

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 special needs you may have when you register.

Note: Requests should be made at least two weeks before the class begins.

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. Specialized Programs are identified in the Recreator by the symbol. Alternative Programs are Specialized Programs designed for adults with intellectual disabilities, focus on community activities and social outings, and include monthly dances, outings, cooking, bowling, trips and more.

Attendants

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

Volunteer

Volunteers are always needed, whether assisting with a few events or being a weekly support partner. No experience necessary; training provided. Contact 970.224.6125 or 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

Alison Cope, OTR, acope@frij.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

Larimer Lift 970.498.7541

Community Programs

Best Buddies

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

colostatebestbuddies.webs.com; facebook.com/CSUbestbuddies

Dance Express

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

970.493.2113; danceexpress@juno.com

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

Therapeutic horseback riding program.

970.221.0646, ridewithfree.com

Special Needs Swim

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

970.491.2321; specialneedsswim@gmail.com

Special Olympics

Contact the following coordinators or coaches for season information or to volunteer:

Adult & Youth Unified Flag Football: Brenda McDowell, 970.416.2024, bmcowell@fcgov.com

Adult Volleyball: Brenda McDowell, 970.416.2024,

bmcowell@fcgov.com

Trips & Tours for People with Special Needs

Just for the Fun of It: 970.412.8463

Aquatics

Adaptive Swim Lessons

Basic swimming skills are introduced and/or enhanced for individuals with special needs. Attendants are welcome for personal assistance out of the water. Registration deadline: 1 week prior to start date. **Note:** Class will not be held on 11/24, 11/26.

Age: 3 years & up

Location: Edora Pool Ice Center

9/15–10/20	Tu	4:15–4:45 PM	\$40	402326-01
9/15–10/20	Tu	4:55–5:25 PM	\$40	402326-02
9/17–10/22	Th	4:55–5:25 PM	\$40	402326-03
9/17–10/22	Th	5:40–6:10 PM	\$40	402326-04
10/27–12/8	Tu	4:15–4:45 PM	\$40	402326-05
10/27–12/8	Tu	4:55–5:25 PM	\$40	402326-06
10/29–12/10	Th	4:55–5:25 PM	\$40	402326-07
10/29–12/10	Th	5:40–6:10 PM	\$40	402326-08

MS Aqua – NW

This class is designed for people with multiple sclerosis or other neuromuscular disorders. Trained staff give exercise modifications and assistance, and class members share a supportive social atmosphere. Exercises focus on maximizing or maintaining physical well-being, endurance, strength and flexibility. **Note:** Fee is for a 16 visit punch pass. Class will not be held on 11/24, 11/26.

Age: 18 years & up

Location: Mulberry Pool

9/1–12/17	Tu,Th	9:30–10:30 AM	\$43
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Arts & Crafts

Artistic Abilities

Art with purpose. Create a variety of unique pieces of art with a goal of selling items for the holidays. This class is open to people of all abilities with an emphasis on accommodations for various challenges and disabilities. **Note:** Class is held at Colorado State University in the Visual Arts Building, Room D102.

Age: 13 years & up

Location: Colorado State University

9/24–11/12	Th	4:00–6:00 PM	\$50	402990-01
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Early Learning

Giant Friends Special Event

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 "Music and Rhythm". **Note:** This event is provided free with support from the Inspiration Playground Endowment Fund.

Age: All

Location: Inspiration Playground

10/16	F	10:30 AM–12:30 PM	No Fee
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Movement, Sensory & Play

Develop skills surrounding gross motor movement and spatial awareness in a fun and welcoming environment. **Note:** Class will not be held on 11/25.

Age: 5–8 years

Location: Northside Aztlan Center

10/28–12/2	W	4:30–5:30 PM	\$18	402065-01
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Fitness

Adaptive Yoga

Learn a variety of yoga postures that can be practiced from a chair, standing or seated on the floor. This class is specifically designed for people with multiple sclerosis, spinal cord injury or other neuromuscular disorders and adapted for people of all physical abilities. **Note:** No drop in rate, class partially discountable. Class will not be held on 11/26.

Age: 18 years & up

Location: Raintree Athletic Club

9/10–10/15	Th	1:00–2:00 PM	\$45	402980-01
10/22–12/3	Th	1:00–2:00 PM	\$45	402980-02

MS Dryland Exercise

For people with multiple sclerosis and designed to maximize strength and endurance through performance of chair-based exercises. The instructor is aware of symptom issues and monitors participants closely. Classes end with a relaxation session. For more information, call the MS Society at 970.482.4807.

Age: 18 years & up

Location: Senior Center

8/31–9/30	M,W	11:00–11:55 AM	\$27	409438-01
10/5–11/4	M,W	11:00–11:55 AM	\$30	409438-02
11/9–12/16	M,W	11:00–11:55 AM	\$36	409438-03

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 are all available to create the workout.

Age: 16 years & up

Location: Senior Center

9/10	Th	5:30–6:30 PM	\$20	402585-01
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Ice

Adaptive Skating

These lessons are for people with and without disabilities. Basic skills are introduced and adapted for individuals with disabilities. Skill improvement and fun is the focus; all abilities welcome. **Note:** Please bring an attendant if you need assistance off the ice. Class will not be held on 11/28.

Age: 8 years & up

Location: Edora Pool Ice Center

9/12–10/17	Sa	9:45–10:15 AM	\$45	410356-01
10/24–12/12	Sa	9:45–10:15 AM	\$40	410356-02

Music & Theatre

Theatre Acting Workshop

Learn to express yourself on stage! We have fun with theater games, improvisation and skits. This workshop is designed for people with and without disabilities.

Age: 14 years & up

Location: Senior Center

10/31	Sa	1:00–4:00 PM	\$15	402593-01
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Outdoor Recreation

Adaptive Archery

Adapted for individuals with varying physical abilities, this class teaches the basics of safely shooting a bow and arrow.

Note: Classes are held at the outdoor archery range off of the Prospect frontage road; one class is held at an indoor range. Dress for the weather.

Age: 8 years & up

Location: Archery Range

9/9–10/14	W	4:30–5:45 PM	\$30	402040-01
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Adaptive Kayaking

Join us for a beautiful evening on the water. This event is designed for people with physical disabilities, their friends and family. Adaptive Adventures brings equipment for flat water kayaking to get you out and paddling! **Note:** Meet at Horsetooth Reservoir, South Bay Pavilion. For more information or to schedule a ride, contact Renee Lee at 970. 224.6027, rlee@fcgov.com.

Age: 12 years & up

Location: Horsetooth Reservoir

9/2	W	4:30–7:30 PM	\$16	402939-01
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Guided Outdoor Adventures

Enjoy fall and the great outdoors! Activities include guided hiking, snowshoeing or cycling and are designed for people with visual impairments. Transportation to/from the Senior Center provided. Individuals are paired with 1:1 guide/partner as needed. **Note:** Participants of all levels are welcome! Four classes held; meet every other week.

Age: 12 years & up

Location: Senior Center

9/23,10/7,10/21,11/4	W	12:30 AM–3:30 PM	\$40	402762-01
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Sports

Wheelchair Rugby

Wheelchair rugby is a fast paced, full contact wheelchair sport played indoors on a modified basketball court. All abilities welcome. Extra sport chairs available. **Note:** Class will not be held on 11/24/15.

Age: 14 years & up

Location: Northside Aztlan Center

9/15–12/8 Tu 6:00–8:00 PM \$25 402560-01

Unified Sports

Players with and without disabilities 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, bmcldowell@fcgov.com.

Adult Unified Flag Football

Class will not be held on 9/7/15.

Age: 16 years & up

Location: City Park

8/17–9/28 M 5:30–6:45 PM \$20 402157-01

Adult Unified Volleyball

Class partially discountable.

Age: 16 years & up

Location: Foothills Gateway

9/26–11/14 Sa 10:00 AM–2:00 PM \$20 402959-01

Youth Unified Flag Football

Class will not be held on 9/7/15.

Age: 8–21 years

Location: City Park

Child

8/17–9/28 M 4:15–5:15 PM \$20 402061-01

Family

8/17–9/28 M 4:15–5:15 PM \$28 402061-02

Alternative Programs

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

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

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

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

Education

Cooking

Learn how to cook tasty foods while gaining positive eating habits. We help you cook and set the table, and then we all sit down to sample the finished products. **Note:** Attendants welcome at no cost. Please report any food allergies to bheinze@fcgov.com.

Age: 18 years & up

Location: Senior Center

Farm Fresh

9/10	Th	6:30–8:00 PM	\$10	402401-01
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Hot and Tasty

10/8–10/15	M,Th	6:30–8:00 PM	\$20	402401-02
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Savory Cooking

11/5	Th	6:30–8:00 PM	\$10	402401-03
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Social Opportunities

Bowling

Enjoy Saturday mornings down at the lanes with our bowling program. 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, if needed. Class not discountable.

Age: 18 years & up

Location: Chipper's Lanes North

9/26–10/31	Sa	10:00–11:00 AM	\$58	402906-01
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Movie Night

Travel with us to a local movie theatre to watch the finest flicks on the big screen with a great group of friends. **Note:** Bring \$5.50 for your ticket, and additional money for snacks if desired. Attendants welcome at no cost, but please notify the ARO coordinator.

Age: 18 years & up

Location: Senior Center

9/29	Tu	6:00–9:00 PM	\$5	402903-01
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10/27	Tu	6:00–9:00 PM	\$5	402903-02
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12/1	Tu	6:00–9:00 PM	\$5	402903-03
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Restaurant Night

Take a night off from cooking to dine out, explore local restaurants and enjoy an evening with friends. **Note:** Bring \$20 to pay for your meal and a tip. Attendants welcome at no cost, but please inform Becca Heinze at bheinze@fcgov.com.

Age: 18 years & up

Location: Senior Center

9/23	W	5:45–8:00 PM	\$5	402904-01
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10/12	M	5:45–8:00 PM	\$5	402904-02
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11/9	M	5:45–8:00 PM	\$5	402904-03
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Special Events

Monthly Themed Dances – NW

Get out your dancing shoes and join us at our monthly dance events. Dress up in style for the theme and prepare for a fun filled night of music, dancing, and celebrating with friends. **Note:** No pre-registration; tickets are sold at the door. Attendants welcome at no cost.

Age: 18 years & up
Location: Senior Center
Cowboy Up

9/25	F	6:00–8:00 PM	\$3.50
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Chills and Thrills

10/30	F	6:00–8:00 PM	\$3.50
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Autumn Enchantment

11/20	F	6:00–8:00 PM	\$3.50
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Billiards Tournament

Get together with friends to play pool and enjoy a night of fun. Players are paired up with another player during the competition. Snacks provided.

Age: 18 years & up
Location: Senior Center

11/6	F	6:00–8:00 PM	\$8	402407-01
11/6	F	6:00–8:00 PM	No Fee	402407-1A

Thanksgiving Meal & Dance

The ARO Thanksgiving meal and monthly dance brings together adults with disabilities, their families, friends and/or supportive living providers for a traditional, homemade feast of gratitude and fun. The meal is from 4:30–6 p.m., and the dance is from 6–8 p.m. Attendants must pre-register separately. **Note:** Registration fee for participants includes dance. No refunds or cancellations will be given. Registration deadline is 11/15. Class not discountable.

Age: 18 years & up
Location: Senior Center

11/20	F	4:30–8:00 PM	\$15	402409-01
11/20	F	4:30–8:00 PM	\$9	402409-1A

Trips & Outings

Cooperative Campout

Spend a weekend at Cheley Camp in Estes Park with people from other communities along the Front Range. Designed for individuals who are independent in activities of daily living. Includes cabin lodging, meals, fishing, hiking, crafts and a themed dance. Registration deadline is 9/4. **Note:** Attendants welcome, but must pre-register separately under section 1A. A list of items to bring will be emailed before the trip. For more information, contact Becca Heinze at 970.224.6125, bheinze@fcgov.com.

Age: 18 years & up
Location: Senior Center

9/18–9/20	F–Su	2:30–Noon	\$185	402925-01
9/18–9/20	F–Su	2:30–Noon	\$85	402925-1A

'Distortions' Halloween

Let's celebrate the fall season with an exciting tour of Distortions Unlimited Mask Making Factory and dinner out with friends! While in Greeley, we see amazing masks in the making. Wear comfortable walking shoes and clothes for changing weather. Bring at least \$20 for dinner. **Note:** Attendants pre-register separately. Registration deadline is 10/07.

Age: 18 years & up
Location: Senior Center

10/23	F	3:00–8:00 PM	\$20	402917-01
10/23	F	3:00–8:00 PM	\$10	402917-1A

CSU Volleyball

Let's cheer on the home team as the CSU women's volleyball team plays against San Diego State at Moby Arena. Transportation to and from the Senior Center provided. **Note:** Attendants welcome, but must pre-register separately. Registration deadline 10/15. No refunds given unless your ticket can be resold.

Age: 18 years & up

Location: Senior Center

10/29	Th	6:15–10:00 PM	\$25	402914-01
10/29	Th	6:15–10:00 PM	\$15	402914-1A

Aqua Fitness

Classes with fewer than five patrons registered by the end of the first day of class will be canceled for that session. Please check in for each class at the front desk. Patrons may attend only the class for which they are registered. There are no make-up classes for missed Aqua Fitness classes. If the class enrollment is not met, the class will be canceled and there will be no drop-in.

Drop-In Policy

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

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

Aqua Personal Training

See page 25 for details.

Adult

Low Intensity

Arthritis Foundation – Twinges in the Hinges

Aquatics class for those with arthritis. Certified instructors lead through gentle, no-impact movements. The warm water may help relieve pain and stiffness. The water's buoyancy and resistance provides support and help to maintain joint flexibility. **Note:** For

more information about Adaptive programming, see page 19.

Age: 18 years & up

Location: Edora Pool Ice Center

8/31–10/2	M,W,F	9:30–10:30 AM	\$49	300314-06
9/14–10/16	M,W,F	7:30–8:30 AM	\$52.75	400314-01
10/19–11/20	M,W,F	7:30–8:30 AM	\$52.75	400314-02
9/14–10/16	M,W,F	9:30–10:30 AM	\$52.50	400314-03
10/19–11/20	M,W,F	9:30–10:30 AM	\$52.75	400314-04

Twinges Plus

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

Age: 18 years & up

Location: Senior Center

8/31–10/2	M,W,F	1:30–2:30 PM	\$49	300416-06
9/14–10/16	M,W,F	12:15–1:15 PM	\$52.50	400416-01
10/19–11/20	M,W,F	12:15–1:15 PM	\$52.50	400416-02
9/14–10/16	M,W,F	1:30–2:30 PM	\$52.50	400416-03
10/19–11/20	M,W,F	1:30–2:30 PM	\$52.50	400416-04

Basic H2O Workout

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

Age: 18 years & up

Location: Senior Center

8/31–10/2	M,W,F	6:15–7:15 PM	\$49	300412-03
9/14–10/16	M,W,F	6:15–7:15 PM	\$52.50	400412-01
10/19–11/20	M,W,F	6:15–7:15 PM	\$52.50	400412-02

Stretch & Tone

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

Age: 18 years & up

Location: Senior Center

8/31–10/2	M,W,F	8:30–9:30 AM	\$49	300410-03
9/14–10/16	M,W,F	8:30–9:30 AM	\$52.50	400410-01
10/19–11/20	M,W,F	8:30–9:30 AM	\$52.50	400410-02

Medium Intensity

Classics

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

Age: 18 years & up

Location: Edora Pool Ice Center

8/31–10/2	M,W,F	7:30–8:30 AM	\$49	300222-03
9/14–10/16	M,W,F	7:30–8:30 AM	\$52.50	400322-01
10/19–11/20	M,W,F	7:30–8:30 AM	\$49	400322-02

Location: Mulberry Pool

8/31–10/2	M,W,F	7:30–8:30 AM	\$49	300322-03
9/14–10/16	M,W,F	7:30–8:30 AM	\$52.50	400222-01
10/19–11/20	M,W,F	7:30–8:30 AM	\$52.50	400222-02

Location: Senior Center

9/14–10/16	M,W,F	6:15–7:15 AM	\$52.50	400422-01
10/19–11/20	M,W,F	6:15–7:15 AM	\$52.50	400422-02
9/14–10/16	M,W,F	9:30–10:30 AM	\$52.50	400422-03
10/19–11/20	M,W,F	9:30–10:30 AM	\$52.50	400422-04
9/14–10/16	M,W,F	5:15–6:15 PM	\$52.50	400422-05
10/19–11/20	M,W,F	5:15–6:15 PM	\$52.50	400422-06
9/15–10/15	Tu,Th	8:00–9:00 AM	\$35	400422-07
10/20–11/19	Tu,Th	8:00–9:00 AM	\$35	400422-08
9/15–10/15	Tu,Th,Su	9:00–10:00 AM	\$35	400422-09
10/20–11/19	Tu,Th	9:00–10:00 AM	\$35	400422-10
9/15–10/15	Tu,Th	10:00–11:00 AM	\$35	400422-11

10/20–11/19	Tu,Th	10:00–11:00 AM	\$35	400422-12
9/15–10/15	Tu,Th	4:00–5:00 PM	\$35	400422-13
10/1–11/19	Tu,Th	4:00–5:00 PM	\$35	400422-14
9/15–10/15	Tu,Th	7:00–8:00 PM	\$35	400422-15
10/20–11/19	Tu,Th	7:00–8:00 PM	\$35	400422-16

Aqua-natal

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

Age: 18 years & up

Location: Senior Center

8/31–10/2	M,W,F	4:15–5:15 PM	\$49	300418-03
9/14–10/16	M,W,F	4:15–5:15 PM	\$52.50	400418-01
10/19–11/20	M,W,F	4:15–5:15 PM	\$52.50	400418-02

Fitness and Fun

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

Age: 18 years & up

Location: Senior Center

8/31–10/2	M,W,F	7:30–8:30 AM	\$49	300420-03
9/14–10/16	M,W,F	7:30–8:30 AM	\$52.50	400420-01
10/19–11/20	M,W,F	7:30–8:30 AM	\$52.50	400420-02

High Intensity

Aqua Box

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

Age: 18 years & up

Location: Senior Center

9/15–10/15	Tu,Th	5:30–6:30 PM	\$35	400428-01
10/20–11/19	Tu,Th	5:30–6:30 PM	\$35	400428-02

Deep H2O

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

Age: 18 years & up

Location: Edora Pool Ice Center

9/15–10/15	Tu,Th	5:30–6:30 PM	\$35	400330-01
10/20–11/19	Tu,Th	5:30–6:30 PM	\$35	400330-02

Location: Mulberry Pool

9/14–10/16	M,W,F	12:15–1:00 PM	\$41.25	400230-01
10/19–11/20	M,W,F	12:15–1:00 PM	\$41.25	400230-02
8/31–10/2	M,W,F	12:15–1:00 PM	\$38.50	300230-03

Aquatics

Aquatics Policies

Children under the age of 8 years must be accompanied by an adult. The adult must pay admission, be wearing a

swimsuit, and be actively participating in the water with the child.

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

All patrons are required to shower before entering any pool.

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

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

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

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

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

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

Group Rates for Swimming

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

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

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

Birthday Party Packages

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

Scout Waiver Water Badges

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

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

Learn-To-Swim Policies

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

Drop-in Swim Test

Swim testing allows swim staff to evaluate your child (6 years & up) on their swimming ability for proper swim level placement. Prior to registration, we encourage you to have your child tested for proper placement.

Swim Test Schedule

Mulberry Pool	W	4:00–7:30 PM
EPIC	Sa	Noon–5:30 PM

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

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

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

At the discretion of the lesson manager, if it is evident that a child is not water ready by the 3rd lesson, the manager will contact the parent for dismissal. A full refund will be issued for the class.

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

Make-up lessons are not available.

Class maximums are based on American Red Cross guidelines to ensure a safe learn-to-swim experience. Minimum for all classes is 4.

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

Youth

Guppy

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

Age: 6–18 months

Location: Edora Pool Ice Center

9/9–10/7	M,W	4:15–4:45 PM	\$46	401310-01
9/9–10/7	M,W	6:15–6:45 PM	\$46	401310-02
9/8–10/8	Tu,Th	9:30–10:00 AM	\$50	401310-03
10/12–11/11	M,W	4:55–5:25 PM	\$50	401310-04
10/13–11/12	Tu,Th	10:10–10:40 AM	\$50	401310-05

Advanced Guppy

This parent participation class is designed for children who are walking by promoting basic skills in the water. The goal is comfort in a water environment, in a front and back float position and breath control (i.e. blowing bubbles and voluntary submersion). Parents are given skills to make water fun. **Note:** Class partially discountable.

Age: 10 months–2 years

Location: Edora Pool Ice Center

9/7–10/7	M,W	4:55–5:25 PM	\$46	401312-01
9/8–10/8	Tu,Th	10:50–11:20 AM	\$50	401312-02
10/12–11/11	M,W	5:35–6:05 PM	\$50	401312-03
10/13–11/12	Tu,Th	10:50–11:20 AM	\$50	401312-04

Location: Mulberry Pool

9/8–10/8	Tu,Th	4:15–4:45 PM	\$50	401212-01
9/12–10/10	Sa	10:20–10:50 AM	\$25	401212-02
9/12–10/10	Sa	11:40 AM–12:10 PM	\$25	401212-03
9/12–10/10	Sa	9:00–9:30 AM	\$25	401212-04
9/13–10/11	Su	3:15–3:45 PM	\$25	401212-05
9/13–10/11	Su	4:35–5:05 PM	\$25	401212-06
9/13–10/11	Su	5:55–6:25 PM	\$25	401212-07
10/13–11/12	Tu,Th	4:55–5:25 PM	\$50	401212-08

10/17–11/14 Sa	11:00–11:30 AM	\$25	401212-09
10/17–11/14 Sa	8:20–8:50 AM	\$25	401212-10
10/17–11/14 Sa	9:40–10:10 AM	\$25	401212-11
10/18–11/15 Su	3:55–4:25 PM	\$25	401212-12
10/18–11/15 Su	5:15–5:45 PM	\$25	401212-13
10/18–11/15 Su	6:40–7:10 PM	\$25	401212-14

Location: Senior Center

9/13–10/11 Su	3:30–4:00 PM	\$25	401412-05
9/13–10/11 Su	4:50–5:20 PM	\$25	401412-06
10/18–11/15 Su	3:30–4:00 PM	\$25	401412-12
10/18–11/15 Su	4:50–5:20 PM	\$25	401412-13

Tadfish

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

Age: 2–4 years

Location: Edora Pool Ice Center

9/7–10/7 M,W	5:35–6:05 PM	\$50	401314-01
10/12–11/11 M,W	4:15–4:45 PM	\$50	401314-02
10/12–11/11 M,W	6:15–6:45 PM	\$50	401314-03
10/13–11/12 Tu,Th	8:50–9:20 AM	\$50	401314-04

Location: Mulberry Pool

9/8–10/8 Tu,Th	5:35–6:05 PM	\$50	401214-01
9/12–10/10 Sa	11:00–11:30 AM	\$25	401214-02
9/12–10/10 Sa	8:20–8:50 AM	\$25	401214-03
9/12–10/10 Sa	9:40–10:10 AM	\$25	401214-04
9/13–10/11 Su	3:55–4:25 PM	\$25	401214-05
9/13–10/11 Su	5:15–5:45 PM	\$25	401214-06
9/13–10/11 Su	6:40–7:10 PM	\$25	401214-07
10/13–11/12 Tu,Th	6:15–6:45 PM	\$50	401214-08
10/17–11/14 Sa	10:20–10:50 AM	\$25	401214-09
10/17–11/14 Sa	11:40 AM–12:10 PM	\$25	401214-10
10/17–11/14 Sa	9:00–9:30 AM	\$25	401214-11
10/18–11/15 Su	3:15–3:45 PM	\$25	401214-12
10/18–11/15 Su	4:35–5:05 PM	\$25	401214-13
10/18–11/15 Su	5:55–6:25 PM	\$25	401214-14

Location: Senior Center

9/13–10/11 Su	4:50–5:20 PM	\$25	401414-05
9/13–10/11 Su	5:30–6:00 PM	\$25	401414-06
10/18–11/15 Su	4:50–5:20 PM	\$25	401414-12

Preschool 1

This class is designed for children ready to be independent of a parent in the water. Children are introduced to basic water skills and learn how to be safe in and around water. **Note:** Class partially discountable

Age: 3–5 years

Location: Edora Pool Ice Center

9/9–10/7 M,W	4:15–4:45 PM	\$46	401316-01
9/9–10/7 M,W	5:35–6:05 PM	\$46	401316-02
9/9–10/7 M,W	6:15–6:45 PM	\$46	401316-03
9/8–10/8 Tu,Th	10:10–10:40 AM	\$50	401316-04
10/12–11/11 M,W	4:15–4:45 PM	\$50	401316-05

10/12–11/11 M,W	5:35–6:05 PM	\$50	401316-06
10/12–11/11 M,W	6:15–6:45 PM	\$50	401316-07
10/13–11/12 Tu,Th	9:30–10:00 AM	\$50	401316-08

Location: Mulberry Pool

9/8–10/8 Tu,Th	4:15–4:45 PM	\$50	401216-01
9/8–10/8 Tu,Th	4:55–5:25 PM	\$50	401216-02
9/8–10/8 Tu,Th	6:15–6:45 PM	\$50	401216-03
9/12–10/10 Sa	10:20–10:50 AM	\$25	401216-04
9/12–10/10 Sa	11:40 AM–12:10 PM	\$25	401216-05
9/12–10/10 Sa	8:20–8:50 AM	\$25	401216-06
9/13–10/11 Su	3:15–3:45 PM	\$25	401216-07
9/13–10/11 Su	4:35–5:05 PM	\$25	401216-08
9/13–10/11 Su	5:55–6:25 PM	\$25	401216-09
9/13–10/11 Su	6:40–7:10 PM	\$25	401216-10
10/13–11/12 Tu,Th	4:15–4:45 PM	\$50	401216-11
10/13–11/12 Tu,Th	5:35–6:05 PM	\$50	401216-12
10/17–11/14 Sa	11:00–11:30 AM	\$25	401216-13
10/17–11/14 Sa	11:40 AM–12:10 PM	\$25	401216-14
10/17–11/14 Sa	8:20–8:50 AM	\$25	401216-15
10/17–11/14 Sa	9:40–10:10 AM	\$25	401216-16
10/18–11/15 Su	3:15–3:45 PM	\$25	401216-17
10/18–11/15 Su	5:15–5:45 PM	\$25	401216-18
10/18–11/15 Su	6:40–7:10 PM	\$25	401216-19

Location: Senior Center

9/13–10/11 Su	3:30–4:00 PM	\$25	401416-07
9/13–10/11 Su	4:40–4:40 PM	\$25	401416-08
10/18–11/15 Su	3:30–4:00 PM	\$25	401416-17
10/18–11/15 Su	4:10–4:40 PM	\$25	401416-18

Preschool 2

This class builds on Preschool Level 1 by adding to the child's water comfort and safety knowledge. Basic propulsive movements are added making this class the beginning of independent locomotion on both front and back. **Note:** Class partially discountable.

Age: 3–5 years

Location: Edora Pool Ice Center

9/9–10/7 M,W	4:55–5:25 PM	\$46	401318-01
9/9–10/7 M,W	6:15–6:45 PM	\$46	401318-02
9/8–10/8 Tu,Th	11:30 AM–Noon	\$50	401318-03
10/12–11/11 M,W	4:55–5:25 PM	\$50	401318-04
10/12–11/11 M,W	6:15–6:45 PM	\$50	401318-05
10/13–11/12 Tu,Th	11:30 AM–Noon	\$50	401318-06

Location: Mulberry Pool

9/8–10/8 Tu,Th	4:15–4:45 PM	\$50	401218-01
9/8–10/8 Tu,Th	5:35–6:05 PM	\$50	401218-02
9/12–10/10 Sa	11:00–11:30 AM	\$25	401218-03
9/12–10/10 Sa	8:20–8:50 AM	\$25	401218-04
9/12–10/10 Sa	9:40–10:10 AM	\$25	401218-05
9/13–10/11 Su	3:55–4:25 PM	\$25	401218-06
9/13–10/11 Su	5:15–5:45 PM	\$25	401218-07
9/13–10/11 Su	6:40–7:10 PM	\$25	401218-08
10/13–11/12 Tu,Th	4:15–4:45 PM	\$50	401218-09
10/13–11/12 Tu,Th	4:55–5:25 PM	\$50	401218-10
10/13–11/12 Tu,Th	6:15–6:45 PM	\$50	401218-11

10/17–11/14 Sa	10:20–10:50 AM	\$25	401218-12
10/17–11/14 Sa	11:40 AM–12:10 PM	\$25	401218-13
10/17–11/14 Sa	9:00–9:30 AM	\$25	401218-14
10/18–11/15 Su	3:15–3:45 PM	\$25	401218-15
10/18–11/15 Su	4:35–5:05 PM	\$25	401218-16
10/18–11/15 Su	5:55–6:25 PM	\$25	401218-17

Location: Senior Center

9/13–10/11 Su	4:10–4:40 PM	\$25	401418-06
9/13–10/11 Su	5:30–6:00 PM	\$25	401418-07
10/18–11/15 Su	4:10–4:40 PM	\$25	401418-15
10/18–11/15 Su	5:30–6:00 PM	\$25	401418-16

Preschool 3

This class builds on Preschool Levels 1 and 2 and encourages total independent propulsive swim skills. The participant gains confidence and is able to swim greater distances with little to no support on both front and back. “Look! I’m swimming!” **Note:** Class partially discountable.

Age: 3–5 years

Location: Edora Pool Ice Center

9/9–10/7 M,W	4:15–4:45 PM	\$46	401320-01
9/9–10/7 M,W	4:55–5:25 PM	\$46	401320-02
9/9–10/7 M,W	5:35–6:05 PM	\$46	401320-03
9/8–10/8 Tu,Th	8:50–9:20 AM	\$50	401320-04
10/12–11/11 M,W	4:15–4:45 PM	\$50	401320-05
10/12–11/11 M,W	5:35–6:05 PM	\$50	401320-06

Location: Mulberry Pool

9/8–10/8 Tu,Th	4:55–5:25 PM	\$50	401220-01
9/8–10/8 Tu,Th	6:15–6:45 PM	\$50	401220-02
9/12–10/10 Sa	10:20–10:50 AM	\$25	401220-03
9/12–10/10 Sa	11:40 AM–12:10 PM	\$25	401220-04
9/12–10/10 Sa	9:00–9:30 AM	\$25	401220-05
9/13–10/11 Su	3:15–3:45 PM	\$25	401220-06
9/13–10/11 Su	4:35–5:05 PM	\$25	401220-07
9/13–10/11 Su	5:15–5:45 PM	\$25	401220-08
9/13–10/11 Su	5:55–6:25 PM	\$25	401220-09
10/13–11/12 Tu,Th	4:15–4:45 PM	\$50	401220-10
10/13–11/12 Tu,Th	5:35–6:05 PM	\$50	401220-11
10/17–11/14 Sa	11:00–11:30 AM	\$25	401220-12
10/17–11/14 Sa	8:20–8:50 AM	\$25	401220-13
10/17–11/14 Sa	9:40–10:10 AM	\$25	401220-14
10/18–11/15 Su	3:55–4:25 PM	\$25	401220-15
10/18–11/15 Su	4:35–5:05 PM	\$25	401220-16
10/18–11/15 Su	5:15–5:45 PM	\$25	401220-17
10/18–11/15 Su	6:40–7:10 PM	\$25	401220-18

Location: Senior Center

9/13–10/11 Su	3:30–4:00 PM	\$25	401420-06
9/13–10/11 Su	4:50–5:20 PM	\$25	401420-07
9/13–10/11 Su	5:30–6:00 PM	\$25	401420-08
10/18–11/15 Su	3:30–4:00 PM	\$25	401420-15
10/18–11/15 Su	4:50–5:20 PM	\$25	401420-16
10/18–11/15 Su	5:30–6:00 PM	\$25	401420-17

Level 1

This class is designed for children with little or no water experience. Children learn to be comfortable and safe in an aquatic environment and are introduced to basic swimming and safety skills. **Note:** Class partially discountable.

Age: 6–12 years

Location: Edora Pool Ice Center

9/9–10/7	M,W	4:15–4:45 PM	\$46	401322-01
9/9–10/7	M,W	4:55–5:25 PM	\$46	401322-02
9/9–10/7	M,W	6:15–6:45 PM	\$46	401322-03
10/12–11/11	M,W	4:55–5:25 PM	\$50	401322-04
10/12–11/11	M,W	6:15–6:45 PM	\$50	401322-05

Location: Mulberry Pool

9/8–10/8	Tu,Th	4:15–4:45 PM	\$50	401222-01
9/8–10/8	Tu,Th	5:35–6:05 PM	\$50	401222-02
9/8–10/8	Tu,Th	6:15–6:45 PM	\$50	401222-03
9/12–10/10	Sa	11:00–11:30 AM	\$25	401222-04
9/12–10/10	Sa	8:20–8:50 AM	\$25	401222-05
9/12–10/10	Sa	9:40–10:10 AM	\$25	401222-06
9/13–10/11	Su	3:55–4:25 PM	\$25	401222-07
9/13–10/11	Su	5:15–5:45 PM	\$25	401222-08
9/13–10/11	Su	6:40–7:10 PM	\$25	401222-09
10/13–11/12	Tu,Th	4:55–5:25 PM	\$50	401222-10
10/13–11/12	Tu,Th	6:15–6:45 PM	\$50	401222-11
10/17–11/14	Sa	10:20–10:50 AM	\$25	401222-12
10/17–11/14	Sa	11:40 AM–12:10 PM	\$25	401222-13
10/17–11/14	Sa	9:00–9:30 AM	\$25	401222-14
10/18–11/15	Su	3:15–3:45 PM	\$25	401222-15
10/18–11/15	Su	4:35–5:05 PM	\$25	401222-16
10/18–11/15	Su	5:55–6:25 PM	\$25	401222-17
10/18–11/15	Su	6:40–7:10 PM	\$25	401222-18

Location: Senior Center

9/13–10/11	Su	3:30–4:00 PM	\$25	401422-07
9/13–10/11	Su	5:30–6:30 PM	\$25	401422-08
10/18–11/15	Su	3:30–4:00 PM	\$25	401422-15
10/18–11/15	Su	5:30–6:00 PM	\$25	401422-16

Level 2

This class builds on Level 1 and increases the participant's confidence and safety in the water. Children begin to have basic propulsive movements on both front and back. This is the beginning of independent swimming. **Note:** Class partially discountable.

Age: 6–12 years

Location: Edora Pool Ice Center

9/9–10/7	M,W	4:15–4:45 PM	\$46	401324-01
9/9–10/7	M,W	5:35–6:05 PM	\$46	401324-02
10/12–11/11	M,W	4:15–4:45 PM	\$50	401324-03
10/12–10/14	M,W	4:55–5:25 PM	\$50	401324-04
10/12–11/11	M,W	5:35–6:05 PM	\$50	401324-05

Location: Mulberry Pool

9/8–10/8	Tu,Th	4:55–5:25 PM	\$50	401224-01
9/8–10/8	Tu,Th	6:15–6:45 PM	\$50	401224-02
9/12–10/10	Sa	10:20–10:50 AM	\$25	401224-03
9/12–10/10	Sa	11:40 AM–12:10 PM	\$25	401224-04
9/12–10/10	Sa	9:00–9:30 AM	\$25	401224-05
9/13–10/11	Su	3:15–3:45 PM	\$25	401224-06
9/13–10/11	Su	4:35–5:05 PM	\$25	401224-07
9/13–10/11	Su	5:55–6:25 PM	\$25	401224-08
9/13–10/11	Su	6:40–7:10 PM	\$25	401224-09
10/13–11/12	Tu,Th	4:15–4:45 PM	\$50	401224-10

10/13–11/12 Tu,Th	5:35–6:05 PM	\$50	401224-11
10/13–11/12 Tu,Th	6:15–6:45 PM	\$50	401224-12
10/17–11/14 Sa	10:20–10:50 AM	\$25	401224-13
10/17–11/14 Sa	11:00–11:30 AM	\$25	401224-14
10/17–11/14 Sa	8:20–8:50 AM	\$25	401224-15
10/17–11/14 Sa	9:40–10:10 AM	\$25	401224-16
10/18–11/15 Su	3:55–4:25 PM	\$25	401224-17
10/18–11/15 Su	5:15–5:45 PM	\$25	401224-18
10/18–11/15 Su	6:40–7:10 PM	\$25	401224-19

Location: Senior Center

9/13–10/11 Su	4:10–4:40 PM	\$25	401424-06
10/18–11/15 Su	4:10–4:40 PM	\$25	401424-17

Level 3

This class continues to build on the participant's skills and confidence. Children gain proficiency in several strokes and are introduced to deep water safety and skills. New strokes are introduced along with headfirst entries. Participants at this level are independently swimming. **Note:** Class partially discountable.

Age: 6–12 years

Location: Edora Pool Ice Center

9/9–10/7 M,W	4:55–5:40 PM	\$61.50	401326-01
9/9–10/7 M,W	6:15–7:00 PM	\$61.50	401326-02
10/12–11/11 M,W	4:15–5:00 PM	\$67.50	401326-03
10/12–11/11 M,W	5:35–6:20 PM	\$67.50	401326-04

Location: Mulberry Pool

9/8–10/8 Tu,Th	4:15–5:00 PM	\$67.50	401226-01
9/8–10/8 Tu,Th	5:35–6:20 PM	\$67.50	401226-02
9/12–10/10 Sa	11:00–11:45 AM	\$33.75	401226-03
9/12–10/10 Sa	8:20–9:05 AM	\$33.75	401226-04
9/13–10/11 Su	5:15–6:00 PM	\$33.75	401226-05
10/13–11/12 Tu,Th	4:55–5:40 PM	\$67.50	401226-06
10/17–11/14 Sa	11:40 AM–12:25 PM	\$33.75	401226-07
10/17–11/14 Sa	9:00–9:45 AM	\$33.75	401226-08
10/18–11/15 Su	3:15–4:00 PM	\$33.75	401226-09
10/18–11/15 Su	5:15–6:00 PM	\$33.75	401226-10

Location: Senior Center

9/13–10/11 Su	4:50–5:20 PM	\$33.75	401426-05
10/18–11/15 Su	4:50–5:20 PM	\$33.75	401426-09

Level 4

This level continues to build on the skills needed to be a proficient swimmer. Children are able to swim basic strokes for longer distances with improved technique while adding additional strokes and safety skills. **Note:** Class partially discountable.

Age: 6–12 years

Location: Edora Pool Ice Center

9/9–10/7 M,W	5:35–6:20 PM	\$61.50	401328-01
10/12–11/11 M,W	4:55–5:40 PM	\$67.50	401328-02

Location: Mulberry Pool

9/8–10/8 Tu,Th	4:55–5:40 PM	\$67.50	401228-01
9/12–10/10 Sa	9:00–9:45 AM	\$33.75	401228-02
9/13–10/11 Su	3:55–4:40 PM	\$33.75	401228-03
10/13–11/12 Tu,Th	5:35–6:20 PM	\$67.50	401228-04

10/17–11/14 Sa	10:20–11:05 AM	\$33.75	401228-05
10/18–11/15 Su	3:55–4:40 PM	\$33.75	401228-06

Level 5

Participants develop proficient technique for all six basic strokes. They swim greater distances using each stroke and add correct turns for each stroke. Participants continue to increase safety knowledge in all aquatic environments. **Note:** Class partially discountable.

Age: 6–12 years

Location: Edora Pool Ice Center

9/7–10/7	M,W	4:15–5:00 PM	\$67.50	401330-01
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Location: Mulberry Pool

9/12–10/10 Sa	9:40–10:25 AM	\$33.75	401230-01
9/13–10/11 Su	3:15–4:00 PM	\$33.75	401230-02
10/13–11/12 Tu,Th	4:15–5:00 PM	\$67.50	401230-03
10/17–11/14 Sa	8:20–9:05 AM	\$33.75	401230-04

Fort Collins Area Swim Team

Ready to swim FAST? Swimmers who have passed Level 5 are encouraged to join Fort Collins Area Swim Team for an introduction to the sport of competitive swimming. Improve on Olympic strokes and increase speed and efficiency all in a fun team environment.

Age: 6–12 years

Location: Edora Pool Ice Center

Visit fortcollinsareaswimteam.org for more information and to register.

Teen – Learn to Swim

Teen Swim Instruction

Designed for all levels of teen swimmers to help not only the beginner swimmer gain swim skills but also the advanced swimmer gain endurance strength in swimming. **Note:** Class partially discountable.

Age: 13–17 years

Location: Edora Pool Ice Center

10/12–11/11 M,W	4:15–4:45 PM	\$50	401335-01
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Location: Mulberry Pool

9/2–10/10 Sa	11:00–11:30 AM	\$25	401235-01
10/18–11/15 Su	5:55–6:25 PM	\$25	401235-02

Adult – Learn to Swim

Adult 101 Beginner Swim

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

Note: Class partially discountable.

Age: 18 years & up

Location: Edora Pool Ice Center

9/7–10/7	M,W	7:00–7:45 PM	\$67.50	401338-01
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Adult Advanced Swim

Improve proficiency in basic aquatic skills and the six basic swimming strokes; the butterfly stroke is optional. **Note:** Class partially discountable.

Age: 18 years & up
Location: Edora Pool Ice Center

10/12–11/11 M,W 7:00–7:45 PM \$67.50 401339-01

Lunchtime Splash & Dash

Join intermediate and advanced fitness swimmers for workouts designed to improve strength, endurance and form. Typical workouts vary from 1,800–3,200 yards with an emphasis on intervals and variable speed training. **Note:** Participants need a foundation in freestyle and the ability to repeatedly swim 50 yards nonstop. Class will not be held on 11/23, 11/25, 11/27.

Age: 18 years & up
Location: Mulberry Pool

9/2–12/18 M,W,F 11:00 AM–Noon No Fee 401236-01

9/2–12/18 M,W,F Noon–1:00 PM No Fee 401236-02

Water Comfort

For those who need to establish comfort in the water before learning to swim. If anxiety or inexperience is an issue, this class should be taken before Adult – Learning the Basics. **Note:** Class partially discountable

Age: 18 years & up
Location: Senior Center

9/12–10/10 Sa 9:15–10:00 AM \$33.75 401437-01

10/17–11/14 Sa 9:15–10:00 AM \$33.75 401437-02

Diving

Diving

Participants learn the fundamentals of springboard diving and utilize the 1 and 3-meter boards. Concentration is on developing the basics of approach and entry, the mechanics for proper diving techniques in the forward and backward positions, and development in somersaulting and inward dive. **Note:** Skills test on first day (swim at least 25 yards using the front crawl); continuation depends on passing. Class partially discountable.

Age: 5–17 years
Location: Edora Pool Ice Center

Beginning

9/9–10/7 M,W 4:50–5:35 PM \$49.50 401336-01

9/9–10/7 M,W 5:40–6:25 PM \$49.50 401336-02

10/12–11/11 M,W 4:50–5:35 PM \$55 401336-03

10/12–11/11 M,W 5:40–6:25 PM \$55 401336-04

Intermediate

10/12–11/11 M,W 4:00–4:45 PM \$55 401336-05

Advanced

9/9–10/7 M,W 4:00–4:45 PM \$49.50 401336-06

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 you need to dive under the direct supervision of a PADI professional. **Note:** Participants must call CSDA at 1.855.557.2822 prior to the start of class. Additional required paperwork must be completed in order to participate in class. Class not discountable.

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

9/6	Sa	10:00–10:30 AM	\$35	401352-01
9/27	Sa	10:00–10:30 AM	\$35	401352-02
10/11	Sa	10:00–10:30 AM	\$35	401352-03
11/15	Sa	10:00–10:30 AM	\$35	401352-04

Open Water Diver

Take this class to get your PADI certification. The PADI Open Water Diver course gives you the basic principles of scuba diving, the use of basic scuba gear including a dive computer and standard accessories, as well as introduces you to the adventure of diving underwater. Additional books will need to be purchased. **Note:** Participants must call CSDA at 1.855.557.2822 prior to the start of class. Additional required paperwork must be completed. Class not discountable.

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

9/5–9/6	Sa,Su	7:30 AM–Noon	\$165	401354-01
9/5–9/6	Sa,Su	Noon–4:00 PM		
10/17–18	Sa, Su	7:30 AM–Noon	\$165	401354-02
10/17–18	Sa, Sun	Noon–4:00 PM		
11/14–11/15	Sa,Su	7:30 AM–Noon	\$165	401354-03
11/14–11/15	Sa,Su	Noon–4:00 PM		

Scuba Challenge

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

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

9/21	M	6:00–9:00 PM	\$6	401356-01
10/19	M	6:00–9:00 PM	\$6	401356-02
11/23	M	6:00–9:00 PM	\$6	401356-03

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

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

Water Safety Instructor

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

Age: 16 years & up
Location: Mulberry Pool

9/16–9/17	W,Th	4:00–10:00 PM	\$120	401242-01
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9/19–9/20 Sa,Su 8:00 AM–5:00 PM

Lifeguard Training

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

Age: 15 years & up

Location: Edora Pool Ice Center

9/25	F	3:30–8:30 PM	\$135	401340-01
9/26–10/4	Sa,Su	11:00 AM–4:00 PM		

Lifeguard Review

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

Age: 17 years & up

Location: Edora Pool Ice Center

11/16	Su	9:00 AM–3:00 PM	\$39	401341-01
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Lifeguard Instructor

Instructor candidates are trained to teach American Red Cross lifeguarding by developing their understanding of how to use the course material, methods, conducting training sessions and evaluating participants' progress. Must possess a current ARC LGT/FA/CPR/AED certification. Online class content 2 hrs. 30 min. **Note:** Must attend all classes. Skills test on first day; continuation depends on passing. E-book included, \$35 certification fee is not. Class not discountable.

Age: 17 years & up

Location: Edora Pool Ice Center

8/28	F	4:00–8:00 PM	\$117	401342-01
8/29–8/30	Sa,Su	11:00 AM–6:00 PM		
10/30	F	4:00–8:00 PM	\$117	401342-02
10/31–11/1	Sa,Su	11:00 AM–6:00 PM		

Arts & Crafts

Get Involved

Senior Center Exhibits

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

Arts and 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 Volunteers

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

Teachers

Proposals from new skilled arts and crafts instructors welcome.

Contact

Contact the Senior Center at 970.221.6644 for more information about exhibits and volunteering.

Adult

Fiber Arts

Needle Felting

Learn to make handcrafted figures, dolls or animals from wool while using the needle felting method. Use the process to make unusual soft sculptures roughly 6" in size. **Note:** All supplies provided. Class partially discountable.

Age: 18 years & up

Location: Senior Center

Landscape

9/19	Sa	9:00 AM–Noon	\$27	403436-01
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Pumpkin

10/17	Sa	9:00 AM–Noon	\$27	403436-02
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Turkey

11/14	Sa	9:00 AM–Noon	\$27	403436-03
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Angels

12/12	Sa	9:00 AM–Noon	\$27	403436-04
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Quilting Quorum – M

All levels of quilters welcome and may work on any projects. You may also work on items for a charity of your choice or the ones the group has adopted, such as offering quilts for people in need. Meet other local quilters, swap tips and share techniques and a common interest in quilting. **Note:** No instructor. Sewing machines, mats, cutters and material available.

Age: 18 years & up

Location: Senior Center

9/3–11/20	F	1:00–3:00 PM	No Fee	
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General

C.H.A.T. (Crafts, Hobbies & Arts Time) – M

Open for scrapbooks, crochet, watercolor, knitting, or some other hobby. Enjoy the relaxed atmosphere where you can meet new friends and share an enthusiasm for the arts and crafts. This group of creative people meets weekly to work on projects and share ideas and techniques. **Note:** No instructor; learn from others. C.H.A.T. is moving to the Farm during November.

Age: 18 years & up

Location: Senior Center

9/2–11/18	W	1:00–3:00 PM	No Fee	
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Metal Wind Sculpture, Beginning

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

Class partially discountable.

Age: 18 years & up

Location: Senior Center

10/7–10/28 W 9:00 AM–Noon \$84 403459-01

Open Shop – M

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

Age: 18 years & up

Location: Senior Center

9/1–11/24 Tu 8:00 AM–Noon No Fee

9/1–11/24 Tu 1:00–5:00 PM

9/3–11/19 Th 6:00–10:00 PM

Jewelry

Jewelry, Beginning

Concentration is on cutting and piercing with a jeweler's saw, filing, soldering and proper techniques for polishing and finishing. This class is 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. Supply cost is approximately \$55–\$80. Class partially discountable.

Age: 18 years & up

Location: Senior Center

11/3–12/15 Tu 5:30–7:30 PM \$95 403486-01

Jewelry, Open Intermediate & Advanced

This is an open time for students who have had beginning jewelry. Come in and use the equipment and finish projects while there is an instructor on hand to answer and help with problems that may arise. Finish items just in time for the holidays or work on honing your skills and learning new ones. **Note:** Supply list available at registration. Supply cost is approximately \$10–70.

Age: 18 years & up

Location: Senior Center

11/3–12/15 Tu 7:30–9:30 PM \$99 403487-01

Jewelry, Casting

Prerequisite: Beginning Jewelry. This class covers the basic lost wax process in casting. Concentration is given to wax carving and forming, spruing, casting of the investment, burning out and centrifugal casting. Attention to the finishing and surface treatment techniques is covered, as well. **Note:** Supply list available at registration. Supply cost is approximately \$15–45. Class partially discountable

Age: 18 years & up

Location: Senior Center

9/15–10/27 Tu 7:30–9:30 PM \$99 403488-01

Jewelry, Lapidary

This class covers the basic processes with rock and gem cutting and grinding including evaluation of the best stones for grinding and polishing of semi-precious stones and some attention to the construction of a jewelry piece with a stone. **Note:** Supply list available at registration. Supply cost is approximately \$10–\$70. Class partially discountable.

Age: 18 years & up

Location: Senior Center

9/15–10/27 Tu 5:30–7:30 PM \$99 403489-01

Paper Arts

Calligraphy, Beginning – M

Learn the art of beautiful writing and add a personal touch to your scrapbooks, journals, notes and invitations. Use a broad edge pen to write the italic hand and get ideas for using your new skill. Class includes discussion about materials, layout and design, and a brief history of writing. **Note:** Good handwriting is not a prerequisite! Supply list available at registration. Supply cost is approximately \$20. Class partially discountable.

Age: 18 years & up

Location: Senior Center

9/14–10/19 M 9:30–11:30 AM \$69 403409-01
\$55 member

Calligraphy, Continuing – M

Expand your calligraphy skills by learning a new letterform and working with a variety of papers and colors. Participants should have some experience working with a broad edge pen. Bring supplies to first class. **Note:** Supply list available at registration. Supply cost is approximately \$20. Class partially discountable.

Age: 18 years & up

Location: Senior Center

10/26–11/30 M 9:30–11:30 AM \$69 403410-01
\$55 member

Soul Collage, Introduction

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

Age: 18 years & up

Location: Senior Center

10/10 Sa 9:00 AM–12:30 PM \$33 403415-01

Photography

Photography, Beginning

Designed for those that have a high-end digital camera or a 35mm SLR camera with interchangeable lenses and filters. Lectures and demos teach about camera operations, lenses, equipment, films, filters, depth of field and bracketing. Composition and photo products are covered. **Note:** Bring a functional digital or 35mm SLR camera and its manual to class. A field trip will be on Saturday after start of class.

Age: 18 years & up

Location: Senior Center

9/30–10/14 W 6:00–9:00 PM \$49 403430-01
10/3 Sa 9:00 AM–Noon

Photography, Intermediate – Advanced

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

Age: 16 years & up

Location: Senior Center

10/28–11/11 W 6:00–9:00 PM \$44 403431-01

Painting

Painting, Beginning Acrylic

This ongoing entry-level course covers important basics such as preparing your canvas, starting techniques, drawing, color, values and composition. If you have never painted before and are interested, or if you have emerging skills that you would like to stretch to new levels, this class is for you. **Note:** Supply list available at registration. Supply cost is approximately \$30–\$50.

Age: 14 years & up

Location: Senior Center

9/14–9/28	M	1:30–3:30 PM	\$28.75 403446-01 \$25.04 member
10/5–10/26	M	1:30–3:30 PM	\$37 403446-02 \$30.05 member
11/2–11/30	M	1:30–3:30 PM	\$45.25 403446-03 \$39.06 member
9/3–9/24	Th	6:30–8:30 PM	\$37 403446-04 \$30.05 member
10/1–10/29	Th	6:30–8:30 PM	\$45.25 403446-05 \$39.06 member
11/5–11/19	Th	6:30–8:30 PM	\$28.75 403446-06 \$25.04 member

Porcelain Painting, Intermediate

The instructor demonstrates varied techniques for achieving desired results. The aim is to extend your current skills and knowledge. Learn about the mixing of pigments and their application. **Note:** Firing of your work is included in the course fee; you provide the painting supplies.

Age: 18 years & up

Location: Senior Center

9/2–9/30	W	9:00–11:30 AM	\$52.50 403471-01 \$45.23 member
10/7–10/28	W	9:00–11:30 AM	\$42 403471-02 \$36.30 member
11/4–11/18	W	9:00–11:30 AM	\$32.50 403471-03 \$28.23 member

Porcelain Painting, Advanced

The classes offer one-on-one hands-on instruction, as well as group demonstrations. Attention is given to advanced brush techniques, creating the image while observing color and value, and using specific different techniques. **Note:** Firing of your work is included in the course fee; you provide the painting supplies.

Age: 18 years & up

Location: Senior Center

9/2–9/30	W	1:00–4:00 PM	\$60 403472-01 \$51.60 member
10/7–10/28	W	1:00–4:00 PM	\$48 403472-02 \$41.40 member
11/4–11/25	W	1:00–4:00 PM	\$37 403472-03 \$32.05 member

Painting, Bob Ross Style

Complete a finished painting in one day using the Bob Ross painting technique. Our certified Bob Ross instructor teaches the use of different brushes, a palette knife, mixing colors and the manipulation of certain special paints. If you have all of your own Bob Ross supplies, there is a \$15 discounted fee. **Note:** Bring a role of paper towels, other supplies provided. One month prior to the start of class an example can be seen at the Senior Center. Class not discountable. Senior Center Members receive discounted pricing.

Age: 18 years & up

Location: Senior Center

Landscape

9/3	Th	9:00 AM–3:30 PM	\$49	403427-01
			\$34 member	

Floral

10/1	Th	9:00 AM–3:30 PM	\$49	403427-02
			\$34 member	

Floral

11/5	Th	9:00 AM–3:30 PM	\$49	403427-03
			\$34 member	

Painting on Rice Paper

Introduction and continuing study of basic strokes and simple compositions using the traditional Chinese brush on absorbent Chinese paper. Beginning students learn the basic strokes to paint the Chinese orchid and bamboo. Continuing students can choose from other subjects, as well. **Note:** Bring a jar and a small dish or white saucer. All other supplies provided.

Age: 18 years & up

Location: Senior Center

10/6–11/3	Tu	6:30–8:30 PM	\$71	403440-01
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Woodworking

Woodworking, Beginning

Learn the use of basic woodworking tools and their proper setup and maintenance. Create a basic project that requires the use of the special skills you have learned. This class gives you the knowledge and basics to work in the open shop. Discussion of the different materials and finishes included. **Note:** Some supplies provided. Supply list available at registration. Supply cost is approximately \$20–\$30. Class partially discountable. Must attend first class.

Age: 18 years & up

Location: Senior Center

9/9–10/14	W	7:00–9:00 PM	\$90	403490-01
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Woodworking, Intermediate

Prerequisite: Beginning Woodworking. Learn the use of basic woodworking tools and their proper set-up and maintenance. Create a basic project that requires the use of the special skills you have learned. This class gives you the knowledge and basics to work in the open shop. Discussion of the different materials and finishes included. **Note:** Some supplies provided. Supply list available at registration. Supply cost varies based on project. Class will not be held on 11/25. Must attend first class.

Age: 18 years & up

Location: Senior Center

10/28–12/9	W	7:00–9:00 PM	\$90	403491-01
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Woodburning, Beginning

Open to all skill levels, this class offers an introduction to woodworking. Learn the proper use and care of burning tools, the best types of woods to work on, and how to prepare them. The class also covers burning on three dimensional objects. **Note:** All supplies provided. Must attend first class.

Age: 18 years & up

Location: Senior Center

9/17–9/24	Th	9:00 AM–Noon	\$43	403494-01
10/15–10/22	Th	9:00 AM–Noon	\$43	403494-02

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

Pottery Lab

Lab is for current students to practice or finish work in progress. Anyone who has taken classes at the Pottery Studio may register as a lab student. This is a recreational and educational facility; production work is not permitted. Staff is in attendance, but no formal instruction is provided. Lab fee includes 25 lbs. of clay. Lab hours are for adults only. Open lab times are not available for students enrolled in the Sampler Class. See page 39 to register for lab time.

Pottery Pals

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

Work Study

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

Parents or Grandparents & Children Together

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

Birthday Parties

At the Pottery Studio, we teach the steps and processes that clay goes through to create a masterpiece, as well as provide a tour of the facility. Attendees enjoy working in clay and with instruction make a creation of their very own.

Duration is about 90 minutes; tailored packages available. Cost is \$14 per child (5 children minimum); non-discountable. 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 \$14 per child (5 children minimum). Class not discountable.

Private Instruction

Private pottery lessons are available for all levels interested in having one-on-one time to rapidly develop skills and knowledge.

Fees vary depending on the program. Non-discountable. Class not discountable.

Pottery, Beginning Wheel/Handbuilding

For students who have never had pottery. Learn about clay, tools and glazing and the basic skills, techniques and principles involved in pottery. Primary emphasis for the class is on creating using the potter's wheel as a tool. Some handbuilding will be covered.

Age: 18 years & up

Location: Pottery Studio

9/7–11/9	M	9:00–11:00 AM	\$149	404850-01
9/7–11/9	M	5:45–7:45 PM	\$149	404850-02
9/9–11/11	W	8:00–10:00 PM	\$149	404850-03

Pottery, Beginning Plus Wheel/Handbuilding

Prerequisite: Beginning Wheel/Handbuilding. This class is excellent for students that are not feeling comfortable with the clay and wish to hone their skills before progressing to intermediate.

Age: 18 years & up

Location: Pottery Studio

9/7–11/9	M	8:00–10:00 PM	\$149	404855-01
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9/9–11/11	W	5:45–7:45 PM	\$149	404855-02
9/10–11/12	Th	9:00–11:00 AM	\$149	404855-03

Pottery, Intermediate Wheel/Handbuilding

Prerequisite: Beginning Wheel/Handbuilding or equivalent. Expression and exploration of form is taught. Intermediate students must have had experience working with clay and should know the principles of the wheel.

Age: 18 years & up

Location: Pottery Studio

9/8–11/10	Tu	5:30–7:30 PM	\$149	404860-01
9/9–11/11	W	9:00–11:00 AM	\$149	404860-02

Pottery, Advanced Wheel/Handbuilding

Prerequisite: Beginning Wheel/Handbuilding or equivalent. This class looks further into the development of form while honing your high-end techniques. Emphasis is placed on combining your own creativity with conceptual thought into design.

Age: 18 years & up

Location: Pottery Studio

9/10–11/12	Th	5:30–7:30 PM	\$149	404865-01
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Pottery Sampler

Create while learning the techniques of clay. You are introduced to handbuilding and wheel-throwing, as well as glazing and studio operation. If you have always wanted to know about pottery, join this introductory class. **Note:** There is no lab offered with this class. All materials and tools provided. In this class, clay is provided as needed.

Age: 18 years & up

Location: Pottery Studio

9/12–10/10	Sa	12:15–2:15 PM	\$49	404870-01
10/17–11/14	Sa	12:15–2:15 PM	\$49	404870-02

Pottery, Handbuilding Expressions

Students 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

9/9–11/11	W	6:00–8:00 PM	\$149	404875-01
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Cool Clay

This class addresses imaginative methods of 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. **Note:** 5 weeks of lab time included.

Age: 18 years & up

Location: Pottery Studio

9/11–10/9	F	6:00–8:00 PM	\$75	404880-01
10/16–11/13	F	6:00–8:00 PM	\$75	404880-02

Pottery, Creative Clay Craft

Your creativity and inventiveness combine to create out of the ordinary clay structures that are not necessarily utilitarian. All this while drawing upon inspiration while using some of the more exotic tools like extruders and slab rollers, and incorporating textures for rich surfaces. **Note:** All levels welcome.

Age: 18 years & up

Location: Pottery Studio

9/11–11/13 F 9:00–11:00 AM \$149 404885-01

Raku Workshop

Start by working in wet clay the first week, glaze the second week, and finish by firing the pieces. This class includes hands-on contemporary exploration of the forming and firing process first used by Japanese potters. Join us for the American style of Raku while using handbuilding or the potter's wheel. **Note:** No previous experience necessary.

Age: 18 years & up

Location: Pottery Studio

8/21–9/4 F 6:00–9:00 PM \$74 404890-01
8/22–9/5 Sa 9:00 AM–Noon

Holiday Pottery

Make personal and unique holiday decorations such as Santa centerpieces, holly hotplates and holiday candleholders. Projects are finished in fun, bright colors and will be ready for you to enjoy in your home or give as gifts. **Note:** No previous experience necessary. Class is partially discountable. All six meeting times are one class.

Age: 18 years & up

Location: Pottery Studio

11/17–12/3 Tu,Th 6:00–9:00 PM \$74 404895-01
11/21–12/5 Sa 9:00 AM–Noon

Pottery Lab

Lab is for current students to practice or finish work in progress. Anyone who has taken classes at the Pottery Studio may register as a lab student. This is a recreational and educational facility; production work is not permitted. Staff is in attendance, but no formal instruction is provided. **Note:** Lab Fee includes 25 lbs. of clay. Lab hours are for adults only. Open lab times are not available for students enrolled in the Sampler Class.

Age: 18 years & up

Location: Pottery Studio

9/7–11/13 M,W,Th,F 11:00 AM–2:00 PM \$149 404899-01
9/8–11/14 Tu,Sa 9:00 AM–Noon
9/10–11/12 Th 7:30–10:00 PM

Youth

Arts & Crafts

Art Discovery

Explore the fascinating world of art and bring to life self-expression using a variety of mediums. We will create using paint, clay and collage. Save room on your fridge for these masterpieces. **Note:**

Bring a bag to carry home your projects. Art classes can be messy. Dress accordingly.

Age: 3–4 years

Location: Mulberry Pool

9/14–9/28 M 10:00–11:00 AM \$30 416205-01
10/5–10/19 M 10:30–11:30 AM \$30 416205-02
11/2–11/16 M 10:00–11:00 AM \$30 416205-03

Art Studio for Preschoolers

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

Age: 3–6 years

Location: Mulberry Pool

Abstract

9/8 Tu 9:30–11:00 AM \$10 416206-01

Clay

9/15 Tu 9:30–11:00 AM \$15 416206-02

Creative Art

9/22 Tu 9:30–11:00 AM \$10 416206-03

Collage

9/29 Tu 9:30–11:00 AM \$10 416206-04

Water Colors

10/6 Tu 9:30–11:00 AM \$10 416206-05

Beading

10/13 Tu 9:30–11:00 AM \$13 416206-06

Recycled Art

10/20 Tu 9:30–11:00 AM \$10 416206-07

Painting Pumpkins

10/27 Tu 9:30–11:00 AM \$15 416206-08

Crayon Resist

11/3 Tu 9:30–11:00 AM \$10 416206-09

Pop Art

11/10 Tu 9:30–11:00 AM \$10 416206-10

Thanksgiving

11/17 Tu 9:30–11:00 AM \$10 416206-11

Art Studio

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

Age: 6–12 years

Location: Mulberry Pool

Abstract

9/8 Tu 4:30–6:00 PM \$10 416207-01

Clay

9/15 Tu 4:30–6:00 PM \$15 416207-02

Creative Art

9/22 Tu 4:30–6:00 PM \$10 416207-03

Collage

9/29 Tu 4:30–6:00 PM \$10 416207-04

Water Colors

10/6 Tu 4:30–6:00 PM \$12 416207-05

Beading

10/13	Tu	4:30–6:00 PM	\$17	416207-06
Recycled Art				
10/20	Tu	4:30–6:00 PM	\$10	416207-07
Painting Pumpkins				
10/27	Tu	4:30–6:00 PM	\$15	416207-08
Crayon Resist				
11/3	Tu	4:30–6:00 PM	\$10	416207-09
Pop Art				
11/10	Tu	4:30–6:00 PM	\$10	416207-10
Thanksgiving				
11/17	Tu	4:30–6:00 PM	\$10	416207-11
Art from Nature Create your own master pieces using materials found in nature; leaves, rocks, twigs and grass. Kids are welcome to bring materials from home. Age: 7–11 years Location: Mulberry Pool				
10/8	Th	4:30–6:00 PM	\$14	416214-01
Duct Tape Designs Have fun creating fun craft projects using duct tape! Note: Class partially discountable. Age: 7–11 years Location: Mulberry Pool				
11/12	Th	4:30–6:00 PM	\$19	416240-01
Fairy Doors Create your own magical fairy door. Place them in your home or garden to welcome fairies to their new homes! Age: 7–11 years Location: Mulberry Pool				
9/10	Th	4:30–6:00 PM	\$19	418201-01
Fun with Shrinky Dinks Color beautiful art designs, crazy aliens, animal or flowers and shrink them down in the oven. Your child will have fun playing with this 80's throwback! Age: 7–11 years Location: Northside Aztlan Center				
9/24	Th	4:30–6:00 PM	\$16	416245-01

Youth Pottery

See information on page 37 for general policies and information about The Pottery Studio.

Child with Parent Classes

Pottery, Parent & Tot Mud, Handbuilding

Parent and child combine their talents in this unique pottery class. The projects are constantly being varied so it is

possible to register for classes as many times as you wish. **Note:** Tools and materials included. One parent per youth. Lab time not included.

Age: 3–5 years

Location: Pottery Studio

9/8–10/6	Tu	12:30–1:30 PM	\$34	404801-01
9/9–10/7	W	2:45–3:45 PM	\$34	404801-02
9/12–10/10	Sa	2:30–3:30 PM	\$34	404801-03
10/13–11/10	Tu	12:30–1:30 PM	\$34	404801-04
10/14–11/11	W	2:45–3:45 PM	\$34	404801-05
10/17–11/14	Sa	2:30–3:30 PM	\$34	404801-06

Pottery, Parent & Child Handbuilding

This class provides an opportunity for you and your youngster to work together at the Pottery Studio and share a creative experience. **Note:** All tools and materials included. One parent per youth; each additional youth is \$44.50. Lab time not included.

Age: 6–9 years

Location: Pottery Studio

9/12–10/10	Sa	3:45–5:15 PM	\$89	404835-01
10/17–11/14	Sa	3:45–5:15 PM	\$89	404835-02

Pottery, Parent & Teen/Youth Wheel & Handbuilding

Explore the world of clay together. Make functional pots and whimsical, imaginative clay objects in this combination wheel/handbuilding class. **Note:** All tools and materials included. One parent per youth; each additional youth is \$44.50. Lab time not included.

Age: 10–17 years

Location: Pottery Studio

9/11–10/9	F	5:45–7:15 PM	\$89	404845-01
10/16–11/13	F	5:45–7:15 PM	\$89	404845-02

Child without Parent Classes

Pottery, Child Handbuilding

Youngsters make interesting clay projects while learning various methods of forming and glazing clay. The projects are constantly being varied, so it is possible to register for classes as many times as you wish. **Note:** All tools and materials included. Lab time not included.

Age: 6–9 years

Location: Pottery Studio

9/7–10/5	M	4:00–5:30 PM	\$48	404805-01
9/9–10/7	W	4:00–5:30 PM	\$48	404805-02
10/12–11/9	M	4:00–5:30 PM	\$48	404805-03
10/14–11/11	W	4:00–5:30 PM	\$48	404805-04

Pottery, Youth Wheel and Handbuilding

Emphasis is on students learning basic potter's wheel skills. Handbuilding, as well as other skills and techniques are taught. **Note:** All tools and materials included. Lab time not included.

Age: 10–12 years

Location: Pottery Studio

9/10–11/12	Th	3:45–5:15 PM	\$89	404810-01
9/11–10/9	F	4:00–5:30 PM	\$48	404810-02
10/16–11/13	F	4:00–5:30 PM	\$48	404810-03

Pottery, Teen Wheel and Handbuilding

Participants enrolled in this program learn potter's wheel skills, handbuilding, glazing and decorating techniques. **Note:** All tools

and materials included. Lab time not included.

Age: 13–17 years

Location: Pottery Studio

9/8–10/6 Tu 3:45–5:15 PM \$48 404815-01

10/13–11/10 Tu 3:45–5:15 PM \$48 404815-02

Bicycling

Welcome to the new Bicycling Section of the Recreator! Here you will find classes and events hosted by City of Fort Collins–FC Bikes, FC Bikes Bicycle Ambassador Program, and Safe Routes to School. We are excited to debut this section at a momentous time in Northern Colorado as we will be welcoming the USA Pro Challenge for the second time! Come learn and play with us on two wheels.

Adult

Learn to Ride

Regardless of your age, it's not too late to learn to ride a bicycle! Learn to ride a bicycle through a safe, easy, and effective method. Students learn to balance, pedal, start, stop, steer and how to properly fit and wear a helmet. **Note:** Bikes and helmets provided if you are unable to bring your own. Call 970.221.6987 to request a bike and/or helmet. Class will not be held on 9/23.

Age: 14 years & up

Location: Parking lot north of 215 N Mason St Bldg.

Learn to Ride – Women

8/20–9/10 Th 5:30–7:00 PM No Fee 409591-01

Learn to Ride – Adult

9/9–9/30 W 5:00–6:30 PM No Fee 409591-02

Safe Routes to School

Become a Safe Routes to School instructor or assistant at events, such as bike rodeos and field trips. **Note:** Bring your own bike and helmet.

Age: 17 years & up

Location: 281 N. College Ave.

9/12 Sa 9:30 AM–1:30 PM No Fee 409595-01

Cycle Touring Basics

Pedal to your next far away destination! Learn about which bikes can be used for touring, the various types of panniers and trailers, camping equipment, and clothing. Discuss training, bike touring maps and other essential resources to get you out on your first bike tour.

Age: 14 years & up

Location: EPIC

9/2 W 6:30–8:00 PM No Fee 409593-01

Location: Northside Aztlan Center

9/22 Tu 6:30–8:00 PM No Fee 409593-02

Smart Cycling

Formerly Traffic Skills 101. This fun course is for beginner, returning and seasoned cyclists. Gain confidence to ride safely and legally in traffic or on trails. Learn on-bike handling skills, crash avoidance techniques, and how to conduct bicycle safety checks. **Note:** Bikes and helmets provided if unable to bring your own. Call 970.221.6987 to request a bike and/or

helmet.

Age: 14 years & up

Location: Westbridge Medical Suites

9/26	Sa	8:15 AM–4:30 PM	No Fee 409590-01
11/14	Sa	8:15 AM–4:30 PM	No Fee 409590-02

Cycling in Winter

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

Age: 14 years & up

Location: Eldora Pool & Ice Center

11/5	Th	6:30–8:00 PM	No Fee 409593-03
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Location: Northside Aztlan Center

12/7	M	6:30–8:00 PM	No Fee 409593-04
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Special Events

Open Streets

Come play in the streets! Remington Street from Prospect Road to Mountain Avenue is temporarily closed to motorized traffic. Instead, they are open to the public for walking, jogging, cycling, rollerblading, skateboarding and other activities. For more information, visit fcgov.com/openstreets.

Age: All

Location: Remington St.

9/20	Su	10:00 AM–3:00 PM	
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Family Bike Ride

This family bike ride is a 10-mile guided trip along the Poudre Trail. Kids of all ages are welcome in trailers and tagalongs. Bring a lunch for a picnic break halfway through the ride at the Watson Fish Hatchery. Be sure children are able and will be comfortable riding the full 10 miles. **Note:** Call 970.221.6987 to request a bike and/or helmet. Kid carriers not provided. Children must wear helmets.

Age: All

Location: Meet at Poudre River Trail & Taft Hill Road

10/3	Sa	10:00 AM–1:00 PM	\$12409996-01
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Light Up the Night

Did you know that front lights are required on bicycles at night? Are you in need of a light or replacement batteries? Stop by our Light Up the Night events for free bike lights. **Note:** While supplies last. For more information, visit fcgov.com/fcbikes.

Age: 4 years & up

Location: EPIC

11/5	Th	6:00–8:30 PM	
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Location: Northside Aztlan Center

12/7	M	6:00–8:30 PM	
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Winter Bike to Work Day

Ride your bike to work! This event is free and open to the public. Organized by FC Bikes, Bike to Work Day features breakfast

stations all over town with food, coffee, bike repairs and free treats to reward those who arrive by bicycle. For more information, visit fcgov.com/bikewinter.

Age: All
Location: Fort Collins

12/9 W 7:00 AM–9:30 PM

USA Pro Challenge

Celebration Event

Celebrate cycling and the USA Pro Challenge at a family-friendly event featuring a bike obstacle course, bike safety checks, food, presentations, giveaways and other fun activities. For more information, visit fcgov.com/fcbikes. **Note:** Riding your bike to the event is encouraged.

Age: All

Location: Parking lot across from 1601 W. Drake Rd.

8/19 W 5:30 PM–8:30 PM

USA Pro Challenge

Stage 6 of the USA Pro Challenge starts in Loveland and ends in Fort Collins. Join the fun and festivities, celebrate cycling, and cheer on your favorite racers at numerous viewing points along the course. For more information, visit fcgov.com/bicycling.

Age: All

Location: Fort Collins & Loveland

8/22 Sa 10:00 AM–3:00 PM

USA Pro Challenge-Women's Pro Challenge

The inaugural Women's USA Pro Challenge is coming to Fort Collins! Women will race on the same course as the men from Loveland to Fort Collins. Pick a place along the course to cheer on the racers, enjoy the festivities in Downtown Fort Collins, and watch the racers cross the finish line on Mountain Avenue.

Age: All

Location: Fort Collins & Loveland

8/22 Sa 10:00 AM–3:00 PM

Dance & Movement

Adult

Belly Dancing

Belly Dancing Beginning

The ancient art of belly dance known as "danse orientale" (Eastern Dance), is an exciting and fun way to get fit. Learn the basic fast and slow movements, how to transition from one movement to another and how to follow cues, all to the beat of some of the world's best dance music. **Note:** Wear yoga/exercise gear and a scarf or sash around your hips. Bare feet recommended. Class will not be held on 11/24.

Age: 18 years & up

Location: Senior Center

8/25–9/22 Tu 7:00–8:00 PM \$54 406426-01

9/29–10/27	Tu	7:00–8:00 PM	\$54	406426-02
11/3–12/8	Tu	7:00–8:00 PM	\$54	406426-03

Belly Dancing, Continuing

Prerequisite: Completed two sessions of Beginning Belly Dance or instructor approval. Continue to develop your belly dance vocabulary, learning more complex movements, formations, how to layer shimmies and how to lead and follow without using verbal cues. **Note:** Wear yoga/exercise gear and bring a scarf or sash to wear around your hips. Class will not be held on 11/26.

Age: 18 years & up

Location: Senior Center

8/25–9/22	Tu	8:00–9:00 PM	\$54	406427-01
9/29–10/27	Tu	8:00–9:00 PM	\$54	406427-02
11/3–12/8	Tu	8:00–9:00 PM	\$54	406427-03

Ballet

Ballet, Beginning

An introduction to classical barre, positions and steps. **Note:** Ages 13–17 years allowed with instructor approval. Class will not be held on 11/24.

Age: 18 years & up

Location: Club Tico

9/15–10/27	Tu	5:40–6:40 PM	\$46	406102-01
11/3–12/15	Tu	5:40–6:40 PM	\$40	406102-02

Ballet, Low-Intermediate

Continuing work on basic technique. **Note:** Ages 13–17 years allowed with instructor approval. Class will not be held on 11/23.

Age: 18 years & up

Location: Empire Grange, 2306 W. Mulberry St.

9/14–10/26	M	5:45–7:00 PM	\$57	406103-01
11/2–12/14	M	5:45–7:00 PM	\$49	406103-02

Ballet, Intermediate

A more challenging, ongoing class for experienced dancers. Based on Cecchetti technique. **Note:** Ages 13–17 years allowed with instructor approval. Class will not be held on 11/26.

Age: 18 years & up

Location: Club Tico

9/17–10/29	Th	5:45–7:00 PM	\$57	406104-01
11/5–12/17	Th	5:45–7:00 PM	\$49	406104-02

Dance

West Coast Swing

Learn all the basic 4, 6 and 8 count patterns of this partner swing dance. Learn to dance the starter step, the side pass, the underarm pass, the sugar push, the tuck, the basket whip, and the basic whip. Singles and couples welcome. **Note:** Lesson is from 8–9 p.m., practice is from 9–9:30 p.m. Class will not be held on 11/25.

Age: All

Location: Senior Center

9/9–9/30	W	8:00–9:30 PM	\$39	406440-01
10/7–10/28	W	8:00–9:30 PM	\$39	406440-02

11/4–12/2 W 8:00–9:30 PM \$39 406440-03

Line Dance

Line Dance, Starter Class

Designed for people who want to “start” learning to line dance. Learn the basic steps, terminology and easy choreography. **Note:** Participants can pay a drop-in fee prior to the class for \$5.50.

Age: 18 years & up

Location: Senior Center

9/1–9/29	Tu	12:30–1:45 PM	\$19	406436-01
10/6–10/27	Tu	12:30–1:45 PM	\$16	406436-02
11/3–11/24	Tu	12:30–1:45 PM	\$16	406436-03

Line Dance, Continuing

Designed for the more experienced dancer who thrives on complex choreography. **Note:** Participants can pay a drop-in fee prior to the class for \$5.50.

Age: 18 years & up

Location: Senior Center

9/1–9/29	Tu	1:45–3:00 PM	\$19	406437-01
10/6–10/27	Tu	1:45–3:00 PM	\$16	406437-02
11/3–11/24	Tu	1:45–3:00 PM	\$16	406437-03

Modern

Modern Dance

Earthy, sometimes jazzy or lyrical movements follow a stretching/toning warm-up which leads to release of stress and interactive fun. **Note:** Ages 13–17 years allowed with instructor permission. Class will not be held on 11/24.

Age: 18 years & up

Location: Club Tico

9/15–10/27	Tu	6:45–7:45 PM	\$46	406156-01
11/3–12/15	Tu	6:45–7:45 PM	\$40	406156-02

Special Events

Line Dance Extravaganza

All dance levels welcome. Learn some of the newest dances, as well as some familiar ones. Step sheets and lunch included.

Age: 18 years & up

Location: Senior Center

10/10	Sa	10:00 AM–3:00 PM	\$30	406438-01
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Teen

Hip Hop Dance

Is your child walking into the house and turning on MTV to listen to some hip hop? Why not sign them up for a class to learn

some new moves? Participants learn new moves with a song. **Note:** No gum. Wear loose workout clothes and tennis shoes. Class will not be held on 11/24.

Location: Northside Aztlan Center

Age: 8–11 years

9/15–10/20	Tu	6:00–7:00 PM	\$42	415511-01
10/27–12/8	Tu	6:00–7:00 PM	\$42	415511-03

Age: 12–16 years

9/15–10/20	Tu	7:15–8:15 PM	\$42	415511-02
10/27–12/8	Tu	7:15–8:15 PM	\$42	415511-04

Youth

Ballet

Dancing Swans

This pre-ballet/movement class introduces 3–4 year olds to basic dance, movement and body awareness activities using imagery and imaginative play.

Age: 3–4 years

Location: Club Tico

9/8–9/22	Tu	10:00–10:45 AM	\$25	416170-01
10/6–10/20	Tu	10:00–10:45 AM	\$25	416170-02
11/3–11/17	Tu	10:00–10:45 AM	\$25	416170-03

Petite Ballerinas

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

Location: Northside Aztlan Center

Petite Ballerinas 1

Age: 3–4 years

9/11–10/2	F	11:45 AM–12:30 PM	\$44	416563-01
10/9–10/30	F	11:45 AM–12:30 PM	\$44	416563-02
11/6–11/20	F	11:45 AM–12:30 PM	\$34	416563-03
12/4–12/18	F	11:45 AM–12:30 PM	\$34	416563-04
9/12–10/3	Sa	9:00–9:45 AM	\$44	416563-05

Petite Ballerinas 2

Age: 4–5 years

9/11–10/2	F	12:45–1:30 PM	\$44	416563-06
10/9–10/30	F	12:45–1:30 PM	\$44	416563-07
11/6–11/20	F	12:45–1:30 PM	\$34	416563-08
12/4–12/18	F	12:45–1:30 PM	\$34	416563-09
9/12–10/3	Sa	Noon–12:45 PM	\$44	416563-10

Petite Ballerinas 3

Age: 5–6 years

9/12–10/3	Sa	10:00–10:45 AM	\$44	416563-11
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Petite Ballet

Dedicated dancers begin to learn classical technique in ballet. **Note:** Registration deadline one week prior to class beginning

Age: 7–12 years

Location: Northside Aztlan Center

9/12–10/3 Sa 11:00–11:45 AM \$44 416564-01

Petite Ballerinas Performance “Li’l Nut”

3-12 year olds perform in our version of the famous Nutcracker Suite! Li’l Nut includes community performances and a special performance for family at the Magnolia Theatre. Performances/rehearsals may be held in lieu of class time. Dancers must be registered for both the PREP & GROUP classes in order to perform. **Note:** A performance/costume fee of \$40 is due the first day of class. Registration deadline for Prep class is 9/26; 10/24 for Group.

Location: Northside Aztlan Center

Age: 3–4 years

Petite Ballerinas – Prep

10/10–10/31 Sa 9:00–9:45 AM \$79 416574-01

Age: 3-5 years

Petite Ballerinas – Group

11/7–12/12 Sa 9:00–9:45 AM \$79 416574-02

Age: 4-5 years

Petite Ballerinas – 2 Prep

10/10–10/31 Sa Noon–12:45 PM \$79 416574-05

Petite Ballerinas 2 – Group

11/7–12/12 Sa Noon–12:45 PM \$79 416574-06

Age: 5–6 years

Petite Ballerinas 3 – Prep

10/10–10/31 Sa 10:00–10:45 AM \$79 416574-03

Petite Ballerinas – 3 Group

11/7–12/12 Sa 10:00–10:45 AM \$79 416574-04

Age: 7–12 years

Petite Ballet Prep

10/10–10/31 Sa 11:00–11:45 AM \$79 416565-01

Petite Ballet Group

11/7–12/12 Sa 11:00–11:45 AM \$79 416565-02

Ballet & Modern Dance

This class features live musical accompaniment and offers ballet and modern dance techniques with improvisation. Each child builds technical skills at an individual level while engaging in ever changing creative work. **Note:** Class will not be held on 11/23.

Grade: Kindergarten–2

Location: Club Tico

9/21–10/19 M 4:00–5:00 PM \$42 406101-01

11/2–12/7 M 4:00–5:00 PM \$42 406101-02

Hip Hop

Hip Hop for Preschool

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

Age: 3–5 years

Location: Club Tico

9/8–9/22	Tu	11:00–11:45 AM	\$25	416161-01
10/6–10/20	Tu	11:00–11:45 AM	\$25	416161-02
11/3–11/17	Tu	11:00–11:45 AM	\$25	416161-03

Dumplin's

Dancin' Dumplin's

This class for preschoolers introduces your child to dance rhythms, movement, tumbling and creativity. Confidence results from this fun-filled class. **Note:** Appropriate attire is required: leotard and tights, or T-shirts and shorts. Class will not be held on 11/26, 11/27.

Location: Mulberry Pool

Age: 3 years

9/3–9/24	Th	11:00–11:45 AM	\$33	416255-01
10/1–10/22	Th	11:00–11:45 AM	\$33	416255-04
10/29–11/12	Th	11:00–11:45 AM	\$25	416255-06
11/19–12/10	Th	11:00–11:45 AM	\$25	416255-08
9/4–9/18	F	10:15–11:00 AM	\$25	416255-02
9/25–10/9	F	10:15–11:00 AM	\$25	416255-03
10/16–11/6	F	10:15–11:00 AM	\$33	416255-05
11/13–12/11	F	10:15–11:00 AM	\$33	416255-07

Age: 4–5 years

9/1–10/6	Tu	5:30–6:30 PM	\$66	416255-09
9/4–9/18	F	9:00–10:00 AM	\$33	416255-10
9/25–10/9	F	9:00–10:00 AM	\$33	416255-11

Age: 5–7 years

9/2–10/7	W	4:15–5:15 PM	\$66	416255-12
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Dancin' Dumplin's Recital

This extended version of our regular Dancin' Dumplin's class ends with your child participating in a recital given for friends and family. Class focus is on the recital performance on 12/13. **Note:** Appropriate attire is required: leotard and tights or t-shirt and shorts. Fee includes recital costume. Class will not be held on 11/24, 11/25, 11/27.

Location: Mulberry Pool

Age: 4–5 years

10/13–12/8	Tu	11:00 AM–Noon	\$103	416259-01
10/13–12/8	Tu	5:30–6:30 PM	\$103	416259-02
10/16–12/11	F	9:00–10:00 AM	\$103	416259-03

Age: 5–7 years

10/14–12/9	W	4:15–5:15 PM	\$103	416259-04
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Tappin' Dumplin's

In this variation of our traditional Dancin' Dumplin's, participants explore a little tap dancing, as well as dance steps, movement, tumbling and creativity. Appropriate attire is required: leotard and tights, or t-shirts and shorts. Tap shoes are encouraged. **Note:** Loaner shoes may be available from instructor. Call 970.416.2528 for more information. Class will not be held on 11/27.

Location: Mulberry Pool

Age: 4–5 years

9/1–10/6	Tu	4:15–5:15 PM	\$66	416256-01
9/4–9/18	F	11:15 AM–Noon	\$25	416256-02

9/25–10/9	F	11:15 AM–Noon	\$25	416256-03
10/16–11/6	F	11:15 AM–Noon	\$33	416256-04
11/13–12/11	F	11:15 AM–Noon	\$33	416256-05

Age: 5–7 years

9/2–10/7	W	5:30–6:30 PM	\$66	416256-06
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Tappin' Dumplings Recital

This extended version of our regular Tappin' Dumplin's class ends with your child participating in a recital given for friends and family. Class focus is on the recital performance on 12/13. **Note:** Appropriate attire is required: leotard and tights, or t-shirts and shorts. Tap shoes are also required. Price includes recital costume. Class will not be held on 11/24, 11/25.

Location: Mulberry Pool

Age: 4–5 years

10/13–12/8	Tu	4:15–5:15 PM	\$103	416258-01
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Age: 5–7 years

10/14–12/9	W	5:30–6:30 PM	\$103	416258-02
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Tumbling

Tumble Bumbles

Individual attention is paid to learning basic tumbling skills: somersault, cartwheel, and push-up bridge, and how to use the various pieces of equipment. As a result, flexibility, balance, coordination and self-confidence are developed. Age appropriate skills are taught. **Note:** Appropriate attire is required: leotard and tights, or t-shirts and shorts. No jeans are allowed. Class will not be held on 9/7, 11/23, 11/26.

Location: Mulberry Pool

Age: 4–5 years

8/31–10/5	M	4:15–5:15 PM	\$55	416279-01
10/19–11/9	M	4:15–5:15 PM	\$44	416279-02
11/16–12/14	M	4:15–5:15 PM	\$44	416279-03

Age: 5–6 years

8/31–10/5	M	5:30–6:30 PM	\$55	416279-04
10/19–11/9	M	5:30–6:30 PM	\$44	416279-05
11/16–12/14	M	5:30–6:30 PM	\$44	416279-06

Age: 6–7 years

9/3–10/1	Th	4:15–5:15 PM	\$55	416279-07
10/8–11/5	Th	4:15–5:15 PM	\$55	416279-08
11/12–12/10	Th	4:15–5:15 PM	\$44	416279-09

Just Tumbling

The emphasis of this class is on learning all the basic tumbling skills and then incorporating them in a mini-floor exercise routine. **Note:** Class will not be held on 11/26.

Age: 7–8 years

Location: Mulberry Pool

9/3–10/1	Th	5:45–7:00 PM	\$62	416278-01
10/8–11/5	Th	5:45–7:00 PM	\$62	416278-02
11/12–12/10	Th	5:45–7:00 PM	\$51	416278-03

Music & Theatre

Shake Your Sillies Out

Children will have fun getting silly and playing music! New songs, instrument play and musical improvisation are all part of this class. **Note:** Class partially discountable. This is a child without parent class.

Age: 3–5 years

Location: Northside Aztlan Center

9/8–9/29	Tu	10:30–11:15 AM	\$32	416531-01
10/6–10/27	Tu	10:30–11:15 AM	\$32	416531-02
11/3–11/24	Tu	10:30–11:15 AM	\$24	416531-03

A World of Rhythms

Children explore different styles of drumming from around the world (African, Latin and Street style drumming) and get hands-on experience with a variety of percussion instruments. **Note:** Drumsticks, bucket drum included. **Note:** Class partially discountable.

Age: 8–11 years

Location: Northside Aztlan Center

9/8–9/29	Tu	4:30–6:00 PM	\$40	416532-01
10/6–10/27	Tu	4:30–6:00 PM	\$40	416532-02
11/3–11/24	Tu	4:30–6:00 PM	\$30	416532-03

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 3 years & older are children without parent classes. Classes in which parents are required or permitted to attend will be listed in the Parent with Child section on page 55.

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 are not permitted to change diapers. Note if your child has allergies at time of registration.

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

Child Without Parent Classes: Ages 2–6 years

Curious Twos

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

Age: 2 years

Location: Northside Aztlan Center

9/2–9/23	M,W	9:30–10:30 AM	\$31	417504-01
9/2–9/23	M,W	11:00 AM–Noon	\$31	417504-02
9/28–10/21	M,W	9:30–10:30 AM	\$42	417504-03
9/28–10/21	M,W	11:00 AM–Noon	\$42	417504-04
10/26–11/18	M,W	9:30–10:30 AM	\$42	417504-05
10/26–11/18	M,W	11:00 AM–Noon	\$38	417504-06

Funtime Discovery

Your child will discover arts and crafts, creative play, letter/number recognition and gym time in this fun transitional class. Please note age requirements. Previous class experience recommended. Must be toilet trained. **Note:** Funtime closures/holidays correspond to the Poudre School District schedule unless otherwise notified in class. Funtime does not

follow PSD weather closures. Class will not be held on 10/15.

Age: 2.5–3.5 years

Location: Northside Aztlan Center

9/1–9/24	Tu,Th	9:30–11:00 AM	\$63	417503-01
9/29–10/22	Tu,Th	9:30–11:00 AM	\$55	417503-02
10/27–11/19	Tu,Th	9:30–11:00 AM	\$63	417503-03
12/1–12/17	Tu,Th	9:30–11:00 AM	\$47	417503-04

Alphabet Soup

Crafts, songs and games are used to educate your child as they work on letter recognition, letter sounds, numbers, shapes and name recognition along with social and motor development. Each session has new letters and different activities. **Note:** Must be toilet trained. Please note food allergies at registration. Class will not be held on 10/15.

Age: 3–5 years

Location: Mulberry Pool

9/9–9/23	M,W	1:00–2:30 PM	\$52	417206-01
10/5–10/21	M,W	1:00–2:30 PM	\$63	417206-03
11/2–11/18	M,W	1:00–2:30 PM	\$63	417206-05
10/6–10/22	Tu,Th	1:00–2:30 PM	\$52	417206-04
9/8–9/24	Tu,Th	1:00–2:30 PM	\$63	417206-02
11/3–11/19	Tu,Th	1:00–2:30 PM	\$63	417206-06

Afternoon Adventures

Moms and Dads, do you need an afternoon to yourself? Wouldn't it be nice to run errands, go out to lunch, play golf or even paint the living room walls without having to worry about what your youngster is getting into? Now you can take care of business while we keep your kids entertained with lots of fun activities! **Note:** Participants should dress for the weather and bring a water bottle. Children must be toilet trained. Please inform staff of allergies.

Age: 3–6 years

Location: Northside Aztlan Center

9/9	W	1:00–5:00 PM	\$22	417513-01
9/23	W	1:00–5:00 PM	\$22	417513-02
10/7	W	1:00–5:00 PM	\$22	417513-03
10/21	W	1:00–5:00 PM	\$22	417513-04
11/4	W	1:00–5:00 PM	\$22	417513-05
11/18	W	1:00–5:00 PM	\$22	417513-06

Builders & Bulldozers

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

Age: 3–6 years

Location: Northside Aztlan Center

9/24	Th	1:00–2:30 PM	\$10	417553-01
10/29	Th	1:00–2:30 PM	\$10	417553-02

Cowboy and Cowgirl Roundup

Hey ya'll. Come dressed up in your finest cowboy gear and learn what it is like to live life like a cowboy/girl. We make our own chaps, stick horse and hat while learning the "ropes" of cowboy-ing.

Age: 3–6 years

Location: Northside Aztlan Center

9/1–9/15	Tu	1:00–2:30 PM	\$30	417538-01
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Disney Delights

This Disney themed class absolutely delightful! Crafts, games, music and story time is all part of the fun!

Age: 3–6 years

Location: Northside Aztlan Center

Frozen

9/21 M 1:00–2:30 PM \$16 417540-01

Toy Story

9/28 M 1:00–2:30 PM \$16 417540-02

Tangled

10/5 M 1:00–2:30 PM \$16 417540-03

Planes

10/19 M 1:00–2:30 PM \$16 417540-04

Brave

10/26 M 1:00–2:30 PM \$16 417540-05

Cars

11/2 M 1:00–2:30 PM \$16 417540-06

Tinkerbell

11/16 M 1:00–2:30 PM \$16 417540-07

Hospital Helpers

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

Age: 3–6 years

Location: Northside Aztlan Center

10/27–11/10 Tu 1:00–2:30 PM \$30 417545-01

I Want to be a Scientist

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

Age: 3–6 years

Location: Northside Aztlan Center

Astronomy

9/3 Th 9:30–11:00 AM \$16 417507-01

Oceanography

9/10 Th 9:30–11:00 AM \$16 417507-02

Veterinary Medicine

9/17 Th 9:30–11:00 AM \$16 417507-03

Crazy Concoctions

10/22 Th 9:30–11:00 AM \$16 417507-04

Magnets

10/29 Th 9:30–11:00 AM \$16 417507-05

Entomology

11/5 Th 9:30–11:00 AM \$16 417507-06

Flight

11/12 Th 9:30–11:00 AM \$16 417507-07

Zoology

11/19	Th	9:30–11:00 AM	\$16	417507-08
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Little Yogis

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

Age: 3–5 years

Location: KidsCrave Yoga, 4206 S. College #107

9/4–9/25	F	10:00–10:45 AM	\$38	417955-01
10/2–10/23	F	10:00–10:45 AM	\$38	417955-02
10/30–11/20	F	10:00–10:45 AM	\$38	417955-03

Once Upon A Time in the Kitchen

Children have fun cooking up foods featured in their favorite books. **Note:** Please tell front desk staff of allergies at the time of registration. Class partially discountable.

Age: 3–5 years

Location: Northside Aztlan Center

9/11	F	9:30–11:00 AM	\$20	417522-01
10/2	F	9:30–11:00 AM	\$20	417522-02
10/23	F	9:30–11:00 AM	\$20	417522-03
11/6	F	9:30–11:00 AM	\$20	417522-04

Pinkalicious

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

Age: 3–6 years

Location: Northside Aztlan Center

Pinkalicious

10/20	Tu	1:00–2:30 PM	\$14	417537-01
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Purplicious

11/17	Tu	1:00–2:30 PM	\$14	417537-02
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A Pirates Life for Me

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

Age: 3–6 years

Location: Northside Aztlan Center

9/3–9/17	Th	1:00–2:30 PM	\$30	417551-01
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Playdough World

In this class, we spend time creating scented, edible and even glow in the dark playdough. We also create our very own worlds made completely from playdough. **Note:** Class will not be held on 10/15.

Age: 3–6 years

Location: Northside Aztlan Center

10/1–10/22	Th	1:00–2:30 PM	\$30	417547-01
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Preschool Tools

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

Age: 3–5 years

Location: Northside Aztlan Center

Hammers and Nails

9/14	M	1:00–2:00 PM	\$12	417556-01
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Screws, Bolts, Nuts

10/12 M 1:00–2:00 PM \$12 417556-02

Take It Apart

11/9 M 1:00–2:00 PM \$12 417556-03

Princess Yoga

Join some of your favorite princess friends as we go through important princess training, explore our enchanted castle and meet some very magical creatures along our journey. We may even meet Prince Charming! **Note:** Costumes encouraged; please come dressed as your favorite princess.

Age: 3–6 years

Location: KidsCrave Yoga, 4206 S. College #107

10/2 F 11:00 AM–Noon \$20 418972-01

Secret Agents

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

Age: 3–6 years

Location: Northside Aztlan Center

11/5–11/19 Th 1:00–2:30 PM \$30 417552-01

Super Heroes

Come and create your very own super hero. In this class, we dress up and play like legendary super heroes.

Age: 3–6 years

Location: Northside Aztlan Center

9/29–10/13 Tu 1:00–2:30 PM \$30 417548-01

Superhero Yoga

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

Age: 3–6 years

Location: KidsCrave Yoga, 4206 S. College #107

9/4 F 11:00 AM–Noon \$20 418968-01

Those Amazing Dinosaurs

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

Age: 3–5 years

Location: Northside Aztlan Center

9/24–10/8 Th 9:30–11:00 AM \$30 418508-01

Ultimate Fort Making

Blankets, towels, parachutes, boxes, hula hoops, floor mats and anything else we can think of is used to make and create fun forts

for an ultimate afternoon of building.

Age: 3–6 years

Location: Northside Aztlan Center

9/22 Tu 1:00–2:30 PM \$10 417539-01

When I Grow Up

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

Age: 3–5 years

Location: Northside Aztlan Center

Flower Shop

9/4	F	1:00–2:30 PM	\$12	417554-01
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Construction Site

9/11	F	1:00–2:30 PM	\$12	417554-02
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Grocery Store

9/18	F	1:00–2:30 PM	\$12	417554-03
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Pizzeria

10/2	F	1:00–2:30 PM	\$12	417554-04
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Cupcakery

10/9	F	1:00–2:30 PM	\$12	417554-05
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School

10/23	F	1:00–2:30 PM	\$12	417554-06
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Farmer

10/30	F	1:00–2:30 PM	\$12	417554-07
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Veterinary Hospital

11/6	F	1:00–2:30 PM	\$12	417554-08
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Doctor/EMT

11/20	F	1:00–2:30 PM	\$12	417554-09
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Funtime for Preschoolers

Arts and crafts, storytelling, science, math, pre-reading, creative play/dramatics and gym play are only part of the fun your child will experience in this class! Children must have turned 3 years old by 9/15/2015. Previous class experience recommended. Must be toilet trained. **Note:** Funtime closures/holidays correspond to the Poudre School District schedule. Funtime does not follow PSD weather closures. Class will not be held on 10/15, 3/17, 3/19.

Age: 3–4 years

Location: Northside Aztlan Center

9/1–10/8	Tu,Th	9:30 AM–Noon	\$157	417501-01
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10/13–11/19	Tu,Th	9:30 AM–Noon	\$144	417501-02
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12/1–12/17	Tu,Th	9:30 AM–Noon	\$79	417501-03
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1/5–2/11	Tu,Th	9:30 AM–Noon	\$157	117501-01
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2/16–3/31	Tu,Th	9:30 AM–Noon	\$157	117501-02
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4/5–5/12

Funtime Pre-K

Children develop fundamental kindergarten readiness skills. Curriculum focuses on small-motor, literacy, emerging reading/writing and pre-math skills, arts and crafts, movement/physical education, drama and development of social skills. Children must be 4 years old by 9/15/2015. **Note:** Funtime closures/holidays correspond to the Poudre School District schedule. Funtime does not follow PSD weather closures. Class will not be held on 9/7, 9/25, 10/16, 11/13, 1/18, 2/15, 2/26, 3/14, 3/16, 3/18.

Age: 4–5 years

Location: Northside Aztlan Center

8/31–10/9	M,W,F	9:30 AM–Noon	\$210	417500-01
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10/12–11/20	M,W,F	9:30 AM–Noon	\$210	417500-02
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11/30–12/18	M,W,F	9:30 AM–Noon	\$118	417500-03
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1/6–2/12	M,W,F	9:30 AM–Noon	\$210	117500-01
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2/17–4/1	M,W,F	9:30 AM–Noon	\$197	117500-02
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4/4–5/13

Lunch Bunch Enrichment

Kids! Bring your lunch, make new friends and learn something new! This fun class offers theme-based enrichment opportunities that compliment most pre-k and 1/2 day kindergarten programs. **Note:** Class will not be held on 9/7, 9/25, 1/18, 2/26, 3/14, 3/15, 3/17, 3/18, 3/16.

Age: 4–6 years

Location: Northside Aztlan Center

Exploring Art

8/31–10/5	M	Noon–2:00 PM	\$38	417509-01
10/12–11/16	M	Noon–2:00 PM	\$45	417509-02
11/30–12/14	M	Noon–2:00 PM	\$23	417509-03
1/11–2/8	M	Noon–2:00 PM	\$34	117509-01
2/22–3/28	M	Noon–2:00 PM	\$42	117509-02
4/4–5/2	M	Noon–2:00 PM	\$42	117509-03

Fun Stories

9/2–10/7	W	Noon–2:00 PM	\$45	417509-04
10/14–11/18	W	Noon–2:00 PM	\$45	417509-05
12/2–12/16	W	Noon–2:00 PM	\$23	417509-06
1/6–2/10	W	Noon–2:00 PM	\$51	117509-04
2/17–3/30	W	Noon–2:00 PM	\$51	117509-05
4/6–5/4	W	Noon–2:00 PM	\$42	117509-06

Science

9/4–10/9	F	Noon–2:00 PM	\$38	417509-07
10/23–11/20	F	Noon–2:00 PM	\$30	417509-08
12/4–12/18	F	Noon–2:00 PM	\$23	417509-09
1/8–2/12	F	Noon–2:00 PM	\$51	117509-07
2/19–4/1	F	Noon–2:00 PM	\$42	117509-08
4/15–5/6	F	Noon– 2:00 PM	\$34	117509-09

Child With Parent Classes: Ages 0–4 years

Baby Gym

A special gym time just for babies ages 0–18 months. Babies can crawl on mats and through tunnels, play with balls and blocks or challenge themselves on the soft obstacle course. Children must be accompanied by an adult. \$2.50 per child. Adults are free. **Note:** Class will not be held on 11/27. Baby Gym will resume 1/9/16.

Age: 0 years–18 months

Location: Northside Aztlan Center

9/11–12/18	F	9:30–11:30 AM	\$2.50	417599-01
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Tot Gym

Bring the little ones in for some fun gym time. Balls, blocks, a mini obstacle course and other activities are set up for you and your youngsters to enjoy together. **Note:** Registration not required. Children must be accompanied by an adult. \$2.50 per child, adults free. No fee for babies 12 months & younger. Tot Gym resumes 1/5/16. Class will not be held on 10/17, 11/25, 11/26.

Age: 0–5 years

Location: Northside Aztlan Center

9/8–12/17	Tu–Th	10:00 AM–Noon	\$2.50	417598-01
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Splish Splash Playgroup

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

Age: 12 months–2 years
Location: Mulberry Pool

9/3–9/17	Th	10:00–11:30 AM	\$31	417290-01
9/24–10/8	Th	10:00–11:30 AM	\$31	417290-02
11/5–11/19	Th	10:00–11:30 AM	\$31	417290-03

Shake Rattle and Roll

We have fun with singing, playing simple games, finger plays and instrument play.

Age: 12 months–3 years

Location: Northside Aztlan Center

9/8–9/29	Tu	9:30–10:15 AM	\$32	417575-01
10/6–10/27	Tu	9:30–10:15 AM	\$32	417575-02
11/3–11/24	Tu	9:30–10:15 AM	\$24	417575-03
9/11–10/2	F	9:30–10:15 AM	\$32	417575-04
10/9–10/30	F	9:30–10:15 AM	\$32	417575-05
11/6–11/20	F	9:30–10:15 AM	\$24	417575-06

Small Hands, Big Messy Art

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

Age: 18 months–2 years

Location: Northside Aztlan Center

9/16–9/23	W	10:00–11:00 AM	\$20	417585-01
10/14–10/21	W	10:00–11:00 AM	\$20	417585-02
11/11–11/18	W	10:00–11:00 AM	\$20	417585-03

Toddler time

This class focuses on your child's creativity and imagination.

It is a combination of fun fitness games, activities, stories, crafts and movement.

Age: 18 months–2 years

Location: Northside Aztlan Center

9/1–9/22	Tu	9:30–10:30 AM	\$20	417562-01
9/29–10/20	Tu	9:30–10:30 AM	\$20	417562-02
10/27–11/17	Tu	9:30–10:30 AM	\$20	417562-03

Baby Ballerinas

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

Age: 2 years

Location: Club Tico

9/8–9/22	Tu	9:00–9:45 AM	\$25	417196-01
10/6–10/20	Tu	9:00–9:45 AM	\$25	417196-02
11/3–11/17	Tu	9:00–9:45 AM	\$25	417196-03

Little Explorers

Science, movement, arts and crafts, and music: four classes in one! Curious toddlers and their parents get a chance to experience a different kind of class each week.

Age: 2 years

Location: Northside Aztlan Center

9/1–9/22	Tu	11:00 AM–Noon	\$20	417561-01
9/29–10/20	Tu	11:00 AM–Noon	\$20	417561-02
10/27–11/17	Tu	11:00 AM–Noon	\$20	417561-03

Mother Hubbard's Crafts

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

and
story time.

Age: 2 years

Location: Northside Aztlan Center

Mini Pies

9/4	F	10:00–11:00 AM	\$16	417571-01
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Farmers Market

9/18	F	10:00–11:00 AM	\$16	417571-02
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Mini Carmel Apples

10/9	F	10:00–11:00 AM	\$16	417571-03
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Pumpkin Pudding

10/30	F	10:00–11:00 AM	\$16	417571-04
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Turkey Treats

11/20	F	10:00–11:00 AM	\$16	417571-05
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Mom and Tot Science

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

Age: 2–3 years

Location: Northside Aztlan Center

9/2–9/9	W	10:00–11:00 AM	\$20	417560-01
9/30–10/7	W	10:00–11:00 AM	\$20	417560-02
10/28–11/4	W	10:00–11:00 AM	\$20	417560-03

Roly Polys

Take part with your child while he/she discovers the world of gymnastics. Children work on agility, flexibility, strength and coordination using balance beams, swing bars, parallel bars and a mini tramp. Roly Polys is a structured, fun-filled class that includes the parent. **Note:** Please wear appropriate clothing: leotards/footless tights, or t-shirt and shorts/sweats. No jeans or jewelry. Class will not be held on 9/7, 11/23.

Age: 2–3 years

Location: Mulberry Pool

Age: 2 years

8/31–10/5	M	10:00–10:45 AM	\$41	417295-01
8/31–10/5	M	11:05–11:50 AM	\$41	417295-02
9/1–9/15	Tu	11:00–11:45 AM	\$25	417295-03
9/2–9/23	W	10:30–11:15 AM	\$33	417295-04
9/22–10/6	Tu	11:00–11:45 AM	\$25	417295-05
9/30–10/21	W	10:30–11:15 AM	\$33	417295-06
10/19–11/9	M	10:00–10:45 AM	\$33	417295-07
10/19–11/9	M	11:05–11:50 AM	\$33	417295-08
10/28–11/18	W	10:30–11:15 AM	\$33	417295-09
11/16–12/14	M	10:00–10:45 AM	\$33	417295-10
11/16–12/14	M	11:05–11:50 AM	\$33	417295-11
12/2–12/16	W	10:30–11:15 AM	\$25	417295-12

Age: 3 years

8/31–10/5	M	9:00–9:45 AM	\$41	417295-13
9/2–9/23	W	9:30–10:15 AM	\$33	417295-14
9/30–10/21	W	9:30–10:15 AM	\$33	417295-15
10/19–11/9	M	9:00–9:45 AM	\$33	417295-16
10/28–11/18	W	9:30–10:15 AM	\$33	417295-17

11/16–12/14 M	9:00–9:45 AM	\$33	417295-18
12/2–12/16 W	9:30–10:15 AM	\$25	417295-19

Art Start

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

Age: 2–4 years

Location: Mulberry Pool

9/9–9/30 W	9:00–10:00 AM	\$44	417283-01
10/7–10/28 W	9:00–10:00 AM	\$44	417283-02
11/4–11/18 W	9:00–10:00 AM	\$33	417283-03
12/2–12/16 W	9:00–10:00 AM	\$33	417283-04
9/9–9/30 W	10:30–11:30 AM	\$44	417283-05
10/7–10/28 W	10:30–11:30 AM	\$44	417283-06
11/4–11/18 W	10:30–11:30 AM	\$33	417283-07
12/2–12/16 W	10:30–11:30 AM	\$33	417283-08

Parenting Series

Nurturing Your Child's Self Esteem

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

Age: 18 years & up

Location: Senior Center

9/24	Th	6:30–8:30 PM	\$20	407470-01
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The Language of Encouragement

Encouragement provides positive and realistic feedback that can have a powerful impact on behavior. This workshop helps parents learn how to use the power of words to strengthen the parent/child bond and encourage good behavior.

Note: This workshop is for families with young children ages 2–8 years old.

Age: 18 years & up

Location: Senior Center

10/8	Th	6:30–8:00 PM	\$20	407471-01
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The Four Mistaken Goals of Misbehavior – NW

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 misbehavior they can help satisfy the unmet need and avoid developing challenging patterns in the parent/child relationship. **Note:** This workshop is for families with young children ages 2–8 years old. Class will not be held on 9/24.

Age: 18 years & up

Location: Senior Center

10/15	Th	6:30–8:30 PM	\$20	407472-01
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Importance of Emotional and Social Intelligence

Emotional Intelligence and Social Intelligence are said to be more important than IQ in contributing to an individual's happiness and success. Parents learn strategies to help children develop abilities to identify, understand and manage emotions positively to relieve stress, communicate effectively, overcome challenges. **Note:** This workshop is for families with young children ages 2–8 years old.

Age: 18 years & up

Location: Senior Center

10/22	Th	6:30–8:30 PM	\$20	407473-01
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Developing the Culture of the Family

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

Age: 18 years & up

Location: Senior Center

10/29	Th	6:30–8:30 PM	\$20	407474-01
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Education

Adult

Bridge

Bridge Mentoring – M

Mentoring instruction is based on Standard American Bridge. Instructor helps work through the play of the hands.

9/14	M	6:00–8:30 PM	No fee
9/28	M	6:00–8:30 PM	No fee
10/12	M	6:00–8:30 PM	No fee
10/26	M	6:00–8:30 PM	No fee
11/9	M	6:00–8:30 PM	No fee
11/23	M	6:00–8:30 PM	No fee

Duplicate Bridge – M

Weekly duplicate bridge skill development and companionable play.

Ongoing	F	11:30 AM–4:00 PM	\$3.50
			\$2.80 members

Party Bridge and Pinochle – M

Drop-in bridge and pinochle card games for Senior Center members.

Ongoing	Tu	12:30–4:00 PM	No Fee
Ongoing	Th	5:00–8:00 PM	No Fee

Bridge, Beginner 1: Play

Prerequisite: Beginning Bridge 1. Practice the bridge playing and bidding concepts learned in Beginning Bridge 1 using structured play in the ACBL Bidding “Play” Course manual. **Note:** Supplies included.

Age: 18 years & up

Location: Senior Center

9/23	W	5:30–8:30 PM	\$38	412461-01
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Bridge, Beginner 2

Prerequisite: Beginning Bridge 1 or instructor equivalent. Take the skills learned in Bridge Beginning 1 and build upon them by adding more bidding and playing skills. The ACBL book, Play of the Hand in the 21st Century, will be used. **Note:** Supplies included. Class will not be held on 11/25, 12/2.

Age: 18 years & up

Location: Senior Center

11/24	Tu	6:00–8:30 PM	\$75	412463-01
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Bridge, Advancing Player 1: Play

Prerequisite: Beginning Bridge 2 or instructor equivalent. Practice the bridge playing and bidding concepts learned through Beginning Bridge 2 classes using structured play in the ACBL Advancing Layer 1 Play Course manual. **Note:** Supplies included.

Age: 18 years & up

Location: Senior Center

10/19–12/7	M	5:30–8:30 PM	\$38	412466-01
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CPR & First Aid

CPR & First Aid

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

Age: 18 years & up

Location: Senior Center

9/12	Sa	9:00 AM–5:00 PM	\$67	407441-01
10/10	Sa	9:00 AM–5:00 PM	\$67	407441-02
11/14	Sa	9:00 AM–5:00 PM	\$67	407441-03

CPR Professional

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

Age: 18 years & up

Location: Senior Center

9/9	W	5:30–9:30 PM	\$67	407442-01
10/21	W	5:30–9:30 PM	\$67	407442-02
11/18	W	5:30–9:30 PM	\$67	407442-03

Cooking

Cooking Around the World

Learn about a new country each week through its cuisine. The recipes are simple, use local ingredients, and are designed for convenience. The complete meals 30 minutes. Vegetarian options available. Eggs can be made optional, as well. All supplies included. **Note:** Class will not be held on 9/29, 10/13.

Age: 13 years & up

Location: Senior Center

9/8–10/20	Tu	6:30–7:30 PM	\$49	407432-01
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Indian Fusion

This class offers a unique way to bring a bit of globalization to your dinner table. Learn mixing and matching traditional recipes with common local ingredients and how easy it is to spice up your everyday dishes with an Indian spin. Menu: Indian style quinoa, cardamom chai tea, mushroom, pepper, green pea curry on pasta, and tofu tikka masala on baguette.

Age: 18 years & up

Location: Senior Center

9/17	Th	6:00–8:15 PM	\$35	407425-01
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Healthy Ethiopian Dishes

Join us for this enjoyable and hands-on Vegetarian Ethiopian

Cuisine class. Learn some basic cooking techniques and explore Ethiopian ingredients such as fresh herbs, grains and spices.

Menu: Misir wot (red lentils), collard gomen, atkilt wot (cabbage, carrot and potato stew), duba wot (butternut squash in berbere sauce) and teff flour crepe.

Age: 18 years & up

Location: Senior Center

9/29 Tu 6:00–8:15 PM \$35 407426-01

Hearty Indian Pockets

With ingredients ranging from chutneys and pickles to savory

spiced vegetables, Indian wraps are a welcomed alternative to any curry. Menu: Popular potato and green peas samosa, cilantro chutney, curried kidney bean wrap with yogurt sauce, and mushroom kebab wrap.

Age: 18 years & up

Location: Senior Center

10/13 Tu 6:00–8:15 PM \$35 407427-01

World Curries

This class features curries from around the world. All recipes are vegan friendly. Menu: Indian eggplant vindaloo, Caribbean mixed vegetable curry, Indonesian tofu rendang and Jamaican plantains.

Age: 18 years & up

Location: Senior Center

10/29 Th 6:00–8:15 PM \$35 407428-01

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. In addition to being high in protein, lentils also contain a copious amount of essential dietary fiber, vitamins, and minerals. Menu: A popular lentil appetizer, spinach and lentil curry (saag), and lentil stew served over basmati rice.

Age: 18 years & up

Location: Senior Center

11/3 Tu 6:00–8:15 PM \$35 407429-01

Thanksgiving Side Dishes

Impress your family and friends with these easy, delicious and healthy sides for your holiday gathering. All recipes are gluten-free, dairy-free and vegan friendly. Menu: Guilt-free spinach and artichoke dip, roasted Brussel sprouts, homemade cranberry sauce, parsnip mashed potatoes and festive wild rice salad.

Age: 18 years & up

Location: Senior Center

11/12 Th 6:00–8:15 PM \$35 407430-01

Journaling

Intuitive Journaling

Intuitive Journaling is a tool for personal development and allows one to access information at a deeper level. The focus is on self-discovery and personal growth. Practice various journaling techniques that allow us to access more of your inner wisdom. **Note:** No previous journaling experience necessary. Each session is independent of the other two.

Age: 18 years & up

Location: Senior Center

Intuitive Journaling – Part 1

9/14	M	6:00–8:00 PM	\$20	407458-01
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Intuitive Journaling – Part 2

10/5	M	6:00–8:00 PM	\$20	407458-02
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Intuitive Journaling – Part 3

10/26	M	6:00–8:00 PM	\$20	407458-03
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General

Success Strategies

Review and discuss published information from one of 12 respected leaders in the field of consciousness evolution: Deepak Chopra, Marianne Williamson, Mark Victor Hansen, Arielle Ford, Anthony Robbins, and more. Class focuses on practical information and discussions for applying these ideas.

Age: 18 years & up

Location: Senior Center

9/18	F	9:00–10:30 AM	\$29	407468-01
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Bus Education 101

Get on board! Sign up for an educational bus trip and start riding the bus the next day. Learn how to buy a ticket or pass, read the bus schedule, plan bus trips, make route transfers and more, all while riding the bus with Transfort's travel trainer. Build your bus riding confidence in just one session!

Age: 50 years & up

Location: Senior Center

10/7	W	1:00–3:00 PM	No Fee	405982-01
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Henna Tattoo

Learn about the all-natural temporary tattoo that you paint on your hands and lasts a few weeks. No experience necessary. All supplies included. This is a hands-on class where you draw and paint on your own and other classmates' palms.

Age: 13 years & up

Location: Senior Center

10/14–11/4	W	6:30–7:30 PM	\$49	407462-01
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Flea Market Finds

Looking for treasure? This hands-on class arms you with the information you need to identify gold and silver jewelry and other items. You may bring 6 pieces to evaluate in class. This information is also covered in the Sterling Silver class.

Note: Bring a magnifying glass or jeweler's loop to class.

Age: 18 years & up

Location: Senior Center

10/21	W	1:30–3:30 PM	\$35	407464-01
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10/29	Th	6:30–8:30 PM	\$35	407464-02
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Sterling Silver

Whether you are a collector, dealer, or just holding a garage sale, this hands-on class arms you with the basics you need to identify sterling silver and gold and helps you determine the value, age, and quality of the silver you purchase or sell. You may bring 5 pieces to evaluate. **Note:** Bring a magnifying glass or jeweler's loop to class.

Age: 18 years & up

Location: Senior Center

10/22	Th	6:00–9:00 PM	\$45	407465-01
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10/28	W	1:00–4:00 PM	\$45	407465-02
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Travel

Fly Cheap, Stay Cheap, Travel Cheap

Learn the secrets of traveling in grand style on a limited budget. Discover how to obtain great deals on airfares, accommodations, cruises, entertainment and creative lodging ideas, all for a fraction of the usual cost. **Note:** Supplies are optional; cost is \$15.

Age: 18 years & up

Location: Senior Center

9/2	W	6:00–8:00 PM	\$50	407476-01
10/1	Th	6:00–8:00 PM	\$50	407476-02

How to be a Travel Writer: The Easy Way

Do you love to travel and write about your journeys? If so, you can turn that passion into a career in travel journalism and see the world for free. Learn the insider steps to get started. **Note:** Supplies are optional; cost is \$25.

Age: 18 years & up

Location: Senior Center

9/3	Th	6:00–9:00 PM	\$60	407477-01
10/2	F	6:00–9:00 PM	\$60	407477-02

Technology

Excellent and Free Software

Why pay a monthly fee for your computer software when there is free, excellent software available for any computer task. Bring your computer to the class and learn to locate, download, and install this software.

Age: 18 years & up

Location: Senior Center

10/3	Sa	9:00 AM–Noon	\$14	407406-01
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Gizmos & Gadgets

Discover what tablets, i-pads, and other gadgets and gizmos offer. This class is a combination of demonstrations, hands-on sessions and a layman's introduction to the technology you see in ads. Time for questions and handouts available.

Age: 18 years & up

Location: Senior Center

11/7	Sa	9:00 AM–Noon	\$14	407407-01
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Quicken

Prerequisite: Computer Basics class or basic computer knowledge. This class starts with the basics of creating and managing files and accounts. The hands-on exercise includes creating both a checking and savings account, reconciling a bank statement, creating reports, and more.

Age: 18 years & up

Location: Senior Center

11/14	Sa	8:30 AM–12:30 PM	\$14	407412-01
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Blogging for Passion or Profit

Want to have total creative control of your website? No need to hire an expensive web developer. Learn how to create your own WordPress blog with your own domain name and hosting. Create unlimited pages and edits; no programming experience needed. **Note:** Those 18 years & under welcome with parent permission.

Age: 18 years & up

Location: Columbine Health Computer Lab

9/23–10/21 W 7:30–8:30 PM \$49 407901-01

Blogging Lab

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

Age: 18 years & up

Location: Columbine Health Computer Lab

9/24–10/15 Th 7:30–8:30 PM \$40 407901-02

Computer Basics

This class provides basic computer terminology for anyone who has never used a computer. The class begins with a non-technical discussion of basic computer use and includes writing letters, using email, and using the internet to listen to music and watch movies.

Age: 18 years & up

Location: Columbine Health Computer Lab

9/1–9/4 Tu-F 10:00 AM–Noon \$19 407902-01

Excel v. 2010 Introduction

Prerequisite: Computer basics class or basic computer knowledge. This class covers the basics of data entry, formulas, formatting, charts and printing for Excel version 2010.

Age: 18 years & up

Location: Columbine Health Computer Lab

9/5 Sa 8:30 AM–12:30 PM \$14 407903-01

Facebook for Beginners

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

Age: 18 years & up

Location: Columbine Health Computer Lab

9/30–10/21 W 6:15–7:15 PM \$45 407905-01

Beginning Word v. 2010

Prerequisite: Computer Basics Class or basic computer knowledge. Instructor provided by the Front Range PC Users Group.

This two-session class provides an introduction to word processing basics using hands-on exercises. Topics include file management, text formatting, tables, mail merge and more.

Age: 18 years & up

Location: Columbine Health Computer Lab

9/12–9/19 Sa 8:30 AM–12:30 PM \$24 407909-01

Having Fun with Windows

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

Age: 18 years & up

Location: Columbine Health Computer Lab

10/10–10/24 Sa 8:30 AM–12:30 PM \$25 407916-01

Wine Tasting

Wines of Spain

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

Age: 21 years & up

Location: Senior Center

10/23	F	7:00–8:30 PM	\$35	407460-01
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Wine Tasting Basics

Experience some popular varieties of wine like a professional sommelier. Gain familiarity with basic wine terms, learn to identify various wine components, and discern which wine styles you prefer and why.

Age: 21 years & up

Location: Senior Center

11/6	F	7:00–8:30 PM	\$35	407461-01
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Cooking

Crazy Cakes

New cake recipes every time! Work with fondant, modeling chocolate, gum paste and more to make the tastiest, most awesomely decorated cakes ever! Become a cake making and decorating master! **Note:** Please note food allergies at registration. All supplies provided. Class partially discountable.

Age: 11–17 years

Location: Northside Aztlan Center

9/19	Sa	1:00–3:00 PM	\$26	415556-01
10/10	Sa	1:00–3:00 PM	\$26	415556-02
11/14	Sa	1:00–3:00 PM	\$26	415556-03

Youth

Day Camps

Go-Kart Camp

This class will teach your 8–12 year old to be a safe, educated Go-Kart driver focusing on skills that transfer to the everyday driving world! Participants who demonstrate driving competence after this experience will be given a Fort Fun Drivers Permit, allowing them to drive independently on their future paid visits.

Age: 8–12 years

Location: Fort Fun

9/12	Sa	8:00–10:00 AM	\$29	416989-01
9/26	Sa	8:00–10:00 AM	\$29	416989-02

Babysitting Boot Camp

This is a comprehensive skills-based camp for youth looking to get the knowledge and confidence to be great babysitters. Topics covered include: business practices, leadership principles, discipline and communication, safe play and basic care for infants and children. **Note:** Bring paper, pencil and lunch. Class only partially discountable.

Age: 11–16 years

Location: Northside Aztlan Center

9/25	F	Noon–8:00 PM	\$75	415522-01
10/16	F	Noon–8:00 PM	\$75	415522-02
11/25	W	Noon–8:00 PM	\$75	415522-03

After-School Enrichment

The After-School Enrichment Program provides bi-lingual homework help along with recreation activities and food provided by the Food Bank for Larimer County. **Note:** Class will not be held on 9/25, 10/16, 10/15, 11/13, 11/27, 11/25, 11/26.

Grade: Kindergarten–5

Location: Northside Aztlan Center

8/31–9/4	M-F	4:00–6:00 PM	\$40	415525-01
9/7–9/11	M-F	4:00–6:00 PM	\$40	415525-02
9/18–12/18	F	4:00–6:00 PM	\$90	415525-06

Location: Irish Elementary School

9/14–12/14	M	3:30–5:00 PM	\$130	415525-10
9/15–12/15	Tu	3:30–5:00 PM	\$130	415525-11
9/16–12/16	W	3:30–5:00 PM	\$120	415525-12
9/17–12/17	Th	3:30–5:00 PM	\$110	415525-13

Location: Putnam Elementary School

9/14–12/14	M	3:30–5:00 PM	\$130	415525-15
9/15–12/15	Tu	3:30–5:00 PM	\$130	415525-16
9/16–12/16	W	3:30–5:00 PM	\$120	415525-17
9/17–12/17	Th	3:30–5:00 PM	\$110	415525-18

Science

Lego Club

Get together with other Lego enthusiasts, share ideas and use your imagination to create your own Lego masterpieces. Afterschool snack provided. **Note:** Please tell front desk staff of allergies at the time of registration.

Age: 6–10 years

Location: Mulberry Pool

9/16–9/30	W	4:30–6:00 PM	\$20	418246-01
10/7–10/21	W	4:30–6:00 PM	\$20	418246-02
11/4–11/18	W	4:30–6:00 PM	\$20	418246-03

Build A Model Rocket

Experience the thrill of launching your very own model rocket. We will learn all about rockets, how they fly and what happens during the flight. Then we will each build our very own rocket that we will launch at the end of the course. Best of all you get to keep the rocket. **Note:** Class not discountable. Class will not be held on 10/25.

Age: 6–13 years

Location: Northside Aztlan Center

9/5–9/19	Sa	10:00–11:00 AM	\$49	415573-01
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Build a Lego Engine

LEGO engineers, come join us as we learn all about real engines. We'll learn about gears and motion, pistons, valves, and spark plugs. Then we will build and operate a real LEGO engine that you get to keep and take home. **Note:** Class not discountable. Class will not be held on 10/25.

Age: 6–13 years

Location: Northside Aztlan Center

9/26–10/10 Sa 10:00–11:00 AM \$49 415573-02

Build a Hovercraft

Come join us as we learn what makes a hovercraft work. We will learn about friction, momentum, air pressure and Newton's laws of motion. Then we will build our very own battery operated hovercraft. All Materials are provided and each student gets to keep their hovercraft. **Note:** Class not discountable. Class will not be held on 10/25.

Age: 6–13 years

Location: Northside Aztlan Center

10/17–10/31 Sa 10:00–11:00 AM \$49 415573-03

Remote Drone School

Learn to fly a real remote control drone! First we will learn how and why drones fly. Then we will learn to fly and practice our skills, including taking off and landing, hovering, forward flight, reverse flight, and flying through obstacles. There will be plenty of flying time for every student. **Note:** Class not discountable. Class will not be held on 10/25.

Age: 6–13 years

Location: Northside Aztlan Center

11/7–11/21 Sa 10:00–11:00 AM \$59 415573-04

Youth Night, Grades 4–5

Every Thursday is Youth Night! Drop in admission is free into the facility, but at 6 p.m. these organized activities extend the fun until

8 p.m.! **Note:** Class will not be held on 11/26.

Age: 9-11 years

Location: Northside Aztlan Center

Hip Hop

10/1–12/17 Th 6:00–7:00 PM \$66 415516-01

Maker Space

10/1–12/17 Th 7:00–8:00 PM \$66 415516-03

Youth Night, Grades 6–8

Every Thursday is Youth Night! Drop in admission is free into the facility, but at 6 p.m. these organized activities extend the fun until

8 p.m.! **Note:** Class will not be held on 11/26.

Age: 12–15 years

Location: Northside Aztlan Center

Hip Hop

10/1–12/17 Th 7:00–8:00 PM \$66 415516-02

Maker Space

10/1–12/17 Th 6:00–7:00 PM \$66 415516-04

Gym Games

10/1–12/17 Th 6:00–8:00 PM \$66 415516-05

Farm

Adopt an Animal

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

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) and going on hayrides create a very unique party for your 3–9 year old. Call The Farm or stop by during open hours to reserve your date. A deposit 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 1930’s. Guess what the “mystery tool” is and how it was used. Then, test your “farm strength” by lifting a bale of hay with and without the aid of a pulley system.

Special Events

Pumpkin Patch

Get into the season, 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 their pumpkins. **Note:** Class will not be held on 10/23, 10/24, 10/25.

Age: All

Location: The Farm

10/1–10/31	W–Su	10:00 AM–5:00 PM	No Fee	408632-01
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Treatsylvania

You won’t want to miss this unique Halloween event. Take a stroll through our Trick-or-Treat Street, knock on doors, go for a hayride and enjoy cookies and treats! Tickets are \$5 per trick-or-treater; must be purchased in advance. Children must be accompanied by an adult. Tickets available at The Farm, Northside, and EPIC beginning 10/1.

Age: 0–10 years

Location: The Farm

10/23	F	6:00–7:30 PM	\$5
10/24	Sa	6:00–8:00 PM	\$5
10/25	Su	1:00–3:00 PM	\$5
10/25	Su	5:00–6:30 PM	\$5

Bow Wowvania

Trick-or-treating has gone to the dogs! Bring your 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. **Note:** Tickets can be purchased at The Farm during open hours beginning 10/ 2.

Age: All

Location: The Farm

10/24	Sa	Noon–1:00 PM	\$5	408634-01
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Family

Farm Chores

Have you ever wondered what a morning on a farm is like? Join the farmer for a round of chores which includes feeding the animals and milking a cow. This is a family activity. Your registration includes up to 4 people. Special treats for all when the chores are done.

Age: All

Location: The Farm

9/20	Su	8:30–9:30 AM	\$34	408615-01
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Hayrides

Join us for a scenic hayride along the Poudre River. The tractor drawn hayride takes you 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

10/3–10/18	Sa	11:30 AM	\$2.50	
10/3–10/18	Sa, Su	1:30 PM	\$2.50	
10/3–10/18	Sa, Su	3:00 PM	\$2.50	

Youth

Li'l Dumplin' Farmers

You and your two-year-old can meet the animals in this class. Join us in farm chores that include gathering eggs and milking a cow. Learn about life on a farm. After the chores are finished, we enjoy a picnic with the animals. **Note:** Everyone brings their own sack lunch. The Farm staff provides homemade dessert. Parents are expected to stay with the child. Class will not be held on 9/7.

Age: 2 years

Location: The Farm

8/24–9/14	M	11:00 AM–Noon	\$30	408609-01
9/21–10/5	M	11:00 AM–Noon	\$30	408609-02

Li'l Dumplin's & Beyond

This Dumplin' class brings all the favorite chores Lil' Dumplin's enjoy plus a few added touches. Along with gathering eggs, milking a cow and riding the ponies, we create a mini-scrapbook using pictures taken during class, and each Dumplin' receives a souvenir t-shirt. **Note:** Parents are expected to stay with their child. This class does not include lunch. Class will not be held on 9/7.

Age: 2 years

Location: The Farm

8/24–9/14	M	9:30–10:30 AM	\$44	408624-01
9/21–10/5	M	9:30–10:30 AM	\$44	408624-02

Little Peepers

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

Age: 3 years

Location: The Farm

8/27–9/10	Th	9:00–10:00 AM	\$29	408610-01
8/27–9/10	Th	10:15–11:15 AM	\$29	408610-02
9/22–10/6	Tu	9:00–10:00 AM	\$29	408610-03
9/22–10/6	Tu	10:15–11:15 AM	\$29	408610-04

9/23–10/7	W	9:00–10:00 AM	\$29	408610-05
9/23–10/7	W	10:15–11:15 AM	\$29	408610-06

Pee Wee Farmers

The Pee Wee Farmer classes have been favorites since The Farm opened. Your child learns what life on a farm is like through hands-on experience. Milking a cow, gathering eggs, helping make their own snacks and riding the ponies are all part of the fun at The Farm! **Note:** Parents are asked to lead their child's pony on the day they ride.

Age: 4–5 years

Location: The Farm

8/25–9/15	Tu	1:30–3:00 PM	\$39	408606-01
8/26–9/16	W	9:30–11:00 AM	\$39	408606-02
8/26–9/16	W	1:30–3:00 PM	\$39	408606-03
8/27–9/17	Th	1:30–3:00 PM	\$39	408606-04
8/28–9/18	F	9:30–11:00 AM	\$39	408606-05
8/28–9/18	F	1:30–3:00 PM	\$39	408606-06

Pony Riding Lessons

Round 'em up and bring those cowpokes to The Farm where both you and your child learn to groom and saddle a pony. You 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.

Location: The Farm

Age: 3–5 years

9/22–10/1	Tu,Th	1:30–2:30 PM	\$58	408614-01
9/23–10/2	W,F	1:30–2:30 PM	\$58	408614-02
9/5–9/26	Sa	9:15–10:15 AM	\$58	408614-03

Age: 6–7 years

9/6–9/27	Su	11:15 AM–12:15 PM	\$58	408614-04
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After School Farmers

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

Age: 6–10 years

Location: The Farm

9/2–9/23	W	4:00–5:30 PM	\$39	408601-01
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Fitness

General Information

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

Registration Options

For fitness classes, participation options are available:

1) Participants may register for an entire class session.

2)

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

Class time includes set-up, warm-up, cool-down, take down, and transition times. Instruction time is approximately 50–55 minutes per 1-hour class. Fitness classes require a minimum of 6 participants per class for it to be offered and active. Fitness equipment needed for instruction is provided, though participants are welcome to bring their own.

Personal Training

Personal trainers are available at the Senior Center and Northside Aztlan Community Center to help you develop an exercise program that meets your personal goals and needs. Personal training is available to those ages 13 years & up.

Contact Katie Stieber at 970.224.6029, kstieber@fcgov.com or Linda Morris at 970.224.6032, lmorris@fcgov.com for more information.

Group Number	Session Time	Cost
Individual	30 minute	\$15
Individual	60 minute	\$25
2-person	60 minute	\$45
3-person	60 minute	\$60
4-person	60 minute	\$80

Trainers

For complete bios, visit fcgov.com/fitness.

Talisa Gula-Yeast
970.302.8414

Yvonne Hanning
970.449.3460

Mary Sewell Homan
970.213.0510

Dominick Jones
970.481.2416

Deborah Knobel
970.221.6256

Jimmie Laney
970.581.9017

Terence Lenoir-Legros
808.339.2278

Tess Pasternak
404.694.2629

Adult

General

Koshi Waza

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

Age: 18 years & up
Location: Senior Center

Nia

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

Age: 18 years & up
Location: Senior Center

Pound Rock Out Workout

Pound combines cardio, conditioning and core work with drumming using lightly weighted drumsticks called Ripsticks. Rock your entire body into beautiful shape while burning calories, strengthening muscles, and improving coordination and balance. Join the Pound Posse and get ready to sweat, sculpt and ROCK!

Age: 18 years & up
Location: Senior Center

TaijiFit

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

Age: 18 years & up

Location: Senior Center

Essentrics Style Fitness

Essentrics Fitness is movement to music using circular patterns through various joints. A strengthening and slenderizing program, using stretching techniques, Essentrics is a full body workout. Improve posture, increase flexibility and rebalance your body. Best for men and women at intermediate fitness levels.

Age: 16 years & up

Location: Northside Aztlan Center

Aerobics

Low Impact Aerobics

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

Age: 18 years & up

Location: Senior Center

Athletic Conditioning

CrossTrain

CrossTrain is an intense workout that maximizes strength and agility. Use kettle bells, plyo boxes, ropes and more to work every muscle in your body. Every workout is totally different, keeping your body guessing and forcing it to stay at its peak.

Age: 16 years & up

Location: Northside Aztlan Center

PowerTrain

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

Age: 16 years & up

Location: Northside Aztlan Center

Lose to Win

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

Age: 16 years & up

Location: Northside Aztlan Center

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

Experience this total body "plateau proof fitness formula" workout using resistance and cardio training, which masterfully combines Resistance, Intervals, Power, Plyometrics, Endurance, and Diet components of R.I.P.P.E.D. to help you attain and maintain your physique in ways that are fun, safe and extremely effective. **Note:** Class will not be held on 9/7, 11/25.

Age: 16 years & up

Location: Northside Aztlan Center

TRX Body Blast

TRX is an amazing suspension fitness system that helps you build balance, muscle strength and flexibility using your own body weight from different suspended heights. TRX is perfect for all fitness levels since you adjust your own straps to increase or decrease the difficulty of every exercise.

Age: 16 years & up

Location: Northside Aztlan Center

Total Body Boot Camp

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

Age: 16 years & up

Location: Northside Aztlan Center

TRX/Kettle Bell Combo

This class combines both TRX and Kettle Bell exercising increasing core strength, balance, stamina, power, overall strength and endurance. If you're looking for a class to create your own challenge, big or small, this class is for you.

Age: 16 years & up

Location: Northside Aztlan Center

Dance

Zumba

Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program. The routines feature interval training sessions where fast and slow rhythms are combined to tone and sculpt your body while burning fat.

Zumba is the most fun you will ever have exercising!

Age: 16 years & up, Location: Club Tico & Northside Aztlan Center

Age: 18 years & up, Location: Senior Center

Zumba – Vida Sana

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

Age: 12 years & up

Location: Club Tico & Northside Aztlan Center

Zumba Toning

Created to emphasize muscle work along with rhythms, this combination of cardio and dynamic resistive exercises is an effective use of progressive lightweight strength training to improve overall performance, strength, balance and muscle tone. Slower dance moves combined with weights makes weight training fun.

Age: 18 years & up

Location: Senior Center

Bollywood Dance

The sounds of original Bollywood movies come alive in this fusion of traditional and classical Indian dances with the influence of some jazz, hip-hop and modern dance. Timing, rhythm, energy, and sharp, controlled, expressive movements are the important elements.

Age: 16 years & up

Location: Northside Aztlan Center

Fitness Flash Mob

Join us in creating a fun filled dance that we will take to the streets, the mall or even Old Town Square! We meet weekly to choreograph a dance that will be performed at two secret locations.

Age: 10 years & up

Location: Colorado Cheer Academy

Martial Arts

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.

Age: 18 years & up

Location: Senior Center

Tai Chi, Continuing

Additional Tai Chi concepts and training. This class is recommended after taking the Beginning Tai Chi class to further your development and understanding. It covers a small Yang style form sequence called Grasp Sparrow's Tail.

Age: 18 years & up

Location: Senior Center

Tai Chi for Arthritis

This Tai Chi fitness class is great for everyone, but especially good for those needing to manage stiffness in a safe and effective way. Supported by the Arthritis Foundation USA, this program addresses flexibility, stamina, coordination and balance for men and women.

Age: 18 years & up

Location: Northside Aztlan Center

Pilates

Mat Pilates

Sculpt your body with this Pilates/yoga/weights infused class. Build strength and definition. Beginner to advanced level.

Age: 16 years & up

Location: Northside Aztlan Center

Spin

Spin & Tone

This class includes workouts similar to other spin classes, having high aerobic challenges that simulate hills and interval training. It also includes an additional toning segment either throughout the class or at the end. This class is great for cardiovascular training and total body strengthening for all levels.

Age: 16 years & up

Location: Northside Aztlan Center

Toning & Strength

Barre Fitness

Leave your ballet shoes at home! This fat-burning class turns classic ballet on its head. Utilizing a mix of ballet barre movements, stretching and Pilates-based core exercises, this class is designed to sculpt, strengthen and stretch the entire body in an intelligent and safe way.

Age: 16 years & up

Location: Northside Aztlan Center

Strength Training

Increase muscle strength, bone mass and stamina. The first class of each session includes an orientation to training principles and equipment.

Age: 18 years & up; Location: Senior Center

Age: 16 years & up; Location: Northside Aztlan Center

Strength & Tone

Designed to develop strength and flexibility in people who want to tone without an aerobic workout. Various routines focus on major muscle groups, along with challenging abdominal workouts. Sculpt your body without pounding your joints.

Age: 16 years & up

Location: Northside Aztlan Center

Yoga

Yoga, Beginning

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

Age: 18 years & up

Location: Senior Center

Yoga, Advanced Beginner

Advanced beginner level yoga. Previous yoga experience expected, with modifications offered for varying levels. The practice helps release stress, improve balance, flexibility, and strength with sometimes challenging poses. Mindfulness and breathing techniques are offered, as well.

Age: 18 years & up

Location: Senior Center

Yoga, Chair

Improve your health through an amazing form of adaptive exercise. You are supported by a chair so you can receive yoga's healing and restorative benefits. Yoga relaxes your body and mind, improves your musculoskeletal fitness and flexibility, and elevates your overall health and well-being.

Age: 18 years & up

Location: Senior Center

Yoga All Levels

An emphasis on precision in alignment will be taught in standing poses, forward bending, back bending, twisting and restorative poses.

Age: 18 years & up

Location: Senior Center

Sculpting Yoga

Sculpt your body with this weights infused yoga class. Build strength and definition. Beginners to advanced level.

Age: 16 years & up

Location: Northside Aztlan Center

Yoga Flow

A gentle yoga flow designed to guide you into listening to your body. The pace is based on your own breath and body. This is a time to be in the moment and let go of your day.

Age: 16 years & up

Location: Northside Aztlan Center

Slow Flow Hatha Yoga

Nurturing, fun, non-competitive session to improve balance, strength and flexibility. Poses are linked together slowly, with attention to breath. Philosophy and stress management techniques are touched on. Advanced beginner level, modifications offered, so class is suitable for beginning and intermediate students.

Age: 16 years & up

Location: Northside Aztlan Center

Yoga & Meditation

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

Age: 16 years & up

Location: Northside Aztlan Center

Vinyasa Flow Yoga

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

Age: 16 years & up, Location: Northside Aztlan Center

Age: 18 years & up, Location: Senior Center

Stress Management Yoga

Beginning to low intermediate level yoga. Basic practice that most can do. Practice yoga breathing and physical exercise to enjoy strength and flexibility. Stress management can also often be enjoyed with a regular practice.

Age: 18 years & up
Location: Senior Center

Yin Yoga

Join us for relaxation, deeper meditation and experience self-awareness. Yin Yoga opens the body's meridian system to enhance internal energetic flow, providing self-awareness and supporting emotional equilibrium. Floor postures are held passively for 3–5 minutes, giving the body time to acclimate and stretch.

Age: 16 years & up
Location: Northside Aztlan Center

Restorative Yoga

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

Age: 16 years & up
Location: Northside Aztlan Center

Therapeutic Yoga

Slow moving, directed yoga to improve specific health conditions and body issues.

Age: 18 years & up
Location: Senior Center

Pre & Postnatal Yoga

If you're pregnant or just had a baby and are looking for ways to relax or stay fit, consider prenatal and postnatal yoga. This class helps you prepare for after labor and promotes you and your baby's health. Much like other types of childbirth-preparation classes, prenatal yoga encourages stretching.

Age: 16 years & up
Location: Northside Aztlan Center

Family

Family Yoga

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 3 participants.

Age: 0–5 years
Location: Northside Aztlan Center

Youth

Athletic Conditioning

Teen CrossTrain

Similar to our adult CrossTrain class, but a fun and intense athletic training designed for teens.

Age: 13–18 years
Location: Northside Aztlan Center

Yoga

Teen Yoga

This class embraces the same concepts as Slow Flow Hatha Yoga, but is designed for teens. A yoga class for beginner to intermediate level teenagers.

Age: 13–18 years

Location: Northside Aztlan Center

Fitness Class Schedule

Adult

Club Tico

Dance

Zumba

Class will not be held on 9/7, 11/23, 11/25.

8/31–9/28	M	9:00–10:00 AM	\$12	409118-01
10/5–11/2	M	9:00–10:00 AM	\$15	409118-02
11/9–12/14	M	9:00–10:00 AM	\$15	409118-03
9/2–9/30	W	9:00–10:00 AM	\$15	409118-04
10/7–11/4	W	9:00–10:00 AM	\$15	409118-05
11/11–12/16	W	9:00–10:00 AM	\$15	409118-06
9/4–10/2	F	9:00–10:00 AM	\$15	409118-07
10/9–11/6	F	9:00–10:00 AM	\$15	409118-08
11/13–12/18	F	9:00–10:00 AM	\$15	409118-09

Zumba – Vida Sana

Class will not be held on 9/7, 11/23, 11/25.

8/31–9/28	M	9:00–10:00 AM	No Fee	409119-01
10/2–11/2	M	9:00–10:00 AM	No Fee	409119-02
11/9–12/14	M	9:00–10:00 AM	No Fee	409119-03
9/2–9/30	W	9:00–10:00 AM	No Fee	409119-04
10/7–11/4	W	9:00–10:00 AM	No Fee	409119-05
11/11–12/16	W	9:00–10:00 AM	No Fee	409119-06
9/4–10/2	F	9:00–10:00 AM	No Fee	409119-07
10/9–11/6	F	9:00–10:00 AM	No Fee	409119-08
11/13–12/18	F	9:00–10:00 AM	No Fee	409119-09

Northside Aztlan Community Center

General

Essentrics Style Fitness

Class will not be held on 11/23, 11/25, 11/27.

10/5–11/4	M,W	10:00–11:00 AM	\$30	409583-05
11/9–12/16	M,W	10:00–11:00 AM	\$30	409583-06
10/9–11/6	F	4:00–5:00 PM	\$15	409583-08

11/13–12/18 F	4:00–5:00 PM	\$15	409583-09
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Athletic Conditioning

CrossTrain

Class will not be held on 9/7, 11/23, 11/25, 11/27.

8/31–10/2	M,W,F	6:30–7:30 AM	\$42	409571-01
8/31–10/2	M,W,F	6:30–7:30 PM	\$42	409571-07
10/5–11/6	M,W,F	6:30–7:30 AM	\$45	409571-02
10/5–11/6	M,W,F	6:30–7:30 PM	\$45	409571-08
11/9–12/18	M,W,F	6:30–7:30 PM	\$45	409571-09
11/9–12/18	M,W,F	6:30–7:30 AM	\$45	409571-03
8/31–10/2	M,W,F	Noon–1:00 PM	\$42	409571-04
10/5–11/6	M,W,F	Noon–1:00 PM	\$45	409571-05
11/9–12/18	M,W,F	Noon–1:00 PM	\$45	409571-06

PowerTrain

Class will not be held on 11/24, 11/26.

9/1–10/1	Tu,Th	Noon–1:00 PM	\$30	409570-01
10/6–11/5	Tu,Th	Noon–1:00 PM	\$30	409570-02
11/10–12/17	Tu,Th	Noon–1:00 PM	\$30	409570-03

Lose to Win

Class will not be held on 9/7, 11/23, 11/25, 11/27.

8/31–10/2	M,W,F	9:30–10:30 AM	\$42	409575-01
10/5–11/6	M,W,F	9:30–10:30 AM	\$45	409575-02
11/9–12/18	M,W,F	9:30–10:30 AM	\$45	409575-03

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

Class will not be held on 9/7, 11/25.

8/31–9/28	M	5:30–6:30 PM	\$12	409573-01
10/5–11/2	M	5:30–6:30 PM	\$15	409573-02
11/9–12/14	M	5:30–6:30 PM	\$15	409573-03
9/2–9/30	W	5:30–6:30 PM	\$15	409573-04
10/7–11/4	W	5:30–6:30 PM	\$15	409573-05
11/11–12/16	W	5:30–6:30 PM	\$15	409573-06

TRX Body Blast

9/5–10/3	Sa	8:00–9:00 AM	\$15	409580-01
10/10–11/7	Sa	8:00–9:00 AM	\$15	409580-02
11/14–12/19	Sa	8:00–9:00 AM	\$18	409580-03

TRX/Kettle Bell Combo

Class will not be held on 9/7, 11/23, 11/24, 11/25, 11/26, 11/27.

8/31–9/30	M,W	6:30–7:30 PM	\$27	409581-01
10/5–11/4	M,W	6:30–7:30 PM	\$30	409581-02
11/9–12/16	M,W	6:30–7:30 PM	\$30	409581-03
9/1–10/1	Tu,Th	6:30–7:30 AM	\$30	409581-04
10/6–11/5	Tu,Th	6:30–7:30 AM	\$30	409581-05
11/10–12/17	Tu,Th	6:30–7:30 AM	\$30	409581-06
9/1–10/1	Tu,Th	Noon–1:00 PM	\$30	409581-07
10/6–11/5	Tu,Th	Noon–1:00 PM	\$30	409581-08
11/10–12/17	Tu,Th	Noon–1:00 PM	\$30	409581-09
8/31–9/30	M,W,F	Noon–1:00 PM	\$42	409581-10
10/5–11/4	M,W,F	Noon–1:00 PM	\$45	409581-11
11/9–12/16	M,W,F	Noon–1:00 PM	\$45	409581-12

Total Body Boot Camp

Class will not be held on 11/24, 11/26.

9/1–10/1	Tu,Th	5:30–6:30 PM	\$30	409572-01
10/6–11/5	Tu,Th	5:30–6:30 PM	\$30	409572-02
11/10–12/17	Tu,Th	5:30–6:30 PM	\$30	409572-03

Zumba

Class will not be held on 11/24, 11/25, 11/26.

9/1–10/1	Tu	6:30–7:30 PM	\$15	409518-01
10/6–11/4	Tu	6:30–7:30 PM	\$15	409518-02
11/10–12/15	Tu	6:30–7:30 PM	\$15	409518-03
9/2–9/30	W	6:30–7:30 PM	\$15	409518-07
10/7–11/4	W	6:30–7:30 PM	\$15	409518-08
11/11–12/16	W	6:30–7:30 PM	\$15	409518-09
9/3–10/1	Th	6:30–7:30 PM	\$15	409518-04
10/8–11/5	Th	6:30–7:30 PM	\$15	409518-05
11/10–12/15	Th	6:30–7:30 PM	\$15	409518-06

Zumba – Vida Sana

Class will not be held on 11/24, 11/25, 11/26.

9/1–10/1	Tu	6:30–7:30 PM	No Fee	409519-01
10/6–11/5	Tu	6:30–7:30 PM	No Fee	409519-02
11/10–12/17	Tu	6:30–7:30 PM	No Fee	409519-03
9/3–10/1	Th	6:30–7:30 PM	No Fee	409519-04
10/8–11/5	Th	6:30–7:30 PM	No Fee	409519-05
11/12–12/17	Th	6:30–7:30 PM	No Fee	409519-06

Bollywood Dance

Class will not be held on 11/24.

9/1–9/29	Tu	6:30–7:30 PM	\$15	409511-01
10/6–11/3	Tu	6:30–7:30 PM	\$15	409511-02
11/10–12/15	Tu	6:30–7:30 PM	\$15	409511-03

Fitness Flash Mob

Class will not be held on 11/25.

9/2–9/30	W	7:00–8:00 PM	\$15	409512-01
10/7–11/4	W	7:00–8:00 PM	\$15	409512-02
11/11–12/16	W	7:00–8:00 PM	\$15	409512-03

Martial Arts

Tai Chi for Arthritis

Class will not be held on 11/24, 11/26, 11/27.

10/6–11/5	Tu,Th	2:00–3:00 PM	\$30	409585-02
11/10–12/17	Tu,Th	2:00–3:00 PM	\$30	409585-03
10/9–11/6	F	5:00–6:00 PM	\$15	409585-08
11/13–12/18	F	5:00–6:00 PM	\$15	409585-09

Pilates

Pilates

Class will not be held on 9/7, 11/24, 11/25, 11/26.

8/31–9/28	M	5:30–6:30 PM	\$12	409520-04
10/5–11/2	M	5:30–6:30 PM	\$15	409520-05
11/9–12/14	M	5:30–6:30 PM	\$15	409520-06
9/1–10/1	Tu,Th	1:00–2:00 PM	\$30	409520-01
10/6–11/5	Tu,Th	1:00–2:00 PM	\$30	409520-02
11/10–12/17	Tu,Th	1:00–2:00 PM	\$30	409520-03
9/2–9/30	W	5:30–6:30 PM	\$15	409520-07
10/7–11/4	W	5:30–6:30 PM	\$15	409520-08
11/11–12/16	W	5:30–6:30 PM	\$15	409520-09

Spin

Barre Fitness

Class will not be held on 9/7, 11/23, 11/25, 11/26.

8/31–9/30	M,W	9:00–10:00 AM	\$27	409534-01
10/5–11/4	M,W	9:00–10:00 AM	\$30	409534-02
11/9–12/16	M,W	9:00–10:00 AM	\$30	409534-03
8/31–9/30	M,W	1:00–2:00 PM	\$27	409534-04
10/5–11/4	M,W	1:00–2:00 PM	\$30	409534-05
11/9–12/16	M,W	1:00–2:00 PM	\$30	409534-06
9/3–10/1	Th	6:30–7:30 PM	\$15	409534-07
10/8–11/5	Th	6:30–7:30 PM	\$15	409534-08
11/12–12/17	Th	6:30–7:30 PM	\$15	409534-09

Spin & Tone

Class will not be held on 9/7, 11/23, 11/24, 11/25, 11/26.

8/31–9/30	M,W	6:15–7:15 AM	\$27	409551-01
8/31–9/30	M,W	5:30–6:30 PM	\$27	409551-07
10/5–11/4	M,W	6:15–7:15 AM	\$30	409551-02
10/5–11/4	M,W	5:30–6:30 PM	\$30	409551-08
11/9–12/16	M,W	6:15–7:15 AM	\$30	409551-03
11/9–12/16	M,W	5:30–6:30 PM	\$30	409551-09
9/1–10/1	Tu,Th	6:15–7:15 AM	\$30	409551-04
10/6–11/5	Tu,Th	6:15–7:15 AM	\$30	409551-05
11/10–12/17	Tu,Th	6:15–7:15 AM	\$30	409551-06
9/1–10/1	Tu,Th	6:00–7:00 PM	\$30	409551-10
10/6–11/5	Tu,Th	6:00–7:00 PM	\$30	409551-11
11/10–12/17	Tu,Th	6:00–7:00 PM	\$30	409551-12

Strength Training

Class will not be held on 9/7, 11/23, 11/24, 11/25, 11/26.

8/31–9/30	M,W	8:30–9:30 AM	\$27	409531-01
10/5–11/4	M,W	8:30–9:30 AM	\$30	409531-02
11/9–12/16	M,W	8:30–9:30 AM	\$30	409531-03
9/1–10/1	Tu,Th	9:30–10:30 AM	\$30	409531-04
10/6–11/4	Tu,Th	9:30–10:30 AM	\$30	409531-05
11/10–12/17	Tu,Th	9:30–10:30 AM	\$30	409531-06

Strength & Tone

Class will not be held on 11/24, 11/26.

9/1–10/1	Tu,Th	12:10–12:55 PM	\$30	409530-01
10/6–11/5	Tu,Th	12:10–12:55 PM	\$30	409530-02
11/10–12/17	Tu,Th	12:10–12:55 PM	\$30	409530-03

Yoga

Sculpting Yoga

Class will not be held on 11/24, 11/26.

9/1–10/1	Tu,Th	1:00–2:00 PM	\$30	409584-01
10/6–11/5	Tu,Th	1:00–2:00 PM	\$30	409584-02
11/10–12/17	Tu,Th	1:00–2:00 PM	\$30	409584-03

Yoga Flow

Class will not be held on 9/7, 11/23, 11/25.

Moon Salutation Yoga

9/2–9/30	W	6:30–7:30 PM	\$15	409562-01
10/7–11/4	W	6:30–7:30 PM	\$15	409562-02
11/11–12/16	W	6:30–7:30 PM	\$15	409562-03

Sun Salutation Yoga

8/31–9/28	M	7:00–7:45 AM	\$12	409562-04
10/5–11/2	M	7:00–7:45 AM	\$15	409562-05
11/9–12/14	M	7:00–7:45 AM	\$15	409562-06

Slow Flow Hatha Yoga

Class will not be held on 9/7, 11/23, 11/24, 11/25, 11/26.

8/31–9/28	M	4:00–5:00 PM	\$12	409561-01
10/5–11/2	M	4:00–5:00 PM	\$15	409561-02
11/9–12/14	M	4:00–5:00 PM	\$15	409561-03
9/1–9/29	Tu	5:00–6:00 PM	\$15	409561-04
10/6–11/3	Tu	5:00–6:00 PM	\$15	409561-05
11/10–12/15	Tu	5:00–6:00 PM	\$15	409561-06
9/2–9/30	W	4:00–5:00 PM	\$15	409561-07
10/7–11/4	W	4:00–5:00 PM	\$15	409561-08
11/11–12/16	W	4:00–5:00 PM	\$15	409561-09
9/3–10/1	Th	5:00–6:00 PM	\$15	409561-10
10/8–11/5	Th	5:00–6:00 PM	\$15	409561-11
11/12–12/17	Th	5:00–6:00 PM	\$15	409561-12

Yoga & Meditation

Class will not be held on 11/24, 11/26.

9/1–10/1	Tu,Th	9:00–10:00 AM	\$30	409569-01
10/6–11/5	Tu,Th	9:00–10:00 AM	\$30	409569-02
11/10–12/17	Tu,Th	9:00–10:00 AM	\$30	409569-03

Vinyasa Flow Yoga

9/5–10/3	Sa	8:00–9:00 AM	\$15	409565-01
10/10–11/7	Sa	8:00–9:00 AM	\$15	409565-02
11/14–12/19	Sa	8:00–9:00 AM	\$18	409565-03

Yin Yoga

Class will not be held on 9/7, 11/23.

8/31–9/28	M	7:30–8:30 PM	\$12	409566-01
10/5–11/2	M	7:30–8:30 PM	\$15	409566-02
11/9–12/14	M	7:30–8:30 PM	\$15	409566-03

Restorative Yoga

Class will not be held on 9/7, 11/23, 11/25.

8/31–9/30	M,W	Noon–1:00 PM	\$27	409568-01
10/5–11/4	M,W	Noon–1:00 PM	\$30	409568-02
11/9–12/16	M,W	Noon–1:00 PM	\$30	409568-03

Pre & Postnatal Yoga

Class will not be held on 11/25.

9/2–9/30	W	8:00–9:00 AM	\$15	409567-01
10/7–11/4	W	8:00–9:00 AM	\$15	409567-02
11/11–12/16	W	8:00–9:00 AM	\$15	409567-03

Senior Center

General

Koshi Waza

Class will not be held on 9/7, 11/27.

8/31–9/28	M	6:45–7:45 PM	\$12	409409-01
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10/5–11/2	M	6:45–7:45 PM	\$15	409409-02
11/9–12/14	M	6:45–7:45 PM	\$18	409409-03

Nia

Class will not be held on 11/26.

9/1–9/29	Tu	5:30–6:30 PM	\$15	409411-01
10/6–11/3	Tu	5:30–6:30 PM	\$15	409411-02
11/10–12/15	Tu	5:30–6:30 PM	\$18	409411-03
9/3–10/1	Th	6:30–7:25 PM	\$15	409411-04
10/8–11/5	Th	6:30–7:25 PM	\$15	409411-05
11/12–12/17	Th	6:30–7:25 PM	\$15	409411-06

Pound Rock Out Workout

9/2–9/30	W	6:45–7:30 PM	\$11.25	409418-01
10/7–11/4	W	6:45–7:30 PM	\$11.25	409418-02

Taijifit

Class will not be held on 11/26, 11/28.

8/31–9/30	M,W	7:00–7:45 AM	\$20.24	409419-01
10/5–11/4	M,W	7:00–7:45 AM	\$22.50	409419-02
11/9–12/16	M,W	7:00–7:45 AM	\$27	409419-03
12/21–12/30	M,W	7:00–7:45 AM	\$9	409419-04
9/1–9/29	Tu	4:00–4:45 PM	\$11.25	409419-05
10/6–11/3	Tu	4:00–4:45 PM	\$11.25	409419-06
11/10–12/15	Tu	4:00–4:45 PM	\$13.55	409419-07
12/22–12/29	Tu	4:00–4:45 PM	\$4.50	409419-08
9/3–10/1	Th	3:00–3:45 PM	\$11.25	409419-09
10/8–11/5	Th	3:00–3:45 PM	\$11.25	409419-10
11/12–12/17	Th	3:00–3:45 PM	\$11.25	409419-11
9/5–10/3	Sa	3:15–4:00 PM	\$11.25	409419-13
10/10–11/7	Sa	3:15–4:00 PM	\$11.25	409419-14
11/14–12/19	Sa	3:15–4:00 PM	\$11.25	409419-15
12/26–1/2	Sa	3:15–4:00 PM	\$4.50	409419-16

Aerobics

Low Impact Aerobics

Class will not be held on 11/26.

9/1–10/1	Tu,Th	8:50–9:50 AM	\$30	409401-01
10/6–11/5	Tu,Th	8:50–9:50 AM	\$30	409401-02
11/10–12/17	Tu,Th	8:50–9:50 AM	\$33	409401-03
12/22–12/31	Tu,Th	8:50–9:50 AM	\$12	409401-04

Athletic Conditioning

Strength Training

9/1–10/1	Tu,Th	9:00–10:00 AM	\$30	409410-01
10/6–11/5	Tu,Th	9:00–10:00 AM	\$30	409410-02
11/10–12/17	Tu,Th	9:00–10:00 AM	\$33	409410-03
12/22–12/31	Tu,Th	9:00–10:00 AM	\$12	409410-04

Dance

Zumba

8/31–9/28	M	5:30–6:25 PM	\$15	409416-01
10/5–11/2	M	5:30–6:25 PM	\$15	409416-02
11/9–12/14	M	5:30–6:25 PM	\$18	409416-03
9/2–9/30	W	5:30–6:25 PM	\$15	409416-04
10/7–11/4	W	5:30–6:25 PM	\$15	409416-05

11/11–12/16	W	5:30–6:25 PM	\$15	409416-06
9/6–10/4	Su	3:00–3:55 PM	\$15	409416-07
10/11–11/8	Su	3:00–3:55 PM	\$15	409416-08
11/15–12/20	Su	3:00–3:55 PM	\$15	409416-09

Zumba Toning

Class will not be held on 9/7, 11/28.

8/31–9/28	M	12:05–1:00 PM	\$12	409417-01
10/5–11/2	M	12:05–1:00 PM	\$15	409417-02
11/9–12/14	M	12:05–1:00 PM	\$18	409417-03
9/5–10/3	Sa	9:15–10:15 AM	\$15	409417-04
10/10–11/7	Sa	9:15–10:15 AM	\$15	409417-05
11/14–12/19	Sa	9:15–10:15 AM	\$15	409417-06

Martial Arts

Tai Chi, Beginning

Class will not be held on 9/7, 11/28.

8/31–9/30	M,W	3:00–4:00 PM	\$30	409430-01
10/5–11/4	M,W	3:00–4:00 PM	\$30	409430-02
11/9–12/16	M,W	3:00–4:00 PM	\$36	409430-03
9/5–10/3	Sa	12:45–1:45 PM	\$15	409428-01
10/10–11/7	Sa	12:45–1:45 PM	\$15	409428-02
11/14–12/19	Sa	12:45–1:45 PM	\$10	409428-03
12/26–1/2	Sa	12:45–1:45 PM	\$10	409428-04

Tai Chi, Continuing

Class will not be held on 11/7, 11/28.

9/5–10/3	Sa	2:00–3:00 PM	\$15	409429-01
10/10–11/7	Sa	2:00–3:00 PM	\$12	409429-02
11/14–12/19	Sa	2:00–3:00 PM	\$10	409429-03
12/26–1/2	Sa	2:00–3:00 PM	\$10	409429-04

Yoga

Yoga, Beginning

Class will not be held on 11/26.

9/1–10/1	Tu,Th	2:45–3:45 PM	\$30	409463-01
10/6–11/5	Tu,Th	2:45–3:45 PM	\$30	409463-02
11/10–12/17	Tu,Th	2:45–3:45 PM	\$33	409463-03
9/1–10/1	Tu,Th	4:00–5:00 PM	\$30	409463-05
10/6–11/5	Tu,Th	4:00–5:00 PM	\$30	409463-06
11/10–12/17	Tu,Th	4:00–5:00 PM	\$33	409463-07
9/1–10/1	Tu,Th	5:15–6:15 PM	\$30	409463-08
10/6–11/5	Tu,Th	5:15–6:15 PM	\$30	409463-09
11/10–12/17	Tu,Th	5:15–6:15 PM	\$33	409463-10
9/2–9/30	W	Noon–1:00 PM	\$15	409463-11
10/7–11/4	W	Noon–1:00 PM	\$15	409463-12
11/11–12/16	W	Noon–1:00 PM	\$18	409463-13
9/2–9/30	W	1:15–2:15 PM	\$15	409463-14
10/7–11/4	W	1:15–2:15 PM	\$15	409463-15
11/11–12/16	W	1:15–2:15 PM	\$18	409463-16

Yoga, Advanced Beginner

8/31–9/28	M	5:30–6:20 PM	\$15	409464-04
10/5–11/2	M	5:30–6:20 PM	\$15	409464-05
9/1–9/29	Tu	6:30–7:30 PM	\$15	409464-01
10/6–11/3	Tu	6:30–7:30 PM	\$15	409464-02

11/10–12/15 Tu	6:30–7:30 PM	\$18	409464-03
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Yoga, Chair

8/31–9/28 M	8:30–9:30 AM	\$15	409466-01
10/5–11/2 M	8:30–9:30 AM	\$15	409466-02
11/9–12/14 M	8:30–9:30 AM	\$18	409466-03

Yoga – All Levels

Class will not be held on 11/28.

9/5–10/3 Sa	9:30–10:30 AM	\$15	409470-01
10/10–11/7 Sa	9:30–10:30 AM	\$15	409470-02
11/14–12/19 Sa	9:30–10:30 AM	\$15	409470-03

Vinyasa Yoga

Class will not be held on 9/7.

8/31–9/28 M	6:30–7:30 PM	\$12	409471-01
10/5–11/2 M	6:30–7:30 PM	\$15	409471-02
11/9–12/14 M	6:30–7:30 PM	\$18	409471-03

Stress Management Yoga

12/22–12/29 Tu	2:45–3:45 PM	\$6	409472-01
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Therapeutic Yoga

Class will not be held on 11/26.

9/3–10/1 Th	11:00 AM–Noon	\$15	409469-01
10/8–11/5 Th	11:00 AM–Noon	\$12	409469-02
11/12–12/17 Th	11:00 AM–Noon	\$15	409469-03

Family Fitness

Northside Aztlan Community Center

Family Yoga

Class will not be held on 9/7, 11/23, 11/27.

Age: 0–2 years

9/4–10/2 F	10:30–11:30 AM	\$30	409560-01
10/9–11/6 F	10:30–11:30 AM	\$30	409560-02
11/13–12/18 F	10:30–11:30 AM	\$30	409560-03

Age: 3–5 years

8/31–9/28 M	8:00–9:00 AM	\$24	409560-04
10/5–11/2 M	8:00–9:00 AM	\$30	409560-05
11/9–12/14 M	8:00–9:00 AM	\$30	409560-06

Youth Fitness

Northside Aztlan Community Center

Athletic Conditioning

Teen CrossTrain

Class will not be held on 9/7, 11/23, 11/25.

8/31–9/30	M,W	3:30–4:30 PM	\$18	409578-01
10/5–11/4	M,W	3:30–4:30 PM	\$20	409578-02
11/9–12/16	M,W	3:30–4:30 PM	\$20	409578-03

Yoga

Teen Yoga

Class will not be held on 11/24, 11/26.

9/1–10/1	Tu,Th	4:00–5:00 PM	\$20	409563-01
10/6–11/5	Tu,Th	4:00–5:00 PM	\$20	409563-02
11/10–12/17	Tu,Th	4:00–5:00 PM	\$20	409563–03

Gardens on Spring Creek

For more information about the Gardens on Spring Creek programming and to register, visit fcgov.com/gardens. Hours and location information is on page 16. All programs are hosted at the Gardens on Spring Creek unless otherwise noted.

Special Events

Garden a'Fare Beer Tour with Odell Brewing

Pair O'dell beer with selections prepared by six local restaurants using the produce grown in the Garden of Eatin'.

Age: 21 years & up

8/29	Sa	5:00 PM	\$45; \$55 after 8/22
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Yoga in the Gardens

Embrace the natural setting of the botanical gardens in the last session of Yoga in the Gardens. Set in the lawn of the North Patio, these classes are for all skill levels. **Note:** Bring water and yoga mat.

Age: All

9/5	Sa	8:30–9:30 AM	\$10
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Nature's Harvest Fest

Celebrate the abundance of the season with nature and bird walks, cooking and urban homesteading workshops, cooking demonstrations, local artisans and food producers, live music, a live butterfly release and family friendly activities.

Age: All

9/12	Sa	9:00 AM–3:00 PM	\$2; suggested donation
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NoCo Urban Homestead Tour

A tour featuring six local homesteads in Fort Collins and Loveland offers an insider's look at how to dream up, build, and cultivate a working homestead on less than one acre in a city environment. Benefits Gardens on Spring Creek and Loveland Youth Gardeners.

Age: All

9/12	Sa	9:00 AM–3:00 PM	\$15; no fee for ages 0–12 years
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Halloween Enchanted Garden

Celebrate Halloween by taking part in a day of magical amusement and old-fashioned fun by visiting with the legendary Talking Pumpkin and the Mad Experiment station, and playing games. Be sure to wear your costume and be ready for some magical (never frightening) fun.

Age: 0–8 years

10/31	Sa	10:00 AM–2:00 PM	\$5; no fee for adults
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Adult Classes

Pre-registration is highly recommended for adult classes. Members of The Gardens on Spring Creek receive discounted rates. More information about classes and instructors is available at fcgov.com/gardens

Garden to Fork

This series highlights the process of harvesting fresh produce grown in the Garden of Eatin' and transforming the ingredients into a healthy, delicious culinary dish. Ample tastings and recipes included.

Age: 18 years & up

Grilled Pizza

8/13	Th	6:00 PM–8:00 PM	\$30, \$25 member
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Choosing and Using Fresh Garden Herbs

8/20	Th	6:00 PM–8:00 PM	\$30, \$25 member
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Chiles

9/3	Th	6:00 PM–8:00 PM	\$30, \$25 member
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Jewels of the Garden: Celebrating Tomatoes

9/10	Th	6:00 PM–8:00 PM	\$30, \$25 member
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Mediterranean Flavors

9/17	Th	6:00 PM–8:00 PM	\$30, \$25 member
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Growing Medicinal and Culinary Herbs at Home

Learn about the most popular varieties of herbs found in Colorado and their common uses. Discuss how to grow herbs, including garden design ideas, soil preparation, planting techniques and special conditions some might need.

Age: 18 years & up

9/19	Sa	9:00–11:00 AM	\$18, \$15 member
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Chocolate Tasting

Join founder of Nuance Chocolate to explore the chemistry, flavors and mysteries of making small-batch chocolate from bean-to-bar. Go on a show and smell – and taste! tour of how Nuance makes chocolate from raw beans, roasting, and grinding.

Age: 18 years & up

9/19	Sa	1:00–3:00 PM	\$25, \$21 member
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Leaf Casting Bird Bath and Stepping Stones

Learn the recipe and techniques for working with hypertufa, then create your own hypertufa birdbath or stepping stone using a leaf casting technique. **Note:** Bring rubber gloves and dust mask.

Age: 18 years & up

9/26	Sa	1:00–3:00 PM	\$30, \$26 member
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Bring in the Birds

Learn the best ways to provide food, water and shelter to attract birds to your yard, while making your yard more sustainable and improving your landscape. Plants that naturally provide food for birds are also discussed.

Age: 18 years & up

10/3	Sa	9:30–11:00 AM	\$12, \$9 member
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Garden Photography

Learn the basics of your DSLR or mirrorless (micro 3/4) camera and leave with the understanding of how to use aperture, shutter speed, and ISO together. After the lecture portion, venture out to photograph nature in the gardens. All participants receive one-on-one instruction with their equipment.

Age: 18 years & up

10/3	Sa	Noon–4:00 PM	\$150, \$140 member
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Sketching 101: Forms and Textures of Nature

Learn basic drawing techniques to prepare for painting a masterpiece. Shading, perspective, creating texture, and line drawings with graphite pencils are introduced.

Age: 18 years & up

10/7	W	2:00–4:00 PM	\$110, \$100 member
10/14	W	2:00–4:00 PM	\$110, \$100 member
10/21	W	2:00–4:00 PM	\$110, \$100 member
10/28	W	2:00–4:00 PM	\$110, \$100 member

Care for the Caregiver

Gardens and plants can provide stress relief and opportunities for social engagement. This course, designed for caregivers, offers garden-related self-care ideas that nurture the soul and engage the senses. Suggestions for activities to do with those for whom you provide care are included.

Age: 18 years & up

10/10	Sa	1:00–3:00 PM	\$25 \$22 member
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Mini Pumpkin Centerpieces

Create your own fall-themed centerpieces with a mini pumpkin or gourd, succulents, acorns and other natural materials. All materials provided. Take home one or two completed centerpieces.

Age: 18 years & up

10/17	Sa	10:00 AM–Noon	\$20, \$17 member
10/17	Sa	1:00–3:00 PM	\$20, \$17 member

Sheet Composting

Learn how to use this easy layering method of composting to suppress weeds and create better soil. Sheet composting uses grass clippings, fall leaves and organic garden waste to create wonderful, rich compost.

Age: 18 years & up

10/24	Sa	10:00 AM–Noon	\$18, \$15 member
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Zentangle® for Beginners

Zentangle® is an easy way of creating beautiful images by drawing structured patterns called tangles. It is a proven method to promote mindfulness and fosters self-esteem, focus, relaxation, creativity and stress relief.

Age:

10/24	Sa	1:00–3:00 PM	\$40, \$36 members
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Still Life with Colored Pencils

Learn how to create colors using three primary colors while experimenting with matching colors using various botanical subjects. Explore color changes using darks, lights, compliments, and analogous colors. Learn tricks for blending colors, burnishing, embossing and lifting colors to create details in botanical illustration. **Note:** Class is 4–7 p.m. on Friday.

Age: 18 years & up

11/6–8	F,Sa,Su	9:00 AM–1:00 PM	\$125, \$115 member
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Natural Lip and Hand Balms

Learn how to make your own chemical-free lip balms and hand salves. Materials and recipes provided. Leave the class with your own home-made lip balm and hand salve.

Age: 18 years & up

11/7 Sa 2:00–4:00 PM \$25, \$22 member

Create a Terrarium

Learn which plants work best and how to plant and maintain these mini greenhouses. Choose three plants and an embellishment from our collection and create your own unique terrarium to take home.

Age: 18 years & up

11/14 Sa 10:00–11:00 AM \$22, \$19 member

Spice Up Your Life

Are you an accomplished cook or just a master of making toast? Do you wonder about the difference between a spice and an herb? Are you interested in learning more about why saffron is so expensive and what the differences are among the varieties of cinnamon? If so, join us to learn more about the wonderful world of spices!

Age: 18 years & up

11/14 Sa 2:00–3:00 PM \$14, \$12 member

Youth Programming

Read and Seed

This program helps your child develop school readiness skills of early language comprehension and fine motor skills while encouraging creativity, curiosity and exploration of the natural world. Includes story time and an educational, hands-on activity. **Note:** This is a parent/caregiver participation class. Registration not required. Class not discountable. No class 11/23, 11/24.

Age: 0–5 years

Sunflowers

9/7–9/8 M,Tu 10:00–10:45 AM \$3
9/7–9/8 M,Tu 11:00–11:45 AM \$3

Sock Walk

9/14–9/15 M,Tu 10:00–10:45 AM \$3
9/14–9/15 M,Tu 11:00–11:45 AM \$3

Leaf People

9/21–22 M,Tu 10:00–10:45 AM \$3
9/21–22 M,Tu 11:00–11:45 AM \$3

Underwater Viewer

9/28–9/29 M,Tu 10:00–10:45 AM \$3
9/28–9/29 M,Tu 11:00–11:45 AM \$3

Nature Crowns

10/5–10/6 M,Tu 10:00–10:45 AM \$3
10/5–10/6 M,Tu 11:00–11:45 AM \$3

Birdfeeders

10/12–10/13 M,Tu 10:00–10:45 AM \$3
10/12–10/13 M,Tu 11:00–11:45 AM \$3

Spider Webs

10/19–10/20 M,Tu 10:00–10:45 AM \$3
10/19–10/20 M,Tu 11:00–11:45 AM \$3

Owls

10/26–10/27	M,Tu	10:00–10:45 AM	\$3
10/26–10/27	M,Tu	11:00–11:45 AM	\$3

Hibernation

11/2–11/3	M,Tu	10:00–10:45 AM	\$3
11/2–11/3	M,Tu	11:00–11:45 AM	\$3

Paper Whites

11/9–11/10	M,Tu	10:00–10:45 AM	\$3
11/9–11/10	M,Tu	11:00–11:45 AM	\$3

Thanksgiving Decoration

11/16–11/17	M,Tu	10:00–10:45 AM	\$3
11/16–11/17	M,Tu	11:00–11:45 AM	\$3

Arranging a Forest

11/30–12/1	M,Tu	10:00–10:45 AM	\$3
11/30–12/1	M,Tu	11:00–11:45 AM	\$3

Parent-Child Classes

Parent-child classes give a unique opportunity for adults and children to participate in a shared learning experience at The Gardens. All classes are family centered and nature-based. Scholarships available. **Note:** Pre-registration required. No fee for parents.

Super Soups!

Age: 5 years & up

9/1	Tu	6:00–7:30 PM	\$10
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Zentangle with Tangle Turtle Art

Age: 7 years & up

10/6	Tu	6:00–7:30 PM	\$10
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“Wood” you believe it?

Age: 5 years & up

11/3	Tu	6:00–7:30 PM	\$10
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School’s Out! Day Camps

Pack a lunch and come spend a day gardening, composting, cooking, crafting and discovering. Scholarships available.

Note: Preregistration required.

Age: 5–11 years

9/7	M	9:00 AM–4:00 PM	\$45
9/25	F	9:00 AM–4:00 PM	\$45
10/15	Th	9:00 AM–4:00 PM	\$45
10/16	F	9:00 AM–4:00 PM	\$45
11/13	F	9:00 AM–4:00 PM	\$45

Discovery Zone

Get acquainted with the new Discovery Zone in the Children’s Garden, designed and built for the young and the young at heart. Explore our various root viewers, explorer tables, garden tools, games, and activities. This summer, the Discovery Zone is staffed with a volunteer host who guides you through the fun.

Age: All

Sa	10:00 AM–Noon	No fee
Su	Noon– 2:00 PM	No fee

Scout Badge Program

Scout badge programs are customized to fit the needs of your troop including, but not limited to gardening, natural resources, and cooking. Programs last 2 hours and cost \$10 per scout. One adult is required for every 5 scouts. Each program offers hands-on exploration and activities led by Gardens on Spring Creek Garden Docents. All ages welcome.

Tree Trunks

Looking for forestry-related educational resources for your classroom, family, or daycare? Tree Trunks are now available for check-out! Filled to the brim with activities and materials for all ages, Tree Trunks make teaching lessons about trees successful and fun. These arbor-themed kits are a collaborative project made possible by Society of American Foresters, the Gardens on Spring Creek, Front Range Community College, Colorado State Forest Service, and US Forest Service. Trunks are available for elementary school and middle school to adult.

Youth Tours

Schedule your next field trip at the Gardens and explore plants, seeds, trees, soil, insects, food and more. Youth tours are available to schools, homeschool groups, daycares, camps and youth groups and catered to your grade level.

Health and Wellness Services

Health and Wellness Services is a unique and comprehensive public health and wellness program provided in partnership by the City of Fort Collins, Columbine Health Systems and University of Colorado Health.

Fitness

Tai Chi Chih

An inner discipline focusing on circulating and balancing your body's natural energy, this slow moving meditation is fun, easy and enjoyable. Benefits include reduced stress, strengthened immune system, weight and B/P control, and better balance and flexibility. Can be done by anyone regardless of age and physical ability.

Age: 18 years & up

Location: Senior Center

9/1–10/20	Tu	1:00–2:00 PM	\$80	425430-01
10/27–12/15	Tu	1:00–2:00 PM	\$80	425430-02

Strong Women, Strong Bones

Designed for women who have not participated in regular strength training over the past 6 months, this class includes progressive resistance training, balance training, and flexibility exercises.

Participants receive fitness assessments and bone density (heel) screening at the beginning and end of the session.

Age: 18 years & up

Location: Senior Center

9/1–11/19	Tu,Th	8:30–9:30 AM	\$84	425401-01
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Laughter Yoga

Laughter Yoga is a series of simple yet profound exercises based on the philosophy of acting happy. Feel good by engaging the body in physical actions of happiness and relaxation; i.e.: laughter and deep breathing.

Age: 18 years & up

Location: Senior Center

9/5–11/21	Sa	9:00–10:00 AM	No Fee	425428-01
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FUNctional Fitness, FUNctional Faith

This interactive workshop is designed to encourage you to see the parallel values of an active lifestyle and an active faith. Based on traditional Christian principles and tested physical lifestyle habits, you will think, move, and relate with others. Bring note taking material and dress for moderate exercise.

Age: 18 years & up

Location: Senior Center

9/8–9/24	Tu,Th	10:00–11:00 AM	\$60	425471-01
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Boomer Boot Camp

Get your blood flowing with a full body workout geared to increase strength and stamina. The Boot Camp is designed with an injury prevention focus. Join the trainers from Water Valley Medical Fitness to get in great shape, increase energy and have fun!

Age: 18 years & up

Location: Senior Center

9/14–10/7	M,W	8:00–8:50 AM	\$22	425419-01
10/12–11/4	M,W	8:00–8:50 AM	\$22	425419-02

Cardio, Core, & More

Join us for a fun blend of cardio and strength exercises designed to create a stronger, healthier you! Increase flexibility, balance and stamina as you participate in a variety of exercises that change each week. This class targets the entire body and is perfect for those who are looking to improve overall body condition.

Age: 18 years & up

Location: Senior Center

9/14–10/7	M,W	9:00–9:50 AM	\$22	425420-01
10/12–11/4	M,W	9:00–9:50 AM	\$22	425420-02

In the Moment Yoga for Breast Cancer Patients & Survivors

This gentle, restorative yoga class is for beginners, patients and survivors. Lauren Williams combines her expertise as a Registered Yoga Teacher and a Certified Mastectomy Fitter to bring this unique yoga experience. Be motivated to envision the “best you”, evoke empowerment and embrace peace.

Age: 18 years & up

Location: Senior Center

9/14–10/7	M,W	10:00–11:00 AM	\$20	425444-01
10/12–11/4	M,W	10:00–11:00 AM	\$20	425444-02

Medical Education

Improving Balance through Exercise

This 6 week series covers a range of balance related issues ranging from exercise prescription, vestibular system, vision, footwear, medication and home safety. Classes include a 30-minute presentation followed by 30-minutes of exercises.

Age: 18 years & up

Location: Senior Center

9/3–10/8	Th	3:00–4:00 PM	\$30	425418-01
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Parkinson's Wellness Recovery – Level 1

Parkinson's Wellness Recovery (PWR) is an exercise program developed by Dr. Beck Farley for people diagnosed with Parkinson's disease to improve balance, walking and slow the progression of the disease. The class is designed for persons who have trouble with balance and walking in the home.

Age: 18 years & up

Location: Senior Center

9/9–10/28	W	1:00–2:00 PM	\$36	425412-01
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Balance & Fall Prevention Strategies

Specialists from UC Health Rehabilitation Services discuss basic fall prevention strategies including how medication, vision and environment impact potential for falls. Class includes information about gait, balance and assistive devices.

Age: 18 years & up

Location: Senior Center

9/16	W	2:00–3:00 PM	No Fee	425417-01
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Understanding Dementia Related Behavior

Provides participants with a four-step model to address behavioral aspects of dementia. The program details the model and then applies it to some of the most common behaviors associated with disease.

Age: 18 years & up

Location: Senior Center

9/16 W 1:00–3:00 PM No Fee 425476-01

Ski Season Prep & Injury Prevention

Ski Season will be here soon and this interactive class will help you get ready to hit the slopes safely. UC Health physical therapists teach you what you need to know about injury prevention to maximize your enjoyment and performance. Focus is on strengthening, flexibility and identifying potential weak spots.

Age: 18 years & up

Location: Senior Center

9/21 M 10:00–11:00 AM \$10 425414-01

Do You Have a Bossy Bladder?

Do you have bossy bladder or bowel? Krista Covell-Pierson, Occupational Therapist certified in pelvic disorders and staff presents a lecture and exercise class for individuals looking to improve bladder and bowel control.

Age: 18 years & up

Location: Senior Center

9/23 W 2:00–3:00 PM \$20 425445-01

Taking Care of Your Feet

Our feet have a pretty rough go of it. They carry us the equivalent of five times around the earth in an average lifetime, yet we give them far less attention than they deserve. Podiatrist, Dr. Johnson of A Step Ahead Foot & Ankle Center, discusses the latest recommendations to help your feet.

Age: 18 years & up

Location: Senior Center

9/30 W 10:00–11:00 AM No Fee 425422-01

Benefits of Pole Walking for Seniors: Fitness, Fun, Function

Bob Waldchen, PT demonstrates proper technique for Nordic Pole Walking, as well as how poles can be used to assist in balance and active stretching and strengthening exercises.

Age: 18 years & up

Location: Senior Center

9/30 W 1:30–2:30 PM \$8 425475-01

Swallowing Problems: Evaluation & Treatment

UC Health speech pathologist, Nancy Malley, presents information on normal and disordered swallowing. Topics include an explanation of swallowing anatomy, causes of swallowing disorders, diagnostic procedures and treatment options.

Age: 18 years & up

Location: Senior Center

10/6 Tu 1:00–2:00 PM \$10 425413-01

Powerful Tools for Caregivers

If you are the primary caregiver for a loved one, taking care of yourself becomes critically important. This 6-week class includes an overview of community resources, strategies for reducing stress and guilt, how to make tough decisions, communication skills and more.

Age: 18 years & up

Location: Senior Center

10/7–11/11 W 5:30–7:00 PM No Fee 425409-01

Know Pain, Know Gain

Don't let pain slow you down. Come learn more about what causes pain, what the latest pain neuroscience has taught us,

and how you can use that information to help yourself.

Age: 18 years & up

Location: Senior Center

10/14 W 11:00 AM–Noon \$10 425411-01

Memory Fitness & Relaxation for Brain Health

Sharpen your memory skills with strategies developed by UCLA longevity and memory expert Dr. Gary Small. Learn fun and practical memory strategies and stress reduction tips. This class combines memory games and meditation skills.

Age: 18 years & up

Location: Senior Center

10/15 Th 1:30–3:00 PM No Fee 425406-01

Urinary Incontinence

Leak when you cough? Struggle to make it to the bathroom? Incontinence is not a normal part of aging and there are behavioral methods available to improve bladder and bowel function. A UC Health physical therapist, Sharon Petty, presents tips and exercises to help with constipation, prolapse and incontinence.

Age: 18 years & up

Location: Senior Center

10/20 Tu 10:00–11:30 AM \$10 425410-01

Osteoporosis

Get a basic overview from a Physical Therapist from Front Range Therapy regarding osteoporosis education, exercise and prevention.

Age: 18 years & up

Location: Senior Center

10/21 W 9:00–10:00 AM No Fee 425433-01

Get a Jump on Your Day – The Home Exercise Way

Have you been looking for a video so you can exercise in the comfort of your own home? A physical therapist from Front Range Therapy will review 2–3 home exercise videos appropriate for varied levels of fitness. Feel free to bring your own for review.

Age: 18 years & up

Location: Senior Center

10/21 W 10:30–11:30 AM No Fee 425435-01

Manage Your Mind, Manage Your Stress

Evidence mounts that when we train our attention we reap benefits that range from stress reduction to improved relationships. There are simple, practical tips that anyone can use to lower their stress and increase their wellness.

Age: 18 years & up

Location: Senior Center

10/21 W 2:00–3:00 PM \$5 425427-01

Living the Dream

Dr. Noah T. Kaufman, MD has been an avid rock climber of 20+ years and recently was profiled on four different episodes of NBC's prime time obstacle course show: American Ninja Warrior. What's it take to become a Ninja Warrior? **Note:** UC Health Physician Presentation

Age: All

Location: Senior Center

11/13 F 5:30–7:00 PM \$7 425400-01

Get a Grasp on Your Grip

This is an upper extremity exercise class on how to prevent hand injuries and improve your strength. Focus on grip strength, joint protection, home program, adaptive equipment training and hand pain control. Taught by Patricia Kuyper,

OTR/L from UC Health who has 20 years of experience with hand therapy and geriatrics.

Age: 18 years & up

Location: Senior Center

11/4 W 9:30–11:00 AM \$10 425416-01

Wellness Education

How Hospice Can Help You

Discuss the myths and facts of hospice care. Topics include when to initiate hospice services, the team approach utilized in managing one's care at the end of life, and providing grief and bereavement services to those that are left behind.

Age: 18 years & up

Location: Senior Center

9/2 W 1:00–2:00 PM No Fee 425429-01

The Blue Zone

Explore the concepts and research found in the book The Blue Zones Solutions including how to eat and live like the world's healthiest people.

Age: 18 years & up

Location: Senior Center

9/21 M 1:00–2:00 PM \$18 425446-01

5 Wishes – Hard Choices for Loving People

Discuss the importance of having your wishes and preferences at the end of life known, and how the 5 wishes document can easily provide this, as well as create the opportunity to have this very important conversation.

Age: 18 years & up

Location: Senior Center

9/22 Tu 9:00–10:00 AM No Fee 425458-01

Time to Downsize!

Where to begin? It's the #1 question of downsizing. If this is you, come speak with our Senior Transition Realtors from Keller Williams. Learn great tips and go over some myths and mistakes in downsizing and real estate transactions.

Age: 18 years & up

Location: Senior Center

9/28 M 2:00–3:00 PM No Fee 425450-01

10/29 Th 10:00–11:00 AM No Fee 425450-02

11/18 W 9:00–10:30 AM No Fee 425450-03

Positive Choices for a High Quality Life

Let's look at life from a different perspective and learn how to interact with "your community" to have a more enjoyable life. This class includes positive choices and attitudes when dealing with chronic or life altering diseases.

Age: 18 years & up

Location: Senior Center

9/29 Tu 10:00–11:00 AM \$18 425449-01

Mind/Body Connection – Characteristics of Long-Lived People

The secret to health and a long life is no secret. Join Fred Singer, Regis University adjunct professor and author of Change Your Mind, Save Your Life in a fascinating and practical exploration of how your attitudes, personality and feelings about life impact your health, happiness, well-being and longevity.

Age: 18 years & up

Location: Senior Center

10/1–10/29 Th 10:00–11:00 AM \$25 425436-01

Community Based Palliative Care

An in-depth discussion about palliative care and how it can be utilized to help manage symptoms and provide positive outcomes

for both patient and family.

Age: 18 years & up

Location: Senior Center

10/15 Th 2:00–3:00 PM No Fee 425431-01

Radon – What You Need to Know

Exposure to radon is the second leading cause of lung cancer. Radon is an odorless, tasteless, invisible gas produced by the decay of naturally occurring uranium. The U.S. Surgeon General and EPA recommend all homes be tested for radon. Come learn more about radon and receive a radon test kit to test your home. Presented by Karen Crumbaker, Extension Agent with CSU Larimer County Extension.

Age: 18 years & up

Location: Senior Center

10/27 Tu 1:00–2:30 PM \$5 425473-01

Live Long, Die Short

Explore how to age successfully regardless of physical or cognitive abilities. Conduct a lifestyle self-assessment and receive tips on how to achieve authentic health and successful aging.

Age: 18 years & up

Location: Senior Center

10/28 W 9:00–10:00 AM \$18 425447-01

The Last Conversation

A candid discussion about death and dying and the importance of being able to make your needs known to your family and loved ones.

Age: 18 years & up

Location: Senior Center

11/2 M 10:00–11:00 AM No Fee 425432-01

Alzheimer's: Communication through Imagination

Introduction to the basics of TimeSlips Storytelling, a communication method for family and caregivers of people with Alzheimer's or other forms of dementia. It replaces the pressure to remember with the freedom to imagine, opening new pathways of communication.

Age: 18 years & up

Location: Senior Center

11/9 M 10:00 AM–Noon \$15 425460-01

Daring Greatly by Brene Brown

Explore emotional vulnerability and how the courage to be vulnerable transforms the way we age. Receive tips on how to recognize your vulnerability armor and strategies to foster your courage to face your aging vulnerability.

Age: 18 years & up

Location: Senior Center

11/13 F 10:00–11:00 AM \$18 425448-01

Nutrition

Why Weight?

Become empowered and motivated to conquer triggers, change habits, and gain confidence to control your weight for long-

range health and happiness. Join Cheryl, MS Behaviorist, and acquire skills to move toward a healthier lifestyle.

Age: 18 years & up

Location: Senior Center

9/15–10/6 Tu 4:30–6:00 PM \$60 425424-01

Why Weight – Part 2

Designed for participants that have completed Why Weight? – Part 1. The two sessions focus on emotional/psychological eating and how to move through changing habits and patterns for long range weight control.

Age: 18 years & up

Location: Senior Center

10/13–10/20 Tu 4:30–6:00 PM \$36 425425-01

Keeping a Healthy Heart

A Food for Life Educator talks about some surprising ways to keep a healthy heart, not through prescriptions or bypass surgery, but through simple changes to the menu. Enjoy a cooking demonstration and tastings.

Age: 18 years & up

Location: Senior Center

9/21 M 10:00–11:30 AM \$10 425469-01

Fun with Pumpkins – More than Just Jack-o-Lanterns

Pumpkins are a very nutritious vegetable rich in beta carotene, potassium and lutein. There is more to pumpkin than just pie. Jenifer Bowman, MS, RD with UC Health shares delicious pumpkin recipes, how to cook fresh pumpkin and how to add it to your diet all year long. Food samples provided.

Age: 18 years & up

Location: Senior Center

10/12 M 11:00 AM–Noon No Fee 425407-01

Food for Healthy Weight

Learn the power of food in maintaining a healthy weight. This Food For Life class kick-starts your program to lose weight, maintain a healthy weight or simply embrace a healthy diet.

Age: 18 years & up

Location: Senior Center

10/12 M 10:00–11:30 AM \$10 425470-01

Financial Management

Bring Balance to Your Budget

Sharpen your spending and savings strategy, develop a budget, identify financial goals, understand the balance between spending, saving, and borrowing and have a strategy for your finances. Presented by Edward Jones.

Age: 18 years & up

Location: Senior Center

9/15 Tu 10:00–11:00 AM No Fee 425456-01

Get Your Advanced Directives Done

Learn about Medical Durable Power of Attorney and Living Will forms and the importance of getting them complete. Aspen Club staff and volunteers help you complete the forms and serve as witnesses and notaries after the program.

Age: 18 years & up

Location: Senior Center

9/17 Th 1:30–3:00 PM No Fee 425402-01

Medical Decision Making

Learn legal options and documents that communicate your wishes regarding medical care and delegating authority. A

discussion of the benefits/limitations of medical powers of attorney, advanced directives (including living wills), CPR/DNR orders, the Colorado Medicals for Scope of Treatment (MOST) form, and others. Presenter: Kristine Callahan, Proctor, Callahan, & Liska, LLC

Age: 18 years & up

Location: Senior Center

10/1 Th 10:00–11:00 AM No Fee 425421-01

An Investor's Tour of Mutual Funds

This workshop provides a detailed look at the features, benefits and risks associated with mutual funds, as well as guidance to help empower investors as they explore the multitude of funds available. Presented by Edward Jones

Age: 18 years & up

Location: Senior Center

10/13 Tu 10:00–11:00 AM No Fee 425455-01

Medicare Updates

Changes to your Medicare Prescription Drug Plan (PDP's) and Medicare Advantage Plans can be made from 10/15–12/7. This presentation prepares you by providing an overview of changes to PDP plans to Medicare in general. Led by UC Health Aspen Club Medicare counselors.

Age: 18 years & up

Location: Senior Center

10/21 W 2:00–3:30 PM No Fee 425408-01

Medicare & Medicaid – What's the Difference?

Columbine Health System discusses the general tenets of Medicare, followed by answers to common questions and myths about how Medicaid works. Learn about eligibility guidelines, what assets are considered countable, what constitutes an exempt resource, and the appropriate time to plan for and apply for Medicaid.

Age: 18 years & up

Location: Senior Center

11/10 Tu 10:00–11:30 AM No Fee 425426-01

Social Security: Your Questions Answered

Discuss how social security fits into your retirement income plan, when you should start taking benefits, and tax considerations. Presented by Edward Jones. **Note:** Edward Jones, its employees and financial advisors are not estate planners and cannot provide tax or legal advice. Please consult your estate planning attorney or qualified tax advisor regarding your situation.

Age: 18 years & up

Location: Senior Center

11/17 Tu 10:00–11:00 AM No Fee 425457-01

Holistic Options

Concept of Vanaprashtha (Mid-Life Crisis)

Swamiji Dharmananda returns to talk about the impact and perception of what we might call a "midlife" crisis: the purpose and stages of life, the duty and role we take in those stages, opportunities for awakenings, how to deal with childhood wounds and more.

Age: 18 years & up

Location: Senior Center

9/4–9/25 F 10:00–11:30 AM \$40 425403-01

Making Sense of Menopause

Menopause affects every woman differently; 70% experience challenging symptoms, such as hot flashes or sleep

disturbances. This session covers strategies you can adopt to prevent, prepare for and manage the symptoms of menopause. Don't just survive this important phase of life – thrive!

Age: 18 years & up

Location: Senior Center

9/14 M 4:00–5:00 PM No Fee 425453-01

Biofeedback for Stress Resilience

Biofeedback is a great mind body technique that teaches you how to self-regulate your bodies' nervous system to live a calm and relaxed life. Biofeedback can be helpful for anything from anxiety to chronic pain. See a biofeedback demonstration and learn some basic stress management techniques.

Age: 18 years & up

Location: Senior Center

9/15 Tu 9:30–11:00 AM No Fee 425464-01

Haiku for the Heart

Study the poetry of haiku as a springboard to meditation, inspiration and awareness encouraging a lifestyle of simplicity and compassion.

Age: 18 years & up

Location: Senior Center

9/17–10/22 Th 10:00–11:30 AM No Fee 425461-01

Essential Oils – Aromatherapy

Take control of your health naturally. Learn the basics of how to use essential oils, how to apply the oils, and the benefits you can reap from using oils. Oils can address root causes without side effects.

Age: 18 years & up

Location: Senior Center

9/19 Sa 9:00–10:00 AM No Fee 425472-01

10/24 Sa 9:00–10:00 AM No Fee 425472-02

11/21 Sa 9:00–10:00 AM No Fee 425472-03

Affirmations for Peace, Health and Happiness

Experience the power of positive affirmations. Come learn to create and use effective affirmations for relaxation, self-confidence, healing and happiness. Leave with your very own affirmations for positive change.

Age: 18 years & up

Location: Senior Center

9/21 M 9:00–10:30 AM \$20 425465-01

Got Pain? Massage Self Care

Designed to help reduce aches and pains and to aid in delaying joint replacement. Beginning anatomy and physiology, as well as massage techniques are included in the discussion. Learn how to use a variety of tools to reduce muscle tension and myofascial trigger points.

Age: 18 years & up

Location: Senior Center

9/21–10/5 M 9:30 AM–11:30 AM \$60 425440-01

Wellness with Essential Oils

This progressive class series includes ways to manage stress and moods, balance living, supporting a healthy immune system, natural sleep solutions, neurological health (low fat, smo fat – your brain needs healthy fats for optimal function) and digestive health.

Age: 18 years & up

Location: Senior Center

9/21–10/19 M 7:00–8:00 PM \$30 425451-01

Stress or Sleep Problems? Energy Medicine Can Help You

Methods such as Reiki are proven to help reclaim your natural state of wellbeing. Hands-on healing of your energetic system balances mind, body and emotions powerfully, yet gently. Learn practical methods to sleep better, gain mental clarity, and de-stress.

Age: 18 years & up

Location: Senior Center

9/24	Th	10:00–11:30 AM	No Fee	425462-01
11/9	M	1:30–3:00 PM	No Fee	425462-02

Conscious Aging: A Chinese Medicine Perspective

Acupuncture and Chinese Medicine view life's rhythm in cycles and seasons. Learn about this profound ancient medicine and the positive impact it can have on our optimal health and wellbeing. Acupuncture & Chinese Medicine are for those who want to age consciously-integrating body, mind, spirit, and heart.

Age: 18 years & up

Location: Senior Center

9/29	Tu	10:00–11:00 AM	No Fee	425452-01
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Death and Re-Incarnation

Swamiji Dharmananda discusses death, healing emotional wounds prior to that time, how thoughts at the moment of death can be a blue print for future existence and interesting issues around the possibility of re-incarnation.

Age: 18 years & up

Location: Senior Center

10/9–10/30	F	10:00–11:30 AM	\$40	425404-01
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What is Energy Therapy?

Chi, or the life force energy, is inherent to life. Find out what all the talk is about: how it works, why energy therapy is so popular, theory, and styles of practice. Learn and practice techniques to use at home to balance and strengthen your life force energy. Feel a new kind of better!

Age: 18 years & up

Location: Senior Center

10/14	W	1:30–3:00 PM	No Fee	425463-01
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Mindfulness 101

Mindfulness, the simple act of being fully present, helps us find stillness in chaos. Learn how mindfulness can help with stress reduction and how to use mindfulness in your daily life. Participants leave with several mindfulness practices they can use at home.

Age: 18 years & up

Location: Senior Center

10/19	M	10:00–11:30 AM	\$25	425466-01
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Live Long & Prosper

Longevity isn't rocket science, but it is about making healthy choices. If you're searching for a "fountain of youth," this session covers ten easy-to-do strategies that improve health, slow down the aging process, and increase your chances of living a long and healthy life.

Age: 18 years & up

Location: Senior Center

10/26	M	2:00–3:00 PM	No Fee	425454-01
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De-Stress with Aromatherapy

Essential oils can help reduce your stress and increase relaxation. This class is interactive and hands-on. Experience different oils and learn how to use them to find calm. Samples provided.

Age: 18 years & up

Location: Senior Center

11/5	Th	1:30–3:00 PM	\$25	425467-01
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Holiday Stress Management

Join us for this 90-minute workshop about how to reduce your stress level this holiday season. Learn how to cope with the top 5 holiday stressors and some easy relaxation techniques that will help you through the holidays and bring you into the New Year with a sense of peace and calm.

Age: 18 years & up

Location: Senior Center

11/19	Th	9:00–10:30 AM	\$20	425468-01
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General

Affordable CommUnity Acupuncture Treatments

Acupuncture helps alleviate pain, anxiety, arthritis, insomnia, depression, migraines, and more. Tiny hair-sized needles stimulate healing without pain or negative side effects. Sessions are 1-hour and scheduled every 10 minutes.

Age: 18 years & up

Location: Senior Center

9/14–11/23	M	8:00 AM–12:00 PM	\$25
9/4–11/20	F	8:00 AM–11:30 AM	\$25

Arthritis Support Group

This quarterly group is designed to offer information and support for those who have arthritis, their family members, friends and/or caregivers. Learn more, find related resources, and meet people, network, and share experiences. **Note:** Please register with Aspen Club at 970.495.8560

Age: 18 years & up

Location: Senior Center

11/9	M	11:00 AM–12:30 PM	No Fee	425423-01
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Blood Pressure Checks

Meet with a registered nurse on a one-on-one basis for a blood pressure check and to ask any health-related questions.

No appointment necessary.

Age: 18 years & up

Location: Senior Center

9/14	M	10:00 AM–12:00 PM	No fee
10/12	M	10:00 AM–12:00 PM	No fee
11/9	M	10:00 AM–12:00 PM	No fee

Cholesterol Clinics

Get your blood pressure, cholesterol panel, and glucose levels tested. Counseling and recommendations to follow. Fasting for 8-hours prior to your session is recommended. Sessions are 20-minutes. Call the Health District at 970.224.5209 to schedule your appointment.

9/1	Tu	8:15 AM–10:30 AM	\$15
10/6	Tu	8:15 AM–10:30 AM	\$15
11/3	Tu	8:15 AM–10:30 AM	\$15
9/17	Th	8:15 AM–10:30 AM	\$15
10/15	Th	8:15 AM–10:30 AM	\$15
11/19	Th	8:15 AM–10:30 AM	\$15
9/26	S	8:15 AM–10:30 AM	\$15

Converse with a Nurse

Sit down with a nurse to ask questions and get clarification and guidance about what ails you. You can also get your blood pressure checked. Call to schedule an appointment. No fee.

Age: 18 years & up

Location: Senior Center

Ear Acupuncture

Relax and rejuvenate your energy with acupuncture. A simple and safe ten needle ear treatment regulates and neutralizes your central nervous systems' stress response and restores your balance and harmony. Sessions are 50-minutes.

9/3–11/19 Th 1:00 PM–4:00 PM \$15

Fitness Check-up

Check your body fat percentage and BMI. Then, perform a simple strength, cardio and flexibility test to find your strengths and weaknesses. Test periodically to see changes. Sessions are 45-minutes.

Age: 18 years & up

Location: Senior Center

9/21	M	1:00 PM–3:00 PM	\$5
10/13	Tu	10:00 AM–1:00 PM	\$5
11/16	W	10:00 AM–1:00 PM	\$5

Golf Assessment

This mini-assessment is designed to help improve your overall golf game by assessing strength and flexibility components specific to golf. Based on the results of the assessment, exercise and suggestions are shared to help you become a stronger golfer. Sessions are 30-minutes.

Age: 18 years & up

Location: Senior Center

9/16	W	8:00 AM–11:30 AM	\$20
10/14	W	8:00 AM–11:30 AM	\$20

Hearing Screenings and Wax Removal

Ring in the ears? Frequently exposed to loud noises? Ears feel clogged? Difficulty following conversation in a noisy restaurant? Come check your hearing and talk with a licensed audiologist from Hearing Rehab Center of Fort Collins. Sessions are 20-minutes.

Age: 18 years & up

Location: Senior Center

9/2	W	10:00 AM–12:00 PM	No fee
10/7	W	10:00 AM–12:00 PM	No fee
11/4	W	10:00 AM–12:00 PM	No fee

Massage

Treat yourself to a massage today! Relieve stress, treat stiff and achy muscles, and flush the toxins from your body. A massage not only feels good, but it's good for your health, too. Call to schedule an appointment.

Age: 18 years & up

Location: Senior Center

20 min	\$20
40 min	\$40
60 min	\$60

Parkinson's Support Program

Monthly meeting of the Parkinson's Support Program in Larimer County. Open to all persons. A wellness program takes one hour, followed by groups meeting to discuss physical activity for the second hour.

Age: 18 years & up

Location: Senior Center

9/2, 10/1, 11/14	W	10:30 AM–12:30 PM	No Fee	425474-01
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Reflexology

In these relaxing sessions, your hands and feet are massaged, with special attention focused on pressure points that connect with organs and glands throughout the body. Enjoy the sugar scrub to soften your skin and remove dry skin. Sessions are 45-minutes.

Age: 18 years & up

Location: Senior Center

9/8	Tu	10:30 AM–4:00 PM	\$45
9/22	Tu	10:30 AM–4:00 PM	\$45
10/6	Tu	10:30 AM–4:00 PM	\$45
10/20	Tu	10:30 AM–4:00 PM	\$45
11/3	Tu	10:30 AM–4:00 PM	\$45
11/17	Tu	10:30 AM–4:00 PM	\$45

Reiki – Support Healing and Well-Being

Discover how Reiki treatments can reduce stress, relieve physical complaints and clear away blockages from your body and mind. Using light touch Reiki activates your Ki so you feel a tangible change in your overall well-being. Offered by Reiki Master and Teacher, Paula Harrison. Sessions are 60-minutes. Wear comfortable clothing.

Age: 18 years & up

Location: Senior Center

9/3 – 11/19	M, Th	9:00 AM–12:00 PM	\$45
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Rossiter

Restore connective tissue to its natural, healthy state, create freedom from pain and increase mobility. Relieve back pain, sciatica, knee pain, hip pain, tennis elbow, plantar fasciitis, and more. Rossiter is done fully clothed. Sessions are 30-minutes. You must be able to get up and down off floor. Call Senior Center to schedule an appointment. Sessions are \$45.

Age: 18 years & up

Location: Senior Center

Ice Skating

Learn to Skate Lessons

General Information

Lessons are taught by Certified P.S.A. instructors and are in compliance with the United States Figure Skating Association.

Parents may observe lessons from the upstairs bleachers. It is distracting for skaters and coaches to have parents at the gate and also creates an obstruction for skaters that are entering or exiting the ice.

Individuals are not allowed on the ice with their shoes on. Parents are welcome to skate with their child during the 15-minute practice time. EPIC's rental skates are available free of charge.

Our class student to instructor ratio is 1 instructor for every 10 students. Any Tot, 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 lesson are 30 minutes in length with a 15-minute practice time, which may be before or after the lesson depending on scheduling.

Instructors have time in between classes to talk to parents and address their concerns. Be aware that some levels will need to be repeated to master all the skills.

The first day of each lesson is generally termed as level evaluation day. At this time, 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 will be moved if there is space available in the appropriate level of

class.

There are no make-up lessons for missed skating classes.

If the class you wish to register for is filled, you may place your name on a paid waiting list. We attempt to accommodate the demand for skating lessons by adding new classes, however they may not be at the same time/day as the waiting list class. Classes that do not meet the minimum may be canceled or combined.

If you are unable to attend the last day of classes for testing, please request a progress card on the last day you attend.

Proper clothing may include:

Helmet (also available at EPIC; required for Tot 1 & 2)

Gloves (thin, not ski mittens)

Fleece or light weight jacket

Skating dresses with tights or leggings/pants that are easy to move in

Loose or bulky clothing is not recommended

Freestyle

Interested in knowing more about competitive or recreational figure skating programs?

Call 970.221.6683 and ask to speak with one of the professional skate instructors on staff. Program not discountable.

Conditioning for Skaters

See the Conditioning Information Center posted in the Green Ice Rink. Program not discountable.

Private Skating Instruction

Private ice skating instruction is available for all abilities in figure skating, dance, edges, style, choreography, hockey and power. Fees vary. Ice time and skate rental not included. Program not discountable.

Skate Sharpening Services

EPIC offers skate sharpening services for figure and hockey skates (Blackstone Flat Bottom V). Drop-off and walk-in service available.

Team & Club Contacts

Adult Hockey

Fort Collins Adult

Hockey Association

fcaha.org

Youth Hockey

Northern Colorado Youth Hockey

ncyh.org

Figure Skating Club

Fort Collins Figure Skating Club

fortcollinsfsc.org

Women's Hockey

Flames / Phoenix / Comets

wachhockey.com

College Hockey

Colorado State University

csuhockey.com

High School Hockey

High Plains Hockey

highplainshockey.com

Figure Skating Lessons for Boy & Girl Scouts

Earn your skating Merit Badge! A learn to skate lesson can be arranged for your troop during a public skate session at a discounted rate. Minimum of 4 skaters. Flexible number of weeks available. Contact 970.416.2770 to make arrangements for your troop.

Special Events

Winter Wishes is Moving to Spring

For 28 years, EPIC has conducted the annual ice show, Winter Wishes, during the holiday season in December. This year, Winter Wishes will take place in spring 2016. Look for more information in the Winter Recreator.

Short Track Open Speed Skating Clinic

Before the competition, join us for a free speed skating clinic hosted by 1998 and 2002 Olympic speed skater, Jondon Trevena. For more information, visit fcgov.com/recreation/epic/speedskating.

Age: 7 years & up

Location: Edora Pool Ice Center

10/17	Sa	9:30 AM–11:00 PM	No Fee	410364-01
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Short Track Open Speed Skating Competition

This will be an all points format by division open to skaters from Pee Wee through Masters.

Age: 7 years & up

Location: Edora Pool Ice Center

10/17	Sa	Noon–3:00 PM	\$25	410364-02
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Drop-In

Fitness Skate

Intermediate to advanced skaters benefit from this aerobic exercise. Not discountable. 10 or 20 admission passes available. **Note:** Class will not be held on 8/28, 9/7, 9/25, 10/23, 11/20, 11/26.

Age: 16 years & up

Location: Edora Pool Ice Center

8/24–11/30	M–F	11:15 AM–12:45 PM	\$5.50
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Corporate Curling

Curling is a great team building exercise and also one of the fastest growing sports. Call 970.416.2770 for pricing and to reserve a Tuesday for your group. No experience required. All equipment provided. Participants need to wear helmet, clean rubber soled sneakers, and dress in layers that are stretchy or loose.

Age: 8 years & up

Location: Edora Pool Ice Center

8/25–11/24	Tu	1:00–2:30 PM
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Power Skating Drop-In

Hockey skaters develop power, agility, and endurance. Program developed by Olympic speed skater Jondon Trevena. Full hockey gear required.

Age: 9–17 years

Location: Edora Pool Ice Center

8/26–11/25	W	4:00–4:45 PM	\$12
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Speed Skating, Beginner

Designed to enhance your skating speed technique for all types of skating. Gain knowledge of your edges, pushes, balance, and pressure. Program developed by Olympic speed skater, Jondon Trevena. Previous skating experience required.

Age: 7 years & up

Location: Edora Pool Ice Center

8/26–11/25	W	5:00–5:30 PM	\$8
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Speed Skating, Intermediate

Designed to enhance your skating speed technique for all types of skating. Gain knowledge of your edges, pushes, balance, and pressure. Wear warm-up pants, long sleeved shirt, and speed skates. Program developed by Olympic speed

skater, Jondon Trevena. Previous skating experience required.

Age: 7 years & up

Location: Edora Pool Ice Center

8/26–11/25 W 5:00–6:00 PM \$15

Senior Coffee Club

This program is for older adults interested in social skating. Regular fees apply.

Age: 60 years & up

Location: Edora Pool Ice Center

8/26–11/25 W 9:15–10:45 AM

Drop-In Hockey

Open practice session for hockey players who want to sharpen their skating and shooting skills. Full equipment required. 10 or 20 admission passes available. Sign up at the front desk beginning at 6 a.m. on the day of the session. Payment must be made when signing up. Limited to 30 players. Class not discountable. **Note:** Class will not be held on 9/7, 11/26.

Age: 16 years & up

Location: Edora Pool Ice Center

8/24–11/30 M–F 11:15 AM–12:45 PM \$4

8/27–11/26 Th 1:00–2:30 PM \$4

Stick and Puck Drop-In

Open session. Helmet, gloves, stick, and shin guards required. Full equipment recommended for younger skaters. Class not discountable. No scrimmaging is allowed during stick and puck. Rules are posted in each arena. **Note:** Class will not be held on 10/11, 11/8, 11/14, 11/15.

Age: All

Location: Edora Pool Ice Center

8/29–11/29 Sa,Su 2:30–3:30 PM \$4

Adult – Ice Skating

Adult Beginning/Intermediate Skate

These classes are for the person with little or no previous experience on ice. See descriptions of Basic Classes 1–4 on page 93.

Age: 16 years & up

Location: Edora Pool Ice Center

9/3–9/24 Th 6:15–6:45 PM \$32 410349-01

10/1–10/22 Th 6:15–6:45 PM \$32 410349-02

10/29–11/19 Th 6:15–6:45 PM \$32 410349-03

12/3–12/17 Th 6:15–6:45 PM \$24 410349-04

Adult Advanced/FS Skate

Good skaters wishing to learn new skills may take the advanced level. See descriptions of Basic Classes 5–6 on page 93.

Age: 16 years & up

Location: Edora Pool Ice Center

9/3–9/24 Th 6:45–7:15 PM \$32 410353-01

10/1–10/22 Th 6:45–7:15 PM \$32 410353-02

10/29–11/19 Th 6:45–7:15 PM \$32 410353-03

12/3–12/17 Th 6:45–7:15 PM \$24 410353-04

Family

Curling

Curling League

No experience required. Come try one of the fastest growing sports. Instruction available for those that have never played. Sign up as an individual or a team of four. **Note:** Participants need to wear helmet, clean rubber soled sneakers, and dress in layers that are stretchy or loose. Class will not be held on 11/29.

Age: 8 years & up

Location: Edora Pool Ice Center

9/13–10/18	Su	3:00–4:30 PM	\$66	410376-01
10/25–12/6	Su	3:00–4:30 PM	\$66	410376-02

Learn to Curl Clinic

Join us for a free clinic that teaches the basics of curling. All ages, abilities and skill levels welcome.

Age: 8 years & up

Location: Edora Pool Ice Center

12/13	Su	3:00–4:30 PM	No Fee	410376-03
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Youth

Hockey

Basic 1 – Hockey Skate

Hockey equipment not required. For skaters who have never skated before. See descriptions of Basic Class 1 on page 93. **Note:** Helmets are strongly recommended for beginners. Warm clothes including gloves or mittens are needed. Class will not be held on 11/28.

Age: 5–9 years

Location: Edora Pool Ice Center

9/12–10/17	Sa	11:15–11:45 AM	\$45	410308-01
10/24–12/12	Sa	11:15–11:45 AM	\$53	410308-02

Basic 2 – Hockey Skate

Hockey equipment not required. Participants must have successfully completed Basic 1 or be between the ages of 10–15 years and have never skated. See descriptions of Basic Classes 2 on page 93. **Note:** Helmets are strongly recommended for beginners. Warm clothes including gloves or mittens are needed.

Age: 5–15 years

Location: Edora Pool Ice Center

9/12–10/17	Sa	10:30–11:00 AM	\$45	410312-01
10/24–12/12	Sa	10:30–11:00 AM	\$53	410312-02

Beginner Cub Hockey

Prerequisite: Tot 1 or Basic 1. Practice is held on Tuesdays. The focus is on basic hockey and skating skills. A recreational game is held on Thursdays. Equipment can be checked out with a \$150 deposit check. Rental skates included; sticks are available at equipment check out for \$10. **Note:** The equipment handout is 9/3 from 4–6 p.m. at EPIC. Equipment check-in is immediately following last game of the session.

Age: 4–8 years

Location: Edora Pool Ice Center

9/8–11/12 Tu,Th 4:15–5:00 PM \$195 410372-01

Ice Skating

Tot 1 Skate

Tots are introduced to the ice at a relaxed pace. Upon completion of this level, participants will be able to do the following skills: sit on ice and stand up, march in place, standing swizzle, dip, march forward, forward marching with two-foot glide, and are introduced to backward wiggles and rocking horse. **Note:** Helmets required. Warm clothes including gloves or mittens needed. Parents may observe from the seating area. Class will not be held on 11/28.

Age: 4–5 years

Location: Edora Pool Ice Center

9/1–9/24	Tu,Th	4:45–5:15 PM	\$60	410302-01
9/1–9/24	Tu,Th	9:30–10:00 AM	\$60	410302-02
9/29–10/22	Tu,Th	4:45–5:15 PM	\$60	410302-04
9/29–10/22	Tu,Th	9:30–10:00 AM	\$60	410302-05
10/27–11/19	Tu,Th	4:45–5:15 PM	\$60	410302-07
10/27–11/19	Tu,Th	9:30–10:00 AM	\$60	410302-08
12/1–12/17	Tu,Th	4:45–5:15 PM	\$41	410302-09
12/1–12/17	Tu,Th	9:30–10:00 AM	\$41	410302-10
9/12–10/17	Sa	10:30–11:00 AM	\$45	410302-03
10/24–12/12	Sa	10:30–11:00 AM	\$53	410302-06

Tot 2 Skate

Participants must have successfully completed Tot 1. Upon completion of this level, participants will be able to satisfactorily perform the following skills: march forward across ice, forward two-foot glide, dip while moving, rocking horse, forward swizzles, snowplow stop, two-foot hop, and backward wiggles. **Note:** Helmets required. Warm clothes including gloves or mittens needed. Parents may observe from the seating area. Class will not be held on 11/28.

Age: 4–5 years

Location: Edora Pool Ice Center

9/1–9/24	Tu,Th	4:45–5:15 PM	\$60	410304-01
9/1–9/24	Tu,Th	9:30–10:00 AM	\$60	410304-02
9/29–10/22	Tu,Th	4:45–5:15 PM	\$60	410304-04
9/29–10/22	Tu,Th	9:30–10:00 AM	\$60	410304-05
10/27–11/19	Tu,Th	4:45–5:15 PM	\$60	410304-07
10/27–11/19	Tu,Th	9:30–10:00 AM	\$60	410304-08
12/1–12/17	Tu,Th	4:45–5:15 PM	\$45	410304-09
12/1–12/17	Tu,Th	9:30–10:00 AM	\$45	410304-10
9/12–10/17	Sa	10:30–11:00 AM	\$45	410304-03
10/24–12/12	Sa	10:30–11:00 AM	\$53	410304-06

Basic 1 Skate

For skaters who have never skated before. Upon completion of this level, participants will be able to do the following skills: sit and stand up, march forward, two-foot glide, glide with dip, rocking horse, forward two-foot swizzles, two-foot snowplow stop, two-foot hop, wiggles, and will be introduced to forward one-foot glide. **Note:** Helmets required. Warm clothes including gloves or mittens needed. Parents may observe from the seating area. Class will not be held on 11/28.

Age: 5–10 years

Location: Edora Pool Ice Center

9/14–10/5	M	4:00–4:30 PM	\$30	410306-04
9/14–10/5	M	4:30–5:00 PM	\$30	410306-05
10/12–11/2	M	4:00–4:30 PM	\$30	410306-08
10/12–11/2	M	4:30–5:00 PM	\$30	410306-09
11/9–11/30	M	4:00–4:30 PM	\$30	410306-13
11/9–11/30	M	4:30–5:00 PM	\$30	410306-14
9/1–9/24	Tu,Th	4:45–5:15 PM	\$60	410306-01

9/1–9/24	Tu,Th	10:00–10:30 AM	\$60	410306-02
9/29–10/22	Tu,Th	4:45–5:15 PM	\$60	410306-06
9/29–10/22	Tu,Th	10:00–10:30 AM	\$60	410306-07
10/27–11/19	Tu,Th	4:45–5:15 PM	\$60	410306-11
10/27–11/19	Tu,Th	10:00–10:30 AM	\$60	410306-12
12/1–12/17	Tu,Th	4:45–5:15 PM	\$45	410306-15
12/1–12/17	Tu,Th	10:00–10:30 AM	\$45	410306-16
9/12–10/17	Sa	10:30–11:00 AM	\$45	410306-03
10/24–12/12	Sa	10:30–11:00 AM	\$53	410306-10

Basic 2 Skate

Participants must have successfully completed Basic 1 or be between the ages of 10–15 years and have never skated. Upon completion of this level, participants will be able to do the following skills: forward glides, pumping, slalom, backward two-foot swizzles, two-foot glide, turn, snowplow stop, and t-position. **Note:** Helmets required. Warm clothes including gloves or mittens needed. Parents may observe from the seating area. Class will not be held on 11/28.

Age: 5–15 years

Location: Edora Pool Ice Center

9/14–10/5	M	4:00–4:30 PM	\$30	410310-04
9/14–10/5	M	4:30–5:00 PM	\$30	410310-05
10/12–11/2	M	4:00–4:30 PM	\$30	410310-08
10/12–11/2	M	4:30–5:00 PM	\$30	410310-09
11/9–11/30	M	4:00–4:30 PM	\$30	410310-13
11/9–11/30	M	4:30–5:00 PM	\$30	410310-14
9/1–9/24	Tu,Th	4:45–5:15 PM	\$60	410310-01
9/1–9/24	Tu,Th	10:00–10:30 AM	\$60	410310-02
9/29–10/22	Tu,Th	4:45–5:15 PM	\$60	410310-06
9/29–10/22	Tu,Th	10:00–10:30 AM	\$60	410310-07
10/27–11/19	Tu,Th	4:45–5:15 PM	\$60	410310-11
10/27–11/19	Tu,Th	10:00–10:30 AM	\$60	410310-12
12/1–12/17	Tu,Th	4:45–5:15 PM	\$45	410310-15
12/1–12/17	Tu,Th	10:00–10:30 AM	\$45	410310-16
9/12–10/17	Sa	10:30–11:00 AM	\$45	410310-03
10/24–12/12	Sa	10:30–11:00 AM	\$53	410310-10

Basic 3 Skate

Skaters must have successfully completed Basic 2. Upon completion of this level, participants will be able to do the following skills: stroking, forward and backward pumping, backward slalom, two foot turn, gliding backward on one foot, hold inside and outside edge on a circle, and two foot spin. **Note:** Class will not be held on 11/28.

Age: 5–15 years

Location: Edora Pool Ice Center

9/1–9/24	Tu,Th	4:45–5:15 PM	\$60	410314-01
9/1–9/24	Tu,Th	10:30–11:00 AM	\$60	410314-02
9/29–10/22	Tu,Th	4:45–5:15 PM	\$60	410314-04
9/29–10/22	Tu,Th	10:30–11:00 AM	\$60	410314-05
10/27–11/19	Tu,Th	4:45–5:15 PM	\$60	410314-07
10/27–11/19	Tu,Th	10:30–11:00 AM	\$60	410314-08
12/1–12/17	Tu,Th	4:45–5:15 PM	\$45	410314-09
12/1–12/17	Tu,Th	10:30–11:00 AM	\$45	410314-10
9/12–10/17	Sa	11:15–11:45 AM	\$45	410314-03
10/24–12/12	Sa	11:15–11:45 AM	\$53	410314-06

Basic 4 Skate

Participants must have successfully completed Basic 3. Upon completion of this level, participants will be able to do the following skills: stroking with power, backward one-foot glide, forward inside and outside edge on an axis, forward crossovers, forward outside three turn right and left, and backward snowplow stop. **Note:** Class will not be held on 11/28.

Age: 5–15 years

Location: Edora Pool Ice Center

9/1–9/24	Tu,Th	4:45–5:15 PM	\$60	410316-01
9/1–9/24	Tu,Th	10:30–11:00 AM	\$60	410316-02
9/29–10/22	Tu,Th	4:45–5:15 PM	\$60	410316-04
9/29–10/22	Tu,Th	10:30–11:00 AM	\$60	410316-05
10/27–11/19	Tu,Th	4:45–5:15 PM	\$60	410316-07
10/27–11/19	Tu,Th	10:30–11:00 AM	\$60	410316-08
12/1–12/17	Tu,Th	4:45–5:15 PM	\$45	410316-09
12/1–12/17	Tu,Th	10:30–11:00 AM	\$45	410316-10
9/12–10/17	Sa	10:30–11:00 AM	\$45	410316-03
10/24–12/12	Sa	10:30–11:00 AM	\$53	410316-06

Basic 5 Skate

Participants must have successfully completed Basic 4. Upon completion of this level, participants will be able to do the following skills: forward crossovers, hold outside and inside edge on a circle, backward crossovers, one-foot spin, t-stop, side toe hop, and forward outside three turn. **Note:** Class will not be held on 11/28.

Age: 5–15 years

Location: Edora Pool Ice Center

9/1–9/24	Tu,Th	5:30–6:00 PM	\$60	410318-01
9/29–10/22	Tu,Th	5:30–6:00 PM	\$60	410318-03
10/27–11/19	Tu,Th	5:30–6:00 PM	\$60	410318-05
12/1–12/17	Tu,Th	5:30–6:00 PM	\$45	410318-06
9/12–10/17	Sa	11:15–11:45 AM	\$45	410318-02
10/24–12/12	Sa	11:15–11:45 AM	\$53	410318-04

Basic 6 Skate

Participants must have successfully completed Basic 5. Upon completion of this level, participants will be able to do the following skills: backward crossovers, forward inside three-turn, backward to forward two-foot turn, hockey stop, bunny hop, forward straight line spiral, forward lunge, beginning one foot spin. **Note:** Class will not be held on 11/28.

Age: 5–15 years

Location: Edora Pool Ice Center

9/1–9/24	Tu,Th	5:30–6:00 PM	\$60	410322-01
9/29–10/22	Tu,Th	5:30–6:00 PM	\$60	410322-03
10/27–11/19	Tu,Th	5:30–6:00 PM	\$60	410322-05
12/1–12/17	Tu,Th	5:30–6:00 PM	\$45	410322-06
9/12–10/17	Sa	11:15–11:45 AM	\$45	410322-02
10/24–12/12	Sa	11:15–11:45 AM	\$53	410322-04

Basic 7 Skate

Participants must have successfully completed Basic 6. Upon completion of this level, skaters will be able to do the following skills: backward to forward two-foot turn, forward inside open and closed Mohawk, ballet jump, backward crossovers to backward outside edge, one-foot spin, and inside forward three turn. **Note:** Class will not be held on 11/28.

Age: 5–15 years

Location: Edora Pool Ice Center

9/12–10/17	Sa	11:15–11:45 AM	\$45	410324-01
10/24–12/12	Sa	11:15–11:45 AM	\$53	410324-02

Basic 7 & 8 Ice Skating

See individual class descriptions under Basic 7 and Basic 8.

Age: 5–15 years

Location: Edora Pool Ice Center

9/1–9/24	Tu,Th	5:30–6:00 PM	\$60	410326-01
9/29–10/22	Tu,Th	5:30–6:00 PM	\$60	410326-02
10/27–11/19	Tu,Th	5:30–6:00 PM	\$60	410326-03
12/1–12/17	Tu,Th	5:30–6:00 PM	\$45	410326-04

Basic 8 Skate

Participants must have successfully completed Basic 7. Upon completion of this level, participants will be able to do the following skills: moving forward outside three turn, moving forward inside three turn, stand still waltz jump, mazurka, combination move, forward inside pivot, and backward inside pivot. **Note:** Class will not be held on 11/28.

Age: 5–15 years

Location: Edora Pool Ice Center

9/12–10/17	Sa	11:15–11:45 AM	\$45	410328-01
10/24–12/12	Sa	11:15–11:45 AM	\$53	410328-02

Field Moves

Participants will learn pre-preliminary and preliminary moves in the field. The following skills are taught: stroking, crossovers, forward

and backward outside and inside consecutive edges, waltz eight, straight line spiral, figure eight crossovers, right and left 3 turns, consecutive spirals, alternating 3 turns.

Age: 5–15 years

Location: Edora Pool Ice Center

9/1–9/22	Tu	6:15–6:45 PM	\$30	410330-01
9/29–10/20	Tu	6:15–6:45 PM	\$30	410330-02
10/27–11/17	Tu	6:15–6:45 PM	\$30	410330-03
12/1–12/15	Tu	6:15–6:45 PM	\$23	410330-04

Beginner Free Skate 1 & 2

Participants must have successfully completed Basic 8. This is a 45-minute class that focuses on spins, jumps, and moves (15 minutes each). For a detailed description of these skills, see the Learn-to-Skate bulletin board at EPIC. **Note:** Class will not be held on 11/28.

Age: 5–15 years

Location: Edora Pool Ice Center

9/1–9/24	Tu,Th	5:15–6:00 PM	\$96	410332-01
9/29–10/22	Tu,Th	5:15–6:00 PM	\$96	410332-03
10/27–11/19	Tu,Th	5:15–6:00 PM	\$96	410332-05
12/1–12/17	Tu,Th	5:15–6:00 PM	\$72	410332-06
9/12–10/17	Sa	9:30–10:15 AM	\$72	410332-02
10/24–12/12	Sa	9:30–10:15 AM	\$84	410332-04

Intermediate Free Skate 3 & 4

This is a 45-minute class that focuses 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 11/28.

Age: 5–15 years

Location: Edora Pool Ice Center

9/1–9/24	Tu,Th	5:15–6:00 PM	\$96	410334-01
9/29–10/22	Tu,Th	5:15–6:00 PM	\$96	410334-03
10/27–11/19	Tu,Th	5:15–6:00 PM	\$96	410334-05
12/1–12/17	Tu,Th	5:15–6:00 PM	\$72	410334-06
9/12–10/17	Sa	9:30–10:15 AM	\$72	410334-02
10/24–12/12	Sa	9:30–10:15 AM	\$84	410334-04

Advanced Free Skate 5 & 6

This is a 45-minute class that focuses 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 11/28.

Age: 5–15 years

Location: Edora Pool Ice Center

9/1–9/24	Tu,Th	5:15–6:00 PM	\$96	410336-01
9/29–10/22	Tu,Th	5:15–6:00 PM	\$96	410336-03
10/27–11/19	Tu,Th	5:15–6:00 PM	\$96	410336-05

12/1–12/17	Tu,Th	5:15–6:00 PM	\$72	410336-06
9/12–10/17	Sa	9:30–10:15 AM	\$72	410336-02
10/24–12/12	Sa	9:30–10:15 AM	\$84	410336-04

Outdoor Recreation

Cancellation/Refund Policy

Trips may be cancelled or destinations may be changed due to weather conditions that are deemed hazardous or unsafe for driving/transportation or activity. In this case, you will receive a full refund. If you need to cancel a trip, notify us by 10 a.m. at least 48-hours prior to trip departure for refund or credit by contacting 970.221.6655.

Teen Hiking Trips

All trips depart from Northside Aztlan Community Center. **Note:** Please check in at the front desk at Northside.

Ages: 11–15 years

Location: Northside Aztlan Center

Horsetooth

9/12	Sa	9:00 AM–2:00 PM	\$25	415550-01
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Grey Rock

9/26	Sa	9:00 AM–2:00 PM	\$25	415550-02
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Bobcat Ridge

10/10	Sa	9:00 AM–2:00 PM	\$25	415550-03
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Devils Backbone

10/24	Sa	9:00 AM–2:00 PM	\$25	415550-04
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Hikes

Designed for ages 50 years & up to enjoy a good physical challenge, and range to accommodate individual pace. Those 18 years & up also welcome. **Note:** Should be in good health and capable of moderate physical activity. Bring own equipment, water, and food. Cost includes transportation and guide. Rates below include pricing for Senior Center members and non-members.

Age: 18 years & up

Location: Senior Center

Roaring Creek (Poudre Canyon)

View of upper canyon. Mileage (round trip): 4 miles; Lowest Elevation: 7750 ft.; Highest Elevation: 8,700 ft.

9/1	Tu	8:00 AM–4:30 PM	\$25	411901-01
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Upper Ute Trail

Above tree line. Views of Longs Peak and Big Thompson Headwaters. Mileage (round trip): 4 miles; Lowest Elevation 11,350 ft.; Highest Elevation: 11675 ft.

9/9	W	8:00 AM–4:30 PM	\$25	411901-02
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Crown Point Trail

Great views in every direction. Mileage (round trip): 4 miles; Lowest Elevation: 10500 ft.; Highest Elevation: 11,400 ft.

9/15	Tu	7:30 AM–4:30 PM	\$25	411901-03
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Turtle Rock Loop, WY

Awesome granite rock formations. Mileage (round trip): 3.2 miles; Lowest Elevation: 8540 ft.; Highest Elevation: 8,640 ft.

9/17	Th	8:00 AM–4:00 PM	\$40	411901-04
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Long Lake, Lake Isabelle

Beautiful scenery of high peaks. Mileage (round trip): 4 miles; Lowest Elevation: 10480 ft.; Highest Elevation: 10,868 ft.

9/22 Tu 7:30 AM–4:30 PM \$25 411901-05

Mills Lake

Outstanding high alpine lake views, waterfalls. Mileage (round trip): 5.3 miles; Lowest Elevation: 9240 ft.; Highest Elevation: 9,940 ft.

10/1 Th 8:00 AM–4:30 PM \$25 411901-06

Lower Ute Trail (RMNP)

Hiking through large meadows, mixed forests, and potential rich wildlife. Mileage (round trip): 4.6 miles; Lowest Elevation: 8,440 ft.; Highest Elevation: 9245 ft.

10/8 Th 8:00 AM–4:00 PM \$25 411901-07

Lake Agnes

Spectacular views of Nokhu Crag. Mileage (round trip): 2 miles; Lowest Elevation: 10250 ft.; Highest Elevation: 10,663 ft.

10/16 F 8:00 AM–3:30 PM \$25 411901-08

Horseback Riding

Explore RMNP on horseback! Take a 2-hour ride following the babbling Fall River to the beautiful Hidden Meadow, through enchanting Little Horseshoe Park while surrounded by the snow-capped Mummy Range. Chances of viewing deer, elk, coyotes, porcupines and other wildlife are good. Safe for all levels of riders. **Note:** Trip includes transportation, guided horseback ride, and escort. Bring rain gear, water, and warm layers. Lunch on your own in Estes Park. Ride through SK Horses.

Age: 18 years & up

Location: Senior Center

9/2 W 8:30 AM–3:30 PM \$75 411934-01

Hunter Education

Gain the skills and information necessary to hunt without accidents. CO Division of Wildlife certificates issued to those that successfully complete the course. Saturday's class involves reviewing of class material, written testing and live fire testing. **Note:** Attendance at all 5 classes is mandatory (19 hours). Firearms provided; do not bring them to class. Class not discountable.

Age: 12 years & up

Location: The Farm

9/22–10/1 Tu,Th 7:00–10:00 PM \$10 411636-01

10/3 Sa 8:00 AM–3:00 PM

11/10–11/19 Tu,Th 7:00–10:00 PM \$10 411636-02

11/21 Sa 8:00 AM–3:00 PM

Snow Sports Pre-season Kickoff

For ages 50 years & up. See page 122 for more information.

Special Events

Picnic in the Park – NW

Get away from the daily routine and invite the older people in your lives to join you at City Park for an old fashioned picnic. There are trolley rides, entertainment and lots of picnic food.

Age: All

Location: City Park

8/12 W 11:00 AM–2:00 PM \$3 suggested donation

Music Tribute Series: Tribute to Santana – NW

With great passion and precision, Soul Sacrifice faithfully recreates the music of legendary band Santana. Soul Sacrifice captures and delivers up the signature multi-cultural sound and spirit that is Santana. **Note:** Cash bar. Tickets sold in advance. Contact the Senior Center for more information.

Age: All

Location: Senior Center

9/6 Su 7:00–10:00 PM \$15; \$20 at the door

Pooch Plunge

The dog days of summer are about to end and it's your pooch's chance to take a dip in the pool. Join us for a few hours of swim time and for a silent auction that has gone to the dogs. Tickets on sale 8/24 Tickets available at EPIC, Mulberry Pool and City Park Pool beginning 8/24.

Age: All

Location: City Park Pool

9/7 M 4:00–7:00 PM \$5; \$8 at the door

Grandparents Day

Grandparents Day is a time to celebrate the special bond with the children in your life. Bring your grandkids to the Senior Center for some fun games in the gym, swimming pool and backyard. Light refreshments will be available.

Age: All

Location: Senior Center

9/13 Su 9:00 AM–Noon \$4

Cemetery Stroll – 20 Years of Honoring Fort Collins Past

Join as we travel through our city's past and revisit the honorees that helped us grow from a military fort to the vibrant city we enjoy today. This year's event features the best of years past from mayors and rag merchants to educators and entertainers, veterans and historians. Each of our characters played an important role in shaping our towns extraordinary past. After the stroll, celebrate with our characters at an old fashioned Pioneer Picnic beginning at Noon. **Note:** Tickets available 8/1 at the Senior Center and Grandview Cemetery.

Cemetery Stroll

9/19 Sa 10:30 AM \$6; \$3 under 18

Pioneer Picnic

9/19 Sa Noon \$9; \$7 under 18

School's Out Teen Trips

Join us to cheer on our Denver Nuggets while they face the Memphis Grizzlies!

Age: 12–15 years

Location: Northside Aztlan Center

Laser Tag & Bowling

9/25 F 8:00 AM–5:00 PM \$50 415538-01

Elitches Fright Fest

10/16 F 5:00–5:00 PM \$50 415538-02

Madden '16 Tournament

Enough hearing about it! Let's find out once and for all who the champion really is! Sign up for this Play Station 4 double elimination tournament that goes on all afternoon on multiple TV's. **Note:** Teams are randomly selected each round and settings are set to default (rosters, playbook, etc.). Cash bar open throughout tournament for anyone of age.

Age: 18 years & up

Location: Northside Aztlan Center

10/10 Sa Noon–9:00 PM \$15 415536-01

Hogwarts Halloween

Join us for a night of Harry Potter-like fun! Play Quidditch, drink Butter Beer, try your skill at creating potions and charms, and walk through the haunted hallways. Don't forget to wear you wizard's robes! **Note:** Parents are permitted to stay and join in the fun for an additional \$5 each. Pre-registration required. Children ages 10 years & younger must be accompanied by an adult.

Grade: All
Location: Northside Aztlan Center
Grade: K–8

10/24 Sa 6:00–9:00 PM \$15 416502-01

Parent Sign Up

10/24 Sa 6:00–9:00 PM \$5 416502-02

Dia de los Muertos

Experience the celebration of the dead. Honor your friends and family that have passed with beautiful Day of the Dead displays including food, crafts, music and more.

Age: All
Location: Northside Aztlan Center

11/7 Sa 1:00–4:00 PM No Fee 415939-01

Winter Wishes is Moving to Spring

For 28 years, EPIC has conducted the annual ice show, Winter Wishes, during the holiday season in December. This year, Winter Wishes will take place in spring 2016. Look for more information in the Winter Recreator.

Veteran's Day Breakfast

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 is a yearly honor celebration of those who served. **Note:** Posting of the Colors is at 8 a.m. with music to follow.

Age: All
Location: Senior Center

11/11 W 7:00–10:00 AM No Fee

Music Tribute Series: Tribute to Classic Rock – NW

Dance and romance! Off the Clock plays 50s, 60s, and 70s classic rock and country music. Our set list includes songs from artists like Chuck Berry, Elvis, The Beatles, Eric Clapton, CCR, Willy Nelson and Waylon Jennings. **Note:** Doors open at 6 p.m. Cash bar.

11/13 F 7:00–9:00 PM \$16 in advance,
\$20 at the door

Holiday Artisan Market

The Holiday Artisan Market is the premier craft fair in the area. Approximately 100 artisans and crafters share their handmade creations at one of the largest craft fairs in the area. This fair has become a Fort Collins tradition, with thousands of shoppers in attendance.

Age: All
Location: Senior Center

11/27–11/28 F,Sa 10:00 AM–4:00 PM No Fee

Sports

Adult

For information about Sports that are specific to adults ages 50 years & older, see page 116.

Badminton

Fort Collins Badminton Club

With players of varying skill levels who range from elementary school age to 70+, the Fort Collins Badminton Club is the largest badminton club in Northern Colorado. Players can pay a \$3 shuttle fee per visit or purchase a 10-punch pass for a fee of \$25. For more information, visit fcbadminton.org. **Note:** Drop-in fees apply.

Age: 18 years & up

Location: Northside Aztlan Center

Ongoing Tu,Th 8:00–10:00 AM

Ongoing Su 2:00–5:00 PM

Location: Senior Center

Ongoing M,W 6:45–9:00 PM

Badminton

Learn to play or join the group for a fast-paced game of badminton. All skill levels welcome. Rackets and plastic shuttles available. **Note:** Drop-in fees apply.

Age: 13 years & up

Location: Senior Center

Ongoing M,W,F 8:00–10:00 AM No fee

Basketball

Lunchtime Basketball

If you're looking for a lunch time workout and want to have fun doing it, come at noon and run ball with the nooners. This group of men ages 18 years & up run every afternoon at noon. **Note:** Drop-in fees apply.

Age: 18 years & up

Location: Northside Aztlan Center

9/1–11/27 M–F Noon–2:00 PM No Fee 415518-01

Men's Adult Basketball

Teams sign up for their level of play preference on a first come basis. Registration begins 8/6, ends 9/14 or when leagues fill (whichever comes first). League begins the week of 9/14. 8 games scheduled,

8 games guaranteed. This is a men's league. **Note:** Rosters are unlimited. Participants ages 16–17 years need parent signature on roster prior to participation. League not discountable.

Age: 16 years & up

Location: Northside Aztlan Center

Competitive

9/14–11/9 M 6:00–10:00 PM \$369 413501-01
Recreational

9/14–11/2 M 6:00–10:00 PM \$369 413501-02

9/18–11/13 F 6:00–10:00 PM \$369 413501-03

Flag Football

Adult Flag Football

Leagues are 8-on-8 non-contact. Registration begins 7/20, ends 8/7 or when leagues fill (whichever comes first); 8 games

scheduled, 8 games guaranteed. This is a recreational league. League begins the week of 8/24. **Note:** Rosters are unlimited. Participants ages 16–17 years need parent signature on roster prior to participation. League not discountable. Class will not be held on 9/7.

Age: 16 years & up

Location: Rolland Moore Park

8/24–10/26	M	6:00–10:00 PM	\$434	413011-01
8/25–10/20	Tu	6:00–10:00 PM	\$434	413011-02
8/27–10/22	Th	6:00–10:00 PM	\$434	413011-03

Fall Adult Indoor Flag Football

Indoor league is 8-on-8 non-contact. Games played Sunday mornings between 8 a.m.–Noon. Registration begins 9/28, ends 10/23 or when league fills (whichever comes first); 6 games scheduled, 6 games guaranteed. League begins 11/1. **Note:** Rosters are unlimited. Participants ages 16–17 years need parent signature on roster prior to participation. League not discountable. Class will not be held on 11/22.

Age: 16 years & up

Location: The Edge

11/1–12/13	Su	8:00 AM–Noon	\$449	413912-01
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Winter Adult Indoor Flag Football

Indoor league is 8-on-8 non-contact. Games played Sunday mornings between 8–11 a.m. Registration begins 11/23, ends 12/14 or when league fills (whichever comes first); 6 games guaranteed. League begins 1/10. **Note:** Rosters are unlimited. Participants ages 16–17 years need parent signature on roster prior to participation. League not discountable. Class will not be held on 11/22.

Age: 16 years & up

Location: The Edge

1/10–2/14	Su	8:00 AM–Noon	\$449	113912-01
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Kickball

Fall Adult Coed Kickball

Form your team and come out to have some fun playing a game invented on the playground. 8 games guaranteed. Registration begins 7/20, ends 8/7 or when leagues fill (whichever comes first). League begins the week of 8/24. **Note:** Rosters are unlimited. Participants ages 16–17 years need parent signature on roster prior to participation. League not discountable.

Age: 16 years & up

Location: Rolland Moore Park

Coed Competitive

8/28–10/30	F	6:00–10:00 PM	\$259	413061-01
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Coed Recreational

8/28–10/30	F	6:00–10:00 PM	\$259	413061-02
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Rattle Snake Rumble – Adult Kickball

Wrap up the 2015 kickball season by getting a team together and playing in this double-elimination one day tournament. This is your last chance to play before the season ends. **Note:** Rosters are unlimited. Participants ages 16–17 years need parent signature on roster prior to participation. Tournament not discountable.

Age: 16 years & up

Location: Spring Canyon Park

11/7	Sa	8:00 AM–6:00 PM	\$140	413062-01
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Pickle Ball

Pickle Ball Beginner Lessons

For those brand new to pickle ball or beginners needing some enhanced skill instruction. Class consists of some classroom time to learn the rules, scoring and the basics. Rotational court time to begin to play.

Age: 18 years & up

Location: Senior Center

9/1–9/29	Tu	9:45–11:00 AM	\$16	409478-01
10/6–11/3	Tu	9:45–11:00 AM	\$16	409478-02

Pickle Ball Crash Course

One day crash course for those brand new to pickle ball or beginners needing some enhanced instruction. Class consists of some classroom time to learn the rules, scoring and the basics. Rotational court time to begin to play.

11/10–12/8	Tu	9:45–11:00 AM	\$14	409478-03
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Softball

Fall Men's Softball

Teams have the opportunity to continue playing softball after the summer leagues have concluded. 8 games scheduled, 8 games guaranteed. Registration begins 7/20, ends 8/7 or when leagues fill (whichever comes first). League begins the week of 8/23. **Note:** Rosters are unlimited. Participants ages 16–17 years need parent signature on roster prior to participation. League not discountable. Class will not be held on 9/6, 9/7.

Age: 16 years & up

Location: TBA

Sunday IV

8/23–10/25	Su	6:00–10:00 PM	\$444	413021-01
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Monday III

8/24–10/26	M	6:00–10:00 PM	\$444	413021-02
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Monday IV

8/24–10/26	M	6:00–10:00 PM	\$444	413021-03
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Tuesday III

8/25–10/20	Tu	6:00–10:00 PM	\$444	413021-04
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Tuesday IV

8/25–10/20	Tu	6:00–10:00 PM	\$444	413021-05
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Wednesday III

8/26–10/21	W	6:00–10:00 PM	\$444	413021-06
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Wednesday IV

8/26–10/21	W	6:00–10:00 PM	\$444	413021-07
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Thursday III

8/27–10/22	Th	6:00–10:00 PM	\$444	413021-08
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Fall Coed Softball

Teams have the opportunity to continue playing softball after the summer leagues have concluded. 8 games scheduled, 8 games guaranteed. Registration begins 7/20, ends 8/7 or when leagues fill (whichever comes first). League begins the week of 8/23. **Note:** Rosters are unlimited. Participants age 16–17 years need parent signature on roster prior to participation. League

not discountable. Class will not be held on 9/6.

Age: 16 years & up

Location: TBA

Coed Competitive

8/23–10/25	Su	5:00–10:00 PM	\$444	413023-01
8/26–10/21	W	6:00–10:00 PM	\$444	413023-05
8/27–10/22	Th	6:00–10:00 PM	\$444	413023-07

Coed Recreational

8/23–10/25	Su	6:00–10:00 PM	\$444	413023-02
8/25–10/20	Tu	6:00–10:00 PM	\$444	413023-04
8/26–10/21	W	6:00–10:00 PM	\$444	413023-06

Softball Tournament (2-Day)

Games are played at Rolland Moore Park and other community parks if needed. Play begins 9 a.m. and continues until 10 p.m. (depending on number of entries). Registration begins 7/6, ends 7/31 or when divisions fill. 2 games guaranteed.

Note: Rosters are unlimited. Participants ages 16–17 years need parent signature on roster prior to participation.

Tournament fee not discountable.

Age: 16 years & up

Location: Rolland Moore Park

Men's II

8/8–8/9	Sa,Su	9:00 AM–10:00 PM	\$254	413025-01
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Men's III

8/8–8/9	Sa,Su	9:00 AM–10:00 PM	\$254	413025-02
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Men's IV

8/8–8/9	Sa,Su	9:00 AM–10:00 PM	\$254	413025-03
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Coed Competitive

8/8–8/9	Sa,Su	9:00 AM–10:00 PM	\$254	413025-04
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Coed Recreational

8/8–8/9	Sa,Su	9:00 AM–10:00 PM	\$254	413025-05
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General

Capture the Flag

Six-person teams have the opportunity to relive this playground classic. Game location changes each week. 9 games scheduled, 8 games guaranteed. Registration begins 8/6 or when leagues fill (whichever comes first). League begins the week of 9/1. **Note:** Rosters are unlimited. Participants ages 16–17 years need parent signature on roster prior to participation. League not discountable.

Age: 16 years & up

Location: TBA

9/1–10/27	Tu	6:00–8:00 PM	\$274	413035-01
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Fall Adult Dodgeball

Form your team and come out to have some fun playing dodgeball. The league is coed recreational; 8 games guaranteed. Registration begins 8/6, ends 9/4 or when leagues fill (whichever comes first). League begins 9/13. **Note:** Rosters are unlimited. Participants ages 16–17 years need parent signature on roster prior to participation. League not discountable.

Note: Rosters are unlimited. Participants ages 16–17 years need parent signature on roster prior to participation. League not discountable. Class will not be held on 11/25, 11/27.

Age: 16 years & up

Location: Northside Aztlan Center

9/13–11/8 Su 4:00–10:00 PM \$259 413502-01

Indoor Ultimate Frisbee

5-on-5 Ultimate Frisbee is now being offered at the Edge Sports Center. Register in teams of 12. Minimum of 4 women on the roster, with 2 women and 3 men on the field at all times. Registration begins 9/21; deadline is 10/10 or when league fills.

Age: 16 years & up

Location: The Edge

10/20–12/10 Tu,Th 7:00–11:30 PM \$439 413991-01

Volleyball

Fall Women's Volleyball

Coed and women's leagues are offered for 6-person teams. Teams sign up for their level of play and night preference on a first come basis. Levels A – Competitive, BB – Intermediate. Registration begins 7/20, ends 8/7 or when leagues fill. Leagues begin the week of 8/24. 8 games scheduled. **Note:** Rosters are unlimited. Participants ages 16–17 years need parent signature on roster prior to participation. League not discountable.

Age: 16 years & up

Location: Northside Aztlan Center

Wednesday Women's A

8/31–11/6 W 6:00–11:00 PM \$274 413542-01

Wednesday Women's BB

8/31–11/6 W 6:00–11:00 PM \$274 413542-02

Fall Adult Coed Volleyball

Coed and women's leagues are offered for 6-person teams. Teams sign up for their level of play and night preference on a first come basis. Levels A – Competitive, BB – Intermediate, B – Recreational. Registration begins 7/20, ends 8/7 or when leagues fill. Leagues begin the week of 8/24. 8 games scheduled. **Note:** Rosters are unlimited. Participants ages 16–17 years need parent signature on roster prior to participation. League not discountable. Class will not be held on 9/1, 8/29.

Age: 16 years & up

Location: Northside Aztlan Center

Monday Coed BB

8/31–11/6 M 6:00–11:00 PM \$274 413543-01

Monday Coed B

8/31–11/6 M 6:00–11:00 PM \$274 413543-02

Tuesday Coed A

8/31–11/6 Tu 6:00–11:00 PM \$274 413543-03

Tuesday Coed BB

8/31–11/6 Tu 6:00–11:00 PM \$274 413543-04

Fri Coed B

8/31–11/6 F 6:00–11:00 PM \$274 413543-05

Adult Volleyball Tournament

Coed and women's tournaments are offered for 6-person teams. Teams sign up for their level/playing night preference on a first come basis. Levels of Play: A – Competitive, BB – Intermediate, B – Recreational. Pool play format ending in a seeded, single elimination tournament. Registration begins 9/29. **Note:** Rosters are unlimited. Participants ages 16–17 years need parent signature on roster prior to participation. League not discountable.

Age: 16 years & up

Location: Northside Aztlan Center

Monday Coed B

9/28–10/21 M 6:00–11:00 PM \$144 413544-01

Tuesday Coed A

9/28–10/21 Tu 6:00–11:00 PM \$144 413544-02

Tuesday Coed BB

9/28–10/21 Tu 6:00–11:00 PM \$144 413544-03

Wednesday Women's A

9/28–10/21 W 6:00–11:00 PM \$144 413544-04

Wednesday Women's BB

9/28–10/21 W 6:00–11:00 PM \$144 413544-05

Winter Adult Women Volleyball

Coed and women's leagues are offered for 6-person and 4-person teams. Teams sign up for their level of play and night preference on a first come basis. Levels A – Competitive, BB – Intermediate, B – Recreational. Registration begins 8/6, ends 12/14 or when leagues fill. Leagues begin the week of 1/4. 8 games. **Note:** Rosters are unlimited. Participants ages 16–17 years need parent signature on roster prior to participation. League not discountable.

Age: 16 years & up

Location: TBA

Sunday Women's B

1/10–3/6 Su 6:00–10:00 PM \$274 113942-01

Wednesday Women's A

1/6–3/2 W 6:00–10:00 PM \$274 113942-02

Wednesday Women's BB

1/6–3/9 W 6:00–10:00 PM \$274 113942-03

Winter Adult Coed Volleyball

Coed and women's leagues are offered for 6-person teams. Levels A – Competitive, BB – Intermediate, B – Recreational. Registration begins 11/24, ends 12/12 or when leagues fill. Leagues begin the week of 1/5, 8 games. **Note:** Rosters are unlimited. Participants ages 16–17 years need parent signature on roster prior to participation. League not discountable.

Age: 16 years & up

Location: Northside Aztlan Center

Tuesday Coed A

1/5–3/1 Tu 7:00–10:00 PM \$274 113943-03

Monday Coed BB

1/4–2/29 M 6:00–10:00 PM \$274 113943-01

Monday Coed B

1/4–2/29 M 6:00–10:00 PM \$274 113943-02

Tuesday Coed BB

1/5–3/1 Tu 7:00–11:00 PM \$274 113943-04

Friday Coed B

1/8–3/4 F 6:00–10:00 PM \$274 113943-05

Tennis

General Information

Lewis Tennis School directs all tennis programs for the City of Fort Collins. With more than 45 years of experience in the tennis industry, Lewis Tennis provides quality lessons, programs and tournaments for all levels and ages with USPTA certified coaches on staff. Tennis director, Larry Lewis, has managed five of the top tennis facilities in the United States.

The programs at Lewis Tennis School provide a positive learning environment for players of all ages. Players learn techniques to become accomplished players, as well as life skills that help them to excel and enjoy tennis and other areas in their life. Thousands of players have participated in these programs over the years as they learn and progress in this great lifetime sport.

Rolland Moore Pro Shop

Visit our fully stocked pro shop located at the Rolland Moore Racquet Center. Racquets, shoes, accessories, and 24-hour stringing available. Fall hours are M–F, Noon–6 p.m. and Saturday, 10 a.m.–4 p.m.

Registration

For full program information, court availability and to register for programs, visit Lewistennis.com or call 970.493.7000. Discounts available for additional family members.

Programs

Programs are offered at Rolland Moore Racquet Complex and Fossil Creek Park.

Session Dates for All Classes

8/24–9/19	Session 1
9/21–10/17	Session 2
10/19–11/14	Session 3
11/16–12/12	Session 4

Beginner Lessons

Whether you have never played or are getting back into the game after a long hiatus, learn and develop your fundamentals so you can really enjoy the game. Learn the correct way to hit forehands, backhands, volleys, overheads, and serves, as well as the basic rules and strategies as you start competition.

Age: 18 years & up

M,W 6:00–7:30 PM

Intermediate Lessons

Learn the “Modern Game” of tennis and refine your skills by experiencing techniques that are used by the pros. Develop your topspin, forehand, backhand and serves, as well as learn doubles and singles strategies that win!

Age: 18 years & up

Tu,Th 6:00–7:30 PM

League Coaching

Get your team ready for the USA Tennis Leagues. Professional coaching improves your team’s strategy, technique and mental toughness to enable you to compete at your best. A variety of coaching programs available.

Premier Clinics

Designed for the beginning through advanced player who wants more personal attention in their group instruction. Great for friends who want to learn together. Clinic times are flexible. Low student to pro ratio.

Age: 18 years & up

Private Lessons & Ball Machine

Private lessons are available with our USPTA certified professionals and our college coaching staff. You can also rent our ball machines to work on that pesky backhand. Times are flexible; just let us know when you’re available.

Round Robin Coaching

Join us on Saturday to receive expert coaching while you compete in a round robin format.

Youth

Archery

Archery

Archery is a skillful sport requiring balance, poise, accuracy, vision, timing and action. Through this indoor class, participants learn the basic techniques and how to be safe. **Note:** Equipment provided. Check in by 4:15 p.m.

Age: 8–16 years

Location: Rocky Mountain Archery, 4518 Innovation Dr., Fort Collins

9/10–9/17	Th	4:30–5:30 PM	\$30	415941-01
10/1–10/8	Th	4:30–5:30 PM	\$30	415941-02
11/5–11/12	Th	4:30–5:30 PM	\$30	415941-03

Disc Golf

Disc Golf Instruction

Learn to play disc golf with professional disc golfers. Participants are taught throwing techniques, rules of the game, and strategies. All equipment provided.

Age: 9–15 years

Location: Troutman Park

9/2–9/16	W	4:00–5:00 PM	\$20	414073-01
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Basketball

National Basketball Academy

The National Basketball Academy and the Denver Nuggets are proud to offer a camp designed to improve the skill level of all youth players. The vast knowledge and experience of our staff

help players on fundamentals, practice habits and teamwork. Learn the same drills as the Denver Nuggets players! **Note:** Players receive a Nuggets t-shirt, Nuggets Basketball and a ticket to a future game. Fee not discountable.

Age: 7–15 years

Location: Northside Aztlan Center

8/10–8/14	M–F	9:00 AM–3:00 PM	\$240	314507-02
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National Basketball Academy

The National Basketball Academy and the Denver Nuggets are proud to offer a camp designed to improve the skill level of all youth players. This camp focuses on fundamentals, practice habits and teamwork. Learn the same drills as the Denver Nuggets players!

Age: 7–15 years

Location: Foothills Activity Center

12/28–12/30	M–W	9:00 AM–2:00 PM	\$115	414771-01
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Boys Youth Sports

Boys K–1 Jr. Nuggets Basketball

League is for beginning basketball players. Basic skills are taught on a lower rim. 6 scheduled games; minimum 1 official

per game. 2 practices per week. Games are Saturdays. Teams are randomly selected. **Note:** Players receive a Nuggets jersey and 2 tickets to a Nuggets game.

Grade: K–1

Location: Northside Aztlan Center

10/26–12/19 M–Sa \$70 414906-01

Boys 2nd/3rd Grade Jr. Nuggets Basketball

Develop team play with participation, fun, skills, and sportsmanship. Teams are randomly formed in the sports office, not by when the players register. Practice dates and times are determined by coach. Coaches call the week before the program with practice days/times. Special requests are not guaranteed. **Note:** Players receive a Nuggets jersey and 2 tickets to a Nuggets game.

Grade: 2–3

Cost: \$83

Dates: 10/26–12/19

21st Century	414907-63
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	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

Boys 4/5th Grade Jr. Nuggets Basketball

Develop team play with participation, fun, skills and sportsmanship. Teams are randomly formed in the sports office, not by when the players register. Practice dates and times are determined by coach. Coaches call the week before the program with practice days/times. Special requests are not guaranteed. **Note:** Players receive a Nuggets jersey and 2 tickets to a Nuggets game.

Grade: 4–5

Cost: \$83

Dates: 10/26–12/19

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
Heritage	414908-60
Irish	414908-19
Johnson	414908-20
Kruse	414908-24
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
Homeschool	414908-62
21st Century	414908-63
Timnath	414908-47
Traut	414908-49
Werner	414908-51
Zach	414908-53

Boys 6th Grade 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 register. T-shirt jerseys are provided at practice. Special requests are not guaranteed.

Grade: 6

Cost: \$83

Dates: 10/26–12/19

21st Century	414909-45
Blevins	414909-01
Boltz	414909-05
CLP	414909-10
Heritage	414909-41
Kinard	414909-15
Leshner	414909-20
Lincoln	414909-25
Preston	414909-30
Webber	414909-35
Wellington	414909-40

Boys 7/8th Grade 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 register. T-shirt jerseys are provided at practice. Special requests are not guaranteed.

Grade: 7–8

Cost: \$83

Dates: 10/26–12/19

Blevins	414910-01
Boltz	414910-05
CLP	414910-10
Heritage	414910-42
HomeSchool	414910-41
Kinard	414910-15
Leshner	414910-20

Lincoln	414910-30
Preston	414910-25
Webber	414910-35
Wellington	414910-40

Girls Youth Sports

Girls 2/3 Grade Jr. Nuggets Basketball

Develop team play with participation, fun, skills and sportsmanship. Teams are randomly formed in the sports office, not by when the players register. Practice dates and times are determined by coach. Coaches call the week before the program with practice days/times. Special requests are not guaranteed. **Note:** Players receive a Nuggets jersey and 2 tickets to a Nuggets game.

Grade: 2–3

Cost: \$83

Dates: 1/11–2/27

Bacon	114907-01
Bauder	114907-03
Beattie	114907-05
Bennett	114907-07
Bethke	114907-09
CLP	114907-11
Dunn	114907-13
Dunn	114907-14
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
O'Dea	114907-33
Olander	114907-35
Putnam	114907-37
Rice	114907-39
Riffenburgh	114907-41
Shepardson	114907-43
Tavelli	114907-45
Timnath	114907-47
Traut	114907-49
Werner	114907-51
Zach	114907-53

Girls 4/5 Grade Jr. Nuggets Basketball

Develop team play with participation, fun, skills and sportsmanship. Teams are randomly formed in the sports office, not by when the players register. Practice dates and times are determined by coach. Coaches call the week before the program with practice days/times. Special requests are not guaranteed **Note:** Players receive a Nuggets jersey and 2 tickets to a Nuggets game.

Grade: 4–5

Cost: \$83

Dates: 1/11–2/27

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	114908-22
Kruse	114908-24
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
Riffenburgh	114908-41
Shepardson	114908-43
Tavelli	114908-45
Timnath	114908-47
Traut	114908-49
Werner	114908-51
Zach	114908-53

Girls 6th Grade Basketball

Develop a sense of team play where participation, fun, skills and sportsmanship are stressed; winning is secondary. Teams are randomly formed in the sports office and not by when the players registered. Special requests are not guaranteed. Game t-shirt provided at practice.

Grade: 6

Cost: \$83

Dates: 1/11–2/27

Blevins	114909-01
Boltz	114909-03
CLP	114909-05
Kinard	114909-07
Leshner	114909-09
Lincoln	114909-11
Preston	114909-13
Webber	114909-15
Wellington	114909-17

Girls 7/8th Grade Basketball

Develop a sense of team play where participation, fun, skills and sportsmanship are stressed; winning is secondary. Teams are randomly formed in the sports office and not by when the players registered. Special requests are not guaranteed. Game t-shirt provided at practice.

Grade: 7–8

Cost: \$83

Dates: 1/11–2/27

Blevins	114910-01
Boltz	114910-03
CLP	114910-05
Kinard	114910-07
Leshner	114910-09
Lincoln	114910-11
Preston	114910-13
Webber	114910-15
Wellington	114910-17

Cheerleading

JAA Wildcat Cheerleading

The Wildcat JAA rec class teaches your child the basics of dance, cheer motions, jumps, stunts and tumbling skills all in a safe and high energy environment. Come join our cheer family as we cheer at local performances.

Age: 5–14 years

Location: Colorado Cheer Academy

8/27–10/3	Th	5:30–6:45 PM	\$59	414937-01
10/8–11/14	Th	5:30–6:45 PM	\$59	414937-02
11/16–12/16	Th	5:30–6:45 PM	\$59	414937-03
1/11–2/27	Tu	5:30–6:45 PM	\$59	114937-01

Football

Ultimate Football

Designed for the first time football experience. This non-contact football program emphasizes the basic fundamentals of throwing and catching while combining the rules of football and ultimate Frisbee. One practice per week and 6 games.

Note: For more information, visit fcgov.com/sports. Interested in coaching? Call 970.221.6356. Green and gold reversible jersey required; available for \$15.

Age: 4–9 years

Cost: \$52

Dates: 8/31–10/24

City Park	414010-01
Edora	414010-04
Fossil Creek	414010-07
Greenbriar	414010-10
Rolland Moore	414010-12
Spring Canyon	414010-15
Troutman	414010-18
Warren	414010-20

1st/2nd Grade Flag Football

Learn the basic fundamentals of football without tackling or blocking (1–2 graders with no football experience should play ultimate). The main emphasis is equal participation with winning being secondary. Practices are held twice per week with games on Saturday mornings/week nights. **Note:** 6 games plus the Rattlesnake Rumble Tournament. Coach will call with practice days/times. Based on 2015/16 school grade.

Age: 5–9 years

Cost: \$60

Dates: 8/31–10/24

City Park	414011-01
Edora Park	414011-03
English Ranch	414011-05
Fossil Creek	414011-07
Greenbriar	414011-11
Harmony	414011-13
Spring Canyon	414011-15
Troutman	414011-17
Warren	414011-19

3rd/4th Grade Flag Football

Learn the basic fundamentals of football without tackling or blocking. The main emphasis is equal participation with winning being secondary. Practices are held twice per week with games on Saturday mornings/week nights. **Note:** 6 games plus the Rattlesnake Rumble Tournament. Coach will call with practice days/time. Based on 2015/16 school grade.

Age: 7–11 years

Cost: \$60

Dates: 8/31–10/24

Blevins	414012-25
City Park	414012-01
Edora Park	414012-03
Fossil Creek	414012-05
Greenbriar	414012-07
Harmony	414012-09
Ridgeview	414012-11
Rolland Moore	414012-12
Spring Canyon	414012-15
Troutman	414012-17
Warren	414012-19

5th/6th Grade Flag Football

Learn the basic fundamentals of football without tackling or blocking. The main emphasis is equal participation with winning being secondary. Practices are held twice per week with games on Saturday mornings/week nights. **Note:** 6 games plus the Rattlesnake Rumble Tournament. Coach will call with practice days/time. Based on 2015/16 school grade.

Age: 9–13 years

Cost: \$60

Dates: 8/31–10/24

City Park	414013-01
English Ranch	414013-03
Fossil Creek	414013-05
Greenbriar	414013-07
Rolland Moore	414013-09
Spring Canyon	414013-11

3rd/4th Grade Tackle Football

Tackle football practices are held 2–3 times/week with games held Saturday mornings/week nights. 8 games scheduled. Teams formed by weight and practice area. Areas may be combined due to numbers. For more information, visit fcgov.com/football. **Note:** Equipment handout for all ages at Club Tico in City Park 8/15 and 8/22 from 9 a.m.–Noon or 8/24 from 5–6:30 p.m. Mouthpieces required; tackle equipment provided.

Age: 7–11 years

Cost: \$109

Dates: 8/24–10/24

Location: Spring Canyon Park

3rd/4th

AREA 1:

Bacon, Traut, Linton, Kruse, Zach, Timnath, Bethke
414018-01

AREA 2:

Werner, McGraw, Lopez, Johnson, Beattie, Olander
414018-02

AREA 3:

Odea, Shepardson, Riffenburgh, Harris, Laurel, Tavelli, Wellington
414018-03

AREA 4:

Bauder, Bennett, Lab School, Dunn, Putnam, Irish, CLP, Mt. Schools
414018-04

5th Grade Tackle Football

Tackle football practices are held 2–3 times per week with games held Saturday mornings/week nights. 8 games scheduled! Teams formed by weight and practice area. Areas may be combined due to numbers. For more information, visit fcgov.com/football. **Note:** Equipment handout for all ages is at Club Tico in City Park on 8/15 and 8/22 from 9 a.m.–12 p.m. or 8/24 from 5–6:30 p.m. Mouthpieces required; tackle equipment provided.

Age: 9–12 years

Cost: \$109

Dates: 8/24–10/24

Location: Spring Canyon Park

AREA 1:

Bacon, Traut, Linton, Kruse, Zach, Timnath, Bethke
414019-01

AREA 2:

Werner, McGraw, Lopez, Johnson, Beattie, Olander
414019-02

AREA 3:

Odea, Shepardson, Riffenburgh, Harris, Laurel, Tavelli, Wellington
414019-03

AREA 4:

Bauder, Bennett, Lab School, Dunn, Putnam, Irish, CLP, Mt. Schools
414019-04

6th Grade Tackle Football

Tackle football practices are held 2–3 times per week with games held Saturday mornings/week nights. 8 games scheduled. Teams formed by weight and school. Schools may be combined due to numbers. For more information, visit fcgov.com/football. **Note:** Equipment handout for all ages is at Club Tico in City Park on 8/15 and 8/22 from 9 a.m.–Noon or 8/24 from 5–6:30 p.m. Mouthpieces required; tackle equipment provided.

Age: 10–13 years

Cost: \$109

Dates: 8/24–10/24

Location: Spring Canyon Park

Blevins	414020-01
Boltz	414020-05
CLP	414020-10
Kinard	414020-15
Leshner	414020-20
Lincoln	414020-25
Preston	414020-30
Webber	414020-35
Wellington	414020-40

NFL PPK

The NFL PPK program is free to every youth who wants to participate. The PPK program is a national skills competition for boys and girls between the ages of 6 –15 years (age as of 12/31/15) to compete separately against their peers. Participants must pre-register at nflppk.com by Noon on 9/16. **Note:** Girls and boys in 5 separate age divisions (6–7, 8–9, 10–11, 12–13, and 14–15) compete against each other in punting, passing and place kicking.

Age: 6–15 years

Location: City Park

9/16	W	5:30–5:30 PM	No Fee 414099-01
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Indoor Tackle Football League

6-man tackle football league at the Edge Sports Center. 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 provided. 1 practice/1 game day per week. For more information, visit fcgov.com/football. **Note:** Only those who played tackle football in the fall 2015 organized league are eligible to play. Class not discountable.

Grade: 3–6

Cost: \$144

Dates: 11/3–12/10

Location: The Edge

Grade: 3–4	414913-01
Grade: 5–6	414913-10

Soccer

Mighty Kicks Soccer Program

Mighty Kicks is a fun, exciting way to introduce soccer to your child. Each innovative session is designed to build up your child's motor skills, life skills, self-confidence, and basic soccer skills. Our proven age-appropriate curriculum enhances the soccer experience while leaving a lasting positive impression.

Age: 3 years

Location: City Park

9/14–11/2	M	4:30–5:15 PM	\$90	414578-03
9/18–11/6	F	9:00–9:45 AM	\$90	414578-11

Location: Harmony Park

9/14–11/2	M	9:00–9:45 AM	\$90	414578-01
9/15–11/3	Tu	5:45–6:30 PM	\$90	414578-05

Location: Troutman Park

9/17–11/5	Th	9:00–9:45 AM	\$90	414578-07
9/17–11/5	Th	4:30–5:15 PM	\$90	414578-09

Age: 4–5 years

Location: City Park

9/14–11/2	M	5:30–6:15 PM	\$90	414578-04
9/18–11/6	F	10:00–10:45 AM	\$90	414578-12

Location: Harmony Park

9/14–11/2	M	10:00–10:45 AM	\$90	414578-02
9/15–11/3	Tu	5:45–6:30 PM	\$90	414578-06

Location: Troutman Park

9/17–11/5	Th	10:00–10:45 AM	\$90	414578-08
9/17–11/5	Th	5:30–6:15 PM	\$90	414578-10

Sport Specialization Training

Basketball

Prepare your budding star athlete for the upcoming season with small group training sessions taught by high school coaches and former collegiate players. This program offers participants three 45-minute small group (4–10 people) sessions.

Age: 8–18 years

Location: Northside Aztlan Center

10/5–10/19	M	4:00–5:00 PM	\$50	414979-04
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Football

Prepare your budding star athlete for the upcoming season with small group training sessions taught by high school coaches and former collegiate players. This program offers participants three 45-minute small group (4–10 people) sessions.

Age: 8–18 years

Location: Beattie Park

Football Quarterback

These sessions will further your child's quarterback development.

8/5–8/7	W–F	4:00–4:45 PM	\$50	414979-01
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Football Wide Receiver/Running Back

These sessions will further your child's wide receiver / running back development.

8/5–8/7	W–F	5:00–5:45 PM	\$50	414979-02
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Football Kicking and Punting

These sessions will further your child's kicking and punting development.

8/5–8/7 W–F 6:00–6:45 PM \$50 414979-03

Track & Field

C.A.R.A. Cross Country

This recreational cross country program promotes healthy lifestyles and is a lot of fun. 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. **Note:** Parent meeting is 9/2 at 5:30 p.m. at City Park Shelter #7. Practice locations are given at this meeting.

Age: 6–14 years

Location: City Park

9/9–10/24 M,W,Sa 5:30–6:45 PM \$63 414033-01

Tennis

Lewis Tennis School directs all tennis programs for the City of Fort Collins. For more information about Lewis Tennis, see page 103.

Rolland Moore Pro Shop

Visit our fully stocked pro shop located at the Rolland Moore Racquet Center. Racquets, shoes, accessories and 24-hour stringing available. Fall hours are M–F, Noon–6 p.m., and Saturday from 10 a.m.–4 p.m.

Registration

For full program information, court availability and to register for programs, visit Lewistennis.com or call 970.493.7000. Discounts available for additional family members.

Programs

Programs are offered at Rolland Moore Racquet Complex and Fossil Creek Park.

Session Dates for All Classes

8/24–9/19	Session 1
9/21–10/17	Session 2
10/19–11/14	Session 3
11/16–12/12	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

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 (Int/Adv)

Age: 11–13 years

Tu,Th 4:00–6:00 PM
Sa 1:00 –3:00 PM

6th Grade League

Get ready to learn the game of tennis or improve your existing skills. Open to beginners and veterans. **Note:** Registration closes 8/29.

Age: 11–12 years

9/5–9/26 Sa 3:00–6:00 PM

High School

Get ready to have some fun and develop your tennis game. Whether your goal is to play on your high school team or learn the best game to enjoy with your friends, this is the class for you.

Wimbledon (new player)

Age: 14–18 years

Tu,Th 4:00–6:00 PM
Sa 1:00 –3:00 PM

Grand Slam (Int/Adv)

Age: 14–18 years

Tu,Th 4:00–6:00 PM
Sa 1:00–3:00 PM

Performance Training

This program is for the devoted junior player who has already developed a solid foundation of the game and has shown a high level of commitment. Players typically have goals of state and sectional rankings, high school varsity play, and college scholarships. Players must be accepted by Head Pro. Call 970.493.7000 for times and info.

Homeschool Classes

These tennis classes are held at flexible times during the day. Call to arrange a homeschool class for your children.

After-School Enrichment

These tennis classes are held after school in the gymnasiums of local elementary schools. Check with your school for details.

Fall Junior Tournaments

USTA sanctioned junior tournaments are offered for novice, intermediate and advanced players.

Age: 7–18 years

9/5–9/6 Indian Summer Championship
9/12 Lewis Tennis September Swing Futures
9/25 Lewis Tennis Pumpkin Championship
10/3 Lewis Tennis Autumn Challenger
10/10 Lewis Tennis October Fest Championship

Volleyball

2nd/3rd Grade Volleyball

Develop a sense of team play where participation, fun, skills and sportsmanship are stressed; winning is secondary. Practices are held 1–2 times per week, matches are Saturday mornings and week nights. Practice days and times vary. You will hear from the coach the week prior to the program. **Note:** Begins the week of 8/31. Practice times/days TBA. 6 weeks. Coaches determine practice times. Green/gold reversible jersey required.

Age: 6–10 years

Location: Northside Aztlan Center

8/31–10/17 \$63 414941-01

4th/5th Grade Volleyball

Develop a sense of team play where participation, fun, skills and sportsmanship are stressed; winning is secondary. Practices are held 1–2 times per week, matches are Saturday mornings and week nights. Practice days and times vary. You will hear from the coach the week prior to the program. **Note:** Begins the week of 8/31. Practice times/days TBA. 6 weeks. Coaches determine practice times. Green/gold reversible jersey required.

Age: 8–12 years

Location: Northside Aztlan Center

8/31–10/17 \$63 414942-01

6th Grade Volleyball

Develop a sense of team play where participation, fun, skills and sportsmanship are stressed; winning is secondary. Practices are held 1–2 times per week, matches are Saturday mornings and week nights. Practice days and times vary. You will hear from the coach the week prior to the program. **Note:** Begins the week of 8/31. Practice times/days TBA. 6 weeks. Includes school t-shirt, given out at practice. For more information, visit fcgov.com/sports.

Age: 10–13 years

Cost \$63

Dates: 8/31–10/17

Blevins	414943-01
Boltz	414943-03
CLP	414943-05
Kinard	414943-07
Leshner	414943-09
Lincoln	414943-11
Preston	414943-12
Webber	414943-17
Wellington	414943-19

7th/8th Grade Volleyball

Develop a sense of team play where participation, fun, skills and sportsmanship are stressed; winning is secondary. Practices are held 1–2 times per week, matches are Saturday mornings and week nights. Practices days and times vary. You will hear from the coach the week prior to the program. **Note:** Begins the week of 8/31. Practice times/days TBA. 6 weeks. Includes school t-shirt; given out at practice. For more information, visit fcgov.com/sports.

Age: 11–15 years

Cost: \$63

Dates: 8/31–10/17

Blevins	414944-01
Boltz	414944-03
CLP	414944-05
Kinard	414944-07
Leshner	414944-09
Lincoln	414944-11
Preston	414944-13
Webber	414944-15
Wellington	414944-17

Wrestling

Wrestling

Learn the fundamentals and skills of wrestling and compete in interschool dual meets. Program is designed for the beginner, as well as the experienced wrestler. Wrestling techniques and conditioning are taught. All participants compete in an end-of-season tournament. **Note:** Participants will be notified by coach about practice times/dates. All wrestlers receive a school shirt. Class will not be held on 1/19.

Grade: 3–6

Cost: \$63

Dates: 1/11–2/27

Blevins	114911-01
CLP	114911-03
Kinard	114911-04
Leshner	114911-05
Lincoln	114911-06
Preston	114911-07
Webber	114911-08
Wellington	114911-09

YOSA – School of Sport

Fencing

Learn fundamental skills and rules of this fast, fun and intense sport. Practice footwork, body position, blade control, offense and defense. Instruction is simple and each class is lively, building on the skills learned in the previous class.

Note: Wear athletic shoes, t-shirt and long loose pants. Equipment provided.

Location: Qdoba Event Center

Age: 10–12 years

8/19–9/23	W	4:30–6:00 PM	\$69	414971-27
9/30–11/4	W	4:30–6:00 PM	\$69	414971-28
11/11–12/23	W	4:30–6:00 PM	\$69	414971-47

Age: 13–18 years

8/19–9/23	W	6:00–7:30 PM	\$69	414971-29
9/30–11/4	W	6:00–7:30 PM	\$69	414971-30
11/11–12/23	W	4:30–6:00 PM	\$69	414971-48

Fencing, Sparring

Enjoy sparring with fellow students to develop a diverse technical and tactical repertoire in a low key atmosphere. Improve your overall athletic readiness, speed strength and stamina. Footwork and blade work exercises most sessions. Minimal coaching provided. Must have prior fencing experience.

Age: 13–19 years

Location: Qdoba Event Center

7/10–8/14	F	6:00–7:30 PM	\$30	414971-31
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Futsal

International Brazilian Futsal (indoor soccer). Players practice and improve their ball control, foot skills and moves that Brazilian soccer is famous for. Players are grouped according to age and ability. We challenge players to raise their game and reach new heights within an excellent learning environment.

Location: Qdoba Event Center

Grade: Elementary

8/18–9/22	Tu,F	5:30–6:30 PM	\$69	414971-01
9/29–11/3	Tu,F	5:30–6:30 PM	\$69	414971-02

11/10–12/22	Sa	9:30–10:30 AM	\$69	414971-36
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Grade: Middle School

8/18–9/22	Tu,F	5:30–6:30 PM	\$69	414971-03
9/29–11/3	Tu,F	4:30–5:30 PM	\$69	414971-04
11/10–12/22	Tu,Sa	9:30–10:30 AM	\$69	414971-37

Intro – Inline Skate

Introduction to the fundamentals of basic skating skills. Skating skills are taught to increase participants' confidence on inline or quad skates. The program is designed for those new to skating and prepares them for Learn-to-Play Hockey, Jr. Derby and open skating.

Age: 5–12 years

Location: Qdoba Event Center

8/19–9/23	W	4:40–5:30 PM	\$39	414971-05
9/30–11/4	W	4:40–5:30 PM	\$39	414971-06
11/11–12/23	W	4:40–5:30 PM	\$39	414971-38

VolleyKids

Develop the FUNdamental volleyball skills following the volleyball method of Dr. DaMatta and FIVB Volleyball. This program is a high level volleyball initiation focus of universal positions and developmentally appropriate practices for young kids

Location: Qdoba Event Center

Grade: 3–5

8/19–9/23	M,Th	4:30–6:00 PM	\$69	414971-13
9/30–11/4	M,Th	4:30–6:00 PM	\$69	414971-14
11/11–12/23	M,Th	4:30–6:00 PM	\$69	414971-41

Grade: 6–8

8/19–9/23	M,Th	4:30–6:00 PM	\$69	414971-15
9/30–11/4	M,Th	4:30–6:00 PM	\$69	414971-16
11/11–12/23	M,Th	4:30–6:00 PM	\$69	414971-42

Intermediate Volleyball

This coed class is designed to pick up where VolleyKids classes left off. Following the volleyball method of Dr. Da Matta and the FIVB Mini Volleyball, this program is a high level volleyball advanced initiation focus of universal positions and developmentally appropriate practices for more experienced kid.

Location: Qdoba Event Center

Grade: 3–5

8/19–9/23	M,Th	4:30–6:00 PM	\$69	414971-09
9/30–11/4	M,Th	4:30–6:00 PM	\$69	414971-10
11/11–12/23	M,Th	4:30–6:00 PM	\$69	414971-39

Grade: 6–8

8/19–9/23	M,Th	4:30–6:00 PM	\$69	414971-11
9/30–11/4	M,Th	4:30–6:00 PM	\$69	414971-12
11/11–12/23	M,Th	4:30–6:00 PM	\$69	414971-40

Beach Volleyball

Location: Rolland Moore Park

Age: 5–12 years

8/18–9/22	Tu,F	5:30–6:30 PM	\$69	414971-19
9/29–11/3	Tu,F	4:30–5:30 PM	\$69	414971-18
11/10–12/22	Tu,F	4:30–5:30 PM	\$69	414971-43

Youth Invasion Games

Our gym is set up for floorball, ultimate Frisbee, flag football and German team handball. Rules and basic skills are taught

for these Olympic sports games.

Location: Qdoba Event Center

Age: 8–11 years

8/18–9/22	Tu,F	5:30–6:30 PM	\$69	414971-21
9/29–11/3	Tu,F	5:30–6:30 PM	\$69	414971-22
11/10–12/22	Tu,F	5:30–6:30 PM	\$69	414971-45

Age: 12–15 years

8/18–9/22	Tu,F	4:30–5:30 PM	\$69	414971-23
9/29–11/3	Tu,F	4:30–5:30 PM	\$69	414971-24
11/10–12/22	Tu,F	4:30–5:30 PM	\$69	414971-46

Teen Sports

Multi-sport program for promoting and teaching sports for teens in a fun, social, coed environment. Program includes, but is not limited to: flag football, capture the flag, German team handball, volleyball, indoor soccer, track & field, ultimate Frisbee, floorball, Brazilian peteca, rugby, weights and other games.

Age: 13–18 years

Location: Qdoba Event Center

7/10–8/14	F	6:30–7:45 PM	\$35	414971-25
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School of Sports

Whether you are a beginner or an advanced player, learn the skills to play recreational games such as Brazilian cricket, peteca, educational gymnastics, track & field, futsal, soccer, team handball, ultimate Frisbee and volleyball.

Age: 7–14 years

Location: Qdoba Event Center

8/19–9/23	W	4:30–5:30 PM	\$39	414971-34
9/30–11/4	W	4:30–5:30 PM	\$39	414971-35

Indoor Track

The basic techniques of Track & Field are taught.

Age: 5–12 years

Location: Qdoba Event Center

8/19–9/23	W	6:30–7:30 PM	\$39	414971-49
9/30–11/4	W	6:30–7:30 PM	\$39	414971-50
11/11–12/22	W	6:30–7:30 PM	\$39	414971-51

Winter Break Camp

Whether you are a beginner or an advanced player, learn the skills to play recreational games such as Brazilian cricket, peteca, gymnastics, track & field, futsal, soccer, team handball, ultimate Frisbee and volleyball.

Age: 5–12 years

Location: Qdoba Event Center

12/21–12/23	M–W	8:00 AM–4:30 PM	\$100	414971-52
12/28–12/30	M–W	8:00 AM–4:30 PM	\$100	414971-53

Youngsters

Sporties for Shorties

Explore the world of sports in this fun-filled class. We 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

9/9–9/23	W	10:00–10:45 AM	\$28	414571-01
9/29–10/13	Tu	10:00–10:45 AM	\$28	414571-02
12/2–12/16	W	10:00–10:45 AM	\$28	414571-03

Football For Shorties

Let's explore football! We work on large and small motor skills as they relate to throwing, kicking, and catching.

Age: 4–5 years

Location: City Park

9/30	W	10:00–10:45 AM	\$28	414572-01
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Baseball For Shorties

Let's explore baseball! We work on the fundamentals of throwing, hitting and catching.

Age: 3–5 years

Location: Northside Aztlan Center

12/1–12/11	Tu	10:00–10:45 AM	\$28	414573-01
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SNAG Golf For Shorties

Let's explore SNAG (Starting New At Golf)! We work on the fundamentals of golf. **Note:** All SNAG golf equipment is provided.

Age: 4–5 years

Location: City Park

9/8–9/22	Tu	10:00–10:45 AM	\$28	414574-01
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Amazing Athletes

In this action packed sports class your child learns the basic fundamentals and mechanics of 9 different ball sports including soccer, volleyball, football, basketball, tennis, golf, lacrosse, hockey and baseball. **Note:** Class will not be held on 11/25, 11/28.

Location: Northside Aztlan Center

Age: 18 months–2.5 years

9/14–10/12	M	11:00–11:30 AM	\$39	414577-01
9/10–10/15	Th	11:00–11:30 AM	\$45	414577-02
10/19–11/16	M	11:00–11:30 AM	\$39	414577-03
10/22–11/19	Th	11:00–11:30 AM	\$39	414577-04
11/30–12/14	M	11:00–11:30 AM	\$25	414577-05
12/3–12/17	Th	11:00–11:30 AM	\$25	414577-06

Age: 2.5–3.5 years

9/14–10/12	M	9:00–9:30 AM	\$39	414575-01
9/10–10/15	Th	9:00–9:30 AM	\$45	414575-02
10/19–11/16	M	9:00–9:30 AM	\$39	414575-03
10/22–11/19	Th	9:00–9:30 AM	\$39	414575-04
11/30–12/14	M	9:00–9:30 AM	\$25	414575-05
12/3–12/17	Th	9:00–9:30 AM	\$25	414575-06

Age: 3.5–5 years

9/14–10/12	M	9:45–10:30 AM	\$39	414576-01
9/10–10/15	Th	9:45–10:30 AM	\$45	414576-02
10/19–11/16	M	9:45–10:30 AM	\$39	414576-03
10/22–11/19	Th	9:45–10:30 AM	\$39	414576-04
11/30–12/14	M	9:45–10:30 AM	\$25	414576-05
12/3–12/17	Th	9:45–10:30 AM	\$25	414576-06

50 Plus

All 50+ programs are held at the Senior Center unless noted otherwise. All programs are for ages 50 years & up. For programming designed for all ages, browse the other sections of the Recreator.

Senior Center Membership

Membership 50+ is \$25.00 annually with scholarships available. Benefits are indicated throughout the Recreator with an "M". Benefits include:

- \$3 per month discount for fitness passes and full access passes, or \$1 off daily fitness admissions
- Free admission to drop-in programs including Pool Room, Open Shop, Library & Media Center, Bingo and Cards & Games
- 2-day advance registration to Recreator programs
- Member discounts on select services and activities
- Membership in member-only clubs
- Member celebrations
- Free limited legal counseling
- Notary service
- Health and wellness services

Other Adult Programs in the Recreator

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Members Register Early, August 4

Fort Collins Senior Center members can take advantage of early registration for Senior Center programs and classes. Senior Center members can register on August 4 at the Fort Collins Senior Center. For more information call 970.221.6644.

Cards & Games

Bingo – M

Senior Center members compete against each other in Bingo

for prizes.

9/14	M	1:00–2:00 PM	No Fee
10/15	M	1:00–2:00 PM	No Fee
11/19	M	1:00–2:00 PM	No Fee

Bridge

For information about Bridge, see page 58

Cards & Games – M

Cards and board games played including canasta, mahjongg, scrabble and cribbage.

Ongoing	M	9:00 AM–Noon	No Fee
Ongoing	W	1:00–4:00 PM	No Fee

Clubs & Organizations

Fort Collins Senior Sports Club – M

Take advantage of this opportunity to interact with people who share your same interests both through sport activities and social events. Sporting clubs include but are not limited to: badminton, basketball, bicycling, bowling, ice skating, pickle ball, swimming, table tennis, tennis and track. We meet throughout the year and sporting activities occur weekly. The activities of the Club are guided by a volunteer board with the assistance of a staff liaison and there are lead contacts for each sports division. **Note:** Annual dues are \$5. Visit the Senior Center or contact 970.221.6644 for more information including a schedule of upcoming sporting events and opportunities.

Front Range Forum – M

Front Range Forum serves the residents of Northern Colorado's Front Range who are intellectually curious and dedicated to enriching their daily lives through life-long learning. Members facilitate classes for each other; participants take part in short presentations and informal discussions. Subjects have varied from the Vikings to the stories of Chekov and Jewett; from the Civil War to ethics; and from Van Gogh to Broadway musicals. In addition, the Forum sponsors lectures, a summer arts program, and offers two brand new programs – FRF Travels and FRF Goes to the Movies.

Our newsletter outlines the courses and programs offered. Membership is \$20 per year. For more information, contact Katie Stieber at 970.224.6029 or visit frontrangeforum.org.

Harmonettes – M

The Harmonettes practice and perform seasonal and themed programs of popular music from years past for local assisted living facilities and for special events. No choral experience required, but ability to read music is helpful. Men and women ages 50 & up welcome. Contact Mia Johnson at 970.224.6033 for more information.

Location: Senior Center

Practice	M	9:30–11:00 AM	(Except 3rd Monday)
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Older Gay Lesbian Bisexual Transgender (OGLBT)

This social networking group is for persons that are OGLBT and ages 50 & up. Meetings are monthly for breakfast or dinner; locations and times change monthly. Contact Katie Stieber at 970.224.6029, kstieber@fcgov.com for more information.

Senior Bowling Leagues

Bowling leagues are open to league members and substitutes ages 50 years & up. Leagues play at Chippers Lanes on Horsetooth and league fees apply. Contact Karen Burgess at 970.484.2906 for information about Tuesday leagues. Contact Jan Daggett at 970.229.9886 for information about Thursday leagues. Both leagues meet at 1 p.m.

Senior Center Council – M

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 3rd Monday of each month at 1:30 p.m. Members are invited to attend.

Senior Advisory Board

The Senior Advisory Board advises City Council on issues related to older adults and is comprised of individuals of all ages who share a concern for the aging members of our community. The board consists of 11 members; 9 members are

appointed by City Council, and 2 members are appointed from the Senior Center Council. The Senior Advisory Board meets the 2nd Wednesday of each month at 11:30 a.m.

SOAP Troupe (Slightly Older Adult Players) – M

SOAP Troupe produces two major shows per year featuring a variety of acts/short skits, monologues, stand-up comedy, song, dance or instrumental performances, a short play and usually a melodrama or short comedy. Whether you are experienced or a beginner, your talent can be used to act, pound nails, sew, sing and/or write. Annual dues are \$10. SOAP meets at 3 p.m. on the 4th Tuesday of each month. Contact Mia Johnson at 970.224.6033.

The Play's the Thing – M

We sit in a circle with our playbooks and start with a scene. Starting with a person at a random spot in the circle, the parts for each character in the scene are assigned. You could be reading a part for a man, woman, boy, girl, pet or ghost! At the next scene, the parts are assigned to the next set of people in the circle, 'round and 'round. We start with Shakespeare and see which other playwrights are appealing. Contact Mia Johnson at 970.224.6033, fcsc.plaything@gmail.com for more information.

The Writers Group – M

Express yourself through writing in any manner you choose regardless of content, genre, or skill. Participants gather weekly to share their work and occasionally write on a topic selected by all. You are asked to sign in at the meetings; new participants welcome. **Note:** Contact Mia Johnson at 970.224.6033 for more information.

Ongoing Tu 10:00 AM–Noon No fee

Education

Fall Prevention

Senior falls happen every day. But, they don't have to! The majority of falls are preventable. The Poudre Fire Authority teaches how to avoid them, what hazards exist in the home, how you can keep yourself safe and the best way to get up in case of a fall.

Age: 50 years & up

Location: Senior Center

9/8 Tu 6:00–7:30 PM No Fee 407478-01

Emergency Preparedness for Seniors

What should you do if a large-scale disaster like a tornado, flood or wildfire threatens the community? Find out from the experts! Learn how to prepare for an emergency, how to react if one happens and special considerations such as limited mobility, pets or hard to find medications. **Note:** This class is taught by Chris Wolf, the Emergency Management Specialist for the Fort Collins Office of Emergency Management.

Age: 50 years & up

Location: Senior Center

10/13 Tu 6:00–7:30 PM No Fee 407479-01

Holiday Hazards

Did you know most home fires start in the cold winter months? This class teaches common fire and life safety hazards in addition to seasonal concerns. From extreme weather to Thanksgiving turkeys, this class has got it all.

Age: 50 years & up

Location: Senior Center

11/10 Tu 6:00–7:30 PM No Fee 407480-01

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

For fitness classes, participation options are available:

1) Participants may register for an entire class session.

2)

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

The fitness classes listed below are specific for ages 50 years & up. See page 69 for information about additional fitness classes, as well as information about personal training services.

Active Older Adults

AOA Badminton

If you enjoy the energetic fast-paced game of badminton, join the group of Active Older Adults that play on Tuesday and Thursday mornings. **Note:** Drop-in fees apply.

Age: 50 years & up

Location: Northside Aztlan Center

9/1–11/24 Tu,Th 8:00–10:00 AM No Fee 415519-01

AOA Basketball

Still got game? Suit-up and get on the court for some hoops! These Active Older Adults own the court on Monday, Wednesday and Friday mornings. **Note:** Drop-in fees apply.

Age: 50 years & up

Location: Northside Aztlan Center

9/2–11/27 M,W,F 8:00–10:00 AM No Fee 415520-01

SilverSneakers

Classic – Silver Sneakers

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a small ball are offered for resistance, and a chair is used for seated or standing support. **Note:** Class free to Silver Sneakers members. Class will not be held on 9/7, 11/26, 11/28.

Age: 50 years & up

Location: Senior Center

8/31–9/30	M,W	11:00–11:45 AM	\$22.50	409545-01
10/5–11/4	M,W	11:00–11:45 AM	\$22.50	409545-02
11/9–12/16	M,W	11:00–11:45 AM	\$27	409545-03
12/21–12/30	M,W	11:00–11:45 AM	\$9	409545-04
9/1–10/1	Tu,Th	11:10–11:55 AM	\$22.50	409444-01
10/6–11/5	Tu,Th	11:10–11:55 AM	\$22.50	409444-02
11/10–12/17	Tu,Th	11:10–11:55 AM	\$24.74	409444-03
12/22–12/31	Tu,Th	11:10–11:55 AM	\$9	409444-04
9/5–10/3	Sa	10:30–11:15 AM	\$11.25	409444-05
10/10–11/7	Sa	10:30–11:15 AM	\$11.25	409444-06
11/14–12/19	Sa	10:30–11:15 AM	\$11.25	409444-07
12/26–1/2	Sa	10:30–11:15 AM	\$4.50	409444-08

Circuit – Silver Sneakers

Move through a series of exercises in a circuit format to improve cardiovascular endurance and muscular strength and endurance. **Note:** Class free to Silver Sneakers members. Class will not be held on 9/7, 11/27, 12/25.

Age: 50 years & up

Location: Senior Center

8/31–10/2	M,W,F	1:00–1:45 PM	\$31.50	409446-01
10/5–11/6	M,W,F	1:00–1:45 PM	\$33.74	409446-02
11/9–12/18	M,W,F	1:00–1:45 PM	\$40.50	409446-03
12/21–12/30	M,W,F	1:00–1:45 PM	\$11.25	409446-04

“Splash”

Activate your aqua urge for variety. SilverSplash offers lots of fun shallow-water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers kickboard is used to develop strength, balance and coordination. **Note:** Class free to Silver Sneakers members. Class will not be held on 11/26.

Age: 50 years & up

Location: Senior Center

9/15–10/1	Tu,Th	12:15–1:00 PM	\$22.50	409447-01
10/20–11/19	Tu,Th	12:15–1:00 PM	\$22.50	409447-02
9/15–10/15	Tu,Th	12:15–1:00 PM	\$24.74	409447-03
10/20–11/19	Tu,Th	12:15–1:00 PM	\$9	409447-04

Yoga – Silver Sneakers

Focus on poses and postures to improve joint range of movement, muscular strength, endurance and balance. Static and dynamic movements are presented with a chair for seated and standing support. **Note:** Class free to Silver Sneakers members. Class will not be held on 11/26, 9/7, 11/28.

Age: 50 years & up

Location: Senior Center

9/1–10/1	Tu,Th	10:10–10:55 AM	\$22.50	409467-01
10/6–11/5	Tu,Th	10:10–10:55 AM	\$22.50	409467-02
11/10–12/17	Tu,Th	10:10–10:55 AM	\$24.74	409467-03
8/31–9/30	M,W	4:10–4:55 PM	\$20.24	409467-04
10/5–11/4	M,W	4:10–4:55 PM	\$22.50	409467-05
11/9–12/16	M,W	4:10–4:55 PM	\$27	409467-06
9/5–10/3	Sa	11:15 AM–Noon	\$11.25	409467-07
10/10–11/7	Sa	11:15 AM–Noon	\$11.25	409467-08
11/14–12/19	Sa	11:15 AM–Noon	\$11.25	409467-09

General

Ageless Grace

Ageless Grace® teaches 21 Simple Tools for Lifelong Comfort and Ease. Movements come naturally, stimulate the body, and initiate a mind-body link, providing anti-aging exercises that almost anyone can do. Usually practiced in a chair. Take tools home and benefit from practicing only 10 minutes every day.

Age: 50 years & up

Location: Senior Center

9/1–9/29	Tu	11:00–11:50 AM	\$15	409436-01
10/6–11/3	Tu	11:00–11:50 AM	\$15	409436-02
11/10–12/15	Tu	11:00–11:50 AM	\$18	409436-03
12/22–12/29	Tu	11:00–11:50 AM	\$6	409436-04

Back & Body

Strengthen and stretch the major muscle groups of the body in this class. Physical conditions like back, hip, knee and neck problems can be prevented or alleviated through a holistic training routine. **Note:** Class will not be held on 9/7, 9/14, 9/23, 11/11, 11/27.

Age: 50 years & up
Location: Senior Center

8/31–10/2	M,W,F	8:50–9:50 AM	\$42	409437-01
11/9–12/16	M,W,F	8:50–9:50 AM	\$54	409437-03
10/5–11/6	M,W,F	8:50–9:50 AM	\$45	409437-02

Body & Mind in Motion

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

Age: 50 years & up
Location: Senior Center

8/31–10/2	M,W,F	10:00–10:55 AM	\$42	409442-01
10/5–11/6	M,W,F	10:00–10:55 AM	\$45	409442-02
11/9–12/18	M,W,F	10:00–10:55 AM	\$54	409442-03

N'Balance

An effective fall prevention class that achieves results. Enjoy practice exercises and movements to strengthen your core balance and to overcome the fear of falling. This is an evidence-based program designed from the kinetic principles of FallProof!, a balance program created by Cal State University/Fullerton. **Note:** Pre and post testing will be scheduled, as well. Co-sponsored by the Office on Aging. Class will not be held on 9/7, 11/24, 11/26.

Age: 50 years & up
Location: Senior Center

8/31–10/7	M,W	2:30–3:30 PM	\$40	409439-01
10/12–11/18	M,W	2:30–3:30 PM	\$40	409439-02

Parklane Fitness

Receive instruction while sitting in a chair to improve flexibility, strength, coordination and cardiovascular fitness.

Age: 50 years & up
Location: Parklane Towers North

9/1–10/1	Tu,Th	9:30–10:30 AM	\$30	409440-01
10/6–11/5	Tu,Th	9:30–10:30 AM	\$30	409440-02
11/10–12/17	Tu,Th	9:30–10:30 AM	\$33	409440-03

Swiss Theraball

Enjoy gentle, effective low-impact exercise on the Theraball. You can improve balance, endurance, flexibility, and strength with this relaxing routine. Please dress in comfortable fitness or dance attire. Theraballs are provided. **Note:** Class will not be held on 11/26.

Age: 50 years & up
Location: Senior Center

9/3–10/1	Th	4:00–5:00 PM	\$15	409443-01
10/8–11/5	Th	4:00–5:00 PM	\$15	409443-02
11/12–12/17	Th	4:00–5:00 PM	\$15	409443-03

Resources

Providing information and connecting older adults to resources in the community is an important service of the Senior Center. Included among the many resources at the Senior Center are the AARP Resource Center and Answers on Aging Resource Guide provided by the Larimer County Office on Aging. Additional resources and their descriptions are listed as follows:

Legal Services – MO

Free 30-minute sessions every 1st Thursday of the month. Contact the Senior Center to schedule an appointment.

9/3	Th	1:00–5:00 PM	No fee
10/1	Th	1:00–5:00 PM	No fee
11/5	Th	1:00–5:00 PM	No fee

Library Media Center

The Library Media Center offers a quiet location for reading, reflection, relaxing or using one of the computers. Users must be members of the Senior Center. Book library includes large print 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 1 snooker table. Players must be a member of the Senior Center or pay a daily drop-in fee. Additionally, we ask that users contribute to the maintenance of the facility by making a donation in the donation box located in the room.

VOA Senior Nutrition Program

Volunteers of America and the City of Fort Collins Recreation Department host the Senior Nutrition Program to provide hot lunch at Northside Aztlan Community Center and the Senior Center. No charge for ages 60 years and up (and their spouses). Reservations required; Call 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. Our volunteers gain new skills, forge new friendships, interact with fellow community members, enrich their community through purposeful activity, utilize their life experiences to enhance the lives of others, learn new things about themselves, set and achieve personal goals and make a positive difference in the lives of others.

Volunteers may choose from one time special events to longer term commitments in a variety of areas. For more information, visit fcgov.com/recreation/joinus or contact Betsy Emond at 970.224.6030, bemond@fcgov.com.

Social Opportunities

For more information about Special Events, see page 96.

New Member Orientations

Get a tour, learn about the resources and opportunities available to you, and build a relationship with your Senior Center.

First Friday	9:00–10:00 AM	No Fee	
Third Tuesday		5:30–6:30 PM	No Fee

Member Social

Join us on the 3rd Thursday of each month to unwind, get a drink and visit with other members of the Senior Center. Entertainment provided in addition to the cash bar.

9/14	Th	6:00–8:30 PM	No Fee
10/15	Th	6:00–8:30 PM	No Fee
11/19	Th	6:00–8:30 PM	No Fee

Celebrations – M

Celebrate July, August and September birthdays and anniversaries of Senior Center members with cake, gifts and entertainment. **Note:** Those celebrating must register to receive a gift.

9/24	Th	1:30–3:30 PM	No Fee 412410-01
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Donut Make U Wonder – M

Engage in local, national and global topical discussions with donuts and coffee.

Ongoing	F	10:00–11:30 AM	No Fee
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Grandparents Day

See page 96.

Historic Homes Tour – NW

Poudre Landmarks Foundation's Historic Homes Tour takes place the 2nd Saturday in September. Join for a slide show

presentation of the homes on this year's tour and learn about their architecture and history. **Note:** Lunch will be served.

Age: 50 years & up

Location: Senior Center

9/16	W	11:30 AM–1:30 PM	\$20
			\$16 member

Holiday Artisan Market

See page 97.

A Horse Can't Buck in Sand – NW

A hundred years ago, the horse as tool, companion, and at times threat to life and limb, was as important as today's smart phone, social media and automobile. David Clark's "A Horse Can't Buck in Sand" records in their own words the lives of 23 people who lived in Bellvue early in the 20th century. **Note:** Lunch will be served.

Age: 50 years & up

Location: Senior Center

11/18	W	11:30 AM–1:30 PM	\$20
			\$16 member

Mahjong and Mimosa's

Join us for the first Senior Center Mahjong Tournament. We play mahjong, enjoy light refreshments and listen to the lovely sounds of a harpist.

Age: 50 years & up

Location: Senior Center

9/26	Sa	10:00 AM–3:00 PM	\$15412450-01
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Movies, New Release – M

Join us for new release movies! Schedule of movie titles available at the registration desk.

9/4	F	1:00–3:00 PM	No fee
9/18	F	1:00–3:00 PM	No fee
10/2	F	1:00–3:00 PM	No fee
10/16	F	1:00–3:00 PM	No fee
11/6	F	1:00–3:00 PM	No fee
11/20	F	1:00–3:00 PM	No fee

Prairie Sage Dances

Dance to live music. Refreshments served.

Darrell Sullivan, Prairie Sage Theme (wear green)

9/21	M	7:00–10:00 PM	\$4
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Peter Lopez, Harvest Moon Dance (wear orange)

10/5	M	7:00–10:00 PM	\$4
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Pepie Carlberg, Halloween (chili supper)

10/19	M	7:00–10:00 PM	\$4
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Jim Ehrlich, Go Bronco's Dance

11/2	M	7:00–10:00 PM	\$4
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Harris and Harris, 40's Theme

11/16	M	7:00–10:00 PM	\$4
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Jim Ehrlich, Twinkle Twinkle Star (bling dance)

12/7	M	7:00–10:00 PM	\$4
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12/21 M 7:00–10:00 PM \$4

Tribute Concert: Tribute to Santana

See page 96.

Veteran's Day Breakfast

See page 97.

Trips and Travel

All Trips and Travel programs 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

Ticketed event sales are considered final and non-refundable. No refunds are given unless we resell that ticket. Full refunds are available for overnight trips until the final payment deadline, after which all sales are final and non-refundable.

Discounts

The Senior Center Member discount applies to trips when listed. Additional discounts do not apply.

Departure

All trips leave from the Fort Collins Senior Center unless otherwise noted. We recommend you arrive at least 15 minutes prior to departure. Out of respect for the other participants, we do not wait for late arrivals; trips leave promptly at the posted trip time.

Return Times

All return times are approximate. Please do not schedule appointments close to return times in case delays occur.

What's Included

All trip prices include transportation and escort. Many trips include more amenities depending on the trip. See trip details for more information.

Accommodations

Individuals who are not independent in daily living activities or are in need of extra supervision are encouraged to register and participate with a personal care attendant. At time of registration, please inform us of any accommodation needed.

There is no transportation fee for the personal care attendant providing assistance but he/she must pay for ticket or meal expenses if those are part of the trip fees. Attendants must register separately from individuals they are assisting in order to ensure that we provide necessary seating, meals, tickets, etc.

Smoking

Trips are smoke-free whenever possible. Smoking is not allowed on vans or buses.

Door-to-Door Transportation

Round trip transportation to and from your home is available for most trips if you reside within the Fort Collins city limits (with some exceptions). The cost for this service is \$3 per person. Requests must be made at the time of registration or at least 3 days prior to the trip.

Waitlist

If a trip is sold out you may have your name placed on a waitlist. We will contact you directly if space becomes available. Reservations are on a first-come-first-served basis.

Adventure

Fall in the Ozarks

See the kaleidoscope of fall while making your way through the northern part of Arkansas. Visit the birthplace of Walmart at the original five and dime store, relax on Mt. Magazine, experience the Clinton library, visit a working plantation, ride a scenic train through the mountains and more. **Note:** 9 day/8 night trip includes all motor coach transportation, lodging, most meals, admissions, tours and escort.

Age: 50 years & up
Location: Senior Center
Fall/Ozarks BUS

10/16–10/28 \$2,499 Double Occupancy 405995-02
\$2,999 Single Occupancy

Fall/Ozarks FLY

10/18–10/26 \$2,499 Double Occupancy 405995-01
\$2,999 Single Occupancy

Save the Date: The Legendary Danube

Save the date for the 2016 trip to “The Legendary Danube,” from September 30 – October 11, 2016. This 11-day river cruise travels from Prague to Budapest. Prices start at \$5,399 and includes airfare, lodging, many meals and escort.

Snow Sports Pre-season Kickoff

Join us for a pre-season gathering to meet other snow sport enthusiasts over refreshments and a cash bar. Cross-county skiers, downhill skiers, snowboarders and snowshoers welcome. Meet new friends or catch up with those you haven't seen since last season. You might even win an exciting door prize. **Note:** Refreshments and cash bar available.

Age: 50 years & up
Location: Senior Center

11/19	Th	6:00–8:00 PM	No Fee	411410-01
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Ongoing Trips

Rockies Game – M

Enjoy the game from shaded seats in Denver's Coors Field.

Note: Fee includes van transportation, ticket and escort.

Age: 50 years & up
Location: Senior Center

Rockies vs Pirates

9/24	Th	10:30 AM–6:00 PM	\$35405901-01
			\$29.75 member

Casino Trips

Join us for a day in the mountains at Mardi Gras Blackhawk. The fee helps support the Senior Center. **Note:** Casino trips leave from Rolland Moore Park. Fee includes transportation, casino package and escort.

Age: 50 years & up
Location: Rolland Moore Park

9/29	Tu	8:00 AM–5:30 PM	\$8	405910-01
10/13	Tu	8:00 AM–5:30 PM	\$8	405910-02
11/17	Tu	8:00 AM–5:30 PM	\$8	405910-03

Out to Lunch – M

Join us for a trip out to lunch! **Note:** Fee includes van transportation and escort. Lunch cost is on your own.

Age: 50 years & up
Location: Senior Center

Claire's on the Park

The beautiful views and delightful atmosphere provide a truly unique dining experience. Claire's features everything from

burgers, sandwiches, pasta, salads, to exquisite fine dining entrees.

9/3	Th	10:30 AM–3:00 PM	\$20405930-01
			\$17 member

Bus to Lunch

When was the last time you took a class on riding a bus? Attend this fun, educational travel training class and have a tasty lunch at Enzo's. Learn how to read the bus schedule, plan your next trip and see how new rider tools make bus riding easier than ever. Build your bus riding confidence in just one session. **Note:** Fee includes instruction and an all-inclusive lunch (lunch, non-alcoholic drink and gratuity) at Enzo's in Old Town.

Age: 50 years & up

Location: Senior Center

9/16	W	11:30 AM–2:00 PM	\$20405980-01
11/12	Th	11:30 AM–2:00 PM	\$20405980-02

Buckhorn Exchange

Denver's original steakhouse, The Buckhorn Exchange, has been serving the finest in Old West fare since 1893. Lunch fare includes the renowned Grandma Fanny's pot roast sandwich, enormous beef and buffalo burgers, rib platters, and the Buckhorn's famous bean soup.

10/20	Tu	10:30 AM–3:00 PM	\$20405930-02
			\$17 member

Sunday Out to Lunch

We will head to somewhere in the specified area for lunch to enjoy a day out of the house. We won't tell you which restaurant because the mystery is half the fun! A scenic ride home tops it off. **Note:** Fee includes transportation and escort. Lunch cost is on your own.

Age: 50 years & up

Location: Senior Center

Livermore

9/13	Su	11:00 AM–3:00 PM	\$10405932-01
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Niwot

10/11	Su	11:00 AM–3:00 PM	\$10405932-02
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Longmont

11/22	Su	11:00 AM–3:00 PM	\$10405932-03
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Nonna's

Nonna's, a small family run business, brings to your table a wonderful Italian dining experience. Features a variety of Italian specialties.

11/4	W	10:30 AM–3:00 PM	\$20405930-03
			\$17 member

Traveling Gourmet – M

Note: Includes transportation and escort. Dinner cost is on your own.

Age: 50 years & up

Location: Senior Center

Flagstaff House

Back by popular demand! Built into a mountainside at an elevation of 6,000 feet, the Flagstaff House overlooks Boulder offering breathtaking views and an award-winning wine list and menu. The French-American cuisine is a splurge as entrees range from \$30–70.

9/15	Tu	3:30–9:30 PM	\$25	405942-01
			\$21.25 member	

The Fort

An award-winning true replica of Bent's Fort, the first American community west of the Mississippi and rendezvous of Kit Carson and other "Mountain Men." Featuring fine beef, buffalo, game and seafood, the menu offers a tantalizing selection of old and new foods. Entrees range from \$30–50.

10/29	Th	3:30–9:30 PM	\$25	405942-02
			\$21.25 member	

The Gold Hill Inn

Nestled beneath the Continental Divide, The Gold Hill Inn is remote from the city lights and city noise of the 21st Century. The menu reflects the seasonal offerings of the local markets along with a unique wine list and full bar to complement your meal. Entrees range from \$28–36.

11/11	W	3:30–9:30 PM	\$25	405942-03
			\$21.25 member	

CO Symphony

Fee includes transportation, pre-concert lecture, Mezzanine 5 or better seats and escort. Bring a lunch for the van ride.

Age: 50 years & up

Location: Senior Center

Tchaikovsky Piano Concerto No. 1

Music Director Andrew Litton conducts an all-Russian slate to start the Symphony season with a bang. Guest Italian-born pianist Alessio Bax plays with a technique that's a perfect match for Tchaikovsky's bold Piano Concerto No. 1. Shostakovich's triumphant Symphony No. 5 in D minor provides an apt finish.

9/20	Su	10:30 AM–4:30 PM	\$70	405972-01
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Rachmaninoff Symphony

The first piece will be the overture to Kabalevsky's opera, Colas Breugnon. Pianist sensation Denis Kozhukhin then tackles Prokofiev's formidable Piano Concerto No. 2 in G minor. The orchestra finishes with Rachmaninoff's Symphony No. 3, an inventive piece that juxtaposes delicate beauty with towering grandeur.

11/8	Su	10:30 AM–4:30 PM	\$70	405972-02
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September

Matilda the Musical

Winner of 50 international awards, including 4 Tony Awards, Matilda the Musical is about an extraordinary girl who, armed with a vivid imagination and a sharp mind, dares to take a stand and change her own destiny. Based on Roald Dahl's beloved novel, Matilda continues to thrill sold-out audiences on Broadway and in London. **Note:** Includes transportation, tickets and escort. Great seats/middle orchestra. The show is at the Denver Buell Theatre.

Age: 50 years & up

Location: Senior Center

9/10	Th	Noon–6:30 PM	\$92	405920-01
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Longs Peak Scottish/Irish Highlands Festival – M

For 39 years, Estes Park has hosted one of the nation's largest gatherings celebrating Scottish/Irish heritage. International competitions in bagpiping and drumming, jousting, highland dance, Irish step dance, athletics, and Dogs of the British Isles. Also Clans, worldwide guest bands, importers, crafters and more. **Note:** Price includes transportation and entrance fee. Lunch on your own. Wear comfortable walking shoes. Performance is in Estes Park.

Age: 50 years & up

Location: Senior Center

9/11 F 9:00 AM–4:30 PM \$48 405950-01
\$40.80 member

The Kingston Trio

The Kingston Trio is one of few groups that has survived the many changes in the music world. They have remained consistent in their sound, contributing to their resurgence in popularity. Their trademark three-part harmony and clean crisp sound makes it possible for them to “sing a song, tell a story, and make it good.” **Note:** Fee includes transportation, ticket and escort. Great middle seats. Show is at UCCC in Greeley.

Age: 50 years & up

Location: Senior Center

9/16 W 5:45–10:00 PM \$70 405970-01

History Colorado and Denver Museum of Miniatures – M

The History Colorado Center presents a special “Toys of the 50s, 60s and 70s” exhibit. This playful traveling exhibit exudes fun with its themed rooms filled with games and toy treasures, and encourages visitors to play and let their imaginations run wild. We also tour the Denver Museum of Miniatures, Dolls and Toys. **Note:** Fee includes transportation, museum entry, and escort. Lunch cost is on your own.

Age: 50 years & up

Location: Senior Center

9/23 W 8:30 AM–4:30 PM \$36 405958-01
\$30.60 member

West Side Story

The world’s greatest love story takes to the streets in this landmark Broadway musical that is powerful, poignant, and timely as ever. The score by Bernstein and Sondheim is widely regarded as one of the best ever written. **Note:** Includes transportation to Candlelight Dinner Playhouse, dinner with non-alcoholic drink, gratuity, ticket and escort. Dessert and alcohol are on your own.

Age: 50 years & up

Location: Senior Center

9/27 Su Noon–6:00 PM \$70 405922-01

Terry Bison Ranch

Take a comfy motor coach ride up to Cheyenne, WY for a “Dirty Dan Magee Burger Fry and Bison Herd Tour.” We travel by custom built train for a fully narrated tour about the bison herd, hear about the history of the Terry Ranch, and see other animals like camels, ostriches and oxen. Then enjoy a gourmet burger lunch. **Note:** Price includes motor coach transportation, tour and lunch. Wear comfortable walking shoes.

Age: 50 years & up

Location: Rolland Moore Park

9/30 W 9:30 AM–2:30 PM \$65 405956-01

October

LoDo Walking Tour – M

From Union Station to Wynkoop, Tattered Cover to Warehouse Row, learn how the largest collection of historic warehouses in the West transformed from railroad hub to skid row to urban hot spot. This private architecture and history walking tour from Historic Denver starts and ends at Denver’s Union Station. **Note:** Includes transport, guided tour and escort. Lunch cost on your own. Need comfortable shoes, rain gear, warm layers, and water. Tour is 75-minutes and includes 1 mile of walking.

Age: 50 years & up

Location: Senior Center

10/14 W 9:00 AM–3:30 PM \$40 405943-01

\$34 member

If/Then

If/Then is a contemporary Broadway musical about living in New York today and all the possibilities of tomorrow. With unforgettable songs and a deeply moving story, If/Then simultaneously follows one woman's two possible life paths, painting a fascinating portrait of the lives we lead, as well as those we might have led. **Note:** Includes transportation, great middle seats, tickets and escort. The show is at the Denver Buell Theatre.

Age: 50 years & up

Location: Senior Center

10/18 Su Noon–6:30 PM \$115 405924-01

Fall Colors Georgetown Train

Ride the Georgetown Loop Railroad, a spectacular stretch of railroad, once considered an engineering marvel, and still an exceptional way to sight-see. This is an incredible way to experience the fall colors while taking a step back in time. We enjoy lunch on the train. **Note:** Includes transport, guided tour and escort. Includes Colorado beer tasting and Oktoberfest bratwurst for lunch.

Age: 50 years & up

Location: Senior Center

10/24 Sa 9:00 AM–3:30 PM \$60 405952-01

Adam's Mystery Playhouse

We're heading to Adams Mystery Playhouse for "Murder at Haunted Blood Mansion." The story goes that 15 years ago Josiah Blood murdered his young bride and then threw himself from the 3rd story window. The police have re-assembled the original suspects tonight to find out what really happened on that terrible night. **Note:** Includes motor coach transportation, dinner, show and escort.

Age: 50 years & up

Location: Senior Center

10/25 Su 10:45 AM–5:00 PM \$70 405925-01

The Righteous Brothers' Bill Medley – M

Bill Medley is best known as half of the unmistakable duo, The Righteous Brothers. In the 60s, they hit the charts with songs like "You've Lost That Lovin' Feelin'" and "Unchained Melody." Medley tours solo, sharing his love of music with all of his loyal fans. **Note:** Fee includes transportation, ticket and escort. Great middle seats. Show is at UCCC in Greeley.

Age: 50 years & up

Location: Senior Center

10/28 W 5:45–10:00 PM \$79 405974-01

November

Buddy: The Buddy Holly Story

Buddy: The Buddy Holly Story relates the true story of his rise to fame, from the moment in 1957 when "That'll Be The Day!" hit the airwaves until his tragic death less than two years later on "The Day The Music Died." Features over 20 greatest hits including "That'll Be The Day," "Peggy Sue," "Oh Boy," and "Rave On." **Note:** Fee includes transportation to Boulder Dinner Theatre, dinner including non-alcoholic drink, gratuity, show and escort. Dessert and alcohol are extra.

Age: 50 years & up

Location: Senior Center

11/1 Su 11:00 AM–6:00 PM \$70 405926-01

The Lion King

The Lion King makes its triumphant return to Denver! More than 70 million people worldwide have experienced the awe-inspiring visual artistry and the unforgettable music and storytelling. Winner of 6 Tony Awards, including Best Musical, The Lion King tells a story filled with hope and adventure using stunning visuals. **Note:** Includes transportation, great middle seats tickets and escort. The show is at the Denver Buell Theatre.

Age: 50 years & up
Location: Senior Center

11/5 Th Noon–6:30 PM \$110 405927-01

Forney Museum Classic Corvairs – M

The Forney Museum is a one-of-a-kind collection of over 600 artifacts relating to historical transportation. Includes a guided tour of Amelia Earhart's car, the Denver Streetcar and more. Behind-the-scenes, see some items not on display. As a bonus, our own John Drage talks about his Corvair on display. **Note:** Fee includes transportation, tour and escort. Lunch on your own at Gary Lee's Motor Club and Grub.

Age: 50 years & up
Location: Senior Center

11/10 Tu 8:30 AM–3:30 PM \$46 405954-01
\$39.10 member

Aida

Amid the splendor of the Pharaohs, Verdi's Aida creates a love triangle for all time. Ripe with the complexities of loyalties and jealousies during a time of war and conquest, two strong women test their fate to win the man whom they both love. Experience Verdi's vivid music, along with grand opera's costumes and sets. **Note:** Fee includes transportation, ticket and escort. Show is at the Ellie Caulkins House in Denver by Colorado Opera. Sung in Italian with English and Spanish subtitles.

Age: 50 years & up
Location: Senior Center

11/15 Su Noon–6:30 PM \$110 405975-01

IKEA – M

Holiday shopping at its best at IKEA! IKEA has 415,000 sq. ft. of floor space, 50 room settings, 3 complete model home interiors and a restaurant featuring Swedish specialties. You'll have plenty of time to roam and explore the furniture, rugs, lighting, linens, kids store, kitchen stuff, home decor and much more. **Note:** Includes transportation and escort. Lunch cost on your own. Van will have space for purchases.

Age: 50 years & up
Location: Senior Center

11/18 W 8:30 AM–4:00 PM \$20 405955-01
\$17 member

The Adventures of Sherlock Holmes – M

The legendary sleuth Sherlock Holmes takes the stage in this witty, fast paced production by the acclaimed Aquila Theatre. The clever Holmes skillfully maneuvers the twisted web of London's most intriguing cases with his split second deductions revealing intimate, useful details of a person's life. Join the adventure! **Note:** Fee includes transportation, ticket and escort. Great middle seats. Show is at UCCC in Greeley.

Age: 50 years & up
Location: Senior Center

11/20 F 6:15–10:30 PM \$62 405928-01
\$52.70 member