

Winter registration starts at 7 a.m., November 17

Winter 2017

Recreator

City of
Fort Collins

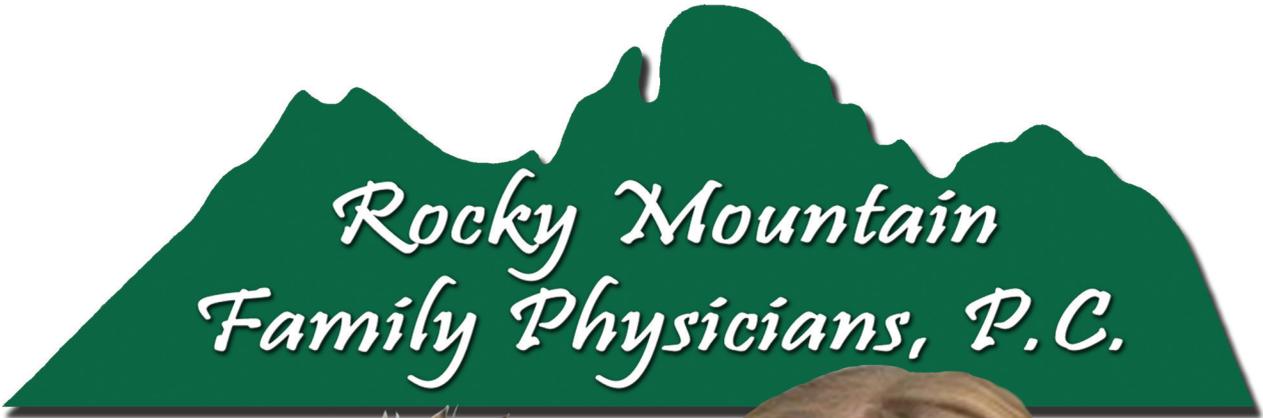
ZOE BARTEL

RECREATOR

★ OF THE ★

YEAR





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WINTER

Rentals

camping military surplus archery hunting fishing athletics clothing footwear optics & photography maps



Wilderness Engineering



TUBBS
SNOWSHOES



Black Diamond

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Credits

City of Fort Collins Parks and Recreation Board

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Assistant City Manager Wendy Williams

Recreation Director Bob Adams

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Renée Lee
Adaptive Recreation Opportunities
Aaron Harris
Northside Aztlan Center
Programs & Facility
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Sports and Youth Programs
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Senior Programs
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Ice Skating

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On the cover: Zoe Bartel





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From the Recreation Director

Dear Recreators,

The Recreator of the Year edition is one of my favorite editions as it offers feature articles about local recreators and Recreation highlights. So, sit back with a hot cup of cocoa or coffee and enjoy this Recreator of the Year edition of the Recreator.

Every year around this time we get to honor a person who lives the “Recreator” lifestyle and represents our mission and vision. Recreation’s vision is “World class recreation services which inspire people to lead engaged and healthy lives.” These words help guide and motivate us. This year, we are proud to name local student and swimmer, Zoe Bartel, the 2016 Recreator of the Year. Zoe, a junior at Fossil Ridge High School, is an amazingly talented swimmer who trains at EPIC and Mulberry Pool with FAST (Fort Collins Area Swim Team). Zoe participated in the U.S. Olympic Swim Trials this past summer and placed 13th in the 200-meter breaststroke (out of 123 swimmers). Zoe, who is 15 years old, was the youngest swimmer to qualify in the semifinals. Recreation is proud of Zoe and proud to be a part of her training program.

A lot of movement is going on this year for swimming and pools. Have you noticed the changes to EPIC’s pool and lobby area? On December 17, we’ll celebrate the much anticipated renovation and you’re invited. Visit fcgov.com/recreation or follow us at FCRecreator on Facebook, Twitter, Instagram, or Snapchat for more information.

As we finish out 2016, we conclude Parks and Recreation’s 50th Year Anniversary. We hope you enjoyed our year-long celebration. Together, we celebrated five decades of service to this amazing community. We look forward to building on the strong legacy that our predecessors built.

Best regards,

Bob Adams
Recreation Director
970.221.6354

Contact Information

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

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970.221.6655
recreation@fcgov.com

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Bob Adams
Recreation Director
970.221.6354

The Recreator is published quarterly by the City of Fort Collins Recreation Department, 215 N. Mason St., 3rd Floor.

For subscription information, please visit fcgov.com/recreator.

City of Fort Collins Recreation Department

Vision

World-class recreation services which inspire people to lead engaged, healthy lives.

Mission

Fostering health and well-being through diverse and inclusive recreation opportunities, sustainable planning, and community partnerships.

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

Esta información puede ser traducida, sin costo para usted.

Follow us at FCRecreator



Registering for Recreator Programs

Registration begins at 7 a.m. on November 17. You can register for programs three ways:

Online

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

Forgot your household ID? Call 970.221.6655 or email recreation@fcgov.com.

Once you arrive at fcgov.com/recreator:

1. Select WebTrac Online Registration.
2. Enter your household ID number.
3. Your default password will be the last name under which your household account is registered. If you choose to modify your password, please note the password change for future registration.

At Recreation Centers

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

Northside Aztlan Community Center

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

Edora Pool Ice Center (EPIC)

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

Fort Collins Senior Center

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

Foothills Activity Center

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

Over the Phone

Have your credit card or debit card information available. Contact 970.221.6655 to register over the phone.

Definitions

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

Additional Information

Make checks payable to “Recreation.” No registration can be approved by an instructor or coach. Personal information is entered into the registration database by “household.” By providing household information to the City, you are consenting to the release of information regarding your household to all members of your household. There is a \$25 charge for returned checks. No cash refunds.

Reduced Fee Program

Reduced fees are available to residents with limited incomes. Interested persons must apply in person for fee reduction and be approved prior to registration; please allow 10 days for processing. Applications are available at all registration sites. Activities that are not discountable or partially discountable are noted as such. To utilize the Reduced Fee Program, register in person or by phone; online discounted activity registration is not currently available.

Cancellations/Transfers

When you register for a class, we depend on your enrollment for a successful class. Please plan carefully to avoid cancellations. If you must cancel (or transfer) from a youth or teen activity, you must notify staff at least 2 business days (8 a.m.–5 p.m., M–F at 970.221.6655) before the activity begins to receive a full refund or credit. Later requests will be denied. This policy does not apply to aquatics, ice skating, or adult activities.

If you must cancel (or transfer) from any aquatics, ice skating or adult activities, notify staff before the first class to receive a full refund. A 75% refund will be issued if the activity is canceled after the first class and before the second class begins. Later requests for cancellations or transfers will be denied.

Refunds/Credit

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

In accordance with Recreation policy, if the activity from which you wish to cancel was purchased with a credit card, the refund must be reimbursed directly to the same credit card used for the original activity registration. If the activity was originally paid with cash or check, you may choose between a refund or a household credit which will remain in your account for future Recreation use.

ADA Disclosure

Auxiliary aids and services are available for persons with disabilities. V/TDD: Dial 711 for Relay Colorado. If you require assistance in another language, please contact us 970.221.6655 or recreation@fcgov.com. Esta información puede ser traducida, sin costo para usted. For more information about Adaptive Recreation Opportunities programming, see page 16.

Baby, it's cold outside.

Associates in Family Medicine welcomes winter!

With locations across Northern Colorado, AFM provides convenient care to help you stay active and healthy all winter long. Don't let the cold weather slow you down! Visit our team of local providers to get world-class health care so you can enjoy this wonderful time of the year.



Fort Collins

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

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

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

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

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

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

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

Windsor

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

Loveland

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



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Recreation's Admission and Pass Fees

More value, more options, more benefits.

Single Admission Passes

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

Single Admission One-time Drop-In Rate	
Youth	\$3.25 (\$1 at Northside Aztlan Center)
Adult	\$4.00
60 years & up	\$3.25
Drop-In Fitness Class Fee*	
Single Admission	\$6.00
10 Admission	\$50.00
*Excludes karate classes. Valid one year from date of purchase	

Senior Center Admission Passes

Admission rates for the Senior Center only.

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

Multi-Facility Admission Pass

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

25 Admission Pass: 25 admissions to use at any of the facilities listed above. Expires one year from date of purchase.	
Youth	\$65.00
Adult	\$80.00
60 years & up	\$65.00
1 Month Pass	
Youth	\$23.00
Adult	\$34.00
60 years & up	\$23.00
Family/Couple	\$55.00
6 Month Pass	
Youth	\$115.00
Adult	\$170.00
60 years & up	\$115.00
Family/Couple	\$275.00
Annual Pass	
Youth	\$207.00
Adult	\$306.00
60 years & up	\$207.00
Family/Couple	\$495.00
<i>Pass holders receive 70% discount on registrations for designated fitness programs.</i>	
<i>EPIC pass holders receive \$1.00 off ice skating single admission.</i>	
<i>Annual pass holders receive 4 single admission guest passes and 10% discount on room rentals.</i>	
<i>Facility passes do not include admission to the City Park Pool.</i>	
<i>Group rates available at City Park Pool, EPIC & Mulberry Pool. Group must consist of at least 10 participants and a 48 hour notice required for reservations. Groups over 50 people must provide one week notice. Group rates do not include skate rental.</i>	
No refunds on passes	

GRAND RE-OPENING

EPIC

Edora Pool Ice Center

December 17

9 a.m. – 2 p.m.

1801 Riverside Avenue

See the newly renovated pool and lobby, and help us celebrate our 30th birthday!

Free ice skating and recreational activities all day.

For more information, visit fcgov.com/epic



FACILITIES



Edora Pool Ice Center

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

Please note that the EPIC Pool is closed until late November.

Visit fcgov.com/epic for updates.

Edora Pool Ice Center, also known as EPIC, is the region’s premier ice and aquatics facility. EPIC serves the entire community with a variety of ice skating and aquatics programs, classes, events, and activities. EPIC welcomes more than one million visitors per year. EPIC is home to the Fort Collins Area Swim Team and Fort Collins Figure Skating Club.

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

Exercise Hours*	
M–F	5:30 AM–8:00 PM
Sa	8:00 AM–6:00 PM
Su	Noon–5:30 PM
<i>*Exercise room closes 15 minutes before the pool.</i>	
Ice Arena Hours 11/1–3/1	
M–F	9:00–11:00 AM
M	3:30–5:00 PM
Tu,Th	6:15–7:45 PM
F	5:45–7:15 PM
Sa, Su	12:15–2:15 PM
Sa	5:00–7:00 PM

For the most up-to-date information about special holiday hours and closures, visit fcgov.com/epic.

Mulberry Pool

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

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

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

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

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

For the most up-to-date information about special holiday hours and closures, visit fcgov.com/mulberrypool.



The Farm

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

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

Fees & Admission			
Age	Single Admission	10-Admission*	25-Admission*
Under 2	No fee	No fee	No fee
All Ages (2 & up)	\$3.25	\$28.00	\$70.00
* Valid one year from date of purchase.			
Annual Childcare Passes			
Commercial Daycare	\$175		
Home Daycare	\$84		
Barnyard Buddy Pass/Family Pass			
\$70 per year	Unlimited visits, up to 4 people per visit (additional guests pay half admission). Includes invitation to special event in December.		
Hours			
W-Sa	10:00 AM-4:00 PM		
Su	12:00-4:00 PM		

For the most up-to-date information about special holiday hours and closures, visit fcgov.com/thefarm



The Pottery Studio

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

The Pottery Studio, located in the northwest corner of City Park, has provided interactive experiences and education since 1971. The Studio is equipped with the materials needed to learn a wide range of basic clay techniques including the use of a potter's wheel, handbuilding, forming, construction, surface treatment, and a variety of methods to decorate and glaze ceramic ware. All levels of experience welcome.

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

Hours

Hours adhere to class and lab listings. See page 32 for more information.

FACILITIES



Foothills Activity Center

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

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

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

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

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



Northside Aztlan Community Center

112 E. Willow St. | 970.221.6256 | fcgov.com/north

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

- 50,000 square foot facility
- Cardio/weight room
- Classrooms
- Elevated running track
- Kitchen
- Locker rooms
- Multi-purpose rooms
- Outdoor handball courts
- Playground
- Lighted skate park
- Triple gymnasium

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

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

HEALTH -AND- WELLNESS
 Providing unique and comprehensive services through the Health and Wellness Program.
fcgov.com/health-wellness

City of Fort Collins
 COLUMBINE HEALTH SYSTEMS
 UCHealth

3 ORGANIZATIONS
1 GOAL

Health & Wellness

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

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

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

Hours

Hours adhere to program listings. See page 61.



Senior Center

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

The Fort Collins Senior Center provides adults an opportunity to access and engage in recreational opportunities, stay active, and socialize. Programming ranges from travel, outdoor adventure, special events, fitness, and art. The Senior Center is open to all adults, however specializes in programming for adults 50 years of age & up.

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

Senior Center Membership	
Adult (18–49)	\$50
50+	\$25
<i>Senior Center Members receive: \$3.00 per month discount on fitness or multi-facility pass or \$1 single admission to use fitness facilities. For more information about Senior Center Membership Benefits, see page 87.</i>	

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

For the most up-to-date information about special holiday hours and closures, visit fcgov.com/seniorcenter.

Other Facilities

Club Tico

1599 City Park Dr. | 970.224.6113 | fcgov.com/clubtico

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

Fort Collins Museum of Discovery

408 Mason St. | 970.221.6738 | fcmo.org

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

Lincoln Center

**417 W. Magnolia St. | Admin: 970.221.6735,
Box Office: 970.221.6730 | LCtix.com**

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

Natural Areas

970.416.2815 | fcgov.com/naturalareas

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

Rolland Moore Racquet Complex

2201 S. Shields | 970.493.7000

fcgov.com/recreation/racquet-complex

Rolland Moore Racquet Complex consists of 8 lighted tennis courts, 3 outdoor handball/racquetball courts, 1 platform tennis court, sand volleyball, 2 10-years & under courts, and a full-service pro shop.

Facility Rental

The City of Fort Collins Community Services Division has several facilities that can be rented for a minimal fee. The City of Fort Collins has community centers, banquet rooms, parks, and pavilions available for your event. Visit fcgov.com/recreation or call the appropriate department for more information.

Facility Rental Contact Information

Club Tico	970.224.6113
EPIC	970.221.6683
The Farm	970.221.6665
Foothills Activity Center	970.416.4280
Fort Collins Museum of Discovery	970.221.6738
Gardens on Spring Creek	970.416.2486
Lincoln Center	970.221.6735
Mulberry Pool	970.221.6657
Natural Areas	970.416.2815
Northside Aztlan Community Center	970.221.6723
Parks/Park Shelters	970.221.6660
Senior Center	970.224.6113



The Gardens on Spring Creek

2145 Centre Ave. | 970.416.2486 | fcgov.com/gardens

The Gardens on Spring Creek is your community botanic garden. Our gardens include the Children’s Garden, Plant Select® Demonstration Garden, Xeric Parkway Strip, Rock Garden, Sustainable Backyard, and the Garden of Eatin’. The Gardens offer gardening classes for adults and youth, community events, and a beautiful setting for all to enjoy.

Facility Profile

- Display gardens
- Garden and room rentals

Hours

M–F	9:00 AM–5:00 PM
Sa	9:00 AM–4:00 PM
Su	Closed effective 10/1

Garden of Lights

12/2–1/8	Hours are extended until 9 p.m. during Garden of Lights
----------	---------------------------------------------------------

Membership Benefits

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

Membership Levels

Individual	\$35
Family	\$60
Student	\$20
Supporting	\$100
Contributing	\$250
Sustaining	\$500

Fees and Admission

A suggested donation of \$5 per person. Programs and/or special events may have a fee. See page 64 for more information and programming offered by the Gardens.

For the most up-to-date information about special hours and closures, visit fcgov.com/gardens.



City Park Nine Golf Course

411 South Bryan Ave.
970.221.6650
fcgov.com/golf

City Park Nine is a regulation length 9-hole municipal golf course that offers enjoyment and challenges for players of all ages and abilities. The course features tight fairways, small greens, and mature trees.

- 9 holes
- 6,326 yards
- Clubhouse
- Driving Range
- Food and beverages
- Par 36
- Patio Area
- Practice chipping and putting greens
- Pro shop



Collindale Golf Course

1441 East Horsetooth Rd.
970.221.6651
fcgov.com/golf

Collindale Golf Course is a championship length, 18-hole golf course situated on 160 acres in southeast Fort Collins. Collindale is consistently recognized as having some of the best (and fastest) greens in the state.

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



Southridge Golf Course

5750 South Lemay Ave.
970.416.2828
fcgov.com/golf

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

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

Planning More Than Parks

Planning City Park Tomorrow, constructing the new Twin Silo community park, partnering with Poudre Fire Authority on a 9/11 Memorial at Spring Park, and designing the new Maple Hill Neighborhood Park: this is all in a day's work for the Fort Collins Park Planning & Development Department.

Park Planning & Development is the team that evolves the highly praised parks and trails from wishes to reality. In striving to uphold our City vision of "providing world-class municipal service through operational excellence and a culture of innovation," this team stretches beyond themselves, gaining support of partners to achieve this very goal. Twin Silo Community Park, currently under construction, is a great example of abundant partnerships including Fort Collins Utilities Stormwater Department, Poudre School District, Nature In The City, and the Gardens on Spring Creek, each bringing their unique expertise to the project.

Trails have been identified by residents as one of the highest priority amenities provided by the City. Park Planning partners with several groups to realize improvements to the citywide trail system, promoting health and wellness within the community and creating access to nature. Trail enhancements designed to unite the region include a connection with the Poudre Trail at I-25. Larimer County, Town of Timnath, City of Fort Collins Natural Areas, and Utilities Stormwater all join together to bring trail concepts to fruition. The highly anticipated connection to Loveland planned for opening in

2018, brings together these partners, as well as the City of Loveland, and the Platte River Power Authority. The Trails Master Plan provides further guidance as we plan for the future buildout of the trails system.

Partnerships with Natural Areas, Engineering, and Stormwater departments are part of a larger effort with the local business community, private donors, landowners along Vine Drive, and citizen whitewater enthusiasts to complete the Poudre River Whitewater Park. The Park Planning Department supplies the design drawings and supporting documents in support of the Project Development Plan while reviewing the Poudre River Downtown Master Plan and receiving feedback during community outreach meetings. Colorado Division of Wildlife, Corps of Engineers, Poudre River Heritage Alliance, and Art in Public Places contribute additional expertise in innovation for the interactive features that can increase the integration of natural habitat with urban spaces as identified in the Nature in the City Program.

Community feedback is another vital component of park planning outreach and collaboration. Visit fcgov.com/parkplanning for more information, to connect with project staff, and join the conversation about these projects and others.

Dawn Theis
Parks and Recreation Board Member

City of Fort Collins Parks and Recreation: 1966 to 2016

1966

The City of Fort Collins Parks and Recreation Department officially forms. H.R. Phillips is hired as the Director of the newly formed department.

1968

The Parks and Recreation Department assumes management of City cemeteries.

1971

Edora Park opens to the public. The 65 acre park is our 2nd community park.

1974

Fort Collins Community Pool, now known as Mulberry Pool, opens to the public.

Rolland Moore Park and Southridge Golf Course open to the public.

Northside Community Center opens to the public and includes the 1st City owned indoor gym.

The City's Forestry Department was established and Tim Buchanan is hired as the City's 1st full time arborist.

1984

1978

1977

1985

The Farm at Lee Martinez Park opens to the public.

Parks and Recreation is awarded the "Gold Medal" from the National Parks and Recreation Association.

Edora Pool Ice Center (EPIC) opens to the public. It is the City of Fort Collins' first and only indoor ice rink.

The Fort Collins Senior Center opens to the public.

The Youth Activity Center is moved to a new location at Foothills Fashion Mall.

1986

1987

1995

2001

The Senior Center's expansion opens with new fitness areas and a health and wellness center.

Spring Canyon Community Park opens and includes a fully accessible playground.

The "new" Northside Aztlan Community Center opens to the public.

The 99.5 acre Fossil Creek Community Park opens to the public.

EPIC opens a second sheet of ice and a renovated City Park Pool opens.

2003

2014

2007

2007

2003

2016

The Foothills Activity Center (previously known as the Youth Activity Center) opens in the new Foothills.



Celebrating 50 years of Parks and Recreation.



ZOE BARTEL

RECREATOR OF THE YEAR



Each year, the Recreation Department selects a member of our community as our Recreator of the Year. We honor this year's Recreator of the Year for her amazing work ethic, incredible talent, and inspirational passion for competitive swimming. The City of Fort Collins Recreation Department is proud to present the 2016 Recreator of the Year to Zoe Bartel.

Zoe is a 16 year old junior at Fossil Ridge High School. She's a great student, avid Recreator, and very successful competitive swimmer. Zoe competed in the U.S. Olympic Swim Trials in Omaha, Nebraska and represented Fort Collins brilliantly. She finished 13th out of 123 swimmers in the 200-meter breaststroke. Zoe was the youngest competitor in the semifinals. Recently, Zoe competed in the 2016 Junior Pan Pacific Swimming Championships in Maui, Hawaii. Zoe broke the 2012 Pan Pacific Championship 200-meter breaststroke record with Championship record time of 2:25.46.

Zoe's success in the pool is a result of her dedication and hard work. In addition to competing for the USA, Zoe swims for FAST (Fort Collins Area Swim Team) and Fossil Ridge High School. Her training schedule is disciplined and well-rounded; it includes intense pool and dryland training. Zoe understands how important training is: "I love training. There aren't many sports where training is strenuous on your entire body all the time. Then, after all of the hours and hours you spend in the pool, getting to race and see it payoff is one of the



most rewarding feelings there is." Zoe primarily trains at Mulberry and EPIC pools.

Zoe not only excels as a swimmer, but realizes the importance of her studies, too. Her favorite classes at Fossil Ridge High School are math, business, and science. She hopes that her hard work in the classroom and dedication in the pool will allow her to swim for a Division I swim program and compete in the NCAA Championships.

Zoe's advice for young athletes is simple: balance.

She believes that finding a balance between sports and fun is important. "Try to find a balance between the sport you love and the thing that makes you happy and relieves stress." When Zoe feels the pressure of competitive swimming, you can usually find her on the slopes. Zoe also enjoys hiking, cooking, and spending time at Horsetooth Reservoir.

Recreation congratulates Zoe for all of her amazing successes, and is proud to name her the 2016 Recreator of the Year.

Adaptive Recreation Opportunities

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

Inclusion

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

Transition

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

Specialized

Designed to meet the unique needs of individuals with physical, intellectual, and/or emotional disabilities. ARO programs include trained staff, modifications, and adaptive equipment to provide for optimal participation and quality experiences. Alternative Programs are specialized programs designed for adults with intellectual disabilities, focused on community activities and social outings, and include activities such as monthly dances, outings, cooking, bowling, and trips.

Attendants

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

Volunteer

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

Contact Information

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

Renee Lee, CTRS, 970.224.6027, rllee@fcgov.com

Becca Heinze, CTRS, M.Ed., 970.224.6125, bheinze@fcgov.com

Brenda McDowell, 970.416.2024, bmcowell@fcgov.com

Alison Cope, OTR, acope@frii.com

ARO Interns, 970.224.6034, 970.221.6330, aro@fcgov.com

Transportation

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

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

Aquatics

MS Aqua

Designed for people with multiple sclerosis or other neuromuscular disorders. Trained staff give exercise modifications and assistance in a supportive social atmosphere. Exercises focus on maximizing or maintaining physical wellbeing, endurance, strength, and flexibility.

Age: 18 years & up

Location: Mulberry Pool

1/10–2/28	Tu,Th	9:30–10:30 AM	\$44 for 16 class pass
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Adaptive Swim Lessons

Swimming skills are introduced and/or enhanced for individuals with disabilities based on personal goals. Attendants are welcome for assistance in and out of the water. **Note:** Registration cut off is 2/7/2017. Classes will not be held 3/14, 3/16.

Age: 2 years & up

Location: Edora Pool and Ice

2/14–3/28	Tu	4:25–4:55 PM	\$36	102326-01
2/14–3/28	Tu	5:05–5:35 PM	\$36	102326-02
2/16–3/30	Th	4:25–4:55 PM	\$36	102326-03
2/16–3/30	Th	5:05–5:35 PM	\$36	102326-04

Fitness

1-Touch Self Defense

Designed for adults who are blind or have visual impairments. 1-Touch has proven highly effective in the development of independence, self-confidence, spatial orientation, mobility, dexterity, and personal safety. Program is taught by Scott Land, Certified 1-Touch Self Defense Coach.

Age: 18 years & up

Location: Northside Aztlan Center

Workshop

12/2	F	10:00–12:30 PM	\$5	102763-01
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Course

2/3–3/10	F	10:30–12:00 PM	\$78	102763-02
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Adaptive Yoga

Learn a variety of yoga postures that can be practiced from a chair, standing, or seated on the floor. Designed specifically for people with multiple sclerosis or other neuromuscular disorders and adapted for people of all physical abilities.

Age: 18 years & up

Location: Raintree Athletic Club, 2555 S. Shields St.

12/8–12/22	Th	1:30–2:30 PM	\$23	102980-01
1/12–1/26	Th	1:30–2:30 PM	\$23	102980-03
2/2–2/23	Th	1:30–2:30 PM	\$30	102980-04

Work Out Partners

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

Age: 16 years & up

Location: Senior Center

2/13	M	5:30–6:30 PM	\$21	102585-01
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Ice

Adaptive Skating

Basic skating skills are introduced and adapted for individuals with disabilities. Skill improvement and fun are the focus.

Age: 8 years & up

Location: Edora Pool Ice Center

1/7–2/4	Sa	9:45–10:15 AM	\$43	110356-01
2/11–3/11	Sa	9:45–10:15 AM	\$43	110356-02

Outdoor Recreation

Adaptive Ski Trips

Breckenridge Outdoor Education Center (BOEC) Adaptive Ski program provides individual volunteer instructors and adapted equipment for stand up or sit ski skiers with disabilities. **Note:** Attendants may register at no charge.

Age: 16 years & up

Location: Leave from the Senior Center

BOEC, Breckenridge

2/12	Su	5:45 AM–7:30 PM	\$138	102432-01
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BOEC, Keystone

3/5	Su	5:45 AM–7:30 PM	\$138	102432-02
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Ignite Adaptive Skiing

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

Age: 14 years & up

Location: Leave from the Senior Center

Downhill/Snowboard

1/22	Su	7:30 AM–5:30 PM	\$120	102431-01
1/29	Su	7:30 AM–5:30 PM	\$120	102431-02
2/5	Su	7:30 AM–5:30 PM	\$120	102431-03
2/19	Su	7:30 AM–5:30 PM	\$120	102431-04
2/26	Su	7:30 AM–5:30 PM	\$120	102431-05

Bi-Ski Lessons

1/22	Su	7:30 AM–5:30 PM	\$120	102431-06
1/29	Su	7:30 AM–5:30 PM	\$120	102431-07
2/5	Su	7:30 AM–5:30 PM	\$120	102431-08
2/19	Su	7:30 AM–5:30 PM	\$120	102431-09
2/26	Su	7:30 AM–5:30 PM	\$120	102431-10

Nordic Ski/Snowshoe

1/22	Su	7:30 AM–5:30 PM	\$100	102431-11
1/29	Su	7:30 AM–5:30 PM	\$100	102431-12
2/5	Su	7:30 AM–5:30 PM	\$100	102431-13
2/19	Su	7:30 AM–5:30 PM	\$100	102431-14
2/26	Su	7:30 AM–5:30 PM	\$100	102431-15

Paralympic Sports

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

Adaptive Boccia

Boccia is a Paralympic sport adapted for athletes with physical disabilities. Played indoors on a smooth surface, boccia tests coordination, concentration, and ability to strategize. **Note:** Option to pay a drop-in rate of \$3 per week is available.

Age: 18 years & up

Location: Senior Center Gym

1/30–3/6	M	10:45 AM–Noon	\$15	102464-01
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No health insurance? It may cost less than you think.



We offer free, in-person assistance to help you understand your options and get covered.

Open enrollment is Nov. 1 to Jan. 31.

Schedule your appointment now!

Already insured?

Review your Connect for Health Colorado plan before December 15. We can help!

LARIMER HEALTH CONNECT

Your LOCAL resource. All appointments are FREE.

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larimerhealthconnect.org

Health District
OF NORTHERN LARIMER COUNTY

CERTIFIED by
CONNECT for HEALTH
COLORADO™

Paralympic Nordic Ski Clinics

Learn to Nordic ski. Adaptive sit skis and instruction available for people with physical disabilities or visual impairments and veterans with US Paralympic staff providing expertise. **Note:** Location may change due to snow availability.

Age: 12 years & up

Location: City Park

1/28	Sa	10:00 AM–1:00 PM	\$10	102942-01
2/25	Sa	10:00 AM–1:00 PM	\$10	102942-02

Wheelchair Rugby

A fast paced, full contact sport designed for people with physical disabilities. Extra sport chairs available.

Age: 14 years & up

Location: Northside Aztlan Center

2/14–3/7	Tu	6:00–8:00 PM	\$10	102560-01
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Unified Sports

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

Junior Basketball

Play basketball with teammates. Teams are scheduled for one hour of practice and one hour of play.

Age: 8–21 years

Location: Harris Elementary School

Jr Basketball, Child

1/10–2/28	Tu	5:00–7:00 PM	\$24	102552-01
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Jr Basketball, Family

1/10–2/28	Tu	5:00–7:00 PM	\$38	102552-02
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Individual Skills

Learn fundamental basketball skills.

1/10–2/28	Tu	5:00–5:30 PM	\$19	102552-03
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Adult Basketball

Play basketball with teammates. Teams are scheduled for one hour of practice and one hour of play.

Age: 16 years & up

Location: Webber Middle School

Competitive Division

1/7–3/11	Sa	3:00–7:00 PM	\$26	102751-01
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Co-ed Recreational

1/7–3/11	Sa	3:00–7:00 PM	\$26	102751-03
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Individual Skills

Learn fundamental basketball skills.

1/7–3/11	Sa	3:00–4:00 PM	\$19	102751-04
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Panther Adaptive Cheer & Dance Squad

Learn dance and cheer moves with the Panther Adaptive Squad and perform around Fort Collins. **Note:** Purchase a Panther shirt for \$12. Classes will not be held on 3/15.

Age: All ages

Location: Foothill Activity Center

1/11–2/15	W	6:00–7:00 PM	\$42	114936-01
2/22–4/5	W	6:00–7:00 PM	\$42	114936-02

Alternative Programs

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

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

Registration is required before all trips and programs take place. Some ticketed programs have an early registration deadline due to group purchasing. When you register for any ticketed event, the sale is considered final. No refunds provided.

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

Education**Cooking**

Learn how to cook tasty foods while gaining positive eating habits. We help you with the cooking and setting the table, and then we all sit down to sample the finished products. Bring a reusable container for your portion to go.

Age: 18 years & up

Location: Senior Center

Holiday Treats

12/15	Th	6:30–8:00 PM	\$10	102401-01
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Soup du jour

1/25	W	6:30–8:00 PM	\$11	102401-02
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Noodles

2/16–2/23	Th	6:30–8:00 PM	\$22	102401-03
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Social Opportunities

Crafts & Snacks

A February holidays themed social craft making class. Snacks, instruction, and materials for creativity are provided.

Age: 18 years & up

Location: Senior Center

2/13	M	4:30–6:00 PM	\$18	102595-01
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Bowling

All skill levels welcome. **Note:** Cost includes two games per person per week and shoe rental.

Age: 18 years & up

Location: Chipper's Lanes North

2/4–3/4	Sa	10:30–11:30 AM	\$43	102906-01
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Movie Night

See Hollywood's finest flicks while out on the town. Bring \$5.50 for a ticket and additional money for a snack, if desired. **Note:** Attendants welcome with no program fee; please note when registering.

Age: 18 years & up

Location: Senior Center

12/12	M	5:45–9:00 PM	\$5.50	102403-01
1/23	M	5:45–9:00 PM	\$5.50	102403-02
2/22	W	5:45–9:00 PM	\$5.50	102403-03

Restaurant Night

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

Age: 18 years & up

Location: Senior Center

1/30	M	5:45–8:00 PM	\$5.50	102404-02
2/27	M	5:45–8:00 PM	\$5.50	102404-03

Special Events

Monthly Themed Dances – NW

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

Age: 18 years & up

Location: Senior Center

Holiday Ball

12/16	F	6:00–8:00 PM	\$1	102405-01
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Winter Tropics

1/27	F	6:00–8:00 PM	\$4	102405-02
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A Night in Paris

2/24	F	6:00–8:00 PM	\$4	102405-03
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Trips & Outings

Holiday Ice Skating, Denver

Hop on the bus to Denver for outdoor ice skating, dinner out with friends, and downtown activities. Bring skates or \$2 for skate rental and \$20 for meal. Adaptive equipment for skating available. **Note:** Attendants must pre-register separately in section 1A.

Age: 18 years & up

Location: Senior Center

12/3	Sa	2:00–9:00 PM	\$34	102415-01
12/3	Sa	2:00–9:00 PM	\$12	102415-1A

Denver Nuggets vs. LA Clippers

The Denver Nuggets take on the Los Angeles Clippers. Great seats at the Club Level at the Denver Pepsi Center. **Note:** Fee includes Club End ticket and a voucher for a snack and beverage.

Age: 18 years & up

Location: Senior Center

1/21	Sa	4:30–11:30 PM	\$89	102324-01
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Front Range Lunchers

Travel to Fat Albert's in Greeley for lunch with others. Transportation provided. Bring an additional \$20 for your meal.

Age: 18 years & up

Location: Senior Center

1/24	T	10:30–3:00	\$20	102323-01
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Expedition, Boulder

Explore unique spots in Boulder, including the CU Museum of Natural History, Chautauqua Park, Dushanbe Tea House, and Pearl Street Mall. **Note:** Fee includes guided tour, museum admission, and tea. Bring a sack lunch or \$20 for your meal. Attendants welcome at no cost; please note when registering.

Age: 18 years & up

Location: Senior Center

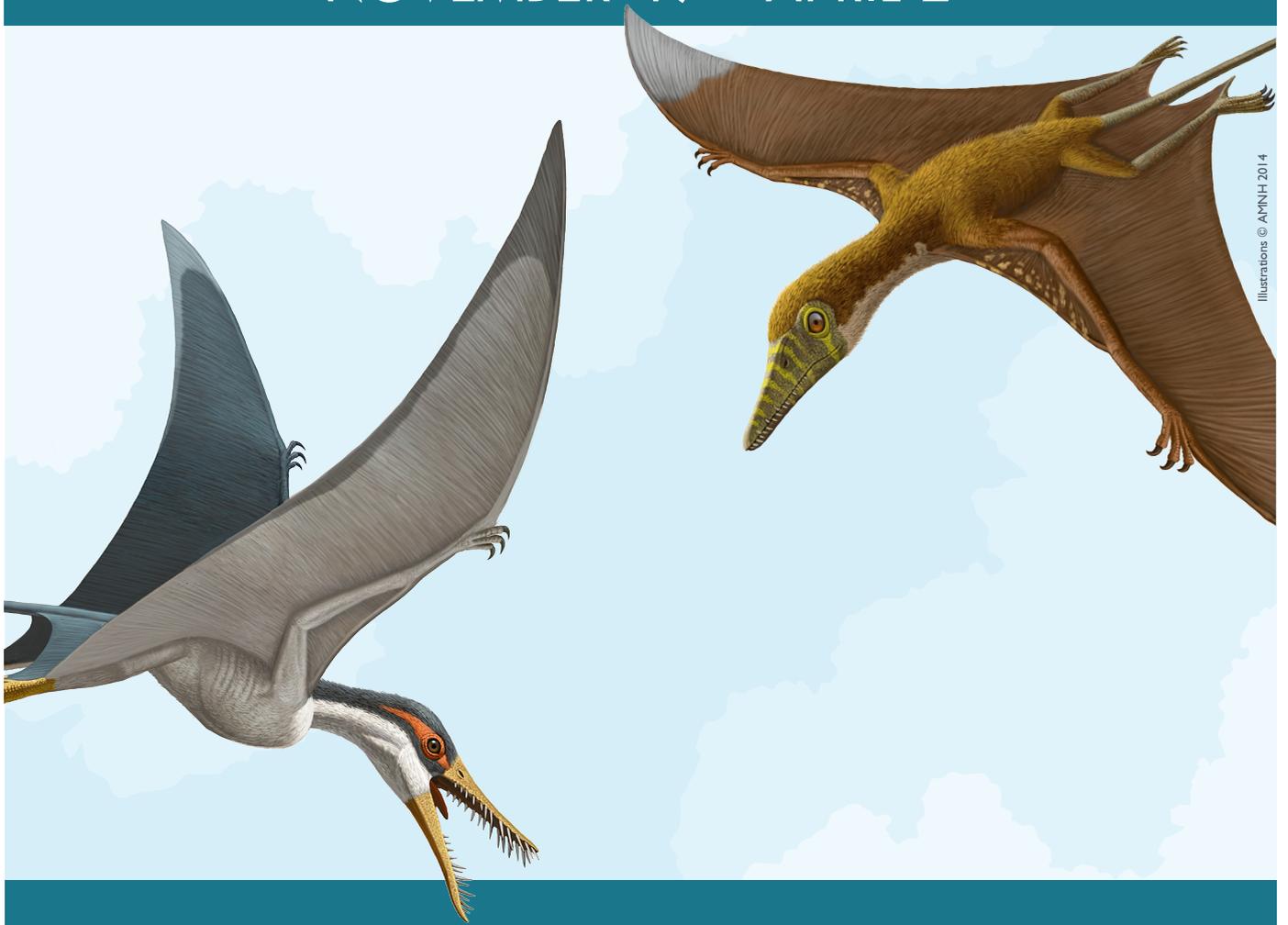
2/18	Sa	9:00 AM–4:00 PM	\$34	102325-01
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LEGEND

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

◀ARO *The City of Fort Collins will make reasonable accommodations for persons with disabilities to access to City services, programs, and activities. For more information about these resources, and additional Adaptive Recreation Opportunities, see page 16.*

LANDING AT THE FORT COLLINS MUSEUM OF DISCOVERY
NOVEMBER 17 - APRIL 2



PTEROSAURS

FLIGHT IN THE AGE OF DINOSAURS

www.prehistoricair.com

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



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Aqua Fitness

Classes with fewer than five participants registered by the end of the first day of class are canceled for that session. Participants may attend only the class for which they are registered. There are no make-up classes for missed aqua fitness classes. If the class enrollment is not met, the class is canceled and there is no drop-in.

Drop-In Policy

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

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

Adult Programming

Drop-In Water Volleyball

An in-the-water volleyball game that is a great, low-impact exercise option. **Note:** Comfort in the water along with basic swimming skills recommended. Pool depth is 3 ½–4 ½ ft.

Age: 18 years & up

Location: Senior Center

12/2–2/27	M,W,F	10:30–11:30 AM	Daily drop-in rate or 1 admission from a facility pass.
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Low Intensity

Basic H2O Workout

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

Age: 18 years & up

Location: Senior Center

1/4–2/3	M,W,F	6:15–7:15 PM	\$52.50	100412-01
2/6–3/10	M,W,F	6:15–7:15 PM	\$56.25	100412-02

Stretch & Tone

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

Age: 18 years & up

Location: Senior Center

1/4–2/3	M,W,F	8:30–9:30 AM	\$52.50	100410-01
2/6–3/10	M,W,F	8:30–9:30 AM	\$56.25	100410-02

Twinges Plus

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

Age: 18 years & up

Location: Senior Center

1/4–2/3	M,W,F	12:15–1:15 PM	\$52.50	100416-01
2/6–3/10	M,W,F	12:15–1:15 PM	\$56.25	100416-02

Medium Intensity

Advanced Water Fitness

Take your cardio to the next level and increase your caloric burn and overall endurance. Promote joint flexibility, range of motion, and agility while building cardiovascular endurance and muscular strength. **Note:** Not appropriate for first-time or beginner level students.

Age: 18 years & up

Location: Edora Pool Ice Center

1/4–2/3	M,W,F	7:30–8:30 AM	\$52.50	100324-01
2/6–3/10	M,W,F	7:30–8:30 AM	\$56.25	100324-02

Location: Senior Center

1/3–2/2	Tu,Th	4:00–5:00 PM	\$37.50	100424-01
2/7–3/9	Tu,Th	4:00–5:00 PM	\$37.50	100424-02

Aqua-Natal

For women during or after pregnancy. Low and medium impact exercises maintain muscle tone and cardiovascular fitness. The water may also ease the pressure of the pregnancy or build muscle to help you support your newborn's weight.

Age: 18 years & up

Location: Senior Center

1/4–2/3	M,W,F	4:15–5:15 PM	\$52.50	100418-01
2/6–3/10	M,W,F	4:15–5:15 PM	\$56.25	100418-02

Classics

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

Age: 18 years & up

Location: Mulberry Pool

12/19–12/30	M,W,F	7:30–8:30 AM	\$22.50	100222-01
1/4–2/3	M,W,F	7:30–8:30 AM	\$52.50	100222-02
2/6–3/10	M,W,F	7:30–8:30 AM	\$56.25	100222-03

Location: Senior Center

1/4–2/3	M,W,F	6:15–7:15 AM	\$52.50	100422-01
2/6–3/10	M,W,F	6:15–7:15 AM	\$56.25	100422-02
1/4–2/3	M,W,F	9:30–10:30 AM	\$52.50	100422-03
2/6–3/10	M,W,F	9:30–10:30 AM	\$56.25	100422-04
1/4–2/3	M,W,F	5:15–6:15 PM	\$52.50	100422-05
2/6–3/10	M,W,F	5:15–6:15 PM	\$56.25	100422-06
1/3–2/2	Tu,Th	8:00–9:00 AM	\$37.50	100422-07
2/7–3/9	Tu,Th	8:00–9:00 AM	\$37.50	100422-08
1/3–2/2	Tu,Th	9:00–10:00 AM	\$37.50	100422-09
2/7–3/9	Tu,Th	9:00–10:00 AM	\$37.50	100422-10
12/20–12/29	Tu,Th	10:00–11:00 AM	\$15	100422-15
1/3–2/2	Tu,Th	10:00–11:00 AM	\$37.50	100422-11
2/7–3/9	Tu,Th	10:00–11:00 AM	\$37.50	100422-12
1/3–2/2	Tu,Th	7:00–8:00 PM	\$37.50	100422-13
2/7–3/9	Tu,Th	7:00–8:00 PM	\$37.50	100422-14



SPLASH POOL SWIM SCHOOL

Opening Mid-October

Family owned and operated for the past 16 years, Splash Pool Services is opening their first year-round, indoor, warm water swim school.

Featuring small group swim lessons, private and semi-private classes, birthday parties, “dive in movies”, lifeguard training classes and more!

Details soon to be revealed at splashpoolswimschool.com or call 970-482-9057 for details.



1110 W. Prospect Rd. in Ft. Collins Northwest corner of Prospect and Shields

Fitness & Fun

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

Age: 18 years & up

Location: Senior Center

1/4–2/3	M,W,F	7:30–8:30 AM	\$52.50	100420-01
2/6–3/10	M,W,F	7:30–8:30 AM	\$56.25	100420-02

High Intensity

Aqua Box

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

Age: 18 years & up

Location: Senior Center

1/3–2/2	Tu,Th	5:30–6:30 PM	\$37.50	100428-01
2/7–3/9	Tu,Th	5:30–6:30 PM	\$37.50	100428-02

Deep H2O

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

Age: 18 years & up

Location: Mulberry Pool

1/4–2/3	M,W,F	12:15–1:00 PM	\$42	100230-01
2/6–3/10	M,W,F	12:15–1:00 PM	\$45	100230-02

Location: Edora Pool Ice Center

12/20–12/29	Tu,Th	5:30–6:30 PM	\$15	100330-01
1/3–2/2	Tu,Th	5:30–6:30 PM	\$37.50	100330-02
2/7–3/9	Tu,Th	5:30–6:30 PM	\$37.50	100330-03

LEGEND

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

◀ARO The City of Fort Collins will make reasonable accommodations for persons with disabilities to access to City services, programs, and activities. For more information about these resources, and additional Adaptive Recreation Opportunities, see page 16.

Aquatics

Aquatics Policies

Children under the age of 8 years must be accompanied by a parent/guardian (at least 15 years of age). The parent/guardian must pay admission, be wearing a swimsuit, and be actively participating in the water with the child.

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

All patrons are required to shower before entering any pool.

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

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

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

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

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

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

Group Rates for Swimming

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

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

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

Birthday Party Packages

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

Private Swim Instruction

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

Learn To Swim Policies

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

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

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

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

Participants recreationally swimming before or after a class must pay the drop-in fee. Make-up lessons are not available. Class maximums are to ensure a safe learn to swim experience. Minimum for all classes is 4.

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

Class will not be held on 3/13, 3/14, 3/15, 3/16, 3/18, 3/19.

Youth Learn to Swim

Baby & Me 1

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

Age: 6 months–18 months

Location: Senior Center

1/22–2/19	Su	3:30–4:00 PM	\$27.50	101410-01
2/26–4/2	Su	3:30–4:00 PM	\$27.50	101410-02

Baby & Me 2

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

Age: 10 months–2 years

Location: Mulberry Pool

11/29–12/8	Tu,Th	5:50–6:20 PM	\$22	101212-01
1/3–1/12	Tu,Th	4:30–5:00 PM	\$22	101212-02
1/17–2/16	Tu,Th	4:55–5:25 PM	\$55	101212-03
1/17–2/16	Tu,Th	6:15–6:45 PM	\$55	101212-04
2/21–3/30	Tu,Th	4:15–4:45 PM	\$55	101212-05
2/21–3/30	Tu,Th	5:35–6:05 PM	\$55	101212-06
1/21–2/18	Sa	9:00–9:30 AM	\$27.50	101212-07
1/21–2/18	Sa	10:20–10:50 AM	\$27.50	101212-08
1/21–2/18	Sa	11:40 AM–12:10 PM	\$27.50	101212-09
2/25–4/1	Sa	8:20–8:50 AM	\$27.50	101212-10
2/25–4/1	Sa	11:00–11:30 AM	\$27.50	101212-11
1/22–2/19	Su	3:15–3:45 PM	\$27.50	101212-12
1/22–2/19	Su	4:35–5:05 PM	\$27.50	101212-13
2/26–4/2	Su	3:55–4:25 PM	\$27.50	101212-14
2/26–4/2	Su	5:15–5:45 PM	\$27.50	101212-15

Location: Edora Pool Ice Center

11/28–12/7	M,W	4:30–5:00 PM	\$22	101312-08
1/2–1/11	M,W	5:50–6:20 PM	\$22	101312-01
1/16–2/15	M,W	4:15–4:45 PM	\$55	101312-02
1/16–2/15	M,W	6:55–7:25 PM	\$55	101312-03
2/20–3/29	M,W	5:35–6:05 PM	\$55	101312-04
1/17–2/16	Tu,Th	10:10–10:40 AM	\$55	101312-05
2/21–3/30	Tu,Th	8:50–9:20 AM	\$55	101312-06
2/21–3/30	Tu,Th	11:30 AM–Noon	\$55	101312-07

Location: Senior Center

1/22–2/19	Su	4:10–4:40 PM	\$27.50	101412-01
2/26–4/2	Su	4:50–5:20 PM	\$27.50	101412-02

Baby & Me 3

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

Age: 2–4 years

Location: Mulberry Pool

11/29–12/8	Tu,Th	4:30–5:00 PM	\$22	101214-01
1/3–1/12	Tu,Th	5:50–6:20 PM	\$22	101214-02
1/17–2/16	Tu,Th	4:15–4:45 PM	\$55	101214-03
1/17–2/16	Tu,Th	5:35–6:05 PM	\$55	101214-04
2/21–3/30	Tu,Th	4:55–5:25 PM	\$55	101214-05
2/21–3/30	Tu,Th	6:15–6:45 PM	\$55	101214-06
1/21–2/18	Sa	8:20–8:50 AM	\$27.50	101214-07
1/21–2/18	Sa	9:40–10:10 AM	\$27.50	101214-08
1/21–2/18	Sa	11:00–11:30 AM	\$27.50	101214-09
2/25–4/1	Sa	10:20–10:50 AM	\$27.50	101214-10
2/25–4/1	Sa	11:40 AM–12:10 PM	\$27.50	101214-11
1/22–2/19	Su	3:55–4:25 PM	\$27.50	101214-12
1/22–2/19	Su	5:15–5:45 PM	\$27.50	101214-13
2/26–4/2	Su	3:15–3:45 PM	\$27.50	101214-14
2/26–4/2	Su	4:35–5:05 PM	\$27.50	101214-15

Baby & Me 3 continued

Location: Edora Pool Ice Center

11/28–12/7	M,W	5:50–6:20 PM	\$22	101314-01
1/2–1/11	M,W	4:30–5:00 PM	\$22	101314-06
1/16–2/15	M,W	5:35–6:05 PM	\$55	101314-02
2/20–3/29	M,W	4:15–4:45 PM	\$55	101314-03
2/20–3/29	M,W	6:55–7:25 PM	\$55	101314-04
1/17–2/16	Tu,Th	8:50–9:20 AM	\$55	101314-05

Location: Senior Center

1/22–2/19	Su	4:50–5:20 PM	\$27.50	101414-01
2/26–4/2	Su	4:10–4:40 PM	\$27.50	101414-02

Pollywog

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

Age: 3–6 years

Location: Mulberry Pool

11/29–12/8	Tu,Th	5:50–6:20 PM	\$22	101216-01
1/3–1/12	Tu,Th	5:50–6:20 PM	\$22	101216-02
1/17–2/16	Tu,Th	4:15–4:45 PM	\$55	101216-03
1/17–2/16	Tu,Th	5:35–6:05 PM	\$55	101216-04
1/17–2/16	Tu,Th	6:55–7:25 PM	\$55	101216-05
2/21–3/30	Tu,Th	4:15–4:45 PM	\$55	101216-06
2/21–3/30	Tu,Th	5:35–6:05 PM	\$55	101216-07
2/21–3/30	Tu,Th	6:55–7:25 PM	\$55	101216-08
1/21–2/18	Sa	8:20–8:50 AM	\$27.50	101216-09
1/21–2/18	Sa	10:20–10:50 AM	\$27.50	101216-10
1/21–2/18	Sa	11:40 AM–12:10 PM	\$27.50	101216-11
2/25–4/1	Sa	8:20–8:50 AM	\$27.50	101216-12
2/25–4/1	Sa	9:40–10:10 AM	\$27.50	101216-13
2/25–4/1	Sa	11:00–11:30 AM	\$27.50	101216-14
1/22–2/19	Su	3:15–3:45 PM	\$27.50	101216-15
1/22–2/19	Su	5:15–5:45 PM	\$27.50	101216-16
1/22–2/19	Su	6:35–7:10 PM	\$27.50	101216-17
2/26–4/2	Su	3:15–3:45 PM	\$27.50	101216-18
2/26–4/2	Su	4:35–5:05 PM	\$27.50	101216-19
2/26–4/2	Su	5:55–6:25 PM	\$27.50	101216-20

Location: Edora Pool Ice Center

11/28–12/7	M,W	5:10–5:40 PM	\$22	101316-01
1/2–1/11	M,W	5:10–5:40 PM	\$22	101316-02
1/16–2/15	M,W	4:15–4:45 PM	\$55	101316-03
1/16–2/15	M,W	4:55–5:25 PM	\$55	101316-10
1/16–2/15	M,W	6:55–7:25 PM	\$55	101316-04
2/20–3/29	M,W	4:15–4:45 PM	\$55	101316-05
2/20–3/29	M,W	4:55–5:25 PM	\$55	101316-11
2/20–3/29	M,W	5:35–6:05 PM	\$55	101316-06
2/20–3/29	M,W	6:55–7:25 PM	\$55	101316-07
1/17–2/16	Tu,Th	9:30–10:00 AM	\$55	101316-08
2/21–3/30	Tu,Th	10:50–11:20 AM	\$55	101316-09

Location: Senior Center

1/22–2/19	Su	4:10–4:40 PM	\$27.50	101416-01
2/26–4/2	Su	3:30–4:00 PM	\$27.50	101416-02
2/26–4/2	Su	4:50–5:20 PM	\$27.50	101416-03

Tadpole

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

Age: 3–6 years

Location: Mulberry Pool

11/29–12/8	Tu,Th	5:10–5:40 PM	\$22	101218-01
1/3–1/12	Tu,Th	4:30–5:00 PM	\$22	101218-02
1/17–2/16	Tu,Th	4:15–4:45 PM	\$55	101218-03
1/17–2/16	Tu,Th	6:15–6:45 PM	\$55	101218-04
1/17–2/16	Tu,Th	6:55–7:25 PM	\$55	101218-05
2/21–3/30	Tu,Th	4:55–5:25 PM	\$55	101218-06
2/21–3/30	Tu,Th	6:15–6:45 PM	\$55	101218-07
1/21–2/18	Sa	8:20–8:50 AM	\$27.50	101218-08
1/21–2/18	Sa	9:40–10:10 AM	\$27.50	101218-09
1/21–2/18	Sa	11:00–11:30 AM	\$27.50	101218-10
2/25–4/1	Sa	9:00–9:30 AM	\$27.50	101218-11
2/25–4/1	Sa	10:20–10:50 AM	\$27.50	101218-12
2/25–4/1	Sa	11:40 AM–12:10 PM	\$27.50	101218-13
1/22–2/19	Su	4:35–5:05 PM	\$27.50	101218-14
1/22–2/19	Su	5:55–6:25 PM	\$27.50	101218-15
1/22–2/19	Su	6:35–7:10 PM	\$27.50	101218-16
2/26–4/2	Su	3:55–4:25 PM	\$27.50	101218-17
2/26–4/2	Su	5:15–5:45 PM	\$27.50	101218-18
2/26–4/2	Su	6:35–7:10 PM	\$27.50	101218-19

Location: Edora Pool Ice Center

11/28–12/7	M,W	4:30–5:00 PM	\$22	101318-01
1/2–1/11	M,W	5:50–6:20 PM	\$22	101318-02
1/16–2/15	M,W	4:55–5:25 PM	\$55	101318-03
1/16–2/15	M,W	5:35–6:05 PM	\$55	101318-04
2/20–3/29	M,W	4:55–5:25 PM	\$55	101318-05
2/20–3/29	M,W	6:15–6:45 PM	\$55	101318-06
1/17–2/16	Tu,Th	11:30 AM–Noon	\$55	101318-07
2/21–3/30	Tu,Th	10:10–10:40 AM	\$55	101318-08

Location: Senior Center

1/22–2/19	Su	4:50–5:20 PM	\$27.50	101418-01
2/26–4/2	Su	4:10–4:40 PM	\$27.50	101418-02

Froggy

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

Age: 3–6 years

Location: Mulberry Pool

11/29–12/8	Tu,Th	5:50–6:20 PM	\$22	101220-01
1/3–1/12	Tu,Th	5:10–5:40 PM	\$22	101220-02
1/17–2/16	Tu,Th	4:55–5:25 PM	\$55	101220-03
1/17–2/16	Tu,Th	6:15–6:45 PM	\$55	101220-04
2/21–3/30	Tu,Th	4:15–4:45 PM	\$55	101220-05
2/21–3/30	Tu,Th	6:15–6:45 PM	\$55	101220-06
2/21–3/30	Tu,Th	6:55–7:25 PM	\$55	101220-07
1/21–2/18	Sa	9:00–9:30 AM	\$27.50	101220-08
1/21–2/18	Sa	10:20–10:50 AM	\$27.50	101220-09



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Froggy continued

1/21–2/18	Sa	11:40 AM–12:10 PM	\$27.50	101220-10
2/25–4/1	Sa	8:20–8:50 AM	\$27.50	101220-11
2/25–4/1	Sa	9:40–10:10 AM	\$27.50	101220-12
2/25–4/1	Sa	11:40 AM–12:10 PM	\$27.50	101220-13
1/22–2/19	Su	3:55–4:25 PM	\$27.50	101220-14
1/22–2/19	Su	5:55–6:25 PM	\$27.50	101220-15
1/22–2/19	Su	6:35–7:10 PM	\$27.50	101220-16
2/26–4/2	Su	3:15–3:45 PM	\$27.50	101220-17
2/26–4/2	Su	5:55–6:25 PM	\$27.50	101220-18
2/26–4/2	Su	6:35–7:10 PM	\$27.50	101220-19

Location: Edora Pool Ice Center

11/28–12/7	M,W	5:50–6:20 PM	\$22	101320-01
1/2–1/11	M,W	4:30–5:00 PM	\$22	101320-02
1/16–2/15	M,W	4:15–4:45 PM	\$55	101320-03
1/16–2/15	M,W	6:15–6:45 PM	\$55	101320-04
2/20–3/29	M,W	4:15–4:45 PM	\$55	101320-05
2/20–3/29	M,W	6:15–6:45 PM	\$55	101320-08
2/20–3/29	M,W	6:55–7:25 PM	\$55	101320-06
1/17–2/16	Tu,Th	10:50–11:20 AM	\$55	101320-09
2/21–3/30	Tu,Th	9:30–10:00 AM	\$55	101320-07

Location: Senior Center

1/22–2/19	Su	3:30–4:00 PM	\$27.50	101420-01
1/22–2/19	Su	5:30–6:00 PM	\$27.50	101420-02
2/26–4/2	Su	5:30–6:00 PM	\$27.50	101420-03

Level 1

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

Age: 5–12 years

Location: Mulberry Pool

11/29–12/8	Tu,Th	5:10–5:40 PM	\$22	101222-01
1/3–1/12	Tu,Th	5:10–5:40 PM	\$22	101222-02
1/17–2/16	Tu,Th	4:15–4:45 PM	\$55	101222-03
1/17–2/16	Tu,Th	6:55–7:25 PM	\$55	101222-04
2/21–3/30	Tu,Th	4:55–5:25 PM	\$55	101222-05
2/21–3/30	Tu,Th	6:55–7:25 PM	\$55	101222-06
1/21–2/18	Sa	8:20–8:50 AM	\$27.50	101222-07
1/21–2/18	Sa	9:40–10:10 AM	\$27.50	101222-08
1/21–2/18	Sa	11:00–11:30 AM	\$27.50	101222-09
2/25–4/1	Sa	9:00–9:30 AM	\$27.50	101222-10
2/25–4/1	Sa	10:20–10:50 AM	\$27.50	101222-11
2/25–4/1	Sa	11:40 AM–12:10 PM	\$27.50	101222-12
1/22–2/19	Su	3:15–3:45 PM	\$27.50	101222-13
1/22–2/19	Su	5:15–5:45 PM	\$27.50	101222-14
1/22–2/19	Su	6:35–7:10 PM	\$27.50	101222-15
2/26–4/2	Su	3:55–4:25 PM	\$27.50	101222-16
2/26–4/2	Su	5:15–5:45 PM	\$27.50	101222-17
2/26–4/2	Su	6:35–7:10 PM	\$27.50	101222-18

Location: Edora Pool Ice Center

11/28–12/7	M,W	5:50–6:20 PM	\$22	101322-01
1/2–1/11	M,W	5:50–6:20 PM	\$22	101322-02
1/16–2/15	M,W	4:55–5:25 PM	\$55	101322-03
1/16–2/15	M,W	6:15–6:45 PM	\$55	101322-07
1/16–2/15	M,W	6:55–7:25 PM	\$55	101322-04
2/20–3/29	M,W	4:55–5:25 PM	\$55	101322-05
2/20–3/29	M,W	6:15–6:45 PM	\$55	101322-06

Location: Senior Center

1/22–2/19	Su	3:30–4:00 PM	\$27.50	101422-01
2/26–4/2	Su	4:10–4:40 PM	\$27.50	101422-02

Level 2

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

Age: 5–12 years

Location: Mulberry Pool

11/29–12/8	Tu,Th	4:30–5:00 PM	\$22	101224-01
1/3–1/12	Tu,Th	5:50–6:20 PM	\$22	101224-02
1/17–2/16	Tu,Th	4:55–5:25 PM	\$55	101224-03
1/17–2/16	Tu,Th	5:35–6:05 PM	\$55	101224-04
1/17–2/16	Tu,Th	6:55–7:25 PM	\$55	101224-05
2/21–3/30	Tu,Th	4:15–4:45 PM	\$55	101224-06
2/21–3/30	Tu,Th	5:35–6:05 PM	\$55	101224-07
2/21–3/30	Tu,Th	6:55–7:25 PM	\$55	101224-08
1/21–2/18	Sa	9:00–9:30 AM	\$27.50	101224-09
1/21–2/18	Sa	11:40 AM–12:10 PM	\$27.50	101224-10
2/25–4/1	Sa	8:20–8:50 AM	\$27.50	101224-11

Level 2 continued

2/25–4/1	Sa	9:40–10:10 AM	\$27.50	101224-12
2/25–4/1	Sa	11:00–11:30 AM	\$27.50	101224-13
1/22–2/19	Su	3:15–3:45 PM	\$27.50	101224-14
1/22–2/19	Su	4:35–5:05 PM	\$27.50	101224-15
1/22–2/19	Su	5:55–6:25 PM	\$27.50	101224-16
2/26–4/2	Su	3:15–3:45 PM	\$27.50	101224-17
2/26–4/2	Su	4:35–5:05 PM	\$27.50	101224-18
2/26–4/2	Su	5:55–6:25 PM	\$27.50	101224-19
2/26–4/2	Su	6:35–7:10 PM	\$27.50	101224-20

Location: Edora Pool Ice Center

11/28–12/7	M,W	6:15–6:45 PM	\$22	101324-01
1/2–1/11	M,W	5:10–5:40 PM	\$22	101324-02
1/16–2/15	M,W	4:15–4:45 PM	\$55	101324-03
1/16–2/15	M,W	5:35–6:05 PM	\$55	101324-04
1/16–2/15	M,W	6:55–7:25 PM	\$55	101324-05
2/20–3/29	M,W	4:15–4:45 PM	\$55	101324-06
2/20–3/29	M,W	5:35–6:05 PM	\$55	101324-07
2/20–3/29	M,W	6:55–7:25 PM	\$55	101324-08

Location: Senior Center

1/22–2/19	Su	4:10–4:40 PM	\$27.50	101424-01
1/22–2/19	Su	5:30–6:00 PM	\$27.50	101424-02
2/26–4/2	Su	5:30–6:00 PM	\$27.50	101424-03

Level 3

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

Age: 5–12 years

Location: Mulberry Pool

1/3–1/12	Tu,Th	4:30–5:15 PM	\$29	101226-01
1/17–2/16	Tu,Th	4:15–5:00 PM	\$72.50	101226-02
1/17–2/16	Tu,Th	5:35–6:20 PM	\$72.50	101226-03
2/21–3/30	Tu,Th	4:55–5:40 PM	\$72.50	101226-04
1/21–2/18	Sa	8:20–9:05 AM	\$36.25	101226-05
1/21–2/18	Sa	11:00–11:45 AM	\$36.25	101226-06
2/25–4/1	Sa	9:00–9:45 AM	\$36.25	101226-07
2/25–4/1	Sa	10:20–11:05 AM	\$36.25	101226-08
1/22–2/19	Su	3:15–4:00 PM	\$36.25	101226-09
1/22–2/19	Su	5:15–6:00 PM	\$36.25	101226-10
2/26–4/2	Su	3:15–4:00 PM	\$36.25	101226-11
2/26–4/2	Su	5:55–6:40 PM	\$36.25	101226-12

Location: Edora Pool Ice Center

11/28–12/7	M,W	4:30–5:15 PM	\$29	101326-01
1/16–2/15	M,W	4:15–5:00 PM	\$72.50	101326-02
2/20–3/29	M,W	5:35–6:20 PM	\$72.50	101326-03

Level 4

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

Age: 5–12 years

Location: Mulberry Pool

11/29–12/8	Tu,Th	4:30–5:15 PM	\$29	101228-01
1/17–2/16	Tu,Th	6:15–7:00 PM	\$72.50	101228-02
2/21–3/30	Tu,Th	4:15–5:00 PM	\$72.50	101228-03
1/21–2/18	Sa	9:40–10:25 AM	\$36.25	101228-04
2/25–4/1	Sa	8:20–9:05 AM	\$36.25	101228-05
2/25–4/1	Sa	11:00–11:45 AM	\$36.25	101228-06
1/22–2/19	Su	3:55–4:40 PM	\$36.25	101228-07
1/22–2/19	Su	4:35–5:20 PM	\$36.25	101228-08
2/26–4/2	Su	3:55–4:40 PM	\$36.25	101228-09

Location: Edora Pool Ice Center

1/2–1/11	M,W	4:30–5:15 PM	\$29	101328-01
1/16–2/15	M,W	5:35–6:20 PM	\$72.50	101328-02
2/20–3/29	M,W	4:15–5:00 PM	\$72.50	101328-03

Level 5

For the child who can swim efficiently 50 yards freestyle, can tread water continuously for at least 1 minute, and has been introduced to breaststroke and backstroke.

Age: 5–12 years

Location: Mulberry Pool

1/17–2/16	Tu,Th	4:55–5:40 PM	\$72.50	101230-01
2/21–3/30	Tu,Th	6:15–7:00 PM	\$72.50	101230-02
1/21–2/18	Sa	10:20–11:05 AM	\$36.25	101230-03
2/25–4/1	Sa	9:40–10:25 AM	\$36.25	101230-04
1/22–2/19	Su	5:55–6:40 PM	\$36.25	101230-05
2/26–4/2	Su	4:35–5:20 PM	\$36.25	101230-06

Location: Edora Pool Ice Center

1/16–2/15	M,W	4:55–5:40 PM	\$72.50	101330-01
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Pre Comp

For the child who can swim a minimum of two laps without stopping and is efficient in competition strokes including freestyle, breaststroke, and backstroke. Class will not be held on 3/13, 3/15.

Age: 6–12 years

Location: Mulberry Pool

2/21–3/30	Tu,Th	5:35–6:20 PM	\$72.50	101232-01
1/21–2/18	Sa	9:00–9:45 AM	\$36.25	101232-02
2/26–4/2	Su	5:15–6:00 PM	\$36.25	101232-03

Location: Edora Pool Ice Center

2/20–3/29	M,W	4:55–5:40 PM	\$72.50	101332-01
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Introduction to Swim Team**Introduction to Swim Team**

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

Age: 6–12 years

Teen Swim Instruction

Designed for all levels of teen swimmers to gain swimming endurance, strength, efficiency, and improve technique.

Age: 13–17 years

Location: Mulberry Pool

2/25–4/1	Sa	9:00–9:30 AM	\$27.50	101235-01
1/22–2/19	Su	3:55–4:25 PM	\$27.50	101235-02

Location: Edora Pool Ice Center

1/16–2/15	M,W	6:15–6:45 PM	\$55	101335-01
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Location: Senior Center

2/26–4/2	Su	3:30–4:00 PM	\$27.50	101435-01
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Adult Learn to Swim**Learning the Basics**

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

Age: 15 years & up

Location: Edora Pool Ice Center

1/16–2/15	M,W	6:15–7:00 PM	\$72.50	101338-01
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Location: Senior Center

1/22–2/19	Su	4:50–5:35 PM	\$36.25	101438-01
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Improving Skills & Strokes

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

Age: 15 years & up

Location: Edora Pool Ice Center

2/20–3/29	M,W	6:15–7:00 PM	\$72.50	101339-01
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Location: Senior Center

2/26–4/2	Su	4:50–5:35 PM	\$36.25	101439-01
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Scuba Diving

Discover Scuba Diving

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

Age: 10 years & up

Location: Mulberry Pool

2/11	Sa	4:30–6:00 PM	\$35	101252-01
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Location: Edora Pool Ice Center

12/3	Sa	10:00–11:30 AM	\$35	101352-01
12/17	Sa	10:00–11:30 AM	\$35	101352-02
1/14	Sa	10:00–11:30 AM	\$35	101352-03

Scuba Challenge

For the experienced diver who wants to practice up on their skills. Challenges are setup and include some dryland information. **Note:** Must have current certification.

Age: 10 years & up

Location: Edora Pool Ice Center

12/19	M	6:00–9:00 PM	\$21	101356-01
1/9	M	6:00–9:00 PM	\$21	101356-02
1/23	M	6:00–9:00 PM	\$21	101356-03
2/13	M	6:00–9:00 PM	\$21	101356-04
2/27	M	6:00–9:00 PM	\$21	101356-05

Advanced Blended Learning

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

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

Participants must attend all classes. There is a skills test on the first day; continuation depends on passing. E-book included; \$27–35 certification fee not included.

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Lifeguard Training

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

Age: 15 years & up

Location: Edora Pool Ice Center

1/2–1/6	M–F	9:00 AM–2:00 PM	\$200	101340-01
2/17	F	3:30–8:30 PM	\$200	101340-02
2/18–2/26	Sa,Su	9:00 AM–2:00 PM		

Arts & Crafts

Senior Center Exhibits

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

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

Arts & Crafts Volunteers

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

Visual Arts Committee

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

Teachers

Proposals for from new skilled arts and crafts instructors to teach classes are welcome.

Contact

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

Adult Programming

Drawing Arts

Comics Essentials

Develop your own style of drawing whether it is doodles, stick figures, or super heroes. Learn to draw Manga, cartoony people, places, and animals. Turn characters and concepts into finished comics or gag cartoons. **Note:** Bring pencils, ruler, and paper to first class. Extra supplies optional. Class will not be held on 2/14.

Age: 14 years & up

Location: Senior Center

1/17–2/28	Tu	6:30–8:30 PM	\$49	103407-01
\$42.25 Member				

Sketching Group – M

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

Age: 18 years & up

Location: Senior Center

Ongoing	F	9:30 AM–12:30 PM	No Fee
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Fiber Arts

Felting

Learn the needle technique method on wool while making colorful handcrafted soft sculptures measuring roughly 4"–6" tall; landscapes are 5"–7" tall. **Note:** All supplies provided.

Age: 18 years & up

Location: Senior Center

Felting, Angels

12/10	Sa	9:00 AM–Noon	\$27	103436-01
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Felting, Landscapes

1/14	Sa	9:00 AM–Noon	\$27	103436-02
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Felting, Valentine Princes

2/11	Sa	9:00 AM–Noon	\$27	103436-03
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Quilting Quorum – M

All levels welcome and may work on any projects, including items for a charity of your choice or the one the group has adopted that offers quilts for people in need. Meet other local quilters, swap tips, and share techniques. **Note:** No instructor provided.

Age: 18 years & up

Location: Senior Center

Ongoing	F	1:00–3:00 PM	No Fee
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Glass Arts

Stained Glass, Foil Intermediate

Using the foil method of construction, create an 11"x14" panel designed to fit in a picture frame and display in a window. Prerequisite: Previous foil stained glass class. **Note:** Some supplies provided. Glass supply list available at registration; approx. cost: \$20–55. Class will not be held on 2/14.

Age: 18 years & up

Location: Senior Center

1/10–2/21	Tu	1:00–3:00 PM	\$70	103462-01
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Stained Glass, Angel

Create an 8" tall free standing figure using the foil method of construction. Prerequisite: Previous stained glass experience. **Note:** All supplies provided.

Age: 18 years & up

Location: Senior Center

12/6	Tu	Noon–3:30 PM	\$26	103463-01
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Stained Glass Stepping Stone

Create a cast concrete stepping stone using pieces of stained glass for the mosaic imagery. **Note:** All supplies provided.

Age: 18 years & up

Location: Senior Center

2/18–2/25	Sa	10:00 AM–1:00 PM	\$33	103466-01
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General Arts

Basket Cases – M

Open time for individuals in basketry to work on projects, and share ideas and designs. Work with any medium: basket reed, yarn, pine needles, etc. Different techniques such as caning are also welcome.

Note: No instructor provided. Bring supplies necessary to work.

Age: 18 years & up

Location: Senior Center

Ongoing	Th	1:00–3:00 PM	No Fee	
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Metal Wind Sculpture, Intermediate

Expand on skills learned in the beginning class using advanced techniques such as embossing, shaping, and fold forming of sheet copper and brass to fabricate a kinetic weather vane.

Prerequisite: “Beginning Metal Work” or instructor approval.

All tools and supplies provided.

Age: 18 years & up

Location: Senior Center

2/1–3/8	W	9:00 AM–Noon	\$105	103476-01
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C.H.A.T. Crafts Hobbies Arts Time – M

Open for scrapbooks, crochet, watercolor, knitting, or some other hobby. Meet weekly to work on projects and share ideas and techniques. **Note:** No instructor provided. Learn from others and discuss the many aspects of different art related hobbies and crafts.

Age: 18 years & up

Location: Senior Center

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

The shop is open for use. Tools are made available for use with jewelry, stained glass, and woodworking, including scroll saws, wood lathes, other wood related tools, and basic tools for mechanical repairs. A shop attendant is on duty to assist with questions. Production work or work on items for sale is not permitted.

Age: 18 years & up

Location: Senior Center

Ongoing	Tu	8:00 AM–Noon	No Fee	
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Ongoing	W	1:00–5:00 PM	No Fee	
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Ongoing	Th	5:00–9:00 PM	No Fee	
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Jewelry

Jewelry, Beginning

Designed for those with no metal experience, as well as those just wanting to get back in to it.

Concentrate on cutting and piercing with a jeweler’s saw, filing, soldering, and the proper techniques for polishing and finishing.

Note: Tools and some supplies provided. Supply list available at registration; approx. cost: \$55–80. Class will not be held on 2/14.

Age: 18 years & up

Location: Senior Center

1/10–2/28	Tu	5:30–7:30 PM	\$95	103486-01
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Jewelry, Intermediate & Advanced

Designed for those who have had beginning jewelry. Open time to use equipment and finish projects. Instructor available to answer questions and help with problems that may arise. Prerequisite: Beginning Jewelry. **Note:** Supply list available at registration. Supply costs vary by project; approx. cost: \$10–70.

Age: 18 years & up

Location: Senior Center

1/10–2/28	Tu	7:30–9:30 PM	\$99	103487-01
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Photography

Photography, Beginning

Designed for those that have a high-end digital camera or a 35mm SLR camera with interchangeable lenses and filters. Learn about camera operations, lenses, equipment, ISO speed, filters, depth of field, bracketing, composition, and photo products. **Note:** Bring a functional digital or 35mm SLR camera and its manual. A field trip on Saturday after the start of class gives practical experience.

Age: 18 years & up

Location: Senior Center

1/11–1/25	W	6:00–9:00 PM	\$49	103430-01
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1/14	Sa	9:00 AM–Noon		
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Photography, Intermediate & Advanced

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

Age: 16 years & up

Location: Senior Center

2/8–2/22	W	6:00–9:00 PM	\$44	103431-01
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Painting

Painting, Bob Ross Style

Complete a finished painting using the Bob Ross painting technique. A certified Bob Ross instructor teaches about the use of different brushes, a palette knife, mixing colors, and the manipulation of certain special paints. A \$15 reduced fee if using your own supplies.

Note: Bring a role of paper towels; all other supplies provided. One month prior to the start of class an example can be seen at the Senior Center. Not discountable.

Age: 18 years & up

Location: Senior Center

2/16	Th	9:00 AM–3:30 PM	\$60	103427-01
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Painting, Beginning Acrylic

Ongoing entry-level course designed for those who have never painted before and are interested, or those that have emerging skills they would like to stretch to new levels. Learn the important basics such as preparing a canvas, starting techniques, drawing, color, values, and composition. **Note:** Supply list available at registration; approx. cost: \$30–50. Class will not be held on 12/22 12/26, 1/2.

Age: 18 years & up

Location: Senior Center

12/5–12/19	M	1:00–3:00 PM	\$29.25	103446-01
1/9–1/30	M	1:00–3:00 PM	\$39	103446-02
2/6–2/27	M	1:00–3:00 PM	\$39	103446-03
12/1–12/29	Th	6:30–8:30 PM	\$39	103446-04
1/5–1/26	Th	6:30–8:30 PM	\$39	103446-05
2/2–2/23	Th	1:00–3:00 PM	\$39	103446-06

Porcelain Painting, Beginning

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.

Note: All supplies included. Firing of work included in the course fee. Reduced fee when using your own supplies. Class partially discountable. Class will not be held on 12/21, 12/28.

Age: 18 years & up

Location: Senior Center

12/7–12/14	W	9:00–11:30 AM	\$26	103470-01
1/4–1/25	W	9:00–11:30 AM	\$47	103470-02
2/1–2/22	W	9:00–11:30 AM	\$47	103470-03

Porcelain Painting, Intermediate

Extend your current skills and knowledge and learn varied techniques for achieving desired results, including the mixing of pigments and their application. **Note:** Firing of work is included in the course fee. You provide the painting supplies. Class will not be held on 12/21, 12/28.

Age: 18 years & up

Location: Senior Center

12/7–12/14	W	9:00–11:30 AM	\$21	103471-01
1/4–1/25	W	9:00–11:30 AM	\$42	103471-02
2/1–2/22	W	9:00–11:30 AM	\$42	103471-03

Porcelain Painting, Advanced

Attention is given to advanced techniques, creating the image while observing color, value, and using specific different techniques.

One-on-one and group demonstrations are given. **Note:** Firing of work is included in the course fee. You provide the painting supplies. Class will not be held on 12/21, 12/28.

Age: 18 years & up

Location: Senior Center

12/7–12/14	W	1:00–4:00 PM	\$24	103472-01
1/4–1/25	W	1:00–4:00 PM	\$48	103472-02
2/1–2/22	W	1:00–4:00 PM	\$48	103472-03

Watercolor, Beginning

Learn the basics of preparing paper and board, composition, painting techniques, and special effects including setting up a palette, types of papers, color theory, design principals, and techniques for handling the pigment. **Note:** Supply list available at registration; approx. cost: \$50–75).

Age: 18 years & up

Location: Senior Center

1/6–2/3	F	9:00–11:00 AM	\$69.50	103480-01
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Painting, Watercolor Intermediate

Designed for those that want to be challenged to build their skills and knowledge of artistic concepts. Explore watercolor techniques more in-depth. Emphasis is on observation and various brush techniques. Prerequisite: Beginning Watercolor. **Note:** Supply list available at registration; approx. cost: \$50–100.

Age: 18 years & up

Location: Senior Center

12/2–12/30	F	1:00–3:00 PM	\$36	103481-01
1/6–1/27	F	1:00–3:00 PM	\$48	103481-02
2/3–2/24	F	1:00–3:00 PM	\$48	103481-03

Woodworking

Woodworking, Beginning

Learn how to use woodworking tools, including proper setup and maintenance, to create a basic project. Gain the knowledge of wood skills, materials, and finishes so you can work in Open Shop. **Note:** Some supplies provided. Class partially discountable. Supply list available first day of class; approx. cost: \$20–30.

Age: 18 years & up

Location: Senior Center

1/11–2/15	W	7:00–9:00 PM	\$104	103490-01
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Pottery

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

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

Pottery Lab

Lab is for current students to practice or finish work in progress. Adults who have taken a 10-week class at the Pottery Studio may register as a lab student. This is a recreational and educational facility; production work is not permitted. Staff is in attendance, but no formal instruction is provided. Lab fee includes 25 lbs. of clay. Lab hours are for adults only. Open lab times are not available for students enrolled in the Sampler Class. See page 33 to register as a Lab only participant.

Pottery Pals

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

Work Study

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

Private Instruction

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

Adult Pottery Classes

Pottery, Beginning Wheel & Handbuilding

For those new to pottery. Learn about clay, tools, and glazing. Learn the basic skills, techniques, and principles involved in pottery. Primary emphasis is on creating while using the potter's wheel. Some handbuilding is covered.

Age: 18 years & up

Location: Pottery Studio

1/2–3/6	M	9:00–11:00 AM	\$169	104850-01
1/2–3/6	M	5:45–7:45 PM	\$169	104850-02
1/4–3/8	W	8:00–10:00 PM	\$169	104850-03
1/7–3/11	Sa	12:30–2:30 PM	\$169	104850-04

Pottery, Beginning Plus Wheel & Handbuilding

Designed for those who have previously taken a beginning class and are acquainted with the basic techniques involved in wheel throwing. Excellent class for those that are not feeling comfortable with the clay and wish to hone their skills some before progressing to intermediate. Prerequisite: Beginning Wheel or Equivalent.

Age: 18 years & up

Location: Pottery Studio

1/2–3/6	M	8:00–10:00 PM	\$169	104855-01
1/4–3/8	W	5:45–7:45 PM	\$169	104855-02
1/5–3/9	Th	9:00–11:00 AM	\$169	104855-03

Pottery, Intermediate Wheel & Handbuilding

Class deals with more complex ceramic/pottery techniques and skills. Expression and exploration of form is taught. Prerequisite: Beginning Wheel or experience working with clay and knowledge of wheel principles.

Age: 18 years & up

Location: Pottery Studio

1/3–3/7	Tu	5:30–7:30 PM	\$169	104860-01
1/4–3/8	W	9:00–11:00 AM	\$169	104860-02

Pottery, Advanced Wheel & Handbuilding

Look further into the development of form while honing high-end techniques. Emphasis is placed on combining creativity with conceptual thought into design. Prerequisite: Intermediate Wheel or Equivalent.

Age: 18 years & up

Location: Pottery Studio

1/5–3/9	Th	5:30–7:30 PM	\$169	104865-01
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Pottery Sampler

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

Note: No lab offered. All materials and tools provided.

Age: 18 years & up

Location: Pottery Studio

1/7–2/4	Sa	12:30–2:30 PM	\$59	104870-01
2/11–3/11	Sa	12:30–2:30 PM	\$59	104870-02

Pottery, Handbuilding Expressions

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. All levels welcome.

Age: 18 years & up

Location: Pottery Studio

1/4–3/8	W	6:00–8:00 PM	\$169	104875-01
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Cool Clay

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

Age: 18 years & up

Location: Pottery Studio

1/6–2/3	F	6:00–8:00 PM	\$89	104880-01
2/10–3/10	F	6:00–8:00 PM	\$89	104880-02

Pottery, Creative Clay Craft

Creativity and inventiveness combined create out of the ordinary clay structures that are not necessarily utilitarian. Draw upon inspiration while using some of the more exotic tools like extruders and slab rollers, and incorporating various textures for rich surfaces. All levels welcome.

Age: 18 years & up

Location: Pottery Studio

1/6–3/10	F	9:00–11:00 AM	\$169	104885-01
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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.

Age: 18 years & up

Location: Pottery Studio

1/2–3/10	M,Th,F	11:00 AM–2:00 PM	\$169	104899-01
1/3–3/11	Tu,Sa	9:00 AM–Noon		
1/3–3/9	Tu,Th	7:30–10:00 PM		

Youth Pottery

Birthday Parties

Have a unique birthday while learning and creating a masterpiece with clay. Each attendee creates their own piece. Also tour the facility. Duration is about 90 minutes; tailored packages available. Cost is \$16 per child (5 children minimum). With 10 kids or more, the birthday child is free. Not discountable.

Scout Badges

Boy and Girl Scouts learn the fundamentals of clay while completing badge requirements. Scouts go on a tour and see the workings of a Pottery Studio, as well as create a piece that they can personalize with their own creativity. Cost is \$16 per child (5 children minimum). Not discountable.

Contact

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

Parents or Grandparents & Children Together

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

Child with Parent Pottery

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

Pottery, Parent & Tot Mud, Handbuilding

Parent and child combine their talents in this unique pottery class. Projects are constantly being varied, so it is possible to register for classes as many times as you wish. **Note:** One parent per youth.

Age: 3–5 years

Location: Pottery Studio

1/3–1/31	Tu	12:30–1:30 PM	\$44	104801-01
1/4–2/1	W	2:45–3:45 PM	\$44	104801-02
1/7–2/4	Sa	2:30–3:30 PM	\$44	104801-03
2/7–3/7	Tu	12:30–1:30 PM	\$44	104801-04
2/8–3/8	W	2:45–3:45 PM	\$44	104801-05
2/11–3/11	Sa	2:30–3:30 PM	\$44	104801-06

Pottery, Parent & Child Handbuilding

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

Age: 6–9 years

Location: Pottery Studio

1/7–2/4	Sa	4:30–6:00 PM	\$109	104835-01
2/11–3/11	Sa	4:30–6:00 PM	\$109	104835-02

Pottery, Parent Teen & Youth Wheel & Handbuilding

Explore the world of clay together. Make functional pots and whimsical, imaginative clay objects in while learning the potter's wheel and handbuilding. **Note:** Each additional youth is \$44.50.

Age: 10–17 years

Location: Pottery Studio

1/6–2/3	F	5:45–7:15 PM	\$109	104845-01
2/10–3/10	F	5:45–7:15 PM	\$109	104845-02

Youth Pottery Classes

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

Pottery, Child Handbuilding

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

Age: 6–9 years

Location: Pottery Studio

1/2–1/30	M	4:00–5:30 PM	\$58	104805-01
1/4–2/1	W	4:00–5:30 PM	\$58	104805-02
2/6–3/6	M	4:00–5:30 PM	\$58	104805-03
2/8–3/8	W	4:00–5:30 PM	\$58	104805-04

Pottery, Youth Wheel & Handbuilding

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

Age: 10–12 years

Location: Pottery Studio

1/5–2/2	Th	3:45–5:15 PM	\$109	104810-01
1/6–2/3	F	4:00–5:30 PM	\$58	104810-02
2/17–3/10	F	4:00–5:30 PM	\$58	104810-03

Pottery, Teen Wheel & Handbuilding

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

Age: 13–17 years

Location: Pottery Studio

1/3–1/31	Tu	3:45–5:15 PM	\$58	104815-01
2/7–3/7	Tu	3:45–5:15 PM	\$58	104815-02

Youth Programming**Art Studio**

Focus on different mediums and themes, or create at will with various materials provided. This can be a messy class; dress accordingly.

Age: 6–12 years

Location: Mulberry Pool

Collage

1/23	M	4:30–6:00 PM	\$10	116207-01
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Clay

1/30	M	4:30–6:00 PM	\$15	116207-02
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Valentine's Day

2/6	M	4:30–6:00 PM	\$10	116207-03
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Painting

2/13	M	4:30–6:00 PM	\$10	116207-04
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Beading

2/27	M	4:30–6:00 PM	\$15	116207-05
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Cupcakes 'n Canvas

Theme inspired and geared towards teaching young artists the joy of painting. Paint on canvas while enjoying cupcakes.

Age: 6–12 years

Location: Mulberry Pool

Winter

12/7	W	4:30–6:00 PM	\$29	116243-01
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Snowman

12/14	W	4:30–6:00 PM	\$29	116243-02
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Gingerbread

12/21	W	4:30–6:00 PM	\$29	116243-03
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Wild for Pokémon

Paint your very own Pokémon on canvas. Bring your favorite Pokémon character for inspiration.

Age: 6–12 years

Location: Foothills Activity Center

2/20	M	9:00 AM–Noon	\$49	116242-01
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Clone Wars

Using Star Wars as inspiration, create colorful landscapes, whacky spaceships, alien faces, and robot models, as well as sketch the heroes and villains of the epic area.

Age: 8–12 years

Location: Foothills Activity Center

1/16	M	9:00 AM–Noon	\$49	116220-01
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Introduction to Collage

Explore various mediums and techniques used to augment finished pieces. No experience necessary.

Age: 12–15 years

Location: Foothills Activity Center

12/3	Sa	10:00–11:30 AM	\$39	115703-01
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Collage

Explore and experiment with creating truly new, exciting compositions using diverse materials such as magazines, newspapers, packing labels, fabric, paint and photographs. No experience necessary.

Age: 12–15 years

Location: Foothills Activity Center

12/10–12/17	Sa	10:00–11:30 AM	\$75	115704-01
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Introduction To Dabble

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

Age: 12–15 years

Location: Foothills Activity Center

1/14	Sa	10:00–11:30 AM	\$39	115701-01
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Dabble

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

Age: 12–15 years

Location: Foothills Activity Center

1/21–2/11	Sa	10:00–11:30 AM	\$99	115702-01
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Bicycling

Keep pedaling year-round with these classes and events hosted by the City of Fort Collins bicycling and recreation programs: FC Bikes, FC Bikes Bicycle Ambassador Program, Safe Routes to School, and City of Fort Collins-Recreation Department. Come learn and play with us on two wheels and keep Fort Collins bicycling fun, friendly, and safe. For more information about bicycle programming through the City of Fort Collins, visit:

bicycleambassadorprogram.org

fcgov.com/saferoutes

fcgov.com/fcbikes

For questions regarding classes and events, contact 970.221.6987 or visit info@bicycleambassadorprogram.org.

Adult Programming

Bicycle Friendly Driver

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

Age: 15 years & up

Location: 281 N. College Avenue

12/5	M	4:30–6:00 PM	No Fee	130905-01
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Location: Summitview

1/10	Tu	6:30–8:00 PM	No Fee	130905-02
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Location: Senior Center

2/16	Th	10:00–11:30 AM	No Fee	130905-03
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Cycling in Winter

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

Age: 14 years & up

Location: Edora Pool Ice Center

1/18	W	6:30–8:00 PM	No Fee	130914-01
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Family Programming

Bike to Work Day

The 10th annual Winter Bike to Work Day is here. Similar to the Summer edition, Winter Bike to Work Day features stations throughout Fort Collins that provide breakfast, hot drinks, bike repairs, and fun to reward those who arrive by bike. **Note:** For more information and station locations, visit fcgov.com/bikewinter.

Age: All

Location: Fort Collins

12/14	W	7:00–9:30 AM		
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Holiday Lights by Bike

Decorate your bike and tour the best holiday lights in the city. After the tour, enjoy hot drinks and treats. **Note:** Bike and helmet required. Participants must be able to ride 5–6 miles round-trip.

Age: All

Location: Wolverine Publick House

12/17	Sa	6:00–8:30 PM		
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Light Up the Night

Front lights are required on bicycles at night. If you are in need of a light, stop by for free bike lights to keep you riding bright (while supplies last).

Age: All

Location: Edora Pool Ice Center

1/18	W	6:00–8:30 PM		
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Winter Wonderland Rides

Join Bicycle Ambassadors for fun rides around Fort Collins to try out new bicycle infrastructure, enjoy winter weather riding, and build community. Each ride features a different route and ends at a destination where participants can warm up and socialize to kick off the weekend. **Note:** Bicycle and helmet required.

Age: All

Location: Fort Collins

1/20	F	5:15–6:30 PM		
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2/3	F	5:15–6:30 PM		
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2/17	F	5:15–6:30 PM		
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Bike Winter Photo Contest

Snap a photo of one of your winter rides and post it to Facebook or Twitter using #BikeWinter16. Photos are shared on the FC Bikes Facebook page. Then, vote for your favorite photos in February. Top photos are printed and displayed at Wolverine Letter Press and Publick House in February and recognized at the Bike Winter Celebration. **Note:** For more information, visit fcgov.com/bikewinter.

Age: All

Location: CoFC 281 Bldg

1/31		Photo submission deadline.		
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Bike Winter Celebration

Celebrate year-round cycling with festivities. Also, see the Bike Winter Photo Contest top photos on exhibit. **Note:** For more information, visit fcgov.com/bikewinter. Registration not required.

Age: All

Location: Wolverine Publick House

2/24	F	6:00–9:00 PM		
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Dance & Movement

Adult Programming

Belly Dancing

Belly Dancing, Beginning

Tribal style belly dance is a group dance performed in a lead and follow format based on a shared vocabulary of movements and cues. Learn basic fast and slow movements, combos, and improvisational dance, all while improving balance, core strength, and flexibility.

Note: Wear yoga/exercise gear and bring a scarf or sash to tie around your hips. Bare feet recommended.

Age: 18 years & up

Location: Senior Center

1/3–1/31	Tu	7:00–8:00 PM	\$39	106426-01
2/7–2/28	Tu	7:00–8:00 PM	\$32	106426-02

Belly Dancing Continuing

Focus on group improvisation and expand vocabulary with more complex movements and formation. Begin prop work and introduction of Zambra Mora and Bollywood-influenced movements. Prerequisite: Completed two sessions of Beginning Belly Dance or instructor approval. **Note:** Wear yoga/exercise gear and bring a scarf or sash to tie around your hips. Bare feet recommended.

Age: 18 years & up

Location: Senior Center

1/3–1/31	Tu	8:00–9:00 PM	\$39	106427-01
2/7–2/28	Tu	8:00–9:00 PM	\$32	106427-02

Bollywood Fusion

Bring the bounce and exuberance of Bollywood to belly dance. Explore new moves, combos, and how to blend two styles of dance together seamlessly. ITS familiarity helpful, but not required. **Note:** Wear yoga/exercise gear and a full skirt.

Age: 18 years & up

Location: Senior Center

12/13	Tu	7:00–9:00 PM	\$19	106428-01
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Ballet

Ballet, Beginning

An introduction to classical barre, positions, and steps. **Note:** Ages 13–17 years allowed with instructor approval.

Age: 18 years & up

Location: Empire Grange, 2306 W. Mulberry St.

1/24–3/7	Tu	5:30–6:30 PM	\$46	106102-01
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Ballet, Low-Intermediate

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

Age: 18 years & up

Location: Empire Grange, 2306 W. Mulberry St.

1/23–3/6	M	5:30–6:45 PM	\$57	106103-01
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Ballet, Intermediate

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

Age: 18 years & up

Location: Canyon Concert Ballet, 1031 Conifer St., #3

1/26–2/23	Th	6:45–8:00 PM	\$42	106104-01
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Dance

West Coast Swing

Learn all the basic 4, 6, and 8 count patterns of this partner swing dance. Dance the starter step, the side pass, the underarm pass, the sugar push, the tuck, the basket whip, and the basic whip. Singles and couples welcome.

Age: All

Location: Senior Center

12/7–12/28	W	7:30–9:00 PM	\$39	106440-01
1/4–1/25	W	7:30–9:00 PM	\$39	106440-02
2/1–2/22	W	7:30–9:00 PM	\$39	106440-03

Zambra Mora

Add some flair to tribal dance with flying skirts and flamenco-inspired movements. Cover new moves, skirt work, posture, and how to meld what you learn with tribal belly dance. Familiarity with ITS is helpful, but not required. **Note:** Wear exercise gear and a long full skirt.

Age: 18 years & up

Location: Senior Center

12/6	Tu	7:00–9:00 PM	\$19	106450-01
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Line Dance

Line Dance, Starter Class

Learn the basic steps, terminology, and easy choreography.

Note: Participants may pay the \$6 drop-in fee prior to each class.

Age: 18 years & up

Location: Senior Center

12/6–12/13	Tu	12:30–1:45 PM	\$10	106436-01
1/3–1/31	Tu	12:30–1:45 PM	\$19	106436-02
2/7–2/28	Tu	12:30–1:45 PM	\$16	106436-03

Line Dance, Continued

Designed for the more experienced dancer who thrives on complex choreography. **Note:** Participants may pay the \$6 drop-in fee prior to each class.

Age: 18 years & up

Location: Senior Center

12/6–12/13	Tu	1:45–3:00 PM	\$10	106437-01
1/3–1/31	Tu	1:45–3:00 PM	\$19	106437-02
2/7–2/28	Tu	1:45–3:00 PM	\$16	106437-03

Modern**Modern Dance**

Earthy, sometimes jazzy or lyrical movements follow a stretching/toning warm-up which leads to release of stress and interactive enjoyment. Ages 13–17 years allowed with instructor approval.

Age: 18 years & up

Location: Empire Grange

1/23–3/6	M	6:45–7:45 PM	\$46	106156-01
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Youth Programming**Acro Dance****Acro Dance**

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

Location: Mulberry Pool

Acro Dance, Level 1

Age: 3–5 years

12/5–12/19	M	1:00–1:45 PM	\$33	116272-01
1/9–1/30	M	1:00–1:45 PM	\$44	116272-02
2/6–2/27	M	1:00–1:45 PM	\$44	116272-03

Acro Dance Beginners, Levels 2–5

Age: 5–9 years

12/7–12/21	W	5:30–6:25 PM	\$33	116273-01
1/11–2/1	W	5:30–6:25 PM	\$44	116273-02
2/8–3/1	W	5:30–6:25 PM	\$44	116273-03

Acro Dance Intermediate, Levels 5–7

Age: 9 years & up

12/7–12/21	W	6:30–7:25 PM	\$33	116274-01
1/11–2/1	W	6:30–7:25 PM	\$44	116274-02
2/8–3/1	W	6:30–7:25 PM	\$44	116274-03



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Ballet

Dancing Swans

An introduction to basic dance, pre-ballet movement, and body awareness using imagery and imaginative play.

Age: 3–4 years

Location: Mulberry Pool

12/5–12/19	M	11:00–11:45 AM	\$33	116270-01
1/9–1/30	M	11:00–11:45 AM	\$44	116270-02
2/6–2/20	M	11:00–11:45 AM	\$33	116270-03

Petite Ballerinas

Gain confidence by exploring pre-ballet movement, tempo, and memory skills. Leveled classes teach progressive skills. Registration deadline is one week prior to class. Attire: Leotard, tights, pink leather ballet slippers. Hair needs to be in a bun.

Location: Northside Aztlan Center

Petite Ballerinas I

Age: 3–4 years

1/6–1/27	F	11:45 AM–12:30 PM	\$44	116563-01
2/3–2/24	F	11:45 AM–12:30 PM	\$44	116563-02
1/7–1/28	Sa	9:00–9:45 AM	\$44	116563-03
2/4–2/25	Sa	9:00–9:45 AM	\$44	116563-04

Petite Ballerinas II

Age: 4–5 years

1/6–1/27	F	12:45–1:30 PM	\$44	116563-05
2/3–2/24	F	12:45–1:30 PM	\$44	116563-06
1/7–1/28	Sa	10:00–10:45 AM	\$44	116563-07
2/4–2/25	Sa	10:00–10:45 AM	\$44	116563-08

Petite Ballerina III

Age: 5–6 years

1/7–1/28	Sa	11:00–11:45 AM	\$44	116563-09
2/4–2/25	Sa	11:00–11:45 AM	\$44	116563-10

Petite Ballet

Begin learning classical techniques in a dance studio setting with trained instructors. Attire: Solid colored leotards, pink tights, and pink leather ballet slippers. Hair needs to be in a bun.

Age: 7–11 years

Location: Northside Aztlan Center

1/7–1/28	Sa	Noon–12:45 PM	\$44	116564-01
2/4–2/25	Sa	Noon–12:45 PM	\$44	116564-02

General Dance

Dancin' Dumplin's

Introduction to dance rhythms, movement, tumbling, and creativity. Confidence results from this fun-filled class. Attire: Leotard and tights, or t-shirts and shorts.

Location: Foothills Activity Center

Age: 3 years

1/12–2/2	Th	11:00–11:45 AM	\$36	116755-01
1/13–2/3	F	10:30–11:15 AM	\$36	116755-02
2/9–3/9	Th	11:00–11:45 AM	\$45	116755-03
2/10–3/10	F	10:30–11:15 AM	\$45	116755-04
3/23–4/13	Th	11:00–11:45 AM	\$36	116755-05
3/24–4/14	F	10:30–11:15 AM	\$36	116755-06

Age: 4–5 years

1/13–2/3	F	9:15–10:15 AM	\$48	116755-07
2/10–3/10	F	9:15–10:15 AM	\$60	116755-08

Age: 4.5–6 years

1/11–2/1	W	4:15–5:15 PM	\$48	116755-09
2/8–3/8	W	4:15–5:15 PM	\$60	116755-10

Dancin' Dumplin's Recital

An extended version of our regular Dancin' Dumplin's class. Ends with a recital given for friends and family. Class focus is on the recital performance. Recital is on a Saturday afternoon in the spring; date and time to be announced during class. Attire: Leotard and tights, or t-shirt and shorts. Fee includes recital costume.

Location: Foothills Activity Center

Age: 4–5 years

3/24–5/12	F	9:15–10:15 AM	\$111	116759-01
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Age: 4.5–6 years

3/22–5/10	W	4:15–5:15 PM	\$111	116759-02
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Just Dance

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

Age: 6–8 years

Location: Foothills Activity Center

1/11–2/1	W	5:35–6:35 PM	\$48	116757-01
2/8–3/8	W	5:35–6:35 PM	\$60	116757-02

Just Dance Recital

Combination dance class including a ballet warm-up for technique, gymnastics for alignment, and jazz dance combos for rhythm. Focus is on the recital performance held on a Saturday afternoon in the spring; date and time to be announced during class.

Age: 6–8 years

Location: Mulberry Pool

3/22–5/10	W	5:35–6:35 PM	\$111	116754-01
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Hip Hop

Hip Hop for Preschool

Fundamentals of hip hop taught in a fun, appropriate environment. Hip hop, free style, tricks, and breakdancing incorporated.

Age: 3–5 years

Location: Mulberry Pool

12/5–12/19	M	Noon–12:45 PM	\$33	116261-01
1/9–1/30	M	Noon–12:45 PM	\$44	116261-02
2/6–2/20	M	Noon–12:45 PM	\$33	116261-03

Hip Hop Dance

Learn basic dance skills like keeping rhythm, following choreography, and developing body control with kid-friendly hip hop and funk style music and movement. **Note:** No gum. Attire: loose workout clothes and tennis shoes. Class will not be held on 1/16.

Location: Northside Aztlan Center

Age: 6–8 years

1/9–2/6	M	4:45–5:45 PM	\$44	115511-01
2/13–3/6	M	4:45–5:45 PM	\$44	115511-02

Age: 9–11 years

1/9–2/6	M	5:45–6:45 PM	\$44	115511-03
2/13–3/6	M	5:45–6:45 PM	\$44	115511-04

Tap

Tappin' Dumplin's

A variation of the traditional Dancin' Dumplin's class. Explore a little tap dancing, as well as dance steps, movement, tumbling, and creativity.

Age: 4–5 years

Location: Foothills Activity Center

1/12–2/2	Th	1:00–2:00 PM	\$48	116756-01
2/9–3/9	Th	1:00–2:00 PM	\$60	116756-02

Tappin' Dumplins Recital

Extended version of our regular Tappin' Dumplin's class; ends with a recital given for friends and family. Focus is on the recital performance held on a Saturday afternoon Date and time announced during class. Attire: Leotard and tights, or t-shirts and shorts. Tap shoes also required. Price includes recital costume.

Age: 4–5 years

Location: Foothills Activity Center

3/23–5/11	Th	1:00–2:00 PM	\$111	116758-01
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Tap Dance Gymnastics

Forty-five minutes of basic tap techniques and rhythms followed by 45 minutes of basic gymnastics skills and rotations. **Note:** Class will not be held on 2/14.

Age: 4–6 years

Location: Foothills Activity Center

1/10–1/31	Tu	4:15–5:45 PM	\$72	116760-01
2/7–3/7	Tu	4:15–5:45 PM	\$72	116760-02
3/21–4/18	Tu	4:15–5:45 PM	\$90	116760-03

Just Tap

Bring your basic tap technique to the next level by learning time steps, step combinations, tap choreography, and gymnastics.

Note: Class will not be held on 2/14.

Age: 6–8 years

Location: Foothills Activity Center

1/10–1/31	Tu	6:00–7:00 PM	\$48	116762-01
2/7–3/7	Tu	6:00–7:00 PM	\$48	116762-02

Just Tap Recital

An extended version of the regular Just Tap class. Ends with a recital given for friends and family.

Age: 6–8 years

Location: Foothills Activity Center

3/21–5/9	Tu	6:00–7:00 PM	\$111	116767-01
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Tumbling

Tumble Bumbles

Individual attention is paid to learning basic tumbling skills (somersault, cartwheel, and push-up bridge) and how to use the various pieces of equipment. As a result, flexibility, balance, coordination, and self-confidence are developed. Age appropriate skills are taught. **Note:** Class will not be held on 3/13, 3/16.

Location: Foothills Activity Center

Age: 4–5 years

1/9–2/13	M	1:00–2:00 PM	\$72	116779-01
1/9–2/13	M	4:15–5:15 PM	\$72	116779-02
2/27–4/10	M	1:00–2:00 PM	\$72	116779-03
2/27–4/10	M	4:15–5:15 PM	\$72	116779-04

Age: 5–6 years

1/9–2/13	M	5:35–6:35 PM	\$72	116779-05
2/27–4/10	M	5:35–6:35 PM	\$72	116779-06

Age: 6–7 years

1/12–2/9	Th	4:15–5:15 PM	\$60	116779-07
2/16–3/30	Th	4:15–5:15 PM	\$72	116779-08

Just Tumbling

Learn basic tumbling skills. Incorporate your new skills into a mini-floor exercise routine. **Note:** Class will not be held on 3/16.

Age: 7–8 years

Location: Foothills Activity Center

1/12–2/9	Th	5:45–7:00 PM	\$75	116778-01
2/16–3/30	Th	5:45–7:00 PM	\$90	116778-02

Early Learning

Early Learning courses are tailored toward children ages 6 years & under and are designed to enrich both their social and educational skills. Most classes for children ages 3 years & older are Child without Parent Classes. Classes in which parents are required or permitted to attend are listed in the Child with Parent Classes on page 44.

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

Please note any dietary restrictions when registering.

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

Child without Parent Classes

2–6 years

Funtime Programming

Funtime closures/holidays correspond to the Poudre School District schedule. Funtime does not follow PSD weather closures.

Funtime Discovery

Discover arts and crafts, creative play, letter/number recognition, and gym time in this transitional class. Previous class experience recommended. **Note:** Class will not be held on 3/14, 3/16.

Age: 2.5–3.5 years

Location: Northside Aztlan Center

11/29–12/15	Tu,Th	9:30–11:00 AM	\$63	117503-01
1/10–2/2	Tu,Th	9:30–11:00 AM	\$84	117503-02
2/7–3/2	Tu,Th	9:30–11:00 AM	\$84	117503-03

Funtime for Preschoolers

Participate in arts and crafts, storytelling, science, math, pre-reading, creative play/dramatics, and gym play. Children must have turned three by 9/15/2016. Previous class experience recommended. **Note:** Class will not be held on 1/16, 2/20, 3/13, 3/15, 3/17, 4/7.

Age: 3–4 years

Location: Northside Aztlan Center

1/11–2/17	M,W,F	9:30 AM–Noon	\$200	117501-01
2/20–4/5	M,W,F	9:30 AM–Noon	\$210	117501-02
4/10–5/19	M,W,F	9:30 AM–Noon	\$236	117501-03

Funtime Pre-K

Develop fundamental kindergarten readiness skills. Curriculum focus is on small-motor skills, literacy, emerging reading/writing, and pre-math skills, arts and crafts, movement/physical education, drama, and development of social skills. Children must have turned four by 9/15/2016. **Note:** Class will not be held on 1/16, 2/20, 3/13, 3/15, 3/17, 4/7.

Age: 4–5 years

Location: Northside Aztlan Center

1/11–2/15	M,W,F	9:30 AM–Noon	\$210	117500-01
2/22–4/5	M,W,F	9:30 AM–Noon	\$210	117500-02
4/10–5/19	M,W,F	9:30 AM–Noon	\$236	117500-03

General Programming

Curious Twos

Your child’s attention will be directed to games, crafts and stories, providing a positive first step to independent learning.

Age: 2 years

Location: Mulberry Pool

11/29–12/15	Tu,Th	9:30–10:30 AM	\$31	117204-01
1/10–2/2	Tu,Th	9:30–10:30 AM	\$42	117204-02
2/7–3/2	Tu,Th	9:30–10:30 AM	\$42	117204-03
11/29–12/15	Tu,Th	11:00 AM–Noon	\$31	117204-04
1/10–2/2	Tu,Th	11:00 AM–Noon	\$42	117204-05
2/7–3/2	Tu,Th	11:00 AM–Noon	\$42	117204-06

Lunch & Learn

Bring a lunch, make new friends, and learn something new. This enrichment class compliments most pre-k and half day kindergarten programs. Parents: Check out our weight room and fitness equipment while your child is in class.

Age: 3–5 years

Location: Foothills Activity Center

12/6–12/22	Tu,Th	Noon–2:30 PM	\$79	117712-01
1/10–2/2	Tu,Th	Noon–2:30 PM	\$105	117712-02

Preschool Tools

Under close supervision, practice hands-on using real tools.

Age: 3–5 years

Location: Mulberry Pool

Hammers

12/19	M	1:00–2:00 PM	\$12	117256-01
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Screws

2/6	M	1:00–2:00 PM	\$12	117256-02
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Take-it-apart

3/6	M	1:00–2:00 PM	\$12	117256-03
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Pretend with Friends

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

Age: 3–5 years

Location: Mulberry Pool

Grocery Store

12/2	F	1:00–2:30 PM	\$12	117250-01
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Santa's Workshop

12/16	F	1:00–2:30 PM	\$12	117250-02
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Camping

1/13	F	1:00–2:30 PM	\$12	117250-03
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Construction Site

1/27	F	1:00–2:30 PM	\$12	117250-04
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Dress-up Play

2/10	F	1:00–2:30 PM	\$12	117250-05
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Zoo Keeper

2/24	F	1:00–2:00 PM	\$12	117250-06
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Those Amazing Dinosaurs

Learn about your favorite dinosaurs by hunting for fossils, classifying by characteristics, and maybe creating your own dinosaur.

Age: 3–5 years

Location: Northside Aztlan Center

2/8–2/22	W	9:30–11:00 AM	\$30	118508-01
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When I Grow Up

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

Age: 3–5 years

Location: Mulberry Pool

Doctor/EMT

12/12	M	1:00–2:30 PM	\$12	117244-01
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Pizzeria

1/30	M	1:00–2:30 PM	\$12	117244-02
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Firefighter

2/27	M	1:00–2:30 PM	\$12	117244-03
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Disney Delights

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

Age: 3–6 years

Location: Mulberry Pool

Tangled

12/5	M	1:00–2:30 PM	\$16	117240-01
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Frozen

1/23	M	1:00–2:30 PM	\$16	117240-02
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Finding Dory

2/13	M	1:00–2:30 PM	\$16	117240-03
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Call now to schedule a **FREE** screening for your toddler!

*24 months & under for patients without insurance

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



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Hospital Helpers

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

Age: 3–6 years

Location: Northside Aztlan Center

2/7–2/21	Tu	1:00–2:30 PM	\$30	117545-01
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I Want to be a Scientist

Explore, learn, and discover what it's like to be a scientist by conducting hands-on investigations.

Age: 3–6 years

Location: Northside Aztlan Center

Vet Medicine

12/7	W	10:00–11:30 AM	\$16	117507-01
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Oceanography

12/14	W	10:00–11:30 AM	\$16	117507-02
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Concoctions

12/21	W	10:00–11:30 AM	\$16	117507-03
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Zoology

1/11	W	10:00–11:30 AM	\$16	117507-04
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Flight

1/18	W	10:00–11:30 AM	\$16	117507-05
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Magnets

1/25	W	10:00–11:30 AM	\$16	117507-06
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Entomology

2/1	W	10:00–11:30 AM	\$16	117507-07
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Astronomy

3/1	W	10:00–11:30 AM	\$16	117507-08
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Reptiles

3/8	W	10:00–11:30 AM	\$16	117507-09
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Lego with Friends – NEW!

Use Lego bricks to create all your imagination can dream up.

In addition to building, participate in crafts and games.

Snack provided.

Age: 3–6 years

Location: Northside Aztlan Center

3/2	Th	1:00–2:30 PM	\$16	117549-01
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Ninja Turtles

Get your hands into Leonardo, Raphael, Donatello, and Michelangelo inspired crafts and games. Snack included. Pizza anyone?

Age: 3–6 years

Location: Northside Aztlan Center

2/9–2/23	Th	1:00–2:30 PM	\$30	117543-01
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Paw Patrol – NEW!

Join Ryder and his Adventure Bay Friends for some Paw Patrol fun. Snack provided.

Age: 3–6 years

Location: Northside Aztlan Center

2/28	Tu	1:00–2:30 PM	\$16	117550-01
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Pinkalicious

In keeping with the Pinkalicious book series, embrace everything pink. Find your inner pink with arts and crafts, cupcakes, and Pinkalicious stories.

Age: 3–6 years

Location: Northside Aztlan Center

1/31	Tu	1:00–2:30 PM	\$16	117537-01
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Playdough World

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

Age: 3–6 years

Location: Northside Aztlan Center

1/10–1/24	Tu	1:00–2:30 PM	\$30	117547-01
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Super Heroes

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

Age: 3–6 years

Location: Northside Aztlan Center

1/12–1/26	Th	1:00–2:30 PM	\$30	117548-01
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Ultimate Fort Making

Construct a fort using blankets, towels, parachutes, boxes, hula hoops, floor mats, and whatever else you can find. **Note:** Snack provided.

Age: 3–6 years

Location: Northside Aztlan Center

2/2	Th	1:00–2:30 PM	\$10	117539-01
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Lunch Bunch Enrichment

Varied enrichment activities are designed to complement most pre-k and half-day kindergarten programs. **Note:** Bring a lunch. Drop-in available for \$10 per day if space allows. Class will not be held on 2/17, 3/13, 3/15, 3/17, 4/7.

Age: 4–6 years

Location: Northside Aztlan Center

1/23–2/6	M	Noon–2:00 PM	\$25	117509-01
1/11–2/15	W	Noon–2:00 PM	\$49	117509-02
1/13–2/10	F	Noon–2:00 PM	\$49	117509-03
2/27–4/3	M	Noon–2:00 PM	\$41	117509-04
2/22–4/5	W	Noon–2:00 PM	\$49	117509-05
3/3–3/31	F	Noon–2:00 PM	\$33	117509-06
4/10–5/8	M	Noon–2:00 PM	\$41	117509-07
4/12–5/10	W	Noon–2:00 PM	\$41	117509-08
4/14–5/12	F	Noon–2:00 PM	\$41	117509-09

Arts and Crafts

Art Start, Pre K

Hands-on with independent exploration inspiring imagination and self-esteem. Explore, collage, cut, tear, drizzle, drip, paste, and paint. Play with creamy pastels and paint with vibrant tempera and juicy water colors.

Age: 3–5 years

Location: Mulberry Pool

12/7–12/21	W	10:30–11:30 AM	\$37	116217-03
1/11–2/1	W	10:30–11:30 AM	\$49	116217-04

Cupcakes n' Canvas, Pre-K

Discover the joy of painting using bright, bold colors on canvas. Cupcake snack included.

Age: 3–5 years

Location: Mulberry Pool

Winter				
12/7	W	1:00–2:30 PM	\$29	117229-01
Snowman				
12/14	W	1:00–2:30 PM	\$25	117229-02
Gingerbread				
12/21	W	1:00–2:30 PM	\$29	117229-03

Art Studio for Preschoolers

Discover your inner artist by focusing on different mediums and themes, or create at will with various materials provided. Class can get messy.

Age: 3–6 years

Location: Northside Aztlan Center

Collage				
1/23	M	9:30–11:00 AM	\$10	116506-01
Clay				
1/30	M	9:30–11:00 AM	\$15	116506-02
Valentines				
2/6	M	9:30–11:00 AM	\$10	116506-03
Beading				
2/27	M	9:30–11:00 AM	\$15	116506-04
Pop Art				
3/6	M	9:30–11:00 AM	\$10	116506-05

Holiday Ornaments

Create holiday decorations and ornaments to fill your home with holiday spirit.

Age: 3–6 years

Location: Northside Aztlan Center

12/6–12/8	Tu,Th	1:00–3:00 PM	\$35	116551-01
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Holiday Cards

Cut, paste, and glue to create holiday cards that your loved ones can enjoy. Come ready for a holly jolly mess.

Age: 3–6 years

Location: Northside Aztlan Center

11/29–12/1	Tu,Th	1:00–3:00 PM	\$35	116552-01
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Holiday Gifts by Me

Make someone's holiday merry and bright with a holiday gift that you made all by yourself.

Age: 3–6 years

Location: Northside Aztlan Center

12/13–12/15	Tu,Th	1:00–3:00 PM	\$40	116553-01
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Cooking

Once Upon A Time in the Kitchen

Each class is based on a popular children's book. Cook up a delicacy that is featured in the book.

Age: 3–5 years

Location: Northside Aztlan Center

12/9	F	9:30–11:00 AM	\$20	117522-01
1/20	F	9:30–11:00 AM	\$20	117522-02
2/3	F	9:30–11:00 AM	\$20	117522-03
2/17	F	9:30–11:00 AM	\$20	117522-04
3/10	F	9:30–11:00 AM	\$20	117522-05

Dance and Movement

Little Yogis

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

Age: 3–6 years

Location: KidsCrave Yoga, 4206 S. College Ave., #107

12/2–12/23	F	10:00–10:45 AM	\$39	117955-01
1/6–1/27	F	10:00–10:45 AM	\$39	117955-02
2/3–2/24	F	10:00–10:45 AM	\$38	117955-03

Fitness

Fun & Fitness

Develop a healthy fitness habit in a fun, festive atmosphere. Along with fitness activities, also enjoy arts and crafts, social time, and story time. Parents: Check out our weight room and fitness equipment while your child is in class.

Age: 2–4 years

Location: Foothills Activity Center

12/5–12/21	M,W	9:30–11:30 AM	\$63	117758-01
12/6–12/22	Tu,Th	9:30–11:30 AM	\$63	117758-02
1/11–2/1	M,W	9:30–11:30 AM	\$63	117758-03
1/10–2/2	Tu,Th	9:30–11:30 AM	\$84	117758-04
2/6–3/1	M,W	9:30–11:30 AM	\$73	117758-05
2/7–3/2	Tu,Th	9:30–11:30 AM	\$84	117758-06

bring on the FUN!



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Child with Parent Classes

Ages: 0–5 years

General Programming

Splish Splash Playgroup

Meet other children and parents through activities such as arts and crafts, music, social time, and pool play. **Note:** Older siblings may attend and participate for a drop-in fee of \$5.

Age: 12–24 months

Location: Mulberry Pool

12/2–12/16	F	10:00–11:30 AM	\$25	117290-01
1/13–1/27	F	10:00–11:30 AM	\$25	117290-02
2/3–2/24	F	10:00–11:30 AM	\$32	117290-03

Toddler time

Focus on creativity and imagination through a combination of fitness games, activities, stories, crafts, and movement.

Age: 15 months–24 months

Location: Mulberry Pool

12/5–12/12	M	9:30–10:15 AM	\$16	117262-01
2/6–2/13	M	9:30–10:15 AM	\$16	117262-02
2/27–3/6	M	9:30–10:15 AM	\$16	117262-03

I Can Do It Myself

Enjoy a number of Valentine's Day activities such as arts and crafts, movement, and making new friends.

Age: 15 months–24 months

Location: Mulberry Pool

2/8	W	10:30–11:30 AM	\$17	117267-01
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Zoo

2/22	W	10:30–11:30 AM	\$17	117267-02
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I Can Do It, Too

For the toddler who is not quite ready to take a class by himself/herself. Enjoy Valentine's Day themed activities together with Mom/Dad.

Age: 2 years

Location: Mulberry Pool

2/8	W	9:00–10:00 AM	\$17	117268-01
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Zoo

2/22	W	9:00–10:00 AM	\$17	117268-02
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Little Explorers

Explore science, movement, arts and crafts, and music.

Age: 2 years

Location: Mulberry Pool

1/23–1/30	M	9:30–10:30 AM	\$16	117261-01
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2/27–3/6	M	9:30–10:30 AM	\$16	117261-02
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Parent and Tot Science

Explore the world of science by making and doing all kinds of fun science experiments.

Age: 2–3 years

Location: Mulberry Pool

12/5–12/19	M	11:00–11:45 AM	\$16	117260-01
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2/6–2/13	M	11:00–11:45 AM	\$16	117260-02
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2/27–3/6	M	11:00–11:45 AM	\$16	117260-03
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S.T.E.M. Together

Explore S.T.E.M (Science, Technology, Engineering, and Mathematics) activities that are based on the class theme.

Age: 3–5 years

Location: Northside Aztlan Center

Airplanes/Launchers

1/18	W	1:00–2:30 PM	\$12	117563-01
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Marble Mazes

2/1	W	1:00–2:30 PM	\$12	117563-02
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Building Bridges

2/15	W	1:00–2:30 PM	\$12	117563-03
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Arts and Crafts

Art Start With Parent

Hands-on with independent exploration inspiring imagination and self-esteem. Explore, collage, cut, tear, drizzle, drip, paste, and paint.

continued on next page

Art Start With Parent continued

Play with creamy pastels and paint with vibrant tempera and juicy water colors.

Age: 18 months–2 years

Location: Mulberry Pool

12/7–12/21	W	9:00–10:00 AM	\$37	116217-01
1/11–2/1	W	9:00–10:00 AM	\$49	116217-02

Small Hands, Big Messy Art

Get your hands on and in paint, shaving cream, flubber, and playdough.

Age: 18 months–36 months

Location: Mulberry Pool

1/23–1/30	M	11:00–11:45 AM	\$16	117285-01
2/20–2/27	M	11:00–11:45 AM	\$16	117285-02

Cooking**Mother Hubbard's Crafts & Cupboard**

Find out what is in Mother Hubbard's cupboard. Themes arts and crafts and cooking activities are inspired by popular children's books.

Age: 2 years

Location: Northside Aztlan Center

Pancakes

12/2	F	9:30–10:30 AM	\$16	117571-01
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Holiday Treats

12/16	F	9:30–10:30 AM	\$16	117571-02
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Cookies

1/13	F	9:30–10:30 AM	\$16	117571-03
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Pizza

1/27	F	9:30–10:30 AM	\$16	117571-04
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Valentine's Day

2/10	F	9:30–10:30 AM	\$16	117571-05
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Cupcakes

3/3	F	9:30–10:30 AM	\$16	117571-06
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Dance & Movement**Shake, Rattle, & Roll**

Sing and play simple games, finger plays, and instruments.

Age: 1–3 years

Location: Foothills Activity Center

1/12–1/26	Th	9:30–10:15 AM	\$24	117775-01
2/2–2/16	Th	9:30–10:15 AM	\$24	117775-02

Baby Ballerinas

Bring your imagination to life to explore body movement and awareness as a ballerina. **Note:** Class will not be held on 2/27.

Age: 2 years

Location: Mulberry Pool

12/5–12/19	M	10:00–10:45 AM	\$33	117296-01
1/9–1/30	M	10:00–10:45 AM	\$44	117296-02
2/6–2/20	M	10:00–10:45 AM	\$33	117296-03

Roly Polys

Discover the world of gymnastics by working on agility, flexibility, strength, and coordination using balance beams, swing bars, parallel bars, and a mini trampoline. **Note:** Wear appropriate clothing: leotards/footless tights, or t-shirt and shorts/sweats. Class will not be held on 2/16, 2/20.

Location: Foothills Activity Center

Age: 2 years

1/9–1/30	M	10:30–11:15 AM	\$36	117795-01
1/10–1/31	Tu	11:00–11:45 AM	\$36	117795-02
1/11–2/1	W	10:30–11:15 AM	\$36	117795-03
2/6–3/6	M	10:30–11:15 AM	\$36	117795-04
2/7–3/7	Tu	11:00–11:45 AM	\$45	117795-05
2/8–3/8	W	10:30–11:15 AM	\$45	117795-06
3/20–4/17	M	10:30–11:15 AM	\$45	117795-07
3/21–4/18	Tu	11:00–11:45 AM	\$45	117795-08
3/22–4/19	W	10:30–11:15 AM	\$45	117795-09

Age: 3 years

1/9–1/30	M	9:30–10:15 AM	\$36	117795-10
1/11–2/1	W	9:30–10:15 AM	\$36	117795-11
2/6–3/6	M	9:30–10:15 AM	\$36	117795-12
2/8–3/8	W	9:30–10:15 AM	\$45	117795-13
3/20–4/17	M	9:30–10:15 AM	\$45	117795-14
3/22–4/19	W	9:30–10:15 AM	\$45	117795-15

Drop-in Programming**Baby Gym**

A special gym time just for babies. Crawl on mats and through tunnels, play with balls and blocks, and adventure through the soft obstacle course. Children must be accompanied by an adult. No fee for adults. Registration is not required. **Note:** Class will not be held on 2/17, 2/20, 3/13, 3/17, 4/7.

Age: 0–2 years

Location: Foothills Activity Center

1/23–5/8	M	9:30–11:30 AM	\$2.50	117799-01
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Location: Northside Aztlan Center

1/13–5/12	F	9:30–11:30 AM	\$2.50	117599-01
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Tot Gym

Balls, blocks, a mini obstacle course and other activities are set-up for play. Children must be accompanied by an adult. No fee for adults. No fee for ages 12 months and younger. Registration is not required. **Note:** Class will not be held on 2/24, 3/14, 3/15, 3/16, 3/17, 4/7.

Age: 0–6 years

Location: Foothills Activity Center

1/11–5/12	W, F	10:00 AM–Noon	\$2.50	117798-01
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Location: Northside Aztlan Center

1/10–5/11	Tu, Th	10:00 AM–Noon	\$2.50	117598-01
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Education

Interested in learning a new skill? City of Fort Collins Recreation offers educational classes that range from cooking an exotic dish, to mastering a technology skill, to being a hero with life-saving skills. If you are registering for a class that involves food preparation and/or consumption, please note food allergies when registering.

Adult Programming

CPR & First Aid

CPR & First Aid

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

Age: 14 years & up

Location: Senior Center

12/3	Sa	9:00 AM–5:00 PM	\$77	107441-01
1/7	Sa	9:00 AM–5:00 PM	\$77	107441-02
2/4	Sa	9:00 AM–5:00 PM	\$77	107441-03

CPR Professional

Learn skills for adult, child, and infant CPR including the use of a barrier device-mask, use of an AED, and relief of foreign body airway obstruction. A two-year American Heart Association Certification is issued upon successful completion of the course. Appropriate for new certifications and re-certifications. **Note:** Includes AHA student text.

Age: 16 years & up

Location: Senior Center

12/7	W	5:30–9:30 PM	\$77	107442-01
1/11	W	5:30–9:30 PM	\$77	107442-02
2/8	W	5:30–9:30 PM	\$77	107442-03

Wilderness First Aid

Learn about assessment, short and long term management of injury, medical emergencies, and conditions when definitive care is more than one hour away. The field day focuses on hands-on scenarios and techniques needed to stabilize the victim and others in the group. **Note:** AAOS Emergency Care and Safety Institute Certification is issued upon successful completion of the course and is valid for three years. Book included.

Age: 18 years & up

Location: Senior Center

1/17–1/19	Tu,Th	5:30–9:30 PM	\$155	107443-01
And 1/21	Sa	9:00 AM–5:00 PM		

Cooking

Slow Cooker Curries

Use your slow cooker to make authentic Indian Curry that is easy, delicious, gluten-free, dairy-free, and vegetarian. Menu: Spicy lentil soup, garbanzo bean curry, saag (spinach curry), and vegetable korma.

Age: 18 years & up

Location: Senior Center

12/8	Th	6:00–8:30 PM	\$35	107424-01
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Christmas Curries

Make three Indian curries: one red, one green, and one white. Make curry pastes, and then build on top of that by adding different ingredients to complete the curries. All recipes are vegan and gluten-free.

Age: 18 years & up

Location: Senior Center

12/15	Th	6:00–8:30 PM	\$35	107425-01
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Healthy Ethiopian Dishes

Learn basic cooking techniques and explore Ethiopian ingredients such as fresh herbs, grains, and spices. Menu: Misir wot (red lentils), collard gomen, atkilt wot (cabbage, carrot, potato stew), duba wot (butternut squash in berbere sauce), and teff flour crepe.

Age: 18 years & up

Location: Senior Center

1/11	W	6:00–8:30 PM	\$35	107426-01
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Curry in a Hurry

Make curry in the modern world with three different styles of Indian curry, each taking less than 20 minutes to prepare without compromising taste or flavor. Menu: Red and black bean curry with spinach, butternut squash curry, and mixed vegetable coconut curry.

Age: 18 years & up

Location: Senior Center

1/19	Th	6:00–8:30 PM	\$35	107427-01
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Food for Life: Kickstart Your Health

Learn about various health topics including blood pressure, digestion, and which foods are optimal for weight management. Also, enjoy a cooking demonstration and taste delicious, healthful dishes in a supportive group setting. Topics include “Power of Your Plate”, “Let’s Go”, “Getting in Gear”, “Breaking the Food Seduction”, and “Keys for Natural Appetite Control”.

Age: 18 years & up

Location: Senior Center

1/26–2/23	Th	6:00–8:00 PM	\$91	107428-01
1/26	Th	6:00–8:00 PM	\$20	107428-02

Treats to Treat your Valentine

The heart obeys the taste of the food you give it, and the mind follows the health from that food as the 'wise' noted long ago. Let the exotic sights, smells, and tastes of chocolate, cardamom, figs, and strawberries endear you to your partner's heart this Valentine's Day. Recipes are gluten-free and vegan. Menu: Cherry chocolate smoothie, cardamom pistachio truffles, fig coconut squares, and chocolate strawberry tart.

Age: 18 years & up

Location: Senior Center

2/8	W	6:00–8:30 PM	\$35	107429-01
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Homemade Indian Flatbreads

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

Age: 18 years & up

Location: Senior Center

2/28	Tu	6:00–8:30 PM	\$35	107430-01
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Thai Cooking, 1st Course

Learn how to use herbs in Thai cooking, tips and tricks, and how to choose quality ingredients to make your meals taste great. Menu: Thai coconut soup (Tom Kha), lemongrass salad, stir fried jungle curry, and Thai iced tea.

Age: 18 years & up

Location: Senior Center

1/10	Tu	6:00–8:30 PM	\$35	107433-01
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Thai Cooking, 2nd Course

Learn to cook Thai curries, flavorful soups, spicy salads, desserts, and stir fry dishes, as well as how to choose quality ingredients, tips and tricks, and time saving practical food preparation techniques. Menu: Tea egg, taro cake, spring roll, and triangle of togetherness appetizer.

Age: 18 years & up

Location: Senior Center

2/7	Tu	6:00–8:30 PM	\$35	107434-01
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General Programming

Wine Tasting Basics

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

Age: 21 years & up

Location: Senior Center

1/13	F	7:00–8:30 PM	\$35	107461-01
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Writing Your Memories

Hear a synopsis on recording your life story and cherished memories.

Age: 18 years & up

Location: Senior Center

1/18	W	10:00–11:15 AM	\$5	107459-01
2/2	Th	10:00–11:15 AM	\$5	107459-02

Technology

Microsoft Live Movie Maker

Create memories of special occasions and life moments as computer videos using new and old photos. Focus on scanning, enhancing, and repairing photos. Also, incorporate music, animations, themes, photo transitions, and captions in your video. Learn how to save in multiple formats.

Age: 18 years & up

Location: Senior Center

1/12–2/16	Th	5:15–7:15 PM	\$79	107417-01
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Facebook for Beginners

Learn to build a meaningful network to keep up with family, friends, and brands, all while controlling privacy and visibility of what is shared. If you can manage online email, you can handle Facebook.

Note: Ages 18 years & under welcome with instructor approval.

Age: 18 years & up

Location: Columbine Health Computer Lab

1/4–1/25	W	6:15–7:15 PM	\$49	107905-01
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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. **Note:** Some social media experience recommended.

Age: 18 years & up

Location: Columbine Health Computer Lab

1/4–1/25	W	7:30–8:30 PM	\$49	107914-01
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Blogging for Passion or Profit

Learn how to create a WordPress blog with a domain name and hosting. Create unlimited pages and edits. No programming experience needed.

Age: 18 years & up

Location: Columbine Health Computer Lab

2/1–2/22	W	7:00–8:00 PM	\$49	107901-01
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Blogging Lab

Optional extension of "Blogging for Passion or Profit". Apply lessons with guidance from an instructor. Practice most common WordPress blogging tasks and build a website with confidence.

2/2–2/23	Th	7:00–8:00 PM	\$40	107901-02
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Classes listed below provided by Front Range PC Users Group

Excel Introduction

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

Age: 18 years & up

Location: Columbine Health Computer Lab

12/3	Sa	8:30 AM-12:30 PM	\$14	107903-01
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Computer Basics

Designed for those who have never used a computer. Learn basic computer terminology through non-technical discussion of basic computer use. Learn to write letters, use email, and use the internet to listen to music and watch movies.

Age: 18 years & up

Location: Columbine Health Computer Lab

12/6-12/9	Tu-F	10:00 AM-Noon	\$19	107902-01
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Excellent & Free Software

Instead of paying monthly fees for your computer software, find free software to use for computer tasks. Bring your computer to class and learn how to locate, download, and install free computer software.

Age: 18 years & up

Location: Senior Center

12/10	Sa	9:00 AM-Noon	\$14	107406-01
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Quicken

Discover the basics of creating and managing files and accounts using hands-on exercises to create checking and savings accounts, reconcile bank statements, and create reports.

Age: 18 years & up

Location: Senior Center

12/17	Sa	8:30 AM-12:30 PM	\$14	107412-01
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Beginning Word v. 2010

Introduction, using hands-on exercises, to Word processing basics such as file management and text formatting. Also learn the lesser known, but useful functions such as tables and mail merge.

Age: 18 years & up

Location: Columbine Health Computer Lab

1/7-1/14	Sa	8:30 AM-12:30 PM	\$24	107909-01
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Having Fun with Windows

Basic terms and tools of Windows 7. Hands-on exercises demonstrate working with windows, menus, files, and customization. A brief, technical description of the computer and simple maintenance tasks suitable for even the inexperienced user. Short demo of Windows 8, depending on attendee interest. Prerequisite: "Computer Basics" or basic computer knowledge.

Age: 18 years & up

Location: Columbine Health Computer Lab

1/21-2/4	Sa	8:30 AM-12:30 PM	\$25	107916-01
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Gizmos and Gadgets

A combination of demonstrations, hands-on sessions, and a layman's introduction to technology such as tablets and smartphones. Prerequisite: "Computer Basics" or basic computer knowledge.

Age: 18 years & up

Location: Senior Center

2/11	Sa	9:00 AM–Noon	\$14	107407-01
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Youth Programming

Winter Break Fun Camp

Each day of camp, go on an adventure to an off-site kid-friendly destination. Explore the Fort Collins Museum of Discovery, see a movie, swim and skate at EPIC and fly high at the trampoline park. Note: Bring a water bottle and sack lunch each day. Drop-off time is between 8–9 a.m. Pick-up time is between 3–5 p.m.

Grade: Kindergarten–5

Location: Northside Aztlan Center

12/27–12/29	Tu–Th	8:00 AM–5:00 PM	\$120	116592-01
1/3–1/5	Tu–Th	8:00 AM–5:00 PM	\$120	116592-02

School's Out Day

Spend your day off from school playing at the community center, doing art and crafts, playing games in the gym, and watching movies. **Note:** Bring a lunch and a water bottle.

Grade: Kindergarten–5

Location: Northside Aztlan Center

1/16	M	8:00 AM–5:00 PM	\$42	116597-01
2/17	F	8:00 AM–5:00 PM	\$42	116597-02
2/20	M	8:00 AM–5:00 PM	\$42	116597-03

Lego Club

Along with other Lego enthusiasts, use Lego bricks to configure all your imagination can dream up. Use your imagination and create masterpieces of construction. **Note:** Snack provided.

Age: 6–10 years

Location: Foothills Activity Center

12/7–12/21	W	4:30–6:00 PM	\$20	118746-01
1/11–1/25	W	4:30–6:00 PM	\$20	118746-02
2/8–2/22	W	4:30–6:00 PM	\$20	118746-03

Babysitting Bootcamp

A comprehensive skills-based camp for youth looking to get the knowledge and confidence to be great babysitters. Topics include: business practices, leadership principles, discipline, communication, safe play, basic care for infants and children, disaster preparedness, preventing accidents, recognizing and responding to emergencies, infant and child CPR, choking, and basic first aid. Certification issued upon successful completion of course.

Age: 11–16 years

Location: Northside Aztlan Center

1/16	M	Noon–8 PM	\$79	115522-01
2/20	M	Noon–8 PM	\$79	115522-02
3/13	M	Noon–8 PM	\$79	115522-03

Teen After School Program

Classes include free tutoring along with access to eight computers beginning at 3 p.m. each day.

Age: 12–15 years

Location: Northside Aztlan Center

International Chefs

1/11–2/1	W	4–5:30 PM	\$45	115524-01
2/8–3/1	W	4–5:30 PM	\$45	115524-02

Board Games

1/13–2/3	F	4–5:30 PM	\$45	115524-03
2/10–3/3	F	4–5:30 PM	\$45	115524-04

The Farm

Adopt an Animal

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

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

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

Birthday Parties

Celebrate your child’s birthday with Farm flair. Meeting the animals, riding a pony (April– October) or going on a hayride creates a very unique party for your 3–8 year old. Call The Farm or stop by during open hours to reserve your date. Payment is due at time of reservation. Your farmer hostess takes care of all the details to ensure a stress-free day for you and your guests. Party packages include pony rides or hayride, lemonade, table settings, a bandana for each child, and of course, a visit with the animals.

The Farm Store

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

The Farm Museum

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

Family Programming

Breakfast with Santa

Enjoy breakfast with Santa Claus while he reads his List of good boys and girls. After breakfast, go on a hayride. Be sure to bring your camera for when the kiddos get to sit on Santa’s lap and get a special holiday gift. **Note:** Each child must have a paid adult in attendance.

Age: 3–5 years

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

Age: 18 years & up

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

Santa on The Farm

Santa Claus is visiting The Farm, so we’re throwing a party. Holiday lights and decorations guide as you meet Santa, enjoy hot chocolate, go on a hayride, and visit the animals. For more fun, purchase \$1 tickets for gift and/or s’ more making. **Note:** No admission costs to The Farm.

Age: All

Location: The Farm

12/10–12/11	Sa,Su	3:00–6:00 PM	No Fee	108629-01
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Youth Programming

Tractors Galore

For tractor enthusiasts. Spend time at The Farm reading stories about tractors and take a book home. Learn how tractors work and play with tractors, too.

Age: 3–5 years

Location: The Farm

2/2–2/16	Th	9:00–10:00 AM	\$25	108612-01
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Farmer Round Up

See The Farm as it operates in the winter months. Explore and learn about the hayloft, chicken house, and barn. Also, read and tell stories and make craft projects to take home.

Age: 3–5 years

Location: The Farm

2/2–2/16	Th	10:30–11:30 AM	\$25	108628-01
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Fitness

General Information

It is recommended that your physician be consulted before beginning any exercise program. If you are 55 years and up, sedentary, or exhibit any of the major coronary risk factors, we recommend that you get your doctor's clearance to start a new exercise program.

Registration Options

For fitness classes, participation options are available:

Participants may register for an entire class session. With this option, active facility pass holders receive 70% off enrollment price.

Please note: Health & Wellness programs **H** are not eligible for discount.

Participants may pay a drop-in fee of \$6 per class, except for karate.

Foothills Activity Center

Visit Foothills Activity Center, located at the recently renovated mall, Foothills, and try fitness classes being hosted at the new facility.

Class Specifics

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

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

For teen and youth fitness classes, see page 58.

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

Transfers/Cancellations

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

Personal Training

Personal trainers are available to train at Eldora Pool Ice Center, Foothills Activity Center, Northside Aztlan Community Center, and Senior Center and help you to develop an exercise program that meets your personal goals and needs. Personal training is available to those ages 13 years & up. Contact David Wimmer at 970.224.6026, dwimmer@fcgov.com or Aaron Harris at 970.416.2225, aharris@fcgov.com for more information.

Group Number	Session Time	Cost
Individual	30-minute	\$20
Individual	60-minute	\$30
2-person	60-minute	\$50
3-person	60-minute	\$67.50
4-person	60-minute	\$80

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

Trainers

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

Talisa Gula-Yeast 970.302.8414	Terence Lenoir-Legros 970.889.4101
Yvonne Hanning 970.449.3460	Tess Pasternak 970.694.2629
Dominick Jones 970.481.2416	Mary Sewell Homan 970.213.0510
Deborah Knobel 970.221.6256	

Adult Fitness Classes

Aerobics

Low Impact Aerobics

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

Location: Senior Center

12/20–12/29	Tu,Th	8:50–9:50 AM	\$12	109401-01
1/3–2/2	Tu,Th	8:50–9:50 AM	\$40	109401-02
2/7–3/9	Tu,Th	8:50–9:50 AM	\$40	109401-03

Athletic Conditioning

Boomer Boot Camp **H**

Get the blood flowing with a full body workout geared to increase strength and stamina. The trainers from Water Valley Medical Fitness will help you get in great shape and increase your energy while having fun. **Note:** Class not discountable.

Age: 18 years & up

Location: Senior Center

11/28–12/21	M,W	8:00–8:50 AM	\$25	125417-01
1/9–2/1	M,W	8:00–8:50 AM	\$25	125417-02
2/6–3/1	M,W	8:00–8:50 AM	\$25	125417-03

Boot Camp

Cardio Boot Camp is a fun fat burning, “can do” focused class. Using functional movements and basic cardio calisthenics this weight loss and fat burning class is built on evidenced based high intensity interval training principles in order for all participants to maximize their results.

Location: Foothills Activity Center

1/7–2/4	Sa	4:00–5:00 PM	\$20	109774-01
2/11–3/11	Sa	4:00–5:00 PM	\$20	109774-02

Cardio, Core & More H

A blend of cardio and strength exercises designed to create a stronger, healthier you. Increase flexibility, balance, and stamina as you participate in a variety of exercises that change each week. An entire body workout that is perfect for those who are looking to improve overall condition. **Note:** Class not discountable.

Age: 18 years & up

Location: Senior Center

11/28–12/21	M,W	9:00–9:50 AM	\$25	125410-01
1/9–2/1	M,W	9:00–9:50 AM	\$25	125410-02
2/6–3/1	M,W	9:00–9:50 AM	\$25	125410-03

CrossTrain

An intense workout that maximizes strength and agility. Use kettle bells, plyo boxes, ropes, and more to work every muscle in your body. Every workout is totally different, keeping your body guessing and forcing it to stay at its peak. **Note:** Class will not be held on 1/2.

Location: Northside Aztlan Center

12/19–12/30	M,W,F	6:15–7:15 AM	\$18	109571-01
1/2–2/3	M,W,F	6:15–7:15 AM	\$56	109571-02
2/6–3/10	M,W,F	6:15–7:15 AM	\$60	109571-03
12/19–12/30	M,W,F	Noon–1:00 PM	\$18	109571-04
1/2–2/3	M,W,F	Noon–1:00 PM	\$56	109571-05
2/6–3/10	M,W,F	Noon–1:00 PM	\$60	109571-06

Lose To Win

Designed to help you lose weight. If you have seen the Biggest Loser on TV and wondered if you could do something like that, here is your chance. Class includes a variety of exercises that are geared to burn fat and gain confidence. **Note:** Class will not be held on 1/2.

Location: Northside Aztlan Center

12/19–12/30	M,W,F	9:30–10:30 AM	\$18	109570-01
1/2–2/3	M,W,F	9:30–10:30 AM	\$56	109570-02
2/6–3/10	M,W,F	9:30–10:30 AM	\$60	109570-03

PowerTrain

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

Location: Northside Aztlan Center

12/20–12/29	Tu,Th	6:15–7:15 AM	\$12	109575-01
1/3–2/2	Tu,Th	6:15–7:15 AM	\$40	109575-02
2/7–3/9	Tu,Th	6:15–7:15 AM	\$40	109575-03
12/20–12/29	Tu,Th	Noon–1:00 PM	\$12	109575-04
1/3–2/2	Tu,Th	Noon–1:00 PM	\$40	109575-05
2/7–3/9	Tu,Th	Noon–1:00 PM	\$40	109575-06

Total Body Boot Camp

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

Location: Northside Aztlan Center

12/20–12/29	Tu,Th	5:30–6:30 PM	\$12	109572-01
1/3–2/2	Tu,Th	5:30–6:30 PM	\$40	109572-02
2/7–3/9	Tu,Th	5:30–6:30 PM	\$40	109572-03

TRX Body Blast

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

Location: Northside Aztlan Center

1/7–2/4	Sa	8:00–9:00 AM	\$20	109580-01
2/11–3/11	Sa	8:00–9:00 AM	\$20	109580-02
12/20–12/29	Tu,Th	Noon–1:00 PM	\$12	109580-03
1/3–2/2	Tu,Th	Noon–1:00 PM	\$40	109580-04
2/7–3/9	Tu,Th	Noon–1:00 PM	\$40	109580-05

Dance

Zumba

Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program. Routines feature interval training sessions where fast and slow rhythms are combined to tone and sculpt your body while burning fat. **Note:** Class will not be held on 1/2.

Location: Foothills Activity Center

1/2–1/30	M	9:00–10:00 AM	\$16	109118-01
2/6–3/6	M	9:00–10:00 AM	\$20	109118-02
1/4–2/1	W	9:00–10:00 AM	\$20	109118-03
2/8–3/8	W	9:00–10:00 AM	\$20	109118-04

Location: Northside Aztlan Center

1/6–2/3	F	9:00–10:00 AM	\$20	109118-05
2/10–3/10	F	9:00–10:00 AM	\$20	109118-06

Location: Foothills Activity Center

12/19–12/28	M,W	1:00–2:00 PM	\$12	109718-01
1/2–2/1	M,W	1:00–2:00 PM	\$36	109718-02
2/6–3/8	M,W	1:00–2:00 PM	\$40	109718-03

Location: Northside Aztlan Center

12/20–12/27	Tu	6:30–7:30 PM	\$6	109518-01
1/3–1/31	Tu	6:30–7:30 PM	\$20	109518-02
2/7–3/7	Tu	6:30–7:30 PM	\$20	109518-03
12/21–12/28	W	6:30–7:30 PM	\$6	109518-04
1/4–2/1	W	6:30–7:30 PM	\$20	109518-05
2/8–3/8	W	6:30–7:30 PM	\$20	109518-06
12/22–12/29	Th	6:30–7:30 PM	\$6	109518-07
1/5–2/2	Th	6:30–7:30 PM	\$20	109518-08
2/9–3/9	Th	6:30–7:30 PM	\$20	109518-09

Zumba continued

Location: Senior Center

12/19–12/26	M	5:30–6:25 PM	\$6	109416-01
1/2–1/30	M	5:30–6:25 PM	\$16	109416-02
2/6–3/6	M	5:30–6:25 PM	\$20	109416-03
12/21–12/28	W	5:30–6:25 PM	\$6	109416-04
1/4–2/1	W	5:30–6:25 PM	\$20	109416-05
2/8–3/8	W	5:30–6:25 PM	\$20	109416-06
1/7–2/4	Sa	9:00–10:00 AM	\$20	109416-07
2/11–3/11	Sa	9:00–10:00 AM	\$20	109416-08

Zumba, Vida Sana

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

Location: Foothills Activity Center

1/2–1/30	M	9:00–10:00 AM	No Fee	109119-01
2/6–3/6	M	9:00–10:00 AM	No Fee	109119-02
1/4–2/1	W	9:00–10:00 AM	No Fee	109119-03
2/8–3/8	W	9:00–10:00 AM	No Fee	109119-04

Location: Northside Aztlan Center

1/6–2/3	F	9:00–10:00 AM	No Fee	109119-05
2/10–3/10	F	9:00–10:00 AM	No Fee	109119-06
12/20–12/27	Tu	6:30–7:30 PM	No Fee	109519-01
1/3–1/31	Tu	6:30–7:30 PM	No Fee	109519-02
2/7–3/7	Tu	6:30–7:30 PM	No Fee	109519-03
12/21–12/28	W	6:30–7:30 PM	No Fee	109519-04
1/4–2/1	W	6:30–7:30 PM	No Fee	109519-05
2/8–3/8	W	6:30–7:30 PM	No Fee	109519-06
12/22–12/29	Th	6:30–7:30 PM	No Fee	109519-07
1/5–2/2	Th	6:30–7:30 PM	No Fee	109519-08
2/9–3/9	Th	6:30–7:30 PM	No Fee	109519-09

General

Essentrics, Classical Stretch

A unique fitness program for strengthening and lengthening muscles that improves posture and cardiovascular health; scientifically designed to unlock the body and heal pain. With a regular practice, you can become more flexible, limber, and mobile. **Note:** Class will not be held on 1/2.

Location: Northside Aztlan Center

12/19–12/28	M,W	10:00–11:00 AM	\$12	109583-01
1/2–2/1	M,W	10:00–11:00 AM	\$36	109583-02
2/6–3/8	M,W	10:00–11:00 AM	\$40	109583-03

Group Lift, Vida Sana

Group weight lifting and weight room use. This Vida Sana class accepts Vida Sana passes. Registration required. Vida Sana is a call for collaboration to unite for the health equity and wellbeing of the low income communities in Fort Collins. Apply for a Vida Sana pass at Northside.

Location: Northside Aztlan Center

12/20–12/27	Tu	10:30–11:30 AM	No Fee	109505-01
1/3–1/31	Tu	10:30–11:30 AM	No Fee	109505-02
2/7–3/7	Tu	10:30–11:30 AM	No Fee	109505-03
12/23–12/30	F	9:00–10:00 AM	No Fee	109505-04
1/6–2/3	F	9:00–10:00 AM	No Fee	109505-05
2/10–3/10	F	9:00–10:00 AM	No Fee	109505-06
12/23–12/30	F	3:00–4:00 PM	No Fee	109505-07
1/6–2/3	F	3:00–4:00 PM	No Fee	109505-08
2/10–3/10	F	3:00–4:00 PM	No Fee	109505-09

Group Track, Vida Sana

Walking class around the track. This Vida Sana class accepts Vida Sana passes. Registration required. Vida Sana is a call for collaboration to unite for the health equity and wellbeing of the low income communities in Fort Collins. Apply for a Vida Sana pass at Northside.

Location: Northside Aztlan Center

12/19–12/26	M	9:30–10:30 AM	No Fee	109506-01
1/2–1/30	M	9:30–10:30 AM	No Fee	109506-02
2/6–3/6	M	9:30–10:30 AM	No Fee	109506-03
12/19–12/26	M	7:00–8:00 PM	No Fee	109506-04
1/2–1/30	M	7:00–8:00 PM	No Fee	109506-05
2/6–3/6	M	7:00–8:00 PM	No Fee	109506-06
12/21–12/28	W	6:30–7:30 PM	No Fee	109506-07
1/4–2/1	W	6:30–7:30 PM	No Fee	109506-08
2/8–3/8	W	6:30–7:30 PM	No Fee	109506-09

Nia

Claim wellness and explore your joy with this sensory based, non-impact, aerobic fusion of dance, healing, and martial arts. Connect body, mind, emotions, and spirit for wellness, conditioning, and overall fitness. Advance registration strongly encouraged. All levels welcome.

Location: Senior Center

1/3–1/31	Tu	5:30–6:25 PM	\$20	109411-01
2/7–3/7	Tu	5:30–6:25 PM	\$20	109411-02
1/5–2/2	Th	5:30–6:25 PM	\$20	109411-03
2/9–3/9	Th	5:30–6:25 PM	\$20	109411-04

Pound Rockout Workout

Pound combines cardio, strength-training, balance, and pilates-inspired movements with simulated drumming using lightly weighted Ripsticks for total body conditioning. **Note:** Class will not be held on 2/8.

Location: Senior Center

12/21–12/28	W	6:45–7:30 PM	\$4.50	109418-01
1/4–2/1	W	6:45–7:30 PM	\$15	109418-02
2/8–3/8	W	6:45–7:30 PM	\$12	109418-03

Les Mills

Les Mills Free Class Demo Day

Never taken a Les Mills class? Thinking about signing up but want to try the classes first? Come to the Foothills Activity Center on 1/2/2017 for a day of free Les Mills classes. Classes will run throughout the day. A schedule of free classes will be posted at Foothills. First day of the 5 week session is 1/3/16. Sign up for classes at the front desk.

Les Mills BODYPUMP

A total body workout using light to moderate weights with lots of repetition. Instructors coach you through the scientifically proven moves and techniques pumping out encouragement, motivation, and great music. **Note:** Class will not be held on 1/2.

Location: Foothills Activity Center

1/2-2/3	M,W,F	6:30-7:15 AM	\$52.50	109710-01
2/6-3/10	M,W,F	6:30-7:15 AM	\$56.26	109710-02
1/2-2/3	M,W,F	Noon-12:45 PM	\$52.50	109710-03
2/6-3/10	M,W,F	Noon-12:45 PM	\$56.26	109710-04
1/2-2/1	M,W	6:45-7:45 PM	\$45	109710-05
2/6-3/8	M,W	6:45-7:45 PM	\$50	109710-06
1/3-2/2	Tu,Th	7:30-8:30 AM	\$50	109710-07
2/7-3/9	Tu,Th	7:30-8:30 AM	\$50	109710-08
1/3-2/2	Tu,Th	5:30-6:15 PM	\$37.50	109710-09
2/7-3/9	Tu,Th	5:30-6:15 PM	\$37.50	109710-10
1/7-2/4	Sa	9:45-10:45 AM	\$25	109710-11
2/11-3/11	Sa	9:45-10:45 AM	\$25	109710-12

Les Mills BODYCOMBAT

Punch and kick your way to fitness with this high-energy martial arts-inspired workout, no experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu.

Note: Class will not be held on 1/2.

Location: Foothills Activity Center

1/2-2/3	M,W,F	6:30-7:15 AM	\$52.50	109711-01
2/6-3/10	M,W,F	6:30-7:15 AM	\$56.26	109711-02
1/2-2/1	M,W	5:30-6:15 PM	\$33.76	109711-03
2/6-3/8	M,W	5:30-6:15 PM	\$37.50	109711-04
1/3-2/2	Tu,Th	7:30-8:30 AM	\$50	109711-05
2/7-3/9	Tu,Th	7:30-8:30 AM	\$50	109711-06
1/3-2/2	Tu,Th	Noon-12:45 PM	\$37.50	109711-07
2/7-3/9	Tu,Th	Noon-12:45 PM	\$37.50	109711-08

Les Mills CXWORX

A 30-minute workout using resistance tubes, weight plates and body weight exercises like crunches, and hovers. A full body exercise class with a focus on your core, lower back and hip. All the moves in CXWORX have options, so it's challenging but achievable for your own level of fitness. **Note:** Class will not be held on 1/2.

Location: Foothills Activity Center

1/2-2/3	M,W,F	7:30-8 AM	\$35	109712-01
2/6-3/10	M,W,F	7:30-8 AM	\$37.50	109712-02
1/3-2/2	Tu,Th	6:30-7 AM	\$25	109712-03
2/7-3/9	Tu,Th	6:30-7 AM	\$25	109712-04

Les Mills CXWORX continued

1/3-2/2	Tu,Th	7:00-7:30 PM	\$25	109712-05
2/7-3/9	Tu,Th	7:00-7:30 PM	\$25	109712-06
1/7-2/4	Sa	Noon-12:30 PM	\$12.50	109712-07
2/11-3/11	Sa	Noon-12:30 PM	\$12.50	109712-08

Martial Arts

Integral Tai Chi

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

Location: Senior Center

12/21-12/30	W,F	9:00-9:55 AM	\$12	109427-01
1/4-2/3	W,F	9:00-9:55 AM	\$40	109427-02
2/8-3/10	W,F	9:00-9:55 AM	\$40	109427-03

Tai Chi, Beginning

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

Location: Senior Center

1/7-2/4	Sa	12:45-1:45 PM	\$20	109428-01
2/11-3/11	Sa	12:45-1:45 PM	\$20	109428-02

Taijifit

A style of fun and easy to follow Tai Chi. No routines to follow or choreography to memorize. No experience necessary. Helps improve balance, strength and flexibility. **Note:** Class will not be held on 1/2.

Location: Senior Center

12/19-12/28	M,W	7:00-7:45 AM	\$9	109419-01
1/2-2/1	M,W	7:00-7:45 AM	\$27	109419-02
2/6-3/8	M,W	7:00-7:45 AM	\$30	109419-03
12/20-12/27	Tu	4:00-4:45 PM	\$4.50	109419-04
1/3-1/31	Tu	4:00-4:45 PM	\$15	109419-05
2/7-3/7	Tu	4:00-4:45 PM	\$15	109419-06
12/22-12/29	Th	3:00-3:45 PM	\$4.50	109419-07
1/5-2/2	Th	3:00-3:45 PM	\$15	109419-08
2/9-3/9	Th	3:00-3:45 PM	\$15	109419-09

Qi Gong Workshop

Practice this ancient physical technique to enhance vitality, strength and endurance. Meditative postures that are the core of martial arts can unlock hidden potential in your physical and mental health. Feel recharged, not exhausted, after your workouts. **Note:** Class not discountable.

Location: Foothills Activity Center

1/25-2/1	W	6:00-7:00 PM	\$20	125754-01
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COMING TO FOOTHILLS ACTIVITY CENTER WINTER 2017



**LES MILLS
CXWORX**



**LES MILLS
BODYCOMBAT**



**LES MILLS
BODYPUMP**

fcgov.com/fitness



Celebrating 50 years
of Parks and Recreation.



Recreator

Auxiliary aids and services are available for persons with disabilities.

16-2223

Qi Gong for Vitality **H**

Qi gong translates into 'breath work'. Utilize ancient physical techniques to enhance vitality, strength, and endurance. Meditative postures that are the core of martial arts can unlock hidden potential in your physical and mental health. **Note:** Class not discountable.

Location: Foothills Activity Center

1/18	W	6:00–8:00 PM	\$17	125750-01
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Pilates

Mat Pilates

Gain flexibility, muscle strength, definition, and core balance by learning correct posture and alignment through a series of body movements. **Note:** Class will not be held on 1/2.

Location: Foothills Activity Center

12/20–12/29	Tu,Th	8:30–9:30 AM	\$12	109720-01
1/3–2/2	Tu,Th	8:30–9:30 AM	\$40	109720-02
2/7–3/9	Tu,Th	8:30–9:30 AM	\$40	109720-03

Location: Northside Aztlan Center

12/20–12/29	Tu,Th	1:00–2:00 PM	\$12	109520-01
1/3–2/2	Tu,Th	1:00–2:00 PM	\$40	109520-02
2/7–3/9	Tu,Th	1:00–2:00 PM	\$40	109520-03
12/21–12/28	W	5:30–6:30 PM	\$6	109520-04
1/4–2/1	W	5:30–6:30 PM	\$20	109520-05
2/8–3/8	W	5:30–6:30 PM	\$20	109520-06

Location: Senior Center

12/19–12/26	M	1:45–2:45 PM	\$6	109408-01
1/2–1/30	M	1:45–2:45 PM	\$16	109408-02
2/6–3/6	M	1:45–2:45 PM	\$20	109408-03
12/23–12/30	F	1:45–2:45 PM	\$6	109408-04
1/6–2/3	F	1:45–2:45 PM	\$20	109408-05
2/10–3/10	F	1:45–2:45 PM	\$20	109408-06

Spin

Spin & Tone

Similar to Group Spin, but with an additional toning segment either throughout the class or at the end. This class is great for cardiovascular training and total body strengthening. **Note:** Class will not be held on 1/2.

Location: Northside Aztlan Center

12/19–12/28	M,W	6:15–7:15 AM	\$12	109551-01
1/2–2/1	M,W	6:15–7:15 AM	\$36	109551-02
2/6–3/8	M,W	6:15–7:15 AM	\$40	109551-03
12/19–12/28	M,W	5:30–6:30 PM	\$12	109551-04
1/2–2/1	M,W	5:30–6:30 PM	\$36	109551-05
2/6–3/8	M,W	5:30–6:30 PM	\$40	109551-06
12/20–12/29	Tu,Th	6:15–7:15 AM	\$12	109551-07
1/3–2/2	Tu,Th	6:15–7:15 AM	\$40	109551-08
2/7–3/9	Tu,Th	6:15–7:15 AM	\$40	109551-09
12/23–12/30	F	6:15–7:15 AM	\$6	109551-10
1/6–2/3	F	6:15–7:15 AM	\$20	109551-11
2/10–3/10	F	6:15–7:15 AM	\$20	109551-12

Toning & Strength

Barre Fitness

This fat-burning class turns classic ballet on its head. Designed to sculpt, strengthen, and stretch the entire body in an intelligent and safe way by utilizing a mix of ballet barre movements, stretching and Pilates-based core exercises. **Note:** Class will not be held on 1/2.

Location: Foothills Activity Center

12/20–12/29	Tu,Th	10:00–11:00 AM	\$12	109734-01
1/3–2/2	Tu,Th	10:00–11:00 AM	\$40	109734-02
2/7–3/9	Tu,Th	10:00–11:00 AM	\$40	109734-03

Location: Northside Aztlan Center

12/19–12/28	M,W	9:00–10:00 AM	\$12	109534-01
1/2–2/1	M,W	9:00–10:00 AM	\$36	109534-02
2/6–3/8	M,W	9:00–10:00 AM	\$40	109534-03
12/19–12/28	M,W	1:00–2:00 PM	\$12	109534-04
1/2–2/1	M,W	1:00–2:00 PM	\$36	109534-05
2/6–3/8	M,W	1:00–2:00 PM	\$40	109534-06

Beginning Strength Training

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

Location: Senior Center

12/20–12/29	Tu,Th	7:50–8:45 AM	\$12	109410-01
1/3–2/2	Tu,Th	7:50–8:45 AM	\$40	109410-02
2/7–3/9	Tu,Th	7:50–8:45 AM	\$40	109410-03
12/20–12/29	Tu,Th	9:00–9:50 AM	\$12	109410-04
1/3–2/2	Tu,Th	9:00–9:50 AM	\$40	109410-05
2/7–3/9	Tu,Th	9:00–9:50 AM	\$40	109410-06

Strength & Tone

An upbeat class designed to develop strength and flexibility in people of every fitness level. Sculpt your body with free weights, Toning moves, rotating fitness equipment in an encouraging atmosphere. This class does have waves of cardio to help rev your metabolism.

Location: Northside Aztlan Center

12/20–12/29	Tu,Th	12:10–12:55 PM	\$9	109530-01
1/3–2/2	Tu,Th	12:10–12:55 PM	\$30	109530-02
2/7–3/9	Tu,Th	12:10–12:55 PM	\$30	109530-03

Strength Training

Increase muscle strength, bone mass, and stamina. The first class of each session includes an orientation to training principals and equipment. **Note:** Class will not be held on 1/2.

Location: Foothills Activity Center

12/19–12/28	M,W	11:00 AM–Noon	\$12	109731-01
1/2–2/1	M,W	11:00 AM–Noon	\$36	109731-02
2/6–3/8	M,W	11:00 AM–Noon	\$40	109731-03

Location: Northside Aztlan Center

12/19–12/28	M,W	8:30–9:30 AM	\$12	109531-01
1/2–2/1	M,W	8:30–9:30 AM	\$36	109531-02
2/6–3/8	M,W	8:30–9:30 AM	\$40	109531-03

Strength Training continued

12/20–12/29	Tu,Th	9:30–10:30 AM	\$12	109531-04
1/3–2/2	Tu,Th	9:30–10:30 AM	\$40	109531-05
2/7–3/9	Tu,Th	9:30–10:30 AM	\$40	109531-06

Yoga

Laughter Yoga

A series of simple yet profound exercises based on the philosophy of acting happy. Feel good by engaging the body in the physical actions of happiness and relaxation. **Note:** Class not discountable.

Age: 18 years & up

Location: Senior Center

12/3–2/25	Sa	9:00–10:00 AM	No Fee	125468-01
12/8–2/16	Th	5:30–6:30 PM	No Fee	125468-02

Limitless Yoga

Gentle restorative yoga designed to meet the challenges of those who experience acute or chronic health conditions. A beginner level class. Props and modification are encouraged. Find motivation to be the best you, evoke empowerment and embrace peace. **Note:** Class not discountable.

Age: 18 years & up

Location: Senior Center

11/28–12/21	M,W	10:00–11:00 AM	\$25	125428-01
1/9–2/1	M,W	10:00–11:00 AM	\$25	125428-02
2/6–3/1	M,W	10:00–11:00 AM	\$25	125428-03

Restorative Yoga

Restorative yoga is a pleasant way to relax and soothe frayed nerves. Using blankets and blocks to prop students in passive poses your body can experience the benefits of a pose without having to exert much or any effort. During the practice we can open, release, and connect with self-healing. **Note:** Class will not be held on 1/2.

Location: Northside Aztlan Center

12/19–12/28	M,W	Noon–1:00 PM	\$12	109565-01
1/2–2/1	M,W	Noon–1:00 PM	\$36	109565-02
2/6–3/8	M,W	Noon–1:00 PM	\$40	109565-03
12/23–12/30	F	11:00 AM–Noon	\$6	109565-04
1/6–2/3	F	11:00 AM–Noon	\$20	109565-05
2/10–3/10	F	11:00 AM–Noon	\$20	109565-06

Sculpting Yoga

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

Location: Northside Aztlan Center

12/20–12/29	Tu,Th	1:00–2:00 PM	\$12	109584-01
1/3–2/2	Tu,Th	1:00–2:00 PM	\$40	109584-02
2/7–3/9	Tu,Th	1:00–2:00 PM	\$40	109584-03

Slow Flow Hatha Yoga

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

Note: Class will not be held on 1/2.

Location: Foothills Activity Center

12/19–12/28	M,W	4:30–5:30 PM	\$12	109761-01
1/2–2/1	M,W	4:30–5:30 PM	\$36	109761-02
2/6–3/8	M,W	4:30–5:30 PM	\$40	109761-03
12/20–12/29	Tu,Th	1:15–2:15 PM	\$12	109761-04
1/3–2/2	Tu,Th	1:15–2:15 PM	\$40	109761-05
2/7–3/9	Tu,Th	1:15–2:15 PM	\$40	109761-06

Location: Northside Aztlan Center

12/19–12/26	M	4:00–5:00 PM	\$6	109561-01
1/2–1/30	M	4:00–5:00 PM	\$16	109561-02
2/6–3/6	M	4:00–5:00 PM	\$20	109561-03
12/20–12/27	Tu	4:00–5:00 PM	\$6	109561-04
1/3–1/31	Tu	4:00–5:00 PM	\$20	109561-05
2/7–3/7	Tu	4:00–5:00 PM	\$20	109561-06
12/21–12/28	W	4:00–5:00 PM	\$6	109561-07
1/4–2/1	W	4:00–5:00 PM	\$20	109561-08
2/8–3/8	W	4:00–5:00 PM	\$20	109561-09
12/22–12/29	Th	4:00–5:00 PM	\$6	109561-10
1/5–2/2	Th	4:00–5:00 PM	\$20	109561-11
2/9–3/9	Th	4:00–5:00 PM	\$20	109561-12

Location: Senior Center

12/19–12/26	M	6:30–7:30 PM	\$6	109471-01
1/2–1/30	M	6:30–7:30 PM	\$16	109471-02
2/6–3/6	M	6:30–7:30 PM	\$20	109471-03

Therapeutic Yoga

Slow moving, directed yoga to improve specific health conditions, and body issues. **Note:** Class will not be held on 1/2.

Location: Senior Center

12/19–12/26	M	11:00 AM–Noon	\$6	109469-01
1/2–1/30	M	11:00 AM–Noon	\$16	109469-02
2/6–3/6	M	11:00 AM–Noon	\$20	109469-03
12/19–12/26	M	Noon–1:00 PM	\$6	109469-04
1/2–1/30	M	Noon–1:00 PM	\$16	109469-05
2/6–3/6	M	Noon–1:00 PM	\$20	109469-06
12/22–12/29	Th	11:00 AM–Noon	\$6	109469-07
1/5–2/2	Th	11:00 AM–Noon	\$20	109469-08
2/9–3/9	Th	11:00 AM–Noon	\$20	109469-09

Vinyasa Flow Yoga

A fun and fast paced flow linking breathing with movement. Learn the fundamental postures and principles that create a strong yoga practice and build your core strength to support you in more advanced poses. **Note:** Class will not be held on 1/2.

Location: Foothills Activity Center

12/19–12/28	M,W	8:30–9:30 AM	\$12	109765-01
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Vinyasa Flow Yoga continued

1/2–2/1	M,W	8:30–9:30 AM	\$36	109765-02
2/6–3/8	M,W	8:30–9:30 AM	\$40	109765-03
1/7–2/4	Sa	1:00–2:00 PM	\$20	109765-04
2/11–3/11	Sa	1:00–2:00 PM	\$20	109765-05

Location: Northside Aztlan Center

1/7–2/4	Sa	8:00–9:00 AM	\$20	109568-01
2/11–3/11	Sa	8:00–9:00 AM	\$20	109568-02

Yoga All Levels

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

Location: Senior Center

1/7–2/4	Sa	9:30–10:30 AM	\$20	109470-01
2/11–3/11	Sa	9:30–10:30 AM	\$20	109470-02

Yoga, Beginning

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

Location: Senior Center

12/20–12/29	Tu,Th	2:45–3:45 PM	\$12	109463-01
1/3–2/2	Tu,Th	2:45–3:45 PM	\$40	109463-02
2/7–3/9	Tu,Th	2:45–3:45 PM	\$40	109463-03
12/20–12/29	Tu,Th	4:00–5:00 PM	\$12	109463-04
1/3–2/2	Tu,Th	4:00–5:00 PM	\$40	109463-05
2/7–3/9	Tu,Th	4:00–5:00 PM	\$40	109463-06
12/20–12/29	Tu,Th	5:15–6:15 PM	\$12	109463-07
1/3–2/2	Tu,Th	5:15–6:15 PM	\$40	109463-08
2/7–3/9	Tu,Th	5:15–6:15 PM	\$40	109463-09
12/21–12/28	W	Noon–1:00 PM	\$6	109463-10
1/4–2/1	W	Noon–1:00 PM	\$20	109463-11
2/8–3/8	W	Noon–1:00 PM	\$20	109463-12
12/21–12/28	W	1:15–2:15 PM	\$6	109463-13
1/4–2/1	W	1:15–2:15 PM	\$20	109463-14
2/8–3/8	W	1:15–2:15 PM	\$20	109463-15

Yoga, Advanced Beginner

Previous yoga experience expected, with modifications offered for varying levels. Release stress, improve balance, flexibility, and strength with sometimes challenging poses. Mindfulness and breathing techniques offered, as well. **Note:** Must be able to do floor and standing exercises at a fast pace. Class will not be held on 1/2.

Location: Senior Center

12/19–12/26	M	4:30–5:20 PM	\$6	109464-01
1/2–1/30	M	4:30–5:20 PM	\$16	109464-02
2/6–3/6	M	4:30–5:20 PM	\$20	109464-03
12/19–12/28	M,W	5:30–6:20 PM	\$12	109464-04
1/2–2/1	M,W	5:30–6:20 PM	\$36	109464-05
2/6–3/8	M,W	5:30–6:20 PM	\$40	109464-06
12/20–12/27	Tu	6:30–7:30 PM	\$6	109464-07
1/3–1/31	Tu	6:30–7:30 PM	\$20	109464-08
2/7–3/7	Tu	6:30–7:30 PM	\$20	109464-09

AM Meditation & Yoga

Begin your morning with meditation, moving into gentle yoga. A positive and healthy way to balance your day.

Location: Northside Aztlan Center

12/20–12/29	Tu,Th	7:30–8:30 AM	\$12	109569-04
1/3–2/2	Tu,Th	7:30–8:30 AM	\$40	109569-05
2/7–3/9	Tu,Th	7:30–8:30 AM	\$40	109569-06

Yoga & Meditation

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

Location: Northside Aztlan Center

12/20–12/29	Tu,Th	9:00–10:00 AM	\$12	109569-01
1/3–2/2	Tu,Th	9:00–10:00 AM	\$40	109569-02
2/7–3/9	Tu,Th	9:00–10:00 AM	\$40	109569-03

Yoga Flow

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

Location: Foothills Activity Center

12/23–12/30	F	8:30–9:30 AM	\$6	109762-01
1/6–2/3	F	8:30–9:30 AM	\$20	109762-02
2/10–3/10	F	8:30–9:30 AM	\$20	109762-03

Youth & Family Classes

Athletic Conditioning

Teen Boot Camp

This Teen Boot Camp class embraces the adult exercises, but is also formatted to teens for fun. This class teaches proper movement when performing a variety of old and new exercises. Beginner to intermediate levels welcome. Be prepared to enjoy a good workout, see improvements in your strength, flexibility, and stamina.

Age: 13–16 years

Location: Foothills Activity Center

12/20–12/29	Tu,Th	4:30–5:30 PM	\$12	109776-01
1/3–2/2	Tu,Th	4:30–5:30 PM	\$30	109776-02
2/7–3/9	Tu,Th	4:30–5:30 PM	\$30	109776-03
1/7–2/4	Sa	10:45–11:45 AM	\$15	109776-04
2/11–3/11	Sa	10:45–11:45 AM	\$15	109776-05

Yoga

Family Yoga

Parents, take this opportunity to explore yoga with your baby or toddler. Both child and guardian benefit physically, emotionally, and mentally with this fun approach to breathing and movement together. Continue to connect with your little one through yoga.

Note: At least one adult must be present and in the room with enrolled child/children. Price is flat rate for up to three participants.

Parent/Baby Yoga

Age: 6–18 months

Location: Foothills Activity Center

12/23–12/30	F	9:45–10:45 AM	\$6	109760-01
1/6–2/3	F	9:45–10:45 AM	\$20	109760-02
2/10–3/10	F	9:45–10:45 AM	\$20	109760-03

Parent/Toddler Yoga

Age: 18 months–3 years

Location: Foothills Activity Center

12/23–12/30	F	10:45–11:45 AM	\$6	109760-04
1/6–2/3	F	10:45–11:45 AM	\$20	109760-05
2/10–3/10	F	10:45–11:45 AM	\$20	109760-06

Family Yoga

Parents and children, take this opportunity to explore yoga together. Improve your body and mind with a fun approach to breathing and movement. Increase strength, flexibility, coordination, and posture. Learn relaxation techniques and fun posture poses that will create a foundation for health and wellness.

Family Yoga 4–6 years

1/6–2/3	F	5:15–5:45 PM	\$10	109760-07
2/10–3/10	F	5:15–5:45 PM	\$10	109760-08

Family Yoga 7–10 years

1/6–2/3	F	5:45–6:30 PM	\$15	109760-10
2/10–3/10	F	5:45–6:30 PM	\$15	109760-11

Teen Yoga

A yoga class for beginner to intermediate levels. This class embraces the same concepts as our Slow Flow Hatha Yoga, but is designed for teens.

Age: 11–15 years

Location: Foothills Activity Center

12/23–12/30	F	4:30–5:15 PM	\$6	109763-01
1/6–2/3	F	4:30–5:15 PM	\$15	109763-02
2/10–3/10	F	4:30–5:15 PM	\$15	109763-03

The Gardens on Spring Creek

All programs are hosted at the Gardens on Spring Creek unless otherwise noted. Hours and location information is on page 12. Members of the Gardens on Spring Creek receive discounted rates. For more information about the Gardens on Spring Creek programming and to register, visit fcgov.com/gardens.

Special Events

Garden of Lights

Stroll through the whimsically decorated and twinkling Gardens lit by thousands of LED lights. See perennial flower beds, a brilliant blue LED pond, a farmer with his tractor, and fluttering butterflies. During the weekends, visit with Santa, listen to holiday music, and enjoy warm drinks.

12/2-1/8	M–Su	5:00–9:00 PM	\$5 per person suggested donation
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Holiday Gifts & Plants

Visit The Gardens Gift Shop to find a unique present for that special someone. Also browse the greenhouse grown holiday plant selection of poinsettias, amaryllis, and Christmas cactuses.

High Plains Landscape Workshop

City of Fort Collins Utilities, Colorado State University Extension Larimer County, and the Gardens on Spring Creek present 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.

Location: Drake Centre, 802 W. Drake Road

3/4	Sa	8:30 AM–3:30 PM	\$75 \$65 Member
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Adult Classes

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

Create a Christmas Wreath

Create a natural holiday wreath from scratch on a 14 inch frame by attaching evergreens and embellishing with a wide variety of natural materials and bows. Examples, instructions, assistance, and materials provided. **Note:** Bring gloves and items such as bows and charms to include on the wreath.

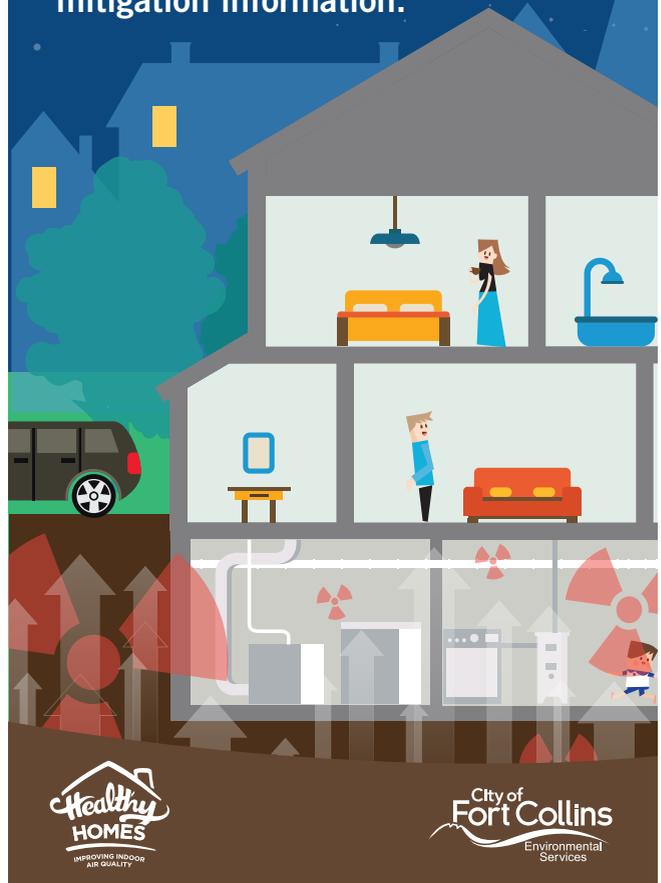
12/5	M	10:00 AM–Noon	\$30 \$27 Member
12/5	M	1:00–3:00 PM	\$30 \$27 Member

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fcgov.com/radon for radon test and
mitigation information.



Landscape Design 101

Learn a brief history of design in landscape and discuss elements and principles of design, how to evaluate a site, and how to start planning an outdoor space into a work of art.

1/21	Sa	10:00 AM-Noon	\$15
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Soap Making

Learn the steps, tools, and ingredients (including lye) to make soap using a traditional, cold process. Then, safely put the steps together using natural ingredients to make your own soap. Soap is delivered 4-6 weeks after curing.

1/28	Sa	1:00–3:00 PM	\$27
			\$24 Member

Elderberry Medicine: Herb Crafting for Winter

Create elderberry syrup, learn about medicinal uses and properties, and take home various elderberry creations and recipes.

2/4	Sa	10:00 AM-Noon	\$27
			\$24 Member

Gardening with Rain Barrels

Hear about the new legislation permitting rain barrel use in Colorado, including allowed uses. Also, learn how to install and maintain rain barrels, how households can best use rain barrels in their gardening, and appropriate plant materials.

2/11	Sa	10:00 AM–Noon	\$10
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Interpreting and Using Your Soil Science Test

Learn how to interpret the data from a soil test to successfully manage landscapes, as well as efficient irrigation, fertilization, and composting methods.

2/18	Sa	10:00 AM-Noon	\$10
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Emerald Ash Borer – Ralph Zentz

Learn how to plan for, properly identify, and determine treatment options for emerald ash borer.

2/18	Sa	1:00–3:00 PM	\$5
			\$2 Member

Youth Classes

Read & Seed

Story time plus a fun, educational hands-on activity. Develop the school readiness skills of early language comprehension and fine motor skills through creativity, curiosity, and exploration of the natural world. Note: This is a child with parent class. Drop-in class; registration not required. Class is not discountable. Class will not be held 11/21, 11/22, 12/19, 12/20, 12/26, 12/27, 1/2, 1/3.

Age: 0–5 years

Cost: \$3 per child

Mondays	10:00–10:45 AM and 11:00–11:45 AM
Tuesdays	10:00–10:45 AM and 11:00–11:45 AM

Read & Seed continued

December

Week of 12/5	Pine Cone Reindeer
Week of 12/12	Snowy Tree Paintings

January

Week of 1/9	The Moon
Week of 1/16	Terra Cotta Snowman
Week of 1/23	Finger Puppets
Week of 1/30	Snowflakes

February

Week of 2/6	Thumbprint Creatures
Week of 2/13	Garden Valentines
Week of 2/20	Beeswax Candles
Week of 2/27	Fresh OJ and Lemon Trees

School's Out Day Camp

Day Camps are available during teacher workdays. Pack a lunch and spend a day gardening, cooking, crafting, and discovering. **Note:** Pre-registration required. Scholarships available.

Grade: K–5

2/17	F	8:30 AM–4:00 PM	Cost: \$45 per child; scholarships are available.
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Birthday Parties

Enjoy 90 minutes of birthday fun in our Greenroof Shelter or classroom. Birthday parties include 30 minutes of Gardens instructor-led activities and playtime in the Children's Garden. Guests provide food, beverages, paper products, and utensils. One adult chaperone per party required. Two week advanced registration required. Saturdays only.

Age: 2–9 years

Cost: \$130 for up to 10 children

Tree Trunks

Filled to the brim with activities and materials for all ages, Tree Trunks make teaching lessons about trees successful and fun. Trunks are available for check-out. \$50 refundable damage deposit required.

Scout Badge Program

Scout programs are customized to fit the needs of your troop including, but not limited to gardening, natural resources, and cooking. Programs are two hours and cost \$10 per scout. One adult required per five scouts. Each program offers hands-on exploration and activities led by Gardens guides. All ages welcome. Preregistration required. Programs available year-round; gardening activities depend on weather and seasonal availability.

Health & Wellness

Health and Wellness Services is a unique and comprehensive public health and wellness program provided in partnership by the City of Fort Collins, Columbine Health Systems, and UCHealth. All services are for ages 18 years & up unless otherwise noted. Find additional Health & Wellness sponsored programs throughout the Recreator; they are denoted with a **H**. **Please note:** Health & Wellness programs are not eligible for Fitness program discount.

Services

Acupuncture

Stimulate healing, stress-release, and energy without pain or negative side effects. Acupuncture has been used for thousands of years to help with pain, depression, and anxiety. Provider: Love Co. Acupuncture. **Note:** Appointments are 45 minutes.

Location: Senior Center

12/7-2/22	W	10:00 AM-1:00 PM	\$35
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Blood Pressure Clinic

Sit down with a registered nurse one-on-one to get your blood pressure taken and ask any health-related questions. No appointment necessary. Provider: Health District.

Location: Senior Center

12/12, 1/9, 2/13 M		10:00 AM-Noon	No Fee
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Cholesterol Screenings

Blood pressure, cholesterol panel, and glucose tests with counseling and recommendations. Eight hour fast recommended prior to appointment (water and medications permitted). To schedule an appointment, contact the Health District, 970.224.5209. Appointments are 20 minutes. Walk-ins accepted as space allows.

Location: Senior Center

12/6, 2/7	Tu	8:00-11:00 AM	\$15
12/15, 1/19, 2/16	Th	8:00-11:00 AM	\$15
1/4	W	8:00-11:00 AM	\$15
2/25	Sa	8:00-11:00 AM	\$15

HEALTH -AND- WELLNESS

Providing unique and comprehensive services through the Health and Wellness Program.

fcgov.com/health-wellness

Hearing Aid Check & Screening

Receive a free hearing screening or have your hearing aids checked and receive a free pack of hearing aid batteries. Provider: Connect Hearing. Appointments are 20 minutes.

Location: Senior Center

12/20, 1/16, 2/21	Tu	9:30-11:30 AM	No Fee
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Hearing Screenings & Wax Removal

If you are experiencing ringing in the ears, have frequent exposure to loud noises, feel like your ears are clogged, or have difficult hearing, visit with a licensed audiologist for a hearing test and review. Provider: Hearing Rehab Center of Fort Collins. **Note:** Appointments are 20 minutes.

Location: Senior Center

12/7, 1/4, 2/1	W	10:00 AM-Noon	No Fee
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Manicure/Pedicure/Nail Care

Look and feel good with spa manicure and pedicure services. Nail clipping also available. Provided by Neitha Schneider, Sweetheart Nails.

Basic Manicure or Pedicure	\$36	60 minutes
Spa Manicure or Pedicure	\$54	90 minutes
Combo Spa	\$72	120 minutes (\$36 savings)
Toe Nail Clip	\$18	30 minutes

Location: Senior Center

12/7-2/23	W,Th	10:00 AM-4:00 PM
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Massage, Reflexology, Compress

Benefit from traditional massage, reflexology, and compression massage that offers just enough pressure to ensure a calming, soothing sensation. Mix and match modalities based on individual needs. Provider: Cynthia DiRaimondo.

20 minute/\$20
40 minute/\$40
60 minute/\$60

Location: Senior Center

12/6-2/28	Tu	9:00 AM-1:00 PM
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HEALTH -AND- WELLNESS

Providing unique and comprehensive services through the Health and Wellness Program.

Am I Hungry? Mindful Eating

Tuesdays, January 24th - March 14th
5:30pm - 7:00pm \$65.00

Eat to Live, Not Live to Eat

Wednesdays, beginning January 11th
9:00am - Noon

\$20 for 1 hour initial consultation
\$10 for 30 minute subsequent appointments

Provided by Columbine Health Systems

fcgov.com/health-wellness

Medical Education

Cardiac Research Updates

Innovations are now available in cardiac care and happening in our community. From heart valve replacement without surgery, to neurostimulators to control blood pressure, to treatments limiting the damage of a stroke, learn how tomorrow's cardiology is happening today. Provider: Dr. Gary Luckasen, UCHealth.

Location: Senior Center

2/3	F	11:00 AM-12:30 PM	No Fee	125400-01
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Decrease Urinary Incontinence

Learn behavioral methods that are available to improve bladder and bowel function. Incontinence is not a normal part of aging and can be treated. Learn tips and exercises to deal with constipation, prolapse and incontinence. Provider: Sharon Petty, PVH Outpatient Therapist.

Location: Senior Center

2/9	Th	10:00-11:30 AM	\$10	125431-01
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Get a Grasp on Your Grip

Designed to prevent hand injuries and improve strength. Focus is on grip, joint protection, home program, adaptive equipment training, and pain control. Provider: Patricia Kuyper, OTR/L, PVH Outpatient Rehabilitation.

Location: Senior Center

2/22	W	9:30-11:00 AM	\$10	125434-01
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Home Safety & Living Transitions

Discuss adaptations in your home for the best/safest arrangement and gather information about how and when to transition to a different level of living style. Provider: Elijah Mullins, MS OTR, PVH Inpatient Rehabilitation Services.

Location: Senior Center

1/13	F	9:30-11:00 AM	\$10	125407-01
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Improving Your Swallow

Receive information and training regarding swallowing. Discuss swallowing anatomy, causes of disorders, diagnostic procedures, and treatment options. Provider: Nancy Malley, MA, CCC-SLP, Speech Therapist, PVH, Cancer Center and Outpatient Rehabilitation Services.

Location: Senior Center

12/1	Th	9:00-10:30 AM	\$10	125409-01
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Live Well with Diabetes

Diabetics and pre-diabetics know what they should do, but often have a hard time fitting it into normal life. Learn practical ways to self-manage your diabetes through physical activity, nutrition, and better communication skills. Provider: UCHealth.

Location: Senior Center

2/1–3/8	W	1:00–3:30 PM	No Fee	125411-01
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Magical Power of Sleep

Discover why sleep is so important, how to improve sleep, what disorders cause sleep loss, and what can be done to get better sleep. Discussion includes snoring, apnea, movement disorders, insomnia, and circadian rhythm.

Location: Senior Center

1/17–1/31	Tu	5:30–7:00 PM	\$15	125456-01
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Memory Fitness & Relaxation

Sharpen memory skills with strategies developed by UCLA longevity and memory expert, Dr. Gary Small. Learn fun, practical memory strategies and stress reduction tips. Provider: Patti Welfare, Aspen Club at UCHealth.

Location: Senior Center

2/14	Tu	9:30–11:00 AM	\$5	125406-01
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Osteoporosis

A basic overview of osteoporosis, with emphasis on education, exercise, and prevention. Provider: Front Range Therapy System.

Location: Senior Center

2/8	W	9:00–10:00 AM	\$5	125453-01
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Paradigm Shift, Cancer

Doctors focus on diagnosis and treatment of cancer, but many lifestyle choices can prevent cancer. Investigate a whole plant based diet and its impact on growth and prevention of cancer and learn new ways to reduce risk. Provider: Dr. Cory Carroll, MD.

Location: Senior Center

1/24	Tu	6:30–8:00 PM	No Fee	125465-01
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Paradigm Shift, Dementia

Learn how a plant-based diet can improve brain function and reduce your risk of dementia. Provider: Dr. Cory Carroll, MD.

Location: Senior Center

2/14	Tu	6:30–8:00 PM	No Fee	125466-01
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Paradigm Shift, Diabetes

Type 2 diabetes is an epidemic attributable to a growing number of overweight/obese people in the U.S. The saying “we are what we eat” is true about diabetes, but confusion persists as to the best diet. See how whole plant foods based diet, with proven benefits, can change your life. Provider: Dr. Cory Carroll, MD.

Location: Senior Center

12/13	Tu	6:30–8:00 PM	No Fee	125463-01
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Paradigm Shift, Hypertension

Blood flow delivers oxygen and nutrients to cells and removes waste. Pressure drives the flow, but when you have hypertension, vascular damage may occur. Learn about the food-disease connection and how a whole foods plant based diet can help. Provider: Dr. Cory Carroll.

Location: Senior Center

2/28	Tu	6:30–8:00 PM	No Fee	125467-01
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Parkinson's Wellness Recovery

An exercise program developed by Dr. Beck Farley for those diagnosed with Parkinson's disease to improve balance and walking and slow the progression of the disease. Designed for those who have trouble with balance and walking at home. Provider: Neurologic physical therapists, UCHealth.

Location: Senior Center

1/4–2/22	W	1:00–2:00 PM	\$40	125412-01
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Stay Active & Independent

Discuss the importance of strength, balance, fitness, and home safety and learn about a self-check system and innovative programs to help you stay in your home safely as you age. Provider: Front Range Therapy System.

Location: Senior Center

2/8	W	10:30–11:30 AM	\$10	125454-01
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Stay Active as You Age

Staying active is vital for overall health and wellbeing. If you are hampered by foot, ankle, or lower extremity pain or injuries, learn how to deal with or treat frustrating maladies, as well as new technologies available to heal fast. Provider: Anderson Podiatry Center.

Location: Senior Center

12/19	M	Noon–1:00 PM	No Fee	125462-01
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1/4	W	Noon–1:00 PM	No Fee	125462-02
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2/20	M	Noon–1:00 PM	No Fee	125462-03
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Treating Neuropathy

Designed for those with neuropathy, restless leg syndrome, or drop foot. Learn non-drug solutions and how to reverse pain and numbness caused by lack of sleep and mobility. Provider: Anderson Podiatry Center.

Location: Senior Center

12/7	W	Noon–1:00 PM	No Fee	125461-01
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1/16	M	Noon–1:00 PM	No Fee	125461-02
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2/8	W	Noon–1:00 PM	No Fee	125461-03
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What is Dry Needling?

Learn about how dry needling works, techniques, who it helps, and how this new treatment option may relieve pain and symptoms. Provider: Ben Dixon, Physical Therapist, PVH Outpatient Rehabilitation, UCHealth.

Location: Senior Center

1/27	F	4:30–5:30 PM	No Fee	125414-01
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Nutrition

Am I Hungry? Mindful Eating

Based on the book "Eat What You Love, Love What You Eat", learn how to take charge of your eating, eat the foods you love without guilt, end mindless and emotional eating, increase your metabolism, and eat healthy without depriving yourself. Book and journal included. Provider: UCHealth.

Location: Senior Center

1/24–3/14	Tu	5:30–7:00 PM	\$65	125418-01
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Eat to Live, Not Live to Eat

Work one on one with a registered dietician to learn how to eat healthy in the real world. Healthy eating is not about perfection, but about balance and moderation. Provider: Dietician, Columbine Health Systems.

Location: Senior Center

1/11–2/22	W	9:00 AM–Noon	\$20/1 hour initial consult \$10/weekly 30 minute check-in	
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Eating for Energy

With the demands of today's hectic lifestyles combined with too few hours of quality sleep and poor eating habits, it's no wonder many people complain of fatigue and low energy. Learn how to boost energy and vitality by making some strategic changes to your diet and lifestyle.

Location: Senior Center

2/22	W	6:00–7:00 PM	No Fee	125416-01
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Heart Healthy Benefits of Chocolate

Learn the science behind the reasoning that chocolate benefits our heart and happiness levels. Provider: Jenifer Bowman, MS, RD, Cardiac Dietician, UCHealth.

Location: Senior Center

2/7	Tu	9:30–11:00 AM	\$5	125402-01
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Wellness Education

5 Wishes

Discuss the importance of clarifying your choices in relation to end of life, no matter what age. The 5 Wishes document provides the opportunity to have a thoughtful and organized conversation guided by an RN or SW to help answer any questions. 5 Wishes booklet included. Provider: Pathways.

Location: Senior Center

12/5	M	10:00–11:00 AM	No Fee	125459-01
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Achieve Your Health Goals

Learn how to establish achievable health goals by developing an action plan that makes your goals become a reality. Discuss eating healthy, the importance of exercise, reducing stress, improving sleep, how these things are interrelated, and how to start putting your personal health and wellness first.

Location: Senior Center

1/11	W	6:00–7:00 PM	No Fee	125415-01
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Aging Mastery Program

Explore the realities of aging, making the most out of the gift of longevity, and taking small steps to improve health, financial wellbeing, and quality of life. The National Council on Aging designed this course so each week expert speakers share their valuable insights on ten key topics.

Location: Senior Center

1/23–2/22	M,W	9:30–11:00 AM	\$50	125413-01
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Arthritis Support Group

A quarterly group designed to offer information and support for those who have arthritis, their family members, friends, and/or caregivers. Learn more, find related resources, meet people, network, and share experiences. Register with the Aspen Club by calling 970.495.8560.

Location: Senior Center

2/13	M	11:30 AM–1:00 PM	No Fee	
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Tai Chi Chih, Beginner

Soft, gentle movements promote health in every part of the body circulating and balancing internal energy. Movements can be done by anyone regardless of age or physical condition. Benefits include better balance, increased flexibility and strength, inner peace, improved health, and joy.

Location: Senior Center

1/10–2/28	Tu	1:00–2:00 PM	\$80	125438-01
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Death Cafe

Demystify the topic of death by engaging in thoughtful and respectful conversation. This is not a bereavement or grief group, and there is no set agenda. Provider: Patti Welfare, Aspen Club, UCHealth.

Location: Senior Center

1/24	Tu	9:30–11:00 AM	No Fee	125404-01
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Dementia: A Loss Like No Other

Discuss the grief that dementia caregivers deal with on a daily basis. Understanding grief in relation to the different stages of dementia, and find peace in honoring the process.

Location: Senior Center

2/21	Tu	10:00–11:00 AM	No Fee	125440-01
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Driving Wellness Tips & Car Fit Strategies

Be proactive and drive safely. An occupational therapist provides strategies to improve the ability to stay safe and alert. Learn exercises that increase the mobility needed for driving and tips to make sure you fit your car.

Location: Senior Center

12/6	Tu	1:00–2:30 PM	\$5	125401-01
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Effective Communication Strategies

Caregivers learn to decode verbal and behavioral communication by someone with Alzheimer's and other dementias. Leave with strategies for meaningful connection with people in early, middle, and late stage dementia.

Location: Northside Aztlan Center

2/16	Th	Noon–2:00 PM	No Fee	125447-01
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EnhanceWellness

Program topics include mindful eating, mind-body connection, stress, health management, sleep, exercise, and how to evaluate what you find on-line. Provider: UCHealth.

Location: Senior Center

1/11–3/15	W	9:30–10:30 AM	\$25	125426-01
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Happy Hands, Dancing & Brain Walking

Move, laugh, and make your brain work harder by combining happy hand dances, laughter exercises, and brain games that stimulate the mind while walking. Provider: Jill Taylor, Program Manager, UCHealth Aspen Club.

Location: Senior Center

1/20	F	2:00–3:30 PM	\$5	125405-01
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Healthy Living for Brain & Body

Science is providing insights into how to optimize physical and cognitive health as we age. Discuss research in diet and nutrition, exercise, cognitive activity, and social engagement, and use hands-on tools to incorporate these recommendations into a plan for healthy aging.

Location: Foothills Activity Center

1/25	W	1:00–3:00 PM	No Fee	125446-01
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Ideal Body Weight

Discussion on ideal body weight and the role of fasting. Fasting can improve brain function and lessen the effect of dementia. Address reasons for fasting and how to incorporate it safely and effectively. Provider: Dr. Cory Carroll, MD.

Location: Senior Center

1/10	Tu	6:30–8:30 PM	No Fee	125464-01
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Living Your Brilliance

Learn how to interpret the truths our bodies teach and how to apply them to your physical, mental, emotional, social, and spiritual lives based on Dr. Joan King's book, "Cellular Wisdom for Women". Workbook is provided.

Location: Senior Center

2/9	Th	9:00 AM–Noon	\$35	125441-01
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Making it Stick

Behavior changes rarely stick the first time around. Yet, knowledge of the behavior change process can help alter the dynamic of our efforts. Explore the stages of change and how to assess and address the impediments that get us stuck. Learn practical strategies that can enhance confidence and motivation.

Location: Senior Center

1/25	W	Noon–1:00 PM	No Fee	125478-01
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Palliative Care & Hospice

Knowledge is powerful when navigating healthcare; you need choices and education on all option of care. Explore the importance of these specialty services as a registered nurse discusses the difference between hospice and palliative care. Provider: RN or SW, Pathways.

Location: Senior Center

1/11	W	1:00–2:00 PM	No Fee	125457-01
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Parkinson's Support Group

Designed for those living with Parkinson's Disease, as well as their caregivers. Join for presentations and informational sessions.

Location: Senior Center

12/7, 1/4, 2/1	W	10:30 AM–12:30 PM	No Fee	
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Positive Brain Change

Research in neuroscience offers insight into our ability to rewire our brains toward greater positivity. Learn how to undo the "habits of mind" that reinforce our negativity bias and experiment with practices that create new neural pathways by seeding positivity and cultivating mindful presence.

Location: Senior Center

2/9	Th	10:00–11:00 AM	No Fee	125479-01
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Responding to Dementia

Behavior is a powerful form of communication for people with dementia to express their needs and feelings as the ability to use language is lost. Learn to decode behavioral messages, identify common triggers, and learn strategies to help intervene with some of the most common challenges of Alzheimer's Disease.

Location: Senior Center

12/13	Tu	10:00–11:30 AM	No Fee	125435-01
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Self Help with Medical Massage

Learn how to prevent injury and relieve pain and stress with advanced self-help techniques and tools with medical massage and neuromuscular therapy. Learn the secrets of pain relief without drugs, used in ancient times and today. This advanced therapy class includes some simple anatomy and physiology.

Location: Senior Center

12/6–12/15	Tu,Th	2:00–3:30 PM	\$25	125436-01
1/10–1/19	Tu,Th	2:00–3:30 PM	\$25	125436-02

Taming Stress: A Mindful MAP

Stress and negative self-thoughts can be constant companions. Mindfulness offers a way to undo habits that keep us stuck in a cycle of stress. Explore what mindfulness means and how to apply basic principles and practices in our everyday lives to decrease stress and create new pathways for self-care.

Location: Senior Center

12/8	Th	10:00–11:00 AM	No Fee	125444-01
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Traits of Long Lived People

The secret to health and long life is no secret. Explore how attitudes, personality, and feelings about life impact health, happiness, wellbeing, and longevity. Book included. Provider: Fred Singer, adjunct professor, Regis University and author of "Change Your Mind, Save Your Life".

Location: Foothills Activity Center

1/26	Th	6:00–8:00 PM	\$25	125439-02
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Location: Northside Aztlan Center

2/9	Th	10:00 AM–Noon	\$25	125439-03
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Location: Senior Center

1/19	Th	1:00–3:00 PM	\$25	125439-01
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Walk with a Doc

Get medical questions answered while also getting in exercise time during a morning stroll. Wear comfortable shoes. Dress for the weather. Rules of confidentiality are observed. Provider: Dr. Cory Carroll, MD.

Location: Senior Center

12/15	Th	9:00–10:00 AM	No Fee	
1/19	Th	9:00–10:00 AM	No Fee	
2/16	Th	9:00–10:00 AM	No Fee	

Wheel of Life Vision Board

Through collaging, create a vision board constructed of ten areas of life: personal development, health, finances, spirituality, community service, friends and family, significant other, career, physical environment and fun/recreation. Leave with your board as a physical tool to manifest for yourself in 2017.

Location: Senior Center

1/10	Tu	8:30 AM–Noon	\$49	125437-01
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Women Over Fifty: What's Next?

Find out how health and wellness coaching can help bring balance back through living a lifestyle of wellness. Coaching enables you to find your purpose and direction at this stage of your life. Use a tool called the Wellness Wheel to point you in the direction that is right for you.

Location: Senior Center

1/20	F	6:00–8:00 PM	\$10	125445-01
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Financial**Bring Balance to Your Budget**

Discuss how to take control of your financial future. Learn about the basics of budgeting and the importance of managing credit and debt.

Location: Senior Center

1/10	Tu	10:00–11:00 AM	No Fee	125458-01
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Credit Score Management

Understanding credit scores can save you time and money. Learn how the scoring system works and how to obtain reports and scores. Plus, get specific strategies to improve your score.

Location: Foothills Activity Center

2/8	W	6:30–7:30 PM	No Fee	125443-01
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Saving & Budgeting

Start the New Year with new financial insights. Get financially fit by learning how to create a spending plan, track expenses, set goals, find new ways to save, and learn about financial tools and resources.

Location: Foothills Activity Center

1/11	W	6:30–7:30 PM	No Fee	125442-01
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Social Security & Retirement

Learn the changes to Social Security that became effective in April 2016. Discuss options for single people, married couples, widows, and widowers. Provider: Jim Saulnier, Certified Financial Planner.

Location: Senior Center

12/13	Tu	6:00–7:30 PM	No Fee	125403-01
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Tour of Mutual Funds

Gain a better understanding of the key principles of saving and investing as well as specific strategies to help reach your long-term goals. Also, learn clear and practical investing education in a convenient, comfortable format.

Location: Senior Center

2/28	Tu	10:00–11:00 AM	No Fee	125460-01
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Holistic Options

Animals & Essential Oils

Learn how essential oils can assist your furry friends and receive tips, tricks, and DIY recipes to make for pets.

Location: Senior Center

2/1	W	6:00–7:00 PM	No Fee	125430-01
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Basic Essential Oil Uses

Learn about the ten basic essential oils, their uses, and how essential oils can assist body and mind.

Location: Senior Center

1/4	W	6:00–7:00 PM	No Fee	125429-01
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Breath of Light

Chakra breathing for accelerated healing combines intention, visualization, and breath through the energy centers of your body. Learn empowering techniques to discover congestion or energy blockages within the body, mind, and spirit and release them for greater health, energy, and wellbeing. Provider: Margaret Gilfoyle.

Note: Bring yoga mat, blanket, and pillow.

Location: Senior Center

1/18	W	6:30–8:30 PM	\$25	125477-01
2/15	W	6:30–8:30 PM	\$25	125477-02

Chakras 101

Develop sensory awareness for greater health by learning about chakras and how they affect health and wellbeing. The functions of the body's energy system and its relation to the environment, thoughts, emotions, and spirituality are discussed in this experiential class.

Location: Senior Center

1/11	W	6:30–8:30 PM	\$25	125475-01
2/8	W	6:30–8:30 PM	\$25	125475-02

DIY Gifts for the Holiday

Learn how to make gifts for holidays using essential oils. Gifts range from sugar scrubs to bath salts.

Location: Senior Center

12/7	W	6:00–7:00 PM	No Fee	125419-01
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Five Elements of Conscious Aging

Use acupuncture and Chinese medicine to view life's rhythm in cycles and seasons. Learn about these profound ancient medicines and the positive impact they can have on optimal health and wellbeing integrating body, mind, spirit, and heart. Provider: Susan Goldstone, LAc.

Location: Senior Center

12/6	Tu	10:00–11:00 AM	\$5	125449-01
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Hands-on Energy Medicine

Learn practical methods to sleep better, gain mental clarity, and destress. Methods such as Reiki are proven to help reclaim a natural state of wellbeing. Hands-on healing of energetic systems balance mind, body, and emotions powerfully, yet gently.

Location: Northside Aztlan Center

2/13	M	Noon–1:30 PM	\$10	125744-01
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Is Acupuncture Right for Me?

Acupuncture helps with surgery postponement, quicker postoperative and injury recovery, pain relief, as well as improves memory and increases energy, balance, and stamina. It is also used to treat arthritis, allergies, asthma, insomnia, and digestion issues. Provider: Susan Goldstone, LAc.

Location: Senior Center

1/23	M	10:00–11:00 AM	\$5	125451-01
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Staying Healthy in Winter

Learn how to maintain optimal health in the winter by preventing diseases and boosting immune systems. Also learn about herbal formulas and home remedies. Provider: Susan Goldstone, LAc., Oriental Medical Practitioner

Location: Senior Center

1/30	M	10:00–11:00 AM	\$5	125448-01
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Tired of Being Stressed

Meridian tapping is a widely used and effective way to renew emotional wiring and put the immune system back on track. Learn hands-on methods to change energy flow and alleviate stress and stress-related symptoms.

Location: Northside Aztlan Center

1/17	Tu	3:30–5:00 PM	\$10	125740-01
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Wear Your Health on Your Face

A non-invasive approach to facial rejuvenation. Energy light promotes healthy vibrant skin without surgery, chemicals, or needles. Using light, color, and mild micro current, create inner and outer balance and beauty. Provider: Susan Goldstone, LAc.

Location: Senior Center

12/12	M	10:00–11:00 AM	\$5	125450-01
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You Can Be Stress-Free

Meridian tapping is widely used as an easy effective way to reprogram stress response to everyday triggers. Learn take home methods to relieve stress, stress-related symptoms, and turn off the worry loop.

Location: Senior Center

12/8	Th	10:00–11:30 AM	\$10	125452-01
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Ice Skating

Learn to Skate Lessons

EPIC adopts a new Learn to Skate program offered through United States Figure Skating (USFS).

Introducing “Learn to Skate USA”. Beginning January 2017, anyone enrolled in the Learn to Skate program at EPIC is eligible to sign up for membership in the USFS Skate USA program. This is an optional registration offered for an additional fee giving the participant access to membership privileges in USFS. This membership with USFS is not required to participate in the Learn to Skate program at EPIC. Additional information is available during all Learn to Skate classes at EPIC.

General Information

Lessons are taught by Certified P.S.A. instructors and are in compliance with the United States Figure Skating Association.

Parents may observe lessons from the upstairs bleachers; it is distracting for skaters and coaches to have parents at the gate and also creates an obstruction for skaters that are entering or exiting the ice.

Individuals are not allowed on the ice with their shoes on. Parents are welcome to skate with their child during the 15-minute practice time. EPIC’s rental skates are available free of charge.

Our class student to instructor ratio is 1 instructor for every 10 students. Any Snowplow Sam, Basic 1, or Basic 2 classes larger than

10 students include an additional assistant. Minimum for all classes is 5 students; class levels may be combined to meet this minimum.

Skating lessons are 30 minutes in length with a 15-minute practice time, which may be before or after the lesson depending on scheduling.

Instructors have time in between classes to talk to parents and address their concerns. Be aware that some levels need to be repeated to master all the skills.

The first day of each lesson is generally termed as Level Evaluation Day. At this time, instructors evaluate all participants in their assigned classes to make certain they have been correctly enrolled. If there is a problem, the instructor will discuss the best course of action with the parent. Students are moved if there is space available in the appropriate level of class.

There are no make-up lessons for missed skating classes.

If the class you wish to register for is filled, you may place your name on a paid waiting list. We attempt to accommodate the demand for skating lessons by adding new classes; however, they may not be at the same time/day as the waiting list class. Classes that do not meet the minimum may be canceled or combined.

If you are unable to attend the last day of classes for testing, please request a progress card on the last day you attend.

Proper clothing may include:

- Helmet (also available at EPIC; required for Snowplow Sam 1–4)
- 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.

Conditioning for Skaters

See the Conditioning Information Center posted in the Green Ice Rink.

Private Skating Instruction

Private ice skating instruction is available for all abilities in figure skating, dance, edges, style, choreography, hockey, and power. Fees vary. Ice time and skate rental not included.

Figure Skating Lessons for Boy & Girl Scouts

Earn your skating Merit Badge. A learn to skate lesson can be arranged for your troop during a public skate session at a discounted rate. Minimum of 4 skaters. Flexible number of weeks available. Contact 970.416.2770 to make arrangements.

Skate Sharpening Services

EPIC offers skate sharpening services for figure and hockey skates (Blackstone Flat Bottom V or standard hollow). Drop-off and walk-in service available.

Need help coping?

We
can
help.

- ✓ Information
- ✓ Referrals
- ✓ Low cost counseling

• connections •
mental health & substance abuse resources

221-5551
mentalhealthconnections.org

Connections is a partnership of the Health District and SummitStone Health Partners.

Team & Club Contacts

Adult Hockey

Fort Collins Adult Hockey Association
fcaha.org

Youth Hockey

Northern Colorado Youth Hockey
ncyh.org

Women's Hockey

Flames / Phoenix / Comets
wachockey.com

College Hockey

Colorado State University
csuhockey.com

High School Hockey

High Plains Hockey
highplainshockey.com

Figure Skating Club

Fort Collins Figure Skating Club
fortcollinsfsc.org

Speed Skating

Jondon Speed
jondonspeed.com

Curling

Poudre Valley Curling Club
poudrevalleycurling.com

Curling

Curling League

League is for those who want to experience competitive curling. Each curling team consists of four curlers. Sign-up individually and add team names to the roster note. **Note:** Participants need to wear helmet, clean rubber soled sneakers, and dress in layers that are stretchy or loose.

Age: 8 years & up

Location: Edora Pool Ice Center

1/22-3/12	Su	9:15-10:45 AM	\$88	110376-01
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Corporate Curling

Curling is a great team building exercise and also one of the fastest growing sports. Contact 970.416.2770 for pricing and to reserve a Tuesday for your group. No experience required. All equipment provided. Reservation required.

Age: 8 years & up

Location: Edora Pool Ice Center

12/6-2/28	Tu	1:00-2:30 PM		
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Hockey

Basic 1 Hockey Skate

Hockey equipment not required. For skaters who have never skated before. See Basic 1 Skate for more information about skills learned.

Age: 5-9 years

Location: Edora Pool Ice Center

1/7-2/4	Sa	11:15-11:45 AM	\$43	110308-01
2/11-3/11	Sa	11:15-11:45 AM	\$43	110308-02

Basic 2 Hockey Skate

Hockey equipment not required. See Basic 2 Skate for more information about skills learned. Prerequisite: Successful completion of Basic 1 or be between the ages of 10-15 and never skated before.

Age: 5-15 years

Location: Edora Pool Ice Center

1/7-2/4	Sa	10:30-11:00 AM	\$43	110312-01
2/11-3/11	Sa	10:30-11:00 AM	\$43	110312-02

Beginner Cub Hockey

Practice held on Tuesdays; focus is on basic hockey and skating skills. Recreational games held on Thursdays. Equipment can be checked out with a \$150 deposit check. Rental skates included; sticks available at equipment check-out for \$12. Prerequisite: Tot 1 or Basic 1. **Note:** Equipment handout is 1/12 from 4-6 p.m. at EPIC. Equipment check-in is immediately following last game of the session.

Age: 4-8 years

Location: Edora Pool Ice Center

1/17-3/9	Tu,Th	4:15-5:00 PM	\$180	110372-01
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Power Skating Drop-In

Hockey skaters develop power, agility, and endurance. Program developed by two-time Olympic speed skater, Jondon Trevena. Full hockey gear required. **Note:** Class will not be held on 12/28, 1/4.

Age: 9-17 years

Location: Edora Pool Ice Center

12/7-2/22	W	4:00-4:45 PM	\$12	
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Rocky Mountain Family Physicians, P.C.

Say, "Ahhhh"
Call for a same-day appointment
970-484-0798 www.rmfamilyphys.com

Drop-In Hockey

Open practice session to sharpen skating and shooting skills. Full equipment required. 10 or 20 Admission Passes available. Sign up at the front desk beginning at 6 a.m. Payment must be made when signing up unless a hockey punch pass is on file for phone-ins. Limited to 30 players. **Note:** Session will not be held on 1/13.

Age: 16 years & up

Location: Edora Pool Ice Center

12/1–2/28	M–F	11:15 AM–12:45 PM	\$5
12/1–2/23	Th	1:00–2:30 PM	\$5

Stick and Puck Drop-In

Open session. Helmet, gloves, stick, and shin guards required. Full equipment recommended for younger skaters. No scrimmaging allowed. Rules are posted in each arena. **Note:** Session will not be held on 1/16, 1/17.

Age: All

Location: Edora Pool Ice Center

12/3–2/26	Sa,Su	2:30–3:30 PM	\$5
12/26–1/6	M–F	4:45–6:00 PM	\$5

Speed Skating**Speed Skating**

Designed to enhance skating speed technique for all types of skating. Gain knowledge of edges, pushes, balance, and pressure. Wear warm-up pants, long sleeved shirt, and speed skates (intermediate and advanced). Developed by two-time Olympic speed skater, Jondon Trevena. Basic skating experience required. **Note:** Class will not be held on 12/28, 1/4.

Age: 7 years & up

Location: Edora Pool Ice Center

Beginner

12/7–2/22	W	5:00–5:30 PM	\$8
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Intermediate

12/7–2/22	W	5:00–6:00 PM	\$15
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Adult Ice Skating**Adult Beginning and Intermediate Skate**

Designed for those with little or no previous experience on ice. See descriptions for Youth Ice Skating, Basic 1–4 for skills learned. **Note:** Helmets are strongly recommended for beginners.

Age: 16 years & up

Location: Edora Pool Ice Center

1/12–2/2	Th	6:15–6:45 PM	\$45	110349-01
2/9–3/9	Th	6:15–6:45 PM	\$45	110349-02

Adult Advanced Skate

Good skaters wishing to learn new skills may take the advanced level. See descriptions for Youth Ice Skating, Basic 5–6 for skills learned.

Age: 16 years & up

Location: Edora Pool Ice Center

1/12–2/2	Th	6:45–7:15 PM	\$45	110353-01
2/9–3/9	Th	6:45–7:15 PM	\$45	110353-02

Fitness Skate

Intermediate to advanced skaters benefit from this aerobic exercise. 10 or 20 Admission Passes available. **Note:** Session will not be held on 12/2, 1/13, 1/16.

Age: 16 years & up

Location: Edora Pool Ice Center

12/1–2/28	M–F	11:15 AM–1:00 PM	\$6
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Senior Coffee Club

For older adults interested in social skating. Regular fees apply.

Age: 60 years & up

Location: Edora Pool Ice Center

12/7–2/22	W	9:15–10:45 AM
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Youth Ice Skating**Snowplow Sam 1 & 2**

Introduction to the ice at a relaxed pace. Learn to sit on the ice and stand up, march in place, standing swizzle, dip, march forward, and forward marching with two-foot glide, and be introduced to backward wiggles and rocking horse.

Age: 4–5 years

Location: Edora Pool Ice Center

1/7–2/4	Sa	10:30–11:00 AM	\$43	110302-01
1/10–2/2	Tu,Th	4:45–5:15 PM	\$68	110302-02
1/10–2/2	Tu,Th	9:30–10:00 AM	\$68	110302-03
2/7–3/9	Tu,Th	4:45–5:15 PM	\$85	110302-04
2/7–3/9	Tu,Th	9:30–10:00 AM	\$85	110302-05
2/11–3/11	Sa	10:30–11:00 AM	\$43	110302-06

Snowplow Sam 3 & 4

Learn to march forward across ice, forward one-foot glide, two-foot turns, rocking horse, forward swizzles, snowplow stop, two-foot hop, and backward wiggles. Prerequisite: Successful completion of Snowplow Sam 1 & 2.

Age: 4–5 years

Location: Edora Pool Ice Center

1/7–2/4	Sa	10:30–11:00 AM	\$43	110304-01
1/10–2/2	Tu,Th	4:45–5:15 PM	\$68	110304-02
1/10–2/2	Tu,Th	9:30–10:00 AM	\$68	110304-03
2/7–3/9	Tu,Th	4:45–5:15 PM	\$85	110304-04
2/7–3/9	Tu,Th	9:30–10:00 AM	\$85	110304-05
2/11–3/11	Sa	10:30–11:00 AM	\$43	110304-06

Basic 1 Skate

For skaters who have never skated before. Learn to sit and stand up, march forward, two-foot glide, glide with dip, forward two-foot swizzles, two-foot snowplow stop, two-foot hop, wiggles, and intro to forward one-foot glide. **Note:** Class will not be held on 2/20.

Age: 5–9 years

Location: Edora Pool Ice Center

1/7–2/4	Sa	10:30–11:00 AM	\$43	110306-01
1/10–2/2	Tu,Th	4:45–5:15 PM	\$68	110306-02
1/10–2/2	Tu,Th	10:00–10:30 AM	\$68	110306-03
1/23–3/6	M	4:00–4:30 PM	\$51	110306-04
1/23–3/6	M	4:30–5:00 PM	\$51	110306-05
2/7–3/9	Tu,Th	4:45–5:15 PM	\$85	110306-06
2/7–3/9	Tu,Th	10:00–10:30 AM	\$85	110306-07
2/11–3/11	Sa	10:30–11:00 AM	\$43	110306-08
3/20–4/24	M	4:00–4:30 PM	\$51	110306-09
3/20–4/24	M	4:30–5:00 PM	\$51	110306-10

Basic 2 Skate

Learn forward glides, backward two-foot swizzles, two-foot glide, turn, scooter pushes, and snowplow stop. Prerequisite: Successful completion of Snowplow Sam 3 & 4 or be between ages 10–15 years and never skated. **Note:** Class will not be held on 2/20.

Age: 5–15 years

Location: Edora Pool Ice Center

1/7–2/4	Sa	10:30–11:00 AM	\$43	110310-01
1/10–2/2	Tu,Th	4:45–5:15 PM	\$68	110310-02
1/10–2/2	Tu,Th	10:00–10:30 AM	\$68	110310-03
1/23–3/6	M	4:00–4:30 PM	\$51	110310-04
1/23–3/6	M	4:30–5:00 PM	\$51	110310-05
2/7–3/9	Tu,Th	4:45–5:15 PM	\$85	110310-06
2/7–3/9	Tu,Th	10:00–10:30 AM	\$85	110310-07
2/11–3/11	Sa	10:30–11:00 AM	\$43	110310-08
3/20–4/24	M	4:00–4:30 PM	\$51	110310-09
3/20–4/24	M	4:30–5:00 PM	\$51	110310-10

Basic 3 Skate

Learn stroking, forward pumping, forward slalom, two-foot turn, gliding backward on one foot, and backward snowplow stop.

Prerequisite: Successful completion of Basic 2.

Age: 5–15 years

Location: Edora Pool Ice Center

1/7–2/4	Sa	11:15–11:45 AM	\$43	110314-01
1/10–2/2	Tu,Th	4:45–5:15 PM	\$68	110314-02
1/10–2/2	Tu,Th	10:30–11:00 AM	\$68	110314-03
2/7–3/9	Tu,Th	4:45–5:15 PM	\$85	110314-04
2/7–3/9	Tu,Th	10:30–11:00 AM	\$85	110314-05
2/11–3/11	Sa	11:15–11:45 AM	\$43	110314-06

Basic 4 Skate

Learn stroking with power, backward one-foot glide, forward inside and outside edge on a circle, forward crossovers, backward pumps, and two-foot spin. Prerequisite: Successful completion of Basic 3.

Age: 5–15 years

Basic 4 Skate continued

Location: Edora Pool Ice Center

1/7–2/4	Sa	10:30–11:00 AM	\$43	110316-01
1/10–2/2	Tu,Th	4:45–5:15 PM	\$68	110316-02
1/10–2/2	Tu,Th	10:30–11:00 AM	\$68	110316-03
2/7–3/9	Tu,Th	4:45–5:15 PM	\$85	110316-04
2/7–3/9	Tu,Th	10:30–11:00 AM	\$85	110316-05
2/11–3/11	Sa	10:30–11:00 AM	\$43	110316-06

Basic 5 Skate

Learn to control back outside and inside edge on a circle, backward crossovers, two-foot spin, hockey stop, side toe hop, and forward outside three turn. Prerequisite: Successful completed Basic 4.

Age: 5–15 years

Location: Edora Pool Ice Center

1/10–2/2	Tu,Th	5:30–6:00 PM	\$68	110318-01
1/7–2/4	Sa	11:15–11:45 AM	\$43	110318-02
2/7–3/9	Tu,Th	5:30–6:00 PM	\$85	110318-03
2/11–3/11	Sa	11:15–11:45 AM	\$43	110318-04

Basic 6 Skate

Learn backward crossovers, forward inside three-turn, backward to forward two-foot turn, T-stop, bunny hop, forward straight line spiral, and begin one foot spin. Prerequisite: Successful completion of Basic 5.

Age: 5–15 years

Location: Edora Pool Ice Center

1/10–2/2	Tu,Th	5:30–6:00 PM	\$68	110322-01
1/7–2/4	Sa	11:15–11:45 AM	\$43	110322-02
2/7–3/9	Tu,Th	5:30–6:00 PM	\$85	110322-03
2/11–3/11	Sa	11:15–11:45 AM	\$43	110322-04

Pre-Free Skate

Learn forward inside open and closed mohawk, ballet jump, backward crossovers to backward outside edge, one-foot spin, stand still waltz jump, mazurka, combination move, and forward and backward inside pivot. Prerequisite: Basic 6.

Age: 5–15 years

Location: Edora Pool Ice Center

1/7–2/4	Sa	9:30–10:15 AM	\$68	110324-01
1/10–2/2	Tu,Th	5:15–6:00 PM	\$108	110324-02
2/7–3/9	Tu,Th	5:15–6:00 PM	\$135	110324-03
2/11–3/11	Sa	9:30–10:15 AM	\$68	110324-04

Field Moves

Learn pre-preliminary and preliminary moves in the field. Learn stroking, crossovers, forward and backward outside and inside consecutive edges, waltz eight, straight line spiral, figure eight crossovers, right and left three turns, consecutive spirals, and alternating three turns.

Age: 5–15 years

Location: Edora Pool Ice Center

1/10–1/31	Tu	6:15–6:45 PM	\$36	110330-01
2/7–3/7	Tu	6:15–6:45 PM	\$45	110330-02



At Salud Family Health Centers, we provide quality and affordable *medical, dental and behavioral health* care services to all ages: **newborns, children, adults & seniors!**

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

Free Skate 1 & 2

Focus on spins, jumps, and moves (15 minutes each). For a detailed description of skills, see the Learn-to-Skate bulletin board at EPIC. Prerequisite: Successful completion of Pre-Free Skate.

Age: 5–15 years

Location: Edora Pool Ice Center

1/7–2/4	Sa	9:30–10:15 AM	\$68	110332-01
1/10–2/2	Tu,Th	5:15–6:00 PM	\$108	110332-02
2/7–3/9	Tu,Th	5:15–6:00 PM	\$135	110332-03
2/11–3/11	Sa	9:30–10:15 AM	\$68	110332-04

Free Skate 3 & 4

Focus on spins, jumps, and moves (15 minutes each). For a detailed description of skills, see the Learn to Skate bulletin board at EPIC.

Age: 5–15 years

Location: Edora Pool Ice Center

1/7–2/4	Sa	9:30–10:15 AM	\$68	110334-01
1/10–2/2	Tu,Th	5:15–6:00 PM	\$108	110334-02
2/7–3/9	Tu,Th	5:15–6:00 PM	\$135	110334-03
2/11–3/11	Sa	9:30–10:15 AM	\$68	110334-04

Free Skate 5 & 6

Focus on spins, jumps, and moves (15 minutes each). For a detailed description of skills, see the Learn to Skate bulletin board.

Age: 5–15 years

Location: Edora Pool Ice Center

1/7–2/4	Sa	9:30–10:15 AM	\$68	110336-01
1/10–2/2	Tu,Th	5:15–6:00 PM	\$108	110336-02
2/7–3/9	Tu,Th	5:15–6:00 PM	\$135	110336-03
2/11–3/11	Sa	9:30–10:15 AM	\$68	110336-04

Outdoor Recreation

Cancellation/Refund Policy

Trips may be cancelled or destinations may be changed due to weather conditions that are deemed hazardous or unsafe for driving/ transportation or activity. We regret any such cancellation, but we are committed to safe programming. In case of a cancellation, a full refund is issued. If you need to cancel a trip, notify us by 10 a.m. two (2) business days prior to trip departure for refund or credit, unless otherwise noted.

Adult Programming

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

Be Ski Fit

Discussion and exercise focused on specific strengthening and stretching for the ski season. Bring an exercise mat. Provider: Stu Peterson, PT, MCR Outpatient Rehabilitation Services, UCHealth.

Location: Senior Center

12/8	Th	4:00–5:30 PM	\$10	125408-01
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Downhill Ski Trips – M

Motorcoach trips are made to various ski resorts. Cross-country skiers and shoppers are welcome on the Breckenridge and Keystone/A-Basin trips, but must be stated at time of registration. Participants are responsible for their own equipment, lift ticket, and lunch. Trips depart from Rolland Moore Park promptly at 7 a.m. and pickup in Loveland at I-25 and Hwy. 34 at about 7:20 a.m.

Location: Rolland Moore Park

Copper Mountain

12/14	W	7:00 AM–7:00 PM	\$45	111910-01
\$38.25 Member				

Winter Park

1/4	W	7:00 AM–7:00 PM	\$45	111910-02
\$38.25 Member				

Copper Mountain

1/11	W	7:00 AM–7:00 PM	\$45	111910-03
\$38.25 Member				

Winter Park

1/18	W	7:00 AM–7:00 PM	\$45	111910-04
\$38.25 Member				

Copper Mountain

1/23	M	7:00 AM–7:00 PM	\$45	111910-05
\$38.25 Member				

Keystone/A-Basin

1/25	W	7:00 AM–7:00 PM	\$45	111910-06
\$38.25 Member				

Breckenridge

2/1	W	7:00 AM–7:00 PM	\$45	111910-07
\$38.25 Member				

Downhill Ski Trips continued

Keystone/A-Basin

2/6	M	7:00 AM–7:00 PM	\$45	111910-08
\$38.25 Member				

Winter Park

2/8	W	7:00 AM–7:00 PM	\$45	111910-09
\$38.25 Member				

Copper Mountain

2/15	W	7:00 AM–7:00 PM	\$45	111910-10
\$38.25 Member				

Loveland

2/20	M	7:00 AM–7:00 PM	\$45	111910-11
\$38.25 Member				

Winter Park

2/22	W	7:00 AM–7:00 PM	\$45	111910-12
\$38.25 Member				

Copper Mountain

2/27	M	7:00 AM–7:00 PM	\$45	111910-13
\$38.25 Member				

Snowshoeing/Cross-Country Skiing

Designed for adults who enjoy a good physical challenge, but can also accommodate a range of individual paces.

No formal instruction, but trips are led by experienced guides with wilderness first aid training. Vans are equipped with portable AEDs and guides carry SPOT GPS positioning in case of emergency.

Some trips are in the backcountry of the Poudre Canyon without available Nordic centers. Trips made to Rocky Mountain National Park (RMNP) require a Parks Pass, Golden Age Pass, or \$20 entry fee.

You should be in good health and capable of moderate physical activity. For your own safety, bring your own equipment, water, layers, and food. Cost includes guide and sweep. **Note:** Ratings are subjective and offered as a general guide.

Departure location for all trips is at the Senior Center, unless otherwise noted. All mileage is roundtrip, unless otherwise noted.

Cross-country Skiing

Meadows Trail

Gradually climb through forest and open meadows. Views of Iron Mountain and surrounding peaks. **Note:** Moderate; Mileage: 4 Miles; Lowest elevation: 10,020 ft.; Highest elevation: 10,495 ft.

1/30	M	8:00 AM–4:30 PM	\$41	111930-01
\$34.85 Member				

Chimney Park, WY

Wooded trails of lodgepole pines and aspen trees with gentle rolling hills winding along old logging roads. **Note:** Easy to Moderate; Mileage: varies; Lowest elevation: 8,800 ft.; Highest elevation: 9,000 ft.

2/17	F	7:30 AM–5:00 PM	\$45	111930-02
\$38.25 Member				

Brush Creek, WY

Easy trails through forest with cabin ruins along the trail. **Note:** Easy; Mileage: varies; Lowest elevation: 8,125 ft.; Highest elevation: 8,650 ft.

2/28	Tu	7:30 AM–5:00 PM	\$45	111930-03
\$38.25 Member				

Snowshoe/Cross-Country Ski

Note: Trips are snowshoe only, unless otherwise specified.

Long Draw Rd. (Combined: Ski & snowshoe)

Gently rising Long Draw Rd. with views of RMNP and Cameron Peak. **Note:** Easy to Moderate; Mileage: 4.5 miles; Lowest elevation: 9,500 ft.; Highest elevation: 9,800 ft.

12/19	M	8:00 AM–4:30 PM	\$41	111920-01
\$34.85 Member				

Michigan Ditch (Combined: Ski & snowshoe)

Spectacular views of the Nokhu Crags. **Note:** Easy; Mileage: 4.4 miles; Lowest elevation: 10,255 ft.; Highest elevation: 10,320 ft.

1/6	F	8:00 AM–4:30 PM	\$41	111920-02
\$34.85 Member				

Meadows Trail

Gradual climb through forest and open meadows. Views of Iron Mountain and surrounding peaks. **Note:** Moderate; Mileage: 4 miles; Lowest elevation: 10,020 ft.; Highest elevation: 10,495 ft.

1/9	M	8:00 AM–4:30 PM	\$41	111920-03
\$34.85 Member				

Ranger Lakes

Climb through a tree tunnel before area opens up into the high mountain valley. Views of the riparian area and Seven Utes Mountain. **Note:** Moderate; Mileage: 4.5 miles; Lowest elevation: 9,300 ft.; Highest elevation: 10,320 ft.

1/17	Tu	8:00 AM–4:30 PM	\$41	111920-04
\$34.85 Member				

Happy Jacks Trails, WY (Combined: Ski & Snowshoe)

Part of the Medicine Bow National Forest with well-marked trails. **Note:** Easy to Moderate; Mileage: 3.3 miles; Lowest elevation: 8,400 ft.; Highest elevation: 8,900 ft.

1/23	M	7:30 AM–5:00 PM	\$45	111920-05
\$38.25 Member				

Montgomery Pass

Trail rises steeply with views of Rawahs. **Note:** Moderate to Difficult; Mileage: 4 miles; Lowest elevation: 10,020 ft.; Highest elevation: 10,995 ft.

1/27	F	8:00 AM–4:00 PM	\$41	111920-06
\$34.85 Member				

Sawmill Creek

Gradual climb then levels off along an old logging road. Beautiful, heavily forested trail that leads to great views.

Note: Moderate; Mileage: 3.5 miles; Lowest elevation: 9,475 ft.; Highest elevation: 10,090 ft.

2/3	F	8:00 AM–3:30 PM	\$41	111920-07
\$34.85 Member				

Eldora Nordic Center (Combine: Ski & Snowshoe)

One of Colorado's best kept secrets with maintained ski trails and marked snowshoe trails. Pass required. **Note:** Easy to Moderate; Mileage: varies; Lowest elevation: 9,200 ft.; Highest elevation: 9,700 ft.

2/7	Tu	8:00 AM–3:30 PM	\$41	111920-08
\$34.85 Member				

Zimmerman Lake

Beautiful views of Neota Wilderness. Peaceful trail on old logging road. **Note:** Easy; Mileage: 3 miles; Lowest elevation: 10,020 ft.; Highest elevation: 10,495 ft.

2/13	M	8:00 AM–3:30 PM	\$41	111920-09
\$34.85 Member				

Cameron Connection

Paralleling Hwy 14 through forest to Cameron Pass. **Note:** Easy to Moderate; Mileage: 4.6 miles; Lowest elevation: 10,000 ft.; Highest elevation: 10,276 ft.

2/23	Th	8:00 AM–3:30 PM	\$41	111920-10
\$34.85 Member				

Youth Programming

Snow Tubing Trips

A full day of tubing near Red Feather Lakes. Tube and lift ticket included. Dress for the weather.

Age: 12–15 years

Location: Northside Aztlan Center

1/21	Sa	8:00 AM–4:00 PM	\$59	115546-01
2/18	Sa	8:00 AM–4:00 PM	\$59	115546-02

Learn to Cross Country Ski

Cross-country skiing is a form of skiing where skiers rely on their own locomotion to move across snow-covered terrain, rather than using ski lifts or other forms of assistance. There are plenty of places near Fort Collins to go cross-country skiing, and avoid the traffic. Learn the fundamentals of this fun, cardiovascular sport. **Note:** Dress for the weather and bring a lunch. Fee includes transportation, instruction, skis, boots, and poles.

Age: 12–15 years

Location: Northside Aztlan Center

1/14	Sa	8:00 AM–4:00 PM	\$55	115547-01
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Introduction to Avalanche Safety

Combine a science point of view with discussion about what happens to snowflakes when they hit the ground and where snow goes when it melts. Snowshoes or cross country skis needed.

Age: 12–17 years

Location: Northside Aztlan Center

2/11	Sa	7:00 AM–4:00 PM	\$45	115548-01
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Snowshoeing Adventures

Basic introduction to snowshoeing. Explore making a fire, building shelter, finding food, and how to navigate and travel over snow. No experience necessary. Snowshoes required.

Age: 12–17 years

Location: Northside Aztlan Center

Shelter Building

1/28	Sa	8:00 AM–2:00 PM	\$45	115549-01
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Wildlife Viewing

2/25	Sa	8:00 AM–4:00 PM	\$45	115549-02
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Archery

Learn basic techniques and how to be safe when practicing this skillful sport requiring balance, poise, accuracy, vision, timing, and action.

Age: 8–16 years

Location: Rocky Mtn. Archery, 4518 Innovation Dr.

12/8–12/15	Th	4:30–5:30 PM	\$30	115941-01
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1/19–1/26	Th	4:30–5:30 PM	\$30	115941-02
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2/9–2/16	Th	4:30–5:30 PM	\$30	115941-03
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GET WITH THE BEAT!
Free Cholesterol Tests in February

We're offering **FREE** cholesterol & blood pressure tests for American Heart Month in February.*

Find out your **total cholesterol, HDL, LDL, triglycerides & glucose** results.

Health District
 OF NORTHERN LARIMER COUNTY

Appointment strongly recommended.
 Walk-ins accepted only at specific sites.

224-5209
healthdistrict.org/heart

* You must be a Health District resident to be eligible for free cholesterol testing. Cost for non-residents is \$15.

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FEB 25
**ILLSTYLE &
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PRODUCTIONS**

2pm & 6pm // Seats from \$16

These thrilling hip hop dancers put on an astonishing display of rhythm and precision while delivering a positive message.



APR 8
**NEXT GENERATION
LEAHY**

2pm & 6pm // Seats from \$15

These gifted children, ages 4-13, deliver an infectious, high-energy Celtic music and step-dance performance that will leave you in awe.



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Don't miss

Charles Dickens' A
**Christmas
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DEC 20 // 7:30 PM | Seats from \$15



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STREET & MEDIA
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Special Events

Holiday Village

Visit The Fort Collins Senior Center lobby through the holiday season to spend some time enjoying the sights and sounds of a beautiful village come to life. Be amazed at the gigantic holiday tree and winter village complete with a working train.

Age: All

Location: Senior Center

12/2-1/4	M-F	6:00 AM-9:00 PM	No Fee
12/2-1/4	Sa	8:00 AM-5:00 PM	No Fee
12/2-1/4	Su	9:00 AM-8:00 PM	No Fee

Winter SOAP Show

Be entertained this winter with SOAP Troupe. This annual show consists of comedy skits with the SOAP Tones providing holiday themed music.

Age: 50 years & up

Location: Senior Center

12/2	F	1:30-3:00 PM	\$5	Ticketed Event
12/2	F	7:00-8:30 PM	\$5	Ticketed Event
12/3	Sa	2:00-3:30 PM	\$5	Ticketed Event

Family Gingerbread House Decorating

Start a new family tradition at The Farm at Lee Martinez Park. Decorate an old fashioned gingerbread house. We provide all the fixin's and you provide the creativity. **Note:** Only one person from each family needs to register. One gingerbread house per registration.

Age: All

Location: The Farm

12/4	Su	2:00-4:00 PM	\$40	118561-01
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EPIC 30th Anniversary and Grand Re-Opening

Celebrate EPIC's Winter Festival Celebration, celebrating 30 years of EPIC, along with the lobby and aquatic's return from renovation. Enjoy a day of free activities along with winter ice festivities.

Age: All

Location: Edora Pool Ice Center

12/17	Sa	9:00-2:00 PM		
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Winter Festival

A fun filled day of winter on-ice activities including free figure and synchronized skating exhibitions, speed skating, curling, and broomball demonstrations. Exhibitions and demonstrations take place from 9:30-11:45 a.m., followed by a free public skate session from Noon-2 p.m. Lessons in skating, curling, and broomball available during public skate times. No registration necessary.

Age: All

Location: Edora Pool Ice Center

12/17	Sa	9:30 AM-2:15 PM	No Fee
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BIKE WINTER
#FCBIKES

10TH ANNUAL WINTER BIKE TO WORK DAY
Wed. Dec. 14

KEEP RIDING ALL WINTER

- Bike Winter Photo Contest
- Winter Wonderland Rides
- Holiday Lights by Bike
- Free bike lights at Light up the Night!

RIDE AND DRIVE SAFER YEAR-ROUND

- Cycling in Winter classes
- Bicycle Friendly Driver classes

BIKE WINTER CELEBRATION
Feb. 24

fcgov.com/bikewinter

City of Fort Collins
FCBIKES

Hysterical Cafe Comedy Show

Comedy Brewers, Fort Collins' premiere improv group are family friendly with their hilarious games and interactive fun. Light refreshments and cash bar available. Show starts at 5 p.m.

Age: 18 years & up

Location: Senior Center

2/24	F	4:30-6:00 PM	\$15	Ticketed Event
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Save the Date: Spring Spectacular Ice Show

Skaters enrolled in the Learn to Skate program are featured in the Spring Spectacular Ice Show. Look for ticket information in the Spring Recreator.

Age: All

Location: Edora Pool Ice Center

5/5-5/7

Sports

Adult Sports

Basketball

Lunchtime Basketball

Break up the day and join this group of drop-in basketball players for a lunchtime game. Note: Drop-in fees apply.

Age: 18 years & up

Location: Northside Aztlan Center

12/1–2/28	M–F	Noon–2:00 PM	No Fee
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Winter Adult Basketball

Men's, women's, and coed leagues are offered. Teams sign up for their level of play and night preference on a first come basis. 8 games scheduled. Registration begins 11/17, ends 12/16 or when leagues fill. Leagues begin the week of 1/2. Rosters are unlimited. Ages 16–17 years need parent signature on roster prior to participation. League not discountable.

Cost: \$448

Location: Northside Aztlan Center/Foothills Activity Center

Men's			
Mon Comp	113901-01	Wed Rec	113901-03
Mon Rec	113901-02		
Women's			
Wed Comp	113902-01	Wed Rec	112902-02
Coed			
Sun Rec	113903-01		

Flag Football

Winter Adult Indoor Flag Football

8-on-8 non-contact. Games played Sunday mornings between 8–11 a.m. Registration begins 11/17, ends 12/16 or when league fills. 6 games guaranteed. League begins 1/8. Rosters are unlimited. Ages 16–17 years need parent signature on roster prior to participation. League not discountable.

Location: The Edge

1/8–2/12	Su	9:30 AM–Noon	\$449	113912-01
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Spring Adult Indoor Flag Football

8-on-8 non-contact. Games played Sunday mornings between 8–11 a.m. Registration begins 2/9, ends 3/17 or when league fills. 6 games guaranteed. League begins week of 3/26. Rosters are unlimited. Ages 16–17 years need parent signature on roster prior to participation. League not discountable.

Location: The Edge

3/26–4/30	Su	9:30 AM–Noon	\$449	213912-01
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Spring Adult Flag Football

8-on-8 non-contact. Registration begins 2/9, ends 3/10 or when leagues fill. 6 games scheduled, 6 games guaranteed. League begins the week of 3/20. Rosters are unlimited. Ages 16–17 years need parent signature on roster prior to participation. League not discountable.

Location: Rolland Moore Park

3/20–5/1	M	6:00 10:00 PM	\$329	213011-01
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Kickball

Spring Adult Kickball

Have fun playing an American classic invented on the playground. Registration begins 2/9, ends 3/10 or when league fills. League begins 3/24. 6 games scheduled. Ages 16–17 years need parent signature on roster prior to participation. League not discountable.

Cost: \$184

Location: Rolland Moore Park

Coed Friday Comp	213061-01	Coed Friday Rec	213061-02
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Pickleball

Pickleball, Beginner Lessons

Designed for those brand new to pickleball or beginners needing some enhanced skill instruction. Class consists of some classroom time to learn the rules, scoring, and the basics. Rotational court time to begin to play.

Age: 18 years & up

Location: Senior Center

1/10–1/31	Tu	9:45–11:00 AM	\$24	109478-01
2/7–2/28	Tu	9:45–11:00 AM	\$24	109478-02

Adult Pickleball League

Mixed doubles pickleball teams of various skill levels play matches against teams with similar skills each week for the duration of the league. Registration begins 2/9, ends 3/17 or when leagues fill. Leagues begin the week of 3/27.

Cost: \$72

Age: 16 years & up

Date: 3/28–5/23

Location: Senior Center

Intermediate/Advance

3/28–5/23	Tu	5:00–9:00 PM	\$72	213991-01
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Adult Intermediate

3/28–5/23	Tu	5:00–9:00 PM	\$72	213991-02
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Martial Arts

Shotokan Karate, Beginners

Designed to introduce 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. Learn basic karate techniques and form before moving on to the intermediate level.

Age: 7 years & up

Location: Northside Aztlan Center

1/2–2/1	M,W	6:00–7:00 PM	\$55.50	122122-01
2/6–3/8	M,W	6:00–7:00 PM	\$55.50	122122-02

Shotokan Karate, Intermediate

The intermediate level has numerous physical and mental benefits: enhanced physical condition, increased stamina and coordination, increased confidence, self-esteem, discipline, and concentration. The student must learn intermediate techniques and forms before moving forward to the advanced level. Note: NO beginning Karate students.

Age: 7 years & up

Location: Northside Aztlan Center

1/2–2/1	M,W	6:00–7:00 PM	\$55.50	122123-01
2/6–3/8	M,W	6:00–7:00 PM	\$55.50	122123-02

Shotokan Karate, Advanced

Learn new karate concepts while reinforcing the concepts learned in previous classes. Karate is never ending; it continues to develop and change ones physical and mental skills. Note: No beginning karate students.

Age: 7 years & up

Location: Northside Aztlan Center

1/2–2/1	M,W	7:00–8:00 PM	\$55.50	122124-01
2/6–3/8	M,W	7:00–8:00 PM	\$55.50	122124-02

Volleyball

Winter Adult Volleyball

Coed and women's leagues are offered for 6-person and 4-person teams. Teams sign up for their level of play and night preference on a first come basis. Levels A –Competitive, BB-Intermediate, B-Recreational. Registration begins 11/17, ends 12/16 or when leagues fill. Leagues begin the week of 1/2. 8 games scheduled. Rosters are unlimited. Ages 16–17 years need parent signature on roster prior to participation. League not discountable.

Cost: \$274 Location: TBA

Time: 6:00–10:30 PM

Women's				
Sunday-B	113942-01	Wednesday-BB		113942-03
Wednesday-A	113942-02			
Coed				
Monday-BB	113943-01	Tuesday-BB		113943-04
Monday-B	113943-02	Friday-B		113943-05
Tuesday-A	113943-03			

Spring Adult Volleyball

Coed and women's leagues are offered for 6-person and 4-person teams. Teams sign up for their level of play and night preference on a first come basis. Levels A –Competitive, BB-Intermediate, B-Recreational. Registration begins 2/9, ends 3/10 or when leagues fill. Leagues begin the week of 3/27. 8 games scheduled. Rosters are unlimited. Ages 16–17 years need parent signature on roster prior to participation. League not discountable.

Cost: \$274 Location: TBA

Time: 6:00–10:30 PM

Women's				
Sunday-B	213942-01	Wednesday-BB		213942-03
Wednesday-A	213942-02			
Coed				
Monday-BB	213943-01	Tuesday-BB		213943-04
Monday-B	213943-02	Friday-B		213943-05
Tuesday-A	213943-03			

Tennis

General Information

Lewis Tennis School directs all tennis programs for the City of Fort Collins. With more than 45 years of experience in the tennis industry, Lewis Tennis provides quality lessons, programs, and tournaments for all levels and ages with USPTA certified coaches on staff. Tennis director, Larry Lewis, has managed five of the top tennis facilities in the United States.

The programs at Lewis Tennis School provide a positive learning environment for players of all ages. Players learn techniques to become accomplished players, as well as life skills that help them to excel and enjoy tennis and other areas in their life. Thousands of players have participated in these programs over the years as they learn and progress in this great lifetime sport.

Rolland Moore Pro Shop

Visit our fully stocked pro shop located at the Rolland Moore Racquet Center. Racquets, shoes, accessories, and 24-hour stringing available.

Fall hours are Noon–6 p.m., Monday–Friday, and 10 a.m.–4 p.m. on Saturdays.

Registration

For full program information, court availability and to register for programs, visit Lewistennis.com or call 970.493.7000. Discounts available for additional family members.

Programs

Programs are offered at Rolland Moore Racquet Complex.

Session Dates for All Classes

11/14–12/17: Session 1
1/2–1/28: Session 2
1/30–2/25: Session 3

Beginner Lessons

Whether you have never played or are getting back into the game after a long hiatus, learn and develop fundamentals so you can really enjoy the game. Learn the correct way to hit forehands, backhands, volleys, overheads, and serves, as well as the basic rules and strategies as you start competition.

Age: 18 years & up

M, W	6:00–7:30 PM
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Intermediate Lessons

Learn the “Modern Game” of tennis and refine your skills by experiencing techniques that are used by the pros. Develop your topspin, forehand, backhand and serves, as well as learn doubles and singles strategies that win.

Age: 18 years & up

Tu, Th	6:00–7:30 PM
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League Coaching

Get your team ready for the USA Tennis Leagues. Professional coaching improves your team’s strategy, technique, and mental toughness to enable you to compete at your best. A variety of coaching programs available.

Premier Clinics

Designed for the beginning through advanced player who wants more personal attention in their group instruction. Great for friends who want to learn together. Clinic times are flexible. Low student to pro ratio.

Age: 18 years & up

Private Lessons & Ball Machine

Private Lessons are available with our USPTA certified professionals and our college coaching staff. Times are flexible; just let us know when you’re available. Rent our ball machines to work on that pesky backhand.

Youth Tennis**Rolland Moore Pro Shop**

Visit our fully stocked pro shop located at the Rolland Moore Racquet Center. Racquets, shoes, accessories, and 24-hour stringing available.

Winter hours are Noon.–6 p.m., Monday–Friday and 10 a.m.–4 p.m. on Saturdays, weather permitting.

Registration

For full program information, court availability and to register for programs, visit Lewistennis.com or call 970.493.7000. Discounts available for additional family members.

Programs

Programs are offered at Rolland Moore Racquet Complex.

Session Dates for All Classes

11/14–12/17: Session 1

1/2–1/28: Session 2

1/30–2/25: Session 3

10 Years & Under

Exciting play format for those learning tennis. Designed to bring kids into the game by utilizing specialized equipment, shorter court dimensions, and modified scoring, all tailored to age and size.

Little Lobber

Age: 4–6 years

Sa	10:00–10:45 AM
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Future Star

Age: 7–8 years

M, W	4:30–6:00 PM
Sa	11:00 AM–12:30 PM

Aces

Age: 9–10 years

M, W	4:30–6:00 PM
Sa	11:00 AM–12:30 PM

Middle School

Middle School players develop their games to effectively compete on middle and high school teams or just enjoy the benefits of this great lifetime sport.

Challenger (new player)

Age: 11–13 years

Tu, Th	4:00–6:00 PM
Sa	1:00–3:00 PM

Competitive (Int/Adv)

Age: 11–13 years

Tu, Th	4:00–6:00 PM
Sa	1:00–3:00 PM

High School

Get ready to have some fun and develop your tennis game. Whether your goal is to play on your high school team or learn the best game to enjoy with your friends, this is the class for you.

Wimbledon (new player)

Age: 14–18 years

Tu, Th	4:00–6:00 PM
Sa	1:00–3:00 PM

Grand Slam (Int/Adv)

Age: 14–18 years

Tu, Th	4:00–6:00 PM
Sa	1:00–3:00 PM

LEWIS TENNIS SCHOOL

LARGEST TENNIS PROGRAM IN NORTHERN COLORADO

WINTER TENNIS FOR ALL

Learn how to play the modern game at every age and all levels of play

- 10 and under, middle and high school
- Performance training and league coaching
 - Private lessons
- Day and evening clinics for any level
 - Complete pro shop

lewistennis.com 970-493-7000

City of
Fort Collins
Recreation

Lewis
TENNIS SCHOOL

16-1909

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. Call 970.493.7000 for times and additional information.

Homeschool Classes

These tennis classes are held at flexible times during the day. Call to arrange a homeschool class for your children.

After-School Enrichment

These tennis classes are held after school in the gymnasiums of local elementary schools. Check with your school for details.

Youth Sports

Youth Night

Free drop-in night for kids. The gyms are available for open play.

Age: 12–15 years

Location: Northside Aztlan Center

12/1–2/23 Th 6:00–8:00 PM



**LOVE HOOPS?
PLAY BASKETBALL.**

Northern Colorado's Premier
Club Basketball Program

Year-round Boys & Girls Competitive Teams
Camps/Clinics

FeverHoops.com

970.631.9310



Basketball

Nuggets Skills Challenge

Test skills in dribbling, passing and shooting. Separate age groups for boys and girls. Awards and winners advance to sectional competition. Register the day of event. Participant's age is based on age as of 4/30/2017.

Age: 6–13 years

Location: Foothills Activity Center

1/29 Su 1:00–2:00 PM No Fee

Girls Jr. Nuggets Basketball

Develop team play with participation, fun, skills, and sportsmanship. Teams are randomly formed in the sports office. Practice dates and times are determined by coach. Coaches call the week before the program with practice days/times. Junior Nuggets jersey and two Nuggets tickets included. Note: Special requests are not guaranteed.

Cost: \$83

Dates: 1/9–2/18

Grade: Kindergarten–1

Northside Aztlan Center 114906-06

Foothills Activity Center 114906-07

Grade: 2–3

Bacon	114907-01	Linton	114907-27
Bauder	114907-03	Lopez	114907-29
Beattie	114907-05	McGraw	114907-31
Bennett	114907-07	Olander	114907-35
Bethke	114907-09	Putnam	114907-37
CLP	114907-11	Rice	114907-39
Dunn	114907-13	Riffenburgh	114907-41
Eyestone	114907-15	Shepardson	114907-43
Harris	114907-17	Tavelli	114907-45
Irish	114907-19	Timnath	114907-47
Johnson	114907-21	Traut	114907-49
Kruse	114907-23	Werner	114907-51
Laurel	114907-25	Zach	114907-53

Grade: 4–5

Bacon	114908-01	Lopez	114908-29
Bauder	114908-03	McGraw	114908-31
Beattie	114908-05	O'dea	114908-33
Bennett	114908-07	Olander	114908-35
Bethke	114908-09	Putnam	114908-37
CLP	114908-11	Rice	114908-39
Dunn	114908-13	Riffenburgh	114908-41
Eyestone	114908-15	Shepardson	114908-43
Harris	114908-17	Tavelli	114908-45
Irish	114908-19	Timnath	114908-47
Johnson	114908-21	Traut	114908-49
Kruse	114908-23	Werner	114908-51
Laurel	114908-25	Zach	114908-53
Linton	114908-27		

Established in 1996

VIPERS LACROSSE



Year-round lacrosse programs for boys in K-8th grade

Spring, fall and winter programs and camps throughout the year

For more information:

fclax.com

focolacrosse@gmail.com

NORTHERN COLORADO'S LARGEST YOUTH LACROSSE PROGRAM

Girls Middle School Basketball

Develop a sense of team play where participation, fun, skills, and sportsmanship are stressed; winning is secondary. Teams are formed by school attended. Teams are randomly formed in the sports office, not by when the players registered. T-shirt jerseys are provided at practice. Special requests are not guaranteed.

Dates: 1/9–2/18

Cost: \$83

Grade: 6

Blevins	114909-01	Lincoln	114909-11
Boltz	114909-03	Preston	114909-12
CLP	114909-05	Webber	114909-15
Kinard	114909-07	Wellington	114909-17
Leshner	114909-09		

Grade: 7–8

Blevins	114910-01	Lincoln	114910-11
Boltz	114910-03	Preston	114910-13
CLP	114910-05	Webber	114910-15
Kinard	114910-07	Wellington	114910-17
Leshner	114910-09		

Cheerleading

TCDC FC Cheer Squad

Enjoy this high energy community cheer program consisting of learning dances, arm motions, jumps, cheer chants, tumbling and stunts. Perform at area events each session. Classes are taught by The Cheer and Dance Connection Staff. \$50 uniform or \$12 shirt required. Note: Class will not be held on 3/14.

Location: Foothills Activity Center

Age: 5–8 years

1/10–2/14	Tu	5:00–6:05 PM	\$68	114937-01
2/21–4/4	Tu	5:00–6:05 PM	\$68	114937-03

Age: 8–14 years

1/10–2/14	Tu	6:10–7:20 PM	\$68	114937-02
2/21–4/4	Tu	6:10–7:20 PM	\$68	114937-04

TCDC Tumbling for Cheer

Polish cheerleading tumbling skills from cartwheels and running passes, to handstands, bridges, back walkovers and back handsprings, all in a fun atmosphere.

Age: 6–14 years

Location: Foothills Activity Center

1/10–1/31	Tu	4:15–5:00 PM	\$42	114938-01
2/7–2/28	Tu	4:15–5:00 PM	\$42	114938-02
3/7–4/4	Tu	4:15–5:00 PM	\$42	114938-03

Football

NFL FLAG Football

Powered by USA Football provides opportunities to enjoy the game of football. Players benefit by being physically active through non-contact, continuous action while learning the fundamentals of football, lessons in teamwork and sportsmanship. Practices are held twice per week with games on Saturday mornings. 6 games and official NFL jersey included.

Cost: \$83

Date: 4/1–5/13

Grade: K–1

Blevins Park	214012-32	Greenbriar Park	214012-14
City Park	214012-01	Harmony Park	214012-17
Edora Park	214012-03	Spring Canyon Park	214012-21
English Ranch Park	214012-07	Troutman Park	214012-25
Fossil Creek Park	214012-11	Warren Park	214012-29

Grade: 2–3

Beattie Park	214013-01	Greenbriar Park	214013-11
Blevins Park	214013-03	Harmony Park	214013-13
Stewart Case Park	214013-05	Rolland Moore Park	214013-19
City Park	214013-31	Spring Canyon Park	214013-21
Edora Park	214013-07	Troutman Park	214013-23
Fossil Creek Park	214013-29	Warren Park	214013-25

NFL FLAG Football continued

Grade: 4–5

Blevins Park	214014-07	Harmony Park	214014-11
City Park	214014-03	Rolland Moore Park	214014-13
Edora Park	214014-05	Spring Canyon Park	214014-17
Fossil Creek Park	214014-21	Troutman Park	214014-23
Greenbriar Park	214014-08	Warren Park	214014-25

Grade: 6–8

Blevins MS	214015-01	Lincoln MS	214015-11
Boltz MS	214015-03	Preston MS	214015-13
CLP MS	214015-05	Webber MS	214015-15
Kinard MS	214015-07	Wellington MS	214015-17
Leshner MS	214015-09		

Flag Football 9th–12th

Represent your high school in the Spring Flag Football Season. Basic fundamentals of football are taught without tackling or blocking. Main emphasis is on fair play; winning is secondary. Two practices per week with Saturday games. Practices begin the week of 3/20; days; times vary. 6 games scheduled.

Cost: \$83

Date: 4/1–5/13

Grade: 9–12

Fort Collins	214016-01	Fossil Ridge	214016-05
Poudre	214016-09	Rocky Mountain	214016-15

Skyhawk's Winter Break Camp

Mini-Hawk Winter Break Camp

Introductory program to explore the basics of soccer, baseball, and basketball while instilling confidence. Coaching staff is trained to meet the special needs of young children and helping them get started off on the right foot as they take their first steps into athletics.

Age: 4–6 years

Location: Foothills Activity Center

12/26–12/30	M–F	9:00 AM–Noon	\$122	114072-01
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Winter Break Basketball Camp

Skyhawk's basketball breaks down this exhilarating sport into fundamental skills that all athletes, no matter their skill level, need to succeed. Coaches lead the athletes through game-speed drills and exercises, focusing on ball handling, passing, shooting, defense, and rebounding.

Age: 7–12 years

Location: Foothills Activity Center

12/26–12/30	M–F	1:00–4:00 PM	\$122	114072-02
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Technology

Video Gaming League

TEG Arena promotes sportsmanship, communication, teamwork, and strategic thinking. Teams face off weekly for one hour in regular season play, leading up to an end of season tournament. 8 consoles, 24" HDTV displays, headsets, controllers, and games with mobile battle stations.

Age: 13 years & up

Location: Foothills Activity Center

COD Black Ops 3

1/18–2/15	Th	6:00–8:00 PM	\$60	115771-01
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Video Gaming Free Play

TEG Arena promotes sportsmanship, communication, teamwork, and strategic thinking. Teams will face off weekly for one hour in regular season play leading up to an end of season tournament. 8 consoles, 24" HDTV displays, headsets, controllers, and games with mobile battle stations.

Age: 13 years & up

Location: Northside Aztlan Center

COD Black Ops 3/NBA2K7

2/23	Th	6:00–8:00 PM	No Fee	115571-01
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COD Black Ops 3/NBA2K7

3/2	Th	6:00–8:00 PM	No Fee	115571-02
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Ultimate Frisbee

Ultimate Frisbee League

Learn the basic fundamentals of ultimate, including equal participation with winning being secondary. Practices are held twice per week with games on Sunday afternoons. Registration begins 11/19. League begins week of 3/20. 6 games scheduled. Coach will call you with the practice days and times.

Cost: \$63 (plus \$15 jersey, if needed)

Location: TBA

Grade: 4–6	214061-01	Grade: 7–12	214062-01
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Volleyball

Spring 6th–8th Grade Girls' 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 begins the week of 3/20, practice times and days TBA. 6 week season. Registration deadline is 3/3.

Cost: \$75

Location: Foothills Activity Center

Date: 3/20–4/29

Blevins	214944-01	CLP	214944-05
Boltz	214944-03	Kinard	214944-07

Spring 6th–8th Grade Girls' Volleyball continued

Leshner	214944-09	Webber	214944-15
Lincoln	214944-11	Wellington	214944-17
Preston	214944-13		

Wrestling

Youth Wrestling

Learn the fundamentals and skills of wrestling and compete in interschool dual meets. Program is designed for the beginner, as well as the experienced wrestler. Wrestling techniques and conditioning are taught. All participants compete in an end of season tournament. Note: Participants are notified by coach about practice times/dates. School shirt included.

Cost: \$65

Dates: 1/10–2/25

Grades: 3–6

Blevins	114911-01	Lincoln	114911-06
Boltz	114911-02	Preston	114911-07
CLP	114911-03	Webber	114911-08
Kinard	114911-04	Wellington	114911-09
Leshner	114911-05		

Youngsters

Sporties For Shorties

Work on the fundamentals of sports as they relate to throwing, kicking, and catching. Each session highlights different skills and different sports along with team work. Parents/guardians are not allowed as spectators in the gym in order to provide a more efficient class.

Age: 3–5 years

Location: Northside Aztlan Center

1/4–1/18	W	10:00–10:45 AM	\$28	114771-01
1/24–2/7	Tu	10:00–10:45 AM	\$28	114771-02
1/9–1/23	M	2:30–3:15 PM	\$28	114771-03
1/26–2/9	Th	2:30–3:15 PM	\$28	114771-04

Basketball For Shorties

Learn basketball basics and work on large and small motor skills as they relate to shooting, dribbling, and passing. Parents/guardians are not be allowed as spectators in the gym in order to provide a more efficient class.

Age: 4–5 years

Location: Northside Aztlan Center

1/3–1/17	Tu	10:00–10:45 AM	\$28	114772-01
1/23–2/6	M	2:30–3:15 PM	\$28	114772-02

REGISTER NOW: YOUTH SPORTS

Affordable, High-Quality Youth Sports @ Northern Colorado's Largest INDOOR Sports Center

Daytime Pre-School Sports

Boys & Girls • New sessions every six weeks
Call for days & times

Kinder Kicker Soccer
First Baseball
First Football
First Basketball

Ages 3 - 5

First Tennis
Little Laxer Lacrosse

Multi-Sport Day Camps

HEALTHY FUN FOR KIDS!

Explore & learn the basics of 4 - 5 different sports per day - **Girls & Boys - Grades K - 5**
(Full-Day: 9am - 4 pm or Half-Day: 9am - noon)

Nov 11, Nov 23; Jan 2 - 6; Jan 16; Feb 17 & 20

Instructional Leagues

Designed for Beginning & Intermediate Players. Sessions split between skill building & small-sided scrimmages. No scores are kept. There are no fixed teams. The focus is on learning & having FUN!

• Soccer (Boys & Girls)

U7 - U11 Basic Level 11/7 - 12/12, 1/10 - 2/14

U9 - U11 PDL/Advanced 11/7 - 12/12, 1/10 - 2/14

U5 - U6 Basic Level 11/2 - 12/14, 1/11 - 2/15

• Basketball (Boys & Girls)

Gr K - 2 Tue 11/15 - 12/20, 1/10 - 2/14

Gr K - 2 Sat 11/12 - 12/17, 1/14 - 2/18

"Perpetual Motion" Program

This program was designed by a local pediatric occupational therapist to help kids who "don't fit" in the typical youth athletic stereotype.

The premise is simply to give every child an opportunity to use all their body muscles in a fun, exploratory setting using a structured, "perpetual motion" circuit. Children need only to be able to walk and to independently follow an 'obstacle course' activity format. Preschool & Gr K - 5 classes



Classes after school
Wednesdays & Fridays



Fall Camps

BOYS LACROSSE "LAX READY" PROGRAM

- **Ages U8 - U15**
- For Players with Travel/Competitive Team Experience
- Sessions once per week for 10 weeks in Dec, Jan & Feb

TENNIS - Small Group Lessons

- **Grades K - 6**
- For beginning and intermediate players
- Fridays, 5 classes, November 11 - December 16

BASEBALL Small Group Hitting Clinics w/ 2015 Colorado Rockies Draftee Cole Anderson

- **Grades K - 8**
- 6-class session: Nov 3 - Dec 15



Winter Break Camps

BASEBALL w/The Fort Collins Foxes

- **Grades PK - 8** (Must turn 5 by 9/15/17)
- Boys & Girls
- Separate Camps for every level: Tee-ball, Beginning Baseball, Returning Recreational Baseball, and Competitive/Travel Team
- Dec 27 - 29



BOYS LACROSSE VOLLEYBALL BASKETBALL

- **Grades K - 8**
- Dec 27 - 29
- **Grades 3 - 8**
- Boys & Girls
- Dec 27 - 29
- **Grades K - 3**
- Boys & Girls
- Dec 27 - 29

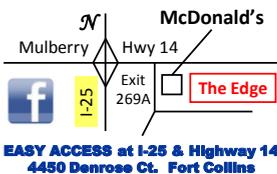
Winter Camps

BASEBALL Small Group Hitting Clinics

- **Grades K - 8**
- 6-class session: Jan 10 - Feb 14

BASEBALL FCBC Level III Pre-tryout Camp

- **Ages 9 - 14 as of 4/30/2017**
- Feb 27 - Mar 4 (4 days)



EASY ACCESS at I-25 & Highway 14
4450 Denrose Ct. Fort Collins

Sports-themed Birthday Parties for all Ages!



For Details & Registration
edgesportscenter.com
970.472.0048

BIRTHDAY PARTIES • BATTING CAGES • BASEBALL & LACROSSE INSTRUCTION • FIELD TRIPS • MEETING ROOM



Registration Begins January 12

Fort Collins Baseball Club Summer Leagues!

**Boys & Girls Pre-K to 11th Grade
Includes Intermediate (Level III)**

2017 Registration will run
from 1/12/17 – 3/30/17

Details and online registration
forms can be found at
www.fortcollinsbaseballclub.org
970-484-3368

211 S. Bryan Ave. (in City Park) • P.O. Box 1031 Fort Collins, CO 80522



Baseball For Shorties

Work on the fundamentals of throwing, hitting, and catching. Parents/guardians are not allowed as spectators in the gym in order to provide a more efficient class.

Age: 4–5 years

Location: Northside Aztlan Center

1/25–2/8	W	10:00–10:45 AM	\$28	114773-01
1/26–2/9	Th	2:30–3:15 PM	\$28	114773-02

Amazing Athletes

Learn the basics of nine different ball sports including volleyball, basketball, tennis, football, lacrosse, golf, hockey, soccer, and baseball in a fun, non-competitive, learning based environment. Includes kid-friendly cardio, muscle terminology, motor skills, speed, and agility.

Location: Foothills Activity Center

Ages: 18 months–2.5 years

1/5–2/2	Th	10:35–11:00 AM	\$45	114782-01
1/6–2/3	F	10:35–11:00 AM	\$45	114782-02
2/9–3/9	M	10:35–11:00 AM	\$45	114782-03
2/10–3/10	F	10:35–11:00 AM	\$45	114782-04
3/23–4/20	Th	10:35–11:00 AM	\$45	114782-05

Amazing Athletes continued

Ages: 2.5– 3.5 years

1/5–2/2	Th	9:00–9:30 AM	\$45	114774-01
1/6–2/3	F	9:00–9:30 AM	\$45	114774-02
2/9–3/9	M	9:00–9:30 AM	\$45	114774-03
2/10–3/10	F	9:00–9:30 AM	\$45	114774-04
3/23–4/20	Th	9:00–9:30 AM	\$45	114774-05
3/24–4/21	F	9:00–9:30 AM	\$45	114774-06

Ages: 3.5 years– 5 years

1/5–2/2	Th	9:45–10:30 AM	\$45	114775-01
1/6–2/3	F	9:45–10:30 AM	\$45	114775-02
2/9–3/9	M	9:45–10:30 AM	\$45	114775-03
2/10–3/10	F	9:45–10:30 AM	\$45	114775-04
3/23–4/20	Th	9:45–10:30 AM	\$45	114775-05
3/24–4/21	F	9:45–10:30 AM	\$45	114775-06

LEGEND

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

50 Plus

All 50+ programs are held at the Senior Center unless otherwise noted. All programs are for ages 50 years & up unless otherwise noted. For programming designed for all ages, browse the other sections of the Recreator.

Other Adult Programs in the Recreator

Adaptive Recreation	16	Fitness 50+	88
Aqua Fitness	21	Gardens on Spring Creek	59
Aquatics	23	Health & Wellness	61
Arts & Crafts	29	Ice Skating	68
Bicycling	35	Outdoor Recreation	73
Dance & Movement	36	Special Events	77
Education	46	Sports	78
Fitness	51	Trips & Travel	93

Senior Center Membership

Membership 50+ is \$25 annually with scholarships available. Programs that offer a free or discounted fee are indicated throughout the Recreator with an M. Benefits include:

- \$3 per month discount for fitness passes and full access passes, or \$1 off daily fitness admissions
- Free admission to drop-in programs including Pool Room, Open Shop, Library & Media Center, BINGO, and Cards & Games at the Senior Center.
- 2-day advance registration to Recreator programs
- Member discounts on select services and activities
- Membership in member-only clubs
- Member celebrations
- Free limited legal counseling
- Notary service
- Health & Wellness services

New Member Orientations

Get a tour of the Senior Center and learn about the resources and opportunities available to you. Ask questions and begin a relationship with the people at the Senior Center. Tours are monthly.

First Friday	9:00–10:00 AM	No Fee
Third Tuesday	5:30–6:30 PM	No Fee

Cards and Games

Bridge

Duplicate Bridge – M

Weekly duplicate bridge skill development and companionable play.

Age: 18 years & up

Location: Senior Center

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

Bridge Mentoring – M

Half hour review of one topic followed by bridge play. Mentor assists with bidding and playing questions per the 21st Century Standard American Bridge system.

Age: 18 years & up

Location: Senior Center

12/12,1/9,1/23,2/13,2/27	M	6:00–8:30 PM	No Fee
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Party Bridge and Pinochle – M

Drop-in bridge and pinochle card games.

Age: 18 years & up

Location: Senior Center

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

Practice Duplicate Bridge Game

Quarterly drop-in game for people new to Duplicate Bridge to develop skills and have companionable play in preparation for the weekly Friday duplicate bridge game. Mentor partners available. Prerequisite: Can play a bridge hand in 7 minutes.

Age: 18 years & up

Location: Senior Center

1/29	Su	12:45–4:00 PM	\$3.50
			\$2.80 Member

Bridge P1, Bridge “Play” Course

Practice bridge playing and bidding concepts learned in Bridge 2. The ACBL Bidding Play course manual is used. Prerequisite: Bridge 2 or instructor permission.

Age: 18 years & up

Location: Senior Center

1/16,1/30,2/6,2/20	M	5:30–8:30 PM	\$45	112462-01
				\$39 Member

Bridge 3, Play of the Hand

Take the skills learned in Bridge 2, Bidding and build upon them by adding more bidding and playing skills. The ACBL book, Play of the Hand, in the 21st Century, will be used. Prerequisite: Bridge 2, Bidding or instructor permission. Price includes supplies. Class will not be held on 12/28.

Age: 18 years & up

Location: Senior Center

12/7–2/1	W	5:30–8:30 PM	\$90	112460-01
				\$78.45 Member

Bridge 4, Defense

Take the skills learned in Bridge 3, Play of the Hand, and build upon them by adding defending techniques, plus more bidding and playing skills. The ACBL book, Defense in the 21st Century, is used. Prerequisite: Bridge 3, Play of the Hand or instructor permission.

Age: 18 years & up

Location: Senior Center

2/8–3/29	W	5:30–8:30 PM	\$90	112461-01
				\$78 Member

General Games

BINGO – M

Senior Center members compete against each other in BINGO for prizes.

12/12,1/9,2/13	M	1:00–2:00 PM	No Fee
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Cards & Games – M

Cards and board games played including canasta, mahjongg, scrabble, and cribbage.

Age: 18 years & up

Ongoing	M	9:00 AM–Noon	No Fee
Ongoing	W	12:30–4:00 PM	No Fee

Clubs and Organizations

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

For more information about C.H.A.T., see page 30.

Donut Make U Wonder – M

A group that engages in local, national, and global topical discussions with donuts and coffee.

Ongoing F	10:00–11:30 AM	No Fee
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Front Range Forum – M

Front Range Forum serves the residents of Northern Colorado's Front Range who are intellectually curious and dedicated to enriching their daily lives through life-long learning. Members facilitate classes for each other; participants take part in short presentations and informal discussions. Subjects have varied from the Vikings to the stories of Chekov and Jewett; from the Civil War to ethics; and from Van Gogh to Broadway musicals. In addition, the Forum sponsors lectures, a summer arts program, and offers programs – FRF Travels and FRF Goes to the Movies. Membership is \$20 per year. For more information, including our newsletter, visit frontrangeforum.org.

Harmonettes – M

Practice and perform seasonal and themed programs of popular music from years past for local assisted living facilities and for special events. No choral experience required, but ability to read music is helpful. Contact Ashley Ruffer at 970.224.6033, aruffer@fcgov.com for more information.

Location: Senior Center

Practice	M	9:30–11:00 AM	(Except 3rd Monday)
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Older Gay Lesbian Bisexual Transgender (OGLBT)

A social networking group for persons that are OGLBT and ages 50 years & up. Contact Katie Stieber at 970.224.6029, kstieber@fcgov.com, or visit our partner, NoCoPride.org, for more information.

Senior Bowling Leagues

Bowling leagues are open to league members and substitutes ages 50 years & up. Leagues play at Chippers Lanes on Horsetooth; league fees apply. Contact Karen Burgess at 970.484.2906 for information about leagues on Tuesdays and Thursdays at 1 p.m.

Senior Advisory Board

Advise City Council on issues related to older adults. The board is comprised of individuals of all ages who share a concern for the aging members of our community and consists of 11 members; 9 members are appointed by City Council, and 2 members are appointed from the Senior Center Council. The Senior Advisory Board meets the 2nd Wednesday of each month at 11:30 a.m. Guests are welcome.

Senior Center Council – M

Assist and advise the administrative staff in matters regarding the operation of the Senior Center. Members are elected representatives from senior membership. Elected representatives meet the 3rd Monday of each month at 1:30 p.m. Members are invited to attend.

SOAP Troupe (Slightly Older Adult Players) – M

SOAP Troupe produces two major shows per year featuring a variety of acts/short skits, monologues, stand-up comedy, song, dance or instrumental performances, a short play, and usually a melodrama or short comedy. Whether you are experienced or a beginner, your talent can be used to act, pound nails, sew, sing, and/or write. SOAP meets at 1:30 p.m. on the 4th Tuesday of each month. Contact Ashley Ruffer at 970.224.6033, aruffer@fcgov.com.

The Play's the Thing – M

Sit in a circle with playbooks and start with a scene. Starting with a person at a random spot in the circle, the parts for each character in the scene are assigned. You could be reading a part for a man, woman, boy, girl, pet, or ghost! At the next scene, the parts are assigned to the next set of people in the circle, 'round and 'round. We start with Shakespeare and see which other playwrights are appealing. Meetings are the 2nd and 4th Tuesday of the month from 6:30–8:30 p.m. Contact fcsc.plaything@gmail.com for more information.

The Writers Group – M

Express yourself through writing in any manner you choose regardless of content, genre, or skill. Gather weekly to share work and occasionally write on a topic selected by all. New participants welcome. Contact Ashley Ruffer at 970.224.6033, aruffer@fcgov.com for more information.

Ongoing	Tu	10:00 AM–Noon	No Fee
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Fitness

For information about registration options, additional classes, personal training services, and general information about fitness, see page 51.

Land Fitness

Balance 201

Just like strength improves with practice, so can balance. Practice techniques and work to develop body awareness, methods, and confidence in facing challenging balance issues.

Location: Senior Center

1/5–2/2	Th	12:30–1:30 PM	\$20	109448-01
2/9–3/9	Th	12:30–1:30 PM	\$20	109448-02

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Learn 21 simple tools for lifelong comfort and ease. Movements come naturally, stimulate the body, and initiate a mind-body link, providing anti-aging exercises that almost anyone can do. Fun and a little silly, we laugh a lot. Usually practiced in a chair.

Location: Senior Center

12/20–12/27	Tu	11:00–11:50 AM	\$6	109436-01
1/3–1/31	Tu	11:00–11:50 AM	\$20	109436-02
2/7–3/7	Tu	11:00–11:50 AM	\$20	109436-03

Back & Body

Physical conditions like back, hip, knee, and neck problems can be prevented or alleviated through a holistic training routine. Strengthen and stretch the major muscle groups of the body. **Note:** Class will not be held on 1/2.

Location: Senior Center

12/19–12/30	M,W,F	8:50–9:50 AM	\$18	109437-01
1/2–2/3	M,W,F	8:50–9:50 AM	\$56	109437-02
2/6–3/10	M,W,F	8:50–9:50 AM	\$60	109437-03
12/19–12/28	M,W	8:50–9:50 AM	\$12	109437-1A
12/19–12/26	M	8:50–9:50 AM	\$6	109437-1B
1/2–2/1	M,W	8:50–9:50 AM	\$36	109437-2A
1/2–1/30	M	8:50–9:50 AM	\$16	109437-2B
2/6–3/8	M,W	8:50–9:50 AM	\$40	109437-3A
2/6–3/6	M	8:50–9:50 AM	\$20	109437-3B

Body & Mind in Motion

Participants perform a variety of arm and leg movements while sitting in chairs. Class is designed for adults with physical limitations. **Note:** Class will not be held on 1/2.

Location: Senior Center

12/19–12/30	M,W,F	10:00–10:55 AM	\$18	109442-01
1/2–2/3	M,W,F	10:00–10:55 AM	\$56	109442-02
2/6–3/10	M,W,F	10:00–10:55 AM	\$60	109442-03
12/19–12/28	M,W	10:00–10:55 AM	\$12	109442-1A
12/19–12/26	M	10:00–10:55 AM	\$6	109442-1B
1/2–2/1	M,W	10:00–10:55 AM	\$36	109442-2A
1/2–1/30	M	10:00–10:55 AM	\$16	109442-2B
2/6–3/8	M,W	10:00–10:55 AM	\$40	109442-3A
2/6–3/6	M	10:00–10:55 AM	\$20	109442-3B

Dynamic Senior Fitness

Focus on agility, balance, flexibility, and strength. Designed around low impact games and drills to enhance ability to participate in a variety of sports.

Location: Senior Center

12/23–12/30	F	2–2:45 PM	\$4.50	109441-01
1/6–2/3	F	2–2:45 PM	\$15	109441-02
2/10–3/10	F	2–2:45 PM	\$15	109441-03

MS Dryland Exercise ◀ARO

For people with multiple sclerosis or physical impairment and designed to maximize strength and endurance through chair based-exercises. The instructor is aware of symptom issues and monitors participants closely. **Note:** Class will not be held on 1/2.

Location: Senior Center

12/19–12/28	M,W	11–11:55 AM	\$12	109438-01
1/2–2/1	M,W	11–11:55 AM	\$36	109438-02
2/6–3/8	M,W	11–11:55 AM	\$40	109438-03
12/19–12/26	M	11–11:55 AM	\$6	109438-1A
1/2–1/30	M	11–11:55 AM	\$16	109438-2A
2/6–3/6	M	11–11:55 AM	\$20	109438-3A

N'Balance

Enjoy practice exercises and movements to strengthen core balance and to overcome the fear of falling. This evidence-based program was designed from the kinetic principles of Fall Proof, a balance program created by California State University Fullerton. **Note:** Class will not be held on 1/2.

Location: Senior Center

1/2–2/22	M,W	2:30–3:30 PM	No Fee	109439-01
2/27–4/19	M,W	2:30–3:30 PM	No Fee	109439-02

Parklane Fitness

Receive instruction while sitting in a chair to improve flexibility, strength, coordination, and cardiovascular fitness.

Location: Parklane Towers North, 415 S. Howes St.

12/20–12/29	Tu,Th	9:30–10:30 AM	\$12	109440-01
1/3–2/2	Tu,Th	9:30–10:30 AM	\$40	109440-02
2/7–3/9	Tu,Th	9:30–10:30 AM	\$40	109440-03

Swiss Theraball

Enjoy gentle, effective, low-impact exercise on a Theraball to improve balance, endurance, flexibility, and strength.

Location: Senior Center

12/22–12/29	Th	4:00–5:00 PM	\$6	109443-01
1/5–2/2	Th	4:00–5:00 PM	\$20	109443-02
2/9–3/9	Th	4:00–5:00 PM	\$20	109443-03

Tai Chi for Arthritis

Evidence based practice that relieves pain and maintains and improves health and the quality of life.

Location: Senior Center

12/23–12/30	F	3:00–4:00 PM	\$6	109431-01
1/6–2/3	F	3:00–4:00 PM	\$20	109431-02
2/10–3/10	F	3:00–4:00 PM	\$20	109431-03

Yoga, Chair

Supported by a chair, relax the body and mind through healing and restorative movements. Improve musculoskeletal fitness and flexibility. **Note:** Class will not be held on 1/2.

Location: Senior Center

12/19–12/26	M	8:30–9:30 AM	\$6	109466-01
1/2–1/30	M	8:30–9:30 AM	\$16	109466-02
2/6–3/6	M	8:30–9:30 AM	\$20	109466-03

SilverSneakers

Do you want to learn more about SilverSneakers? Inquire at the front desk of Senior Center or Northside. **Note:** SilverSneakers nonmembers may attend by paying the drop-in rate or register for the session.

Classic Silver Sneakers

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a small ball are offered for resistance, and a chair is used for seated or standing support. **Note:** Class will not be held on 1/2.

Location: Northside Aztlan Center

12/19–12/28	M,W	11:00–11:45 AM	\$9	109545-01
1/2–2/1	M,W	11:00–11:45 AM	\$27	109545-02
2/6–3/8	M,W	11:00–11:45 AM	\$30	109545-03

Location: Senior Center

12/20–12/29	Tu,Th	10:10–10:55 AM	\$9	109444-01
1/3–2/2	Tu,Th	10:10–10:55 AM	\$30	109444-02
2/7–3/9	Tu,Th	10:10–10:55 AM	\$30	109444-03
1/7–2/4	Sa	10:10–10:55 AM	\$15	109444-04
2/11–3/11	Sa	10:10–10:55 AM	\$15	109444-05

Circuit Silver Sneakers

Move through a series of exercises in a circuit format to improve cardiovascular endurance and muscular strength and endurance.

Note: Class will not be held on 1/2.

Location: Senior Center

Circuit Silver Sneakers continued

12/19–12/30	M,W,F	1:00–1:45 PM	\$13.50	109446-01
1/2–2/3	M,W,F	1:00–1:45 PM	\$42	109446-02
2/6–3/10	M,W,F	1:00–1:45 PM	\$45	109446-03

Splash Silver Sneakers

Fun shallow-water moves that improve agility, flexibility, and cardiovascular endurance. No swimming ability required. A special SilverSneakers kickboard is used to develop strength, balance, and coordination. **Note:** Class will not be held on 1/2.

Location: Edora Pool Ice Center

1/3–2/2	Tu,Th	1:30–2:30 PM	\$40	109347-01
2/7–3/9	Tu,Th	1:30–2:30 PM	\$40	109347-02

Location: Mulberry Pool

1/2–2/1	M,W	9:30–10:30 AM	\$21.60	109247-01
2/6–3/8	M,W	9:30–10:30 AM	\$40	109247-02

Location: Senior Center

12/20–12/29	Tu,Th	12:15–1:10 PM	\$12	109447-01
1/3–2/2	Tu,Th	12:15–1:10 PM	\$40	109447-02
2/7–3/9	Tu,Th	12:15–1:10 PM	\$40	109447-03
12/20–12/29	Tu,Th	1:15–2:10 PM	\$12	109447-04
1/3–2/2	Tu,Th	1:15–2:10 PM	\$40	109447-05
2/7–3/9	Tu,Th	1:15–2:10 PM	\$40	109447-06

Yoga Silver Sneakers

Focus on poses and postures to improve joint range of movement, muscular strength, endurance, and balance. Static and dynamic movements are presented with a chair for seated and standing support.

Location: Senior Center

12/20–12/29	Tu,Th	11:10–11:55 AM	\$9	109467-01
1/3–2/2	Tu,Th	11:10–11:55 AM	\$30	109467-02
2/7–3/9	Tu,Th	11:10–11:55 AM	\$30	109467-03

Ice

Senior Coffee Club

For older adults interested in social skating. Regular fees apply.

Age: 60 years & up

Location: Edora Pool Ice Center

12/7–2/22	W	9:15–10:45 AM		
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Sports

AOA Badminton

Active Older Adults play badminton on multiple courts. Drop-in fees apply. **Note:** Class will not be held on 12/25, 1/1.

Location: Northside Aztlan Center

12/1–2/23	Tu,Th	8:00–10:00 AM		
12/1–2/28	Su	2:00–5:00 PM		

Location: Senior Center

12/1–2/28	M,W,F	8:00–10:00 AM		
12/1–2/28	W	6:00–9:00 PM		

AOA Basketball

Active Older Adults play pick-up games. Drop-in fees apply.

Location: Northside Aztlan Center

12/2–2/27	M,W,F	8:00–10:00 AM
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Resources**Legal Services – MO**

Free 30-minute sessions every 1st Thursday of the month. Contact the Senior Center to schedule an appointment.

12/1, 1/5, 2/2	Th	1:00–5:00 PM	No fee
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Library/Media Center

The Library/Media Center offers a quiet location for reading, reflection, relaxing, or using one of the computers. Users must be members of the Senior Center. Book library includes large print, hard cover, and paperback books, as well as works by local artists. Volunteer Library Attendants are available to assist members during the day. Book donations are accepted as space allows.

Pool Room – M

The Pool Room has four 8-ball tables and 1 snooker table. Players must be a member of the Senior Center or pay a daily drop-in rate. Additionally, we ask that users contribute to the maintenance of the facility by making a donation in the donation box located in the room.

VOA Senior Nutrition Program

Volunteers of America and the City of Fort Collins Recreation Department host the Senior Nutrition Program to provide hot lunch at Northside Aztlan Community Center and the Senior Center. There is no charge for ages 60 years & up (and their spouses). Reservations required; contact 970.472.9630 by 1:30 p.m. one business day prior.

Location: Senior Center

Ongoing	M,Tu,Th,F	Noon	\$2.50 suggested donation
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Location: Northside Aztlan Center

Ongoing	Tu,W,Th	Noon	\$2.50 suggested donation
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Volunteers

We strive to provide our trained volunteers with quality opportunities that meet their expectations, align with their skills and needs, and capitalize on the many talents they possess. Our volunteers gain new skills, forge new friendships, interact with fellow community members, enrich their community through purposeful activity, utilize their life experiences to enhance the lives of others, learn new things about themselves, set and achieve personal goals, and make a positive difference in the lives of others.

Volunteers may choose from one-time special events to longer term commitments in a variety of areas. For more information, visit fcgov.com/recreation/joinus or contact Betsy Emond at 970.224.6030, bemond@fcgov.com.

Social Programs & Special Events**Special Events**

See a list of Special Events available for all ages on page 77.

Annual Membership Meeting

Find out what is current at the Senior Center and provide input. RSVP at the front desk or by calling 970.221.6644. Brunch is served.

Age: 18 years & up

12/8	Th	9:00–11:00 AM	No Fee	112445-01
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Celebrations

Celebrate October, November, and December birthdays and anniversaries of the Senior Center members with cake, gifts, and entertainment.

12/15	Th	1:30–3:00 PM	No Fee	112410-01
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Historical Café, National Parks

Baby Boomer, photographer, hiker, and speaker Chris Wells takes us on a virtual trip to twelve National Parks and a 14,000 foot peak.

Note: Please note dietary restrictions when registering.

Age: 18 years & up

1/19	Th	11:30 AM–1:30 PM	\$22	112440-01
			\$18.70	

Wii-Bowling – M ◀ARO

Wii Bowling is an interactive video game developed by Nintendo that allows for players to bowl virtually by using a Wii remote to mimic the actions performed while bowling. Join others in a fun and relaxed environment in bowling without ever lifting a ball.

1/20	F	1:00–2:30 PM	\$5	112442-01
			\$4.25 Member	

Active Minds Virtual Learning, Brexit

On June 23, British voters elected to exit the European Union, sending global stock markets sharply down and provoking global reactions running the gamut from horror to congratulations. Learn how this pivotal event is historic and what it means for the future.

Note: Seating begins at 12:30 p.m.

Age: 18 years & up

1/31	Tu	1:00–3:00 PM	\$8	112441-01
			\$6.80 Member	

Pool Tournament

8-ball billiards tournament with prizes awarded to the top three competitors. Snacks and beverages provided.

2/4	Sa	10:00 AM–3:00 PM	\$10	112421-01
			\$8.50 Member	

Apps and a Movie – NW

Celebrate Valentine's Day with a special night of appetizers and a romantic movie at the Senior Center. Visit the front desk to inquire about the featured flick.

Age: 18 years & up

2/14	Tu	5:00–8:00 PM	\$8	Ticketed Event
				\$6.80 Member

Hysterical Cafe Comedy Show – NW

Comedy Brewers, Fort Collins' premiere improv group, are family friendly with their hilarious games and interactive fun. Light refreshments and cash bar available. Show begins at 6 p.m.

Age: 18 years & up

2/24	F	4:30–6:00 PM	\$15	Ticketed Event
			\$12.75	Member

Afternoon at the Movies, New Releases and Classics – M

Movie showings of new releases and classics with popcorn. Schedule of movie titles available at the front desk.

12/2, 12/16, 1/6, 1/20, 2/3, 2/17	F	1:00–3:00 PM	No Fee
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Prairie Sage Dances

Dance to live music. Refreshments served.

Jim Ehrlich

12/5	M	7:00–10:00 PM	\$4
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H & H (Christmas holiday dance)

12/19	M	7:00–10:00 PM	\$4
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H & H

1/2	M	7:00–10:00 PM	\$5
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Jim Ehrlich (1920s theme)

1/16	M	7:00–10:00 PM	\$5
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Big Twang Theory (Western dance)

2/6	M	7:00–10:00 PM	\$5
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Pepie (Swinging safari; wear animal print)

2/20	M	7:00–10:00 PM	\$5
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Explore:

- San Diego Zoo
- USS Midway
- Seaport Village
- Coronado
- Balboa Park
- Whale Watching
- Birch Aquarium
- City Trolley Tour
- Gas Lamp District

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Trips & Travel

Senior Center trips are for ages 50 years & up unless otherwise noted.

Registration

Pre-registration is required for all trips. Some ticketed events have an early registration deadline. Register online at webtrac.fcgov.com or call 970.221.6644.

Refunds/Cancellation

If you need to cancel a trip, notify us by 10 a.m. two (2) business days prior to trip departure for refund or credit, unless otherwise noted below.

Ticketed trip sales are considered final and non-refundable. No refunds are given unless we resell that ticket. Ticketed trips include but are not limited to shows, special events, and sports games. Full refunds are available for overnight trips until the final payment deadline, after which all sales are final and non-refundable.

Discounts

The Senior Center Member discount applies to trips when listed. Additional discounts do not apply.

Departure

All trips leave from the Fort Collins Senior Center unless otherwise noted. We recommend you arrive at least 15 minutes prior to departure. Out of respect for the other participants, we do not wait for late arrivals; trips leave promptly at the posted trip time.

Return Times

All return times are approximate. Please do not schedule appointments close to return times in case delays occur.

What's Included

All trip prices include transportation and escort, unless otherwise noted. Many trips include more amenities depending on the trip. See trip details for more information.

Accommodations

Individuals who are not independent in daily living activities or are in need of extra supervision are encouraged to register and participate with a personal care attendant. At time of registration, please inform us of any accommodation needed.

There is no transportation fee for the personal care attendant providing assistance but he/she must pay for ticket and meal expenses if those are part of the trip fees. Attendants must register separately from individuals they are assisting in order to ensure that we provide necessary seating, meals, tickets, etc.

Smoking

Trips are smoke-free whenever possible. Smoking is not allowed on vans or buses.

Door-to-Door Transportation

Round trip transportation to and from your home is available for most trips if you reside within the Fort Collins city limits (with some

exceptions). The cost for this service is \$3 per person. Requests must be made at the time of registration or at least 3 days prior to the trip.

Waitlist

If a trip is sold out you may have your name placed on a waitlist. We will contact you directly if space becomes available. Reservations are on a first-come-first-served basis.

Adventure Travel

Moher Adventures in Ireland – June 2017

Go to the heart of Ireland's culture on this people to people experience. Spend days walking (5–8 miles) the picturesque landscape. Spend lunchtime in local historic pubs sharing stories with locals. In the evenings, stay in comfortable bed and breakfasts operated by native families. Traverse the Burren of County Clare, climb the Cliffs of Moher, and walk through the ancient settlements of Clochans. Head to the westernmost tip of Ireland on the Dingle Peninsula, walk to medieval castles and abbey ruins, and wander the rolling green hills alive with wildflowers. **Note:** 11 days/10 nights. Fee includes flights, lodging, most meals, local guides, and all admissions.

Single Occupancy, per person

6/15–6/26	\$5,399	305996-01
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Double Occupancy, per person

6/15–6/26	\$4,799	305996-01
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Whales, Wildlife, and the San Juan Islands – July 2017

Two countries, one cruise ship, unlimited sights. The waters of the Pacific Northwest contain hundreds of islands, some a little more than rocky reefs; others rise to nearly 2,500 ft. Visit the San Juan Islands, considered to be the loveliest, and experience breathtaking rolling pastures, rocky shorelines, and thickly forested ridges. Cruise with guided tours from Mt. Rainier National Park outside of Seattle to the Butchart Gardens in Victoria, British Columbia. **Note:** 8 days/7 nights. Fee includes transportation, lodging, guides, some meals, and admissions.

Single Occupancy, Per Person

7/25–8/1	\$4,849	305993-01
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Double Occupancy, Per Person

7/25–8/1	\$3,999	305993-01
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Whales, Wildlife, and the San Juan Islands – Trip Preview

Get a sneak peak into our 2017 trip, Whales Wildlife and the San Juan islands. This is an opportunity to ask questions and get insider information before actually booking.

1/12	Th	6:30–7:30 PM	No Fee	105999-01
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America's Great Train Journey – September 2017

Travel through the history of the west by train and sleep soundly in hotels at night. While aboard the California Zephyr, take in the views of the Sierra Nevadas, Lake Tahoe, and Rocky Mountains. Add to the splendor culinary delights and city tours. **Note:** 8 days/7 nights. Fee includes airfare, lodging, admissions, guides, and some meals.

Save the Date: 9/8–9/15	Cost: TBD
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El Camino, Spain – October 2017

The Camino de Santiago is a journey of the soul and spirit, drawing people today as it has for more than a thousand years. Walk in the footsteps of St. Francis of Assisi and Pope John Paul to the tomb of St. James. Experience the pleasing rhythm of your staff hitting the ground, the road unrolling before you in the rain-washed landscape of Galicia, continue footstep after footstep through ancient villages. **Note:** 10 days/9 nights. Fee includes transportation, local guides, most meals, flights, and lodging.

Single Occupancy, per person

10/3–10/13	\$5,900	405992-01
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Double Occupancy, per person

10/3–10/13	\$5,100	405992-01
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Ongoing Trips**Casino Trips**

A day in the mountains at Mardi Gras Blackhawk. **Note:** Fee includes motorcoach transportation and casino package.

Location: Rolland Moore Park

1/10	Tu	8:00 AM–5:30 PM	\$10	105910-01
1/24	Tu	8:00 AM–5:30 PM	\$10	105910-02
2/7	Tu	8:00 AM–5:30 PM	\$10	105910-03
2/21	Tu	8:00 AM–5:30 PM	\$10	105910-04

Out to Lunch – M

Join friends for a trip out to lunch. **Note:** Lunch cost is on your own unless otherwise noted.

McCormick's Fish House, Denver

From fresh seafood and shellfish to aged steaks and garden fresh salads, McCormick's offers culinary excellence at its best. Also look at the holiday decorations in the adjacent historic Denver Oxford Hotel. Price range: \$15–25.

12/1	Th	10:30 AM–3:30 PM	\$20	105930-01
			\$17 Member	

Fat Albert's, Greeley

Voted best of Greeley, Fat Albert's is sure to please, offering favorites such as the Monte Cristo and award winning pies and desserts. Price range: \$10–12.

1/10	Tu	10:30 AM–3:30 PM	\$20	105930-02
			\$17 Member	
1/24	Tu	10:30 AM–3:30 PM	\$20	105930-03
			\$17 Member	

The Bent Fork, Loveland

Enjoy a special Valentine's Day at The Bent Fork with traditional dishes that are inventive, fresh, and flavorful. This outing is just for the ladies. Price range: \$11–20.

2/14	Tu	10:30 AM–3:30 PM	\$20	105930-04
			\$17 Member	

Sunday Out to Lunch

Head 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. **Note:** Lunch cost is on your own.

Hudson

12/18	Su	11:00 AM–3:00 PM	\$10	105932-01
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Berthoud

1/15	Su	11:30 AM–3:00 PM	\$10	105932-02
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Louisville

2/26	Su	11:00 AM–3:00 PM	\$10	105932-03
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Traveling Gourmet – M

Get fancy for dinner and try gourmet Colorado cuisine. **Note:** Dinner cost is on your own unless otherwise noted.

Briarwood Inn, Golden

An idyllic setting for an elegant and extraordinary dining experience, the restaurant features sparkling chandeliers, stained glass reflected off dark wood, hand-carved antique furnishings, and glowing fireplaces. Price range: \$50–\$75.

12/13	Tu	4:00 PM–9:30 PM	\$25	105940-01
			\$21.25 Member	

Bridgewater Grill, Golden

Located in the historic Golden Hotel, the Bridgewater grill offers a wide array of flavors and tastes and focuses on Colorado Proud ingredients to bring the best our local partners have to offer. Price range: \$15–30.

1/26	Th	4:00 PM–9:30 PM	\$25	105940-02
			\$21.25	

Kenny's Steak House, Greeley

Named in honor of the late Kenny Monfort, a pioneer in the cattle industry, Kenny's Steak House has been serving the Northern Colorado community since 1995. Price range: \$15–30.

2/9	Th	5:00 PM–9:30 PM	\$25	105940-03
			\$21.25 Member	

December**Glassworks, Lakewood**

This production glass art studio specializes in making decorative, sculptural, and functional hot glass art. Show your creative side and make your own blown glass ornament. **Note:** Lunch cost on your own at Ted's Montana Grill.

12/2	F	8:00 AM–3:30 PM	\$60	105950-01
12/9	F	8:00 AM–3:30 PM	\$60	105950-02

All Beethoven, Denver

This annual event highlights the works of world's most revered and recognized composer. Conductor David Danzmayr brings to life the tragedy Corolian followed by world-renowned British pianist Stephen Hough playing Piano Concerto No. 3. The stunning Symphony No. 7 is a fitting finale. **Note:** Please bring a snack for the bus ride.

Location: Boettcher Hall

12/4	Su	11:00 AM–5:30 PM	\$75	105921-01
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United States Air Force Academy Band, Greeley

For over 60 years, the USAF Band has used the power of music to honor our nation's heroes. Enjoy some original arrangements of your holiday favorites like "It's the Most Wonderful Time of the Year," "Rocking Around the Christmas Tree," and "All I Want for Christmas is You." **Note:** Bring a snack to enjoy on the shuttle.

Location: Union Colony Civic Center.

12/5	M	12:30 PM–5:30 PM	\$20	105920-01
			\$17 Member	

Cherry Creek Experience, Denver

Cherry Creek is more than a shopping experience, it's a tradition. Enjoy the holiday decorations and lunch of your choice at one of the numerous options before checking off everyone on your list. **Note:** There is a lot of walking on this trip and the shopping center is outdoors. Lunch cost is on your own.

12/6	Tu	9:00 AM–4:00 PM	\$20	105951-01
			\$17 Member	

Colorado Model Railroad Museum, Greeley

The Colorado Model Railroad Museum is a one of a kind facility boasting more than 600 railroad artifacts and a 5,500 sq. ft. model railroad. Decorated to the hilt for the holidays, this private tour is one to remember. **Note:** Lunch cost is on your own at Palomino's Mexican Restaurant.

12/8	Th	9:00 AM–3:30 PM	\$30	105952-01
			\$25.50 Member	

Christmas Market, Georgetown

Enjoy the 56th annual Georgetown Christmas Market where Christmas hasn't changed in 100 years. Enjoy appearances by St. Nicholas in his traditional dress, Santa Lucia, carolers in Victorian costume and dancers. Also enjoy the atmosphere and shop. **Note:** Fee includes motorcoach transportation. Georgetown is at 9,600 feet. Dress appropriately for the season including footwear with good grip. Lunch cost is on your own.

12/10	Sa	8:00 AM–5:00 PM	\$45	105963-01
			\$38.25 Member	

A Wonderful Life, Johnstown

Frank Capra's classic holiday film is brought to vibrant theatrical life. The story of George Bailey and his wonderful life remains a timeless tale of dreams, cynicism, and the power of love that exhilarates the mind and heart and celebrates the kindness in us all. **Note:** Fee includes dinner and ticket.

Location: Candlelight Dinner Theater

12/11	Su	11:30 AM–6:30 PM	\$75	105928-01
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Budweiser Christmas Lights, Fort Collins

Enjoy the Brewery Lights and Biergarten favorites in this one-of-a-kind setting. Food items include brats, make-your-own nachos, chicken fingers, and holiday pretzels, not to mention a beer tasting. After a snack, enjoy making s'mores around the fire pits. **Note:** Fee includes s'mores kit, entry into the Biergarten, and commemorative tumbler.

12/15	Th	4:45 PM–10:00 PM	\$50	105953-01
			\$42.50 Member	

Ten Tenors, Greeley

Witness the distinctive charm, camaraderie, and vocal power of one of Australia's greatest entertainment success stories at this Christmas performance.

12/22	Th	5:30 PM–11:00 PM	\$75	105922-01
			\$63.25 Member	

January**Brown Palace Tea, Denver**

Amidst the elegant holiday décor, enjoy an artfully prepared 3-course tea including house-made scones, Devonshire cream, exquisite finger sandwiches, and classic tea pastries. After tea, tour the historic Brown Palace Hotel. **Note:** Fee includes full tea service and a guided tour with a historian.

1/5	Th	9:30 AM–4:00 PM	\$85	105954-01
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Thoroughly Modern Millie, Boulder

Go back to 1922, the height of the Jazz Age in New York City. It tells the story of young Millie from Kansas who comes to The Big Apple in search of a new life. Her grand plan is to find a job as a secretary for a wealthy man and then marry him. However, her plan goes completely awry. **Note:** Fee includes dinner and ticket.

Location: Boulder Dinner Theater

1/8	Su	11:00 AM–7:00 PM	\$75	105923-01
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Fun Home, Denver

Winner of the 2015 Tony Award for Best Musical, Fun Home is a refreshingly honest musical about seeing your parents through grown-up eyes. Follow Alison as she explores and unravels the mysteries of her childhood. **Note:** Bring a snack to enjoy on the shuttle.

Location: Buell Theater

1/12	Th	5:00 PM–11:00 PM	\$105	105924-01
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Chinese Cultural Center, Denver

In celebration of the Chinese New Year, visit the joyous Chinese Cultural Center to experience an array of cultural events. Learn the arts of Chinese calligraphy and paper cutting. Participate in a graceful Chinese tea ceremony. Learn how to make savory dumplings from scratch during a cooking lesson. **Note:** Fee includes motorcoach transportation, admission, and lunch.

1/13	F	7:45 AM–3:00 PM	\$72	105955-01
\$61.20 Member				

National Western Stock Show, Denver

The 111th 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 and tradeshow in Colorado. End the day with great seats to the Pro Rodeo and watch the cowboys in action. **Note:** Fee includes motorcoach, Pro Rodeo ticket, and stock show entry. Lunch cost is on your own.

1/18	W	8:30 AM–6:00 PM	\$55	105958-01
\$46.75				

Cowboy Gathering, Golden

Celebrate our western heritage experiencing poets and western musicians as they take turns on topics like “Fine Equine,” “Women of the West,” “Hombres,” and “Global Yodel.” Also partake in spontaneous, crowd-pleasing collaborations. **Note:** Lunch is on your own.

1/20	F	8:30 AM–6:30 PM	\$25	105957-01
\$21.25				

Denver Nuggets vs. LA Clippers, Denver ◀ARO

See superstars Al Horford, Jeff Teague, and Kyle Kover take on Kenneth Faried, Danilo Gallinari, and the rest of the Nuggets. **Note:** Fee includes a Club End ticket and voucher for a snack and beverage. This is an inclusive trip with Adaptive Recreation Opportunities.

1/21	Sa	4:30–11:30 PM	\$85	105901-01
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International Snow Sculpture Championships, Breckenridge

International sculptors descend on Breckenridge and compete using only hand tools and creativity to shape a 20-ton block of snow. Experience the masterpieces while in this quintessential mountain town. **Note:** Fee includes motorcoach transportation. Breckenridge is 9,600 ft. Bring stable footwear with good grip. This tour is mostly outside. Lunch cost is on your own.

Location: Depart from Rolland Moore Park

1/31	Tu	8:00 AM–5:00 PM	\$50	105959-01
\$42.50 Member				

February**DIA-Westin Hotel, Denver**

Denver International Airport plays an important role in the aviation industry, as well as being home to incredible art work. Take a look at DIA through an artistic lens followed by a behind the scenes tour of the new state of the art, Westin Hotel. **Note:** Lunch cost is included at the Grill and Vine.

DIA-Westin Hotel, Denver continued

2/2	Th	8:30 AM–4:00 PM	\$50	105960-01
\$42.50 Member				

Hotel California, Greeley

For more than two decades, Hotel California has touched the hearts of fans all over the world by faithfully and accurately reproducing the Grammy Award winning sounds of the Eagles including megahits like “Take it Easy,” “Heartache Tonight,” and of course, “Hotel California.” **Note:** Bring a snack to enjoy on the bus.

Location: Union Colony Civic Center

2/4	Sa	6:00–11:00 PM	\$75	105925-01
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Orchid Showcase, Denver

Escape the cold of winter and be transported to a floral wonderland at the Denver Botanic Gardens annual Orchid Showcase. Hundreds of exotic blooms are featured from common specimens to rare orchids that are part of the Gardens living collection. **Note:** Fee includes guided tour. Lunch cost is on your own.

2/8	W	8:00 AM–4:00 PM	\$40	105961-01
\$34 Member				

Fire & Ice Festival, Loveland

An award winning festival in the heart of the Sweetheart City celebrates the passion of Valentine’s Day. Stroll through the transformed downtown and explore the magic where fire, ice, entertainment, and fun collide. **Note:** Dinner is on your own.

2/11	Sa	2:00–8:00 PM	\$20	105964-01
\$17 Member				

Motown Musical, Denver

This smash musical tells the true story of Motown founder Berry Gordy’s journey from featherweight boxer to heavyweight music mogul. His American dream launched the careers of Diana Ross, Michael Jackson, and Smokey Robinson. **Note:** Bring a snack to enjoy on the bus.

Location: Buell Theater

2/16	Th	12:00 PM–6:00 PM	\$105	105926-01
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Forever Plaid, Johnstown

Forever Plaid is a funny, nostalgic romp that features some of the best pop songs from the 1950s, including “Heart and Soul”, “Catch a Falling Star”, “Rags to Riches”, and “Love is a Many-Splendored Thing”. **Note:** Fee includes ticket and dinner.

Location: Candlelight Dinner Playhouse.

2/19	Su	11:30 AM–6:00 PM	\$75	105927-01
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Johnson’s Corner Breakfast, Johnstown

Famous for its cinnamon rolls, this retro American diner and travel plaza opened in 1952 serving classic comfort food. Enjoy breakfast at one of the most iconic diners in Northern Colorado. **Note:** Breakfast cost is on your own.

2/24	F	7:30 AM–Noon	\$20	105962-01
\$17 Member				