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, rlee@fcgov.com.

Transition

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

Specialized

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. Visit engage.fcgov.com/d/aro to apply or contact Becca Heinze at 970.224.6125, bheinze@fcgov.com.

Contact Information

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

Renee Lee, CTRS, 970.224.6027, rlee@fcgov.com
Becca Heinze, CTRS, M.Ed., 970.224.6125, bheinze@fcgov.com
Brenda McDowell, 970.416.2024, bmcdowell@fcgov.com
Chelsea McGowen, 970.224.6034
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 ]

Adaptive Swim Lessons

Swimming skills are introduced and/or enhanced for individuals
with disabilities based on individual goals. Attendants are welcome for personal assistance in/out of the water. Note: Registration deadline is 9/8.

Age: 3 years & up

Location: Edora Pool Ice Center

9/12–10/17 Tu 3:45–4:15 Pm $40 402326-01

9/12–10/17 Tu 4:25–4:55 Pm $40 402326-02

9/12–10/17 Tu 5:05–5:35 Pm $40 402326-03

MS Aqua – NW

Designed for people with multiple sclerosis and other neuromuscular disorders. Trained staff give exercise modifications and assistance, and class members share a supportive social atmosphere. Exercises focus on maximizing or maintaining physical wellbeing, endurance, strength, and flexibility. Note: Please bring an attendant if you need assistance out of the water. Class will not be held on 10/17, 10/19, 11/21, 11/23.

Age: 18 years & up

Location: Mulberry Pool

9/5–11/30 Tu,Th 9:30–10:30 Am $46

[ Art & Theatre]

Artistic Abilities

Art with purpose. Create a variety of unique pieces of art with a goal of selling items for the holidays. All abilities are welcome! Accommodations are made for various challenges and disabilities.

Age: 13 years & up

Location: Colorado State University

9/21–11/9 Th 4:00–6:00 Pm $51 402990-01

Theatre Acting Class

Enact games, improvisation, and skits on stage with theatrical expression.

Age: 14 years & up

Location: Senior Center

10/30–11/13 M 4:30–6:00 Pm $18 402593-01

[ Early Learning ]

Giant Friends Special Event – NW

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

Age: All

Location: Inspiration Playground

9/29 F 10:30 Am–12:30 Pm No Fee

[ Fitness ]

General Information

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

Registration Options

The following participation options are available for fitness classes:

Participants may register for an entire 5-week class session. With this option, active facility pass holders receive 70% off enrollment price. Fitness classes require a minimum number of participants registered per class to avoid cancellation. Note: Health & Wellness programs  and 25 admission passes are not eligible for the discount.

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

The fitness classes listed below are ARO specific. See page 51 for information about additional fitness classes, as well as information about personal training services.

Adaptive Yoga

Learn yoga practices that include breathwork, gentle movements, and deep stretching poses. Some hands-on assistance is available
on Thursdays; standing balance work is on Tuesdays. Designed
for people with MS or other neuromuscular disorders and adapted for people with physical disabilities. Note: Class will not be held
on 11/21, 11/23.

Age: 18 years & up

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

Standing Yoga

9/5–10/3 Tu 2:00–3:00 Pm $35 402980-04

10/10–11/7 Tu 2:00–3:00 Pm $35 402980-05

11/14–12/19 Tu 2:00–3:00 Pm $35 402980-06

Chair Yoga

9/7–10/5 Th 2:00–3:00 Pm $35 402980-01

10/12–11/9 Th 2:00–3:00 Pm $35 402980-02

11/16–12/21 Th 2:00–3:00 Pm $35 402980-03

Alternative Yoga

Designed specifically for people with intellectual, sensory integration, or autism spectrum disorders. Learn modified yoga practices for breath work, stretching poses, standing, and balancing poses. Note: Class will not be held on 11/21, 11/23.

Age: 16 years & up
Location: Northside Aztlan Center

9/6–10/4 W 1:30–2:15 Pm $30 402982-01

10/11–11/8 W 1:30–2:15 Pm $30 402982-02

MS Dryland Exercise

For people with multiple sclerosis or physical impairment, designed to maximize strength and endurance through chair based-exercises.

Age: 18 years & up
Location: Senior Center

9/11–10/11 M,W 11:00–11:55 Am $41 402483-01

10/16–11/15 M,W 11:00–11:55 Am $41 402483-02

11/20–12/20 M,W 11:00–11:55 Am $41 402483-03

9/11–10/9 M 11:00–11:55 Am $21 402483-1A

10/16–11/13 M 11:00–11:55 Am $21 402483-2A

11/20–12/18 M 11:00–11:55 Am $21 402483-3A

Workout 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: Northside Aztlan Center

9/20 W 5:30–6:30 Pm $21 402585-01

[ 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

9/9–10/7 Sa 9:45–10:15 Am $43 410356-01

10/21–12/9 Sa 9:45–10:15 AM $61 410356-02

Paralympic Sports

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

Adaptive Climbing

Climbing techniques are introduced, enhanced, and adapted as needed for individuals with disabilities during this monthly climbing meet up. Climbing equipment, instruction from a professional climbing instructor, and guides included. Note: Round trip transportation is available within Fort Collins city limits. Cost is $6. Please note when registering.

Age: 14 years & up
Location: Ascent Climbing

9/13 W 5:30–7:30 Pm $10 402764-01

10/11 W 5:30–7:30 Pm $10 402764-02

11/8 W 5:30–7:30 Pm $10 402764-03

Adaptive Boccia

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 class is available. Class will not be held
on 11/20.

Age: 17 years & up
Location: Senior Center

10/9–12/4 M 10:30 Am–Noon $20 402464-01

Wheelchair Rugby

A fast paced, full contact wheelchair sport designed for people with physical disabilities. Extra sport chairs are available. Note: Class will not be held on 11/21.

Age: 14 years & up
Location: Northside Aztlan Center

9/26–12/5 Tu 6:00–8:00 Pm $25 402560-01

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, bmcdowell@fcgov.com.

Adult Unified Flag Football

Coed Unified teams are made up of players of all abilities to practice and play in the Special Olympics Area Tournament. Note: Class will not be held on 9/4.

Age: 16 years & up
Location: City Park

8/14–9/25 M 5:30–6:30 Pm $22 402157-01

Youth Unified Flag Football

Modified techniques are used to teach the fundamentals of football and allow players of all abilities to participate fully. Note: Class will not be held on 9/4.

Age: 8–21 years
Location: City Park

Child

8/14–9/25 M 4:15–5:15 Pm $22 402061-01

Family

8/14–9/25 M 4:15–5:15 Pm $30 402061-02

Adult Unified Volleyball

Coed Unified teams are made up of players of all abilities to practice and play in the Special Olympics Area Tournament.

Age: 16 years & up
Location: Foothills Activity Center

10/6–11/17 F 4:30–5:30 Pm $23 402959-01

TCDC Adaptive Panther Squad

Learn dance and cheer moves with the Panther Adaptive Squad and perform around Fort Collins. Note: Panther shirt not included in program fee. Cost is $12. Class will not be held on 11/22.

Age: All ages
Location: Foothill Activity Center

8/23–9/27 W 6:00–7:00 Pm $43 414739-01

10/4–11/8 W 6:00–7:00 Pm $43 414739-02

11/15–12/20 W 6:00–7:00 Pm $43 414739-03

Alternative Programs

Activities listed in this section are designed for adults with intellectual disabilities ages 18 years & up. 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 are asked to register separately and note whom they will be assisting so that staff can appropriately provide seating, space, and assistance in the class.

Please inform us of any accommodations needed when registering.

[ Education]

Cooking

Cook tasty foods while gaining positive eating habits. Cook together as a group, then set the table and sit down to sample the finished product. Bring a reusable container for a portion to go. Note: Class will not be held on 10/12.

Age: 18 years & up
Location: Senior Center

Farm Fresh

9/18–9/25 M 6:30–8:00 Pm $24 402401-01

Healthy Appetizers

9/29 F 4:00–5:00 Pm $9 402401-03

October Fest Treats

10/16–10/23 M 6:30–8:00 Pm $24 402401-02

Soup du Jour

11/15 W 6:30–8:00 Pm $12 402401-04

[ Social Opportunities]

Bowling

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

Age: 18 years & up
Location: Chipper’s Lanes North, 830 N. College Ave.

9/16–10/28 Sa 10:30–11:30 Am $58 402906-01

Movie Night

See Hollywood’s finest flicks while out on the town. Bring $7 for a movie and additional money for snacks, if desired.

Age: 18 years & up
Location: Senior Center

9/5 Tu 6:15–9:30 Pm $5.50 402903-01

10/2 M 6:15–9:30 Pm $5.50 402903-02

11/30 Th 6:15–9:30 Pm $5.50 402903-03

Restaurant Night

Explore different restaurants in town while hanging out with a great group of friends. Bring $20 for your meal and tip.

Age: 18 years & up
Location: Senior Center

9/11 M 5:45–8:00 Pm $5.50 402904-01

10/19 Th 5:45–8:00 Pm $5.50 402904-02

11/27 M 5:45–8:00 Pm $5.50 402904-03

[ Special Events ]

Billiards Tournament

Play pool and enjoy a night of fun. Players are paired up with another player during the competition. Snacks provided. Note: Attendants welcome at no cost.

Age: 18 years & up
Location: Senior Center

11/3 F 6:00–8:00 Pm $11 402407-01

Brunch & Broncos

Watch a Denver Bronco’s football game while enjoying brunch. Bring $20 for meal. Note: Attendants register in Section -1A.

Age: 18 years & up
Location: Senior Center

9/24 Su 10:00 Am–3:00 Pm $10 402927-01

9/24 Su 10:30 Am–3:30 Pm No Fee 402927-1A

Monthly Themed Dances – NW

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

Age: 18 years & up
Location: Senior Center

Country Hoedown

9/29 F 6:00–8:00 Pm $4

Jeepers Creepers

10/27 F 6:00–8:00 Pm $4

Thanksgiving Dance

11/17 F 6:00–8:00 Pm $4

Thanksgiving Meal & Dance

Adults with disabilities, their families, friends, and/or supportive living providers join together for a traditional, homemade feast of gratitude. Meal is 4:30–6 p.m. The dance is 6–8 p.m. Note: Attendants register in Section -1A.

Age: 18 years & up
Location: Senior Center

11/17 F 4:30–8:00 Pm $15 402409-01

11/17 F 4:30–8:00 Pm $7 402409-1A

[ Trips & Travel ]

Haunted Forest Train Trip

All aboard the Georgetown Loop Railroad for a haunted train tour, complete with historical characters and beautiful mountain views. Note: Bring $25 for your meal and tip. Attendants register in Section -1A.

Age: 18 years & up
Location: Senior Center

10/28 Sa 1:00–10:00 Pm $57 402919-01

10/28 Sa 1:00–10:00 Pm $40 402919-1A

Aqua Fitness

Classes with fewer than five participants registered by the end of the first day of class are canceled for that session and there is no drop-in. Participants may attend only the class for which they are registered.

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 per class visit

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

Note: Class will not be held 11/23.

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 feet.

Age: 18 years & up

Location: Senior Center

9/1–11/29 M,W,F 10:30–11:30 Am
Fees: Daily drop-in rate or 1 admission from a facility pass.

[ Low Intensity]

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 joints.

Age: 18 years & up

Location: Senior Center

9/6–10/6 M,W,F 8:30–9:30 Am $53.50 400410-01

10/9–11/10 M,W,F 8:30–9:30 Am $57.25 400410-02

11/13–12/15 M,W,F 8:30–9:30 Am $57.25 400410-03

Twinges Plus

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

Age: 18 years & up

Location: Senior Center

9/6–10/6 M,W,F 12:15–1:15 Pm $53.50 400416-01

10/9–11/10 M,W,F 12:15–1:15 Pm $57.25 400416-02

11/13–12/15 M,W,F 12:15–1:15 Pm $57.25 400416-03

[ Medium Intensity]

Advanced Water Fitness

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

Age: 18 years & up

Location: Edora Pool Ice Center

9/6–10/6 M,W,F 7:30–8:30 Am $53.50 400324-01

10/9–11/10 M,W,F 7:30–8:30 Am $57.25 400324-02

11/13–12/15 M,W,F 7:30–8:30 Am $57.25 400324-03

Location: Senior Center

9/5–10/5 Tu,Th 4:00–5:00 Pm $38.50 400424-01

10/10–11/9 Tu,Th 4:00–5:00 Pm $38.50 400424-02

11/14–12/14 Tu,Th 4:00–5:00 Pm $34.75 400424-03

Classics

Enjoy the classic blend of aerobics, toning, and stretching. A good place to begin an exercise program, maintain fitness levels, or add a challenging workout routine.

Age: 18 years & up

Location: Mulberry Pool

9/6–10/6 M,W,F 7:30–8:30 Am $53.50 400222-01

10/9–11/10 M,W,F 7:30–8:30 Am $57.25 400222-02

11/13–12/15 M,W,F 7:30–8:30 Am $57.25 400222-03

Location: Senior Center

9/6–10/6 M,W,F 6:15–7:15 Am $53.50 400422-01

10/9–11/10 M,W,F 6:15–7:15 Am $57.25 400422-02

11/13–12/15 M,W,F 6:15–7:15 Am $57.25 400422-03

9/6–10/6 M,W,F 9:30–10:30 Am $53.50 400422-04

10/9–11/10 M,W,F 9:30–10:30 Am $57.25 400422-05

11/13–12/15 M,W,F 9:30–10:30 Am $57.25 400422-06

9/6–10/6 M,W,F 5:00–6:00 Pm $53.50 400422-07

10/9–11/10 M,W,F 5:00–6:00 Pm $57.25 400422-08

11/13–12/15 M,W,F 5:00–6:00 Pm $53.50 400422-09

9/5–10/5 Tu,Th 8:00–9:00 Am $38.50 400422-10

10/10–11/9 Tu,Th 8:00–9:00 Am $38.50 400422-11

11/14–12/14 Tu,Th 8:00–9:00 Am $34.75 400422-12

9/5–10/5 Tu,Th 9:00–10:00 Am $38.50 400422-13

10/10–11/9 Tu,Th 9:00–10:00 Am $38.50 400422-14

11/14–12/14 Tu,Th 9:00–10:00 Am $34.75 400422-15

9/5–10/5 Tu,Th 10:00–11:00 Am $38.50 400422-16

10/10–11/9 Tu,Th 10:00–11:00 Am $38.50 400422-17

11/14–12/14 Tu,Th 10:00–11:00 Am $34.75 400422-18

9/5–10/5 Tu,Th 7:00–8:00 Pm $38.50 400422-19

10/10–11/9 Tu,Th 7:00–8:00 Pm $38.50 400422-20

11/14–12/14 Tu,Th 7:00–8:00 Pm $34.75 400422-21

Fitness & Fun

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

Age: 18 years & up
Location: Senior Center

9/6–10/6 M,W,F 7:30–8:30 Am $53.50 400420-01

10/9–11/10 M,W,F 7:30–8:30 Am $57.25 400420-02

11/13–12/15 M,W,F 7:30–8:30 Am $57.25 400420-03

Prenatal

Designed 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 and build muscle to help support the newborn’s weight.

Age: 18 years & up
Location: Senior Center

9/5–10/5 Tu,Th 6:00–7:00 Pm $38.50 400418-01

10/10–11/9 Tu,Th 6:00–7:00 Pm $38.50 400418-02

11/14–12/14 Tu,Th 6:00–7:00 Pm $34.75 400418-03

Twist & Shout

Condition and tone heart, body, mind, and soul with fun, laughter, and games. Eliminate the impact on your body with stretching, toning, and cardio.

Age: 18 years & up
Location: Senior Center

9/6–10/6 M,W,F 4:00–5:00 Pm $53.50 400426-01

10/9–11/10 M,W,F 4:00–5:00 Pm $57.25 400426-02

11/13–12/15 M,W,F 4:00–5:00 Pm $53.50 400426-03

[ High Intensity]

Aqua Box

Mix kickboxing moves with aerobics for an effective, fast, and high cardio workout.

Age: 18 years & up
Location: Senior Center

9/5–10/5 Tu,Th 5:00–6:00 Pm $38.50 400428-01

10/10–11/9 Tu,Th 5:00–6:00 Pm $38.50 400428-02

11/14–12/14 Tu,Th 5:00–6:00 Pm $34.75 400428-03

Deep H2O

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

Age: 18 years & up

Location: Mulberry Pool

9/6–10/6 M,W,F 12:15–1:00 Pm $43 400230-01

10/9–11/10 M,W,F 12:15–1:00 Pm $46 400230-02

11/13–12/15 M,W,F 12:15–1:00 Pm $46 400230-03

Location: Edora Pool Ice Center

9/5–10/5 Tu,Th 5:30–6:30 Pm $38.50 400330-01

10/10–11/9 Tu,Th 5:30–6:30 Pm $38.50 400330-02

11/14–12/14 Tu,Th 5:30–6:30 Pm $34.75 400330-03

Aquatics

For policies related to swim programs, see Facility Policies
on page 9.

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 years 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. For a fee, space is available 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.

Learn To Swim Policies

At the discretion of the lesson manager, if it is evident that a child is not water ready and/or in the incorrect level before second lesson, the manager will contact the parent for dismissal. A full refund will be issued for the class.

Class maximums are to ensure a safe learn to swim experience. Minimum for all classes is four.

Make-up lessons are not available.

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

Class Class Maximum

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

Youth Learn to Swim

Baby & Me 1

Parents help to introduce infants to the water while learning how to work with their child safely in the pool. One child per adult required. Swim diapers or plastic pants must be used.

Age: 6–18 months

Location: Mulberry Pool

9/12–10/12 Tu,Th 5:05–5:35 Pm $56 401210-01

10/17–11/16 Tu,Th 4:30–5:00 Pm $56 401210-02

10/17–11/16 Tu,Th 5:40–6:10 Pm $56 401210-03

9/16–10/14 Sa 9:00–9:30 Am $28.50 401210-04

9/16–10/14 Sa 10:10–10:40 Am $28.50 401210-05

10/21–11/18 Sa 9:35–10:05 Am $28.50 401210-06

10/21–11/18 Sa 10:45–11:15 Am $28.50 401210-07

9/17–10/15 Su 3:15–3:45 Pm $28.50 401210-08

9/17–10/15 Su 4:25–4:55 Pm $28.50 401210-09

10/22–11/19 Su 3:50–4:20 Pm $28.50 401210-10

10/22–11/19 Su 5:00–5:30 Pm $28.50 401210-11

Location: Edora Pool Ice Center

9/11–10/11 M,W 4:30–5:00 Pm $56 401310-01

9/11–10/11 M,W 5:40–6:10 Pm $56 401310-02

10/16–11/15 M,W 5:05–5:35 Pm $56 401310-03

Location: Senior Center

9/17–10/15 Su 3:30–4:00 Pm $28.50 401410-01

9/17–10/15 Su 4:40–5:10 Pm $28.50 401410-02

10/22–11/19 Su 4:05–4:35 Pm $28.50 401410-03

10/22–11/19 Su 5:15–5:45 Pm $28.50 401410-04

Baby & Me 2

Parents help introduce children to the water using songs, working on building confidence, becoming comfortable in and around the pool, and staying safe. Basic water activities are introduced. One child per adult required. Swim diapers or plastic pants must be used.

Age: 18 months–3.5 years

Location: Mulberry Pool

9/12–10/12 Tu,Th 4:30–5:00 Pm $56 401212-01

9/12–10/12 Tu,Th 5:40–6:10 Pm $56 401212-02

10/17–11/16 Tu,Th 5:05–5:35 Pm $56 401212-03

9/16–10/14 Sa 9:35–10:05 Am $28.50 401212-04

9/16–10/14 Sa 10:45–11:15 Am $28.50 401212-05

10/21–11/18 Sa 9:00–9:30 Am $28.50 401212-06

10/21–11/18 Sa 10:10–10:40 Am $28.50 401212-07

9/17–10/15 Su 3:50–4:20 Pm $28.50 401212-08

9/17–10/15 Su 5:00–5:30 Pm $28.50 401212-09

10/22–11/19 Su 3:15–3:45 Pm $28.50 401212-10

10/22–11/19 Su 4:25–4:55 Pm $28.50 401212-11

Location: Edora Pool Ice Center

9/11–10/11 M,W 5:05–5:35 Pm $56 401312-01

10/16–11/15 M,W 4:30–5:00 Pm $56 401312-02

10/16–11/15 M,W 5:40–6:10 Pm $56 401312-03

Location: Senior Center

9/17–10/15 Su 4:05–4:35 Pm $28.50 401412-01

9/17–10/15 Su 5:15–5:45 Pm $28.50 401412-02

10/22–11/19 Su 3:30–4:00 Pm $28.50 401412-03

10/22–11/19 Su 4:40–5:10 Pm $28.50 401412-04

Pollywog

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

Age: 3–6 years

Location: Mulberry Pool

9/12–10/12 Tu,Th 5:05–5:35 Pm $56 401216-01

9/12–10/12 Tu,Th 6:15–6:45 Pm $56 401216-02

10/17–11/16 Tu,Th 4:30–5:00 Pm $56 401216-03

10/17–11/16 Tu,Th 5:40–6:10 Pm $56 401216-04

9/16–10/14 Sa 9:00–9:30 Am $28.50 401216-05

9/16–10/14 Sa 10:10–10:40 Am $28.50 401216-06

9/16–10/14 Sa 11:20–11:50 Am $28.50 401216-07

10/21–11/18 Sa 9:35–10:05 Am $28.50 401216-08

10/21–11/18 Sa 10:45–11:15 Am $28.50 401216-09

9/17–10/15 Su 3:15–3:45 Pm $28.50 401216-10

9/17–10/15 Su 4:25–4:55 Pm $28.50 401216-11

9/17–10/15 Su 5:35–6:05 Pm $28.50 401216-12

10/22–11/19 Su 3:50–4:20 Pm $28.50 401216-13

10/22–11/19 Su 5:00–5:30 Pm $28.50 401216-14

Location: Edora Pool Ice Center

9/11–10/11 M,W 4:30–5:00 Pm $56 401316-01

9/11–10/11 M,W 5:40–6:10 Pm $56 401316-02

10/16–11/15 M,W 5:05–5:35 Pm $56 401316-03

10/16–11/15 M,W 6:15–6:45 Pm $56 401316-04

Location: Senior Center

9/17–10/15 Su 4:05–4:35 Pm $28.50 401416-01

10/22–11/19 Su 4:05–4:35 Pm $28.50 401416-02

Tadpole

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

Age: 3–6 years

Location: Mulberry Pool

9/12–10/12 Tu,Th 4:30–5:00 Pm $56 401218-01

9/12–10/12 Tu,Th 5:40–6:10 Pm $56 401218-02

10/17–11/16 Tu,Th 5:05–5:35 Pm $56 401218-03

10/17–11/16 Tu,Th 6:15–6:45 Pm $56 401218-04

9/16–10/14 Sa 9:35–10:05 Am $28.50 401218-05

9/16–10/14 Sa 10:45–11:15 Am $28.50 401218-06

10/21–11/18 Sa 9:00–9:30 Am $28.50 401218-07

10/21–11/18 Sa 10:10–10:40 Am $28.50 401218-08

10/21–11/18 Sa 11:20–11:50 Am $28.50 401218-09

9/17–10/15 Su 3:50–4:20 Pm $28.50 401218-10

9/17–10/15 Su 5:00–5:30 Pm $28.50 401218-11

10/22–11/19 Su 3:15–3:45 Pm $28.50 401218-12

10/22–11/19 Su 4:25–4:55 Pm $28.50 401218-13

10/22–11/19 Su 5:35–6:05 Pm $28.50 401218-14

Location: Edora Pool Ice Center

9/11–10/11 M,W 5:05–5:35 Pm $56 401318-01

9/11–10/11 M,W 6:15–6:45 Pm $56 401318-02

10/16–11/15 M,W 4:30–5:00 Pm $56 401318-03

10/16–11/15 M,W 5:40–6:10 Pm $56 401318-04

Location: Senior Center

9/17–10/15 Su 3:30–4:00 Pm $28.50 401418-01

9/17–10/15 Su 5:15–5:45 Pm $28.50 401418-02

10/22–11/19 Su 4:40–5:10 Pm $28.50 401418-03

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. Treading water is introduced.

Age: 3–6 years

Location: Mulberry Pool

9/12–10/12 Tu,Th 5:05–5:35 Pm $56 401220-01

9/12–10/12 Tu,Th 6:15–6:45 Pm $56 401220-02

10/17–11/16 Tu,Th 4:30–5:00 Pm $56 401220-03

10/17–11/16 Tu,Th 5:40–6:10 Pm $56 401220-04

9/16–10/14 Sa 9:00–9:30 Am $28.50 401220-05

9/16–10/14 Sa 10:10–10:40 Am $28.50 401220-06

9/16–10/14 Sa 11:20–11:50 Am $28.50 401220-07

10/21–11/18 Sa 9:35–10:05 Am $28.50 401220-08

10/21–11/18 Sa 10:45–11:15 Am $28.50 401220-09

9/17–10/15 Su 3:15–3:45 Pm $28.50 401220-10

9/17–10/15 Su 5:35–6:05 Pm $28.50 401220-11

10/22–11/19 Su 3:15–3:45 Pm $28.50 401220-12

10/22–11/19 Su 4:25–4:55 Pm $28.50 401220-13

10/22–11/19 Su 5:35–6:05 Pm $28.50 401220-14

Location: Edora Pool Ice Center

9/11–10/11 M,W 4:30–5:00 Pm $56 401320-01

9/11–10/11 M,W 5:40–6:10 Pm $56 401320-02

10/16–11/15 M,W 5:05–5:35 Pm $56 401320-03

10/16–11/15 M,W 6:15–6:45 Pm $56 401320-04

Location: Senior Center

9/17–10/15 Su 4:40–5:10 Pm $28.50 401420-01

10/22–11/19 Su 3:30–4:00 Pm $28.50 401420-02

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

9/12–10/12 Tu,Th 4:30–5:00 Pm $56 401222-01

9/12–10/12 Tu,Th 5:40–6:10 Pm $56 401222-02

10/17–11/16 Tu,Th 5:05–5:35 Pm $56 401222-03

10/17–11/16 Tu,Th 6:15–6:45 Pm $56 401222-04

9/16–10/14 Sa 9:35–10:05 Am $28.50 401222-05

9/16–10/14 Sa 10:45–11:15 Am $28.50 401222-06

10/21–11/18 Sa 9:00–9:30 Am $28.50 401222-07

10/21–11/18 Sa 10:10–10:40 Am $28.50 401222-08

10/21–11/18 Sa 11:20–11:50 Am $28.50 401222-09

9/17–10/15 Su 3:15–3:45 Pm $28.50 401222-10

9/17–10/15 Su 4:25–4:55 Pm $28.50 401222-11

10/22–11/19 Su 3:15–3:45 Pm $28.50 401222-12

10/22–11/19 Su 5:35–6:05 Pm $28.50 401222-13

Location: Edora Pool Ice Center

9/11–10/11 M,W 5:05–5:35 Pm $56 401322-01

9/11–10/11 M,W 6:15–6:45 Pm $56 401322-02

10/16–11/15 M,W 4:30–5:00 Pm $56 401322-03

10/16–11/15 M,W 5:40–6:10 Pm $56 401322-04

Location: Senior Center

9/17–10/15 Su 4:05–4:35 Pm $28.50 401422-01

10/22–11/19 Su 5:15–5:45 Pm $28.50 401422-02

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

9/12–10/12 Tu,Th 4:30–5:00 Pm $56 401224-01

9/12–10/12 Tu,Th 6:15–6:45 Pm $56 401224-02

10/17–11/16 Tu,Th 4:30–5:00 Pm $56 401224-03

10/17–11/16 Tu,Th 6:15–6:45 Pm $56 401224-04

9/16–10/14 Sa 9:00–9:30 Am $28.50 401224-05

9/16–10/14 Sa 11:20–11:50 Am $28.50 401224-06

10/21–11/18 Sa 9:00–9:30 Am $28.50 401224-07

10/21–11/18 Sa 11:20–11:50 Am $28.50 401224-08

9/17–10/15 Su 3:50–4:20 Pm $28.50 401224-09

9/17–10/15 Su 5:00–5:30 Pm $28.50 401224-10

9/17–10/15 Su 5:35–6:05 Pm $28.50 401224-11

10/22–11/19 Su 3:50–4:20 Pm $28.50 401224-12

10/22–11/19 Su 5:00–5:30 Pm $28.50 401224-13

Location: Edora Pool Ice Center

9/11–10/11 M,W 4:30–5:00 Pm $56 401324-01

9/11–10/11 M,W 6:15–6:45 Pm $56 401324-02

10/16–11/15 M,W 4:30–5:00 Pm $56 401324-03

10/16–11/15 M,W 6:15–6:45 Pm $56 401324-04

Location: Senior Center

9/17–10/15 Su 3:30–4:00 Pm $28.50 401424-01

10/22–11/19 Su 3:30–4:00 Pm $28.50 401424-02

Level 3

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

Age: 5–12 years

Location: Mulberry Pool

9/12–10/12 Tu,Th 5:40–6:25 Pm $73.50 401226-01

10/17–11/16 Tu,Th 4:30–5:15 Pm $73.50 401226-02

10/17–11/16 Tu,Th 6:15–7:00 Pm $73.50 401226-03

9/16–10/14 Sa 9:35–10:20 Am $37.25 401226-04

9/16–10/14 Sa 10:45–11:30 Am $37.25 401226-05

10/21–11/18 Sa 9:35–10:20 Am $37.25 401226-06

10/21–11/18 Sa 11:20 Am–12:05 Pm $37.25 401226-07

9/17–10/15 Su 3:15–4:00 Pm $37.25 401226-08

9/17–10/15 Su 5:35–6:20 Pm $37.25 401226-09

10/22–11/19 Su 3:50–4:35 Pm $37.25 401226-10

10/22–11/19 Su 5:00–5:45 Pm $37.25 401226-11

Location: Edora Pool Ice Center

9/11–10/11 M,W 5:40–6:25 Pm $73.50 401326-01

10/16–11/15 M,W 5:05–5:50 Pm $73.50 401326-02

Level 4

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

Age: 5–12 years

Location: Mulberry Pool

9/12–10/12 Tu,Th 4:30–5:15 Pm $73.50 401228-01

10/17–11/16 Tu,Th 5:40–6:25 Pm $73.50 401228-02

9/16–10/14 Sa 9:00–9:45 Am $37.25 401228-03

9/16–10/14 Sa 11:20 Am–12:05 Pm $37.25 401228-04

10/21–11/18 Sa 10:45–11:30 Am $37.25 401228-05

9/17–10/15 Su 4:25–5:10 Pm $37.25 401228-06

10/22–11/19 Su 3:15–4:00 Pm $37.25 401228-07

10/22–11/19 Su 5:35–6:20 Pm $37.25 401228-08

Location: Edora Pool Ice Center

9/11–10/11 M,W 5:05–5:50 Pm $73.50 401328-01

10/16–11/15 M,W 5:40–6:25 Pm $73.50 401328-02

Level 5

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

Age: 5–12 years

Location: Mulberry Pool

9/12–10/12 Tu,Th 6:15–7:00 Pm $73.50 401230-01

10/17–11/16 Tu,Th 5:05–5:50 Pm $73.50 401230-02

9/16–10/14 Sa 10:10–10:55 Am $37.25 401230-03

10/21–11/18 Sa 10:10–10:55 Am $37.25 401230-04

9/17–10/15 Su 3:50–4:35 Pm $37.25 401230-05

10/22–11/19 Su 4:25–5:10 Pm $37.25 401230-06

Location: Edora Pool Ice Center

9/11–10/11 M,W 4:30–5:15 Pm $73.50 401330-01

Pre Comp

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

Age: 6–12 years

Location: Mulberry Pool

9/12–10/12 Tu,Th 5:05–5:50 Pm $73.50 401232-01

10/21–11/18 Sa 9:00–9:45 Am $37.25 401232-02

9/17–10/15 Su 5:00–5:45 Pm $37.25 401232-03

Location: Edora Pool Ice Center

10/16–11/15 M,W 4:30–5:15 Pm $73.50 401332-01

Teen Swim Instruction

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

Age: 13–17 years
Location: Senior Center

10/22–11/19 Su 4:05–4:35 Pm $28.50 401435-01

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
Location: Edora Pool Ice Center

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

9/11–10/11 M,W 6:15–7:00 Pm $73.50 401338-01

Location: Senior Center

9/17–10/15 Su 4:40–5:25 Pm $37.25 401438-01

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 backcrawl each for 15 yards.

Age: 15 years & up

Location: Edora Pool Ice Center

10/16–11/15 M,W 6:15–7:00 Pm $73.50 401339-01

Location: Senior Center

10/22–11/19 Su 4:40–5:25 Pm $37.25 401439-01

Scuba Diving

Discover Scuba Diving

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

Age: 10 years & up
Location: Mulberry Pool

9/2 Sa 4:30–6:00 Pm $36 401252-01

Location: Edora Pool Ice Center

9/16 Sa 10:00 Am–12:30 Pm $36 401352-01

10/14 Sa 10:00 Am–12:30 Pm $36 401352-02

10/28 Sa 10:00 Am–12:30 Pm $36 401352-03

11/18 Sa 10:00 Am–12:30 Pm $36 401352-04

Scuba Challenge

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

Age: 10 years & up
Location: Edora Pool Ice Center

9/13 W 6:00–9:00 Pm $22 401356-01

10/11 W 6:00–9:00 Pm $22 401356-02

10/25 W 6:00–9:00 Pm $22 401356-03

11/8 W 6:00–9:00 Pm $22 401356-04

11/20 M 6:00–9:00 Pm $22 401356-05

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. No refunds are given for failure of the course.

Participants must attend all classes. There is a skills test on the first day; continuation depends on passing.

Lifeguard Review

Opportunity to review the course content within a formal course setting. Individuals with a current American Red Cross lifeguarding/first aid/CPR/AED certificate may participate in a review course. Optional online course: 7 hrs. Note: $35 certification fee is included.

Age: 17 years & up
Location: Edora Pool Ice Center

11/4 Sa 8:00 Am–5:00 Pm $104.40 401341-01

Arts & Crafts

The Senior Center Member discount applies to programs where an is listed next to the activity title. This 15% discount applies to the fee minus the $1 program fee. Additional discounts do not apply. If no fee is listed for a membership program, the program is exclusive to Senior Center members. For information about Senior Center Membership benefits, see page 90.

Arts supply lists and approximate costs are available for many arts & crafts programs and are provided when registering.

Arts & Crafts programming is provided for recreation and education; production work is not permitted in Recreation Facilities.

Adult Programming

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 set-up on art display panels or in showcases, are open to the public, and free of charge for viewing. Work may
be for sale.

Also, 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

Looking for Visual Arts Committee volunteer members. 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

New teaching proposals for classes from skilled arts and crafts instructors are welcome.

Contact

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

[ Drawing Arts]

Drawing Fish, Features, & Friends

Focus on drawing fish and their anatomy, including special features. Work from your own or instructor-provided reference material. Emphasis is on improving drawing skills to creating life-like looking fish imagery and environments. Note: Supply list available at registration; approx. cost: $30–50.

Age: 14 years & up
Location: Senior Center

9/19–10/24 Tu 9:30–11:30 Am $63 403404-01

Comics Essentials

Develop a unique style of drawing whether it’s doodles, stick figures, or superheroes. Learn to draw Manga, cartoony people, places, and animals and turn characters and concepts into finished comics, gag cartoons, cards, or books.

Age: 18 years & up
Location: Senior Center

9/19–10/24 Tu 6:30–8:30 Pm $54 403407-01

Sketching Group – NW

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

[ Fiber Arts]

Felting, Needle Style

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

Age: 14 years & up

Location: Senior Center

Gnomes

9/9 Sa 9:00 Am–Noon $28 403436-01

Pumpkin House

10/14 Sa 9:00 Am–Noon $28 403436-02

Cornucopia

11/11 Sa 9:00 Am–Noon $28 403436-03

Angels

12/9 Sa 9:00 Am–Noon $28 403436-04

Quilting Quorum – NW

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

[ Glass Arts]

Stained Glass, Foil Beginning

Learn how to create works of art in stained glass using the foil method of construction. Learn to cut glass, grind, foil, solder, and finish. Create two projects choosing from varied patterns. Note: Some supplies provided. Glass supply list available at registration; approx. cost: $20–25.

Age: 18 years & up
Location: Senior Center

9/12–10/17 Tu 1:00–3:00 Pm $61 403461-01

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: Stained Glass. Foil Beginning. Some supplies provided. Glass supply list available at registration; approx. cost: $20–55.

Age: 18 years & up
Location: Senior Center

10/24–11/28 Tu 1:00–3:00 Pm $71 403462-01

Stained Glass Stepping Stone

Create a one-of-a-kind, personalized, cast concrete stepping stone. Use pieces of stained glass carefully laid out in a design for a mosaic image. Note: All supplies provided.

Age: 18 years & up
Location: Senior Center

8/22–8/29 Tu 1:00–3:00 Pm $31 403466-01

[ General Arts]

Basket Cases – NW

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. Class will not be held on 11/23.

Age: 18 years & up
Location: Senior Center

Ongoing Th 1:00–3:00 Pm No Fee

C.H.A.T. (Crafts Hobbies Arts Time) – NW

Open for scrapbooks, crochet, watercolor, knitting, and some other hobbies. This group of creative people meets weekly to work on projects and share ideas and techniques. Learn from others and discuss the many aspects of different art related hobbies and crafts. Note: No instructor provided. Class will not be held on 11/22.

Age: 18 years & up
Location: Senior Center

Ongoing W 1:00–3:00 Pm No Fee

Metal Wind Sculpture, Beginning

Learn how to cut, shape, and solder copper and brass sheet metal into a kinetic wind sculpture. Using basic hand tools learn to construct a mobile sculpture suitable for a garden or yard. Note: All levels welcome. All supplies provided.

Age: 18 years & up
Location: Senior Center

10/26–11/16 Th 9:00 Am–Noon $93 403475-01

Metal Work, Advanced Exploration

Work independently to fabricate copper and brass sheet metal into exotic and complex kinetic wind sculptures. Prerequisite: Intermediate Metal Work or instructor approval. Note: Most tools and supplies provided.

Age: 18 years & up
Location: Senior Center

11/1–12/13 W 9:00 Am–Noon $149 403477-01

Open Shop – NW

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

Age: 18 years & up
Location: Senior Center

Ongoing Tu 8:00 Am–Noon No Fee

Ongoing W 1:00–5:00 Pm No Fee

Ongoing Th 5:00–9:00 Pm No Fee

[ Jewelry]

Jewelry, Beginning

Concentration is on cutting and piercing with a jeweler’s saw, filing, and soldering, as well as covering proper techniques for polishing and finishing. Designed for those with no metal experience, as well as those just wanting to get back into it. Note: Tools and some supplies provided. Supply list available at registration; approx. cost: $55–80.

Age: 18 years & up
Location: Senior Center

9/5–10/17 Tu 5:30–7:30 Pm $98 403486-01

10/31–12/12 Tu 5:30–7:30 Pm $98 403486-02

Jewelry, Stone Setting & Moveable Parts

Explore advanced stone setting fundamentals. Cover faceted, odd shapes, rough, and uncut stones, as well as hinges and movable parts. Prerequisite: Jewelry, Beginning. Previous experience soldering a bezel required. Note: Supply list available at registration; approx. cost: $10–85.

Age: 18 years & up
Location: Senior Center

9/5–10/17 Tu 3:30–5:30 Pm $100 403488-01

Jewelry, Lapidary

Learn the basic processes used for rock and gem cutting and grinding. Evaluate semi-precious stones, as well as what stones
are best for grinding and polishing. Learn details about jewelry construction with a stone. Note: Some supplies provided. Supply
list available at registration; approx. cost: $15–45. Prerequisite: Beginning Jewelry preferred.

Age: 18 years & up
Location: Senior Center

10/31–12/12 Tu 3:30–5:30 Pm $103 403489-01

Lapidary, Open Shop

Open shop time for cutting, grinding, and working on stones for jewelry. Limited equipment is available; use of specific equipment is not guaranteed. Note: No instructor provided; shop supervisor available. Full operational knowledge of lapidary required. Open to Senior Center members and students currently enrolled in a jewelry class. Class will not be held on 9/4.

Age: 18 years & up
Location: Senior Center

9/11–11/27 M 7:00–9:00 Pm $25 403485-01

[ Paper Arts]

Calligraphy, Beginning

Learn the art of beautiful writing and add a personal touch to scrapbooks, journals, or notes and invitations. Use a broad edge pen to write the italic hand and get ideas for using new skills. Learn about materials, layout and design, and a brief history of writing. Note: Supply list available at registration; approx. cost: $20.

Age: 18 years & up
Location: Senior Center

9/18–10/23 M 9:00–11:30 Am $79 403409-01

Soft Cover Journal Workshop

Make a soft cover journal that is perfect for recording everything from travel adventures to garden notes. Learn the basics of sewing a multiple signature book. Note: Bring a pencil, scissors, and a bone folder. All other materials provided. Lunch not provided.

Age: 18 years & up
Location: Senior Center

10/14 Sa 9:00 Am–4:00 Pm $45 403412-01

[ 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 available if using your own supplies. Note: Bring a role of paper towels; all other supplies provided.

Age: 18 years & up
Location: Senior Center

Landscape

9/7 Th 9:00 Am–3:30 Pm $61 403427-01

10/5 Th 9:00 Am–3:30 Pm $61 403427-02

Floral

11/2 Th 9:00 Am–3:30 Pm $61 403427-03

Painting, Beginning Acrylic

Ongoing entry-level course. Cover important basics such as preparing the canvas, starting techniques, drawing, color, values, and composition. Designed for those who have never painted before and are interested, or those who would like to stretch their emerging skills to new levels. Note: Supply list available at registration; approx. cost: $30–50. Class will not be held on 9/4.

Age: 18 years & up
Location: Senior Center

9/11–9/25 M 1:00–3:00 Pm $34.25 403446-01

10/2–10/30 M 1:00–3:00 Pm $53.75 403446-02

11/6–11/27 M 1:00–3:00 Pm $44 403446-03

9/11–9/25 M 6:30–8:30 Pm $34.25 403446-04

10/2–10/30 M 6:30–8:30 Pm $53.75 403446-05

11/6–11/27 M 6:30–8:30 Pm $44 403446-06

Porcelain Painting, Beginning

Learn proper painting techniques that include the use of oils, thinners, wiping tools, and specialty brushes. Techniques and processes 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 is included in the course fee. Reduced fee available when using your own supplies. Class will not be held on 11/22.

Age: 18 years & up
Location: Senior Center

9/6–9/27 W 9:00–11:30 Am $48 403470-01

10/4–10/25 W 9:00–11:30 Am $48 403470-02

11/1–11/29 W 9:00–11:30 Am $48 403470-03

Porcelain Painting, Intermediate

Expand current skills and knowledge. Learn varied techniques for achieving desired results, including the mixing of pigments and their application. Note: Firing of work is included. Painting supplies not provided. Class will not be held on 11/22.

Age: 18 years & up
Location: Senior Center

9/6–9/27 W 9:00–11:30 Am $43 403471-01

10/4–10/25 W 9:00–11:30 Am $43 403471-02

11/1–11/29 W 9:00–11:30 Am $43 403471-03

Porcelain Painting, Advanced

Attention given to advanced techniques. Create the image while observing color, value, and using specific different approach to painting. One-on-one and group demonstrations are given. Note: Firing of work is included. Painting supplies not provided. Class will not be held on 11/22.

Age: 18 years & up
Location: Senior Center

9/6–9/27 W 1:00–4:00 Pm $49 403472-01

10/4–10/25 W 1:00–4:00 Pm $49 403472-02

11/1–11/29 W 1:00–4:00 Pm $49 403472-03

Watercolor, Beginning

Learn basics of preparing paper and board in preparation for painting. Learn 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

9/15–10/20 F 9:00–11:00 Am $70.50 403480-01

Watercolor, Intermediate–Advanced

Continuation for Watercolor, Beginning. An ongoing class with more in-depth exploration into watercolor techniques. Emphasis is on observation and various brush techniques. Build skills and knowledge of artistic concepts. Prerequisite: Beginning Watercolor. Supply list available at registration; approx. cost: $50–100.

Age: 18 years & up
Location: Senior Center

9/1–9/29 F 1:00–3:00 Pm $58.75 403481-01

10/6–10/27 F 1:00–3:00 Pm $49 403481-02

11/3–11/17 F 1:00–3:00 Pm $39.25 403481-03

[ Woodworking]

Woodworking, Beginning

Create a basic project that requires the use of the special skills. While using woodworking tools, learn their proper setup and maintenance. Gain the knowledge of wood skills, materials, and finishes needed to work independently in Open Shop. Note: Some supplies provided. Supply list available at first class; approx. cost: $20–30. Attendance at first class required.

Age: 18 years & up
Location: Senior Center

9/13–10/18 W 7:00–9:00 Pm $107 403490-01

Woodworking, Intermediate

A continuation of Beginning Woodworking. Advanced techniques and concepts are taught with further exploration into varied tools. Projects designed with the instructor’s assistance and approval to include the use of traditional joinery techniques like mortise, tenon, dovetail, and rabbet. Prerequisite: Woodworking, Beginning. Note: Some supplies provided. Supply list available first day of class; approx. cost: $20–30). Attendance at first class required.

Age: 18 years & up
Location: Senior Center

11/1–12/13 W 7:00–9:00 Pm $107 403491-01

Pottery

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

For adult classes, the first 25 lbs. of clay is provided. More clay can be purchased at the Studio for $22. Only clay purchased from the Pottery Studio is fired. A basic tool kit ($12) needs to be purchased at the first class if you don’t already own your own hand tools. Large 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 are provided. Specialty tools and higher end hand tools are also available for purchase. Lab time is 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 included for adult students who are currently enrolled in a class and is intended for practicing or finishing 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 pottery section page 29 to register as a Lab only participant.

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 choice of program.

Contact

Direct any questions regarding pottery to Steve Dietemann, sdietemann@fcgov.com, 970.224.6028.

[ Adult Programming]

Pottery, Beginning Wheel & Handbuilding

For those who are new to pottery. Learn about clay, tools, and glazing, as well as the basic skills, techniques, and principles involved in pottery. Primary emphasis is on creating while using the potter’s wheel. Some handbuilding is covered. Note: Class will not be held on 9/4.

Age: 18 years & up
Location: Pottery Studio

8/28–11/6 M 9:00–11:00 Am $170 404850-01

8/28–11/6 M 5:45–7:45 Pm $170 404850-02

8/30–11/1 W 8:00–10:00 Pm $170 404850-03

9/2–11/4 Sa 12:30–2:30 Pm $170 404850-04

Pottery, Beginning Plus Wheel & Handbuilding

For students who have previously taken a beginning class, are acquainted with the basic techniques involved in wheel throwing, and wish to hone their skills some before progressing to intermediate. Prerequisite: Beginning Wheel or equivalent. Note: Class will not be held on 9/4.

Age: 18 years & up
Location: Pottery Studio

8/28–11/6 M 8:00–10:00 Pm $170 404855-01

8/30–11/1 W 5:45–7:45 Pm $170 404855-02

8/31–11/2 Th 9:00–11:00 Am $170 404855-03

Pottery, Intermediate Wheel & Handbuilding

Explore more complex ceramic/pottery techniques and skills. Expression and exploration of form are taught. Prerequisite: Beginning Wheel or equivalent. Experience working with clay and knowledge of wheel principles required.

Age: 18 years & up
Location: Pottery Studio

8/29–10/31 Tu 5:30–7:30 Pm $170 404860-01

8/30–11/1 W 9:00–11:00 Am $170 404860-02

Pottery, Advanced Wheel & Handbuilding

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

Age: 18 years & up
Location: Pottery Studio

8/31–11/2 Th 5:30–7:30 Pm $170 404865-01

Pottery Sampler

Introduction to handbuilding and wheel-throwing, as well as glazing and studio operation. Create while learning the techniques of clay. No lab is offered with this class. All materials and tools provided.

Age: 18 years & up
Location: Pottery Studio

9/2–9/30 Sa 12:30–2:30 Pm $60 404870-01

10/7–11/4 Sa 12:30–2:30 Pm $60 404870-02

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

8/30–11/1 W 6:00–8:00 Pm $170 404875-01

Cool Clay

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

Age: 18 years & up
Location: Pottery Studio

9/1–9/29 F 6:00–8:00 Pm $90 404880-01

10/6–11/3 F 6:00–8:00 Pm $90 404880-02

Pottery, Creative Clay Craft

Combine creativity and inventiveness to create out of the ordinary clay structures that are not necessarily utilitarian. Draw upon inspiration 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

9/1–11/3 F 9:00–11:00 Am $170 404885-01

Pottery, Lab

Lab is for current students to practice or finish work in progress. Anyone who has taken a ten 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. Note: Class will not be held on 9/4.

Age: 18 years & up
Location: Pottery Studio

8/28–11/3 M, W, Th, F 11:00 Am–2:00 Pm $170 404899-01

8/29–11/4 Tu, Sa 9:00 Am–Noon

8/29–11/2 Tu, Th 7:30–10:00 Pm

[ Youth Programming]

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

Birthday Parties

Have a unique birthday while learning and creating a masterpiece with clay. Each attendee creates their own piece. A tour of the facility is also included. Duration is about 90 minutes; tailored packages available. Cost is $16 per child (five children minimum); with 10 kids or more, the birthday child is free.

Scout Badges

Boy and Girl Scouts can learn the fundamentals of clay while completing their badge requirements. Scouts go on a tour and see the workings of a Pottery Studio, as well as create a piece that they can personalize with their own creativity. Cost is $16 per child (five children minimum).

[ Pottery, Child Without Parent]

Pottery, Child Handbuilding

Make interesting clay projects while learning various methods
of forming and glazing clay. Projects are constantly being varied
so it is possible to register for classes multiple times. Note: Class will not be held on 9/4.

Age: 6–9 years
Location: Pottery Studio

8/28–10/2 M 4:00–5:30 Pm $59 404805-01

8/30–9/27 W 4:00–5:30 Pm $59 404805-02

10/9-11/6 M 4:00–5:30 Pm $59 404805-03

10/4–11/1 W 4:00–5:30 Pm $59 404805-04

Pottery, Youth Wheel & Handbuilding

Learn basic potter’s wheel skills. Handbuilding, as well as other skills and techniques are taught.

Age: 10–12 years
Location: Pottery Studio

8/31–11/2 Th 3:45–5:15 Pm $110 404810-01

9/1–9/29 F 4:00–5:30 Pm $59 404810-02

10/6–11/3 F 4:00–5:30 Pm $59 404810-03

Pottery, Teen Wheel & Handbuilding

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

Age: 13–17 years
Location: Pottery Studio

8/29–9/26 Tu 3:45–5:15 Pm $59 404815-01

10/3–10/31 Tu 3:45–5:15 Pm $59 404815-02

[ Pottery, Child with Parent]

Pottery, Parent & Tot Mud, Handbuilding

Parent and child combine their talents in this unique pottery class. Projects are constantly varied so it is possible to register for classes multiple times.

Age: 3–5 years
Location: Pottery Studio

8/29–9/26 Tu 12:30–1:30 Pm $45 404801-01

8/30–9/27 W 2:45–3:45 Pm $45 404801-02

9/2–9/30 Sa 3:00–4:00 Pm $45 404801-03

10/3–10/31 Tu 12:30–1:30 Pm $45 404801-04

10/4–11/1 W 2:45–3:45 Pm $45 404801-05

10/7–11/4 Sa 3:00–4:00 Pm $45 404801-06

Pottery, Parent & Child Handbuilding

Parent and child can work together at the Pottery Studio and share a creative experience. Each additional youth is $52.50.

Age: 6–9 years
Location: Pottery Studio

9/2–9/30 Sa 4:30–6:00 Pm $110 404835-01

10/7–11/4 Sa 4:30–6:00 Pm $110 404835-02

Pottery, Parent & Youth Wheel and Handbuilding

Explore the world of clay together. Make functional pots and whimsical, imaginative clay objects in this combination course. Also learn about the potter’s wheel and handbuilding techniques. Each additional youth is $52.50.

Age: 10–17 years
Location: Pottery Studio

9/1–9/29 F 5:45–7:15 Pm $110 404845-01

10/6–11/3 F 5:45–7:15 Pm $110 404845-02

Youth Programming

Art Impersonators

Recreate and put a unique, artistic twist on famous artists’ work.

Age: 6–10 years
Location: Foothills Activity Center

Warhol

9/19 Tu 4:30–6:00 Pm $12 416715-01

Kandinsky

9/26 Tu 4:30–6:00 Pm $12 416715-02

Matisse

10/3 Tu 4:30–6:00 Pm $12 416715-03

O’Keefe

10/10 Tu 4:30–6:00 Pm $12 416715-04

Mondrian

10/17 Tu 4:30–6:00 Pm $12 416715-05

Picasso

10/24 Tu 4:30–6:00 Pm $12 416715-06

11/14 Tu 4:30–6:00 Pm $12 416715-08

Cezanne

11/7 Tu 4:30–6:00 Pm $12 416715-07

Art Studio

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

Age: 6–12 years
Location: Mulberry Pool

Paint on Canvas

9/11 M 4:30–6:00 Pm $14 416207-01

Clay

9/18 M 4:30–6:00 Pm $14 416207-02

Faux Tie Dye

9/25 M 4:30–6:00 Pm $16 416207-03

Recycle

10/2 M 4:30–6:00 Pm $11 416207-04

Paper Art

10/9 M 4:30–6:00 Pm $11 416207-05

Crayon Resist

10/16 M 4:30–6:00 Pm $11 416207-06

Mini Pumpkins

10/23 M 4:30–6:00 Pm $14 416207-07

Spooky Art

10/30 M 4:30–6:00 Pm $11 416207-08

Self Portrait

11/6 M 4:30–6:00 Pm $11 416207-09

Thanksgiving

11/13 M 4:30–6:00 Pm $11 416207-10

Cupcakes ‘n Canvas

Learn the joy of painting using bright, bold colors. Paint on canvas while enjoying cupcakes.

Age: 6–12 years
Location: Mulberry Pool

Sugar Skulls

10/20 F 10:30 Am–Noon $30 416243-02

Day of the Dead, Katrina Doll

Create festive, fun, and vibrant Day of the Dead sculptures
with recyclables.

Age: 6–12 years
Location: Mulberry Pool

10/20 F 1:00–4:00 Pm $50 416252-01

Mask Making

Draw, paint, and play with clay to create a series of wildly
colorful masks.

Age: 6–12 years
Location: Mulberry Pool

10/4–10/25 W 4:30–6:00 Pm $77 416247-02

Mexican Sugar Skulls

Learn the art of Mexican sugar skulls. Explore the art and
tradition of the Mexican holiday, Day of the Dead.

Age: 6–12 years
Location: Northside Aztlan Center

10/19 Th 9:00–11:00 Am $30 416551-01

Piece of Cake

Paint, draw, and play with clay to create colorful, cake
 inspired creations.

Age: 6–12 years
Location: Mulberry Pool

9/6–9/27 W 4:30–6:00 Pm $77 416248-02

Starry Water Lilies

Create on canvas to discover what happens when Van Gogh’s Sunflowers are mixed with Monet’s Water Lilies.

Age: 6–12 years
Location: Mulberry Pool

11/1–11/15 W 4:30–6:00 Pm $59 416250-02

Dance & Movement

Adult Programming

[ Belly Dancing]

Belly Dancing, Beginning

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

Age: 18 years & up
Location: Senior Center

9/5–9/26 Tu 7:00–8:00 Pm $36 406426-01

10/3–10/24 Tu 7:00–8:00 Pm $36 406426-02

11/7–11/28 Tu 7:00–8:00 Pm $36 406426-03

Belly Dancing, Continuing

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

Age: 18 years & up
Location: Senior Center

9/5–9/26 Tu 8:00–9:00 Pm $36 406427-01

10/3–10/24 Tu 8:00–9:00 Pm $36 406427-02

11/7–11/28 Tu 8:00–9:00 Pm $36 406427-03

[ Ballet]

Ballet, Beginning

An introduction to classical barre, positions, and steps. Note: Ages 13–17 years welcome with instructor approval. Class will not be held on 11/21.

Age: 18 years & up
Location: Club Tico

9/12–10/17 Tu 5:30–6:30 Pm $41 406102-01

10/24–12/12 Tu 5:30–6:30 Pm $47 406102-02

Ballet, Low-Intermediate

Continuing work on basic technique. Note: Ages 13–17 years welcome with instructor approval. Class will not be held on 11/20.

Age: 18 years & up
Location: Empire Grange, 2306 W. Mulberry St.

9/11–10/16 M 5:30–6:45 Pm $50 406103-01

10/23–12/11 M 5:30–6:45 Pm $58 406103-02

Ballet, Intermediate

A more challenging, ongoing class for experienced dancers, based on Cecchetti technique. Note: Ages 13–17 years welcome with instructor approval. Class will not be held on 11/23.

Age: 18 years & up
Location: Club Tico

9/14–10/19 Th 5:45–7:00 Pm $50 406104-01

10/26–12/14 Th 5:45–7:00 Pm $58 406104-02

[ Dance]

West Coast Swing

Learn all the basic 4, 6 and 8 count patterns of this partner swing dance including the starter step, the side pass, the underarm pass, the sugar push, the tuck, the basket whip, and the basic whip. Singles and couples welcome. Note: Class will not be held on 11/22.

Age: 18 years & up
Location: Senior Center

9/6–9/27 W 7:30–9:00 Pm $40 406440-01

10/4–10/25 W 7:30–9:00 Pm $40 406440-02

11/1–11/29 W 7:30–9:00 Pm $40 406440-03

Eurythmy Experience

This beautiful movement form incorporates graceful, rhythmic movements and forms created together as a group. Focus on personal physical awareness, balance, and flexibility while aligning with others to create common patterns. Dance is from 3–4 p.m. followed by a 30 minute discussion. Note: Wear comfortable attire and lightweight shoes with soft-soles.

Age: 18 years & up
Location: Senior Center

9/30 Sa 3:00–4:30 Pm $15 406441-01

[ Line Dance]

Line Dance, Starter Class

Designed for beginners. Learn the basic steps, terminology, and
easy choreography. Note: Option to pay a drop-in rate of $6 per class is available.

Age: 18 years & up
Location: Senior Center

9/5–9/26 Tu 12:30–1:45 Pm $17 406436-01

10/3–10/31 Tu 12:30–1:45 Pm $21 406436-02

11/7–11/28 Tu 12:30–1:45 Pm $17 406436-03

Line Dance, Continuing

Designed for the more experienced dancer who thrives on complex choreography. Note: Option to pay a drop-in rate of $6 per class
is available.

Age: 18 years & up
Location: Senior Center

9/5–9/26 Tu 1:45–3:00 Pm $17 406437-01

10/3–10/31 Tu 1:45–3:00 Pm $21 406437-02

11/7–11/28 Tu 1:45–3:00 Pm $17 406437-03

Line Dance Extravaganza

Kick up your heals and learn moves from professional dance instructors. Routines vary from the classics to new and trending. All levels welcome. Note: Step sheets and BBQ lunch included. Please note dietary restrictions when registering.

Age: 18 years & up
Location: Senior Center

9/23 Sa 10:00 Am–3:00 Pm $31 406438-01

[ Modern]

Modern Dance

Earthy, sometimes jazzy or lyrical movements follow a stretching/toning warm-up which leads to release of stress and interactive enjoyment. Note: Ages 13–17 years welcome with instructor approval. Class will not be held on 11/20.

Age: 18 years & up
Location: Empire Grange, 2306 W. Mulberry St.

9/11–10/16 M 6:50–7:50 Pm $41 406156-01

10/23–12/11 M 6:50–7:50 Pm $47 406156-02

Youth Programming

[ Ballet]

Ballet & Modern Dance

Introduction to ballet and modern dance techniques with improvisation. Each child builds technical skills at an individual level while engaging in ever changing creative work. Includes live musical accompaniment. Note: Class will not be held on 11/21.

Grade: Kindergarten–2
Location: Club Tico

9/19–10/17 Tu 4:15–5:15 Pm $43 406101-01

11/7–12/12 Tu 4:15–5:15 Pm $43 406101-02

Hip Hop I

Fundamentals of hip hop are taught in a fun, appropriate environment. Learn basic dance skills like keeping rhythm, following choreography, and developing body control. Leveled classes teach progressive skills. Note: Class will not be held on 11/14.

Age: 3–5 years
Location: Mulberry Pool

9/12–9/26 Tu 11:30 Am–12:15 Pm $26 415210-01

10/3–10/24 Tu 11:30 Am–12:15 Pm $34 415210-02

11/7–11/28 Tu 11:30 Am–12:15 Pm $26 415210-03

Dancing Swans

An introduction to basic dance, pre-ballet movement, and body awareness using imagery and imaginative play. Note: Class will not be held on 11/14.

Age: 3–5 years
Location: Mulberry Pool

9/12–9/26 Tu 10:45–11:30 Am $26 415211-01

10/3–10/24 Tu 10:45–11:30 Am $34 415211-02

11/7–11/28 Tu 10:45–11:30 Am $26 415211-03

[ Acro Dance]

Learn the basics of acrobatic dance, including a mixture of acrobatics, gymnastics, and the art of lyrical dance. Children are placed based on skill level. Note: Class will not be held on 11/14, 11/15.

Location: Mulberry Pool

Acro Dance I

Age: 3–5 years

9/12–9/26 Tu 12:15–1:00 Pm $26 415213-01

10/3–10/24 Tu 12:15–1:00 Pm $34 415213-02

11/7–11/28 Tu 12:15–1:00 Pm $26 415213-03

Acro Dance II

Age: 6–8 years

9/6–9/27 W 4:45–5:30 Pm $26 415213-04

10/4–10/25 W 4:45–5:30 Pm $34 415213-05

11/1–11/29 W 4:45–5:30 Pm $26 415213-06

Acro Dance III

Age: 9 years & up

9/6–9/27 W 5:30–6:15 Pm $26 415213-07

10/4–10/25 W 5:30–6:15 Pm $34 415213-08

11/1–11/29 W 5:30–6:15 Pm $26 415213-09

Dancin’ Dumplin’s

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

Age: 3 years
Location: Mulberry Pool

8/31–9/14 Th 11:00–11:45 Am $29 415710-01

9/1–9/15 F 10:45–11:30 Am $29 415710-02

Age: 3 years
Location: Foothills Activity Center

9/28–10/19 Th 11:00–11:45 Am $37 415710-03

9/29–10/20 F 10:45–11:30 Am $37 415710-04

10/26–11/9 Th 11:00–11:45 Am $29 415710-05

10/27–11/10 F 10:45–11:30 Am $29 415710-06

11/30–12/14 Th 11:00–11:45 Am $29 415710-07

12/1–12/15 F 10:45–11:30 Am $29 415710-08

Age: 4–5 years
Location: Mulberry Pool

9/1–9/15 F 9:30–10:30 Am $29 415710-09

Age: 4–5 years
Location: Foothills Activity Center

9/29–10/20 F 9:30–10:30 Am $37 415710-10

10/27–11/10 F 9:30–10:30 Am $29 415710-11

12/1–12/15 F 9:30–10:30 Am $29 415710-12

Tappin’ & Tumbling

45-minutes of basic tap techniques and rhythms followed by
45 minutes of basic gymnastics skills and rotations.

Tappin’ & Tumbling I
Age: 4–5 years
Location: Mulberry Pool

8/29–9/26 Tu 1:00–2:30 Pm $95 415715-01

Age: 4–5 years
Location: Foothills Activity Center

10/3–10/24 Tu 1:00–2:30 Pm $77 415715-02

11/7–12/12 Tu 1:00–2:30 Pm $113 415715-03

Tappin’ & Tumbling II
Age: 5–7 years
Location: Mulberry Pool

8/29–9/26 Tu 4:30–6:00 Pm $95 415715-04

Age: 5–7 years
Location: Foothills Activity Center

10/3–10/24 Tu 4:30–6:00 Pm $77 415715-05

11/7–12/12 Tu 4:30–6:00 Pm $113 415715-06

Just Tumbling

Learn basic tumbling skills and incorporate new learned skills into a mini-floor exercise routine. Note: Class will not be held on 9/21.

Age: 7–8 years
Location: Mulberry Pool

8/31–9/28 Th 6:00–7:15 Pm $50 415716-01

Age: 7–8 years
Location: Foothills Activity Center

10/5–11/9 Th 6:00–7:15 Pm $95 415716-02

11/30–12/14 Th 6:00–7:15 Pm $50 415716-03

Tumble Bumbles

Individual attention is paid to learning basic tumbling skills (somersault, cartwheel, and push-up bridge) and how to use various pieces of equipment. As a result, flexibility, balance, coordination, and self-confidence are developed. Note: Class will not be held on 9/4, 9/20, 11/20, 9/21.

Tumble Bumbles I
Age: 4–5 years, Location: Mulberry Pool

8/28–9/25 M 1:00–2:00 Pm $49 415717-01

8/28–9/25 M 4:30–5:30 Pm $49 415717-02

8/30–9/27 W 1:00–2:00 Pm $49 415717-03

Age: 4–5 years, Location: Foothills Activity Center

10/2–10/30 M 1:00–2:00 Pm $61 415717-04

10/2–10/30 M 4:30–5:30 Pm $61 415717-05

10/4–11/8 W 1:00–2:00 Pm $73 415717-06

11/6–12/11 M 1:00–2:00 Pm $61 415717-07

11/6–12/11 M 4:30–5:30 Pm $61 415717-08

11/29–12/13 W 1:00–2:00 Pm $37 415717-09

Tumble Bumbles II
Age: 5–6 years, Location: Mulberry Pool

8/28–9/25 M 5:50–6:50 Pm $49 415717-10

Age: 5–6 years, Location: Foothills Activity Center

10/2–10/30 M 5:50–6:50 Pm $61 415717-11

11/6–12/11 M 5:50–6:50 Pm $61 415717-12

Age: 6–7 years, Location: Mulberry Pool

8/31–9/28 Th 4:30–5:30 Pm $49 415717-13

Age: 6–7 years, Location: Northside Atzlan Community Center

10/5–11/9 Th 4:30–5:30 Pm $73 415717-14

11/30–12/14 Th 4:30–5:30 Pm $37 415717-15

Jazz Dance Gymnastics

Forty-five minutes of jazz techniques and rhythms followed by 45 minutes of basic gymnastics skills and rotations. Note: Class will not be held on 9/20.

Age: 6–8 years
Location: Foothills Activity Center

8/30–9/27 W 4:30–6:00 Pm $65 415723-01

10/4–11/8 W 4:30–6:00 Pm $65 415723-02

11/29–12/13 W 4:30–6:00 Pm $65 415723-03

Early Learning

Early Learning courses are tailored toward children ages 6 years & under and are designed to enrich both their social and educational skills. Most classes for kids 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 40.

It is recommended that children enrolled in classes without 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, and inform class instructor.

For programming designed for youth ages 6 years and 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. However, it does not follow PSD weather closures. Funtime classes will not be held on 9/4, 9/29, 10/19, 10/20, 11/17, 1/8, 1/15, 2/19, 3/2, 3/12, 3/13, 3/14, 3/15, 3/16, 4/13.

Funtime Pre-K

Develop fundamental kindergarten readiness skills. Curriculum
focus is on small-motor skills, literacy, emerging reading/writing and pre-math skills, arts and crafts, movement/physical education, drama, and development of social skills. Children must be age 4
by 9/15/2017.

Age: 4–5 years
Location: Northside Aztlan Center

8/28–10/6 M,W,F 9:30 Am–Noon $221 417500-01

10/9–11/15 M,W,F 9:30 Am–Noon $221 417500-02

11/27–12/15 M,W,F 9:30 Am–Noon $141 417500-03

1/10–2/16 M,W,F 9:30 Am–Noon $225 117500-01

2/21–4/6 M,W,F 9:30 Am–Noon $225 117500-02

4/9–5/18 M,W,F 9:30 Am–Noon $239 117500-03

Funtime for Preschoolers

Participate in arts and crafts, storytelling, science, math, pre-reading, creative play/dramatics, and gym play. Children must be age 3 by 9/15/2017. Previous class experience recommended.

Age: 3–4 years
Location: Northside Aztlan Center

8/28–10/6 M,W,F 9:30 Am–Noon $221 417501-01

10/9–11/15 M,W,F 9:30 Am–Noon $221 417501-02

11/27–12/15 M,W,F 9:30 Am–Noon $125 417501-03

1/10–2/16 M,W,F 9:30 Am–Noon $225 117501-01

2/21–4/6 M,W,F 9:30 Am–Noon $225 117501-02

4/9–5/18 M,W,F 9:30 Am–Noon $239 117501-03

Funtime Discovery

Discover arts and crafts, creative play, letter/number recognition,
and gym time in this transitional class. Previous class experience recommended.

Age: 2.5–3.5 years
Location: Northside Aztlan Center

9/5–9/28 Tu,Th 9:30–11:30 Am $89 417503-01

10/3–10/26 Tu,Th 9:30–11:30 Am $82 417503-02

10/31–11/16 Tu,Th 9:30–11:30 Am $67 417503-03

[ General Programming]

Curious Twos

Attention is directed to games, crafts and stories, and providing a positive first step to independent learning. Note: Class will not be held on 10/19.

Age: 2 years
Location: Mulberry Pool

9/5–9/28 Tu,Th 9:30–10:30 Am $45 417204-01

10/3–10/26 Tu,Th 9:30–10:30 Am $40 417204-02

10/31–11/9 Tu,Th 9:30–10:30 Am $34 417204-03

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. Note: Class will not be held on 10/19.

Age: 2–4 years
Location: Foothills Activity Center

9/6–9/27 M,W 9:30–11:30 Am $78 417758-01

9/5–9/28 Tu,Th 9:30–11:30 Am $89 417758-02

10/2–10/25 M,W 9:30–11:30 Am $89 417758-03

10/3–10/26 Tu,Th 9:30–11:30 Am $78 417758-04

10/30–11/20 M,W 9:30–11:30 Am $78 417758-05

10/31–11/21 Tu,Th 9:30–11:30 Am $78 417758-06

Disney Delights

Disney movie themed class with crafts, games, music, and story time.

Age: 3–6 year
Location: Mulberry Pool

Frozen

9/11 M 1:00–2:30 Pm $17 417240-01

Moana

9/25 M 1:00–2:30 Pm $17 417240-02

Trolls

10/9 M 1:00–2:30 Pm $17 417240-03

My Little Pony

10/23 M 1:00–2:30 Pm $17 417240-04

Cars

11/6 M 1:00–2:30 Pm $17 417240-05

Hospital Helpers

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

Age: 3–6 years
Location: Northside Aztlan Center

9/21–10/5 Th 1:00–2:30 Pm $31 417545-01

I Want to be a Scientist

Explore, learn, discover what it’s like to be a scientist. Conduct hands-on investigations and discover the world of science.

Age: 3–6 years
Location: Northside Aztlan Center

Concoctions

9/7 Th 10:00–11:30 Am $17 417507-01

Botanist

9/14 Th 10:00–11:30 Am $17 417507-02

Magnetic Engineer

9/21 Th 10:00–11:30 Am $17 417507-03

Oceanography

9/28 Th 10:00–11:30 Am $17 417507-04

Paleontology

10/5 Th 10:00–11:30 Am $17 417507-05

Entomology

10/12 Th 10:00–11:30 Am $17 417507-06

Zoology

10/26 Th 10:00–11:30 Am $17 417507-07

Vet Medicine

11/2 Th 10:00–11:30 Am $17 417507-08

Geologist

11/9 Th 10:00–11:30 Am $17 417507-09

Astronomer

11/16 Th 10:00–11:30 Am $17 417507-10

LEGO with Friends

Use LEGO bricks to create all the imagination can dream up. In addition to building, crafts and games could be included.

Age: 3–6 years
Location: Foothills Activity Center

9/26–9/28 Tu,Th 1:00–2:30 Pm $21 417749-01

10/24–10/26 Tu,Th 1:00–2:30 Pm $21 417749-02

Ninja Turtles

Leonardo, Raphael, Donatello, and Michelangelo inspired crafts and games. Snack included. Note: Snack provided.

Age: 3–6 years
Location: Northside Aztlan Center

9/14 Tu,Th 1:00–2:30 Pm $17 417543-01

Paw Patrol

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

Age: 3–6 years
Location: Northside Aztlan Center

10/24 Tu 1:00–2:30 Pm $17 417550-01

11/14 Tu 1:00–2:30 Pm $17 417550-02

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

10/12 Th 1:00–2:30 Pm $17 417537-01

A Pirates Life for Me

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

Age: 3–6 years
Location: Northside Aztlan Center

9/12–9/26 Tu 1:00–2:30 Pm $31 417551-01

Playdough World

Spend time creating scented, edible, and even glow in the dark
play dough.

Age: 3–6 years
Location: Northside Aztlan Center

11/2–11/16 Th 1:00–2:30 Pm $31 417547-01

Pretend with Friends

Foster imaginative theme-based play. Activities include interactive free play, arts and crafts, games, and more.

Age: 3–6 years
Location: Foothills Activity Center

Construction

9/15 F 10:00–11:30 Am $13 417750-01

Camping

9/22 F 10:00–11:30 Am $13 417750-02

Zookeeper

10/6 F 1:00–2:30 Pm $13 417750-03

Birthday Party

10/13 F 10:00–11:30 Am $13 417750-04

Dress Up

10/27 F 10:00–11:30 Am $13 417750-05

Junior Jedi

11/3 F 10:00–11:30 Am $13 417750-06

Restaurant

11/10 F 10:00–11:30 Am $13 417750-07

Preschool Tools

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

Age: 3–6 years
Location: Foothills Activity Center

Hammers

9/14 Th 1:00–2:00 Pm $15 417756-01

Screws, Nuts & Bolts

10/12 Th 1:00–2:00 Pm $15 417756-02

Take it Apart

11/9 Th 1:00–2:00 Pm $15 417756-03

Superheroes

Create superheroes, and dress up and play like legendary superheroes.

Age: 3–6 years
Location: Northside Aztlan Center

10/3–10/17 Tu 1:00–2:30 Pm $31 417548-01

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

11/7 Tu 1:00–2:30 Pm $11 417539-01

When I Grow Up

Learn about different grown-up jobs and pretend using themed props and dress up clothes.

Age: 3–6 years
Location: Mulberry Pool

Fireman

9/18 M 1:00–2:30 Pm $13 417244-01

Police Officer

10/2 M 1:00–2:30 Pm $13 417244-02

Veterinarian

10/16 M 1:00–2:30 Pm $13 417244-03

Doctor

10/30 M 1:00–2:30 Pm $13 417244-04

Dentist

11/13 M 1:00–2:30 Pm $13 417244-05

Lunch Bunch Enrichment

Bring a lunch, make new friends, and learn something new. Varied enrichment activities are designed to complement most pre-k and half-day kindergarten programs. Note: Class will not be held on 9/29, 10/20, 11/17.

Age: 4–6 years
Location: Northside Aztlan Center

9/6–9/27 W Noon–2:00 Pm $45 417509-01

9/8–9/22 F Noon–2:00 Pm $34 417509-02

10/4–10/25 W Noon–2:00 Pm $45 417509-03

10/6–10/27 F Noon–2:00 Pm $34 417509-04

11/1–11/15 W Noon–2:00 Pm $34 417509-05

11/3–11/10 F Noon–2:00 Pm $23 417509-06

Storybook Theater

Designed for those interested in acting. Fairytales and traditional children’s stories provide a familiar base on which acting skills are encouraged. Dependent on the story, make simple costumes and backgrounds. New stories are introduced each week.

Age: 4–6 years
Location: Foothills Activity Center

9/12 Tu 1:00–2:30 Pm $12 417730-01

10/10 Tu 1:00–2:30 Pm $12 417730-02

11/7 Tu 1:00–2:30 Pm $12 417730-03

Splash & Dance

Incorporate preschool and kindergarten enrichment activities, a dance lesson each week on Tuesday, and free swim on Thursday. Dance lessons include introduction to hip hop, ballet, and acro dance. Note: Class will not be held on 10/19, 11/14.

Age: 4–6 years
Location: Mulberry Pool

9/5–9/28 Tu,Th 12:30–3:00 Pm $126 417291-01

10/3–10/26 Tu,Th 12:30–3:00 Pm $126 417291-02

10/31–11/16 Tu,Th 12:30–3:00 Pm $106 417291-03

[ Dance & 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.

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

9/15–10/6 F 10:00–10:45 Am $40 417955-01

10/20–11/10 F 10:00–10:45 Am $40 417955-02

[ Arts & Crafts]

Art Studio for Pre-K

Discover your inner artist. Focus on different mediums and themes, or create at will with various materials provided.

Age: 3–6 years
Location: Northside Aztlan Center

Abstract

9/12 Tu 10:00–11:30 Am $14 416506-01

Clay

9/19 Tu 10:00–11:30 Am $16 416506-02

Faux Tie Dye

9/26 Tu 10:00–11:30 Am $16 416506-03

Recycle Art

10/3 Tu 10:00–11:30 Am $11 416506-04

Paper Art

10/10 Tu 10:00–11:30 Am $11 416506-05

Crayon Resist

10/17 Tu 10:00–11:30 Am $11 416506-06

Mini Pumpkins

10/24 Tu 10:00–11:30 Am $14 416506-07

Spooky Art

10/31 Tu 10:00–11:30 Am $11 416506-08

Self Portrait

11/7 Tu 10:00–11:30 Am $11 416506-09

Thanksgiving

11/14 Tu 10:00–11:30 Am $11 416506-10

Cupcakes ‘n Canvas, Sugar Skulls

Learn the joy of painting using bright, bold colors and the art of Mexican sugar skulls. Explore the art and tradition of the Mexican Day of the Dead, and paint on canvas while enjoying cupcakes.

Age: 3–5 years
Location: Mulberry Pool

10/20 F 9:00–10:30 AM $30 416243-01

Mask Making

Draw, paint, and play with clay to create a series of wildly
colorful masks.

Age: 3–5 years, Location: Mulberry Pool

10/4–10/25 W 1:00–2:30 Pm $77 416247-01

Piece of Cake

Paint, draw, and play with clay to create colorful, cake
inspired creations.

Age: 3–5 years, Location: Mulberry Pool

9/6–9/27 W 1:00–2:30 Pm $77 416248-01

Starry Water Lilies

Create on canvas to discover what happens when Van Gogh’s Sunflowers are mixed with Monet’s Water Lilies.

Age: 3–5 years, Location: Mulberry Pool

11/1–11/15 W 1:00–2:30 Pm $59 416250-01

Sugar Skulls

Learn the art of Mexican Sugar Skulls. Explore the art and tradition of the Mexican holiday, Day of the Dead.

10/20 F 9:00–10:30 Am $30 416243-01

[ 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

9/22 F 10:00–11:00 Am $17 417522-01

10/13 F 10:00–11:00 Am $17 417522-02

11/3 F 10:00–11:00 Am $17 417522-03

Child with Parent Classes: Ages: 0–5 years

[ General Programming]

Music Together, Demo Class

Get an introduction to the Learn about the Music Together program. Discover music through singing, instrument play, and movement

Age: 0–4 years, Location: Foothills Activity Center

9/11 M 10:00–10:45 Am No Fee 418775-01

Music Together

Experience musical growth with singing, dancing, and instrument play. Note: Non-refundable material fees are $45 and are due to the instructor; material fees are not included in the registration price. Materials include CDs, songbooks, a growth chart, and online resources. No material fees for siblings. No fee for siblings ages 8 months and under.

Age: 0–4 years
Location: Foothills Activity Center

9/18–12/4 M 9:30–10:15 Am $154 418776-01

I Can Do it Myself

Enjoy a number of themed activities including arts and crafts, movement, and making new friends.

Age: 15 months–2 years
Location: Foothills Activity Center

Fall

9/16 Sa 9:30–10:30 Am $18 417767-01

Halloween

10/14 Sa 9:30–10:30 Am $18 417767-02

Eric Carle

11/11 Sa 9:30–10:30 Am $18 417767-03

Little Explorers

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

Age: 15 months–2 years
Location: Mulberry Pool

9/11–9/25 M 10:00–11:00 Am $25 417261-01

10/23–11/6 M 10:00–11:00 Am $25 417261-02

Grandma, Grandpa, & Me

Playgroup designed for grandparents and their grandchildren. Includes arts and crafts, snack time, stories, and free play.

Age: 18 months–2 years, Location: Mulberry Pool

10/27–11/10 F 10:00–11:00 Am $17 417265-01

Curious Two’s Together

For curious two year olds not ready to venture on their own. Note: Class will not be held on 10/19.

Age: 2 years, Location: Mulberry Pool

9/5–9/28 Tu,Th 11:00 Am–Noon $45 417266-01

10/3–10/26 Tu,Th 11:00 Am–Noon $40 417266-02

10/31–11/9 Tu,Th 11:00 Am–Noon $34 417266-03

I Can Do it, Too

For the toddler who is not quite ready to take a class by themselves. Enjoy themed activities together with Mom and/or Dad.

Age: 2 years, Location: Foothills Activity Center

Fall

9/16 Sa 9:00–10:00 Am $18 417768-01

Halloween

10/14 Sa 9:00–10:00 Am $18 417768-02

Eric Carle

11/11 Sa 9:00–10:00 Am $18 417768-03

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: Class will not be held on 9/4.

Location: Foothills Activity Center
Age: 2 years

9/25–10/16 M 10:30–11:15 AM $37 415720-04

9/26–10/17 Tu 11:00–11:45 AM $37 415720-05

9/27–10/18 W 10:30–11:15 AM $37 415720-06

10/23–11/13 M 10:30–11:15 AM $37 415720-07

10/24–11/14 Tu 11:00–11:45 AM $37 415720-08

10/25–11/15 W 10:30–11:15 AM $37 415720-09

11/27–12/11 M 10:30–11:15 AM $29 415720-10

11/28–12/12 Tu 11:00–11:45 AM $29 415720-11

11/29–12/13 W 10:30–11:15 AM $29 415720-12

Age: 3 years

9/25–10/16 M 9:30–10:15 AM $37 415720-15

9/27–10/18 W 9:30–10:15 AM $37 415720-16

10/23–11/13 M 9:30–10:15 AM $37 415720-17

Location: Mulberry Pool
Age: 2 years

8/28–9/18 M 10:30–11:15 AM $29 415720-01

8/29–9/19 Tu 11:00–11:45 AM $37 415720-02

8/30–9/20 W 10:30–11:15 AM $37 415720-03

Age: 3 years

8/28–9/18 M 9:30–10:15 AM $29 415720-13

8/30–9/20 W 9:30–10:15 AM $37 415720-14

Baby Ballerinas

Bring imagination to life to explore body movement and awareness as a ballerina. Note: Class will not be held on 11/14.

Age: 2-3 years
Location: Mulberry Pool

9/12–9/26 Tu 10:00–10:45 AM $26 415212-01

10/3–10/24 Tu 10:00–10:45 AM $34 415212-02

11/7–11/28 Tu 10:00–10:45 AM $26 415212-03

Parent & Tot Science

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

Age: 2–3 years
Location: Mulberry Pool

10/2–10/16 M 10:00–11:00 Am $25 417260-01

11/13–11/27 M 10:00–11:00 Am $25 417260-02

S.T.E.M. Together

Enjoy exploring S.T.E.M (Science, Technology, Engineering, and Mathematics) activities.

Age: 3–5 years
Location: Foothills Activity Center

Airplanes/Launchers

9/13 W 1:00–2:30 Pm $16 417763-01

Sewing

9/20 W 1:00–2:30 Pm $16 417763-02

Building Bridges

9/27 W 1:00–2:30 Pm $16 417763-03

Magnets

10/4 W 1:00–2:30 Pm $16 417763-04

Marbles

10/11 W 1:00–2:30 Pm $16 417763-05

Architecture

10/18 W 1:00–2:30 Pm $16 417763-06

Catapults

10/25 W 1:00–2:30 Pm $16 417763-07

Ramps and Friction

11/1 W 1:00–2:30 Pm $16 417763-08

Airplanes

11/8 W 1:00–2:30 Pm $16 417763-09

Sewing

11/15 W 1:00–2:30 Pm $16 417763-10

[ Arts & Crafts]

Art Start

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.

Location: Mulberry Pool

Age: 18 months–2 years
Edible Art

9/6–9/27 W 9:00–10:00 Am $50 417283-01

Creepy Creations

10/4–10/25 W 9:00–10:00 Am $50 417283-02

Clay

11/1–11/15 W 9:00–10:00 Am $50 417283-03

Age: 3–5 years
Edible Art

9/6–9/27 W 10:30–11:30 Am $50 417283-04

Creepy Creations

10/4–10/25 W 10:30–11:30 Am $50 417283-05

Clay

11/1–11/15 W 10:30–11:30 Am $50 417283-06

Small Hands, Big Messy Art

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

Age: 18 months–2 years
Location: Mulberry Pool

9/15–9/22 F 10:00–11:00 Am $17 417285-01

10/6–10/13 F 10:00–11:00 Am $17 417285-02

Create on Canvas

Together, families use bright, bold colors to create a masterpiece on canvas. Note: Class includes one canvas per family. One additional canvas per family may be purchased from the instructor for $10.

Age: All
Location: Foothills Activity Center

Sunflowers

9/16 Sa 1:00–2:30 Pm $30 416745-01

Frankenstein

10/14 Sa 1:00–2:30 Pm $30 416745-02

Pumpkins

11/11 Sa 1:00–2:30 Pm $30 416745-03

[ Cooking]

Mother Hubbard’s Cupboard

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

Age: 2 years
Location: Northside Aztlan Center

Jamberry

9/15 F 10:00–11:00 Am $17 417571-01

Pass the Fritters, Critter

10/6 F 10:00–11:00 Am $17 417571-02

The Pumpkin Fair

10/27 F 10:00–11:00 Am $17 417571-03

[ Drop-in Programming]

Baby Gym

Babies can crawl on mats and through tunnels, play with balls and blocks, and challenge themselves on the soft obstacle course, Children must be accompanied by an adult. $2.50 per child; adults are free. Registration is not required. Note: Class will not be held on 9/29, 10/20, 11/17, 11/24.

Age: 0 years–18 months

Location: Foothills Activity Center

9/11–12/11 M 9:30–11:30 Am $2.50 417799-01

Location: Northside Aztlan Center

9/8–12/15 F 9:30–11:30 Am $2.50 417599-01

Tot Gym

Bring the little ones in for some fun gym time. Balls, blocks, a mini obstacle course, and other activities are set up. Children must be accompanied by an adult. $2.50 per child, adults free. Registration is not required. Note: Class will not be held on 9/29, 10/19, 10/20, 11/17, 11/22, 11/23, 11/24.

Age: 0–5 years

Location: Northside Aztlan Center

9/5–12/14 M–Th 10:00 Am–Noon $2.50 417598-01

Location: Foothills Activity Center

9/6–12/15 W,F 10:00 Am–Noon $2.50 417798-01

9/5–12/14 Tu,Th 12:30–2:30 Pm $2.50 417798-02

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

9/16 Sa 9:00 Am–5:00 Pm $78 407441-01

10/14 Sa 9:00 Am–5:00 Pm $78 407441-02

11/4 Sa 9:00 Am–5:00 Pm $78 407441-03

CPR Professional

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

Age: 16 years & up
Location: Senior Center

9/6 W 5:30–9:30 Pm $78 407442-01

10/11 W 5:30–9:30 Pm $78 407442-02

11/8 W 5:30–9:30 Pm $78 407442-03

Wilderness First Aid

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

Age: 18 years & up
Location: Senior Center

10/24–10/26 Tu,Th 5:30–9:30 Pm $156 407443-01

10/28 Sa 9:00 Am–5:00 Pm

[ Cooking]

Chinese Home Style Cooking

Learn Chinese home style cooking using simple, common ingredients. Includes two parts lecture and hands-on cooking.

Age: 18 years & up
Location: Senior Center

9/21–10/12 Th 6:00–7:30 Pm $37 407437-01

Cracking the Crockpot Code

Use a crockpot to make hearty meals for busy weeknights. Learn easy, delicious, gluten-free, diary-free ideas. Menu: Creamy cauliflower soup, sweet potato chili, Moroccan spiced lentil stew, and rice pudding with cardamom.

Age: 14 years & up
Location: Senior Center

10/23 M 6:00–8:15 Pm $36 407427-01

Curry in a Hurry

Make curry in the modern world by learning three different styles of making Indian curry, each taking less than 20 minutes. Menu: Red and black bean curry with spinach, butternut squash curry, and mixed vegetable coconut curry.

Age: 14 years & up
Location: Senior Center

9/14 Th 6:00–8:15 Pm $36 407424-01

Dal 101 Indian Style Lentils

Dal, a Sanskrit name that refers to all pulses, legumes, and their food derivatives, still forms the mainstay of the amino acid (protein) supply to the largely vegetarian Indian subcontinent. Lentils also contain a copious amount of essential dietary fiber, vitamins, and minerals. Menu: A popular lentil appetizer, spinach and mung bean curry (saag), and red lentil and vegetable stew served over basmati rice.

Age: 14 years & up
Location: Senior Center

11/9 Th 6:00–8:15 Pm $36 407430-01

Food for Life: Healthy Basics

Discover the relationship between diet and disease and the power of healthy foods to defend against certain diseases. Learn how to break unhealthy dietary patterns and make good food choices. Get tips on how to plan a weekly or monthly menu to get the most out of a limited budget. Cooking demonstration and tasting provided. Weekly Topics: Power of Your Plate; How Foods Fight Diabetes; Foods for a Healthy Weight; How Foods Fight Heart Disease; Guided Grocery Store Tour.

Age: 18 years & up
Location: Senior Center

9/19–10/17 Tu 6:30–7:30 Pm $60 407425-01

Hawaiian Plate Lunch

This easy to make popular Hawaiian entree and side dishes are well known at luaus and throughout the islands. Menu: Kalua pork, macaroni salad, lomi-lomi, and rice. Note: Bring an apron.

Age: 18 years & up
Location: Senior Center

9/12 Tu 6:00–8:30 Pm $17 407435-01

Hearty Indian Pockets & Wrap

Samosa is a perennial Indian favorite. With ingredients ranging from chutneys and pickles to savory spiced vegetables, the Indian wraps are a welcome alternative to any curry. Menu: Potato and green pea samosa with cilantro chutney, curried kidney bean wrap with yogurt sauce, and mushroom kebab wrap with tamarind chutney.

Age: 14 years & up
Location: Senior Center

10/25 W 6:00–8:15 Pm $36 407428-01

Homemade Indian Flatbreads

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

Age: 14 years & up
Location: Senior Center

11/13 M 6:00–8:15 Pm $36 407431-01

Plant Based Cheese & Yogurt

Whether lactose intolerant, fighting high cholesterol, or just looking for some healthy plant based alternative to cheese and yogurt,
learn how to make homemade plant based milk, cheese, and yogurt from scratch.

Age: 14 years & up
Location: Senior Center

10/19 Th 6:00–8:15 Pm $36 407426-01

Tacos Nontraditionale

Explore vegetarian versions of a taco with exotic fillings like jackfruit, eggplant, sweet potato, or cauliflower paired with spices from around the world. Gluten-free, vegan friendly, and creative to boot.

Age: 14 years & up
Location: Senior Center

11/1 W 6:00–8:15 Pm $36 407429-01

Thai Cooking, 1st Course

Learn how to make Banh Mi, a classic Vietnamese sandwich made of a crispy warm baguette filled with grilled pork, cilantro, and pickled Asian vegetables. Menu: Vietnamese sandwiches with grilled pork and pickled vegetables, fresh rolls with sweet chili sauce, and plum soda. Note: Bring an apron.

Age: 18 years & up
Location: Senior Center

10/3 Tu 6:00–8:30 Pm $36 407433-01

Thai Cooking, 2nd Course

Coconut milk is found in Thai dishes from snacks and desserts to soups and salads. Menu: Green curry, tom kha soup, Thai ice tea custard, Thai dipping sauce, and jasmine rice. Note: Bring an apron.

Age: 18 years & up
Location: Senior Center

11/7 Tu 6:00–8:30 Pm $36 407434-01

[ General Arts]

Chinese Conversation

Mandarin Chinese is the most commonly spoken dialect of Chinese. It has four tones and some new sounds. Learn to greet people, introduce yourself and someone else, and simple topics of conversation. Use Pinyin, the Mandarin phonetic system, and learn a few Chinese characters and cultural trivia.

Age: 18 years & up
Location: Senior Center

 9/14–11/2 Th 10:00–11:30 Am $36 407449-01

Good Dogs Out on the Town

Learn the latest dog training techniques to reach a new level
of obedience and attention. Prepare to explore Fort Collins parks, shops, and cafes. Practice skills during field trips. Prerequisite:
Basic obedience.

Age: 18 years & up
Location: Tba

9/26–10/24 Tu 5:30–6:30 Pm $80 407465-01

Transfort Travel Training

Learn how to read the bus schedule, plan a bus trip, and see how rider tools make riding easier than ever. Training starts at the Downtown Transit Center. Ride MAX to the South Transit Center and back downtown. Call 970.221.6620 for more information and to register.

Age: 18 years & up
Location: North Transit Center, 250 N. Mason St.

9/12 Tu 11:45 Am–1:20 Pm No Fee 407468-01

10/10 Tu 11:45 Am–1:20 Pm No Fee 407468-02

11/14 Tu 11:45 Am–1:20 Pm No Fee 407468-03

Who You Are Matters! Life Exploration

Interact with others through meaningful conversation. Connect the dots in professional and personal life. Engage with a fun exploration tool used to identify unique strengths, recognize influencers, and how to establish and obtain personal goals.

Age: 18 years & up
Location: Senior Center

9/11–9/18 M 9:30 Am–Noon $21 407459-01

9/23–9/30 Sa 10:00 Am–12:30 Pm $21 407459-02

10/26–11/2 Th 9:30 Am–Noon $21 407459-03

[ Parenting Series]

Recommended for families with children ages 3–8 years.

A Parent’s Toolbox

If a “hammer” is the only tool, then every situation may be seen as a “nail.” With metaphor and humor, explore ways to fill a tool box with effective strategies to make the work of parenting more conscious and rewarding.

Age: 18 years & up
Location: Senior Center

9/6 W 6:30–8:30 Pm $21 407469-01

Nurturing Your Child’s Self Esteem

The early years are an incredibly fertile time in the life of a human. It is believed that eighty-five percent of the personality is formed by age five. Using a simple model, learn ways to communicate and strengthen a child’s confidence and sense of self.

Age: 18 years & up
Location: Senior Center

9/20 W 6:30–8:30 Pm $21 407470-01

Words That Work! Talking So Kids Will Listen

Language sets up expectations and when communication is clear and direct, messaging is more easily received. Learn effective communication techniques that encourage cooperation and strengthen relationships.

Age: 18 years & up
Location: Senior Center

10/4 W 6:30–8:30 Pm $21 407471-01

Effective Discipline

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

Age: 18 years & up
Location: Senior Center

10/18 W 6:30–8:30 Pm $21 407472-01

Understanding Misbehavior

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

Age: 18 years & up
Location: Senior Center

11/1 W 6:30–8:30 Pm $21 407473-01

Importance of Emotional Intelligence

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

Age: 18 years & up
Location: Senior Center

11/15 W 6:30–8:30 Pm $21 407474-01

[ Music & Theatre]

You Can Uke

Learn tuning, chording, and strumming the ukulele. Playing the ukulele is easy, fun, and good for the soul. Play a song in the first lesson. No music background needed. A uke to use for duration of the class and all instructional materials and supplies are provided.

Age: 18 years & up
Location: Senior Center

9/14–10/5 Th 10:00–11:30 Am $65 407466-01

[ Technology]

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.

Age: 18 years & up
Location: Columbine Health Computer Lab, 802 W Drake Rd.

9/13–10/4 W 6:15–7:15 Pm $46 407905-01

Photo Preservation Digitally

Learn how to use a scanner connected to a laptop to make digital images of old photographs. The digital images can then be emailed, put on social media, and used to create additional copies. Bring a photo (8"x10" or smaller); it will be scanned and the digital image emailed to you.

Age: 18 years & up
Location: Senior Center

9/25 M 9:30–11:30 Am $26 407403-01

10/11 W 9:30–11:30 Am $26 407403-02

Triumph Over Technology

For those comfortable with basic computing (email and internet searches), but new to internet-based technologies (smartphones, video chatting, social media, cloud storage services). Topics: Keeping in Touch Online; Managing, Sharing, and Storing Digital Photos and Documents; Online Safety; Preparing Your Digital Legacy.

Age: 18 years & up
Location: Senior Center

9/7–9/28 Th 2:00–3:00 Pm $50 407421-01

[ Front Range PC Users Group]

Classes provided by Front Range PC Users Group

Beginning Word v. 2010

Introduction, using hands-on exercises, to word processing basics such as file management and text formatting. Then, expand into the lesser known, but useful features such as tables and mail merge. Prerequisite: Computer Basics or basic computer knowledge.

Age: 18 years & up
Location: Columbine Health Computer Lab, 802 W Drake Rd.

9/30–10/7 Sa 8:30 Am–12:30 Pm $25 407909-01

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, 802 W Drake Rd.

9/13–10/11 W 7:30–8:30 Pm $50 407901-01

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, 802 W Drake Rd.

9/12–9/15 Tu–F 10:00 Am–Noon $20 407902-01

Excel Introduction v. 2010

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

Age: 18 years & up
Location: Columbine Health Computer Lab, 802 W Drake Rd.

9/23 Sa 8:30 Am–12:30 Pm $15 407903-01

Free & Excellent Software

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

Age: 18 years & up
Location: Senior Center

10/14 Sa 9:00 Am–Noon $15 407406-01

Having Fun with Windows

Learn basic terms and tools of Windows 10. Hands-on exercises demonstrate working with windows, menus, files, and customization. Includes a brief, technical description of the computer and simple maintenance tasks suitable for even the inexperienced user. Prerequisite: Computer Basics or basic computer knowledge.

Age: 18 years & up
Location: Columbine Health Computer Lab, 802 W Drake Rd.

10/28–11/11 Sa 8:30 Am–12:30 Pm $26 407916-01

Smartphone & Tablet 101

Demonstrations (Apple & Android products), plus some hands-on exercises to go beyond the basics of a smartphone or tablet. Learn how using cell phone technology (data minutes) and Wi-Fi technology can save money.

Age: 18 years & up
Location: Senior Center

10/21 Sa 9:00 Am–Noon $15 407407-01

Youth Programming

School’s Out Day

School’s out, sun’s out, let’s play. Spend days doing arts and crafts, playing in the gym, and going on fieldtrips. Note: Bring a lunch and a water bottle.

Grade: Kindergarten–5
Location: Northside Aztlan Center

Museum of Discovery

9/29 F 8:00 Am–5:00 Pm $43 416597-01

Swim and Skate

10/19 Th 8:00 Am–5:00 Pm $33 416597-02

Fly High Trampoline

10/20 F 8:00 Am–5:00 Pm $43 416597-03

LEGO Stem Challenge

Master engineering skills with Play-Well TEKnologies and tens of thousands of LEGO parts. Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects. Explore crazy ideas in a supportive environment. Note: Class will not be held on 9/12, 10/25.

Location: Northside Aztlan Center

Age: 5–7 years

10/19 Th 9:00 Am–Noon $41 415573-01

11/17 F 9:00 Am–Noon $41 415573-02

Age: 8–12 years

10/19 Th 1:00–4:00 Pm $41 415573-03

11/17 F 1:00–4:00 Pm $41 415573-04

Board Game Club

Meet and play with other board game enthusiasts. Play our games or bring your favorite.

Age: 6–10 years
Location: Foothills Activity Center

9/21 Th 4:30–6:00 Pm $10 418744-01

9/28 Th 4:30–6:00 Pm $10 418744-02

10/5 Th 4:30–6:00 Pm $10 418744-03

10/12 Th 4:30–6:00 Pm $10 418744-04

10/19 Th 4:30–6:00 Pm $10 418744-05

10/26 Th 4:30–6:00 Pm $10 418744-06

11/9 Th 4:30–6:00 Pm $10 418744-07

11/16 Th 4:30–6:00 Pm $10 418744-08

LEGO Club

Get together with other LEGO enthusiasts, share ideas, and
use imagination to create unique LEGO masterpieces. Afterschool snack provided.

Age: 6–10 years
Location: Foothills Activity Center

9/6–9/20 W 4:30–6:00 Pm $21 418746-01

10/4–10/18 W 4:30–6:00 Pm $21 418746-02

11/1–11/15 W 4:30–6:00 Pm $21 418746-03

STEM Explorers

Let’s solve problems using STEM skills. Try new challenges each week and receive tools needed to accomplish the goal. Note: Class will not be held on 11/23.

Age: 6–11 years
Location: Northside Aztlan Center

10/9–11/8 M,W 4:30–5:30 Pm $45 415576-01

10/9–11/8 M,W 5:30–6:30 Pm $45 415576-02

11/13–12/13 M,W 4:30–5:30 Pm $40 415576-03

11/13–12/13 M,W 5:30–6:30 Pm $40 415576-04

Incrediflix

The ultimate arts and crafts filmmaking workshop. Work in groups to create two stop motion movies using whiteboard animation and toy animation. Create, direct, and film animated movies. A professional editor edits the movies.

Age: 7–13 years

Location: Foothills Activity Center
Whiteboard & Toys

9/29 F 9:00 Am–3:00 Pm $113 415774-01

Location: Northside Aztlan Center
Paper & Playdough

10/20 F 9:00 Am–3:00 Pm $113 415774-02

Mad Science

Observe demonstrations that blend colors to produce white light, and others that separate white light into colors. Experiments and live demonstrations show the properties and transmission of sound waves. Receive a solid introduction to the properties of electricity and electric charges. Note: Class will not be held on 10/28.

Age: 7–11 years
Location: Northside Aztlan Center

9/30 Sa 10:00–11:00 Am $20 415574-01

10/7 Sa 10:00–11:00 Am $20 415574-02

10/14 Sa 10:00–11:00 Am $20 415574-03

10/21 Sa 10:00–11:00 Am $20 415574-04

Ultimate Babysitting Boot Camp

Topics covered include business and leadership principles, discipline, communication, safe play and basic care for infants and children, disaster preparedness, preventing accidents, recognizing and responding to emergencies, infant and child CPR, choking, and basic first aid. Students receive a certification for Babysitting by the American Safety and Health Institute upon successful completion of the course. Note: Bring paper and pencil.

Age: 11–16 years
Location: Northside Aztlan Center

9/29 F Noon–8:00 Pm $85 415575-01

10/20 Tu,F Noon–8:00 Pm $85 415575-02

11/4 Sa Noon–8:00 Pm $85 415575-03

Go-Kart Camp

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

Age: 8–12 years
Location: Fort Fun

9/2 Sa 8:00–10:00 Am $30 416989-01

9/23 Sa 8:00–10:00 Am $30 416989-02

[ Music & Theatre]

African Drumming, Demo Class

An introduction to African drumming. Discover the sounds and rhythms of Ghana. Drum with hands and sticks. Note: Africa drumming is a communal experience; parents are welcome.

Age: 9–12 years
Location: Foothills Activity Center

9/9 Sa 11:00–11:45 Am No Fee 418728-01

10/14 Sa 11:00–11:45 Am No Fee 418728-02

African Drumming

Using both hands and sticks, experience the rhythm and drum sounds of Ghana. Drums provided. Note: Africa drumming is a communal experience; parents are welcome.

Age: 9–12 years
Location: Foothills Activity Center

9/16–10/7 Sa 10:00–11:30 Am $53 418729-01

10/21–11/11 Sa 10:00–11:30 Am $53 418729-02

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.

Volunteer

Help keep The Farm grounds and animal pens looking great. Volunteers must be at least 13 years old and willing to work hard. Volunteers usually work two hour shifts any day of the week.
Call The Farm for more information: 970.221.6665.

Family Programming

Pumpkin Patch – NW

Get into the season and come to The Farm for yet another reason. Pumpkins are sold by the pound; head to the barn where they can be found. Note: Pumpkins are sold during open hours at The Farm. However, groups are welcome to reserve a time any day to purchase pumpkins. The Pumpkin Patch will not be open 10/28, 10/29, 10/30.

Age: All
Location: The Farm

10/4–10/22 W–Su 10:00 Am–5:00 Pm No Fee

Hayrides – NW

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

Age: All
Location: The Farm

10/7–10/21 Sa 11:30 Am–12:30 Pm $2.50

10/7–10/22 Sa,Su 1:30–2:30 Pm $2.50

10/7–10/22 Sa,Su 3:00–4:00 Pm $2.50

Treatsylvania – NW

Take a stroll through this unique Halloween event at The Farm. Trick-or-treating, hayrides, and treats for all. Tickets must be purchased in advance. Children must be accompanied by an adult; no charge for adults. Note: Tickets can be purchased at The Farm, Northside Aztlan Community Center, EPIC, and Foothills Activity Center. In case of cancellation, the alternative event date is 10/30 from 6–8 p.m.

Age: 0–10 years
Location: The Farm

10/27 F 6:00–7:30 Pm $5

10/28 Sa 6:00–8:00 Pm $5

10/29 Su 1:00–3:00 Pm $5

10/29 Su 5:00–6:30 Pm $5

Bow Wowvania – NW

Bring costumed canine friends to The Farm for this special Halloween event. Dogs trick-or-treat, take advantage of photo opportunities, and leave with a treat bag just for them. All dogs must be on a leash. Multiple humans may attend with each dog. Tickets available at The Farm beginning 10/4.

Age: All
Location: The Farm

10/28 Sa Noon–1:30 Pm $5

Child without Parent Programming

Little Peepers

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

Age: 3 years
Location: The Farm

8/31–9/14 Th 9:00–10:00 Am $31 408610-01

8/31–9/14 Th 10:15–11:15 Am $31 408610-02

9/19–10/3 Tu 9:00–10:00 Am $31 408610-03

9/19–10/3 Tu 10:15–11:15 Am $31 408610-04

9/27–10/11 W 9:00–10:00 Am $31 408610-05

9/27–10/11 W 10:15–11:15 Am $31 408610-06

Pee Wee Farmers

A favorite since The Farm opened. Learn what life on a farm is like through hands-on experiences such as milking a cow or goat, gathering eggs, making snacks, and riding the ponies.

Age: 4–5 years
Location: The Farm

8/29–9/19 Tu 1:30–3:00 Pm $46 408606-01

8/30–9/20 W 9:30–11:00 Am $46 408606-02

8/30–9/20 W 1:30–3:00 Pm $46 408606-03

8/31–9/21 Th 1:30–3:00 Pm $46 408606-04

9/1–9/22 F 9:30–11:00 Am $46 408606-05

9/1–9/22 F 1:30–3:00 Pm $46 408606-06

After School Farmers

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

Age: 6–10 years
Location: The Farm

9/6–9/27 W 4:00–5:30 Pm $46 408601-01

[ Child with Parent Programming]

Farm Chores

Discover a morning at The Farm. Wake up with the animals and join the farmer for morning chores. Feed the animals and milk the cow. When all the work is done, sit down for a well earned breakfast. Note: This family activity includes registration for up to four people.

Age: All
Location: The Farm

9/10 Su 8:30–9:30 Am $35 408615-01

9/17 Su 8:30–9:30 Am $35 408615-02

Li’l Dumplin’ Farmers

Learn about life on a farm. Meet the animals and help with farm chores such as gathering eggs and milking a cow or goat. After the chores are finished, enjoy a picnic with the animals. Note: Bring a sack lunch; The Farm provides homemade dessert. Class will not be held on 9/4.

Age: 2 years
Location: The Farm

8/28–9/18 M 11:00 Am–Noon $36 408609-01

9/25–10/9 M 11:00 Am–Noon $36 408609-02

Li’l Dumplin’s & Beyond

Along with gathering eggs, milking a cow or goat and riding the ponies, create a mini-scrapbook using pictures taken during class. Each Dumplin’ receives a souvenir t-shirt. Note: Class will not be
held 9/4.

Age: 2 years
Location: The Farm

8/28–9/18 M 9:30–10:30 Am $45 408624-01

9/25–10/9 M 9:30–10:30 Am $45 408624-02

Pony Riding Lessons

Round ‘em up and bring those cowpokes to The Farm. Learn to groom and saddle a pony. Lead your child’s pony as the basics of riding are taught. Note: Other children may not attend this class because you are a full-time participant with your pony rider. Attire: Closed toed shoes.

Age: 3–5 years
Location: The Farm

9/19–9/28 Tu,Th 1:30–2:30 Pm $61 408614-01

9/20–9/27 W,F 1:30–2:30 Pm $61 408614-02

9/2–9/23 Sa 9:15–10:15 Am $61 408614-03

The Great Pumpkin

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

Age: 4–6 years
Location: The Farm

10/7 Sa 9:00–10:00 Am $16 408635-01

Fitness

General Information

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

Registration Options

The following participation options are available for fitness classes:

Participants may register for an entire 5-week class session. With this option, active facility pass holders receive 70% off enrollment price. Fitness classes require a minimum number of participants registered per class to avoid cancellation. Note: Health & Wellness programs  and 25 admission passes are not eligible for the discount.

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

Class Specifics

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

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

For youth and family fitness classes, see page 59.

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 equipment needed for instruction is provided, though participants are welcome to bring their own.

Personal Training

Personal trainers are available to train at Edora 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. For more information, contact David Wimmer at 970.224.6026, dwimmer@fcgov.com.

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

Yvonne Hanning
970.449.3460

Dominick Jones
970.481.2416

Deborah Knobel
970.658.5710

Terence Lenoir-Legros
970.488.9242

Tess Pasternak
404.694.2629

Mary Sewell Homan
970.213.0510

Adult Fitness Classes

[ Group Fitness]

Barre Fitness

Turn classic ballet on its head. Utilize a mix of ballet barre movements, stretching, and Pilates-based core exercises to burn fat. Designed to sculpt, strengthen, and stretch the entire body in an intelligent and safe way. Note: Class will not be held on 9/4.

Location: Northside Aztlan Center

9/6–10/4 M,W 9:00–10:00 Am $37 409501-01

10/9–11/8 M,W 9:00–10:00 Am $41 409501-02

11/13–12/13 M,W 9:00–10:00 Am $41 409501-03

Boomer Boot Camp

A full body workout geared to increase strength and stamina.
Get in shape and increase energy with guidance from the trainers from Poudre Valley Medical Fitness. Note: Class will not be held
on 11/20, 11/22.

Location: Senior Center

9/11–10/4 M,W 8:00–8:50 Am $27 425419-01

10/9–11/1 M,W 8:00–8:50 Am $27 425419-02

11/6–11/29 M,W 8:00–8:50 Am $20.25 425419-03

Boot Camp

Use 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. Note: Class will not be held on 9/4.

Location: Foothills Activity Center

9/6–10/6 M,W,F 5:30–6:30 Pm $57 409774-01

10/9–11/10 M,W,F 5:30–6:30 Pm $61 409774-02

11/13–12/15 M,W,F 5:30–6:30 Pm $61 409774-03

9/9–10/7 Sa 4:00–5:00 Pm $21 409774-04

10/14–11/11 Sa 4:00–5:00 Pm $21 409774-05

11/18–12/16 Sa 4:00–5:00 Pm $21 409774-06

Cardio, Core, & More

Become stronger and healthier with this blend of cardio and strength exercises. Increase flexibility, balance, and stamina. An entire body workout that is perfect for those who are looking to improve overall condition. By Poudre Valley Medical Fitness. Note: Class will not be held on 11/20, 11/22.

Location: Senior Center

9/11–10/4 M,W 9:00–9:50 Am $27 425420-01

10/9 M,W 9:00–9:50 Am $22 425420-02

11/6–11/29 M,W 9:00–9:50 Am $20.25 425420-03

Couch to 5K

Learn techniques to safely progress to a level need to participate in the CSU Homecoming 5K on 10/14. By Bobbette Hickson, PT, and Elijah Mullins, OT, UCHealth.

Location: Senior Center

9/12–10/10 Tu 5:30–6:30 Pm $20 425405-01

CrossTrain

An intense workout that aims to maximize strength and agility
by using kettle bells, plyo boxes, ropes, and more to work every muscle in the body. Every workout is totally different. Keep the
body guessing and force it to stay at its peak. Note: Class will
not be held on 9/4.

Location: Northside Aztlan Center

9/6–10/6 M,W,F 6:15–7:15 Am $57 409502-01

10/9–11/10 M,W,F 6:15–7:15 Am $61 409502-02

11/13–12/15 M,W,F 6:15–7:15 Am $61 409502-03

9/6–10/6 M,W,F Noon–1:00 Pm $57 409502-04

10/9–11/10 M,W,F Noon–1:00 Pm $61 409502-05

11/13–12/15 M,W,F Noon–1:00 Pm $61 409502-06

Essentrics, Classical Stretch

This unique fitness program improves posture and cardiovascular health by strengthening and lengthening muscles. Scientifically designed to unlock the body and heal pain. With regular practice, become more flexible, limber, and mobile. Note: Class will not be held on 9/4.

Location: Northside Aztlan Center

9/6–10/4 M,W 10:00–11:00 Am $37 409503-01

10/9–11/8 M,W 10:00–11:00 Am $41 409503-02

11/13–12/13 M,W 10:00–11:00 Am $41 409503-03

Functional Strength

Learn to safely and effectively use gym equipment while working with a personal trainer in a small group setting. See and feel the benefits of strength training, flexibility, and balance. Note: Class will not be held on 11/23.

Location: Senior Center

9/5–10/5 Tu,Th 7:50–8:45 Am $41 409402-01

10/10–11/9 Tu,Th 7:50–8:45 Am $41 409402-02

11/14–12/14 Tu,Th 7:50–8:45 Am $37 409402-03

9/5–10/5 Tu,Th 9:00–9:50 Am $41 409402-04

10/10–11/9 Tu,Th 9:00–9:50 Am $41 409402-05

11/14–12/14 Tu,Th 9:00–9:50 Am $37 409402-06

Group Lift, Vida Sana

Group weight lifting and weight room use. Vida Sana passes accepted; 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 pass at Northside.

Location: Northside Aztlan Center

9/5–10/3 Tu 10:30–11:30 Am No Fee 409514-01

10/10–11/14 Tu 10:30–11:30 Am No Fee 409514-02

11/14–12/12 Tu 10:30–11:30 Am No Fee 409514-03

9/8–10/6 F 9:00–10:00 Am No Fee 409514-04

10/13–11/10 F 9:00–10:00 Am No Fee 409514-05

11/17–12/15 F 9:00–10:00 Am No Fee 409514-06

9/8–10/6 F 3:00–4:00 Pm No Fee 409514-07

10/13–11/10 F 3:00–4:00 Pm No Fee 409514-08

11/17–12/15 F 3:00–4:00 Pm No Fee 409514-09

Group Track, VidaSana

Walking class around the track. Vida Sana passes accepted;
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 pass at Northside. Note: Class will not
be held on 9/4.

Location: Northside Aztlan Center

9/11–10/2 M 9:30–10:30 Am No Fee 409515-01

10/9–11/6 M 9:30–10:30 Am No Fee 409515-02

11/13–12/11 M 9:30–10:30 Am No Fee 409515-03

9/11–10/2 M 7:00–8:00 Pm No Fee 409515-04

10/9–11/6 M 7:00–8:00 Pm No Fee 409515-05

11/13–12/11 M 7:00–8:00 Pm No Fee 409515-06

9/6–10/4 W 6:30–7:30 Pm No Fee 409515-07

10/11–11/8 W 6:30–7:30 Pm No Fee 409515-08

11/15–12/13 W 6:30–7:30 Pm No Fee 409515-09

HIIT Boot Camp

High Intensity Interval Training class or HIIT is a cardiovascular whole body workout alternating short periods of intense anaerobic exercise with less intense recovery periods. Note: Class will not be held on 9/4, 11/22, 11/23.

Location: Northside Aztlan Center

9/6–10/4 M,W 4:30–5:30 Pm $37 409516-01

10/9–11/8 M,W 4:30–5:30 Pm $41 409516-02

11/13–12/13 M,W 4:30–5:30 Pm $37 409516-03

9/5–10/5 Tu,Th Noon–1:00 Pm $41 409516-04

10/10–11/9 Tu,Th Noon–1:00 Pm $41 409516-05

11/14–12/14 Tu,Th Noon–1:00 Pm $37 409516-06

Lose to Win

If you have seen the Biggest Loser on TV and wondered if you could do something like that, here is your chance. Designed to help you lose weight, this class includes a variety of exercises that are geared to burn fat and gain confidence. Note: Class will not be held on 9/4.

Location: Northside Aztlan Center

9/6–10/6 M,W,F 9:30–10:30 Am $57 409504-01

10/9–11/10 M,W,F 9:30–10:30 Am $61 409504-02

11/13–12/15 M,W,F 9:30–10:30 Am $61 409504-03

Low Impact Aerobics

Emphasis is on low-impact aerobics including floor exercise and a cool-down period. Good introduction class for previously sedentary persons. Note: Class will not be held on 11/23.

Location: Senior Center

9/5–10/5 Tu,Th 8:50–9:50 Am $41 409401-01

10/10–11/9 Tu,Th 8:50–9:50 Am $41 409401-02

11/14–12/14 Tu,Th 8:50–9:50 Am $37 409401-03

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 9/4, 11/22, 11/23.

Location: Senior Center

9/11–10/2 M 1:45–2:45 Pm $17 409403-01

10/9–11/6 M 1:45–2:45 Pm $21 409403-02

11/13–12/11 M 1:45–2:45 Pm $21 409403-03

9/8–10/6 F 1:45–2:45 Pm $21 409403-04

10/13–11/10 F 1:45–2:45 Pm $21 409403-05

11/17–12/15 F 1:45–2:45 Pm $21 409403-06

Location: Northside Aztlan Center

9/5–10/5 Tu,Th 1:00–2:00 Pm $41 409506-01

10/10–11/9 Tu,Th 1:00–2:00 Pm $41 409506-02

11/14–12/14 Tu,Th 1:00–2:00 Pm $37 409506-03

9/6–10/4 W 5:30–6:30 Pm $21 409506-04

10/11–11/8 W 5:30–6:30 Pm $21 409506-05

11/15–12/13 W 5:30–6:30 Pm $17 409506-06

Location: Foothills Activity Center

9/5–10/5 Tu,Th 8:30–9:30 Am $41 409720-01

10/10–11/9 Tu,Th 8:30–9:30 Am $41 409720-02

11/14–12/14 Tu,Th 8:30–9:30 Am $37 409720-03

Mindful Movement to Music

Seated, rhythmic aerobics practiced to soul-stirring music. These spirited, gentle, joyful movements condition strength, flexibility, and neuromuscular connections. Based on the Nia technique’s Moving to Heal program, “The Art of Feeling Better.”

Location: Senior Center

9/5–10/3 Tu 11:00–11:45 Am $16 409407-01

10/10–11/7 Tu 11:00–11:45 Am $16 409407-02

11/14–12/12 Tu 11:00–11:45 Am $16 409407-03

Nia

Claim wellness and explore joy with this sensory based, non-impact, aerobic fusion of dance, healing, and martial arts. Connect body, mind, emotions, and spirit for wellness, conditioning, and overall fitness. Advance registration strongly encouraged. All levels welcome. Note: Class will not be held on 11/23.

Location: Senior Center

9/5–10/3 Tu 5:30–6:30 Pm $21 409404-01

10/10–11/7 Tu 5:30–6:30 Pm $21 409404-02

11/14–12/12 Tu 5:30–6:30 Pm $21 409404-03

9/7–10/5 Th 5:30–6:30 Pm $21 409404-04

10/12–11/9 Th 5:30–6:30 Pm $21 409404-05

11/16–12/14 Th 5:30–6:30 Pm $17 409404-06

Pound Rockout Workout

Combine cardio, strength-training, balance, and pilates-inspired movements with simulated drumming using lightly weighted ripstixs for total body conditioning. Note: Class will not be held on 11/22.

Location: Senior Center

9/6–10/4 W 6:35–7:20 Pm $16 409405-01

10/11–11/8 W 6:35–7:20 Pm $16 409405-02

11/15–12/13 W 6:35–7:20 Pm $13 409405-03

PowerTrain

Pump iron and heart. An intense body strengthening workout using free weights, resistance machines, and cardio equipment. Each powerful cardio and weightlifting session is totally different, keeping the body guessing and forcing it to stay at its peak. Note: Class will not be held on 11/23.

Location: Northside Aztlan Center

9/5–10/5 Tu,Th 6:15–7:15 Am $41 409507-01

10/10–11/9 Tu,Th 6:15–7:15 Am $41 409507-02

11/14–12/14 Tu,Th 6:15–7:15 Am $37 409507-03

9/5–10/5 Tu,Th Noon–1:00 Pm $41 409507-04

10/10–11/9 Tu,Th Noon–1:00 Pm $41 409507-05

11/14–12/14 Tu,Th Noon–1:00 Pm $37 409507-06

Science of Strength Training

Train the body and the brain. Geared toward beginners, learn the basics of exercise science while also getting in a good workout. Class is split between weightlifting with hands-on instruction, and in the classroom studying metabolism, biomechanics, programming, and technique. Note: Class will not be held on 11/23.

Location: Foothills Activity Center

9/5–10/5 Tu,Th 5:30–6:30 Pm $41 409721-01

10/10–11/9 Tu,Th 5:30–6:30 Pm $41 409721-02

11/14–12/14 Tu,Th 5:30–6:30 Pm $37 409721-03

Spin & Tone

Includes the same challenging workout that other Group Spin classes offer, but with an additional toning segment either throughout the class or at the end. Great for cardiovascular training and total body strengthening. Note: Class will not be held on 9/4, 11/22, 11/23.

Location: Northside Aztlan Center

9/6–10/4 M,W 5:30–6:30 Pm $37 409505-01

10/9–11/8 M,W 5:30–6:30 Pm $41 409505-02

11/13–12/13 M,W 5:30–6:30 Pm $37 409505-03

9/5–10/5 Tu,Th 6:15–7:15 Am $41 409505-04

10/10–11/9 Tu,Th 6:15–7:15 Am $41 409505-05

11/14–12/14 Tu,Th 6:15–7:15 Am $37 409505-06

Strength & Tone

Upbeat and designed to develop strength and flexibility in people of every fitness level. Sculpt with free weights, toning moves, waves of cardio, and rotating fitness equipment to help rev metabolism in an encouraging atmosphere. Note: Class will not be held on 11/23.

Location: Northside Aztlan Center

9/5–10/5 Tu,Th Noon–12:55 Pm $41 409508-01

10/10–11/9 Tu,Th Noon–12:55 Pm $41 409508-02

11/14–12/14 Tu,Th Noon–12:55 Pm $37 409508-03

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 9/4, 11/23.

Location: Northside Aztlan Center

9/6–10/4 M,W 8:30–9:30 Am $37 409509-01

10/9–11/8 M,W 8:30–9:30 Am $41 409509-02

11/13–12/13 M,W 8:30–9:30 Am $41 409509-03

9/5–10/5 Tu,Th 9:30–10:30 Am $41 409509-04

10/10–11/9 Tu,Th 9:30–10:30 Am $41 409509-05

11/14–12/14 Tu,Th 9:30–10:30 Am $37 409509-06

Total Body Boot Camp

A mix of cardio, weight circuits, and stretching. Keep the body guessing and see improvements in strength, flexibility, and stamina. Note: Class will not be held on 11/23.

Location: Northside Aztlan Center

9/5–10/5 Tu,Th 5:30–6:30 Pm $41 409510-01

10/10–11/9 Tu,Th 5:30–6:30 Pm $41 409510-02

11/14–12/14 Tu,Th 5:30–6:30 Pm $37 409510-03

TRX Body Blast

TRX is a suspension fitness system that helps build balance, muscle strength, and flexibility. Adjust the straps to increase or decrease the difficulty of every exercise. All levels welcome. Note: Class will not be held on 11/23.

Location: Northside Aztlan Center

9/5–10/5 Tu,Th Noon–1:00 Pm $41 409511-01

10/10–11/9 Tu,Th Noon–1:00 Pm $41 409511-02

11/14–12/14 Tu,Th Noon–1:00 Pm $37 409511-03

9/9–10/7 Sa 8:00–9:00 Am $21 409511-04

10/14–11/11 Sa 8:00–9:00 Am $21 409511-05

11/18–12/16 Sa 8:00–9:00 Am $21 409511-06

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 while burning fat. Note: Class will not be held on 9/4, 11/22, 11/23.

Location: Club Tico

9/11–10/2 M 9:00–10:00 Am $17 409112-01

10/9–11/6 M 9:00–10:00 Am $21 409112-02

11/13–12/11 M 9:00–10:00 Am $21 409112-03

9/6–10/4 W 9:00–10:00 Am $21 409112-04

10/11–11/8 W 9:00–10:00 Am $21 409112-05

11/15–12/13 W 9:00–10:00 Am $21 409112-06

9/8–10/6 F 9:00–10:00 Am $21 409112-07

10/13–11/10 F 9:00–10:00 Am $21 409112-08

11/17–12/15 F 9:00–10:00 Am $21 409112-09

Location: Senior Center

9/11–10/2 M 5:30–6:25 Pm $17 409406-01

10/9–11/6 M 5:30–6:25 Pm $21 409406-02

11/13–12/11 M 5:30–6:25 Pm $21 409406-03

9/6–10/4 W 5:30–6:25 Pm $21 409406-04

10/11–11/8 W 5:30–6:25 Pm $21 409406-05

11/15–12/13 W 5:30–6:25 Pm $17 409406-06

9/9–10/7 Sa 9:00–10:00 Am $21 409406-07

10/14–11/11 Sa 9:00–10:00 Am $21 409406-08

11/18–12/16 Sa 9:00–10:00 Am $21 409406-09

Location: Northside Aztlan Center

9/5–10/3 Tu 6:30–7:30 Pm $21 409512-01

10/10–11/7 Tu 6:30–7:30 Pm $21 409512-02

11/14–12/12 Tu 6:30–7:30 Pm $21 409512-03

9/6–10/4 W 6:30–7:30 Pm $21 409512-04

10/11–11/8 W 6:30–7:30 Pm $21 409512-05

11/15–12/13 W 6:30–7:30 Pm $17 409512-06

9/7–10/5 Th 6:30–7:30 Pm $21 409512-07

10/12–11/9 Th 6:30–7:30 Pm $21 409512-08

11/16–12/14 Th 6:30–7:30 Pm $17 409512-09

Zumba, Vida Sana

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 while burning fat. Vida Sana passes accepted; 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 pass at Northside. Note: Class will not be held on 9/4, 11/23.

Location: Club Tico

9/11–10/2 M 9:00–10:00 Am No Fee 409113-01

10/9–11/6 M 9:00–10:00 Am No Fee 409113-02

11/13–12/11 M 9:00–10:00 Am No Fee 409113-03

9/6–10/4 W 9:00–10:00 Am No Fee 409113-04

10/11–11/8 W 9:00–10:00 Am No Fee 409113-05

11/15–12/13 W 9:00–10:00 Am No Fee 409113-06

9/8–10/6 F 9:00–10:00 Am No Fee 409113-07

10/13–11/10 F 9:00–10:00 Am No Fee 409113-08

11/17–12/15 F 9:00–10:00 Am No Fee 409113-09

Location: Northside Aztlan Center

9/5–10/3 Tu 6:30–7:30 Pm No Fee 409513-01

10/10–11/7 Tu 6:30–7:30 Pm No Fee 409513-02

11/14–12/12 Tu 6:30–7:30 Pm No Fee 409513-03

9/6–10/4 W 6:30–7:30 Pm No Fee 409513-04

10/11–11/8 W 6:30–7:30 Pm No Fee 409513-05

11/15–12/13 W 6:30–7:30 Pm No Fee 409513-06

9/7–10/5 Th 6:30–7:30 Pm No Fee 409513-07

10/12–11/9 Th 6:30–7:30 Pm No Fee 409513-08

11/16–12/14 Th 6:30–7:30 Pm No Fee 409513-09

[ Les Mills]

Les Mills BODYPUMP

A total body workout using light to moderate weights with lots of repetition. Instructors coach through the scientifically proven moves and techniques pumping out encouragement, motivation, and great music. Note: Class will not be held on 9/4, 11/23.

Location: Foothills Activity Center

9/6–10/4 M,W 6:15–7:15 Am $46 409710-01

10/9–11/8 M,W 6:15–7:15 Am $51 409710-02

11/13–12/13 M,W 6:15–7:15 Am $51 409710-03

9/6–10/4 M,W Noon–12:45 Pm $34.75 409710-04

10/9–11/8 M,W Noon–12:45 Pm $38.50 409710-05

11/13–12/13 M,W Noon–12:45 Pm $38.50 409710-06

9/5–10/5 Tu,Th 5:30–6:30 Pm $51 409710-07

10/10–11/9 Tu,Th 5:30–6:30 Pm $51 409710-08

11/14–12/14 Tu,Th 5:30–6:30 Pm $46 409710-09

9/9–10/7 Sa 9:45–10:45 Am $26 409710-10

10/14–11/11 Sa 9:45–10:45 Am $26 409710-11

11/18–12/16 Sa 9:45–10:45 Am $26 409710-12

Les Mills BODYCOMBAT

Punch and kick your way to fitness with this high-energy martial arts-inspired workout. No experience necessary. Learn moves from karate, taekwondo, boxing, Muay Thai, capoeira, and kung fu. Note: Class will not be held on 9/4, 11/23.

Location: Foothills Activity Center

9/6–10/4 M,W 5:30–6:30 Pm $46 409711-01

10/9–11/8 M,W 5:30–6:30 Pm $51 409711-02

11/13–12/13 M,W 5:30–6:30 Pm $51 409711-03

9/5–10/5 Tu,Th Noon–12:45 Pm $38.50 409711-04

10/10–11/9 Tu,Th Noon–12:45 Pm $38.50 409711-05

11/14–12/14 Tu,Th Noon–12:45 Pm $34.76 409711-06

Les Mills CXWORX

Use resistance tubes, weight plates, and body weight exercises like crunches, and hovers. A full body exercise class with a focus on core, lower back, and hips. All the moves in CXWORX have options, so it’s challenging but achievable for all fitness levels. Note: Class will not be held on 9/4, 11/23.

Location: Foothills Activity Center

9/6–10/4 M,W 7:30–8:00 Am $23.50 409712-01

10/9–11/8 M,W 7:30–8:00 Am $26 409712-02

11/13–12/13 M,W 7:30–8:00 Am $26 409712-03

9/5–10/5 Tu,Th 6:30–7:00 Am $26 409712-04

10/10–11/9 Tu,Th 6:30–7:00 Am $26 409712-05

11/14–12/14 Tu,Th 6:30–7:00 Am $23.50 409712-06

9/5–10/5 Tu,Th 7:00–7:30 Pm $26 409712-07

10/10–11/9 Tu,Th 7:00–7:30 Pm $26 409712-08

11/14–12/14 Tu,Th 7:00–7:30 Pm $23.50 409712-09

9/8–10/6 F Noon–12:30 Pm $13.50 409712-10

10/13–11/10 F Noon–12:30 Pm $13.50 409712-11

11/17–12/15 F Noon–12:30 Pm $13.50 409712-12

9/9–10/7 Sa Noon–12:30 Pm $13.50 409712-13

10/14–11/11 Sa Noon–12:30 Pm $13.50 409712-14

11/18–12/16 Sa Noon–12:30 Pm $13.50 409712-15

[ Martial Arts]

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
9/4, 11/23.

Location: Senior Center

9/6–10/4 M,W Noon–12:45 Pm $28 409440-01

10/9–11/8 M,W Noon–12:45 Pm $31 409440-02

11/13–12/13 M,W Noon–12:45 Pm $31 409440-03

9/5–10/3 Tu 4:00–4:45 Pm $16 409440-04

10/10–11/7 Tu 4:00–4:45 Pm $16 409440-05

11/14–12/12 Tu 4:00–4:45 Pm $16 409440-06

9/7–10/5 Th 3:00–3:45 Pm $16 409440-07

10/12–11/9 Th 3:00–3:45 Pm $16 409440-08

11/16–12/14 Th 3:00–3:45 Pm $13 409440-09

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

9/9–10/7 Sa 12:45–1:45 Pm $21 409441-01

10/14–11/11 Sa 12:45–1:45 Pm $21 409441-02

11/18–12/16 Sa 12:45–1:45 Pm $21 409441-03

Yi Chuan

A physical practice that combines exercises from gi going, tai chi, ba gua and hsing yi chuan. Learn internal alignment through ancient movements that can invigorate mind, body and spirit. By Stephen Harms. Note: Class will not be held on 11/23.

Location: Foothills Activity Center

9/7–9/28 Th 6:00–7:00 Pm $60 425710-01

10/5–10/26 Th 6:00–7:00 Pm $60 425710-02

11/2–11/30 Th 6:00–7:00 Pm $60 425710-03

[ Yoga]

Advanced Yoga for Athletes

Cardio vinyasa flow yoga with an emphasis on strength, balance, and flexibility. Fast paced with upbeat music; great for any athlete looking to improve their game. Note: Class will not be held on 11/23.

Location: Foothills Activity Center

9/7–10/5 Th 7:00–8:00 Am $21 409766-01

10/12–11/9 Th 7:00–8:00 Am $21 409766-02

11/16–12/14 Th 7:00–8:00 Am $17 409766-03

Morning Meditation & Yoga

Begin the morning with meditation, moving into gentle yoga; a positive and healthy way to balance the day. Note: Class will not be held on 11/23.

Location: Northside Aztlan Center

9/5–10/5 Tu,Th 7:30–8:30 Am $41 409564-01

10/10–11/9 Tu,Th 7:30–8:30 Am $41 409564-02

11/14–12/14 Tu,Th 7:30–8:30 Am $37 409564-03

Restorative Yoga

A pleasant way to relax and soothe frayed nerves. Using blankets and blocks as props, experience the benefits of a passive pose without having to exert much or any effort. During the practice, open, release, and connect with self-healing. Note: Class will not be held on 9/4.

Location: Senior Center

9/9–10/7 Sa 10:45–11:45 Am $21 409465-01

10/14–11/11 Sa 10:45–11:45 Am $21 409465-02

11/18–12/16 Sa 10:45–11:45 Am $21 409465-03

Location: Northside Aztlan Center

9/6–10/4 M,W Noon–1:00 Pm $37 409560-01

10/9–11/8 M,W Noon–1:00 Pm $41 409560-02

11/13–12/13 M,W Noon–1:00 Pm $41 409560-03

9/8–10/6 F 11:00 Am–Noon $21 409560-04

10/13–11/10 F 11:00 Am–Noon $21 409560-05

11/17–12/15 F 11:00 Am–Noon $21 409560-06

Sculpting Yoga

Sculpt with this weights infused yoga class. Build strength and definition. Beginners to advanced levels welcome. Note: Class will not be held on 11/23.

Location: Northside Aztlan Center

9/5–10/5 Tu,Th 1:00–2:00 Pm $41 409561-01

10/10–11/9 Tu,Th 1:00–2:00 Pm $41 409561-02

11/14–12/14 Tu,Th 1:00–2:00 Pm $37 409561-03

Slow Flow Hatha Yoga

Nurturing, fun, and non-competitive. 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. For beginning and intermediate levels. Note: Class will not be held on 9/4, 11/23.

Location: Senior Center

9/11–10/2 M 6:30–7:30 Pm $17 409461-01

10/9–11/6 M 6:30–7:30 Pm $21 409461-02

11/13–12/11 M 6:30–7:30 Pm $21 409461-03

Location: Northside Aztlan Center

9/11–10/2 M 4:00–5:00 Pm $17 409562-01

10/9–11/6 M 4:00–5:00 Pm $21 409562-02

11/13–12/11 M 4:00–5:00 Pm $21 409562-03

9/5–10/3 Tu 5:00–6:00 Pm $21 409562-04

10/10–11/7 Tu 5:00–6:00 Pm $21 409562-05

11/14–12/12 Tu 5:00–6:00 Pm $21 409562-06

9/6–10/4 W 4:00–5:00 Pm $21 409562-07

10/11–11/8 W 4:00–5:00 Pm $21 409562-08

11/15–12/13 W 4:00–5:00 Pm $21 409562-09

9/7–10/5 Th 5:00–6:00 Pm $21 409562-10

10/12–11/9 Th 5:00–6:00 Pm $21 409562-11

11/16–12/14 Th 5:00–6:00 Pm $17 409562-12

Location: Foothills Activity Center

9/6–10/4 M,W 4:30–5:30 Pm $37 409761-01

10/9–11/8 M,W 4:30–5:30 Pm $41 409761-02

11/13–12/13 M,W 4:30–5:30 Pm $41 409761-03

9/5–10/5 Tu,Th 1:15–2:30 Pm $48.50 409761-04

10/10–11/9 Tu,Th 1:15–2:30 Pm $48.50 409761-05

11/14–12/14 Tu,Th 1:15–2:30 Pm $43.75 409761-06

Therapeutic Yoga

Slow moving, directed yoga to improve specific health conditions and body issues. Note: Class will not be held on 9/4, 11/23.

Location: Senior Center

9/11–10/2 M 10:00–11:00 Am $17 409460-01

10/9–11/6 M 10:00–11:00 Am $21 409460-02

11/13–12/11 M 10:00–11:00 Am $21 409460-03

9/11–10/2 M 11:00 Am–Noon $17 409460-04

10/9–11/6 M 11:00 Am–Noon $21 409460-05

11/13–12/11 M 11:00 Am–Noon $21 409460-06

9/7–10/5 Th 10:00–11:00 Am $21 409460-07

10/12–11/9 Th 10:00–11:00 Am $21 409460-08

11/16–12/14 Th 10:00–11:00 Am $17 409460-09

9/7–10/5 Th 11:00 Am–Noon $21 409460-10

10/12–11/9 Th 11:00 Am–Noon $21 409460-11

11/16–12/14 Th 11:00 Am–Noon $17 409460-12

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 core strength to support more advanced poses. Note: Class will not be held on 9/4.

Location: Northside Aztlan Center

9/9–10/7 Sa 8:00–9:00 Am $21 409563-01

10/14–11/11 Sa 8:00–9:00 Am $21 409563-02

11/18–12/16 Sa 8:00–9:00 Am $21 409563-03

Location: Foothills Activity Center

9/6–10/4 M,W 8:30–9:30 Am $37 409765-01

10/9–11/8 M,W 8:30–9:30 Am $41 409765-02

11/13–12/13 M,W 8:30–9:30 Am $41 409765-03

9/9–10/7 Sa 1:00–2:00 Pm $21 409765-04

10/14–11/11 Sa 1:00–2:00 Pm $21 409765-05

11/18–12/16 Sa 1:00–2:00 Pm $21 409765-06

Yoga All Levels

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

Location: Senior Center

9/9–10/7 Sa 9:30–10:30 Am $21 409464-01

10/14–11/11 Sa 9:30–10:30 Am $21 409464-02

11/18–12/16 Sa 9:30–10:30 Am $21 409464-03

Yoga, Beginning

By practicing yoga breathing and physical exercises, gain physical strength, tone, flexibility, and stamina. Participants may also experience a sense of inner calm. Note: Class will not be held on 11/23.

Location: Senior Center

9/5–10/5 Tu,Th 2:45–3:45 Pm $41 409462-01

10/10–11/9 Tu,Th 2:45–3:45 Pm $41 409462-02

11/14–12/14 Tu,Th 2:45–3:45 Pm $37 409462-03

9/5–10/5 Tu,Th 4:00–5:00 Pm $41 409462-04

10/10–11/9 Tu,Th 4:00–5:00 Pm $41 409462-05

11/14–12/14 Tu,Th 4:00–5:00 Pm $37 409462-06

9/5–10/5 Tu,Th 5:15–6:15 Pm $41 409462-07

10/10–11/9 Tu,Th 5:15–6:15 Pm $41 409462-08

11/14–12/14 Tu,Th 5:15–6:15 Pm $37 409462-09

9/6–10/4 W Noon–1:00 Pm $21 409462-10

10/11–11/8 W Noon–1:00 Pm $21 409462-11

11/15–12/13 W Noon–1:00 Pm $21 409462-12

9/6–10/4 W 1:15–2:15 Pm $21 409462-13

10/11–11/8 W 1:15–2:15 Pm $21 409462-14

11/15–12/13 W 1:15–2:15 Pm $21 409462-15

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 also offered. Note: Must be able to do floor and standing exercises at a fast pace. Class will not be held on 9/4, 11/22.

Location: Senior Center

9/11–10/2 M 4:30–5:20 Pm $17 409463-01

10/9–11/6 M 4:30–5:20 Pm $21 409463-02

11/13–12/11 M 4:30–5:20 Pm $21 409463-03

9/6–10/4 M,W 5:30–6:20 Pm $37 409463-04

10/9–11/8 M,W 5:30–6:20 Pm $41 409463-05

11/13–12/13 M,W 5:30–6:20 Pm $37 409463-06

9/5–10/3 Tu 6:30–7:30 Pm $21 409463-07

10/10–11/7 Tu 6:30–7:30 Pm $21 409463-08

11/14–12/12 Tu 6:30–7:30 Pm $21 409463-09

Yoga & Meditation

Learn to quiet the mind and find inner balance. Begin with meditation and move into a gentle flow of yoga asanas. This is a calm approach to being present, rejuvenated, and healthier. Note: Class will not be held on 11/23.

Location: Northside Aztlan Center

9/5–10/5 Tu,Th 9:00–10:00 Am $41 409565-01

10/10–11/9 Tu,Th 9:00–10:00 Am $41 409565-02

11/14–12/14 Tu,Th 9:00–10:00 Am $37 409565-03

Youth & Family Classes

Family Yoga, Baby & Toddler

Take this opportunity to explore yoga with your baby or toddler. Both child and guardian benefit physically, emotionally, and mentally with this fun approach to breathing and movement together. Note: At least one adult must be present and in the room with enrolled child/children. Price is flat rate for up to three participants.

Location: Foothills Activity Center

Parent/Baby Yoga

Age: 6–18 months

9/8–10/6 F 1:00–2:00 Pm $21 409760-01

10/13–11/10 F 1:00–2:00 Pm $21 409760-02

11/17–12/15 F 1:00–2:00 Pm $21 409760-03

Parent/Toddler Yoga
Age: 18 months–3 years

9/8–10/6 F 2:00–2:45 Pm $16 409760-04

10/13–11/10 F 2:00–2:45 Pm $16 409760-05

11/17–12/15 F 2:00–2:45 Pm $16 409760-06

Family Yoga, Parent & Child

Parents and children take this opportunity to explore yoga together. Improve 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. Note: At least one adult must be present and in the room with enrolled child.

Location: Foothills Activity Center

Age: 4–6 years

9/8–10/6 F 5:00–5:45 Pm $16 409760-07

10/13–11/10 F 5:00–5:45 Pm $16 409760-08

11/17–12/15 F 5:00–5:45 Pm $16 409760-09

Age: 7–10 years

9/8–10/6 F 5:45–6:30 Pm $16 409760-10

10/13–11/10 F 5:45–6:30 Pm $16 409760-11

11/17–12/15 F 5:45–6:30 Pm $16 409760-12

Smart Fit Girls

A 10-week program for adolescent girls aimed at improving physical and mental wellbeing. Participate in physical activity with a focus on strength training. Discuss topics including nutrition, bullying, media, and self-love, all while building new friendships and working out together.

Grade: 6–8
Location: Foothills Activity Center

9/12–11/16 Tu,Th 4:00–6:00 PM $151 409775-01

Health & Wellness

Health & 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 .

Services

Call 970.221.6644 to schedule an appointment

Acupuncture – NW

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.

Location: Senior Center

Mondays $45/60 minutes 9:00 AM–4:00 PM

Wednesdays $35/45 minutes 9:00 AM–Noon

Advanced Care Planning – NW

Guides offer support in completing advance care plans that represent what is important to individuals by explaining treatment options, putting choices in writing, and sharing them with family and physicians. By Larimer County Advanced Care Planning Team.

Location: Senior Center

9/12, 10/10, 11/14 Tu No Fee 9:00 Am–1:00 Pm

Blood Pressure Clinic – NW

Sit down with a registered nurse one-on-one for a blood
pressure check and ask any health-related questions.
No appointment necessary.

Location: Senior Center

9/11, 10/9, 11/13 M No Fee 10:00 Am–Noon

Cholesterol Check – NW

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 at 970.224.5209. Note: Appointments are 20 minutes. Walk-ins accepted as space allows.

Location: Senior Center

9/6 W $15 8:00–11:00 Am

9/16 Sa $15 8:00–11:00 Am

9/21, 10/19, 11/16 Th $15 8:00–11:00 Am

10/3, 11/7 Tu $15 8:00–11:00 Am

Fitness Checkup – NW

Check body fat percentage and BMI. Perform simple strength, cardio, and flexibility tests to determine strengths and weaknesses.

Location: Senior Center

9/11, 10/16, 11/13 M $5 1:00–4:00 Pm

Manicure/Pedicure/Nail Care – NW

Look and feel good with the spa manicure and pedicure services.
Nail clipping also available. By Neitha Schneider, Sweetheart Nails.

Basic manicure or pedicure $36 60 minutes
Spa manicure or pedicure $54 90 minutes
Combo Spa $72 120 minutes
Toe Nail Clip $18 30 minutes

Location: Senior Center

9/1–11/130 Th 10:00 Am–4:00 Pm

Massage – NW

Enjoy the health benefits of massage including stress relief, relaxation, range of motion improvement, and pain relief.

Location: Senior Center

Tuesdays $16.50/15 minutes 9:00 AM–Noon
Wednesdays $30/30 minutes 1:30–5:00 PM
Thursdays $30/30 minutes 9:00 AM–Noon

Medical Education

Be Ski Fit

Discussion and exercise focused on specific strengthening and stretching for the best ski season yet. Bring an exercise mat if possible. By Stu Peterson, PT specializing in sports therapy, MCR Outpatient Rehabilitation Services, UCHealth.

Location: Senior Center

11/9 Th 4:00–5:00 Pm $10 425414-01

Bossy Bladder

Bossy bladders or bowels can stand in the way of life, preventing participation in hobbies and family events. Take action and learn how to get control and lead a worry-free life. Gain tools to manage the bladder and/or bowels. By Covell Care.

Location: Senior Center

9/25 M 10:00–11:00 Am $25 425445-01

11/7 Tu 2:00–3:00 Pm $25 425445-02

Drug/Food Interactions

Certain foods can inhibit the absorption of medications or increase the side effects of medications. Receive piece of mind through knowledge of what foods to avoid. By Columbine Health Systems Head Pharmacist.

Location: Senior Center

9/27 W 1:00–2:00 Pm No Fee 425421-01

Future of Cancer Therapy:
Role of Stereotactic Radiotherapy

Discuss modern radiation treatment machines that deliver highly focused and individualized cancer treatments. Learn the indications for this treatment and the expected success rates and side effects associated. Sponsored by UCHealth. By Dr. Joshua H. Petit, radiation oncologist with PVH

Location: Senior Center

11/9 Th 6:00–7:30 Pm $5 425400-01

Get a Grasp on Your Grip

An upper extremity exercise class on how to prevent hand injuries and improve strength. Focus on grip strength, joint protection, home program, adaptive equipment training, and hand pain control. By Patricia Kuyper, OTR/L, Outpatient Rehabilitation UCHealth.

Location: Senior Center

10/11 W 9:30–11:00 Am $10 425401-01

Head to Toe Health: The Heart

Learn skills to manage health from head to toe. Learn habits that best support heart health, and how to live well with common cardiac problems such as high blood pressure, atrial fibrillation, and congestive heart failure. By Dianne Grimmett RN, M.Ed Columbine Poudre Home Care.

Location: Senior Center

10/11 W 2:00–3:00 Pm No Fee 425411-01

Head to Toe Health: The Mind

Skills to manage health from head to toe. Starting with the mind, focus on mental status, the physiology of stress, and the value of managing attention. By Dianne Grimmett, RN, M.Ed. Columbine Poudre Home Care.

Location: Senior Center

9/13 W 2:00–3:00 Pm No Fee 425406-01

Parkinson’s Wellness Recovery

Designed for those who have trouble with balance and walking in the home. An exercise program developed by Dr. Beck Farley for people with a diagnosis of Parkinson’s disease, to aid in balance and walking, and slow the progression of the disease. By UCHealth neurologic physical therapists.

Location: Senior Center

9/5–10/24 Tu 3:00–4:00 Pm $40 425412-01

Pregnancy & Breast Feeding

Learn which medications, supplements, and herbals are safe and which to avoid for a happy and healthy baby. Learn about the latest research and tools. By Columbine Health Systems’ head pharmacist, and medical supply team.

Location: Northside Aztlan Center

9/13 W 6:00–7:00 Pm $5 425713-01

Location: Foothills Activity Center

10/17 Tu 6:00–7:00 Pm $5 425713-02

TENS Use for Pain Management

Discuss TENS (Transcutaneous Electrical Nerve Stimulation) as an alternative for pain control. Includes theories, different modes, correct placement of electrodes, the best time to use TENS, and conditions that are contraindicated. By Katie Federer, PT, UCHealth.

Location: Senior Center

9/13 W 9:00–10:00 Am $10 425404-01

Thriving with Breast Cancer

Education to address common side effects that persist after or during breast cancer treatments such as decreased strength/endurance, fatigue, lymphedema, and radiation fibrosis and shoulder dysfunction. By Michelle Bardino, PT UCHealth.

Location: Senior Center

10/24 Tu 5:00–6:00 Pm $10 425402-01

To Drive or Not to Drive

Learn startling statistics about older drivers and what to do to determine if someone is fit to drive or what restrictions may need to be put in place. Receive help to make driving decisions easier for everyone involved. By Covell Care

Location: Senior Center

9/14 Th 2:00–3:00 Pm No Fee 425458-01

Nutrition

21-Day Sugar Detox

Sugar is highly addictive. Eating foods high in sugar and refined carbs instigate drowsiness, mood fluctuations, bloating, aches, and weight gain. Through this program, learn to control the “sugar monster”. By a Certified Coach. Note: Class will not be held on
9/15, 10/2.

Location: Senior Center

9/1–9/22 F 9:00–10:00 Am $50 425455-01

Location: Northside Aztlan Center

9/28–10/19 Th 6:00–7:00 Pm $50 425455-02

Cravings, Weight Gain, & Blood Sugar

As we head into the holiday season, it is time to understand how achieving and/or maintaining health is not about dieting or even willpower, but rather understanding how certain foods and supplements affect blood sugar levels and appetite. By Natural Grocers Nutritional Health Coach.

Location: Senior Center

10/17 Tu 9:30–10:30 Am No Fee 425424-01

Meatless Meals in Minutes

Going meatless even once a week may reduce the risk of chronic preventable conditions like cancer, cardiovascular disease, diabetes, and obesity. A discussion about the benefits of consuming meatless meals along with some great recipe ideas. By Jenifer Bowman, UCHealth Registered Dietitian.

Location: Senior Center

10/26 Th 6:00–7:00 Pm $5 425407-01

Pack a Healthier School Lunch

Children eat far too many sugary foods during the day, impacting their energy levels, behavior, and ability to concentrate and learn. Learn how to pack a healthier lunch that balances their blood sugar and gives them the nutrients they need to learn and succeed in school. By a Holistic Nutritionist.

Location: Northside Aztlan Center

9/16 Sa 9:00–10:00 Am $5 425456-01

10/14 Sa 11:00 Am–Noon $5 425456-02

Paleo Fundamentals

A Paleo or Ancestral diet has been shown to positively impact chronic diseases, increase energy, balance hormones, shed weight, and improve sleep. Learn the fundamental tenets of a Paleo diet, and how to make dietary changes that may improve health. By a Holistic Nutritionist.

Location: Northside Aztlan Center

9/12 Tu 6:00–7:00 Pm $5 425454-01

Location: Senior Center

10/18 W 6:00–7:00 Pm $5 425454-02

Spice Up Your Holiday with Healthy Seasonings

Many of the flavorings added to favorite holiday dishes may even be good for brain health. Learn about cloves, cinnamon, nutmeg, and other spices that may sharpen memory, reduce stress, and improve sleep. By UCHealth Aspen Club.

Location: Senior Center

11/15 W 2:00–3:00 Pm $5 425417-01

Wellness Education

Aging & Creativity: What’s Art Got to Do With It?

Creativity matters, especially with age. Learn about the benefits of aging, arts, and culture. Participate in creative expression by engaging in an art and craft activities that allows exploration of the artist within. By CSU Behavioral Science.

Location: Senior Center

9/18 M 2:00–3:00 Pm No Fee 425446-01

Aging & Technology

Make the choice to stay connected. Learn how to manage at-home technology and explore new products and programs that promote longevity. Plug in and enhance knowledge about current topics and future directions of gerotechnology. By CSU Behavioral Sciences.

Location: Senior Center

10/23 M 2:00–3:00 Pm No Fee 425434-01

Arthritis Support Group – NW

This quarterly group is designed to offer information and support for those who have arthritis, their family members, friends, and/or caregivers. Learn more, find related resources, meet people, network, and share experiences. Call the Aspen Club at 970.495.8560 to register.

Location: Senior Center

11/13 M 11:30 Am–1:00 Pm No Fee

The Basics: Memory Loss, Dementia, & Alzheimer’s

Alzheimer’s disease is not a normal part of aging. If Alzheimer’s disease or dementia affects you or someone you know, it’s time to learn the facts. Gather information on detection, possible causes and risk factors, stages of the disease, treatment, and more. By the Alzheimer’s Association.

Location: Northside Aztlan Center

9/7 Th 1:00–2:30 Pm No Fee 425432-01

Being Mortal: Book Talk

A discussion based on the book Being Mortal, by Atul Gawande. M.D. This bestselling author tackles the hardest challenge of his profession: how medicine can not only improve life, but also improve the process of its ending. By retired physicians Janet Seeley and Bonnie Inscho, LCSW, UCHealth Aspen Club.

Location: Senior Center

10/30 M 2:00–4:00 Pm $5 425410-01

Bone Builders & Bone Breakers

It is never too late to build bone health. Bones are living tissue that responds to bone building care throughout life. Learn how to support lifelong bone health by knowing how to get all of the nutrients bones require. By Natural Grocers Nutritional Health Coach.

Location: Senior Center

9/14 Th 10:00–11:00 Am No Fee 425436-01

Brain & Balance

Fun brain games and functional balance exercises are brought together to offer support, laughter, and results. By Diane Horak, Columbine Health Systems. Note: Class will not be held on 11/23.

Location: Senior Center

9/7–9/28 Th 1:30–2:00 Pm $15 425475-01

10/5–10/26 Th 1:30–2:00 Pm $15 425475-02

11/2–11/30 Th 1:30–2:00 Pm $15 425475-03

Communication Effectiveness & Strategies

Learn about compensation strategies to improve word finding, as well as successful exercises and strategies to practice on a daily basis to keep the mind sharp and improve communication abilities. By Danielle Chiasson, ST, UCHealth.

Location: Senior Center

11/16 Th 9:00–10:00 Am $10 425403-01

Downsize & Declutter Your Life

Stuff, it’s everywhere. Whether it’s time to declutter in order to just live more simply, or to potentially downsize housing, making decisions about what stays or goes can be a challenge. Gain ideas to make those decisions. By CSU/Larimer County Extension.

Location: Senior Center

10/2 M 2:00–3:30 Pm No Fee 425449-01

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. By the Alzheimer’s Association.

Location: Foothills Activity Center

10/6 F 10:00 Am–Noon No Fee 425433-01

Emotional First Aid thru Energy Techniques

Experience the calming effect of energetic psychology to support emotional health. Apply these self-help techniques to enhance personal transformation. By Scott Tate, MA, LPC, psychotherapist, and energetic practitioner, UCHealth.

Location: Senior Center

11/18 Sa 9:00–11:30 Am $15 425416-01

EnhanceWellness

Class series includes such topics as mindful eating, mind-body connection, stress, health self-management, sleep, exercise, and how to evaluate information found online. By UCHealth.

Location: Foothills Activity Center

9/6–11/8 W 9:30–10:30 Am $25 425442-01

How to Talk to Kids about Sex

Learn what to say, when to say it, and how much to tell them, and discover strategies on how and when to talk to kids. Learn what is healthy for them to know and how to stay calm when the inevitable questions begin.

Age: 18 years & up
Location: Foothills Activity Center

9/23 Sa 1:00–2:00 Pm $15 425712-01

Know the 10 Warning Signs

If you or someone you know is experiencing memory loss or behavioral changes, it’s time to learn the facts. Detect Alzheimer’s early and have the chance to begin drug therapy, enroll in clinical studies, and plan for the future. By the Alzheimer’s Association.

Location: Senior Center

11/14 Tu Noon–1:30 Pm No Fee 425431-01

Laughter Wellness

Series of exercises designed to help create and sustain positive energies to benefit the body, mind, and spirit. This is a practical way to switch “on” the brain’s happy chemicals with a focus on breathing, laughter, and positive awareness to promote fun and wellness. Note: Class will not be held on 9/16, 10/14, 11/11.

Location: Senior Center

9/9–11/18 Sa 9:00–10:00 Am No Fee 425428-01

Living Well With Pain

Learn tools to help manage pain from issues such as fibromyalgia, headache, lower back pain, and arthritis. Studies have shown that people that take this program, on average have less pain, less dependence on others, and are more involved in everyday activities. By UCHealth Aspen Club.

Location: Foothills Activity Center

9/27–11/1 W 1:00–3:30 Pm No Fee 425409-01

Make It Stick

Behavior changes rarely stick the first time around. Yet, knowledge of the change process can alter the dynamic of efforts. Explore the stages of the change and learn how to assess and address the impediments that get us stuck. Learn practical strategies. By Larimer County/CSU Extension.

Location: Senior Center

9/27 W 9:30–10:30 Am No Fee 425426-01

Medicare Updates 2018

October 15–December 7, 2017 is the time to review and make changes to Medicare Prescription Drug Plans (PDP) and Medicare Advantage Plans. Receive an overview of changes to plans and to Medicare in general. By UCHealth Aspen Club.

Location: Senior Center

10/24 Tu 9:30–11:00 Am No Fee 425408-01

Memory Powers & Brain Fitness

Keep the mind sharp over the entire lifespan. Use creative
multi-sensory mnemonic tools to master the recall of any detail. Increase memory of data, names, places, reading, and where
you put things, as well as how to gracefully manage those embarrassing “senior moments”.

Location: Senior Center

9/18–10/23 M 1:00–2:00 Pm $50 425429-01

11/6 M 9:00 Am–Noon $35 425429-02

Music & The Aging Mind

Discuss the benefits of music therapy and explore how the brain and body respond to music. Discover musical preferences by participating in auditory and perceptual learning activities. By CSU Behavior Sciences.

Location: Senior Center

11/28 Tu 1:00–2:00 Pm No Fee 425457-01

Navigating the Health System

Learn about the health care system to better understand how to navigate. Topics include insurance, strategies to get better information from doctors, transitions in care, future changes, and where to go for help. By Care Manager, Columbine Health Systems.

Location: Senior Center

10/12 Th 11:00 Am–Noon No Fee 425415-01

Parkinson’s Support Group – NW

The Parkinson’s Support Group of Larimer County (PSGLC) provides a variety of programming for those with Parkinson’s Disease and their partners. Education, support, and fellowship offered monthly. Visit psdupportic.net for more information.

Location: Senior Center

 9/6 W 10:30 Am–12:30 Pm No Fee

10/4 W 10:30 Am–12:30 Pm No Fee

11/1 W 10:30 Am–12:30 Pm No Fee

Positive Brain Change

Involve the minds in changing the brain for the benefit of health and wellbeing. Explore the concept of positive neuroplasticity and experiment with practices that create new neural pathways by sending positivity and cultivating mindful presence. By Larimer County/CSU Extension.

Location: Senior Center

10/19 Th 9:30–10:30 Am No Fee 425427-01

Sex after 50, 60, 70?

Unravel the myths about sexuality as we age. Whether you have been together for 30 years, or are embarking on a new relationship, learn some tools to keep the intimacy alive through your lifetime. By Weiler Counseling.

Location: Senior Center

9/5–9/26 Tu 11:00 Am–Noon $25 425448-01

Spirituality & Religiosity

The aging process affects the spirit and therefore one’s spiritual life. Engage in spiritual awareness, become knowledgeable about the science of spirituality, and discover what forces give greater meaning and depth in day-to-day life. By CSU Behavioral Science.

Location: Senior Center

10/10 Tu 1:00–2:00 Pm No Fee 425443-01

Tai Chi Chih

The soft, gentle movements of Ta’i Chi Chih promote health in every part of the body, circulating and balancing internal energy. The movements can be done by anyone, regardless of age or physical condition. Benefits include better balance, increased flexibility and strength, inner peace, improved health and joy.

Location: Senior Center

9/5–10/24 Tu 1:00–2:00 Pm $80 425430-01

10/31–12/19 Tu 1:00–2:00 Pm $80 425430-02

Truth Behind Brain Training

Popular “brain game training” companies claim to improve memory and related cognitive skills through training. Discuss the debate surrounding whether brain training works and how scientists have learned from industry. By CSU Behavioral Science.

Location: Senior Center

9/26 Tu 10:00–11:00 Am No Fee 425444-01

Financial

Manage Holiday Spending

It’s the time of year when demands, expectations, commitments and calories are up, while money, time, energy, and daylight are in short supply. Learn tips, tricks, and resources for beating holiday financial and emotional stress. By Public Service Credit Union.

Location: Foothills Activity Center

11/7 Tu 6:30–7:30 Pm No Fee 425733-01

Women & Money

Women face unique challenges around their financial security. Longer life expectancy, career interruptions, employment earning gaps, and other issues impact women of all ages. Take control of personal finances, prepare for life’s uncertainties, and develop a personal action plan. By Public Service Credit Union.

Location: Foothills Activity Center

9/13 W 6:30–7:30 Pm No Fee 425732-01

The Upside of Downsizing

Learn how to “downsize” a closet, an attic, or whole house. Learn tips and techniques to get started consolidating clutter, collections, or cottages, and learn why it’s mentally and economically good sense. By Keller Williams.

Location: Senior Center

9/14 Th 10:00–11:30 Am No Fee 425450-01

10/17 Tu 1:00–2:30 Pm No Fee 425450-02

11/13 M 10:00–11:30 Am No Fee 425450-03

Holistic Options

Cooking with Essential Oils

Recipes and tips for cooking with essential oils.

Location: Senior Center

11/1 W 6:00–7:00 Pm No Fee 425453-01

Essential Oils 101

Discover the health and wellness support essential oils can bring to home and family. Smell, feel, and even taste some of the oils. Different application methods are discussed. A fun easy class for beginners of any age.

Location: Foothills Activity Center

9/26 Tu 1:00–2:00 Pm No Fee 425439-01

Location: Northside Aztlan Center

10/12 Th 1:00–2:00 Pm No Fee 425439-02

Location: Senior Center

10/17 Tu 1:00–2:00 Pm No Fee 425439-03

Essential Oils for Babies & Children

Explore an alternative to children’s health and wellness with essential oils. Gain knowledge of application, dilution, frequency, and other ideas to enhance a parenting toolbox.

Location: Foothills Activity Center

9/12 Tu 10:00–11:00 Am No Fee 425418-01

11/9 Th 10:00–11:00 Am No Fee 425418-03

Location: Northside Aztlan Center

9/14 Th 10:00–11:00 Am No Fee 425418-02

Essential Oils for Emotional Support

Feelings, emotions, challenges with behavior, and more are discussed in this hands-on learning environment. Smelling, wearing, and learning about how pure essential oils can transform and support emotional health can be life changing.

Location: Senior Center

10/24 Tu 1:00–2:00 Pm No Fee 425441-01

Location: Foothills Activity Center

11/2 Th 10:00–11:00 Am No Fee 425441-02

Essential Oils for Longevity

Experience many options to support mind, body, and spirit to keep doing what you love. Discuss how essential oils can increase vibratory levels and enhance wellbeing in many ways. This is an opportunity to experience wonderful aromas and energy.

Location: Senior Center

9/6 W 10:00–11:00 Am No Fee 425440-01

11/7 Tu 1:00–2:00 Pm No Fee 425440-02

Everyday Mindfulness

Increased mindful awareness can bring about profound changes in how life is experienced. Learn practical strategies to help reconnect with senses, calm the nervous system, befriend negative thoughts, and relax reactivity. By Larimer County/CSU Extension.

Location: Senior Center

11/14 Tu 9:30–10:30 Am No Fee 425425-01

Guided Meditation with Larry

Meditation with visualization is called guided meditation. Leave feeling energized and relaxed. By Larry Braun, certified meditation practitioner, UCHealth Aspen Club.

Location: Senior Center

9/12–10/17 Tu 2:30–3:15 Pm $25 425447-01

Healing thru Meditation & Spiritual Wisdom

Age gracefully bringing strength to midlife joys and challenges through simple yoga breathing, visualization, positive affirmation and meditation. These techniques help with stress, fatigue, lack of sleep, high blood pressure, and emotional distress. Led by Swamijii Dharmananda.

Location: Senior Center

9/1–9/22 F 10:00–11:30 Am $40 425413-01

10/6–10/27 F 10:00–11:30 Am $40 425413-02

Immune Support 101

Keeping the immune system fed with the right stuff ensures that the body is ready to handle whatever comes its way during this winter. Learn about vitamins and how they support the body. By Natural Grocers Nutritional Health Coach.

Location: Senior Center

11/9 Th 11:00 Am–Noon No Fee 425422-01

Mindful Aging: Meditation & Yoga

Learn tips and tools for cultivating a daily meditative practice. Combine meditation techniques, yoga, and mindfulness training to explore the history behind non-western practices and how they play an important role in healthy aging. By CSU Behavioral Sciences.

Location: Senior Center

11/6 M 1:00–2:00 Pm No Fee 425435-01

Pain Management with Essential Oils

Discussion regarding which essential oils will assist in
pain management.

Location: Senior Center

9/2 Sa 9:00–10:00 Am No Fee 425451-01

Science of Essential Oils

The science behind the use of essential oils and their effectiveness.

Location: Senior Center

10/4 W 6:00–7:00 Pm No Fee 425452-01

Singing Bowls Relaxation

Experience soothing sound vibrations, concert-style, of Himalayan Bowls. Use this ancient Tibetan method for balanced body rhythms, relaxation, and meditation. Bring a mat, small blanket, and a pillow. By Betsy Perna.

Location: Northside Aztlan Center

9/6 W 11:00 Am–Noon $25 425520-01

10/4 W 11:00 Am–Noon $25 425520-02

11/1 W 11:00 Am–Noon $25 425520-03

Ice Skating

Learn to Skate USA

Anyone enrolled in the Learn to Skate program at EPIC is eligible to sign up for membership in the United States Figure Skating (USFS) 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
at learntoskateusa.com and during all Learn to Skate classes.

General Information

Lessons are taught by Certified P.S.A. instructors and are in compliance with United States Figure Skating.

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 30–45 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.

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.

[ Team & Club Contacts]

Adult Hockey

Fort Collins Adult
Hockey Association
fcaha.org

Youth Hockey

Northern Colorado Youth Hockey
ncyh.org

Women’s Hockey

Flames / Phoenix / Comets
wachhockey.com

College Hockey

Colorado State University
csuhockey.com

High School Hockey

High Plains Hockey
highplainshockey.com

Figure Skating Club

Fort Collins Figure Skating Club
fortcollinsfsc.org

Speed Skating

Jondon Speed
jondonspeed.com

Curling

Poudre Valley Curling Club
poudrevalleycurling.com

Curling

Curling Bonspiel

Get out the cowbells, it’s Bonspiel time. EPIC is hosting its first bonspiel, a curling tournament. Register as a team of four or as an individual. Curling league is offered all summer as practice for this event. Participants are guaranteed four games.

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

Teams of Four

9/8–9/10 F–Su 4:00–5:00 Pm $381 310378-01

Individual

9/8–9/10 F–Su 4:00–5:00 Pm $96 310378-02

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: Class will not be held on 10/15, 11/26.

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

9/17–10/29 Su 9:15–10:45 Am $67 410376- 01

11/5–12/17 Su 9:15–10:45 Am $67 410376-02

Corporate Curling – NW

Curling is a fast growing sport and a great team building exercise. No experience required. All equipment provided. Reservations required; call 970.416.2770.

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

8/22–11/28 Tu 1:00–2:30 Pm

Hockey

Adult Hockey 101

For adults who have little or no hockey experience. Learn basic skills, techniques, and rules of the game such as stick handling, passing, shooting, and power skating. Some skating experience and full hockey gear required. Goalies skate free (limit 3 goalies per session).

Age: 18 years & up
Location: Edora Pool Ice Center

8/23–9/27 W 6:45–7:45 Pm $109 410374-01

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

9/9–10/7 Sa 11:15–11:45 Am $44 410308-01

10/21–12/9 Sa 11:15–11:45 Am $61 410308-02

Basic 2 Hockey Skate

Hockey equipment not required. See Basic 2 Skate for more information about skills learned. Prerequisite: Successful completion of Basic 1 or be between the ages of 10–15 years and never skated before.

Age: 5–15 years
Location: Edora Pool Ice Center

9/9–10/7 Sa 10:30–11:00 Am $44 410312-01

10/21–12/9 Sa 10:30–11:00 Am $61 410312-02

Beginner Cub Hockey

Practice is held on Tuesdays; focus is on basic hockey and skating skills. Recreational games are 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 8/31 from 4–6 p.m. at EPIC. Equipment check-in is immediately following last game of the session. Note: Class will not be held on 10/10, 10/12.

Age: 4–8 years
Location: Edora Pool Ice Center

9/5–11/16 Tu,Th 4:15–5:00 Pm $226 410372-01

Power Skating Drop-In – NW

Hockey skaters develop power, agility, and endurance. Program developed by two-time Olympic speed skater, Jondon Trevena. Full hockey gear required.

Age: 9–17 years
Location: Edora Pool Ice Center

8/23–11/29 W 4:00–4:45 Pm $12

Drop-In Hockey – NW

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: Class will not be held on 10/9–10/13, 11/23.

Age: 16 years & up
Location: Edora Pool Ice Center

8/21–11/30 M–F 11:15 Am–12:45 Pm $5

8/24–11/16 Th 1:00–2:30 Pm $5

Stick & Puck Drop-In – NW

Open session. Helmet, gloves, stick, and shin guards required.
Full equipment recommended for younger skaters. Not discountable. No scrimmaging allowed during stick and puck. Rules are posted in each arena. Note: Class will not be held on 10/7, 10/8, 10/14, 10/15, 11/4, 11/5.

Age: All
Location: Edora Pool Ice Center

8/26–11/26 Sa,Su 2:30–3:30 Pm $5

Speed Skating

Speed Skating – NW

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). Program developed by two-time Olympic speed skater, Jondon Trevena. Previous skating experience required. Note: Class will not be held on 10/11.

Age: 7 years & up
Location: Edora Pool Ice Center

Beginner

8/23–11/29 W 5:00–5:30 Pm $8

Intermediate

8/23–11/29 W 5:00–6:00 Pm $15

Adult Ice Skating

Adult Beginning & 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. Note: Class will not be held on 10/12, 11/23.

Age: 16 years & up
Location: Edora Pool Ice Center

8/31–9/21 Th 6:15–6:45 Pm $37 410349-01

9/28–10/26 Th 6:15–6:45 Pm $37 410349-02

11/2–11/30 Th 6:15–6:45 Pm $37 410349-03

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. Note: Class will not be held on 10/12, 11/23.

Age: 16 years & up
Location: Edora Pool Ice Center

8/31–9/21 Th 6:45–7:15 Pm $37 410353-01

9/28–10/26 Th 6:45–7:15 Pm $37 410353-02

11/2–11/30 Th 6:45–7:15 Pm $37 410353-03

Fitness Skate – NW

Intermediate to advanced skaters benefit from this aerobic exercise. 10 or 20 Admission Passes are available. Note: Class will not be held on 9/8, 10/9–10/13, 11/23.

Age: 16 years & up
Location: Edora Pool Ice Center

8/21–11/30 M–F 11:15 Am–1:00 Pm $6

Senior Coffee Club – NW

For older adults interested in social skating. Regular fees apply. Note: Class will not be held on 10/11.

Age: 60 years & up
Location: Edora Pool Ice Center

8/23–11/29 W 9:15–10:45 Am

Youth Ice Skating

Snowplow Sam 1 & 2

Introduction to the ice at a relaxed pace. Learn to sit on the ice and stand up, to march in place, the standing swizzle, dip, to march forward, forward marching with two-foot glide, and be introduced to backward wiggles and rocking horse. Note: Class will not be held on 10/10, 10/12, 11/23.

Age: 4–5 years
Location: Edora Pool Ice Center

8/29–9/21 Tu,Th 4:45–5:15 Pm $67 410302-01

8/29–9/21 Tu,Th 9:30–10:00 Am $67 410302-02

9/9–10/7 Sa 10:30–11:00 Am $44 410302-03

9/26–10/26 Tu,Th 4:45–5:15 Pm $67 410302-04

9/26–10/26 Tu,Th 9:30–10:00 Am $67 410302-05

10/21–12/9 Sa 10:30–11:00 Am $61 410302-06

11/2–11/30 Tu,Th 4:45–5:15 Pm $67 410302-07

11/2–11/30 Tu,Th 9:30–10:00 Am $67 410302-08

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. Note: Class will not be held on 10/10, 10/12, 11/23.

Age: 4–5 years
Location: Edora Pool Ice Center

8/29–9/21 Tu,Th 4:45–5:15 Pm $67 410304-01

8/29–9/21 Tu,Th 9:30–10:00 Am $67 410304-02

9/9–10/7 Sa 10:30–11:00 Am $44 410304-03

9/26–10/26 Tu,Th 4:45–5:15 Pm $67 410304-04

9/26–10/26 Tu,Th 9:30–10:00 Am $67 410304-05

10/21–12/9 Sa 10:30–11:00 Am $61 410304-06

11/2–11/30 Tu,Th 4:45–5:15 Pm $67 410304-07

11/2–11/30 Tu,Th 9:30–10:00 Am $67 410304-08

Basic 1 Skate

For skaters who have never skated before. Learn to sit and stand up, to 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 10/10, 10/12, 11/23.

Age: 5–9 years
Location: Edora Pool Ice Center

8/29–9/21 Tu,Th 4:45–5:15 Pm $67 410306-01

8/29–9/21 Tu,Th 10:00–10:30 Am $67 410306-02

9/9–10/7 Sa 10:30–11:00 Am $44 410306-03

9/11–10/30 M 4:00–4:30 Pm $61 410306-04

9/11–10/30 M 4:30–5:00 Pm $61 410306-05

9/26–10/26 Tu,Th 4:45–5:15 Pm $67 410306-06

9/26–10/26 Tu,Th 10:00–10:30 Am $67 410306-07

10/21–12/9 Sa 10:30–11:00 Am $61 410306-08

11/2–11/30 Tu,Th 4:45–5:15 Pm $67 410306-09

11/2–11/30 Tu,Th 10:00–10:30 Am $67 410306-10

11/6–12/18 M 4:00–4:30 Pm $61 410306-11

11/6–12/18 M 4:30–5:00 Pm $61 410306-12

Basic 2 Skate

Learn forward glides, backward two-foot swizzles, two-foot glide, to turn, snowplow stop, and scooter pushes. Prerequisite: Successful completion of Basic 1 or be between ages 10–15 years and never skated. Note: Class will not be held on 10/10, 10/12, 11/23.

Age: 5–15 years
Location: Edora Pool Ice Center

8/29–9/21 Tu,Th 4:45–5:15 Pm $67 410310-01

8/29–9/21 Tu,Th 10:00–10:30 Am $67 410310-02

9/9–10/7 Sa 10:30–11:00 Am $44 410310-03

9/11–10/30 M 4:00–4:30 Pm $61 410310-04

9/11–10/30 M 4:30–5:00 Pm $61 410310-05

9/26–10/26 Tu,Th 4:45–5:15 Pm $67 410310-06

9/26–10/26 Tu,Th 10:00–10:30 Am $67 410310-07

10/21–12/9 Sa 10:30–11:00 Am $61 410310-08

11/2–11/30 Tu,Th 4:45–5:15 Pm $67 410310-09

11/2–11/30 Tu,Th 10:00–10:30 Am $67 410310-10

11/6–12/18 M 4:00–4:30 Pm $61 410310-11

11/6–12/18 M 4:30–5:00 Pm $61 410310-12

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. Note: Class will not be held on 10/10, 10/12, 11/23.

Age: 5–15 years
Location: Edora Pool Ice Center

8/29–9/21 Tu,Th 4:45–5:15 Pm $67 410314-01

8/29–9/21 Tu,Th 10:30–11:00 Am $67 410314-02

9/9–10/7 Sa 11:15–11:45 Am $44 410314-03

9/26–10/26 Tu,Th 4:45–5:15 Pm $67 410314-04

9/26–10/26 Tu,Th 10:30–11:00 Am $67 410314-05

10/21–12/9 Sa 11:15–11:45 Am $61 410314-06

11/2–11/30 Tu,Th 4:45–5:15 Pm $67 410314-07

11/2–11/30 Tu,Th 10:30–11:00 Am $67 410314-08

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. Note: Class will not be held on 10/10, 10/12, 11/23.

Age: 5–15 years
Location: Edora Pool Ice Center

8/29–9/21 Tu,Th 4:45–5:15 Pm $67 410316-01

8/29–9/21 Tu,Th 10:30–11:00 Am $67 410316-02

9/9–10/7 Sa 10:30–11:00 Am $44 410316-03

9/26–10/26 Tu,Th 4:45–5:15 Pm $67 410316-04

9/26–10/26 Tu,Th 10:30–11:00 Am $67 410316-05

10/21–12/9 Sa 10:30–11:00 Am $61 410316-06

11/2–11/30 Tu,Th 4:45–5:15 Pm $67 410316-07

11/2–11/30 Tu,Th 10:30–11:00 Am $67 410316-08

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 completion of Basic 4. Note: Class will not be held on 10/10, 10/12, 11/23.

Age: 5–15 years
Location: Edora Pool Ice Center

8/29–9/21 Tu,Th 5:30–6:00 Pm $67 410318-01

9/9–10/7 Sa 11:15–11:45 Am $44 410318-02

9/26–10/26 Tu,Th 5:30–6:00 Pm $67 410318-03

10/21–12/9 Sa 11:15–11:45 Am $61 410318-04

11/2–11/30 Tu,Th 5:30–6:00 Pm $67 410318-05

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. Note: Class will not be held on 10/10, 10/12, 11/23.

Age: 5–15 years
Location: Edora Pool Ice Center

8/29–9/21 Tu,Th 5:30–6:00 Pm $67 410322-01

9/9–10/7 Sa 11:15–11:45 Am $44 410322-02

9/26–10/26 Tu,Th 5:30–6:00 Pm $67 410322-03

10/21–12/9 Sa 11:15–11:45 Am $61 410322-04

11/2–11/30 Tu,Th 5:30–6:00 Pm $67 410322-05

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: Successful completion of Basic 6. Note: Class will not be held on 10/10, 10/12, 11/23.

Age: 5–15 years
Location: Edora Pool Ice Center

8/29–9/21 Tu,Th 5:15–6:00 Pm $109 410326-01

9/9–10/7 Sa 9:30–10:15 Am $69 410326-02

9/26–10/26 Tu,Th 5:15–6:00 Pm $109 410326-03

10/21–12/9 Sa 9:30–10:15 Am $96 410326-04

11/2–11/30 Tu,Th 5:15–6:00 Pm $109 410326-05

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. Note: Class will not be held on 10/10, 10/12, 11/23.

Age: 5–15 years
Location: Edora Pool Ice Center

8/29–9/21 Tu,Th 5:15–6:00 Pm $109 410332-01

9/9–10/7 Sa 9:30–10:15 Am $69 410332-02

9/26–10/26 Tu,Th 5:15–6:00 Pm $109 410332-03

10/21–12/9 Sa 9:30–10:15 Am $96 410332-04

11/2–11/30 Tu,Th 5:15–6:00 Pm $109 410332-05

Free Skate 3 & 4

Focus on spins, jumps, and moves (15 minutes each). For a detailed description of skills, see the Learn-to-Skate bulletin board at EPIC. Note: Class will not be held on 10/10, 10/12, 11/23.

Age: 5–15 years
Location: Edora Pool Ice Center

8/29–9/21 Tu,Th 5:15–6:00 Pm $109 410334-01

9/9–10/7 Sa 9:30–10:15 Am $69 410334-02

9/26–10/26 Tu,Th 5:15–6:00 Pm $109 410334-03

10/21–12/9 Sa 9:30–10:15 Am $96 410334-04

11/2–11/30 Tu,Th 5:15–6:00 Pm $109 410334-05

Free Skate 5 & 6

Focus on spins, jumps, and moves (15 minutes each). For a detailed description of skills, see the Learn-to-Skate bulletin board. Note: Class will not be held on 10/10, 10/12, 11/23.

Age: 5–15 years
Location: Edora Pool Ice Center

8/29–9/21 Tu,Th 5:15–6:00 Pm $109 410336-01

9/9–10/7 Sa 9:30–10:15 Am $69 410336-02

9/26–10/26 Tu,Th 5:15–6:00 Pm $109 410336-03

10/21–12/9 Sa 9:30–10:15 Am $96 410336-04

11/2–11/30 Tu,Th 5:15–6:00 Pm $109 410336-05

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. Note: Class will not be held on 10/10, 10/12, 11/23.

Age: 5–15 years
Location: Edora Pool Ice Center

8/29–9/19 Tu 6:15–6:45 Pm $37 410330-01

9/26–10/24 Tu 6:15–6:45 Pm $37 410330-02

11/7–11/28 Tu 6:15–6:45 Pm $37 410330-03

Outdoor Recreation

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 upon successful completion of the class. Book included.

Age: 14 years & up
Location: Senior Center

9/16 Sa 9:00 Am–5:00 Pm $78 407441-01

10/14 Sa 9:00 Am–5:00 Pm $78 407441-02

11/4 Sa 9:00 Am–5:00 Pm $78 407441-03

CPR Professional

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

Age: 16 years & up
Location: Senior Center

9/6 W 5:30–9:30 Pm $78 407442-01

10/11 W 5:30–9:30 Pm $78 407442-02

11/8 W 5:30–9:30 Pm $78 407442-03

Wilderness First Aid

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

Age: 18 years & up
Location: Senior Center

10/24–10/26 Tu,Th 5:30–9:30 Pm $156 407443-01

10/28 Sa 9:00 Am–5:00 Pm

Snow Sports Pre-Season Kickoff

Meet other snow sport enthusiasts over refreshments at this pre-season gathering. Cross-country skiers, downhill skiers, snowboarders, and snowshoers welcome. Door prizes awarded.

Age: 18 years & up
Location: Senior Center

11/30 Th 6:00 Pm–8:00 Pm No Fee 411910-01

[ Excursions ]

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

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 to high physical activity. Bring your own equipment, water, and food. Cost includes transportation and guide.

Member pricing available for activities listing an . Member price is 15% off after deducting the $1 program fee.

Trips leave from the Senior Center unless otherwise noted.

For information about Outdoor Recreation’s new extended travel plans, see page 97.

[ Hiking Trips ]

Designed for adults ages 50 years & up who enjoy a good physical challenge, but can also accommodate a range of paces. Ages 18 years & up also welcome. Please note difficulty level, mileage (roundtrip), elevation change, and time as they differ for each hike.

Turkey Roost

Great views of the Livermore Foothills. Note: Easy; mileage: 3 miles; lowest elevation: 6950 ft.; highest elevation: 7734 ft.

9/7 Th 8:00 Am–4:30 Pm $31 411901-01

Odessa Lake

Outstanding lake views and fall aspens from Bear Lake. Note: Strenuous; mileage: 9 miles; lowest elevation: 8165 ft.; highest
elevation: 10030 ft.

9/15 F 8:00 Am–4:30 Pm $31 411901-02

LuLu City

Follows a gentle grade to the site of the old 1880s gold mining camp. Note: Moderate; mileage: 7 miles; lowest elevation: 9050 ft.; highest elevation: 9100 ft.

9/22 F 8:00 Am–4:30 Pm $31 411901-03

Trap Park

Expansive views of Neota Wilderness; a popular moose area. Note: Moderate; mileage: 6 miles; lowest elevation: 10000 ft.; highest elevation: 10500 ft.

10/5 Th 8:00 Am–4:00 Pm $31 411901-04

Crown Point

Grand vistas of the Northern Front Range. Note: Moderate/
strenuous; mileage: 6 miles; lowest elevation: 10500 ft.; highest elevation: 11400 ft.

10/13 F 8:00 Am–4:30 Pm $31 411901-05

Lower Ute Trail

Hiking through large meadows, mixed forests, and potential rich wildlife. Note: Moderate; mileage: 5 miles; lowest elevation: 8440 ft.; highest elevation: 9245 ft.

10/17 Tu 8:00 Am–4:30 Pm $31 411901-06

Roaring Creek

Great upper canyon views and fall colors. Note: Moderate; mileage: 6 miles; lowest elevation: 7750 ft.; highest elevation: 9500 ft.

10/26 Th 7:30 Am–4:30 Pm $31 411901-07

Ouzel Falls

Visit three different waterfalls along this trail ending with the 40 ft. Ouzel Falls. Note: Moderate; mileage: 5.4 miles; lowest elevation: 8500 ft.; highest elevation: 9790 ft.

11/2 Th 8:00 Am–4:30 Pm $31 411901-08

West Creek Falls

Diverse forests, good wildlife viewing, lighter crowds, and granite chute falls. Note: Easy; mileage: 5 miles; lowest elevation: 7855 ft.; highest elevation: 8160 ft.

11/8 W 8:00 Am–4:30 Pm $31 411901-09

Lake Agnes

Spectacular views of Nokhu Crags. Note: Moderate; mileage: 2 miles; lowest elevation: 10250 ft.; highest elevation: 10663 ft.

11/14 Tu 8:00 Am–4:30 Pm $31 411901-10

Cub Lake

Vibrant autumn colors; popular for elk. Note: Moderate; mileage: 5 miles; lowest elevation: 8121 ft.; highest elevation: 8624 ft.

11/28 Tu 8:00 Am–4:30 Pm $31 411901-11

Leisure Hikes

Designed for adults ages 50 years & up who enjoy getting outdoors and prefer a more leisurely paced outing with less technical hiking. Ages 18 years & up also welcome.

Lost Lake

Winds through trees and old timber cuts with great views to the west. Note: Mileage: 3 miles; 300 ft. elevation gain.

9/26 Tu 8:00 Am–4:30 Pm $31 411903-01

Lower Gem Lake

1.8 billion-year-old granite sculpted by wind and erosion leaving behind beautiful pillars, potholes, and balanced rocks. Note: Mileage: 2 miles; elevation gain: 200 ft.

11/21 Tu 8:00 Am–4:30 Pm $31 411903-02

Youth Programming

Archery

A skillful sport requiring balance, poise, accuracy, vision, timing, and action. Through this indoor class, learn basic techniques and how to be safe.

Age: 8–16 years
Location: Rocky Mtn. Archery, 4518 Innovation Dr.

10/12–10/19 Th 4:30–5:30 Pm $31 415941-01

11/9–11/16 Th 4:30–5:30 Pm $31 415941-02

12/7–12/14 Th 4:30–5:30 Pm $31 415941-03

Survival in the Woods

Sharpen and challenge the outdoor skills gained in the wilderness through this scenario topic. Up to 8 miles of hiking at an elevation of 5,600 ft.–10,500 ft.

Age: 10–15 years
Location: Northside Aztlan Center

10/7 Sa 8:30 Am–2:30 Pm $35 415540-01

Wilderness Explorer

Explore the wilderness and learn additional skills needed to be on the trail each day. Up to 5 miles of hiking at an elevation of 5,600 ft.–6,500 ft. Note: No experience necessary.

Age: 10–15 years
Location: Northside Aztlan Center

Navigation and Shelter

9/23 Sa 8:30 Am–2:30 Pm $35 415531-01

Water and Fire

9/30 Sa 8:30 Am–2:30 Pm $35 415531-02

Special Events

Curling Bonspiel

Get out the cowbells, it’s Bonspiel time. EPIC is hosting its first bonspiel, a curling tournament. Register as a team of four or as an individual. Curling league is offered all summer as practice for this event. Participants are guaranteed four games.

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

Teams of Four

9/8–9/10 F–Su 4:00–5:00 Pm $381 310378-01

Individual

9/8–9/10 F–Su 4:00–5:00 Pm $96 310378-02

Grandparents Day – NW

Grandparents Day is a time for Grandparents to celebrate the special bond with the children in their lives. Join together at the Senior Center for games in the gym, swimming in the pool, and entertainment in the backyard. Light refreshments available. Note: Tickets available in advance at the Senior Center or by calling 970.221.6358.

Age: All
Location: Senior Center

9/10 Su 9:00 Am–Noon
$5: No Fee for ages
50 years & up

Line Dance Extravaganza

Kick up your heals and learn moves from professional dance instructors. Routines vary from the classics to new and trending. All levels welcome. Note: Step sheets and BBQ lunch included. Please note dietary restrictions when registering.

Age: 18 years & up
Location: Senior Center

9/23 Sa 10:00 Am–3:00 Pm $31 406438-01

Club 45

Fun, safe, and supervised, this night out includes gym play, electronic game play, karaoke, art and crafts, games, contests, and prizes. Note: Pre-register for $10. Admission is $15 at the door. Space is limited.

Grade: 4–5
Location: Foothills Activity Center

9/23 Sa 6:00–9:00 Pm $10 418789-01

11/18 Sa 6:00–9:00 Pm $10 418789-02

12/16 Sa 6:00–9:00 Pm $10 418789-03

Pumpkin Patch – NW

Get into the season and come to The Farm for yet another reason. Pumpkins are sold by the pound; head to the barn where they can be found. Note: Pumpkins are sold during open hours at The Farm. However, groups are welcome to reserve a time any day to purchase pumpkins. The Pumpkin Patch will not be open 10/28, 10/29, 10/30.

Age: All
Location: The Farm

10/4–10/22 W–Su 10:00 Am–5:00 Pm No Fee

Treatsylvania – NW

Take a stroll through this unique Halloween event at The Farm. Trick-or-treating, hayrides, and treats for all. Tickets must be purchased in advance. Children must be accompanied by an adult; no charge for adults. Note: Tickets can be purchased at The Farm, Northside Aztlan Community Center, EPIC, and Foothills Activity Center. In case of cancellation, the alternative event date is 10/30 from 6–8 p.m.

Age: 0–10 years
Location: The Farm

10/27 F 6:00–7:30 Pm $5

10/28 Sa 6:00–8:00 Pm $5

10/29 Su 1:00–3:00 Pm $5

10/29 Su 5:00–6:30 Pm $5

Bow Wowvania – NW

Bring costumed canine friends to The Farm for this special Halloween event. Dogs trick-or-treat, take advantage of photo opportunities, and leave with a treat bag just for them. All dogs must be on a leash. Multiple humans may attend with each dog. Tickets available at The Farm beginning 10/4.

Age: All
Location: The Farm

10/28 Sa Noon–1:30 Pm $5

Hogwarts Halloween

Witches and Wizards, join for a night of Harry Potter fun. Play Quidditch, drink some Butter Beer, create potions and charms, and walk through haunted hallways. Don’t forget to wear your wizard robes. Note: Only adults accompanying children may attend.

Grade: Kindergarten–8
Location: Northside Aztlan Center

Children

10/28 Sa 6:00–9:00 Pm $15 416502-01

Adults

10/28 Sa 6:00–9:00 Pm $5 416502-02

Veterans Day Breakfast – NW

The Fort Collins Golden K Kiwanis Club and the Fort Collins
Senior Center invite the community to share a morning of food,
song, and patriotism. This annual tradition honors and celebrates those who served.

Age: All
Location: Senior Center

11/11 Sa 7:00–10:00 Am No Fee

Holiday Artisan Market – NW

The premier craft fair in Northern Colorado. A Fort Collins tradition, with thousands of shoppers in attendance. Approximately 100 artisans and crafters share their handmade creations.

Age: All
Location: Senior Center

11/24–11/25 F,Sa 10:00 Am–4:00 Pm No Fee

Sports

Adult Sports

[ Basketball]

Fall Adult Basketball

Gather up your co-workers and friends. Teams sign up for their level/playing preference on a first come basis. Registration ends 8/25 or when leagues fill. Rosters are unlimited. Ages 16–17 years need parent signature on roster prior to participation.

Age: 16 years & up Location: Northside Aztlan Center
Cost: $449 Date: 9/8–10/30

Men’s
Mon Competitive 413501-01

Men’s
Mon Recreational 413501-02

Coed
Fri Recreational 413501-03

[ Flag Football]

Fall Adult Flag Football

Leagues are 8-on-8 non-contact. Registration ends 8/11 or when leagues fill; 8 games scheduled, 8 games guaranteed. Ages 16–17 years need parent signature on roster prior to participation. Note: Class will not be held on 9/4.

Age: 16 years & up. Location: Rolland Moore Park
Cost: $435 Date: 8/21–10/23

Mon Recreational 413011-01

Tues Recreational 413011-02

Thursday Women’s 413011-03

Adult Indoor Flag Football

Indoor leagues are 8-on-8 non-contact. Games played Sunday mornings between 8 a.m.–noon. Registration ends 10/27 or when leagues fill; 6 games scheduled, 6 games guaranteed. Note: Class will not be held on 11/26.

Age: 16 years & up
Location: The Edge, 4450 Denrose Ct.

11/5–12/17 Su 9:30 Am–Noon $450 413912-01

[ Kickball]

Fall Adult Coed Kickball

Form a team and play a game invented on the playground. Registration ends 8/11 or when leagues fill; 8 games scheduled. Rosters are unlimited. Ages 16–17 years need parent signature on roster prior to participation. Note: Class will not be held on 9/1.

Age: 16 years & up Location: Rolland Moore Park
Cost: $260 Date: 8/25–10/27

Friday Competitive 413061-01

Friday Recreational 413061-02

Rattle Snake Rumble, Adult Kickball

Get a team together and play in this double-elimination, one day tournament. This is the last chance to play before the season ends. Registration begins 10/2, ends 10/23 or when leagues fill.

Age: 16 years & up
Location: Spring Canyon Park

10/28 Sa 8:00 Am–6:00 Pm $141 413062-01

[ Softball]

Fall Adult Softball

Opportunity to continue playing softball after the summer leagues end. Registration ends 8/11 or when leagues fill; 8 games scheduled, 8 games guaranteed. Note: Class will not be held on 9/1, 9/3, 9/4.

Age: 16 years & up Location: TBA
Cost: $486 Date: 8/19–10/31

Men’s Softball

Sunday IV 413021-01

Monday III 413021-02

Monday IV 413021-03

Tuesday III 413021-04

Tuesday IV 413021-05

Wednesday III 413021-06

Wednesday IV 413021-07

Thursday III 413021-08

Friday Unlimited HR 413021-09

Friday IV 413021-10

Women’s Softball
Tuesday IV 413022-01

Coed Softball

Sun Coed Comp 413023-01

Sun Coed Rec 413023-02

Tues Coed Rec 413023-04

Wed Coed Comp 413023-05

Wed Coed Rec 413023-06

Thurs Coed Comp 413023-07

Thurs Coed Rec 413023-08

[ Pickleball]

Pickleball League, Women’s Intermediate

Women’s Doubles Pickleball teams of various skill levels play matches against teams with similar skills each week for the duration of the league. Teams compete in pool play with the opportunity to move up or down brackets according to results.

Age: 16 years & up
Location: Senior Center

9/12–11/14 Tu 5:00–9:00 Pm $73 413992-01

Pickleball, Beginner Lessons

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.

Location: Senior Center

9/5–9/26 Tu 9:45–11:00 Am $21 409478-01

10/3–10/24 Tu 9:45–11:00 Am $21 409478-02

11/7–11/28 Tu 9:45–11:00 Am $21 409478-03

Pickleball League, Adult Mixed Doubles

Mixed Doubles Pickleball teams of various skill levels. Play matches against teams with similar skills each week for the duration of the league. Teams compete in pool play with the opportunity to move up or down brackets according to results. Leagues begin the week of 12/4. Note: Class will not be held on 12/26, 1/2.

Age: 16 years & up
Location: Senior Center

Beginner

12/5–1/30 Tu 5:00–9:00 Pm $73 413993-01

Intermediate/Advanced

12/5–1/30 Tu 5:00–9:00 Pm $73 413993-02

[ Volleyball]

Teams sign up for their level of play and night preference
on a first come basis. Levels A = Competitive, BB = Intermediate,
B = Recreational.

Fall Adult Volleyball

Coed and women’s leagues are offered for 6-person teams. Registration ends 8/11 or when leagues fill; 8 games scheduled. Rosters
are unlimited. Ages 16–17 years need parent signature on roster prior to participation.

Age: 16 years & up Location: Northside Aztlan Community Center
Cost: $281 Date: 8/28–10/24

Women’s Volleyball

Sun B 413542-03

Wed A 413542-01

Wed BB 413542-02

Coed Volleyball

Mon BB 413543-01

Mon B 413543-02

Tues A 413543-03

Tues BB 413543-04

Fri B 413543-05

Adult Volleyball Tournament

Coed and women’s tournaments are offered for 6-person teams. Pool play format ending in a seeded, single elimination tournament. Registration begins 8/3, ends 10/2.

Age: 16 years & up Location: Northside Aztlan Center
Dates: 11/6–12/20 Cost: $145

Coed

Monday B 413544-01

Tuesday A 413544-02

Tuesday Coed BB 413544-03

Women’s

Wednesday A 413544-04

Wednesday BB 413544-05

[ 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. Note: Class will not be held on 9/4, 11/22.

Age: 7 years & up
Location: Club Tico

8/28–9/27 M,W 6:00–7:00 Pm $50.50 422122-01

10/2–11/1 M,W 6:00–7:00 Pm $56.00 422122-02

11/6–12/6 M,W 6:00–7:00 Pm $50.50 422122-03

Shotokan Karate, Intermediate

The intermediate level has numerous physical and mental benefits: enhanced physical condition, increased stamina and coordination, increased confidence, self-esteem, discipline, and concentration. Learn intermediate techniques and forms before moving forward to the advanced level. Note: Class will not be held on 9/4,11/22.

Age: 7 years & up
Location: Club Tico

8/28–9/27 M,W 6:00–7:00 Pm $50.50 422123-01

10/2–11/1 M,W 6:00–7:00 Pm $56.00 422123-02

11/6–12/6 M,W 6:00–7:00 Pm $50.50 422123-03

Shotokan Karate, Advanced

Fast paced introduction to more advanced karate techniques. Achieve a higher level of skill for self-defense with new concepts. Previously introduced concepts are also reinforced. Note: Class will not be held on 9/4, 11/22.

Age: 7 years & up
Location: Club Tico

8/28–9/27 M,W 7:00–8:00 Pm $50.50 422124-01

10/2–11/1 M,W 7:00–8:00 Pm $56.00 422124-02

11/6–12/6 M,W 7:00–8:00 Pm $50.50 422124-03

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.

For Pro Shop hours, visit lewistennis.com or call 970.493.7000.

Registration

For full program information, court availability, and to register for programs, visit Lewistennis.com or call 970.493.7000. Discounts are available for additional family members.

Programs

Programs are offered at Rolland Moore Racquet Complex and Fossil Creek Park.

[ Adult Tennis]

Session Dates for All Classes

8/21–9/16 Session 1
9/18–10/14 Session 2
10/16–11/11 Session 3
11/13–12/9 Session 4

Beginner Lessons

Whether you have never played or are getting back into the
game after a long hiatus, learn and develop the fundamentals to really enjoy the game. Learn the correct way to hit forehands, backhands, volleys, overheads, and serves, as well as the basic
rules and strategies.

Age: 18 years & up

M, W 6:00–7:30 Pm

Intermediate Lessons

Learn the “Modern Game” of tennis and refine skills by experiencing techniques that are used by the pros. Develop 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

League Coaching

Get ready for the USA Tennis Leagues. Professional coaching improves team 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 ball machines to work on that pesky backhand.

Thursday Round Robins

Round Robins are every Thursday from 6–7:30 p.m. Meet new players and compete in a fun format. All levels welcome.

[ Youth Tennis]

Session Dates for All Classes

8/21–9/16 Session 1
9/18–10/14 Session 2
10/16–11/11 Session 3
11/13–12/9 Session 4

10 Years & Under

Exciting play format for those learning tennis. Designed to bring kids into the game by utilizing specialized equipment, shorter court dimensions, and modified scoring, all tailored to age and size.

Little Lobber

Age: 4–6 years

Sa 10:00–10:45 AM

Sa 10:00–10:45 AM

Sa 10:00–10:45 AM

Future Star

Age: 7–8 years

M, W 4:30 – 6:00 Pm

Sa 11:00 Am–12:30 Pm

Aces

Age: 9–10 years

M, W 4:30–6:00 Pm

Sa 11:00 Am–12:30 Pm

Fall Junior Team Tennis

Fort Collins has one of the largest middle school leagues in the
U.S. Our middle schools only allow 7th & 8th grades to participate in the league. The Fall Junior Team Tennis program fills the gap and allows 6th graders to compete, along with an opportunity for younger players.

Learn the game, improve skills, and compete. Four week clinics; matches on Saturdays. Beginners welcome. Registration deadline
is 8/29.

Age: 10–14 years

9/1–23 F,Sa 4:00–6:00 Pm $84

[ Middle School]

Just starting the game or a seasoned competitor? Middle School players develop their games to effectively compete on middle and high school teams or just enjoy the benefits of this great lifetime sport.

Challenger, New Player

Age: 11–13 years

Tu, Th 4:00–6:00 Pm

Sa 1:00–3:00 Pm

Competitive, Intermediate–Advanced

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, Intermediate–Advanced

Age: 14–18 years

Tu, Th 4:00–6:00 Pm

Sa 1:00–3:00 Pm

Performance Training

For the devoted junior player who has already developed a solid foundation of the game and has shown a high level of commitment. Players typically have goals of state and sectional rankings, high school varsity play, and college scholarships. Players must be accepted by a Pro.

Age: 12–18 years

M,Tu,W,Th 4:00–6:00 Pm
Su 3:00–5:00 Pm

Homeschool Classes

Held at flexible times during the day. Call to arrange a homeschool class for your children.

After-School Enrichment

Held after school in the gymnasiums of local elementary schools. Check with your school for details.

Fall Junior Tournaments

USTA sanctioned junior tournaments are offered for novice, intermediate, and advanced players.

Age: 7–18 years

9/23 Pumpkin Championship

9/30 Autumn Challenger

10/7 October Fest Championship

Youth Sports

General Information

Registration closes approximately two weeks prior to the listed start date of the program.

Teams are split up by the sports staff at random, not by special requests or registration date.

Special requests will no longer be taken.

For youth sports leagues, coaches meetings are scheduled 1–2 weeks before the program start date. Coaches will reach out directly to their teams to establish practice dates and times after that meeting.

Game schedules are posted one week prior to the first game. Schedules can be found at teamsideline.com/fortcollins.

[ Basketball ]

Boys Jr. Nuggets Basketball

Develop team play with participation, fun, skills, and sportsmanship. Junior Nuggets jersey and two Nuggets tickets to pre-selected games included. Note: Class will not be held on 11/24.

Cost: $84
Dates: 10/23–12/16

Grade: Kindergarten–1
Foothills Activity Center 414906-15
Northside Aztlan Center 414906-01

Grade: 2–3

Bacon 414907-01

Bauder 414907-03

Beattie 414907-05

Bennett 414907-07

Bethke 414907-09

CLP 414907-11

Dunn 414907-13

Eyestone 414907-15

Harris 414907-17

Irish 414907-19

Johnson 414907-21

Kruse 414907-20

Laurel 414907-25

Liberty Common 414907-60

Linton 414907-27

Lopez 414907-29

McGraw 414907-31

O’dea 414907-33

Olander 414907-35

Putnam 414907-37

Rice 414907-39

Riffenburgh 414907-41

Shepardson 414907-43

Tavelli 414907-45

Timnath 414907-47

Traut 414907-49

Werner 414907-51

Zach 414907-53

Grade: 4–5

Bacon 414908-01

Bauder 414908-03

Beattie 414908-05

Bennett 414908-06

Bethke 414908-09

CLP 414908-11

Dunn 414908-13

Eyestone 414908-15

Harris 414908-17

Irish 414908-19

Johnson 414908-20

Kruse 414908-22

Laurel 414908-25

Linton 414908-27

Lopez 414908-29

McGraw 414908-31

O’dea 414908-33

Olander 414908-35

Putnam 414908-37

Rice 414908-39

Riffenburgh 414908-41

Shepardson 414908-43

Tavelli 414908-45

Timnath 414908-47

Traut 414908-49

Werner 414908-51

Zach 414908-53

Boys Middle School Basketball

Develop a sense of team play where participation, fun, skills, and sportsmanship are stressed; winning is secondary. T-shirt jerseys are provided at practices. Note: Class will not be held on 11/20.

Cost: $84
Dates: 10/23–12/16

Grade: 6

Blevins 414909-01

Boltz 414909-05

CLP 414909-10

Kinard 414909-15

Lesher 414909-20

Lincoln 414909-25

Preston 414909-30

Webber 414909-35

Wellington 414909-40

Grade: 7–8

Blevins 414910-01

Boltz 414910-05

CLP 414910-10

Kinard 414910-15

Lesher 414910-20

Preston 414910-25

Webber 414910-35

Wellington 414910-40

Sport Specialization Training, Basketball

Budding star athletes can train for the upcoming season with small group training sessions taught by high school coaches and former collegiate players. Further progress with these three 45-minute small group (4–10 people) skill sessions.

Cost: $50
Dates: Mondays, 10/9–10/23

Age: 8–10 years 414979-04

Age: 11–13 years 414979-06

Age: 14–16 years 414979-07

Age: 17–18 years 414979-08

Girl’s Jr. Nuggets Basketball

Develop team play with participation, fun, skills, and sportsmanship. Junior Nuggets jersey and two Nuggets tickets to pre-selected games included.

Cost: $84
Dates: 1/8–2/17

Grade: Kindergarten–1
Foothills Activity Center 114906-07
Northside Aztlan Center 114906-06

Grade: 2–3

Bacon 114907-01

Bauder 114907-03

Beattie 114907-05

Bennett 114907-07

Bethke 114907-09

CLP 114907-11

Dunn 114907-13

Eyestone 114907-15

Harris 114907-17

Irish 114907-19

Johnson 114907-21

Kruse 114907-23

Laurel 114907-25

Linton 114907-27

Lopez 114907-29

McGraw 114907-31

Olander 114907-35

Putnam 114907-37

Rice 114907-39

Riffenburgh 114907-41

Shepardson 114907-43

Tavelli 114907-45

Liberty Common 114907-26

Timnath 114907-47

Traut 114907-49

Werner 114907-51

Zach 114907-53

Grade: 4–5

Bacon 114908-01

Bauder 114908-03

Beattie 114908-05

Bennett 114908-07

Bethke 114908-09

CLP 114908-11

Dunn 114908-13

Eyestone 114908-15

Harris 114908-17

Irish 114908-19

Johnson 114908-21

Kruse 114908-23

Laurel 114908-25

Linton 114908-27

Lopez 114908-29

McGraw 114908-31

O’dea 114908-33

Olander 114908-35

Putnam 114908-37

Rice 114908-39

Riffenburg 114908-41

Shepardson 114908-43

Tavelli 114908-45

Liberty Common 114908-26

Timnath 114908-47

Traut 114908-49

Werner 114908-51

Zach 114908-53

Girls Middle School Basketball

Develop a sense of team play where participation, fun, skills, and sportsmanship are stressed; winning is secondary. Teams are formed by school attended. Teams are randomly formed in the sports office and not by when the players are registered. T-shirt jerseys are provided at practices. Special requests are no longer taken. Note: Class will not be held on 11/20.

Cost: $84
Dates: 1/8–2/17

Grade: 6–8

Blevins 114909-01

Boltz 114909-03

CLP 114909-05

Kinard 114909-07

Lesher 114909-09

Lincoln 114909-11

Preston 114909-12

Webber 114909-15

Wellington 114909-17

[ Football]

NFL FLAG Football

Learn the fundamentals of football, teamwork, and sportsmanship through non-contact, continuous action. Emphasis is on equal participation; winning is secondary. Practices are held twice per week with games on Saturday mornings. 6 games, plus tournament. Official NFL FLAG jersey included.

Cost: $84
Date: 9/9–10/21

Grade Kindergarten–1

City Park 414010-01

Edora Park 414010-04

Fossil Creek Park 414010-07

Rolland Moore Park 414010-12

Spring Canyon Park 414010-15

Troutman Park 414010-18

Warren Park 414010-20

Windsor Park 414010-23

Grade 2–3

City Park 414011-01

Edora Park 414011-03

English Ranch Park 414011-05

Fossil Creek Park 414011-07

Greenbriar Park 414011-11

Harmony Park 414011-13

Spring Canyon Park 414011-15

Troutman Park 414011-17

Warren Park 414011-19

Windsor Park 414011-21

Grade 4–5

Blevins Park 414012-25

City Park 414012-01

Edora Park 414012-03

Fossil Creek Park 414012-05

Greenbriar Park 414012-07

Harmony Park 414012-09

Rolland Moore Park 414012-12

Spring Canyon Park 414012-15

Troutman Park 414012-17

Warren Park 414012-19

Grade 6–8

City Park 414013-01

English Ranch Park 414013-03

Fossil Creek Park 414013-05

Greenbriar Park 414013-07

Rolland Moore Park 414013-09

Spring Canyon Park 414013-11

Fall Youth Tackle Football – NW
New Registration Process

All Tackle football registration is in person only at the facilities listed below. Participant must be present to weigh in.

Practices are held 2–3 times per week with games on Saturday mornings or week nights. 8 games scheduled. Teams formed by weight. Practice at an assigned park. Mouthpieces required; tackle equipment provided. Player must be present.

Cost: $121
Dates: 8/28–10/28

Registration locations:

Foothills Activity Center: 241 E. Foothills Parkway
Northside Aztlan Community Center: 112 E. Willow Street

Equipment handout:

Age: All
Location: Club Tico, City Park

8/11 F 5:00–7:00 Pm

8/12 Sa 10:30 Am–12:30 Pm

8/14 M 5:00–6:30 Pm

8/15 Tu 5:00–6:30 Pm

Grade 3–4

City Park

Greenbriar Park

Spring Canyon Park

Stew Case Park

Grade 5

City Park

Greenbriar

Spring Canyon Park

Stew Case Park

Grade 6

Blevins

Boltz

CLP

Kinard

Lesher

Lincoln

Preston

Webber

Wellington

Indoor Tackle Football League

6-Man tackle football league. Teams are formed on the first night to create teams of equal size and ability. All weights/grades compete in the same program. All tackle football equipment is provided. One practice/one game day per week; days TBD. Prerequisite: Previously taken Fall Tackle Football.

Grade: 3–6 Location: The Edge, 4450 Denrose Ct.
Date: 11/2–12/7 Cost: $145

Grade: 3–4 414913-01
Grade: 5–6 414913-10

[ Cheerleading]

TCDC FC Cheer Squad

Enjoy a high energy community cheer program. Learn dances, arm motions, jumps, cheer chants, tumbling, and stunts. Perform in-house or out in the community each session. Classes are taught by The Cheer and Dance Connection staff. Note: $15 shirt for uniform required. Class will not be held on 10/31.

Location: Foothills Activity Center

Age: 5–8 years

10/3–11/14 Tu 5:00–6:05 Pm $79 414736-03

11/21–12/19 Tu 5:00–6:05 Pm $79 414736-05

Age: 8–14 years

10/3–11/14 Tu 6:10–7:20 Pm $79 414736-04

11/21–12/19 Tu 6:10–7:20 Pm $79 414736-06

TCDC Tumbling for Cheer

Polish cheerleading tumbling skills from cartwheels and running passes, to handstands, bridges, back walkovers, and back handsprings. Note: Class will not be held on 10/31.

Age: 5–14 years
Location: Foothills Activity Center

8/22–9/26 Tu 4:15–5:00 Pm $73 414738-01

10/3–11/14 Tu 4:15–5:00 Pm $73 414738-02

11/21–12/19 Tu 4:15–5:00 Pm $73 414738-03

[ Running]

C.A.R.A. Fall Cross Country

Recreational cross country program. Practices are held twice
per week in various parks around Fort Collins. Meets are held
in Front Range cities. Fee includes team shirt and fees for cross country meets.

Age: 6–14 years
Location: City Park

8/28–10/7 M,W,Sa 5:30–6:45 Pm $64 414033-01

[ Wrestling]

Wrestling Camp

Learn the fundamentals and skills of wrestling. Designed for the beginner wrestler. Wrestling techniques and conditioning are taught.

Grade: 1–8 Date: 12/9
Cost: $25

Location: Foothills Activity Center
Grade 1–5 414952-02

Location: Blevins Middle School
Grade 6–8 414952-03

Wrestling

Learn the fundamentals and skills of wrestling and compete in interschool dual meets. Designed for the beginner, as well as the experienced wrestler. Wrestling techniques and conditioning are taught. Compete in an end of season tournament. Note: School
shirt included.

Dates: 1/8–2/24
Cost: $64

Grade: 1–6

Blevins 114911-01

Boltz 114911-02

CLP 114911-03

Kinard 114911-04

Lesher 114911-05

Lincoln 114911-06

Preston 114911-07

Webber 114911-08

Wellington 114911-09

Volleyball

Develop a sense of team play where participations, fun, skills, and sportsmanship are stressed; winning is secondary. Practices are held 1–2 times per week; matches are Saturday mornings and weeknights. Practice days and times vary.

Cost: $76
Date: 9/4–10/21

Grade 2–3 414941-01

Grade 4–5 414942-01

Grade 6–8

Blevins 414943-01

Boltz 414943-03

CLP 414943-05

Kinard 414943-07

Liberty Common 414943-18

Lesher 414943-09

Lincoln 414943-11

Mountain Sage 414943-21

Preston 414943-13

Webber 414943-17

Wellington 414943-19

[ Youngsters]

Sporties for Shorties

Come play ball and explore the world of sports in this fun-filled class. 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.

Age: 3–5 years
Location: Northside Aztlan Center

9/6–9/20 W 10:00–10:45 Am $29 414571-01

9/26–10/10 Tu 10:00–10:45 Am $29 414571-02

11/29–12/13 W 10:00–10:45 Am $29 414571-03

9/4–9/18 M 1:30–2:15 Pm $29 414571-04

9/25–10/9 M 1:30–2:15 Pm $29 414571-05

11/27–12/11 M 1:30–2:15 Pm $28 414571-06

Baseball for Shorties

Come play ball and explore baseball. Learn the basics by working on the fundamentals of throwing, hitting, and catching.

Age: 3–5 years
Location: Northside Aztlan Center

11/28–12/12 Tu 10:00–10:45 Am $29 414573-01

Football for Shorties

Come play ball and explore football. Learn the football basics by working on large and small motor skills as they relate to throwing, kicking, and catching.

Age: 4–5 years
Location: City Park

9/27–10/11 W 10:00–10:45 Am $29 414572-01

Amazing Athletes

An action packed sports class. Learn the basic fundamentals and mechanics of nine different ball sports including soccer, volleyball, football, basketball, tennis, golf, lacrosse, hockey, and baseball.
Note: Class will not be held on 9/4, 11/20, 11/23.

Location: Foothills Activity Center

18 months–2.5 years

8/14–9/11 M 10:35–11:00 Am $37 414577-01

8/17–9/14 Th 10:35–11:00 Am $46 414577-02

9/18–10/23 M 10:35–11:00 Am $55 414577-03

9/21–10/26 Th 10:35–11:00 Am $55 414577-04

10/30–12/11 M 10:40–11:10 Am $55 414577-05

11/2–12/14 Th 10:35–11:00 Am $55 414577-06

2.5–3.5 years

8/14–9/11 M 9:00–9:30 Am $37 414575-01

8/17–9/14 Th 9:00–9:30 Am $46 414575-02

9/18–10/23 M 9:00–9:30 Am $55 414575-03

9/21–10/26 Th 9:00–9:30 Am $55 414575-04

10/30–12/11 M 9:00–9:30 Am $55 414575-05

11/2–12/14 Th 9:00–9:30 Am $55 414575-06

3.5–5 years

8/14–9/11 M 9:45–10:30 Am $37 414576-01

8/17–9/14 Th 9:45–10:30 Am $46 414576-02

9/18–10/23 M 9:45–10:30 Am $55 414576-03

9/21–10/26 Th 9:45–10:30 Am $55 414576-04

10/30–12/11 M 9:45–10:30 Am $55 414576-05

11/2–12/14 Th 9:45–10:30 Am $55 414576-06

Mighty Kicks, Classic Program

Fun high energy introduction to soccer. Each 45-minute session focuses on developing basic soccer, motor, and life skills using age-appropriate curriculum in a non-competitive environment.

Age: 3 years
City Park

9/1–10/27 F 9:00–9:45 Am $91 414579-05

9/1–10/27 F 4:00–4:45 Pm $91 414579-06

Edora Park

8/28–10/23 M 9:00–9:45 Am $91 414579-13

Greenbriar Park

8/31–10/26 Th 9:00–9:45 Am $91 414579-15

Harmony Park

8/29–10/24 Tu 9:00–9:45 Am $91 414579-09

8/29–10/24 Tu 4:00–4:45 Pm $91 414579-10

Troutman Park

8/30–10/25 W 9:00–9:45 Am $91 414579-01

8/30–10/25 W 4:00–4:45 Pm $91 414579-02

Age: 4–5 years
City Park

9/1–10/27 F 10:00–10:45 Am $91 414579-07

9/1–10/27 F 5:00–5:45 Pm $91 414579-08

Edora Park

8/28–10/23 M 10:00 Am–10:45 Pm $91 414579-14

Greenbriar Park

8/31–10/26 Th 10:00–10:45 Am $91 414579-16

Harmony Park

8/29–10/24 Tu 10:00–10:45 Am $91 414579-11

8/29–10/24 Tu 5:00–5:45 Pm $91 414579-12

Troutman Park

8/30–10/25 W 10:00–10:45 Am $91 414579-03

8/30–10/25 W 5:00–5:45 Pm $91 414579-04

Mighty Kicks, Advanced

Recommended for 5 and 6 year olds who have previously participated in the Mighty Kicks Classic program. Each session is one
hour and utilizes a more advance curriculum that also includes 3v3 scrimmage time.

Age: 5 years

City Park

9/1–10/27 F 11:00 Am–Noon $101 414580-03

Troutman Park

8/30–10/25 W 5:00–6:00 Pm $101 414580-02

Age: 6–7 years

City Park

9/1–10/27 F 4:45–6:00 Pm $101 414580-04

Location: Harmony Park

8/29–10/24 Tu 4:45–6:00 Pm $101 414580-01

Video Gaming Free Play

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: 10 years & up
Location: Northside Aztlan Center

Madden

10/21 Sa 8:00 AM–Noon 415570-01

Black Ops 3

12/2 Sa 8:00 AM–Noon 415570-02

Video Gaming Event

A full day of gaming. Teams face off leading up to an end day tournament. 8 consoles, 24" HDTV displays, headsets, controllers, and games with mobile battle stations.

Age: 10 years & up
Location: Northside Aztlan Center

11/4 Sa 11:00 AM–5:00 PM $15 415571-01

50+

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.

Adaptive Recreation 14

Aqua Fitness 19

Aquatics 20

Arts & Crafts 25

Dance & Movement 32

Education 43

Fitness 51

Fitness 50+ 93

Heath & Wellness 60

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Special Events 76

Sports 78

Trips & Travel 97

Senior Center Membership

Membership 50+ is $25 annually with scholarships available. Programs that offer special pricing for members are denoted throughout the Recreator with . A 15% discount applies to the fee minus the $1 program fee. Additional discounts do not apply. If no fee is listed for a membership program, the program is exclusive to Senior Center members. Senior Center Membership 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.

[ Clubs & Organizations]

C.H.A.T. (Crafts Hobbies Arts Time) – NW

For more information about C.H.A.T., see page 26.

Donut Make U Wonder – NW

Discuss current subjects and related personal experiences. Divisive matters related to religion and politics are avoided to ensure comradery. Meetings being with a brief signing of classic songs and ends with a few shared jokes. Coffee and donuts provided.

Ongoing F 10:00–11:30 Am No Fee

Front Range Forum – NW

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 – NW

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. Note: Practice not held on third Monday of
the month.

Practice M 9:30–11:00 Am

Older Gay Lesbian Bisexual Transgender (OGLBT) Group– NW

Seeking volunteers and leaders to help restructure this social networking group to best serve the community. Serving persons that are OGLBT and ages 50 years & up, but open to all. Contact Katie Stieber at 970.224.6029, kstieber@fcgov.com for more information.

Senior Bowling Leagues – NW

Open to league members and substitutes ages 50 years & up. Leagues play at Chippers Lanes on Horsetooth; league fees apply. For more information, contact Karen Burgess at 970.484.2906.

Tuesday League T 1:00 PM

Thursday League Th 1:00 Pm

Senior Advisory Board – NW

The Senior Advisory Board advises City Council on issues related to older adults and is comprised of individuals of all ages who share a concern for the aging members of our community. The board consists of eleven members; nine members are appointed by City Council, and two members are appointed from the Senior Center Council. The Senior Advisory Board meets the second Wednesday of each month at 11:30 a.m. Guests are welcome.

Senior Center Council – NW

Senior Center Council assists and advises the administrative staff in matters regarding the operation of the Senior Center and are elected representatives from the senior membership. Elected representatives meet the third Monday of each month at 1:30 p.m. Members are invited to attend.

SOAP Troupe (Slightly Older Adult Players) – NW

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 p.m. on the fourth Tuesday of each month. Contact Ashley Ruffer at 970.224.6033, aruffer@fcgov.com.

The Writers Group – NW

Express yourself through writing in any manner you choose regardless of content, genre, or skill. Participants gather weekly to share their work and occasionally write on a topic selected by all. New participants welcome. Contact Ashley Ruffer at 970.224.6033, aruffer@fcgov.com.

Ongoing Tu 10:00 Am–Noon No Fee

Cards & Games

[ Bridge]

Play is based on the 21st Century Standard American Bridge System as outlined in the ACBL book, Bidding in the 21st Century.

Bridge Mentoring

Half-hour review of one topic followed by Bridge play. Mentor assists with bidding and playing questions. $3.25 drop-in for non-members.

Age: 18 years & up

9/11 M 5:30–8:30 PM No Fee

9/25 M 5:30–8:30 PM No Fee

10/9 M 5:30–8:30 PM No Fee

10/23 M 5:30–8:30 Pm No Fee

11/13 M 5:30–8:30 Pm No Fee

11/27 M 5:30–8:30 Pm No Fee

Bridge 1, Getting Started

Begin a solid foundation of skills to build upon. Start playing right away without having to know rules for bidding. Focus on card basics, bridge etiquette, hand evaluation, playing to win tricks, defending, and scoring.

Age: 18 years & up

9/6–9/27 W 5:30–8:30 Pm $49 412460-01

Bridge 2, Bidding

Continue to build a solid foundation of skills by adding basic bidding. Prerequisite: Bridge 1 or instructor approval. Class will be held on 11/21 instead of 11/22.

Age: 18 years & up

10/4–11/29 W 5:30–8:30 Pm $116 412461-01

Bridge R1, Getting Started Party Bridge

Begin a solid foundation of skills to build upon. Start playing right away without having to know rules for bidding. Focus on card basics, bridge etiquette, hand evaluation, playing to win tricks, defending, and scoring.

Prerequisite: Curious About Bridge. Class will not be held on 9/27.

Age: 18 years & up

9/6–10/4 W 1:30–4:30 Pm $49 412462-01

Bridge R2, Beginning Party Bridge Bidding

Learn basic bidding skills using older, simpler techniques. Then, join the Party Bridge groups using rubber bridge scoring. A slower, less complete course than the Bridge 2, 3, 4, 5, 6 series. Prerequisite: Bridge R1, Getting Started Party Bridge or instructor approval. Price includes supplies. Class will not be held on 10/25, 11/22.

Age: 18 years & up

10/11–12/13 W 1:30–4:30 Pm $97 412465-01

Bridge P4, Advancing Player I “Play”

Practice hands using the bridge playing and bidding concepts learned through Bridge 4–Defense course using structured play in the ACBL Advancing Player I “Play” Course Manual. Prerequisite: Bridge 3 or instructor approval.

Age: 18 years & up

9/18, 10/2, 10/16, 10/30 M 5:30–8:30 Pm $57 412466-01

Bridge P5, Advancing Player II “Play”

Practice more hands using the bridge playing and bidding concepts learned through Bridge 4–Defense Course using structured play in the ACBL Advancing Player I “Play” Course Manual. Prerequisite: Bridge 3 or instructor approval.

Age: 18 years & up

11/6, 11/20, 12/4, 12/18 M 5:30–8:30 Pm $57 412467-01

Bridge 5, Commonly Used Conventions Part 1

Continue adding more bidding and playing skills from the ACBL book, Commonly Used Conventions in the 21st Century. Prerequisite: Bridge 3, Play of the Hand or instructor approval.

Age: 18 years & up

9/18–11/6 M 1:30–4:30 Pm $100 412464-01

Bridge 6, Commonly Used Conventions Part 2

Continue adding more bidding and playing skills from the ACBL book, Commonly Used Conventions in the 21st Century. Prerequisite: Bridge 3, Play of the Hand or instructor approval. Class will not be held on 12/25, 1/1.

Age: 18 years & up

11/13–1/15 M 1:30–4:30 Pm $89 412463-01

Duplicate Bridge – NW

Weekly duplicate bridge skill development and companionable play.

Age: 18 years & up

Ongoing F 11:30 Am–4:00 Pm $3.50

Practice Duplicate Bridge Mentor Game – NW

Game for people new to Duplicate Bridge to develop skills and have companionable play in preparation for playing in duplicate bridge games. Contact Nila Hobbs at 970.219.2430, nahobbs@frii.com prior to 10/29 to be paired up with a mentor.

10/29 Su 1:00–4:00 Pm $3.50

Party Bridge, Pinochle, & Mahjong – NW

Drop-in bridge and pinochle card games.

Age: 18 years & up

Ongoing T 12:30–4:00 Pm No Fee

Ongoing Th 5:00–8:00 Pm No Fee

[ General Games]

Bingo – NW

Compete in BINGO for prizes

9/11, 10/9, 11/13 M 1:00–2:00 Pm No Fee

Cards & Games – NW

Play cards and board games such as canasta, mahjong, scrabble,
and cribbage.

Ongoing M 9:00 Am– Noon No Fee

Ongoing W 12:30–4:00 Pm No Fee

Mahjong & Mimosa’s

Join us for the third annual Senior Center Mahjong Marathon. Play mahjong, and enjoy light refreshments and great company.

9/23 Sa 10:00 Am–3:00 Pm $16 412450-01

Education

Play It Safe: Recognize, Refuse, & Report

Learn how to recognize, refuse, and report scams, fraud, and financial exploitation. This interactive presentation, provided by AARP Foundation teaches how to identify common scams and protect yourself and loved ones from fraud.

9/7 Th 10:00–11:30 Am No Fee 407482-01

[ Active Minds Virtual Learning]

Engage in a unique virtual learning experience hosted in the Twinberry Auditorium. Experts from Active Minds present on topics from remote locations. Participants engage with the presenters through streaming systems and the technology offered in the auditorium.

Pearl Harbor

The day that lives in infamy, December 7, 1941, brought an attack upon the United States the likes of which had never been seen before. Join Active Minds a little over 75 years later as they tell the story from both the Japanese and the U.S. perspective.

Age: All

9/26 Tu 1:00–2:00 Pm $9 412441-01

[ Historical Cafés]

Lunch served after the presentation. Please note dietary restrictions when registering.

Researching History

Robert Kresge, Tony Hillerman Award Winning novelist, presents on the westward migration, Civil War, the coming of the railroads, Indian wars, and the world that our most recent generations of ancestors formed or were formed by.

10/18 W 11:30 Am–1:30 Pm $23 412440-01

Hawaiian Culture

Kalama Polynesian Dancers present the islands of Hawaii and its Polynesian influence and culture. The focus is on dance and culture, including some dance demonstrations.

11/8 W 11:30 Am–1:30 Pm $23 412440-02

Fitness

General Information

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

Registration Options

The following participation options are available for fitness classes:

Participants may register for an entire 5-week class session. With this option, active facility pass holders receive 70% off enrollment price. Fitness classes require a minimum number of participants registered per class to avoid cancellation. Note: Health & Wellness programs  and 25 admission passes are not eligible for the discount.

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

The fitness classes listed below are specific for ages 50 years & up. See page 51 for information about additional fitness classes, as well as information about personal training services.

[ Group Fitness]

Balance 201

Practice techniques and work to develop body awareness, methods, and confidence in facing challenging balance issues. Just like strength improves with practice, so can balance. Note: Class will not be held on 11/23.

9/7–10/5 Th 12:30–1:30 Pm $21 409439-01

10/12–11/9 Th 12:30–1:30 Pm $21 409439-02

11/16–12/14 Th 12:30–1:30 Pm $17 409439-03

Back & Body Strength

Strengthen and stretch the major muscle groups of the body. Physical conditions like back, hip, knee, and neck problems can be prevented or alleviated through a holistic training routine. Note: Class will not be held on 9/4.

9/6–10/6 M,W,F 8:50–9:50 Am $57 409431-01

10/9–11/10 M,W,F 8:50–9:50 Am $61 409431-02

11/13–12/15 M,W,F 8:50–9:50 Am $61 409431-03

9/6–10/4 M,W 8:50–9:50 Am $37 409431-1A

9/11–10/2 M 8:50–9:50 Am $17 409431-1B

10/9–11/8 M,W 8:50–9:50 Am $41 409431-2A

10/9–11/6 M 8:50–9:50 Am $21 409431-2B

11/13–12/13 M,W 8:50–9:50 Am $41 409431-3A

11/13–12/11 M 8:50–9:50 Am $21 409431-3B

Body & Mind in Motion

Designed for adults with physical limitations, participants perform a variety of arm and leg movements while sitting in chairs. Note: Class will not be held on 9/4.

9/6–10/6 M,W,F 10:00–10:55 Am $57 409432-01

10/9–11/10 M,W,F 10:00–10:55 Am $61 409432-02

11/13–12/15 M,W,F 10:00–10:55 Am $61 409432-03

9/6–10/4 M,W 10:00–10:55 Am $37 409432-1A

9/11–10/2 M 10:00–10:55 Am $17 409432-1B

10/9–11/8 M,W 10:00–10:55 Am $41 409432-2A

10/9–11/6 M 10:00–10:55 Am $21 409432-2B

11/13–12/13 M,W 10:00–10:55 Am $41 409432-3A

11/13–12/11 M 10:00–10:55 Am $21 409432-3B

N’Balance

An effective fall prevention class that achieves results. Enjoy practice exercises and movements to strengthen core balance and to overcome the fear of falling. This is an evidence-based program designed from the kinetic principles of Fall Proof, a balance program created by California State University Fullerton.

10/16–12/6 M,W 2:30–3:30 Pm $19 409433-01

Parklane Fitness

Receive instruction while sitting in a chair to improve flexibility, strength, coordination, and cardiovascular fitness. Note: Class will not be held on 11/23.

Location: Parklane Towers North, 415 S Howes St.

9/5–10/5 Tu,Th 9:30–10:30 Am $41 409438-01

10/10–11/9 Tu,Th 9:30–10:30 Am $41 409438-02

11/14–12/14 Tu,Th 9:30–10:30 Am $37 409438-03

Swiss Theraball

Enjoy gentle, effective, low-impact exercise on a Theraball. Improve balance, endurance, flexibility, and strength with this relaxing routine. Theraballs provided. Note: Class will not be held on 11/23.

9/7–10/5 Th 4:00–5:00 Pm $21 409434-01

10/12–11/9 Th 4:00–5:00 Pm $21 409434-02

11/16–12/14 Th 4:00–5:00 Pm $17 409434-03

Tai Chi for Arthritis

An effective and evidence based. Relieve pain, and maintain and improve health and quality of life.

9/8–10/6 F 3:00–4:00 Pm $21 409436-01

10/13–11/10 F 3:00–4:00 Pm $21 409436-02

11/17–12/15 F 3:00–4:00 Pm $21 409436-03

Yoga, Chair

A form of adaptive exercise. Be supported by a chair and receive yoga’s healing and restorative benefits. Yoga relaxes the body and mind and improves musculoskeletal fitness and flexibility. Note: Own yoga mat encouraged, but not required. Class will not be held on 9/4.

9/11–10/2 M 8:30–9:30 Am $17 409437-01

10/9–11/6 M 8:30–9:30 Am $21 409437-02

11/13–12/11 M 8:30–9:30 Am $21 409437-03

[ SilverSneakers]

For more information about SilverSneakers, inquire at the front desk of Senior Center or Northside. Note: SilverSneakers nonmembers may attend by paying drop-in fee or register for the session.

Classic SilverSneakers

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 9/4, 11/23.

Location: Senior Center

9/5–10/5 Tu,Th 10:10–10:55 Am $31 409450-01

10/10–11/9 Tu,Th 10:10–10:55 Am $31 409450-02

11/14–12/14 Tu,Th 10:10–10:55 Am $28 409450-03

9/9–10/7 Sa 10:30–11:15 Am $16 409450-04

10/14–11/11 Sa 10:30–11:15 Am $16 409450-05

11/18–12/16 Sa 10:30–11:15 Am $16 409450-06

Location: Northside Aztlan Center

9/6–10/4 M,W 11:00–11:45 Am $28 409550-01

10/9–11/8 M,W 11:00–11:45 Am $31 409550-02

11/13–12/13 M,W 11:00–11:45 Am $31 409550-03

Circuit SilverSneakers

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 9/4.

9/6–10/6 M,W,F 1:00–1:45 Pm $43 409451-01

10/9–11/10 M,W,F 1:00–1:45 Pm $46 409451-02

11/13–12/15 M,W,F 1:00–1:45 Pm $46 409451-03

Splash SilverSneakers

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 11/23.

9/5–10/5 Tu,Th 12:15–1:10 Pm $41 409452-01

10/10–11/9 Tu,Th 12:15–1:10 Pm $41 409452-02

11/14–12/14 Tu,Th 12:15–1:10 Pm $37 409452-03

9/5–10/5 Tu,Th 1:15–2:10 Pm $41 409452-04

10/10–11/9 Tu,Th 1:15–2:10 Pm $41 409452-05

11/14–12/14 Tu,Th 1:15–2:10 Pm $37 409452-06

Stability SilverSneakers

Become stronger and improve balance. Designed for fall prevention and is suitable for nearly every fitness level. Exercises can be adapted depending on the skill of individual participants. A chair may be used for balance and support.

9/8–10/6 F 2:00–2:45 Pm $16 409453-01

10/13–11/10 F 2:00–2:45 Pm $16 409453-02

11/17–12/15 F 2:00–2:45 Pm $16 409453-03

Yoga SilverSneakers

Focus on poses and postures to improve joint range of movement, muscular strength, endurance, and balance. Static and dynamic movements are presented with a chair for seated and standing support. Note: Class will not be held on 9/4, 11/23.

9/6–10/4 M,W 4:10–4:55 Pm $28 409454-01

10/9–11/8 M,W 4:10–4:55 Pm $31 409454-02

11/13–12/13 M,W 4:10–4:55 Pm $31 409454-03

9/5–10/5 Tu,Th 11:10–11:55 Am $31 409454-04

10/10–11/9 Tu,Th 11:10–11:55 Am $31 409454-05

11/14–12/14 Tu,Th 11:10–11:55 Am $28 409454-06

9/9–10/7 Sa 11:15 Am–Noon $16 409454-07

10/14–11/11 Sa 11:15 Am–Noon $16 409454-08

11/18–12/16 Sa 11:15 Am–Noon $16 409454-09

Ice

Senior Coffee Club – NW

For older adults interested in social skating. Regular fees apply. Note: Class will not be held on 10/11.

Age: 60 years & up
Location: Edora Pool Ice Center

8/23–11/29 W 9:15–10:45 Am

Resources

Legal Services – NW

Free 30-minute sessions every first Thursday of the month. Contact the Senior Center to schedule an appointment.

9/7 Th 1:00–5:00 Pm No Fee

10/5 Th 1:00–5:00 Pm No Fee

11/2 Th 1:00–5:00 Pm No Fee

Library/Media Center

A quiet location for reading, reflection, relaxing, or using one of the computers. 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

The Pool Room has four 8-ball tables and one snooker table. Non-members may pay a daily drop-in rate. Additionally, we ask that users make a donation in the donation box located in the room to help support facility maintenance.

VOA Senior Nutrition Program – NW

Volunteers of America and the City of Fort Collins Recreation Department host the Senior Nutrition Program to provide hot lunch at Northside Aztlan Community Center and the Senior Center. There is no charge for ages 60 years & up (and their spouses). Reservations required; contact 970.472.9630 by 1:30 p.m. one business day prior.

Location: Senior Center

Ongoing M,Tu,Th,F Noon $2.50 suggested donation

Location: Northside Aztlan Center

Ongoing Tu,W,Th Noon $2.50 suggested donation

Volunteers

We strive to provide our trained volunteers with quality opportunities that meet their expectations, align with their skills and needs, and capitalize on the many talents they possess. 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. To complete a volunteer application, please go to engage.fcgov.com, click on ‘Sign Up’, enter the required information and create an account. For additional information, visit fcgov.com/recreation/join-us or contact Betsy Emond at 970.224.6030, bemond@fcgov.com.

Social Programs

Coffee With Bob – NW

Grab a cup of coffee with Recreation Director, Bob Adams. We’ll provide the coffee, you provide the topic. No registration required.

10/11 W 9:00–11:00 Am No Fee

11/22 W 8:30–9:30 Am No Fee

Movies, New Release and Classics – NW

Movie showings of new releases and classics. Schedule of movie titles available at the registration desk.

9/1 F 1:00–3:00 Pm No Fee

9/15 F 1:00–3:00 Pm No Fee

10/6 F 1:00–3:00 Pm No Fee

10/20 F 1:00–3:00 Pm No Fee

11/3 F 1:00–3:00 Pm No Fee

11/17 F 1:00–3:00 Pm No Fee

Prairie Sage Dances – NW

Dance to live music. Refreshments served.

Tom Yook (Change of the Seasons)

9/18 M 7:00–10:00 Pm $5

Jim Ehrilich

10/2 M 7:00–10:00 Pm $5

Big Twang Theory (Halloween Dance & Chili Supper)

10/16 M 7:00–10:00 Pm $5

Tom Yook

11/6 M 7:00–10:00 Pm $5

Harris and Harris (1940s)

11/20 M 7:00–10:00 Pm $5

Rec On Record – NW

Monthly talk show hosted and recorded onsite at the Fort Collins Senior Center. Host, Jason Chadock, welcomes guests to discuss hot topics in Recreation and the City of Fort Collins. The public is invited to join in the live studio audience.

Age: 18 years & up

9/21 Th 11:00 Am– Noon No Fee

10/19 Th 11:00 Am–Noon No Fee

11/16 Th 11:00 Am–Noon No Fee

Special Events

See a list of Special Events available for all ages on page 76.

Celebrations

Celebrate July, August, and September birthdays and anniversaries of the Senior Center members with cake and entertainment.

9/28 Th 1:30–3:00 Pm No Fee 412410-01

Pool Tournaments

8-ball billiards tournament with prizes awarded to the top three competitors. Snacks and beverages provided.

Age: 18 years & up

9/2 Sa 10:00 Am–3:00 Pm $16 412457-01

 Sports

AOA Badminton – NW

Active Older Adults play drop-in badminton. Note: Drop-in fees apply. No drop-in games 11/23.

Age: 18 years & up
Location: Northside Aztlan Center

9/5–11/30 Tu,Th 8:00–10:00 AM

AOA Basketball – NW

Active Older Adults suit-up and play hoops on the court during this pick-up game. Note: Drop-in fees apply.

Age: 18 years & up
Location: Northside Aztlan Center

9/1–12/1 M,W,F 8:00–10:00 AM

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.

Refunds/Cancellation

In accordance with the Recreation refund policy, within a week of an activity, no refunds are given unless we resell that seat.

Ticketed trip sales are considered final after the deadline printed for each activity and are non-refundable. 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 listed in the activity, after which all sales are final and non-refundable. For some overnight trips, a refund schedule is available upon request where listed.

Discounts

The Senior Center Member discount applies to trips where an  is listed next to the activity title. This 15% discount applies to the fee minus the $1 program fee. 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 in order to check in with the driver. 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 or assistance 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 they 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). This service is provided prior to and after printed trip time-frames out of consideration for other participants. On some trips, a pick-up in Loveland is offered; departure is 15 minutes prior to time listed in program description. The cost for these services is $4 per person. Requests must be made at the time of registration or at least three business 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

Online registration is available for those who pay for the trip in full. If you would like to set-up installment billing, contact the Senior Center at 970.221.6644 to book your reservation.

Gunnison Getaway

A hiking and cultural adventure to kick start the fall. Float along the Gunnison River to dinner; take a guided hike through Swampy Pass overlooking the Ohio Valley and the Castles; visit the Gunnison Valley Observatory for a presentation of the night skies; and stop in for a tour of the Pioneer Museum, all before coming home. Note: 3 days/2 nights. Includes admissions, lodging, meals, and guide. Non-refundable after 8/11/17.

Single Occupancy

9/11–9/13 $750 411990-01

Double Occupancy

9/11–9/13 $600 411990-01

Santa Barbara Experience

Enjoy a quiet getaway before the onset of winter on this Santa Barbara, California trip. Bask in the rich Spanish history of this old mission town one day and take in the wilds of the Pacific Ocean on the next. Top off the trip with a wine tour and enjoy the coastal surroundings before heading home. Note: 5 days/4 nights. Includes admissions, local guides, some meals, and airfare. Registration opens 7/6/17; non-refundable after 8/1/17.

Single Occupancy

11/6–11/10 $2,400 405991-01

Double Occupancy

11/6–11/10 $2,000 405991-01

California New Year’s Getaway

Kick off the New Year with an unforgettable experience of one of the biggest events of the year: the Tournament of Roses Parade. Get a behind-the-scenes tour of the floats in the final stages of preparation. Attend Bandfest featuring marching bands from all over the country. Explore Los Angeles before ringing in the New Year with a champagne toast. Top the trip off by taking in the wonder that is the Tournament of Roses Parade from premium reserved seating. Note: 5 day/4 nights. Includes roundtrip air, admissions, transportation, and some meals. Non-refundable after 10/23/17.

Single Occupancy

12/29/17–1/2/18 $3,130 105991-01

Double Occupancy

12/29/17–1/2/18 $2,580 105991-01

Iceland’s Magical Northern Lights

Discover Iceland, a land and culture forged by fire and ice. Steaming lava fields and massive glaciers sculpt mountains and valleys, leaving thundering waterfalls and plunging fjords. In this land of many natural wonders, enjoy the rare opportunity to see the aurora borealis, one of nature’s most dazzling light displays, also known as the northern lights. Note: 7 days/6 nights. Includes airfare, lodging, some meals, admissions, and tours. Non-refundable after 12/15/17.

Single Occupancy

2/20–2/26/18 $3,500 105993-01

Double Occupancy

2/20–2/26/18 $3,100 105993-01

Treasures of the Southeast

History and tradition run deep in the South. Travel from Savannah, Georgia to Charleston, South Carolina, and on to Asheville, North Carolina. Visit the largest urban Historic District in America. Tour the Magnolia Plantation and the Charleston Tea Plantation. Take in the Blue Ridge Mountains and all the sights, sounds, and tastes that make the South a timeless destination. Note: 7 days/ 6 nights. Includes roundtrip airfare, admissions, and some meals. Non-refundable after 1/26/18.

Single Occupancy

4/2–4/8/18 $3545 205993-01

Double Occupancy

4/2–4/8/18 $2845 205993-01

Cuba’s Charming Colonial Cities

Shrouded in mystery for the past 50 years, the island nation of Cuba is waiting to be rediscovered. Embark on this rare opportunity to experience the colorful history and lively culture of the captivating country. This special people-to-people program is designed around daily interactions with local residents that deliver insight into the past, present, and future of this fascinating place. Note: 9 days/8 nights. Includes lodging, admissions, visa fees, tour director, some meals, and guides. Non-refundable after 2/1/18.

Single Occupancy

5/5–5/13/18 $6,725 205992-01

Double Occupancy

5/5–5/13/18 $5,525 205992-01

Derby Training Camp

A visit to Kentucky wouldn’t be complete without horses and bourbon. Experience Kentucky Derby traditions and history
by learning how to place bets, make Mint Juleps, and what it takes
to assemble a true Derby Hat. Take in the history of Louisville and
get a behind-the-scenes tour of Kentucky’s first bourbon distillery. It’s a trip to remember with souvenirs along the way. Note: 5 days/
4 nights. Includes tours, airfare, transportation, local guides,
betting seminar and starter bets, and most meals. Non-refundable after 2/9/18.

Single Occupancy

5/16–5/20/18 $2075 205994-01

Double Occupancy

5/16–5/20/18 $1575 205994-01

Triple Occupancy

5/16–5/20/18 $1475 205994-01

Switzerland, Land of Enchantment

Visiting Switzerland is like visiting three countries in one. Northern Austrian-German cuisine and language are predominant. Moving towards the Southeast, Italian is the flavor of the day, while the Southwest carries the French influence of its neighbor. This tour is remarkable for its diversity and beauty and is highlighted by the hospitality of its people. Note: Fee includes transportation, lodging, meals as listed in itinerary, and admissions. Fee does not include airfare. Non-refundable after final payment 5/4/18.

Single Occupancy

6/10–6/17/18 Single Occupancy $3775 305994-01

Double Occupancy

6/10–6/17/18 Double Occupancy $2800 305994-01

San Juan Islands Wildlife Adventure

Tour the famous San Juan Islands, search for stunning wildlife,
visit the world famous Butchart Gardens, and celebrate the 4th of July with a fireworks show over Bellingham Bay. The Pacific Northwest has a host of offerings to enjoy; there is no better time to see it than during whale watching season and no better way to do it than on a small cruise ship. Note: Fee includes airfare, transportation, lodging, meals as listed in itinerary, and all admissions. Non-refundable after 4/20/18.

Single Occupancy

6/29–7/5/18 $4395 305991-01

Double Occupancy

6/29–7/5/18 $3695 305991-01

Ongoing Trips

Casino Trips

A day in the mountains at the Mardi Gras Blackhawk. Note: Includes $5 coupon for lunch.

Location: Rolland Moore Park

9/26 Tu 8:00 Am–5:30 Pm $11 405910-01

10/24 Tu 8:00 Am–5:30 Pm $11 405910-02

11/28 Tu 8:00 Am–5:30 Pm $11 405910-03

Rockies Game

Enjoy the game from shaded seats in Denver’s Coors Field. Note: Includes ticket. Non-refundable after two weeks prior to game day.

Rockies vs Padres

9/17 Su 10:30 Am–6:00 Pm $38 405901-01

Rockies vs Marlins

9/27 W 10:30 Am–6:00 Pm $38 405901-02

Bus Education 101

Learn how to buy a ticket or pass, read the bus schedule, plan bus trips, and make route transfers all from the comfort of a classroom. Build bus riding confidence in just one session.

9/11 M 10:30–11:30 Am No Fee 405982-01

10/16 M 10:30–11:30 Am No Fee 405982-02

11/6 M 10:30–11:30 Am No Fee 405982-03

[ Bus to Lunch]

Learn how to read the bus schedule, plan a bus trip, and see how rider tools make riding easier than ever. Then, ride the bus to a local restaurant to get lunch. Note: Lunch cost is on your own.

Bus to Lunch, Lucile’s

9/22 F 10:45 Am–2:30 Pm $21 405980-01

Bus to Lunch, C.B. & Potts at Foothills

10/20 F 9:15 Am–2:00 Pm $21 405980-02

Bus to Lunch, Austin’s

11/17 F 10:30 Am–2:30 Pm $21 405980-03

[ Out to Lunch]

Join friends for a trip out to lunch. Note: Lunch cost is on your own.

Blue Bonnet, Denver

Enjoy fresh, award winning Mexican food. Family owned and operated for 50 years.

9/5 Tu 10:30 Am–3:30 Pm $21 405930-01

Okole Maluna, Windsor

Part of the fall cultural series, Experience Hawaii. Choose from many island favorites including Kailua Pig, fresh Mahi-Mahi, and traditional Loco Moco.

10/10 Tu 11:30 Am–3:00 Pm $21 405930-02

10/24 Tu 11:30 Am–3:00 Pm $21 405930-03

Wholly Stromboli, Fort Lupton

Unique and popular, all the dishes are handmade to order using fresh local ingredients.

11/7 Tu 10:30 Am–3:30 Pm $21 405930-04

11/10 F 10:30 Am–3:30 Pm $21 405930-05

[ Sunday Out to Lunch]

Head somewhere in the specified area for lunch and to enjoy a day out of the house. We don’t tell you which restaurant because the mystery is half the fun. A scenic ride home tops it off. Note: Lunch cost is on your own.

Boulder

9/10 Su 11:00 Am–3:00 Pm $11 405932-01

Greeley

10/29 Su 11:30 Am–3:00 Pm $11 405932-02

Westminster

11/12 Su 11:00 Am–3:00 Pm $11 405932-03

[ Traveling Gourmet]

Get fancy for dinner and try gourmet Colorado cuisines. Note: Dinner cost is on your own.

Nicky’s Steakhouse, Estes Park

Specializing in Nicky’s original prime rib roasted in rock salt, savory steaks and chops, fresh seafood, and Colorado trout.

9/21 Th 4:00–9:30 Pm $26 405940-01

The Chart House, Golden

Right off the Genesee Trail, the Chart House provides diners with a magnificent hilltop view of one of the most beautiful areas of the country. Enjoy flavorful seafood creations featuring shrimp and fresh fish, savor a prime rib, and indulge in a decadent dessert.

10/19 Th 4:00–9:30 Pm $26 405940-02

Martini’s Bistro, Longmont

A comfortable, casual, upscale American dining experience with a contemporary atmosphere.

11/30 Th 4:30–9:30 Pm $26 405940-03

September

Longs Peak Scottish-Irish Fest, Estes Park

Estes Park hosts one of the nation’s largest gatherings celebrating Scottish-Irish heritage. The festival features international competitions in bagpiping and drumming, Highland dance, Irish step dance, athletics, and dogs of the British Isles. Take in the clans, guest bands, importers, and crafters. Note: Fee includes admission. Lunch cost
is on your own. Wear comfortable walking shoes. Non-refundable after 8/24/17.

9/8 F 9:00 Am–4:00 Pm $61 405950-01

Barr Lake Birding Festival, Brighton

This fun and festive community event celebrates the fall bird migration. Choose a guided bird walk, visit the fall bird banding station with live songbirds, or take a driving tour of the refuge on the Eagle Express. Plan for a day packed with birds, free food, and activities. Note: Lunch cost is on your own in Longmont.

9/9 Sa 6:30 Am–2:30 Pm $26 405951-01

Music Man, Johnstown

Meredith Willson’s Tony Award-Winning musical comedy follows a fast-talking traveling salesman as he cons the good people of River City, Iowa into buying instruments and uniforms for a boys’ band that he vows to organize, despite the fact that he doesn’t know a trombone from a treble clef. Note: Fee includes ticket and dinner. Non-refundable after 8/17/17.

Location: Candlelight Dinner Playhouse

9/14 Th 6:30–11:00 Pm $76 405920-01

A Chorus Line, Arvada

Everything is on the line for seventeen dancers as they audition for a highly sought-after place in the chorus of a Broadway musical. With powerhouse numbers including “What I Did for Love,” “One,” and “I Can do That,” A Chorus Line remains as powerful today as it did when it took Broadway by storm over 40 years ago. Note: Non-refundable after 8/21/17.

Location: Arvada Center.

9/19 Tu 11:00 Am–7:00 Pm $61 405921-01

Cider Festival, Morrison

Celebrate fall harvest and apples at this annual festival, which features cider presses, a custom car show, arts and crafts, a horseshoe tournament, and live music. Spend a day celebrating all things fall. Note: Lunch cost on your own. Wear comfortable walking shoes.

9/23 Sa 8:30 Am–3:30 Pm $26 405952-01

Fall Colors Scenic Drive

Drive a portion of the peak to peak scenic byway. Starting in Lyons travel up Highway 36 to Estes Park for lunch. After lunch, continue up Highway 7 for a stop at Lily Lake and an optional stroll around the lake. Then, continue on the scenic byway to Lyons. Along the way, pass Twin Sisters, Saint Malo Church, and Long’s Peak. Note: Lunch cost is on your own in Estes Park.

9/28 Th 10:30 Am–4:00 Pm $21 405961-01

9/29 F 10:30 Am–4:00 Pm $21 405961-02

October

Bird Banding, Brighton

In the last 25 years, the Bird Conservancy has banded more than 100,000 birds during their annual migrations for research purposes. Visit the Barr Lake Banding Station to watch and learn from an educator as scientists use mist nets to harmlessly catch birds. Note: Some hiking. Lunch cost is on your own.

10/4 W 7:30 Am–1:30 Pm $26 405963-01

Georgetown Loop Train, Georgetown,

Ride this spectacular stretch of railroad, once considered an engineering marvel and still an exceptional way to sight-see. The once-thriving mining towns of Georgetown and Silver Plume lie two miles apart in a gorgeous, narrow mountain canyon, and includes the massive Devil’s Gate High Bridge. Note: Fee includes ticket, light snacks, and non-alcoholic beverage. Bring snacks or a lunch for bus ride. Non-refundable after 9/27/17.

10/6 F 8:45 Am–3:30 Pm $71 405954-01

Air Traffic Control, Longmont

Take a peek behind the curtain on this guided tour. The Longmont branch of the Federal Aviation Administration’s Air Traffic Control covers approximately 285,000 square miles of the Western United States. Learn how it handles more than 1.5 million airplanes and one of the top ten busiest airports safely and expeditiously. Note: Fee includes guided tour. Lunch cost is on your own at Longs Peak Pub and Taphouse (cash only). You will be going through security and need to bring a photo ID.

10/11 W 9:00 Am–3:30 Pm $21 405955-01

10/25 W 9:00 Am–3:30 Pm $21 405955-02

11/15 W 9:00 Am–3:30 Pm $21 405955-03

11/29 W 9:00 Am–3:30 Pm $21 405955-04

Elk Bugling, Estes Park

Elk bugling in Rocky Mountain National Park is a sound to remember. Get as close as possible to these beautiful, but wild animals to
hear their majestic calls. Note: Dinner is on your own in Estes Park after sunset.

10/12 Th 3:30–9:00 Pm $26 405956-01

Rock of Ages, Boulder

Sunset Strip, one of the last legendary venues is the focus of this musical. German developers sweep into town with plans to turn the fabled Strip into just another capitalist strip mall. Can the aspiring rock stars of the day save it? Only the music of hit bands Styx, Journey, and Bon Jovi hold the answer. Note: Fee includes ticket and lunch. Non-refundable after 9/14/17.

Location: Boulder Dinner Theater.

10/15 Su 11:00 Am–6:30 Pm $76 405922-01

10th Anniversary of Denver Arts Week, Denver

In honor of the 10th Anniversary of Denver Arts Week, spend a day immersed in art. Visit the Center for Visual Art for Water Line, an exhibit examining the loaded issue of water. Then, get dirty in the studio. Next, visit RedLine, a nonprofit contemporary art center that fosters education and engagement. Note: Fee includes entrance fee. Lunch cost is on your own.

10/18 W 8:30 Am–4:00 Pm $38 405957-01

Byers Evans Museum, Denver

Spend the day taking a step back in time touring one of Denver’s most famous historical homes. Enjoy high tea in the The Byers Evans House built in 1883. Then, take a guided tour of the home to two prominent Denver families which has been beautifully restored to the period between 1912 and 1924. Note: Fee includes admission, guided tour, and high tea.

10/27 F 10:00 Am–3:00 Pm $73 405958-01

The Brown Palace Ghost Tour, Denver

A day filled with haunting adventures, the Ghost Tour gives a glimpse of a few lingering guests who never really checked out. Note: Lunch cost on your own.

10/31 Tu 8:00 Am–4:00 Pm $51 405959-01

November

The Foreigner, Arvada

Charlie Baker, a shy Englishman, goes to a Georgia fishing lodge for a few days of peace and quiet. To save Charlie from having to speak to strangers, the locals are told that he’s a foreigner who can’t speak or understand English. They begin to share their deepest secrets with him, and Charlie must decide what to do with all the information. Note: Fee includes ticket. Bring dinner or snacks to enjoy on the bus. Non-refundable after 9/29/17.

Location: Arvada Center

11/1 W 11:00 Am–7:00 Pm $61 405923-01

La Boheme, Denver

The iconic opera that inspired the Broadway musical Rent, La Boheme is a simple yet profound expression of the love of art and the art of love. Let your heart soar to Puccini’s gorgeous melodies in this timeless story about six artist friends living on little but hope in the Latin Quarter of 19th-Century Paris. This opera celebrates the bohemian spirit of youth and the power of love over jealousy, doubt, poverty, and even death. Note: Bring a snack for the bus ride. Non-refundable after 10/9/17.

Location: Ellie Caulkins Opera House.

11/7 Tu 4:30–11:30 Pm $111 405925-01

Denver Museum of Miniatures, Dolls, & Toys, Denver

Consistently ranked in the top three museums in Denver, the Denver Museum of Miniatures, Dolls, and Toys includes: Japanese dolls; fully furnished miniature houses; miniature trains, planes, and cars; giant teddy bears; a miniature circus; antique dolls; and artisan miniatures. Note: Fee includes admission and tour. Lunch cost is on your own.

11/9 Th 8:30 Am–3:00 Pm $31 405953-01

Vern’s Restaurant, Laporte

A longtime favorite of Northern Colorado for more than 70 years. Whether sweet or savory, the day will be off to a tasty start. Note: Breakfast cost is on your own.

11/16 Th 7:30–11:30 Am $21 405962-01

Beauty & the Beast, Johnstown

Disney’s Beauty and the Beast, the smash hit Broadway musical, has won the hearts and imaginations of millions worldwide. The classic story tells of Belle, a young woman, and the Beast, who is really a young prince trapped under the spell of an enchantress. If the Beast can learn to love and be loved, the curse will end. Note: Fee includes lunch and ticket. Non-refundable after 10/20/17.

11/19 Su Noon–6:30 Pm $76 405924-01