12 109111-03

Location: Masonic Temple

*Note:* Ages under 18 welcome with permission.

12/2–12/16 M 5:30–6:30 PM $9 109911-01

1/6–1/27 M 5:30–6:30 PM $9 109911-02

2/3–2/24 M 5:30–6:30 PM $12 109911-03

Experience Eurythmy

Eurythmy is s system of harmonious body movement to the rhythm of spoken words and music. Sampler class brings basic eurythmy movements focused on personal physical awareness and community building. Instructor is in her fourth year of eurythmy with Sound Circle Eurythmy in Boulder

Location: Senior Center

*Note:* Wear comfortable attire and light-weight shoes with soft-soles
if possible

12/28 Sa 11:00 AM–Noon $8 109408-01

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.

Location: Senior Center

1/2–1/30 Th 6:30–7:30 PM $20 109478-01

2/6–2/27 Th 6:30–7:30 PM $16 109478-02

Pickle Ball Clinics

Intermediates are encouraged to register for these clinics to enhance particular skills. Participants will be taught a skill and then work in small groups to practice. No game play. Skills and drills only.

Location: Senior Center

1/10 F 1:00–3:00 PM $14 109479-01

1/10 F 3:00–5:00 PM $14 109479-02

Lose To Win

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

Location: Northside Aztlan Center

*Note:* Class will not be held on 12/25 or 1/1.

12/2–1/3 M,W,F 9:30–10:30 AM $43 109509-01

1/6–1/31 M,W,F 9:30–10:30 AM $40 109509-02

2/3–2/28 M,W,F 9:30–10:30 AM $40 109509-03

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

Location: Northside Aztlan Center

12/3–12/17 Tu 6:15–7:15 PM $9 109518-01

1/7–1/28 Tu 6:15–7:15 PM $16 109518-02

2/4–2/25 Tu 6:15–7:15 PM $16 109518-03

12/5–12/19 Th 6:15–7:15 PM $9 109518-04

1/2–1/30 Th 6:15–7:15 PM $19 109518-05

2/6–2/27 Th 6:15–7:15 PM $16 109518-06

Spin & Tone

Class includes the same challenging workout as the Spin classes with an additional toning segment at the end of the workout. A great cardiovascular workout and total body strengthening and toning.

Location: Northside Aztlan Center

*Note:* Ages under 18 welcome with permission.

12/2–12/18 M,W 5:30–6:30 PM $22 109551-04

1/6–1/29 M,W 5:30–6:30 PM $28 109551-05

2/3–2/26 M,W 5:30–6:30 PM $28 109551-06

12/3–12/19 Tu,Th 6:15–7:15 AM $22 109551-07

1/7–1/30 Tu,Th 6:15–7:15 AM $28 109551-08

2/4–2/27 Tu,Th 6:15–7:15 AM $28 109551-09

Spinning

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 very smart way to train in the winter. You adjust your speed and resistance, so it’s great for all ability levels.

Age: 14 years & up

Location: Northside Aztlan Center

*Note:* Please bring a water bottle and wear appropriate workout clothes and tennis shoes or cycling shoes with SPD cleats.

12/3–12/19 Tu,Th 4:15–5:00 PM $22 109554-01

1/7–1/30 Tu,Th 4:15–5:00 PM $28 109554-02

2/4–2/27 Tu,Th 4:15–5:00 PM $28 109554-03

CrossTrain

CrossTrain is an intense workout that will maximize your strength and agility all at the same time. You’ll use kettlebells, plyo boxes, ropes and more to work every muscle in your body. Best of all, every workout is totally different, keeping your body guessing, forcing it to stay at its peak.

Age: 14 years & up

Location: Northside Aztlan Center

12/2–12/20 M,W,F Noon–1:00 PM $31 109555-01

1/6–1/31 M,W,F Noon–1:00 PM $40 109555-02

2/3–2/28 M,W,F Noon–1:00 PM $40 109555-03

12/2–12/20 M,W,F 6:15–7:15 AM $31 109555-04

1/6–1/31 M,W,F 6:15–7:15 AM $40 109555-05

2/3–2/28 M,W,F 6:15–7:15 AM $40 109555-06

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!

Location: Northside Aztlan Center

12/3–12/19 Tu,Th 12:10–12:55 PM $22 109556-01

1/7–1/30 Tu,Th 12:10–12:55 PM $28 109556-02

2/4–2/27 Tu,Th 12:10–12:55 PM $28 109556-03

Strength Training

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

Location: Northside Aztlan Center

*Note:* Class will not be held on 12/25.

12/2–12/30 M,W 8:30–9:30 AM $28 109557-01

1/6–1/29 M,W 8:30–9:30 AM $28 109557-02

2/3–2/26 M,W 8:30–9:30 AM $28 109557-03

12/3–1/2 Tu,Th 9:15–10:10 AM $34 109557-04

1/7–1/30 Tu,Th 9:15–10:10 AM $28 109557-05

2/4–2/27 Tu,Th 9:15–10:10 AM $28 109557-06

TRX Body Blast

TRX is a suspension training system that allows you to use you own body weight to strengthen, tone and build endurance. TRX is one of the fastest growing workouts in the country. It was created by a Navy Seal, so you can bet on a fantastic workout!

Age: 14 years & up

Location: Northside Aztlan Center

12/3–12/19 Tu,Th Noon–1:00 PM $22 109559-01

1/7–1/30 Tu,Th Noon–1:00 PM $28 109559-02

2/4–2/27 Tu,Th Noon–1:00 PM $28 109559-03

12/7–12/28 Sa 8:00–8:50 AM $16 109559-04

1/4–1/25 Sa 8:00–8:50 AM $16 109559-05

2/1–2/22 Sa 8:00–8:50 AM $16 109559-06

12/3–12/19 Tu,Th 6:30–7:30 AM $22 109559-07

1/7–1/30 Tu,Th 6:30–7:30 AM $28 109559-08

2/4–2/27 Tu,Th 6:30–7:30 AM $28 109559-09

P90X

Always wanted sculpted arms, toned legs and ripped abs? P90X is designed to tone and sculpt your whole body head to toe. If you follow this routine you will get the results you’re looking for! Come join us for a rewarding experience that includes dynamic weight training, plyometrics, and aerobic exercises.

Age: 14 years & up

Location: Northside Aztlan Center

11/25–12/20 M,W,F 7:00–8:00 AM $40 109560-01

1/6–1/31 M,W,F 7:00–8:00 AM $40 109560-02

2/3–2/28 M,W,F 7:00–8:00 AM $40 109560-03

Insanity

Are you ready to dig deep? Insanity is a high intensity cardio and strength training workout that will get you insane results in less than two months. Its a fun, fast-paced workout.

Age: 15 years & up

Location: Northside Aztlan Center

12/3–12/19 Tu,Th 7:00–8:00 AM $22 109562-01

1/7–1/30 Tu,Th 7:00–8:00 AM $28 109562-02

2/4–2/27 Tu,Th 7:00–8:00 AM $28 109562-03

12/4–12/18 W 6:15–7:15 PM $9 109562-04

1/8–1/29 W 6:15–7:15 PM $16 109562-05

2/5–2/26 W 6:15–7:15 PM $16 109562-06

Fit4Mom Stroller Strides

Moms work out with stroller-aged kids in tow! Catered to your level: includes cardio, strength, toning, plus songs and learning activities for the kids.

Location: Northside Aztlan Center

*Note:* Class will not be held on 12/25, 1/1.

Stroller Strides

12/2–1/3 M,W,F 9:30–10:30 AM $55 109570-01

Stroller Strides

1/6–1/31 M,W,F 9:30–10:30 AM $55 109570-02

Stroller Strides

2/3–2/28 M,W,F 9:30–10:30 AM $55 109570-03

Fit4Mom Body Back

Clinically-proven small group training for moms. High intensity workouts two times a week, DVDs, nutritional counseling, fitness assessments, and online coaching and support.

1/6–2/26 M,W 6:30–7:30 PM $249 109570-04

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: 14 years & up

Location: Northside Aztlan Center

12/2–12/23 M 9:00–10:00 AM $44 109571-01

1/6–1/27 M 9:00–10:00 AM $44 109571-02

2/3–2/24 M 9:00–10:00 AM $44 109571-03

Total Body Boot Camp

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

Age: 14 years & up

Location: Northside Aztlan Center

12/3–12/19 Tu,Th 5:00–6:00 PM $28 109572-01

1/7–1/30 Tu,Th 5:00–6:00 PM $34 109572-02

2/4–2/27 Tu,Th 5:00–6:00 PM $23.10 109572-03

Pilates Ball N’ Sculpt

This is not your average Pilates class! Based on the work of Joseph Pilates to strengthen and stretch muscles with an emphasis on the body core, this class kicks it up a notch with the addition of props to transform a new you!

Age: 14 years & up

Location: Northside Aztlan Center

*Note:* Utilizing the stability ball and exercise band, this class will recreate many of the exercises of the Pilates reformer apparatus. Class will not be held on 12/25.

12/2–12/30 M,W Noon–1:00 PM $44 109574-01

1/6–1/29 M,W Noon–1:00 PM $44 109574-02

2/3–2/26 M,W Noon–1:00 PM $44 109574-03

AOA Badminton

If you enjoy the energetic fast-paced game of badminton,
join the group of Active Older Adults that play on Tuesday and Thursday mornings!

Location: Northside Aztlan Center

12/3–2/27 Tu,Th 8:00–10:00 AM Drop-In Fees Apply

AOA Basketball

Still got game? Suit-up and get on the court for some hoops!
These Active Older Adults own the court on Monday, Wednesday,
and Friday mornings!

Location: Northside Aztlan Center

12/2–2/28 M,W,F 8:00–10:00 AM Drop-In Fees Apply

Aerobics

Low Impact Aerobics

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

Location: Senior Center

12/3–12/19 Tu,Th 9:00–10:00 AM $15 109401-01

1/2–1/30 Tu,Th 9:00–10:00 AM $22 109401-02

2/4–2/27 Tu,Th 9:00–10:00 AM $20 109401-03

Fitness Discovery

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

Location: Senior Center

*Note:* Class will not be held on 12/11.

12/3–12/19 Tu,Th 5:30–6:25 PM $15 109402-01

1/2–1/30 Tu,Th 5:30–6:25 PM $31 109402-02

2/4–2/27 Tu,Th 5:30–6:25 PM $28 109402-03

Pilates

Tri-Planar Method Pilates

Want a leaner, healthier you? Try this new craze. Gain flexibility, tone and build new muscle. You’ll look and feel great. Designed to develop core strength and coordination, the focus of this Pilates class will be on traditional and contemporary Pilates movement patterns, the use of breath and correct alignment.

Location: Northside Aztlan Center

*Note:* Ages under 18 welcome with permission.

12/3–12/19 Tu,Th 1:00–2:00 PM $22 109514-01

1/7–1/30 Tu,Th 1:00–2:00 PM $26 109514-02

2/4–2/27 Tu,Th 1:00–2:00 PM $24 109514-03

12/4–12/18 W 5:15–6:00 PM $9 109514-04

1/8–1/29 W 5:15–6:00 PM $16 109514-05

2/5–2/26 W 5:15–6:00 PM $16 109514-06

Senior Fitness

Ageless Grace

Ageless Grace® teaches 21 Simple Tools for Lifelong Comfort and Ease. Movements come naturally, stimulate the body, and initiate a mind-body link, providing anti-aging exercises that almost anyone can do! Usually practiced in a chair. Take the tools home, benefit from practicing only 10 minutes every day.

Location: Senior Center

*Note:* Ageless Grace® flashcards required. Purchase from instructor
for $10.

12/3–12/31 Tu 11:00–11:50 AM $12 109436-01

1/7–1/28 Tu 11:00–11:50 AM $8 109436-02

2/4–2/25 Tu 11:00–11:50 AM $10 109436-03

Back & Body

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

Location: Senior Center

12/2–12/18 M,W,F 9:00–9:55 AM $18 109437-01

1/6–1/31 M,W,F 9:00–9:55 AM $27 109437-02

2/3–2/28 M,W,F 9:00–9:55 AM $29 109437-03

MS Dryland Exercise

For people with multiple sclerosis and designed to maximize strength and endurance through performance of chair-based exercises. The instructor is aware of symptom issues and monitors participants closely. Classes end with a relaxation session. For more information, call the MS Society at 970.482.4807.

Location: Senior Center

12/2–12/18 M,W 11:00–11:55 AM $13 109438-01

1/6–1/29 M,W 11:00–11:55 AM $18 109438-02

2/3–2/26 M,W 11:00–11:55 AM $18 109438-03

Parklane Fitness

Receive instruction while sitting in a chair to improve flexibility, strength, coordination and cardiovascular fitness.

Location: Parklane Towers North

12/3–12/19 Tu,Th 9:30–10:30 AM $16 109440-01

1/7–1/30 Tu,Th 9:30–10:30 AM $22 109440-02

2/4–2/27 Tu,Th 9:30–10:30 AM $20 109440-03

Strictly Stretching

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

Location: Senior Center

12/2–12/18 M,W,F 10:00–10:55 AM $18 109442-01

1/6–1/31 M,W,F 10:00–10:55 AM $27 109442-02

2/3–2/28 M,W,F 10:00–10:55 AM $29 109442-03

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.

Location: Senior Center

*Note:* Class will not be held on 1/10, 1/17.

12/5–12/26 Th 4:00–5:00 PM $10 109443-01

1/2–1/30 Th 4:00–5:00 PM $12 109443-02

2/6–2/27 Th 4:00–5:00 PM $10 109443-03

Silver Sneakers

Silver Sneakers classes are for those 50 years & up unless otherwise noted. Non-Members may attend by paying the drop-in fee or register for the month.

All classes free to Silver Sneakers members

CLASSIC: Silver Sneakers – NW

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a small ball are offered for resistance, and a chair is used for seated or standing support.

Location: Senior Center

*Note:* Class will not be held on 12/25, 12/27, 1/1.

12/3–12/31 Tu,Th 11:00–11:45 AM $22 109444-01

1/2–1/30 Tu,Th 11:00–11:45 AM $20 109444-02

2/4–2/27 Tu,Th 11:00–11:45 AM $20 109444-03

Circuit: Silver Sneakers – NW

Move through a series of exercises in a circuit format to improve cardiovascular endurance and muscular strength and endurance.

Location: Senior Center

*Note:* Class will not be held on 12/24, 12/31.

12/2–12/30 M 1:00–2:00 PM $12 109446-01

1/6–1/27 M 1:00–2:00 PM $10 109446-02

2/3–2/24 M 1:00–2:00 PM $10 109446-03

CLASSIC: Silver Sneakers – NW

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a small ball are offered for resistance, and a chair is used for seated or standing support.

Location: Northside Aztlan Center

*Note:* Class will not be held on 12/25.

12/2–12/30 M,W 11:00–11:45 AM $20 109545-01

1/6–1/29 M,W 11:00–11:45 AM $20 109545-02

2/3–2/26 M,W 11:00–11:45 AM $20 109545-03

Yoga: Silver Sneakers – NW

See page 72 for details.

Zumba

Zumba Toning

Created to emphasize muscle work along with rhythms, this combination of cardio and dynamic resistive exercises is an effective use of progressive lightweight training (with toning sticks or dumbbells) to improve overall performance and muscle tone.

Location: Senior Center

*Note:* Class will not be held on 2/22.

12/7–12/28 Sa 9:00–10:00 AM $8 109417-01

1/4–1/25 Sa 9:00–10:00 AM $8 109417-02

2/1–2/22 Sa 9:00–10:00 AM $8 109417-03

Zumba

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

Age: 14 years & up

*Note:* Drop-in only.

Location: Club Tico

12/2–2/28 M,W,F 9:00–10:00 AM $2 109520-01

Location: Northside Aztlan Center

12/4–2/26 W 6:15–7:15 PM $2 109520-02

12/5–2/27 Th 6:15–7:15 PM $2 109520-03

12/8–2/23 Su 3:30–4:30 PM $2 109520-04

Location: Senior Center
Note: *Class will not be held on 12/25.*

12/2–12/30 M 5:30–6:25 PM $10 109416-01

1/6–1/27 M 5:30–6:25 PM $8 109416-02

2/3–2/24 M 5:30–6:25 PM $8 109416-03

12/4–12/18 W 5:30–6:25 PM $6 109416-04

1/8–1/29 W 5:30–6:25 PM $8 109416-05

2/5–2/26 W 5:30–6:25 PM $8 109416-06

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

12/2–12/23 M,W 6:00–7:00 PM $35 109122-01

1/6–1/29 M,W 6:00–7:00 PM $40 109122-02

2/3–2/26 M,W 8:30–9:30 AM $40 109122-03

Shotokan Karate, Intermediate & Advanced

The physical and mental benefits of karate are numerous. Some physical benefits are enhanced physical condition, increased stamina, and coordination. Some mental benefits include increased confidence, self-esteem, discipline and concentration. Text is supplemented via fitness manual document.

Age: 7 years & up

Location: Club Tico

*Note:* NO beginning karate students.

White through Green

12/2–12/23 M,W 6:00–7:00 PM $35 109123-01

1/6–1/29 M,W 6:00–7:00 PM $40 109123-02

2/3–2/26 M,W 6:00–7:00 PM $40 109123-03

Purple through Black

12/2–12/23 M,W 7:00–8:00 PM $35 109124-01

1/6–1/29 M,W 7:00–8:00 PM $40 109124-02

2/3–2/26 M,W 7:00–8:00 PM $40 109124-03

Orange through Green, with Saturday

12/2–12/23 M,W 6:00–7:00 PM $50 109125-01
12/7–12/21 Sa 8:30–9:30 AM

1/6–1/29 M,W 6:00–7:00 PM $60 109125-02
1/4–1/25 Sa 8:30–9:30 AM

2/3–2/26 M,W 6:00–7:00 PM $60 109125-03
2/1–2/22 Sa 8:30–9:30 AM

Purple through Black, with Saturday

12/2–12/23 M,W 7:00–8:00 PM $50 109126-01
12/7–12/21 Sa 8:30–9:30 AM

1/6–1/29 M,W 7:00–8:00 PM $60 109126-02
1/4–1/25 Sa 8:30–9:30 AM

2/3–2/26 M,W 7:00–8:00 PM $60 109126-03
2/1–2/22 Sa 8:30–9:30 AM

Tai Chi, Beginning

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

Location: Senior Center

12/7–12/28 Sa 12:45–1:45 PM $10 109428-01

1/4–1/25 Sa 12:45–1:45 PM $10 109428-02

2/1–2/22 Sa 12:45–1:45 PM $10 109428-03

Tai Chi, Continuing

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

Location: Senior Center

12/7–12/28 Sa 2:00–3:00 PM $10 109429-01

1/4–1/25 Sa 2:00–3:00 PM $10 109429-02

2/1–2/22 Sa 2:00–3:00 PM $10 109429-03

Aikido

Traditional Japanese martial art where students learn through repetitive practice, taking turns as attackers and defenders. Practice improves physical conditioning-strength, stamina, flexibility, coordination, and mental conditioning, self-confidence, concentration, intuitiveness, alertness, and concern for other.

Location: Northside Aztlan Center

12/2–12/19 M,Th 6:30–8:30 PM $22 109521-01

1/6–1/30 M,Th 6:30–8:30 PM $30 109521-02

2/3–2/27 M,Th 6:30–8:30 PM $34 109521-03

Yoga

Adaptive Yoga

You will learn a variety of Yoga postures that can be practiced from a chair, standing or seated on the floor. This class is specifically designed for people with multiple sclerosis or other neuromuscular disorders and adapted for people of all physical abilities.

Location: Raintree Athletic Club

Note: For more information, contact Renee Lee, 970.224.6027,
rlee@fcgov.com. No drop in rate, class partially discountable.

2/7–3/7 F Noon–1:00 PM $37 102980-01

Yoga, Beginning

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

Location: Edora Pool Ice Center

1/2–1/30 Tu,Th 6:30–7:20 AM $22 109363-01

2/4–2/27 Tu,Th 6:30–7:20 AM $20 109363-02

Yoga, Beginning

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

Location: Senior Center

12/3–12/17 Tu,Th 2:45–3:45 PM $17 109463-01

1/2–1/30 Tu,Th 2:45–3:45 PM $22 109463-02

2/4–2/27 Tu,Th 2:45–3:45 PM $20 109463-03

12/3–12/19 Tu,Th 4:00–5:00 PM $17 109463-04

1/2–1/30 Tu,Th 4:00–5:00 PM $22 109463-05

2/4–2/27 Tu,Th 4:00–5:00 PM $20 109463-06

12/3–12/17 Tu,Th 5:15–6:15 PM $17 109463-07

1/2–1/30 Tu,Th 5:15–6:15 PM $22 109463-08

2/4–2/27 Tu,Th 5:15–6:15 PM $20 109463-09

1/7–1/28 Tu 6:30–7:30 PM $12 109463-11

2/4–2/25 Tu 6:30–7:30 PM $10 109463-12

1/6–1/29 M,W 5:30–6:20 PM $20 109463-13

2/3–2/26 M,W 5:30–6:30 PM $20 109463-14

Yoga, Chair

You will improve your health through an amazing form of adaptive exercise. You are supported by a chair so you can receive yoga’s healing and restorative benefits. Yoga relaxes your body and mind, improves your musculoskeletal fitness and flexibility, and elevates your overall health and well-being.

Location: Senior Center

12/2–12/30 M 8:30–9:30 AM $12 109465-01

1/6–1/27 M 8:30–9:30 AM $8 109465-02

2/3–2/24 M 8:30–9:30 AM $8 109465-03

Before You Yoga

Intimidated by yoga? Basic poses broken down and phrases explained. Get the most out of yoga routines by understanding the basics in a very fun environment taking ‘complex’ out of yoga. Prepare for Beginning Yoga classes with this informative, active class. Basic practice that anyone can do.

Age: 16 years & up

Location: Senior Center

*Note:* Own yoga mat encouraged but not required.

1/28–2/25 Tu Noon–1:00 PM $25 109466-01

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 and stress management techniques will be touched on. Advanced beginner level, modifications offered, so class is suitable for beginning and intermediate students.

Location: Northside Aztlan Center

12/3–12/19 Tu,Th 5:00–6:00 PM $22 109561-01

1/7–1/30 Tu,Th 5:00–6:00 PM $28 109561-02

2/4–2/27 Tu,Th 5:00–6:00 PM $28 109561-03

12/4–12/18 W 4:00–5:00 PM $9 109561-04

1/8–1/29 W 4:00–5:00 PM $16 109561-05

2/5–2/26 W 4:00–5:00 PM $16 109561-06

Vinyasa

Vinyasa synchronizes breathing techniques with varying postures that flow from one to the next, helping to strengthen and stretch the whole body. Get at great cardiovascular workout while getting in touch with your mind, body and spirit.

Age: 14 years & up

Location: Northside Aztlan Center

*Note:* Yoga mats, blocks and straps will be provided if you do not have your own.

12/6–12/20 F 6:45–7:45 AM $28 109568-01

1/3–1/31 F 6:45–7:30 AM $28 109568-02

2/7–2/28 F 6:45–7:30 AM $28 109568-03

Family Yoga

Parents and children take this opportunity to explore yoga together! Improve your body and mind with a fun approach to breathing and movement. Increase strength, flexibility, coordination and posture. Learn relaxation techniques & fun posture poses that will create a foundation for health and wellness.

Age: 3 years & up

Location: Northside Aztlan Center

*Note:* Price is flat rate for up to 4 immediate family members.

12/4–12/18 W 6:30–7:30 PM $34 115578-01

1/8–1/29 W 6:30–7:30 PM $44 115578-02

2/5–2/26 W 6:30–7:30 PM $44 115578-03

Yoga - Silver Sneakers - NW

Focus on poses and postures to improve joint range of
movement, muscular strength, endurance and balance.
Static and dynamic movements are presented with a
chair for seated and standing support.

Age: 50 years & up

Location: Senior Center

*Note:* Non-members may attend by paying drop in fee or register for the month. Class will not be held on 12/25, 12/27, 1/1.

12/3–12/19 Tu,Th 10:00–10:50 AM $22 109467-01

1/2–1/30 Tu,Th 10:00–10:50 AM $20 109467-02

2/4–2/27 Tu,Th 10:00–10:50 AM $20 109467-03

Youth Fitness

Youth CrossFit

Have FUN and get fit! Youth CrossFit is developed for teens and consists of constantly varied, functional movements delivered in a fun and safe atmosphere. Exercises include – pulling, pushing, running, throwing, climbing, lifting and jumping. All of the movements are taught safely and effectively under the close supervision.

Age: 8–17 years

Location: Northside Aztlan Center

*Note:* Scholarships are available, call 970.224.6032. Class will not be held on 12/26, 1/2.

12/5–2/27 Th 4:15–5:15 PM $33 109569-01

Youth Night

Every Thursday is Youth Night! Youth get in free! Arena football, dodgeball, teen weights, indoor soccer, chess, dance, fitness, video game tournaments, food, prizes, field trips and much more!

Age: 8–18 years

Location: Northside Aztlan Center

12/5–2/27 Th 7:00–9:00 PM No Fee 115516-01

The Gardens on Spring Creek

Classes will be held at The Gardens on Spring Creek, 2145 Centre Avenue, unless otherwise noted. Registration is taken only by The Gardens: by phone 970.416.2486, in-person at 2145 Centre Avenue
or online at *fcgov.com/gardens*. The Gardens does not participate in the Reduced Fee Program. Scholarships are now available to children of families with limited income. Applications are available at
fcgov.com/gardens under Youth Programs. Discounts available to Gardens’ members only. Pre-registration is highly recommended.

Special Events

Garden of Lights

Stroll through the whimsically decorated and twinkling Gardens lit by thousands of LED lights. See your favorite perennial flower beds, a brilliant blue LED pond, and a Primordial Forest – all created entirely from holiday lights!  During the weekends, visit with Santa, listen to holiday music, see the Sugar Plum Furries (canine fairies), and enjoy warm drinks.

12/6–1/1 Su–Sa 5:00–9:00 PM $2 Suggested Donation

Holiday Gifts & Plants from the Gardens

Looking for a unique present for that someone special? We offer one-stop shopping in our Gift Shop at The Gardens in addition to offering holiday plants grown and nurtured in our greenhouse. Choose from poinsettias, amaryllis, Christmas cactuses, herb baskets, and rosemary topiaries. Watch our website for details.

High Plains Landscape Workshop – Saturday, February 22

The High Plains Landscape Workshop, a one-day workshop for homeowners and professionals designed to promote high-quality, sustainable landscapes that reflect a sense of place in Colorado’s northern Front Range. The featured keynote speaker is Kelly Norris,
an award-winning author and plantsman from Iowa.  More info can
be found at fcgov.com/highplains.

Adult

Classes are for ages 18 & up unless otherwise noted. Pre-registration is highly recommended.

The Portable Journey© Artist’s Theme
Journaling Workshop Series

Tend to your inner garden this winter with this fun and inspiring theme-journaling workshop series. Gain confidence with your drawing and painting skills and craft your own journal and/or art cards. Think gift-giving! Sharpen your creative edge and find that cozy place in your creative zone. Take your Portable Journey© and practice journaling wherever you go.

*Note:* $5 discount for members of The Gardens on Spring Creek. Supply list provided. This class is offered on 3 week rotations.

12/3–12/17 Tu 2:30–5:30 PM $60

1/7–1/21 Tu 2:30–5:30 PM $60

1/28–2/11 Tu 2:30–5:30 PM $60

2/18–3/4 Tu 2:30–5:30 PM $60

Create A Christmas Wreath

Join in the fun of creating your own natural holiday wreath from scratch on a 14 inch frame. You will be attaching evergreens to the frame and embellishing that base with a wide variety of natural materials and a bow. Examples, instructions, assistance and materials will be provided.

*Note:* $5 discount for members of The Gardens on Spring Creek. Bring gloves and any favorite item you envision for your wreath (special bows, keepsakes, unique natural materials, etc.).

12/8 Su 1:00–3:00 PM $25

Ornamental Gardening in Northern Colorado

For new gardeners and newcomers to the area! Class covers the basics of ornamental gardening topics, without great detail. Discussions on how gardening here is different, composting and mulching, how and when to plant and how to water. The best trees, shrubs, vines, ornamental grasses and perennials will be highlighted.

*Note:* For information on edible gardening, see Edible Gardening
in Northern Colorado. $5 discount for members of The Gardens on Spring Creek.

1/25 Sa 9:00 AM–Noon $25

Sketching 101: Forms and Textures of Nature

Do you want to paint gardens, flowers, and nature scenes but don’t know how to start? This is the class for you because you have to know how to draw before you can paint. Learn basic techniques of shading, perspective, creating texture, and line drawings with graphite pencils.

*Note:* Class is for novice sketchers. Supply list provided. $10 discount for members of The Gardens on Spring Creek.

1/29–2/26 W 1:00–3:00 PM $110

Edible Gardening in Northern Colorado

This class is especially for new gardeners and newcomers to the area. Covers the basics of many edible gardening topics, but will not go into great detail. Also covers vegetable gardens, fruit trees, small fruits, and how to incorporate them into your landscape. We’ll also discuss pest problems and fertilizer use.

*Note:* $5 discount for members of The Gardens on Spring Creek.

2/1 Sa 9:00 AM–Noon $25

Pruning Fruit Trees

Fruit trees need regular pruning to produce their best crop. Learn the proper timing and best techniques for each of the commonly grown varieties here including apples, plums, peaches and apricots. Weather permitting, part of this class will be hands-on outdoors in our Garden of Eatin’.

*Note:* $3 discount for members of The Gardens on Spring Creek.

2/8 Sa 1:00–3:00 PM $18

Building Dry Creek Beds/Drainage

Got a low area in your yard or an area that just doesn’t drain the way it should? Or maybe you just like the way a rocky creek bed would add another dimension to your yard. This class will teach you the basics of building a natural-looking dry creek bed from siting to initial prep work to rock placement.

*Note:* $2 discount for members of The Gardens on Spring Creek.

2/15 Sa 10:00–11:00 AM $12

Building Retaining Walls

If you’ve got a sloped yard, sometimes a retaining wall is the perfect solution to level things out and make more usable space. Learn what the best materials are for building walls, then how to construct them for durability and style.

*Note:* $2 discount for members of The Gardens on Spring Creek.

2/15 Sa 11:00 AM–Noon $12

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.

2/15 Sa 1:00–3:00 PM $18

Youth

Read & Seed

Story time plus an educational and fun hands-on activity. An excellent preparation for pre-school! Parents or caregivers are asked to participate.

Age: 2–4 years Cost: $3/child

Note: Class not discountable

Ongoing
December
Week of 12/2 Arranging a Forest
Week of 12/9 Mitten Tree
Week of 12/16 Snow Children
Week of 12/23 No class this week

January

Week of 1/6 Egg Carton Snow Goggles
Week of 1/13 Squirrel Feeder
Week of 1/20 Evergreen Trees
Week of 1/27 Scented Cleaning Powder

February

Week of 2/3 Little White Duck
Week of 2/10 Valentines
Week of 2/17 Honey Butter
Week of 2/24 Flowering Shrubs

Parent-Child Classes

Take the time to have fun with your child while you both cultivate a love of learning and exploration. Visit website for class listings, instructors and cost per class.

1/15–2/25 Tu 5:30 PM Varies

Cooking Classes

Cooking Healthy Snacks

Learn new techniques for making healthy and delicious snacks with your child. Samples will be provided for tasting.

Age: 2–5 years

*Note:* This is a parent and child class. Pre-registration required.

1/13–2/17 M Noon–12:45 PM $10 per child/class

$5 each additional sibling/class

Food for Life

Featured Class Topics: Healthy Dips, Bang-Up Breakfasts, In-Betweener Meals and Sweeter Deals, Rainbow Lunches, Digging These Dinners and International Dinners.

*Note:* Pre-registration is required.

1/8–2/19 W 4:00–6:00 PM
$80 for 6-class series

Ice Skating

Classes will be held at EPIC, 1801 Riverside Avenue, unless
otherwise noted.

General information for Learn to Skate Lessons

Lessons are taught by Certified P.S.A. instructors and follow guidelines of the United States Figure Skating Association.

Parents may observe lesson from the upstairs bleachers. It is distracting for skaters and coaches to have parents at the gate
and also creates an obstruction for skaters that are entering or exiting the ice.

Individuals are not allowed on the ice with their shoes on. However, parents are welcome to skate with their child during the 15 minute practice time. EPIC’s rental skates are available free of charge.

Our class student to instructor ratio is 1 instructor to 10 students. Any classes larger than 10 will have an assistant added to them. Minimum for all classes, based on cost efficiency is 5. (Class levels may be combined to meet this minimum.)

Skating lessons are 30 minutes in length with a 15 minute
practice time, which may be before or after your lesson depending
on scheduling.

The instructors have time in between classes to talk to parents and address their concerns.

Please be aware that some levels will need to be repeated to master all the skills.

The first day of each lesson is generally termed as level evaluation day. At this time, the instructors will evaluate all of the participants in their assigned classes to make certain they have been correctly enrolled. If there is a problem, the instructor may discuss the best course of action with the parent. Students will be moved if there is space available in the appropriate level of class.

There are no make-up lessons for missed skating classes.

If the class you wish to register for is filled, you may place your name on a Paid waiting list. We attempt to accommodate the demand for skating lessons by adding new classes, however they may not be at the same time/day as the waiting list class. Classes that do not meet the minimum may be canceled or combined.

If you are unable to attend the last day of classes for testing, please request a progress card on the last day you attend.

Good ideas for proper clothing include:
Bicycle helmet (also available at EPIC; Tot 1 & 2 Required)
Gloves (thin –not ski mittens)
Fleece or light weight Jacket
Skating dresses with tights or Leggings/Pants that are easy to move in
Loose or bulky clothing is not recommended

Freestyle

Interested in knowing more about competitive or recreational figure skating programs?

Call 970.221.6683 and ask to speak with one of the professional skate instructors on staff. Program not discountable

Conditioning for Skaters

For more information, please see our conditioning information center located in the green rink. Program not discountable.

Private Skating Instruction

Private ice skating instruction is available for all abilities in Figure Skating, Dance, Edges, Style, Choreography, Hockey, and Power. Fees vary depending on instructor. Ice time and skate rental is not included in instructor fee. Program not discountable

Skate Sharpening Services

EPIC offers Skate Sharpening services for Figure and Hockey skates (Blackstone Flat Bottom V). Drop-off and walk-in service available. Please call 970.221.6683 x3 for hours and fees.

Team & Club Contacts

Adult Hockey: Fort Collins Adult Hockey Association
fcaha.org

Youth hockey: Northern Colorado Youth Hockey
ncyh.org

Figure Skating Club: Fort Collins Figure Skating Club
fortcollinsfsc.org

Women’s Hockey: Flames/Phoenix/Comets
wachockey.org

College Hockey: Colorado State University
csuramhockey.com

High School Hockey: High Plains Hockey
highplainshockey.com

Figure Skating Lessons for Boy & Girl Scouts

Earn your skating Merit Badge! A learn to skate lesson can be arranged for your troop during a public skate session at a discounted rate. Minimum of 4 skaters needed. Flexible number of weeks available. Please call 970.416.2770 to make arrangements for
your Troop.

Special Event

Winter Wishes Ice Show

Skaters from our Learn-to-skate program will be featured in the 26th annual “Winter Wishes” Ice Show, December 21–22. Call 970.221.6683 for times and ticket information. Ticket sales will begin Monday November 18 at 7:00 AM (EPIC only) or by phone, 970.221.6683 (press 3) Bring one canned good for $1 off ticket price (one canned good per ticket).

12/21–12/22 Sa,Su Times and prices vary

Drop-In Activities

Speed Skating Drop-In

Previous skating experience is a must. You will gain knowledge of your edges, pushes, balance, and pressure. This class is designed to enhance your skating speed and technique of all types of skating. Come prepared wearing warm-up pants, long sleeved shirt, and speed skates (Intermediate and Advanced). Program developed by 1998 and 2002 Olympic speed skater, Jondon Trevena.

Age: 7 years & up

*Note:* Session not discountable. Session will not be held on 12/25
and 1/1.

Beginner

Ongoing W 4:45–5:30 PM $12

Intermediate

Ongoing W 5:45–6:45 PM $15

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

*Note:* Sessions happen December through February. Session will not be held on 12/25, 1/1

Ongoing W 9:15–10:45 AM Regular Fees Apply

Drop-In Hockey

This open practice session in for hockey players who want to sharpen their skating and shooting skills.

Age: 16 years & up

*Note:* Full equipment required. 10- or 30-admission punch passes may be purchased at the $4.00/punch rate. Sign up at the front desk beginning at 6:00 AM. Payment must be made when signing up unless a hockey punch pass in on file for phone-ins. Limited to 30 players.

Session not discountable. Session will not be held on 12/25, 1/1.

Ongoing M–F 11:15 AM–12:45 PM $4 punch rate

Fitness Skate

Intermediate to advanced skaters will benefit from this aerobic exercise. Session not discountable.

Age: 16 year & up

*Note:* 10- or 30-admission punch passes may be purchased at the $5.50/punch rate. Rental skates $2.50. No session 12/19, 12/20, 12/25, 1/1, 1/17, 1/20.

Ongoing M–F 11:15 AM–1:00 PM $5.50/session

Learn-To-Skate

Tot 1 Skate

Tots will be introduced to the ice at a relaxed pace. Upon completion of this level participants will be able to do the following skills: sit on ice and stand up, march in place, standing swizzle, dip, march forward, forward marching with two-foot glide, and introduced to backward wiggles and rocking horse.

Age: 4–5 years

*Note:* We require that tots wear helmets. Warm clothes including gloves or mittens are needed. We prefer that parents observe from the seating area.

1/7–1/30 Tu,Th 4:45–5:15 PM $53 110302-01

1/9–1/30 Th 9:30–10:00 AM $29 110302-02

1/4–2/1 Sa 10:30–11:00 AM $35 110302-03

2/4–2/27 Tu,Th 4:45–5:15 PM $53 110302-04

2/6–2/27 Th 9:30–10:00 AM $29 110302-05

2/8–3/8 Sa 10:30–11:00 AM $35 110302-06

Tot 2 Skate

Participants must have successfully completed Tot 1. Upon completion of this level participants will be able to satisfactorily perform the following skills: march forward across ice, forward two-foot glide, dip while moving, rocking horse, forward swizzles, snowplow stop, two-foot hop, and backward wiggles.

Age: 4–5 years

*Note:* We require that tots wear helmets. Warm clothes including gloves or mittens are needed. We prefer that parents observe from the seating area.

1/7–1/30 Tu,Th 4:45–5:15 PM $53 110304-01

1/9–1/30 Th 9:30–10:00 AM $29 110304-02

1/4–2/1 Sa 10:30–11:00 AM $35 110304-03

2/4–2/27 Tu,Th 4:45–5:15 PM $53 110304-04

2/6–2/27 Th 9:30–10:00 AM $29 110304-05

2/8–3/8 Sa 10:30–11:00 AM $35 110304-06

Basic 1 Skate

For skaters who have never skated before. Upon completion of this level participants will be able to do the following skills: sit and stand up, march forward, two-foot glide, glide with dip, rocking horse, forward two-foot swizzles, two-foot snowplow stop, two-foot hop, wiggles, and intro to forward one-foot glide.

Age: 5–9 years

*Note:* Helmets are strongly recommended for beginners. Warm clothes including gloves or mittens are needed. We prefer that parents observe from the seating area

1/7–1/30 Tu,Th 4:45–5:15 PM $57 110306-01

1/9–1/30 Th 10:00–10:30 AM $31 110306-02

1/4–2/1 Sa 10:30–11:00 AM $38 110306-03

1/6–1/27 M 4:00–4:30 PM $31 110306-04

1/6–1/27 M 4:30–5:00 PM $31 110306-05

2/4–2/27 Tu,Th 4:45–5:15 PM $57 110306-06

2/6–2/27 Th 10:00–10:30 AM $31 110306-07

2/3–2/24 M 4:00–4:30 PM $31 110306-08

2/3–2/24 M 4:30–5:00 PM $31 110306-09

2/8–3/8 Sa 10:30–11:00 AM $38 110306-10

Basic 2 Skate

Participants must have successfully completed Basic 1 or be between the ages of 10–15 and never skated. Upon completion of this level participants will be able to do the following skills: forward glides, pumping, slalom, backward two-foot swizzles, two-foot glide, turn, snowplow stop, and T-position.

Age: 5–15 years

*Note:* Helmets are strongly recommended for beginners. Warm clothes including gloves or mittens are needed. We prefer that parents observe from the seating area

1/7–1/30 Tu,Th 4:45–5:15 PM $57 110310-01

1/9–1/30 Th 10:00–10:30 AM $31 110310-02

1/4–2/1 Sa 10:30–11:00 AM $38 110310-03

1/6–1/27 M 4:00–4:30 PM $31 110310-04

1/6–1/27 M 4:30–5:00 PM $31 110310-05

2/4–2/27 Tu,Th 4:45–5:15 PM $57 110310-06

2/6–2/27 Th 10:00–10:30 AM $31 110310-07

2/3–2/24 M 4:00–4:30 PM $31 110310-08

2/3–2/24 M 4:30–5:00 PM $31 110310-09

2/8–3/8 Sa 10:30–11:00 AM $38 110310-10

Basic 3 Skate

Skaters must have successfully completed Basic 2. Upon completion of this level participants will be able to do the following skills: stroking, forward and backward pumping, backward slalom, two foot turn, gliding backward on one foot, hold inside and outside edge on a circle, and two foot spin.

Age: 5–15 years

1/7–1/30 Tu,Th 4:45–5:15 PM $57 110314-01

1/9–1/30 Th 10:30–11:00 AM $31 110314-02

1/4–2/1 Sa 11:15–11:45 AM $38 110314-03

2/4–2/27 Tu,Th 4:45–5:15 PM $57 110314-04

2/6–2/27 Th 10:30–11:00 AM $31 110314-05

2/8–3/8 Sa 11:15–11:45 AM $38 110314-06

Basic 4 Skate

Participants must have successfully completed Basic 3. Upon completion of this level participants will be able to do the following skills: stroking with power, backward one-foot glide, forward inside and outside edge on an axis, forward crossovers, forward outside three turn right and left, and backward snowplow stop.

Age: 5–15 years

1/7–1/30 Tu,Th 4:45–5:15 PM $57 110316-01

1/9–1/30 Th 10:30–11:00 AM $31 110316-02

1/4–2/1 Sa 10:30–11:00 AM $38 110316-03

2/4–2/27 Tu,Th 4:45–5:15 PM $57 110316-04

2/6–2/27 Th 10:30–11:00 AM $31 110316-05

2/8–3/8 Sa 10:30–11:00 AM $38 110316-06

Basic 5 Skate

Participants must have successfully completed Basic 4. Upon completion of this level participants will be able to do the following skills: forward crossovers, hold outside and inside edge on a circle, backward crossovers, one-foot spin, T-stop, side toe hop, and forward outside three turn.

Age: 5–15 years

1/7–1/30 Tu,Th 5:30–6:00 PM $57 110318-01

1/4–2/1 Sa 11:15–11:45 AM $38 110318-02

2/4–2/27 Tu,Th 5:30–6:00 PM $57 110318-03

2/8–3/8 Sa 11:15–11:45 AM $38 110318-04

Basic 6 Skate

Participants must have successfully completed Basic 5. Upon completion of this level participants will be able to do the following skills: backward crossovers, forward inside three-turn, backward to forward two-foot turn, hockey stop, bunny hop, forward straight line spiral, forward lunge, beginning one foot spin.

Age: 5–15 years

1/7–1/30 Tu,Th 5:30–6:00 PM $57 110322-01

2/4–2/27 Tu,Th 5:30–6:00 PM $57 110322-03

2/8–3/8 Sa 11:15–11:45 AM $38 110322-04

Basic 7 Skate

Participants must have successfully completed Basic 6. Upon completion of this level skaters will be able to do the following skills: backward to forward two-foot turn, forward inside open and closed mohawk, ballet jump, backward crossovers to backward outside edge, one-foot spin, and inside forward three turn.

Age: 5–15 years

1/4–2/1 Sa 11:15–11:45 AM $38 110324-01

2/8–3/8 Sa 11:15–11:45 AM $38 110324-02

Basic 7 & 8 Ice Skating

Please see individual class descriptions under Basic 7 and Basic 8.

Age: 5–15 years

1/7–1/30 Tu,Th 5:30–6:00 PM $57 110326-01

2/4–2/27 Tu,Th 5:30–6:00 PM $57 110326-02

Basic 8 Skate

Participants must have successfully completed Basic 7. Upon completion of this level participants will be able to do the following skills: moving forward outside three turn, moving forward inside three turn, stand still waltz jump, mazurka, combination move, forward inside pivot, and backward inside pivot.

Age: 5–15 years

1/4–2/1 Sa 11:15–11:45 AM $38 110328-01

2/8–3/8 Sa 11:15–11:45 AM $38 110328-02

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.

Age: 5–15 years

1/7–1/28 Tu 6:15–6:45 PM $33 110330-01

2/4–2/25 Tu 6:15–6:45 PM $33 110330-02

Beginning Free Skate 1 & 2

Participants must have successfully completed Basic 8. This is a 45-minute class that will focus on Spins, Jumps, and Moves (15 minutes each). For a detailed description of skills please see the Learn To Skate Bulletin Board.

Age: 5–15 years

1/7–1/30 Tu,Th 5:15–6:00 PM $90 110332-01

1/4–2/1 Sa 9:30–10:15 AM $58 110332-02

2/4–2/27 Tu,Th 5:15–6:00 PM $90 110332-03

2/8–3/8 Sa 9:30–10:15 AM $58 110332-04

Intermediate Free Skate 3 & 4

This is a 45-minute class that will focus on Spins, Jumps, and Moves (15 minutes each). For a detailed description of skills please see the Learn To Skate Bulletin Board.

Age: 5–15 years

1/7–1/30 Tu,Th 5:15–6:00 PM $90 110334-01

1/4–2/1 Sa 9:30–10:15 AM $58 110334-02

2/4–2/27 Tu,Th 5:15–6:00 PM $90 110334-03

2/8–3/8 Sa 9:30–10:15 AM $58 110334-04

Advanced Free Skate 5 & 6

This is a 45-minute class that will focus on Spins, Jumps, and Moves (15 minutes each). For a detailed description of skills please see the Learn To Skate Bulletin Board.

Age: 5–15 years

1/7–1/30 Tu,Th 5:15–6:00 PM $90 110336-01

1/4–2/1 Sa 9:30–10:15 AM $58 110336-02

2/4–2/27 Tu,Th 5:15–6:00 PM $90 110336-03

2/8–3/8 Sa 9:30–10:15 AM $58 110336-04

Adult Beginning & Intermediate Skate

These classes are for the person with little or no previous experience on ice. See Basic 1–4.

Age: 16 years & up

1/9–1/30 Th 6:15–6:45 PM $33 110349-01

2/6–2/27 Th 6:15–6:45 PM $33 110349-02

Adult Advanced & Freestyle Skate

Good skaters wishing to learn new skills may take the advanced level. See Basic 5 & 6.

Age: 16 years & up

1/9–1/30 Th 6:45–7:15 PM $33 110353-01

2/6–2/27 Th 6:45–7:15 PM $33 110353-02

Adaptive Skating

These lessons are for people with and without disabilities. Basic skills are introduced and adapted for individuals with disabilities. Skill improvement and fun will be the focus; all abilities welcome.

*Note:* Please bring an attendant if you need assistance off the ice.

Age: 8 years & up

1/4–2/1 Sa 9:45–10:15 AM $33 110356-01

2/8–3/8 Sa 9:45–10:15 AM $33 110356-02

Hockey

Basic 1 Hockey Skate

Hockey equipment NOT required. For skaters who have never skated before. See Basic 1

Age: 5–9 years

*Note:* Helmets are strongly recommended for beginners. Warm clothes including gloves or mittens are needed. We prefer that parents observe from the seating area

1/4–2/1 Sa 11:15–11:45 AM $31 110308-01

2/8–3/8 Sa 11:15–11:45 AM $31 110308-02

Basic 2 Hockey Skate

Hockey equipment NOT required. Participants must have successfully completed Basic 1 or be between the ages of 10–15 and never skated. See Basic 2

Age: 5–15 years

Location: Edora Pool Ice Center

*Note:* Helmets are strongly recommended for beginners. Warm clothes including gloves or mittens are needed. We prefer that parents observe from the seating area

1/4–2/1 Sa 10:30–11:00 AM $38 110312-01

2/8–3/8 Sa 10:30–11:00 AM $38 110312-02

Beginner Cub Hockey

Prerequisite: Tot 1 or Basic 1

Practice will be held on Tuesdays where the focus will be on basic hockey and skating skills, a recreational game will be held on Thursdays. Equipment can be checked out with a $150 deposit check. Rental skates are included; sticks are available at equipment check out for $10.

Equipment Handout: 1/9, 4:00–6:00 PM at EPIC

Age: 4–8 years

*Note:* Equipment check-in is immediately following last game of the session.

1/14–3/13 Tu,Th 4:15–5:00 PM $160 110372-01

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 10:00 AM two (2) days prior to trip departure for refund or credit.

Adult

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

Downhill Skiing – NW M

Motorcoach trips are made to various ski resorts. Cross-country skiers and shoppers are welcome on the Breckenridge/Keystone trips. Participants are responsible for their own equipment, lift ticket, and lunch. Trip departs from Rolland Moore Park promptly at 7 AM and stops in Loveland at 1-25/Hwy 34 around 7:20 AM.

Location: Rolland Moore Park

*Note:* Cancellation must be made by 10 AM the Monday prior to the trip for refund or credit.

Copper Mountain

12/11 W 7:00 AM–7:00 PM $41 111912-01

1/15 W 7:00 AM–7:00 PM $41 111912-04

2/5 W 7:00 AM–7:00 PM $41 111912-07

2/26 W 7:00 AM–7:00 PM $41 111912-10

Winter Park

12/18 W 7:00 AM–7:00 PM $41 111912-02

2/12 W 7:00 AM–7:00 PM $41 111912-08

Breckenridge

1/8 W 7:00 AM–7:00 PM $41 111912-03

1/29 W 7:00 AM–7:00 PM $41 111912-06

Keystone

1/22 W 7:00 AM–7:00 PM $41 111912-05

2/19 W 7:00 AM–7:00 PM $41 111912-09

Member Price $35

Adventure

Women of Age Indoor Climbing – NW

Join other women in learning a new skill. Indoor climbing is an excellent activity to strengthen core muscles and have fun in the process. Learn how to belay and climb on easy to intermediate routes at a local indoor climbing gym.

Age: 50 years & up

Location: Inner Strength Rock Gym

*Note:* Fee includes harness, climbing shoes, and instruction. Prior climbing experience not required. Class will meet at Inner Strength Rock Gym, 3713 S Mason St.

12/3–12/5 Tu,Th 1:00–3:00 PM $49 111931-01

1/21–1/23 Tu,Th 1:00–3:00 PM $49 111931-02

2/11–2/13 Tu,Th 1:00–3:00 PM $49 111931-03

Snowshoeing Overnight

“Women of Age” trip to meet new friends and enjoy two nights out with one full day and two half days to snowshoe. Access yurts by snowshoeing one-quarter–two miles, one-way near Cameron Pass. Snowshoe on trails around the yurt. Gear and food will be transported for you so you can enjoy the scenery.

Age: 50 years & up

Location: Edora Pool Ice Center

*Note:* 3 Day/2 Night Fee includes transportation, 2 night yurt lodging, meals & guides/instruction. No experience necessary. Gear not included.

Dancing Moose Yurt

1/26–1/28 Su,M,Tu 10:00 AM–4:00 PM $249 111951-01

Medicine Bow Yurt

2/23–2/25 Su,M,Tu 10:00 AM–4:00 PM $249 111951-02

Snowshoe & Cross Country Skiing – NW M

These snowshoe/cross-country trips will provide an opportunity to enjoy the great outdoors and are designed for 50+ adults. There is no formal instruction; however all of our trips are led by experienced guides with wilderness first aid training. Our vans are equipped with portable AED’s and the SPOT GPS positioning in case of emergency. We handle the details and the driving so you can enjoy the outdoors. Some trips are in the backcountry of the Poudre Canyon without an available Nordic Center. Trips made to RMNP require a parks pass, Golden Age pass or $20. 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.

Location: Edora Pool Ice Center

*Note:* \* denotes for snowshoeing only. Fee includes transportation and guide. Equipment, water and food are on your own. Cancellation must be made by 10 AM, (2) days prior to trip for refund.

Adaptive Recreation

Adaptive Ski Trips

Take a tour of the fantastic Adaptive Ski programs and areas we have in Colorado. They provide individual volunteer instructors and adapted equipment for stand up or sit ski skiers with disabilities.

Age: 14 years & up

Location: Depart from Northside Aztlan Center

*Note:* Attendants are welcome at no charge. For more information, contact Renee Lee, 970.224-6027, rlee@fcgov.com. Class partially discountable.

BOEC-Breckenridge

2/2 Su 5:45 AM–7:30 PM $100 102432-01

STARS-Steamboat

2/23 Su 5:45 AM–7:30 PM $100 102432-02

Keystone

3/2 Su 5:45 AM–7:30 PM $100 102432-03

Adaptive Snowshoe Trips

Get out and enjoy the wonders of winter! Trails will be easy and fun and geared for beginners with and without disabilities.

Age: 14 years & up

Location: Depart from Northside Aztlan Center

*Note:* Snowshoes are available, but must be reserved. Participants should bring water and a sack lunch. Contact Renee Lee for more information, 970.224.6027, rlee@fcgov.com.

1/12 Su 9:00 AM–4:00 PM $19 102941-01

2/9 Su 9:00 AM–4:00 PM $19 102941-02

2/16 Su 9:00 AM–4:00 PM $19 102941-03

Ski for Light Weekend

Ski for Light has been introducing people with visual and mobility impairments to cross country skiing for 30 years. Spend a weekend cross country skiing and staying in the cabins at the Snow Mountain Ranch and Nordic Center near Granby, Colorado. Lodging, meals, trail pass, and ski rental are included!

Location: Depart from Northside Aztlan Center

*Note:* Registration deadline is Jan. 3, 2014. Contact Renee Lee for more info at 970.224.6027 or rlee@fcgov.com. Class is partially discountable.

1/24–1/26 F–Su 2:30–5:00 PM $110 102942-01

Special Events

Winter Whimsy – NW

Join us for a great ladies night out party! Includes 3 drink tickets, food, auctions, entertainment, and eligibility for a beautiful jewelry door prize. Proceeds go toward the Senior Center Expansion equipment and furniture fund.

Age: 21 years & up

Location: Senior Center

*Note:* Tickets available at Senior Center, or contact
Peggy Bowers at 970.221.6357 or pbowers@fcgov.com

1/24 F 6:00–9:00 PM

$45 in advance. $50 at the door. $325 for a table of 8.

Youth & Teen Special Events

Hip Hop Expo

Step it up and get down with your moves at the Hip Hop Expo 2014! Convention style demos, performances, teaching, team competitions, live street art, food, and more fun will highlight the night! Co-sponsored by Poudre School District, Team Fort Collins, and the City of Fort Collins Recreation Department.

Age: All

Location: Northside Aztlan Center

*Note:* Fee payable at the door. For more information call 970.221.6729

3/8 Sa 6:00–10:00 PM TBA

Ski & Snowboard Trips

Grab your friends and join us for a full day of skiing or snowboarding. Participants are responsible for bringing their own gear and clothing. Lift ticket is included in the trip fee. Already have a ski pass but want to join us? Call 970.224.6032 to get registered for transportation only.

Grade: 5–12

Location: Northside Aztlan Center

*Note:* Parents must sign a waiver before participants are allowed to board the bus to the ski resort. Please bring a lunch and snacks or money to buy them. Class partially discountable

Winter Park

1/6 M 6:00 AM–6:00 PM $60 115583-01

1/25 Sa 6:00 AM–6:00 PM $60 115583-02

2/22 Sa 6:00 AM–6:00 PM $60 115583-03

Transportation Only

12/17–2/25 Sa 6:00 AM–6:00 PM $24 115583-05

Family Gingerbread House Decor

Start a new family tradition. Create a family gingerbread house.
We will provide all the fixin’s. You provide the creativity.

Age: All

Location: Northside Aztlan Center

*Note:* Only 1 person from each family needs to register. Each family will get 1 gingerbread house.

11/29 F 1:00–3:00 PM $32 118561-01

12/1 Su 2:00–4:00 PM $32 118561-02

Forever Mine Celebration – M

Gather your friends and family and celebrate the love of your life at this Valentine Celebration. A three course meal will be served and dance music provided featuring Rock and Roll and Country music from the late 50’s and early 60’s.

Location: Senior Center

*Note:* Tickets at the Fort Collins Senior Center. Cash Bar. Reservations for tables of 6 or more and special dietary needs met upon request
at registration.

2/15 Sa 5:30–9:00 PM $20 112444-01

Member Price $16

Annual Membership Meeting

Find out what is current at the Senior Center and provide input. We need your help to maintain the high level of customer satisfaction and life enrichment for which the Senior Center has been nationally recognized. RSVP at the registration desk or call 970.221.6644. Brunch will be provided.

Location: Senior Center

1/9 Th 9:00–11:00 AM No Fee

The Scout & His Lady – NW M

Join Mike and Sharon Guli in the year 1875 as they prepare to travel to Fort Collins to stock up on supplies and have dinner with friends. You will see them dress for the day starting with undergarments. Learn about the historical, yet entertaining fashions of the time.

Location: Senior Center

*Note:* Special dietary needs will be met upon request at
registration time.

1/30 Th 11:30 AM–1:30 PM $36 112440-01

Member Price $16

Sandra Day O’Connor – M

Eva Sue Littleton, Fort Collins resident will introduce you to the life and times of the first female U.S. Supreme Court Justice. Nominated in 1981 by President Ronald Reagan, she was a key swing vote in many important cases during the 24 years she served, including the upholding of Roe v. Wade.

Location: Senior Center

Note: Special dietary needs will be met upon request at
registration time

2/20 Th 11:30 AM–1:30 PM $36 112441-01

Member Price $16

Sports

Adaptive Sports

Adaptive Boccia

Boccia is a paralympic sport, adapted for athletes with physical disabilities. Played indoors on a smooth surface, you can throw, kick or use an assistive device to propel leather balls close to a target ball. Boccia tests your coordination, concentration, ability to strategize, but most important, it’s a lot of fun!

Age: 14 years & up

Location: Senior Center

*Note:* Contact Renee Lee for more information, 970.224.6027,
rlee@fcgov.com. Class partially discountable. Class will not be
held on 2/17.

2/3–3/10 M 4:00–5:30 PM $12 102464-01

Adult Sports

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.
6 games scheduled.

League Start: Week of 3/28

Registration Start: 2/13, ends 3/7 or when leagues fill

Fee: $184

Age: 16 years & up

Location: Rolland Moore Park

*Note:* Rosters are unlimited. (Participants age 16 & 17 need parent signature on roster prior to participation). League not discountable.

Competitive 213061-01

Recreational 213061-02

Adult Indoor Ultimate Frisbee

5-on-5 Ultimate Frisbee is being offered at the Edge Sports Center. Register in teams of 12. Minimum of 4 women on the roster, with 2 women and 3 men on the field at all times. 6 games scheduled.

League Start: Week of 3/4

Registration Start: 2/13, ends 2/28 or when leagues fill

Fee: $439

Age: 16 years & up

Location: The Edge

*Note:* League schedules will be mailed to managers. Schedules will be mailed one week before the league begins.

Coed Rec 213091-01

Basketball

Winter Adult Basketball

Men’s, women’s, and coed leagues will be offered. Teams will sign up for their level/playing night preference on a first come basis. 8 games scheduled.

League Start: Week of 1/6

Registration Start: 11/25, ends 12/13 or when leagues fill

Fee: $448

Age: 16 years & up

*Note:* Rosters are unlimited (Participants age 16 & 17 need parent signature on roster prior to participation). League not discountable.

Men

Location: Northside Aztlan Center

Monday Comp 113901-01

Location: TBA

Monday Rec 113901-02

Wednesday Rec 113901-03

Womens

Location: TBA

Wed Comp 113902-01

Wed Rec 113902-02

Coed

Location: TBA

Coed Rec 113903-01

Spring Adult Men’s Basketball

Keep the ball rolling into the spring. Men’s leagues are offered for a Friday night league, Teams will sign up for their level preference on a first come basis. 6 games scheduled..

League Start: Week of 3/28

Registration Start: 2/13, ends 3/21 or when leagues fill

Fee: $340

Age: 16 years & up

Location: Northside Aztlan Center

*Note:* Rosters are unlimited (Participants age 16 & 17 need parent signature on roster prior to participation). League not discountable.

Men’s Rec 213901-02

Flag Football

Adult Indoor Flag Football

NEW! Indoor league will be 8-on-8 non-contact. Games played Sunday mornings between 8 AM – Noon. 6 games scheduled,
6 games guaranteed.

Fee: $449

Age: 16 years & up

*Note:* Rosters are unlimited (Participants age 16 & 17 need parent signature on roster prior to participation). League not discountable.

Fall

League Start: Week of 11/3

Registration Start: 9/30, ends 10/23 or when league fills

Location: The Edge

Men’s 413912-01

Winter

League Start: Week of 1/13

Registration Start: 11/26, ends 12/14 or when league fills

Location: TBA

Men’s 113912-01

Spring

League Start: Week of 3/30

Registration Start: 2/13, ends 3/21 or when league fills

Location: TBA

Men’s 213912-01

Softball

Spring Softball

Teams will have the opportunity to get the rust off before the summer leagues begin! 6 games scheduled.

League Start: Week of 3/23

Registration Start: 2/13, ends 3/7 or when league fills

Fee: $334

Age: 16 years & up

Location: Rolland Moore Park

*Note:* Rosters are unlimited (Participants age 16 & 17 need parent signature on roster prior to participation). League not discountable.

Men’s

Sunday IV 213021-01

Monday III 213021-02

Monday IV 213021-03

Tuesday III 213021-04

Tuesday IV 213021-05

Wednesday II 213021-06

Wednesday III 213021-07

Wednesday IV 213021-08

Thursday III 213021-09

Friday III 213021-10

Women’s

Tuesday IV 213022-01

Coed

Sunday Comp 213023-01

Sunday Rec 213023-02

Tuesday Comp 213023-03

Tuesday Rec 213023-04

Wednesday Comp 213023-05

Wednesday Rec 213023-06

Thursday Rec 213023-07

Volleyball

Winter Adult Volleyball

Coed and women’s leagues will be offered for 6-person and 4-person teams. Teams will sign up for their level of play and night preference on a first come basis. Levels A - Competitive, BB - Intermediate,
B - Recreational.

League Start: Week of 1/6, 6 games

Registration Start: 11/25, ends 12/13 or when league fills

Fee: $274/ sixes, $174/fours

Age: 16 years & up

Location: TBA

*Note:* Rosters are unlimited (Participants age 16 & 17 need parent signature on roster prior to participation). League not discountable.

Women’s

Sunday B 113942-01

Wednesday A 113942-02

Wednesday BB 113942-03

Coed

Monday BB 113943-01

Monday B 113943-02

Tuesday A 113943-03

Tuesday BB 113943-04

Friday A/BB 4’s 113943-05

Spring Adult Volleyball

Coed and women’s leagues will be offered for 6-person and 4-person teams. Teams will sign up for their level of play and night preference on a first come basis. Levels A - Competitive, BB - Intermediate,
B - Recreational.

League Start: Week of 3/25

Registration Start: 2/14, ends 3/8 or when league fills

Fee: $274/ sixes, $174/fours

Age: 16 years & up

Location: TBA

*Note:* Rosters are unlimited (Participants age 16 & 17 need parent signature on roster prior to participation). League not discountable.

Women’s

Sunday B 213942-01

Wednesday A 213942-02

Wednesday BB 213942-03

Coed

Monday BB 213943-01

Monday B 213943-02

Tuesday A 213943-03

Tuesday BB 213943-04

Fri A/BB Fours 213943-05

Fencing

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.

Location: Northside Aztlan Center

*Note:* Equipment provided. Wear athletic shoes, T-shirt and long
loose pants.

Age: 10–12 years

1/10–2/28 F 4:30–6:00 PM $64 115542-01

1/11–3/1 Sa 9:00–10:30 AM $64 115542-02

Age: 13 years & up

1/6–2/24 M 6:30–8:00 PM $64 115543-01

1/11–3/1 Sa 11:00 AM–12:30 PM $64 115543-02

Teen & Adult Sparring

Enjoy sparring with fellow students to develop a diverse technical and tactical repertoire in a low-key atmosphere. Improve your overall athletic readiness, speed, strength and stamina. Footwork and bladework exercises most sessions. Minimal coaching provided.

Age: 13 years & up

Location: Northside Aztlan Center

*Note:* Participants must have prior fencing experience. Wear athletic shoes, comfortable shirt, and long loose pants. Equipment provided.

12/6–12/27 F 6:15–8:15 PM $32 115544-01

1/10–1/31 F 6:15–8:15 PM $32 115544-02

2/7–2/28 F 6:15–8:15 PM $32 115544-03

Unified Sports

Junior Basketball

Integrated basketball teams will be formed to practice, play games and compete in the Northeast Area Special Olympics Tournament.

Age: 8–21 years

Location: Northside Aztlan Center

*Note:* For more information, please contact Brenda McDowell 970.416.2024 or bmcdowell@fcgov.com. Teams will be scheduled
for a one hour practice.

Child

1/14–3/4 Tu 7:00–9:00 PM $22 102552-01

Family

1/14–3/4 Tu 7:00–9:00 PM $36 102552-02

Individual Skills

1/14–3/4 Tu 7:00–7:30 PM $19 102552-03

Adult Basketball

Integrated basketball teams will be formed to compete in a league and a Northeast Area Special Olympics Tournament. Practices are scheduled for the first few weeks, then games take place, and the season ends with a pot luck/awards ceremony on March 29, 2014.

Age: 16 years & up

Location: Northside Aztlan Center

*Note:* Teams will have practices/games for 1 hour. Contact
Brenda McDowell at 970.416.2024 or bmcdowell@fcgov.com
for more information. Class partially discountable.

Men’s Upper Division

1/11–3/15 Sa 1:00–6:00 PM $25 102751-01

Women Only League

1/11–3/15 Sa 1:00–6:00 PM $25 102751-02

Co-ed Recreational

1/11–3/15 Sa 1:00–6:00 PM $25 102751-03

Tennis

General Information

For Full Program Information visit Lewistennis.com or call 970.493.7000. Winter programs are held at Rolland Moore Park.

Adult Classes

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.

6:00–7:30 PM, Monday & Wednesday

10:00–11:30 AM, Tuesday & Thursday NEW!

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.

6:00–7:30 PM Tuesday & Thursday

11:30–1:00 PM Tuesday & Thursday NEW!

League Coaching Programs

Get your team ready for the USA Tennis Leagues. 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.

Class Schedule

Winter sessions run for four weeks.

Session 1 11/18–12/21

Session 2 1/6–2/1

Session 3 2/3–3/1

To check availability of open city courts please go to
Lewistennis.com

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.

Age: 8–16 years

Location: Rocky Mountain Archery, 4518 Innovation Drive

*Note:* Equipment is provided.

1/9–1/16 Th 4:15–5:30 PM $30 115941-01

2/6–2/13 Th 4:15–5:30 PM $30 115941-02

Baton Twirling is Catching

Give baton twirling a whirl! Yvonne Pedersen, a national renowned twirl instructor, is well known for bringing out every child’s full potential while making learning fun. No experience required for these introductory classes! Build self-esteem, self-discipline, and team work skills while enhancing coordination, rhythm

Age: 5–12 years

Location: Golden Girls Baton Studio

*Note:* Class partially discountable. Professional ABC baton required and available for purchase from instructor for $25. Class will not be held on 3/22.

1/10–2/7 F 4:30–5:30 PM $58 118969-01

2/14–3/14 F 4:30–5:30 PM $58 118969-02

Skateboarding Camp

This 1-day, 6 hour skatecamp is hosted by Launch: Community through Skateboarding. Spend the day skating Launch’s indoor beginner or advanced halfpipes. Other activities include a skateboard trivia contest with prizes and a skateboard maintenance clinic. All participants must bring a lunch, water bottle, functional skateboard.

Age: 7–15 years

Location: Launch Creative Center

*Note:* Helmet, knee, elbow and wrist guards are highly recommended.

1 Day

12/27 F 9:00 AM–3:00 PM $45 115506-01

1/3 F 9:00 AM–3:00 PM $45 115506-02

1 Hour

Learn the basics of skateboarding! These one-hour lessons cover skateboarding essentials including safety, proper foot placement, pushing, turning, and learning basic tricks. Skateboards and safety equipment are provided.

1/11 Sa 9:00–10:00 AM $30 115506-03

1/25 Sa 9:00–10:00 AM $30 115506-04

2/8 Sa 9:00–10:00 AM $30 115506-05

2/22 Sa 9:00–10:00 AM $30 115506-06

Youngsters

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 t

Age: 2½–3 years

Location: Northside Aztlan Center

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

1/6–2/10 M 9:00–9:30 AM $45 114574-01

1/9–2/13 Th 9:00–9:30 AM $45 114574-02

2/24–3/31 M 9:00–9:30 AM $37.50 114574-03

2/27–4/3 Th 9:00–9:30 AM $37.50 114574-04

4/14–5/19 M 9:00–9:30 AM $45 114574-05

4/17–5/22 Th 9:00–9:30 AM $45 114574-06

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

*Note:* Parents and guardians will not be allowed as spectators in the gym in order to provide a more efficient class. Players will demonstrate what they learned the last

1/8–1/22 W 10:00–10:45 AM $28 114771-01

1/28–2/11 Tu 10:00–10:45 AM $28 114771-02

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

*Note:* Parents/guardians will not be allowed as spectators in the gym in order to provide a more efficient class. Players will demonstrate what they learned the last

1/7–1/21 Tu 10:00–10:45 AM $28 114772-01

Baseball For Shorties

Lets explore baseball! We will work on the fundamentals of throwing, hitting and catching. Come play ball with us! Learn the basics in this fun and exciting class!

Age: 4–5 years

Location: Northside Aztlan Center

*Note:* Parents/guardians will not be allowed as spectators in the gym in order to provide a more efficient class. Players will demonstrate what they learned the last

1/29–2/12 W 10:00–10:45 AM $25 114773-01

Youth Team Sports

Basketball

Pre-Season Boys Hoops Camp

Get ready for the Boys Basketball season! This mini camp will cover the fundamentals (with an emphasis on offense) of basketball through drills and fun activities.

Location: Northside Aztlan Center

Grade: 2–3

1/13–1/15 M-W 5:30–6:30 PM $28 114507-01

Grade: 4–5

1/13–1/15 M-W 6:30–7:30 PM $28 114507-02

Nuggets Skills Challenge

This competition open to boys and girls ages 7–14; includes dribbling, passing and shooting. Winners from each age group advance to a sectional competition and sectional winners advance to the State Championship to be held in conjunction with a Denver Nuggets game.

Age: 7–14 years

Location: Northside Aztlan Center

1/18 Sa 9:00 AM No Fee

Nuggets Holiday Hoops Clinic

The National Basketball Academy and the Denver Nuggets are proud to offer a on day basketball clinic designed to improve the skill level of all youth basketball players. The vast knowledge and experience of our basketball staff will help players on fundamentals, practice habits, and teamwork while implementing them in

Age: 7–16 years

Location: Northside Aztlan Center

*Note:* Class partially discountable.

12/30–12/31 Sa 1:00–4:00 PM $80 114778-01

Pee Wee K-1 Boys Basketball

League is for beginning basketball players K–1st Grade. Basic skills are taught on a lower rim. Formation of teams including a coach that passes a background check, 6 scheduled games, 1 official minimum for games. Two practices per week. Games Saturdays. Teams are randomly selected.

Grade: K–1

Location: Northside Aztlan Center

*Note:* Green and gold reversible jerseys are required for this league. They can be purchased at NACC or EPIC for $15.

1/27–3/8 $50 114901-01

Boys Elementary School Basketball

Develop team play with participation, fun, skills, and sportsmanship. Teams are randomly formed in the sports office, not by when the players registered. Practice dates and times are determined by coach. Coaches will call the week before the program with practice days/times. Special requests are not guaranteed.

League Start: Week of 1/27

Fee: $63

*Note:* Most games played on Saturday mornings. Green/gold
reversible City jerseys are required, purchase at NACC or EPIC.
Visit fcgov.com/basketball for info

Grade: 2–3

Bacon 114902-01
Bauder 114902-03
Beattie 114902-05
Bennett 114902-07
Bethke 114902-09
CLP 114902-11
Dunn 114902-13
Eyestone 114902-15
Harris 114902-17
Irish 114902-19
Johnson 114902-21
Kruse 114902-23
Laurel 114902-25
Linton 114902-27
Lopez 114902-29
McGraw 114902-31
O’dea 114902-33
Olander 114902-35
Putnam 114902-37
Rice 114902-39
Riffenburgh 114902-41
Shepardson 114902-43
Tavelli 114902-45
Timnath 114902-47
Traut 114902-49
Werner 114902-51
Zach 114902-53

Grade: 4–5

Bacon 114903-01
Bauder 114903-03
Beattie 114903-05
Bennett 114903-07
Bethke 114903-09
CLP 114903-11
Dunn 114903-13
Eyestone 114903-15
Harris 114903-17
Heritage Christian 114903-60
Irish 114903-19
Johnson 114903-21
Kruse 114903-23
Laurel 114903-25
Linton 114903-27
Lopez 114903-29
McGraw 114903-31
O’dea 114903-33
Olander 114903-35
Putnam 114903-37
Rice 114903-39
Riffenburgh 114903-41
Shepardson 114903-43
Tavelli 114903-45
Timnath 114903-47
Traut 114903-49
Werner 114903-51
Zach 114903-53

Boys Middle School Basketball

Develop a sense of team play where participation, fun, skills, and sportsmanship are stressed; winning is secondary. Teams are formed by school attended. Teams are randomly formed in the sports office and not by when the players registered. T-shirt jerseys are provided at practice. Special requests are not guaranteed.

League Start: Week of 1/27

Fee: $63

*Note:* Most games are played on Saturday mornings.
Visit fcgov.com/basketball for more information

Grade: 6

Blevins 114904-01
Boltz 114904-05
CLP 114904-10
Kinard 114904-15
Lesher 114904-20
Lincoln 114904-25
Preston 114904-30
Webber 114904-35
Wellington 114904-40

Grade: 7–8

Blevins 114905-01
Boltz 114905-05
CLP 114905-10
Kinard 114905-15
Lesher 114905-20
Lincoln 114905-30
Preston 114905-25
Webber 114905-35
Wellington 114905-40

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.

League Start: Week of 3/24

Fee: $53

Grade: Kindergarten–2

*Note:* For more information go to fcgov.com/sports. Interested in coaching? Call 970.221.6385.

City Park 214011-01
Edora 214011-03
Fossil Creek 214011-06
Rolland Moore 214011-12
Spring Canyon 214011-09

Flag Football

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.

League Start: Week of 3/24

Fee: $60

*Note:* Begins week of 3/24; $60 (plus $15 jersey, if needed); 6 games scheduled plus the Rattlesnake Rumble Tournament.

Grade: 1–2

Blevins 214012-32
City Park 214012-01
Edora Park 214012-03
English Ranch 214012-07
Fossil Creek 214012-11
Greenbriar 214012-14
Harmony Park 214012-17
Spring Canyon 214012-21
Troutman 214012-25
Warren 214012-29

Grade: 3–4

City Park 214013-31
Fossil Creek 214013-29
Beattie 214013-01
Blevins 214013-03
Edora 214013-07
Greenbriar 214013-11
Harmony Park 214013-13
Rolland Moore 214013-19
Spring Canyon 214013-21
Troutman 214013-23
Warren 214013-25

Grade: 5–6

City Park 214014-03
Edora 214014-05
Fossil Creek 214014-21
Harmony Park 214014-11
Rolland Moore 214014-13
Spring Canyon 214014-17
Troutman 214014-23
Warren 214014-25

Grade: 7–8

Blevins 214015-01
Boltz 214015-03
CLP 214015-05
Kinard 214015-07
Lesher 214015-09
Lincoln 214015-11
Preston 214015-13
Webber 214015-15
Wellington 214015-17

Volleyball

4–5 Grade Volleyball

Develop a sense of team play where participation, fun, skills and sportsmanship are stressed; winning is secondary. Practices are held one or two times per week, matches are Saturday mornings and maybe some week nights. Practices days and times vary.

League Start: Week of 3/24

Fee: $63

Location: Northside Aztlan Center

*Note:* Practices TBA, 6 wks, green/gold reversible jersey required purchase at EPIC/NACC. For information visit fcgov.com/sports

Grade: 4–5 214942-01

**6–8** Grade Volleyball

Develop a sense of team play where participation, fun, skills and sportsmanship are stressed; winning is secondary. Practices are held one or two times per week, matches are Saturday mornings and maybe some week nights. Practices days and times vary. You will hear from the coach by March 22.

League Start: Week of 3/24

Fee: $63

*Note:* Practice times and days TBA, 6 wks, includes school t-shirt, given out at practice. For more information visit fcgov.com/sports

Grade: 6

Blevins 214943-01
Boltz 214943-03
CLP 214943-05
Kinard 214943-07
Lesher 214943-09
Lincoln 214943-11
Preston 214943-12
6th Preston 214943-14
Ridgeview 214943-15
Webber 214943-17
Wellington 214943-19

Grade: 7–8

Blevins 214944-01
Boltz 214944-03
CLP 214944-05
Kinard 214944-07
Lesher 214944-09
Lincoln 214944-11
Preston 214944-13
Webber 214944-15
Wellington 214944-17

Youth Tennis

General Information

For Full Program Information visit Lewistennis.com or
call 970.493.7000

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 the 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. Thousands of players have participated in these programs over years as they learn and progress in this great lifetime sport!

Winter Programs are held at Rolland Moore Park

Junior Classes

10 & Under

10 & Under is an exciting new play format for learning tennis, designed to bring kids into the game by utilizing specialized equipment, shorter court dimensions and modified scoring, all tailored to age and size.

Lobber 4–6 years
(Saturday 10:00–10:45 PM)

Future star 7–8 years
(Mon/Wed 4:30–6:00 PM & Sat. 11:00–12:30 PM)

Aces 9–10 years
(Mon/Wed 4:30–6:00 PM & Sat. 11:00–12:30 PM)

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 just enjoy the benefits of this great
lifetime sport.

Challenger 11–13 years
New players Tue/Thur 4:00–6:00 PM & Sat. 12:30–2:30 PM

Competitive 11–13 years
Intermediate Tue/Thur 4:00–6:00 PM & Sat. 12:30–2:30 PM

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 enjoy with your friends, this is the class
for you.

Wimbledon 14–18 years
New players: Tue/Thur 4:00–6:00 PM & Sat. 12:30–2:30 PM

Grand Slam 14–18 years
Int. to Adv.: Tue/Thur 4:00–6:00 PM & Sat. 12:30–2:30 PM

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.

Tier #1 Sunday 3:30–5:30 PM

Tier #2 Thursday 6:00–7:30 PM & Sunday 11:30–1:30 PM

Tier #3 Tuesday 6:00–7:30 PM & Sunday 1:30–3:30 PM

Holiday Camp

December 30,31 & January 2,3

Lobber 4–6 years
11:00–11:45 AM

Future Star 7–8 years
Noon–1:30 PM

Aces 9–10 years
Noon–1:30 PM

Middle School and High School
1:30–3:30 PM

Tucson Holiday Training Trip

Join us for our 5th Annual Tucson Training Trip held during the Christmas Break, December 28 thru January 1. Players will train
for 25 hours and also compete in the Winter Junior Championship
in Tucson held January 30–31. Call us for details 970.493.7000

Class Schedule
Winter sessions run for four weeks.

Session 1 11/18–12/21
Session 2 1/6–2/1
Session 3 2/3–3/1

50 Plus

The Fort Collins Senior Center provides adults an opportunity to access and engage in recreational opportunities, stay active and socialize. The Senior Center’s diverse program selection include: travel, outdoor adventure, special events, fitness, art and more. The Center is open to all adults but specializes in programming for adults 50 years of age and older. From October 2013 through May 2014 the Center will undergo an expansion of its fitness and wellness facilities. For more information please visit *fcgov.com/seniorcenter*.

Our Vision:

Fort Collins is a community where all aging citizens are active, healthy, independent, and engaged.

Our Mission:

The Fort Collins Senior Center is a gathering place where older adults can come together for activities and services that enhance their dignity, maintain their wellbeing, support their independence, foster lifelong learning, and encourage their involvement in the community.

We value:

• Education and recreation that bring meaning to leisure time

• Health, wellness, and active lifestyles

• A supportive setting for socialization

• Information, referral, and support

• The efforts of senior service providers who share our vision

We are expanding to meet the need.

Construction will begin in fall, 2013 on our expansion. If you haven’t been to the Senior Center recently, please note that the main entrance has moved to the east side of the building. Front desk staff (now located in Activity Room 2) will happily help you locate your class or activity. Parking is limited so use alternative transportation or carpool whenever possible. Provide us your email and receive construction and program updates regularly.

Many staff phone numbers will change during construction.
Contact front desk at 970.221.6644 for assistance.
Peggy Bowers 970.237.1788
Barbara Schoenberger 970.231.7279
Pat Moore 970.218.2267.

Senior Center Membership

Membership 50+ is $25.00 annually with scholarships available. Membership provides a $3 per month discount for Fitness Passes and Full Access Passes or $1 off daily fitness admissions. Additionally 50+ members have free admission to drop-in programs including pool room, open shop, library/media center, bingo, cards and games, two day advance registration, member discounts on select services and activities, membership in member-only clubs, member celebrations, free limited legal counseling, notary service, and health and wellness services. See page 17 for details.

Pool Room

The Pool Room has 4 eight- ball tables and 1 snooker table. Players must be a member of the Senior Center or pay daily drop-in fee. Additionally, we ask
that users contribute to the maintenance of the facility by making
a donation in the donation box located in the room.

Library Media Center

The Senior Center’s library will be closed until construction is complete. The media center will be downsized and moved to Activity Room 2.

Volunteers

Our trained volunteers are vital to supporting our goals to serve and support aging adults of our community by serving in clubs and committees, as trip drivers and guides, as greeters, librarians and cooks, assisting with clerical tasks, special events and dances, travel activities, outdoor recreation, educational and fitness related activities, supervising arts and crafts and playing a role in a myriad of other social events! If you are interested in volunteering, please contact Volunteer Coordinator Betsy Emond at bemond@fcgov.com for more information!

Expansion

Board of Directors

Fort Collins Senior Center Building on Basics Expansion
Committee 2013

(The Expansion Committee, a 501c3 nonprofit (#77-0710427), citizen-led volunteer committee, is raising funds to supplement the tax revenues allocated to the Senior Center Expansion. They may be contacted at Senior Center Expansion Initiative, P.O. Box 1217, Fort Collins, Colorado 80522, 970.224.6026)

Officers:

President:
Linda Hopkins, lindah@frii.com

Vice-president:
Eric Biedermann, bied3@comcast.net

Secretary:
Lizbeth Denkers, lizbden@aol.com

Treasurer:
Peggy McGough, bmcgough7@comcast.net

**Members:**

Brenda Carns, Brenda\_carns@yahoo.com
Sharon Keay, skeay@good-sam.com
Ann Leffler, ann.leffler1@gmail.com
Ellen Lirley, ellenhome@hotmail.com
Bonnie Markstrom, bdmarkstrom303@yahoo.com
Cindy Roccaforte, cindy@taxrecs.com
John Roccaforte, john@taxrecs.com
Mary Shultz, shultzmary@gmail.com
Larry Bontempo, lpb2218@msn.com

Staff support:

Barbara Schoenberger
Katie Stieber
Peggy Bowers

Watch our progress at seniorcenterexpansion.org

The Bricks and Mortar Campaign will be ending on October 31, 2013. The Senior Center Expansion Committee will continue to raise funds for furnishings and equipment through the construction phase. Don’t wait! Help us to meet the goal. Donate now.

Clubs

Senior Advisory Board

The Senior Advisory Board advises City Council on issues related to older adults and is comprised of individuals of all ages who share a concern for the aging members of our community. The board consists of 11 members; nine members are appointed by City Council, and two members are appointed from the Senior Center Council. The Senior Advisory Board meets the second Wednesday of each month at 1:30 PM. The first 20 minutes of each meeting is devoted to public participation.

*NOTE:* The Senior Advisory Board will meet at the Park Shop in City Park from November, 2013 thru May, 2014 due to construction at the Senior Center.

Organizations Assisting Fort Collins
Senior Center Staff

Senior Center Council – M

The Fort Collins Senior Center Council assists and advises the administrative staff in matters regarding the operation of the Fort Collins Senior Center and are elected representatives from the senior membership. Elected representatives meet the third Monday of each month at 1:30 PM. Members are invited to attend. Written information for the Council to consider can be submitted on comment cards that can be found at the Greeter’s Desk.

Clubs & Organizations sponsored by
Fort Collins Senior Center

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

Participants meet on a weekly basis to present their arts and crafts projects to others in the group. Individuals are encouraged to share new ideas and techniques, all this while they enjoy the camaraderie
of other artisans.

Location: The Farm 600 N. Sherwood

Ongoing, W, 1:00–3:00 PM

Fort Collins Badminton Club

Players of varying skill levels who range from elementary school age to 70+, the Fort Collins Badminton Club is the largest badminton club in northern Colorado. To participate in many play time options at NACC and the Senior Center, players can pay a $3.00 shuttle fee per visit or purchase a 10-punch, paper shuttle pass for a fee of $25.00. For further details, schedule changes, and updates, please visit fcbadminton.org.

Location: Northside Aztlan

Ongoing, T, Th 8:00–10:00 AM, drop in fees apply

Ongoing, Sat, 2:00–5:00 PM, drop in fees apply

Location: Senior Center AGE: 18+ only

Ongoing, M, W, 6:45–9:00 PM, drop in fees apply

Fort Collins Senior Sports Club – M

Senior Sports Club is an active group of people over 50 who have a love for playing sports. Take advantage of this opportunity to interact with people who share your same interests both through sport activities and social events. Annual dues are $5.

Verify current schedule at 970.221.6644.

Badminton, M, W, F, 8:00–10:00 AM, Senior Center

Badminton, M, W 6:30–8:30 PM, Senior Center

Badminton, T, Th, 8:00–10:00 AM, NACC; club play

Basketball, M, W, F, 8:00–10:00 AM, NACC

Pickle Ball, Pick up official schedule at Senior Center front desk.

Table Tennis, T, Th, Sat, 3:00–5:00 PM, Senior Center

Tennis, M–F, 9:30 AM, Rolland Moore Park

Ice Skating, W, 9:00–11:00 AM, EPIC

Swimming, T, F, 10:00–11:30 AM, EPIC

Senior Sports Club meetings are held every other month on the second Monday with a potluck supper at 5:30 PM at the Senior Center. Each meeting features helpful information about living a healthy and active life. Information is shared about events and activities. The activities of the Club are guided by a volunteer board with the assistance of a staff liaison. Board meetings are held every 2nd Monday of the even months at 9:30 AM at the Senior Center.

Current list of sport contacts:

Swimming Kathy Garwood 482.5162

Badminton Dorris Taylor 221.3335

Bicycling Open 226.3477

Bowling Karen Burgess 484.2906
 Rich Larson 221.5190

Table Tennis Clarence Ehlbert 221.0269

Basketball Fritz Kitowski 282.1626

Tennis Fritz Kitowski 282.1626

Track Jim Frances 225.2902

Pickle Ball Clarence Elbert 221.0269

Front Range Forum – M

Front Range Forum is an organization serving the residents of Northern Colorado’s Front Range who are intellectually curious
and dedicated to enriching their daily lives with the joy that
comes with life-long learning. Members facilitate classes for
each other; participants take part in short presentations and
informal discussions.

The Forum offers 8–10 classes 3 times a year; classes meet two hours a week for up to eight weeks. Topics for study have varied from the Vikings to the Movies; from the Civil War to Science; and from Van Gogh to Broadway Musicals. In addition the Forum sponsors lectures, and a summer program. For twenty years the Forum has offered friendship and camaraderie. Our newsletter, published four times
a year, outlines the courses and lectures offered (Found on line atfcgov.com/recreation/frf-index.php). Present membership is $20 per year. For more information call Katie Stieber at 970.224.6029.
The Forum welcomes Senior Center Members who want to enrich
their lives through learning.

Harmonettes – M

Do you enjoy singing favorite songs from your younger years? The Harmonettes practice and perform seasonal and themed programs of popular music from years past for local assisted living facilities and for special events. No choral experience is required, but ability to read music is helpful. Men and women 50+ are welcome. Contact Katie Stieber at 970.224.6029 for further information.

Location: Senior Center

*Note:* No session held on the 3rd Monday of the month.

Practice

OngoingM 9:00–10:30 AM No Fee

Older Gay Lesbian Bisexual Transgender (OGLBT)

This group meets monthly for breakfast or dinner. The locations and times change monthly. It is a social network for persons that are OGLBT and age 50+. Please contact Katie Stieber on her private phone line at 224-6029 or at kstieber@fcgov.com.

SOAP Troupe (Slightly Older Adult Players) – M

SOAP Troupe produces two major shows per year featuring a variety of acts/short skits, monologues, stand-up comedy, song, dance or instrumental performances, a short play and usually a melodrama or short comedy.

Whether you are experienced or a beginner, your talent can be used to act, pound nails, sew, sing and/or write. Monthly programs and activities are planned. Interested persons are encouraged to attend a meeting. SOAP Troupe is only open to Senior Center Members who are 50+. Dues are $10 annually. SOAP meets at 3:00 PM on the fourth Tuesday of each month on the stage of the Senior Center.

Contact Katie Stieber at 970.224.6029 for membership information.

The Writers Group – M

Express yourself through writing in any manner you choose regardless of content, genre, or skill. Participants gather weekly to share their work and occasionally write on a topic selected by all. You will be asked to sign in at the meetings; new participants are always welcome. (Senior Center members 50+ only).

Location: The Farm 600 N. Sherwood

*Note:* Take notice of new, temporary location

Ongoing Tu 10:00 AM–Noon No Fee

Health & Wellness Services

Services Procedures

Payment is required in advance for services. Services will include, but are not limited to, foot care and full body massage. A service reservation must be canceled at least 24 hours in advance. If not, the fee for this service will not be refunded. Following three missed appointments, the participant will no longer be able to schedule that service at the Senior Center.

Arthritis Support Group

Will resume their meetings in fall. This group is designed to offer information and support for those who have arthritis, their family members, friends and/or caregivers. Every meeting provides an opportunity to learn more about arthritis and related resources to meet other people with the condition, network, and share common experiences. Bring your lunch.

Age: 50 years & up

Location: Senior Center

12/9, 1/13, 2/10 M 11:00 AM–12:30 PM No Fee

Audiology Screens – MO

A certified audiologist from All About Hearing will be available for hearing screenings, cleaning of hearing aids and to check hearing aids and do simple maintenance.

Audiologist: Brenna Whittey

Location: Senior Center

1/8 W 8:30–9:30 AM No Fee

Blood Pressure Checks – MO

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.

Care Provider: Health District Nurse

Age: All ages

Location: Senior Center

12/16, 1/20, 2/17 M 10:00 AM–Noon No Fee

Chair Massage

Receive a therapeutic chair massage to increase circulation, reduce stress, and provide relief from muscle tension and fatigue. No clothing removed. Care provider is a certified massage therapist. Call 970.232.8589 to make your appointment. Drop-ins welcome as well.

Therapist: Annemarie Muehlbradt

Location: Senior Center

Ongoing M 9:00 AM–Noon
$8 (10 minutes)
$15 (20 minutes)

Cholesterol Clinics

Blood pressure, cholesterol and glucose screenings are provided along with counseling and recommendations within 20 minutes by registered nurses. Clients are requested to fast 12 hours before the screenings (water and medications can be taken) to get complete results. Appointments are required. Please call the Health District
at 970.224.5209.

Care Provider: Health District Nurse

Age: 50 years & up

Location: Senior Center

12/3,1/7,2/4 Tu 8:30–10:30 AM $15 or sliding scale

12/19,1/16,2/20 M 8:30–10:30 AM $15 or sliding scale

2/1 Sa 8:30–10:30 AM $15 or sliding scale

Foot Care Clinics – MS

The visit starts with a foot soak followed by an assessment of your feet. Your nails are then trimmed, corns and/or calluses are addressed, a skin sloughing treatment is given and a light massage concludes the visit.

Care Provider: Erin Sunshine Keefe

Location: Senior Center

*Note:* Cancellations must be made at least 24 hours in advance.

Ongoing Tu 9:00 AM–2:30 PM $34/$28

Legal Services – MO

Free half-hour sessions every first Thursday of the month provided by Marla Hehn. Please call the Senior Center at 970.221.6644 to schedule an appointment.

Location: Senior Center

12/5,1/2,2/6 Th 1:00–5:00 PM No Fee

Massage Therapy – MS

Swedish, integrative and deep tissue massage.

Therapist: Mareye Bullock, 970.224.4082

Location: Senior Center

*Note:* Payment due when appointment is made (at least 24 hours in advance). Cancellation must be made 24 hours in advance in order to receive a refund.

One Hour

Ongoing M 12:30–6:30 PM $50/$45

Half Hour

Ongoing M 12:30–6:30 PM $27/$25

VOA Senior Nutrition Program

Senior nutrition is a service of Volunteers of America in cooperation with the City of Fort Collins Recreation Department. A hot lunch
is provided both sites. Call 970.472.9630 for more information and reservations.

Northside Aztlan Center

Ongoing Tu,W,Th Noon
Suggested Donation: $2.50

Senior Center

Ongoing M,Tu,Th,F Noon
Suggested Donation: $2.50

Social Opportunities

Classes are for ages 50 years & up unless otherwise noted.

Moonlight Melody Dances

Social dance to live music. Refreshments served.

Location: Senior Center

Darrell Sullivan

12/2 M 7:00–10:00 PM $4 at the door

2/3 M 7:00–10:00 PM $4 at the door

C.C. Collier

12/15 M 7:00–10:00 PM $4 at the door

Jim Ehrlich

12/30 M 7:00–10:00 PM $4 at the door

1/20 M 7:00–10:00 PM $4 at the door

Harris and Harris

1/6 M 7:00–10:00 PM $4 at the door

Pepie Carlberg

2/17 M 7:00–10:00 PM $4 at the door

Bingo – M

The Senior Center members compete against each other for prizes.

Location: Senior Center

12/9 M 1:00–2:00 PM No Fee

1/13 M 1:00–2:00 PM No Fee

2/10 M 1:00–2:00 PM No Fee

Cards & Games – M

Cards and Board Games including canasta, mahjong, scrabble,
and cribbage.

Location: Senior Center

Cards & Games

Ongoing M 9:00 AM–Noon No Fee

Cards & Games MO

Ongoing W 1:00–4:00 PM No Fee

Party Bridge – M

Members play drop-in party bridge

Location: Senior Center

Ongoing Tu 12:30–4:00 PM No Fee

Ongoing Th 5:30–8:30 PM No Fee

Pinochle – M

Members play drop-in party Pinochle

Location: Senior Center

Ongoing Tu 12:30–4:00 PM No Fee

Ongoing Th 5:30–8:30 PM No Fee

Bridge Mentoring – M

Mentoring instruction is based on Standard American Bridge. Nila Hobbs will help you with working through the play of the hands.

Location: Senior Center

12/9, 12/23 M 6:30–8:30 PM No Fee
1/13, 1/27,
2/10, 2/24

Duplicate Bridge – MS

Duplicate Bridge, members $2.80, non-members $3.50

Age: 18 years & up

Location: Senior Center

Ongoing F 11:30 AM–4:00 PM No Fee

Celebrations – M

Celebrate October, November and December birthdays and anniversaries of the Senior Center members with cake and a gift.

Location: Senior Center

12/19 Th 1:30–3:00 PM No Fee

Donut It Make You Wonder – M

Ongoing topical discussions with donuts and coffee.

Location: Senior Center

Ongoing F 10:00–11:30 AM No Fee

Movies, New Releases – M

Join us for new release movies! Schedule of movie titles available at registration desk.

Location: Senior Center

12/13, 12/20 F 1:00–3:00 PM No Fee
1/3, 1/17,
2/7, 2/21

Events

Forever Mine Celebration – M

Gather your friends and family and celebrate the love of your life at this Valentine Celebration. A three course meal will be served and dance music provided featuring Rock and Roll and Country music from the late 50’s and early 60’s.

Location: Senior Center

*Note:* Tickets at the Fort Collins Senior Center. Cash Bar. Reservations for tables of 6 or more and special dietary needs met upon request
at registration.

2/15 Sa 5:30–9:00 PM $20 112444-01

Member Price $16

Annual Membership Meeting

Find out what is current at the Senior Center and provide input. We need your help to maintain the high level of customer satisfaction and life enrichment for which the Senior Center has been nationally recognized. RSVP at the registration desk or call 970.221.6644. Brunch will be provided.

Location: Senior Center

1/9 Th 9:00–11:00 AM No Fee

Historical Cafe

The Scout & His Lady – NW M

Join Mike and Sharon Guli in the year 1875 as they prepare to travel to Fort Collins to stock up on supplies and have dinner with friends. You will see them dress for the day starting with undergarments. Learn about the historical, yet entertaining fashions of the time.

Location: Senior Center

*Note:* Special dietary needs will be met upon request at
registration time.

1/30 Th 11:30 AM–1:30 PM $36 112440-01

Member Price $16

Sandra Day O’Connor – M

Eva Sue Littleton, Fort Collins resident will introduce you to the life and times of the first female U.S. Supreme Court Justice. Nominated in 1981 by President Ronald Reagan, she was a key swing vote in many important cases during the 24 years she served, including the upholding of Roe v. Wade.

Location: Senior Center

Note: Special dietary needs will be met upon request at
registration time

2/20 Th 11:30 AM–1:30 PM $36 112441-01

Member Price $16

Trips

General Information

Age: All Senior Center trips are for ages 50 & up unless
otherwise noted.

Registration: Pre-registration is required for all trips. Some ticketed events will have an early registration deadline. Call 970.221.6644 to register. Online registration through WebTrac is not available for trips at this time.

Refunds/Cancellation: When you purchase seats for any ticketed event, the sale is considered final. No refunds are given unless we resell that ticket.

Discounts: No discounts are allowed for trips.

Departure: Due to the expansion project at the Senior Center all trips will leave from Edora Pool and Ice Center (EPIC), 1801 Riverside Ave, Fort Collins, CO unless otherwise noted. Out of respect for the other participants we cannot wait for those “running late”. The trip will leave promptly at the posted trip time. Please arrive at least 15 minutes early to avoid missing out.

Return Times: Due to traffic situations, length of show/program
or other unknown occurrences, all return times are approximate. Please do not schedule appointments close to return times in case delays occur.

What is included: All trip prices include at least transportation and escort. Many include more depending on the trip (See trip details).

Accommodations: Individuals who are not independent in daily living activities or are in need of extra supervision are encouraged to register and participate with a personal care attendant. At time of registration, please inform us of any accommodation needed.

There is no transportation fee for the personal care attendant providing assistance but he/she must pay for ticket or meal expenses if those are part of the trip fees. Attendants must register separately from individuals they are assisting so we can make sure to provide necessary seating, meals, tickets, etc.

Smoking: Trips are smoke-free whenever possible. No smoking is allowed on vans or buses.

Door-to-Door Transportation: Round trip transportation to and from your home is available for most trips if you reside within the Fort Collins city limits (with some exceptions). The cost for this service is $3/person. Requests must be made at the time you register or at least three days prior to the trip.

Waitlist: If a trip is sold out you may have your name placed on a waitlist. This list is used to gauge whether we offer another trip or add a van. You will be called in the order it was received; however after the call it will be first come first served.

Adventure

All trips will leave from EPIC, 1801 Riverside Ave, unless
otherwise noted.

Majestic Mountain Tour – NW

Deposit: $200.00

Leave the winter driving to us as you experience a wine tasting and dinner while staying at the Wine Country Inn, Palisades. Next we will head to Ouray/Telluride to ride in a warm snowcat out into the mountains then soak in the hot springs. You will enjoy a free day in Telluride riding the gondola and exploring.

*Note:* 4 day/3 nights all inclusive trip Includes all motor coach transportation, lodging, snowcat tours, most meals, admissions,
and escort.

1/21–1/24 Tu–F $778 105991-01

Double $649

Costa Rica: Rainforest Ramble – NW

Trip Preview: 10/23, 11/19, 12/17, 7–8 PM.

Deposit: $200.00

Explore active volcanoes and hike the rainforest with one of the region’s finest naturalists. Boat down a river alive with exotic birds and monkeys. Amble through coffee and banana plantations, and then meet the locals at a special fiesta of traditional foods, dancing and singing (4–6 miles of walking each day).

Location: Senior Center

*Note:* 10 day/9 night including flight, transportation, most meals,
fees, river float, dinner cruise, volcano tour, coffee tour, hot springs, guide & escort.

4/7–4/16 $4,435 205990-01

Double $3,799

Ongoing Trips

All trips will leave from EPIC, 1801 Riverside Ave, unless
otherwise noted.

Out To Lunch – NW

Note: Includes transportation and escort. Lunch cost is on your own.

Martini’s

Martini’s Bistro is located in an old Victorian mansion boasting the first bay window in Longmont. Circa 1890’s this was the newest technology. It is completely redesigned and comfortable inside,
and the American cuisine is one of Longmont’s best. Entrees range from $11–20.

12/12 Th 10:30 AM–3:00 PM $12 105931-01

Oak at Fourteenth

Oak at Fourteenth is a neighborhood restaurant that features local and seasonal new American Cuisine in a friendly and professional atmosphere in Boulder. The simple yet inspired menus are focused around wood fire cookery. Entrees range from $10–14.

1/22 W 10:30 AM–3:00 PM $12 105931-02

Sam’s Diner

Featured on “Diners, Drive-ins, and Dives,” Sam’s No.3 offers the chance to chill at a 50’s style diner in Denver. Sam Armatas opened a chain of diners in the 1920’s, and his son and grandsons continued the tradition by naming Sam’s after him. Sam’s offers a extensive menu with wide variety. Entrees range from $8–15.

2/4 Tu 10:30 AM–3:00 PM $12 105931-03

Sunday Out to Lunch – NW

We will head to somewhere in the specified area for lunch to enjoy a day out of the house. We won’t tell you which restaurant because the mystery is half the fun! A scenic ride home tops it off.

Note: Fee includes van transportation and escort. Trip is not discountable. Lunch cost is on your own.

Niwot

1/12 Su 11:00 AM–3:00 PM $8 105934-01

Red Feather

2/9 Su 11:00 AM–3:00 PM $8 105934-02

Traveling Gourmet - NW

*Note:* Fee Includes van transportation and escort. Dinner cost is on your own.

Briarwood Inn

Come kick off the holiday season with a dinner experience at the award-winning Briarwood Inn in Golden featuring carolers singing classic holiday tunes. You will be surrounded by music and ornate decorations including a 15-foot tree in the Grand West Dining Room while you enjoy a delectable 4-course meal priced $40–80.

12/17 Tu 3:30–9:30 PM $20 105940-01

Chart House – Golden

Come enjoy spectacular views and exceptional service at Chart House. From top-of-the-catch seafood to succulent steaks, the menu is tailored to complement local cuisine while introducing a hint of the exotic. Also featured are a daily selection of fresh fish and decadent desserts. Entrees range from $20–40.

1/14 Tu 3:30–9:30 PM $20 105940-02

Mizuna

A contemporary American eatery heavily steeped in French tradition and technique, Mizuna is one of Denver’s most celebrated restaurants. The sand-colored walls and thoughtfully spaced tables lend an air of intimacy and occasion. Seasonal cuisine capitalizes on the most exquisite ingredients. Entrees priced $30–40.

2/18 Tu 3:30–9:30 PM $20 105940-03

December

All trips will leave from EPIC, 1801 Riverside Ave, unless
otherwise noted.

“Scrooge: The Musical” – NW M

“SCROOGE! The Musical” is a heart-warming family story based on “A Christmas Carol” by Charles Dickens. The Candlelight Dinner Theatre is excited to enhance this yuletide favorite with new large-scale illusions and special effects, making “SCROOGE” a more magical show than ever before.

*Note:* Fee includes transportation, dinner including non-alcoholic drink, gratuity, show, and escort. Dessert and alcohol are on your own.

12/8 Su Noon–6:00 PM $60 105920-01

Member Price $60

Cirque Dreams Holidaze – NW

An international cast of multi-talented and brilliantly costumed artists perform astonishing feats. Gingerbread men flip mid-air, toy soldiers march on thin wires, penguins spin, and much more. Original music and seasonal favorites accompany in a setting of gigantic gifts, colossal candy canes, and 30 ft. soldiers.

Note: Includes transportation, tickets, and escort. Great seats/middle orchestra. The show is at the Denver Buell Theatre.

12/15 Su Noon–6:00 PM $75 105921-01

Brown Palace Holiday Tea – NW

The Brown Palace is a Denver landmark that has decorated around the holidays for a century. You will be spoiled with a three-course tea, artfully prepared by the hotel’s culinary staff, which includes house-made scones, Devonshire cream, an exquisite selection of finger sandwiches and classic tea pastries and more.

*Note:* Fee includes transportation, tea, 3-course meal, and escort.

12/5 Th 9:30 AM–2:30 PM $70 105930-01

Denver Zoo Lights – NW M

Come experience a holiday light safari with more than 38 brilliantly-illuminated acres of lights, featuring more than 150 animated animal sculptures that swing through trees, jump across lawns, hide in bushes and appear where they’re least expected. Before the show we will eat at Cinzzetti’s Italian in Northglenn.

Age: 50 years & up

*Note:* Fee includes van transportation, admission fee, dinner (including non-alcoholic drink, buffet, dessert and gratuity) and escort. Includes walking/bring jacket.

12/11 W 3:45–10:00 PM $45 105950-01

Member Price $40

Holiday Lights Tour – NW

We will tour the best of the local holiday lights starting at the Spring Creek Gardens. We will stroll through the whimsically decorated, twinkling Gardens lit by thousands of LED lights. See the new flower bed display created entirely from flowers made of holiday lights! Then drive to view Fort Collins light displays.

*Note:* Fee includes van transportation, garden entrance, tour
and escort.

12/19 Th 6:00–9:30 PM $15 105951-01

USAF Concert – NW

Enjoy an annual tradition with the US Air Force Academy Concert Band to hear favorite holiday tunes performed by the very best! The concert is located at the Greeley Union Colony Civic Center.

*Note:* Fee includes transportation, show, and escort.

12/9 M 12:30–5:30 PM $15 105970-01

The Renaissance Project – NW

Longmont Arts presents “The Renaissance Project,” an area chorus specializing in Renaissance motets and a cappella music of a similar aesthetic. Arthur Bragg started the group in 2007, for Boulder choral singers to sing in a smaller group without an orchestra during the summer months. They now sing year-round.

*Note:* Fee includes van transportation, show, and escort. We will stop for lunch on your own prior to the show.

12/13 F 11:00 AM–6:00 PM $24 105972-01

January

All trips will leave from EPIC, 1801 Riverside Ave, unless
otherwise noted.

Denver Avalanche Game – NW

Come cheer on the Colorado Avalanche, our professional hockey team, as they play inter-division rival Minnesota Wild. Great seats at the Club Level at the Denver Pepsi Center.

*Note:* Fee includes transportation, Avalanche ticket, and escort.

1/30 Th 4:30–11:30 PM $80 105901-01

Western Stock Show – NW M

The 108th Annual National Western Stock Show is the West at its best. With over 350 vendors and 15,000 animals including horses, cattle, sheep, llamas, bison, and yak, it is the largest horse show and tradeshow in Colorado. End the day with great seats to the Pro Rodeo and watch the cowboys in action.

*Note:* Fee includes transportation, Pro Rodeo ticket, stock show entry, and escort. Lunch cost is on your own. Lots of walking.

1/17 F 8:30 AM–6:00 PM $45 105903-01

Member Price $40

“Evita” – NW

Eva Peron used her smarts and charisma to rise meteorically from the slums of Argentina to First Lady. Adored by her people as a champion for the poor, she became one of the most powerful women in the world. The musical ‘Evita’ tells Eva’s unforgettable true story, and features some of theater’s most beautiful songs.

*Note:* Includes transportation, show, and escort. Great seats/middle orchestra. The show is at the Denver Buell theatre.

1/16 Th Noon–6:00 PM $75 105923-01

Heroes & Terrorists – NW M

Our guided tour of the Denver Firefighters Museum will present the life of firefighters and firefighting, past and present. Then we’ll tour The Counterterrorism Education Learning Lab (CELL), an interactive one-of-a-kind exhibit, which provides learning opportunities about the threat and prevention of terrorism.

*Note:* Includes transportation, entrance and guided tours. Lunch cost on your own.

1/9 Th 8:00 AM–4:00 PM $35 105952-01

Member Price $30

Broncos Stadium Tour - NW M

Hey Broncos Fans! Come tour Sports Authority Field, home of our mighty Denver Broncos. This is your chance to see the “back of the house” and the CO Sports Hall of Fame Museum. Tour may include stops at, Visiting Team Locker Room, the End Zone, Press Center,
and much more!

*Note:* Includes transportation, entrance and guided tour. Lunch cost
is on your own at Elway’s. Entrees from $9–$16.

1/24 F 8:30 AM–4:00 PM $35 105953-01

Member Price $30

Breckenridge Snow Sculptures – NW M

The 24th annual International Snow Sculpture Championships is a must-do holiday experience. International sculptors descend on Breckenridge and compete using only hand tools and creativity to shape a 20-ton block of snow. The masterpieces are amazing and you will have plenty of time to explore at your own pace.

Location: Rolland Moore Park

*Note:* Fee includes transportation and escort. Breckenridge is 9600' and may be cold. Wear stable footwear with good grip for lots of walking. Lunch cost on your own.

1/27 M 8:00 AM–5:00 PM $45 105954-01

Member Price $40

February

All trips will leave from EPIC, 1801 Riverside Ave, unless
otherwise noted.

Alton Brown Live! – NW

We’ll travel to the Union Colony Civic Center in Greeley to see Alton Brown. The star of “Good Eats” brings his brand of quirky humor and culinary-science mischief to the stage. It’s a unique blend of stand-up comedy, food experimentation, talk show mischief, multimedia lecture, and believe it or not...live music.

*Note:* Fee includes transportation, show and escort. We have great middle seats.

2/5 W 5:30–9:30 PM $45 105924-01

Agatha Christie’s “The Mousetrap” – NW

A classic Agatha Christie mystery unfolds when a group of strangers are stranded in a boarding house during a snowstorm. Murder is committed, all are suspects, and a policeman uncovers their hidden secrets. “The Mousetrap” celebrated 60 years on London’s West End becoming the longest running play in recorded history.

*Note:* Fee includes transportation, show, and escort. Show at the Arvada Center. Best seats in the middle of the theater.

2/19 W 11:00 AM–5:30 PM $50 105926-01

Clyfford Still Museum – NW

One of the most important painters of the 20th century, Clyfford Still was among the first Abstract Expressionist artists after World War II to develop a new and powerful approach to painting. This museum allows visitors to explore his legacy, mysterious life, and work, much of which has been hidden from public view.

*Note:* Includes transportation, museum entrance, and guided tour. Lunch cost on your own.

2/7 F 9:00 AM–4:00 PM $30 105961-01

Cowboys & Scholars – NW M

For Black History Month, we’ll tour the Black American West Museum which celebrates the contributions of Blacks in the Old West including cowboys, miners, soldiers, teachers, lawmen, and more. Then we’ll visit Blair-Caldwell African American Research Library, the only one of its kind between Detroit and Oakland.

*Note:* Includes transportation, museum entrance and guided tour. Lunch cost on your own at Cora Faye’s Soul Food Cafe in Denver.

2/13 Th 8:30 AM–4:00 PM $35 105963-01

Member Price $30

Maya: Hidden Worlds Revealed – NW

Maya: Hidden Worlds Revealed is the largest exhibition about the ancient Maya ever to be displayed in the United States. Through a combination of never-before-seen artifacts, hands-on activities, and immersive environments, we’ll explore the rise and eventual decline
of this fascinating culture’s ancient cities.

*Note:* Includes transportation, museum entrance and guided tour.
Exhibit is at the Denver Museum of Nature and Science. Lunch cost
on your own.

2/27 Th 8:30 AM–4:00 PM $45 105964-01

Colorado Symphony – NW M

Join the Colorado Symphony as we celebrate the 100th anniversary of Benjamin Britten’s birth with a performance of one of his most popular works. “The Young Person’s Guide to Orchestra” is a showpiece for the orchestra’s virtuosic players. Audience-friendly works by Tchaikovsky and Dvorak round out this selection.

*Note:* Fee includes transportation, symphony tickets, and escort.

2/2 Su Noon–6:00 PM $70 105974-01

Member Price $65

Colorado Symphony – NW M

Renowned conductor Mark Wigglesworth and Midori – the violinist whose talent once brought Leonard Bernstein to his knees – take
the stage in a performance of Mendlessohn’s “Concerto in E minor”.
Get swept away in the drama and romance of Wagner’s “Tristan
and Isolde”.

*Note:* Fee includes transportation, symphony tickets, and escort.

2/16 Su Noon–6:00 PM $70 105976-01

Member Price $65

Celtic Nights: The Emigrants Bridge – NW M

Celtic Nights is a unique show featuring both the finest male and female voices of the Celtic world. In this glittering production, 6 of Ireland’s most prominent vocal talents are complimented by 6 of its most accomplished step dancers, creating an exhilarating picture of a proud people who dared to dream big.

*Note:* Fee includes transportation, show ticket, and escort. Show is at the Lincoln Center.

2/12 W 6:45–10:00 PM $45 105977-01

Member Price $40

“Ten Tenors on Broadway” – NW M

THE TEN TENORS are an international sensation, performing an average of 250 shows per year around the globe. Performing with an eight piece band, you can expect this group of 10 Australian vocalists to bring their unique blend of raw power and soothing beauty to their new show, “The Ten Tenors on Broadway”!

*Note:* Fee includes transportation, show and escort. Show is at Union Colony Civic Center in Greeley.

2/28 F 6:00–10:00 PM $50 105978-01

Member Price $45