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 three basic service areas:

**Inclusion**

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

**Transition**

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

**Specialized**

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

**Attendants**

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

**Volunteer**

Volunteers are always needed, whether assisting with a few events or being a weekly support partner. No experience necessary; training provided. To apply, visit *engage.fcgov.com/d/aro* or contact Becca Heinze at 970.224.6125, *bheinze@fcgov.com*.

**Contact Information**

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

Renee Lee, CTRS, 970.224.6027, *rlee@fcgov.com*
Becca Heinze, CTRS, M.Ed., 970.224.6125, *bheinze@fcgov.com*
Brenda McDowell, 970.416.2024, *bmcdowell@fcgov.com*
Alison Cope, OTR, *acope@frii.com*
ARO Interns, 970.224.6034, 970.221.6330, *aro@fcgov.com*

**Transportation**

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

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

Aquatics ]

**Adaptive Swim Lessons**

Swimming skills and water safety are introduced and/or enhanced for individuals with disabilities. Please bring an attendant if assistance is needed outside of the water. **Note:** Registration deadline is 3/29.

Age: 2 years & up
Location: Edora Pool Ice Center

4/5-4/26 Th 4:30-5:00 PM $28 202326-01

4/5-4/26 Th 5:10-5:40 PM $28 202326-02

4/5-4/26 Th 5:50-6:20 PM $28 202326-03

Location: Mulberry Pool

4/7-4/28 Sa 9:45-10:15 AM $28 202326-04

4/7-4/28 Sa 10:25-10:55 AM $28 202326-05

**MS Aqua**

Designed for people with multiple sclerosis or other neuromuscular disorders. Trained staff give exercise modifications and assistance
in a supportive social atmosphere. Exercises focus on maximizing
or maintaining physical wellbeing, endurance, strength, and flexibility. **Note:** Fee provides a 16 visit pass. Class will not be held
on 3/13 or 3/15.

Age: 18 years & up
Location: Mulberry Pool

3/1-5/24 Tu,Th 9:30-10:30 AM $46

Arts & Theater ]

**Artistic Abilities Art**

Learn 3-D techniques with a variety of materials to create unique pieces of art. All abilities welcome. Accommodations are made for various challenges and disabilities.

Age: 13 years & up
Location: Visual Arts Building, Room D102, Colorado State University

3/20-4/17 Tu 4:00-6:00 PM $37 202990-01

**Theatre Acting Class & Show**

Express creativity on stage. Learn acting techniques, work on a
short script, and present a show during the last class. Designed for people with and without disabilities. **Note:** The final show will
take place 4/28.

Age: 14 years & up
Location: Senior Center

3/17-4/28 Sa 2:00-4:00 PM $41 202593-01

Early Learning ]

**Giant Friends Club**

Giant Friends Club, inspired by the spirit and magic of Inspiration Playground, is the coolest club for children of all abilities. This event features “Ninja Warrior” related activities and entertainment for a gigantic good time. **Note:** This event is provided with support from the Inspiration Playground Endowment Fund.

Age: All
Location: Inspiration Playground

4/13 F 10:30 AM-12:30 PM No Fee

Fitness ]

**MS Dryland Exercise**

For people with multiple sclerosis or physical impairment, designed to maximize strength, and endurance through chair based-exercises. **Note:** The instructor is aware of symptom issues and monitors participants closely.

Age: 18 years & up
Location: Senior Center

3/19-4/18 M,W 11:00-11:55 AM $41 202483-01

4/23-5/23 M,W 11:00-11:55 AM $41 202483-02

3/19-4/16 M 11:00-11:55 AM $21 202483-1A

4/23-5/21 M 11:00-11:55 AM $21 202483-2A

**Adaptive Yoga**

Learn yoga practices that include breathwork, gentle movements, and deep stretching poses. Some hands-on assistance is available on Thursdays; standing balance work is on Tuesdays. Designed for people with MS, brain injuries or other neuromuscular disorders and adapted for people with physical abilities.

Age: 18 years & up
Location: Raintree Athletic Club, 2555 S. Shields St.

Adaptive Standing Yoga

3/27-4/24 Tu 2:00-3:00 PM $35 202980-01

5/1-5/22 Tu 2:00-3:00 PM $28 202980-02

Adaptive Chair Yoga

3/29-4/26 Th 2:00-3:00 PM $35 202980-03

5/3-5/24 Th 2:00-3:00 PM $28 202980-04

**Alternative Yoga**

Designed specifically for people with intellectual, sensory integration, or autism spectrum disorders. Learn yoga practices modified to teach breathwork, standing, and balancing poses.

Age: 14 years & up
Location: Northside Aztlan Center

3/28-4/25 W 1:15-2:00 PM $30 202982-01

5/2-5/23 W 1:15-2:00 PM $24 202982-02

**Adaptive Couch to 5K Training**

Train with ARO Staff, a UCHealth Occupational Therapist, and Physical Therapist. Prepare for participation in the Father’s Day 5K as a pusher, walker, runner, or athlete in tandem.

Age: 18 years & up
Location: Senior Center

5/16-6/13 W 5:00-6:00 PM $25 202406-01

Outdoor Recreation ]

**Adaptive Cycling Clinic**

Adaptive Adventures is bringing their fleet of handcycles, 3 wheel recumbents, and tandem bikes for a great day of cycling.

Age: 16 years & up
Location: TBA

5/5 Sa Noon-3:00 PM $6 202071-01

**Adaptive Cycling Rides**

Experience the freedom of cycling. Handcycles, tandems, and three wheel bikes are available for riders with disabilities to take out on the Poudre River Trail.

Age: 14 years & up
Location: Lee Martinez Park

4/26-5/10 Th 4:00-5:30 PM $20 202034-01

**NSCD Youth Ski Trips**

The National Sports Center for the Disabled in Winter Park is world renowned for its adaptive ski program. These ski trips are offered to youth with disabilities only. Individual volunteer instructors and adapted equipment are provided. **Note:** Kids not independent in personal care or who need extra supervision must provide an attendant at no fee. Contact Coach Brad Nelson, *bsgcnelson@comcast.net*.

Age: 10-17 years
Location: Charter bus departs and returns to Mountain View High School, 3500 Mountain Lion Dr., Loveland

3/12 M 6:00 AM-6:00 PM $95 202933-01

4/10 T 6:00 AM-6:00 PM $95 202933-02

**Paralympic Sports**

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

**Adaptive Boccia**

Boccia is a Paralympic Sport adapted for athletes with physical disabilities. Played indoors on a smooth surface. Boccia tests coordination, concentration, and ability to strategize. **Note:** Option
to pay a drop-in rate of $4 per class is available.

Age: 17 years & up
Location: Senior Center

3/19-4/30 M 10:30 AM-Noon $17 202464-01

**Adaptive Climbing Clinic**

Climbing techniques are introduced, enhanced, and adapted as needed for individuals with disabilities during this one day clinic. Climbing equipment, instruction from a professional climbing instructor, and guides included.

Age: 8 years & up
Location: Ascent Climbing Studio, 2150 Joseph Allen Dr.

3/19 M 5:00-7:00 PM $26 202764-01

**Wheelchair Rugby**

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

Age: 14 years & up
Location: Northside Aztlan Center

3/20-5/1 Tu 6:00-8:00 PM $23 202560-01

**Unified Sports**

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

**Youth Soccer**

Modified techniques are used to teach the fundamentals of soccer and allow players of all abilities to participate fully.

Age: 8-21 years
Location: TBA

Child

3/21-4/25 W 4:00-5:00 PM $22 202054-01

Family

3/21-4/25 W 4:00-5:00 PM $30 202054-02

**Adult Soccer**

Coed Unified teams develop soccer skills and play games.

Age: 16 years & up
Location: TBA

3/21-4/25 W 5:15-6:15 PM $22 202053-01

**Adult Softball**

Coed Unified teams are organized into two divisions to play in a summer league. Teams are scheduled for one hour of practice and one hour of play. **Note:** Registration fee increases to $30 after 4/30. Class will not be held on 5/28.

Age: 16 years & up
Location: Beattie Park

5/14-7/30 M 5:00-8:00 PM $26 202055-01

**Panthers Adaptive Cheer & Dance**

Learn dance and cheer moves with the Panther Adaptive Squad and perform around Fort Collins. **Note:** Panther shirt not included in program fee; cost is $12.

Age: All ages
Location: Cheer Central Suns, 128 Racquette Dr.

4/11-5/16 W 6:00-7:00 PM $46 114936-04

**Polar Plunge**

Participate in Special Olympics’ Polar Plunge Fundraiser. Join ARO’s Polar Plunge team to support ARO Unified Sports programs. Each team member raises a minimum of $75 ($50 for athletes and students), jump into the cold waters of a pool, and enjoy an after party at the Anheuser-Busch Biergarten.

Location: Anheuser-Busch Biergarten, 2351 Busch Dr.

3/3 Sa 11:00 AM-3:00 PM No Fee 202065-01

**Alternative Programs**

Activities listed in this section are designed for individuals with intellectual disabilities. See each program description for age requirements. 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 are asked to register separately and note whom they will be assisting so that staff can appropriately provide seating, space, and assistance in the class.

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

Education ]

**Cooking**

Learn how to cook tasty foods while gaining positive eating habits. Cook together as a group, then set the table and sit down to sample the finished product. **Note:** Bring a reusable container for a portion to go.

Age: 16 years & up
Location: Senior Center

Spring Refreshment

3/21 W 6:30-8:00 PM $12 202401-01

Five Senses Cooking

3/28-4/4 W 6:30-8:00 PM $24 202401-02

Soups & Salads

5/2 W 6:30-8:00 PM $12 202401-03

Picnic Delights

5/9 W 6:30-8:00 PM $12 202401-04

**Healthy Dance Snacks**

Age: 18 years & up
Location: Senior Center

Learn to cook healthy snacks to serve at the ARO Monthly Themed Dance. **Note:** Dance entry is included with registration.

3/30 F 4:00-5:30 PM $10.50 202401-06

4/27 F 4:00-5:30 PM $10.50 202401-07

5/18 F 4:00-5:30 PM $10.50 202401-08

Outdoor Recreation ]

**Trail Mix**

Enjoy the spring weather and get hiking on local trails in a social setting. All fitness levels welcome.

Age: 16 years & up
Location: Senior Center

4/6-4/20 F 4:30-6:30 PM $34 202418-01

Social Programming ]

**Bowling**

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

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

3/31-4/28 Sa 10:30-11:30 AM $43 202906-01

**Movie Night**

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

Age: 16 years & up
Location: Senior Center

3/20 Tu 6:00-9:30 PM $6 202303-01

4/24 Tu 6:00-9:30 PM $6 202303-02

5/22 Tu 6:00-9:30 PM $6 202303-03

**Restaurant Night**

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

Age: 16 years & up
Location: Senior Center

3/26 M 5:45-8:00 PM $6 202404-01

4/18 W 5:45-8:00 PM $6 202404-02

5/10 Th 5:45-8:00 PM $6 202404-03

Special Events ]

**Monthly Themed Dances**

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

Age: 18 years & up
Location: Senior Center

70’s DiscoParty

3/30 F 6:00-8:00 PM $4

Totally 80’s

4/27 F 6:00-8:00 PM $4

Spring Fever

5/18 F 6:00-8:00 PM $4

Trips & Travel ]

**Denver Botanic Gardens**

Get outdoors for an afternoon of nature appreciation, walking, and enjoyment followed by dinner out in the Denver area. **Note:** Bring $20 for dinner out.

Age: 16 years & up
Location: Senior Center

3/25 Su 1:00-7:00 PM $23 202413-01

Attendant Section $16 202413-1A

**Lawson Adventure**

Lawson Adventure Park in the Idaho Springs area includes outdoor adventure, rides, and more for an active and adventurous outing. **Note:** Strenuous program. Two features in the park are wheelchair accessible. Bring $20 for dinner out. Registration deadline is 4/16.

Age: 16 years & up
Location: Senior Center

4/22 Su 11:00 AM-7:30 PM $46 202319-01

Attendant Section $36 202319-1A

**Rockies Game**

The Colorado Rockies play host to the Cincinnati Reds in this game. Join rain or shine. **Note:** Fee includes transportation and a first baseline ticket. Accessible seating with group is limited, early registration recommended.

Age: 18 years & up
Location: Senior Center

5/27 Su 10:30 AM-6:00 PM $41 202316-01

Attendant Section $35 202316-1A

Aqua Fitness

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

**Drop-In Policy**

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

$6 per class visit.

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

**Adult Programs**

Low Intensity ]

**Drop-In Water Volleyball**

An in-the-water volleyball game that is a great, low-impact exercise option. **Note:** Comfort in the water and basic swimming skills recommended. Pool depth is 3 ½-4 ½'. Class will not be held on 5/28.

Age: 18 years & up
Location: Senior Center

3/2-5/30 M,W,F 10:30-11:30 AM No Fee 200400-01

**Stretch & Tone**

Designed to develop strength and flexibility; tone without an aerobic workout. The equipment provides different levels of difficulty. Sculpt without pounding joints.

Age: 18 years & up
Location: Senior Center

4/2-4/27 M,W,F 8:30-9:30 AM $46 200410-01

4/30-5/25 M,W,F 8:30-9:30 AM $46 200410-02

5/30-6/22 M,W,F 8:30-9:30 AM $42.26 200410-03

**Twinges**

Designed for people with arthritis. Move through gentle, no
impact movements which may help relieve pain and stiffness.
The water’s buoyancy and resistance provides support to help maintain joint flexibility.

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

4/2-4/27 M,W,F 8:30-9:30 AM $46 200314-01

4/30-5/25 M,W,F 8:30-9:30 AM $46 200314-02

5/30-6/22 M,W,F 8:30-9:30 AM $42.26 200314-03

4/3-4/26 Tu,Th 9:30-10:30 AM $31 200314-04

5/1-5/24 Tu,Th 9:30-10:30 AM $31 200314-05

5/29-6/21 Tu,Th 9:30-10:30 AM $31 200314-06

**Twinges Plus**

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

Age: 18 years & up
Location: Senior Center

4/2-4/27 M,W,F 12:15-1:15 PM $46 200416-01

4/30-5/25 M,W,F 12:15-1:15 PM $46 200416-02

5/30-6/22 M,W,F 12:15-1:15 PM $42.26 200416-03

Medium Intensity ]

**Advanced Water Fitness**

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

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

4/2-4/27 M,W,F 7:30-8:30 AM $46 200324-01

4/30-5/25 M,W,F 7:30-8:30 AM $46 200324-02

5/30-6/22 M,W,F 7:30-8:30 AM $42.26 200324-03

**Aqua Mix**

Includes toning, cardio, body strengthening, and stretching for a complete workout.

Age: 18 years & up
Location: Senior Center

4/2-4/27 M,W,F 6:00-7:00 PM $46 200417-01

4/30-5/25 M,W,F 6:00-7:00 PM $46 200417-02

5/30-6/22 M,W,F 6:00-7:00 PM $42.26 200417-03

**Classics**

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

Age: 18 years & up

Location: Mulberry Pool

4/2-4/27 M,W,F 7:30-8:30 AM $46 200222-01

4/30-5/25 M,W,F 7:30-8:30 AM $46 200222-02

5/30-6/22 M,W,F 7:30-8:30 AM $42.26 200222-03

Location: Senior Center

4/2-4/27 M,W,F 6:15-7:15 AM $46 200422-01

4/30-5/25 M,W,F 6:15-7:15 AM $46 200422-02

5/30-6/22 M,W,F 6:15-7:15 AM $42.26 200422-03

4/2-4/27 M,W,F 9:30-10:30 AM $46 200422-04

4/30-5/25 M,W,F 9:30-10:30 AM $46 200422-05

5/30-6/22 M,W,F 9:30-10:30 AM $42.26 200422-06

4/2-4/27 M,W,F 5:00-6:00 PM $46 200422-07

4/30-5/25 M,W,F 5:00-6:00 PM $46 200422-08

5/30-6/22 M,W,F 5:00-6:00 PM $42.26 200422-09

4/3-4/26 Tu,Th 8:00-9:00 AM $31 200422-10

5/1-5/24 Tu,Th 8:00-9:00 AM $31 200422-11

5/29-6/21 Tu,Th 8:00-9:00 AM $31 200422-12

4/3-4/26 Tu,Th 9:00-10:00 AM $31 200422-13

5/1-5/24 Tu,Th 9:00-10:00 AM $31 200422-14

5/29-6/21 Tu,Th 9:00-10:00 AM $31 200422-15

4/3-4/26 Tu,Th 10:00-11:00 AM $31 200422-16

5/1-5/24 Tu,Th 10:00-11:00 AM $31 200422-17

5/29-6/21 Tu,Th 10:00-11:00 AM $31 200422-18

4/3-4/26 Tu,Th 7:00-8:00 PM $31 200422-19

5/1-5/24 Tu,Th 7:00-8:00 PM $31 200422-20

5/29-6/21 Tu,Th 7:00-8:00 PM $31 200422-21

**Fitness & Fun**

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

Age: 18 years & up
Location: Senior Center

4/2-4/27 M,W,F 7:30-8:30 AM $46 200420-01

4/30-5/25 M,W,F 7:30-8:30 AM $46 200420-02

5/30-6/22 M,W,F 7:30-8:30 AM $42.26 200420-03

**Prenatal**

Designed for women during or after pregnancy. Low and medium impact exercises maintain muscle tone and cardiovascular fitness. The water may also ease the pressure of the pregnancy. Build muscle to help support the newborn’s weight.

Age: 18 years
Location: Senior Center

4/3-4/26 Tu,Th 6:00-7:00 PM $31 200418-01

5/1-5/24 Tu,Th 6:00-7:00 PM $31 200418-02

5/29-6/21 Tu,Th 6:00-7:00 PM $31 200418-03

**Twist & Shout**

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

Age: 18 years & up
Location: Senior Center

4/2-4/27 M,W,F 4:00-5:00 PM $46 200426-01

4/30-5/25 M,W,F 4:00-5:00 PM $46 200426-02

5/30-6/22 M,W,F 4:00-5:00 PM $42.26 200426-03

High Intensity ]

**Deep H2O**

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

Age: 18 years & up

Location: Mulberry Pool

4/2-4/27 M,W,F 12:15-1:00 PM $37 200230-01

4/30-5/25 M,W,F 12:15-1:00 PM $37 200230-02

5/30-6/22 M,W,F 12:15-1:00 PM $34 200230-03

Location: Edora Pool Ice Center

4/3-4/26 Tu,Th 5:30-6:30 PM $31 200330-01

5/1-5/24 Tu,Th 5:30-6:30 PM $31 200330-02

5/29-6/21 Tu,Th 5:30-6:30 PM $31 200330-03

**Advanced Water Fitness**

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

Age: 18 years & up
Location: Senior Center

4/3-4/26 Tu,Th 4:00-5:00 PM $31 200424-01

5/1-5/24 Tu,Th 4:00-5:00 PM $31 200424-02

5/29-6/21 Tu,Th 4:00-5:00 PM $31 200424-03

Aquatics

**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.

**Ratios**

In an effort to provide a safe pool experience, we require
adult supervision for children ages 8 and under\* according
to the following ratios:

**# of children # of in-water adult supervisors**

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

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

**Birthday Party Packages**

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

**Private Swim Instruction**

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

**Learn To Swim Policies**

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

Class enrollment maximums ensure a safe learn to swim experience. Minimum enrollment for all classes is 4 participants.

Make-up lessons are not available.

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

**Youth Learn to Swim**

**Baby & Me 1**

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

Age: 6-18 months

Location: Mulberry Pool

4/3-5/3 Tu,Th 4:30-5:00 PM $61 201210-01

4/7-5/5 Sa 9:00-9:30 AM $31 201210-02

4/7-5/5 Sa 10:10 AM-10:40 PM $31 201210-03

4/8-5/6 Su 3:15-3:45 PM $31 201210-04

4/8-5/6 Su 4:25-4:55 PM $31 201210-05

Location: Edora Pool Ice Center

4/2-5/2 M,W 4:30-5:00 PM $61 201310-01

4/2-5/2 M,W 5:40-6:10 PM $61 201310-02

4/3-5/3 Tu,Th 9:15-9:45 AM $61 201310-03

Location: Senior Center

4/8-5/6 Su 3:30-4:00 PM $31 201410-01

4/8-5/6 Su 4:40-5:10 PM $31 201410-02

**Baby & Me 2**

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

Age: 18 months-3.5 years

Location: Mulberry Pool

4/3-5/3 Tu,Th 5:05-5:35 PM $61 201212-01

4/3-5/3 Tu,Th 6:15-6:45 PM $61 201212-02

4/7-5/5 Sa 9:35-10:05 AM $31 201212-03

4/7-5/5 Sa 10:45-11:15 AM $31 201212-04

4/8-5/6 Su 3:50-4:20 PM $31 201212-05

4/8-5/6 Su 5:00-5:30 PM $31 201212-06

Location: Edora Pool Ice Center

4/2-5/2 M,W 5:05-5:35 PM $61 201312-01

4/2-5/2 M,W 6:15-6:45 PM $61 201312-02

4/3-5/3 Tu,Th 9:50-10:20 AM $61 201312-03

Location: Senior Center

4/8-5/6 Su 4:05-4:35 PM $31 201412-01

**Pollywog**

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

Age: 3-6 years

Location: Mulberry Pool

4/3-5/3 Tu,Th 4:30-5:00 PM $61 201216-01

4/3-5/3 Tu,Th 5:40-6:10 PM $61 201216-02

4/7-5/5 Sa 9:00-9:30 AM $31 201216-03

4/7-5/5 Sa 10:10 AM-10:40 PM $31 201216-04

4/7-5/5 Sa 11:20-11:50 AM $31 201216-05

4/8-5/6 Su 4:25-4:55 PM $31 201216-06

4/8-5/6 Su 5:35-6:05 PM $31 201216-07

Location: Edora Pool Ice Center

4/2-5/2 M,W 4:30-5:00 PM $61 201316-01

4/2-5/2 M,W 6:15-6:45 PM $61 201316-02

4/3-5/3 Tu,Th 10:25-10:55 AM $61 201316-03

Location: Senior Center

4/8-5/6 Su 4:05-4:35 PM $31 201416-01

**Tadpole**

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

Age: 3-6 years

Location: Mulberry Pool

4/3-5/3 Tu,Th 5:05-5:35 PM $61 201218-01

4/3-5/3 Tu,Th 6:15-6:45 PM $61 201218-02

4/7-5/5 Sa 9:35-10:05 AM $31 201218-03

4/7-5/5 Sa 10:45-11:15 AM $31 201218-04

4/7-5/5 Sa 11:20-11:50 AM $31 201218-05

4/8-5/6 Su 3:15-3:45 PM $31 201218-06

4/8-5/6 Su 4:25-4:55 PM $31 201218-07

4/8-5/6 Su 5:35-6:05 PM $31 201218-08

Location: Edora Pool Ice Center

4/2-5/2 M,W 4:30-5:00 PM $61 201318-01

4/2-5/2 M,W 5:05-5:35 PM $61 201318-02

Location: Senior Center

4/8-5/6 Su 3:30-4:00 PM $31 201418-01

**Froggy**

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

Age: 3-6 years

Location: Mulberry Pool

4/3-5/3 Tu,Th 4:30-5:00 PM $61 201220-01

4/3-5/3 Tu,Th 5:40-6:10 PM $61 201220-02

4/7-5/5 Sa 9:00-9:30 AM $31 201220-03

4/7-5/5 Sa 11:20-11:50 AM $31 201220-04

4/8-5/6 Su 3:50-4:20 PM $31 201220-05

4/8-5/6 Su 5:00-5:30 PM $31 201220-06

Location: Edora Pool Ice Center

4/2-5/2 M,W 5:40-6:10 PM $61 201320-01

4/3-5/3 Tu,Th 11:00-11:30 AM $61 201320-02

Location: Senior Center

4/8-5/6 Su 5:15-5:45 PM $31 201420-01

**Level 1**

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

Age: 5-12 years

Location: Mulberry Pool

4/3-5/3 Tu,Th 5:05-5:35 PM $61 201222-01

4/3-5/3 Tu,Th 6:15-6:45 PM $61 201222-02

4/7-5/5 Sa 9:35-10:05 AM $31 201222-03

4/7-5/5 Sa 10:10 AM-10:40 PM $31 201222-04

4/7-5/5 Sa 11:20-11:50 AM $31 201222-05

4/8-5/6 Su 3:15-3:45 PM $31 201222-06

4/8-5/6 Su 5:00-5:30 PM $31 201222-07

Location: Edora Pool Ice Center

4/2-5/2 M,W 4:30-5:00 PM $61 201322-01

4/2-5/2 M,W 5:40-6:10 PM $61 201322-02

Location: Senior Center

4/8-5/6 Su 3:30-4:00 PM $31 201422-01

4/8-5/6 Su 4:40-5:10 PM $31 201422-02

**Level 2**

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

Age: 5-12 years

Location: Mulberry Pool

4/3-5/3 Tu,Th 4:30-5:00 PM $61 201224-01

4/3-5/3 Tu,Th 5:40-6:10 PM $61 201224-02

4/7-5/5 Sa 9:00-9:30 AM $31 201224-03

4/7-5/5 Sa 10:45-11:15 AM $31 201224-04

4/8-5/6 Su 3:15-3:45 PM $31 201224-05

4/8-5/6 Su 3:50-4:20 PM $31 201224-06

4/8-5/6 Su 5:35-6:05 PM $31 201224-07

Location: Edora Pool Ice Center

4/2-5/2 M,W 5:05-5:35 PM $61 201324-01

4/2-5/2 M,W 6:15-6:45 PM $61 201324-02

Location: Senior Center

4/8-5/6 Su 4:05-4:35 PM $31 201424-01

4/8-5/6 Su 5:15-5:45 PM $31 201424-02

**Level 3**

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

Age: 5-12 years

Location: Mulberry Pool

4/3-5/3 Tu,Th 4:30-5:15 PM $73.50 201226-01

4/7-5/5 Sa 9:00-9:45 AM $37.26 201226-02

4/8-5/6 Su 3:15-4:00 PM $37.26 201226-03

4/8-5/6 Su 5:35-6:20 PM $37.26 201226-04

Location: Edora Pool Ice Center

4/2-5/2 M,W 4:30-5:15 PM $73.50 201326-01

**Level 4**

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

Age: 5-12 years

Location: Mulberry Pool

4/3-5/3 Tu,Th 5:05-5:50 PM $73.50 201228-01

4/7-5/5 Sa 9:35-10:20 AM $37.26 201228-02

4/8-5/6 Su 3:50-4:35 PM $37.26 201228-03

Location: Edora Pool Ice Center

4/2-5/2 M,W 5:05-5:50 PM $73.50 201328-01

**Level 5**

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

Age: 5-12 years

Location: Mulberry Pool

4/3-5/3 Tu,Th 5:40-6:25 PM $73.50 201230-01

4/7-5/5 Sa 10:10 AM-10:55 PM $37.26 201230-02

4/8-5/6 Su 4:25-5:10 PM $37.26 201230-03

Location: Edora Pool Ice Center

4/2-5/2 M,W 5:40-6:25 PM $73.50 201330-01

**Pre Comp**

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

Age: 6-12 years
Location: Mulberry Pool

4/3-5/3 Tu,Th 6:15-7:00 PM $73.50 201232-01

4/7-5/5 Sa 10:45-11:30 AM $37.26 201232-02

4/8-5/6 Su 5:00-5:45 PM $37.26 201232-03

**Introduction to Swim Team**

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

Age: 6-12 years
Location: Edora Pool Ice Center

**Adult Learn to Swim**

**Learning the Basics**

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

Age: 15 years & up
Location: Senior Center

4/8-5/6 Su 4:40-5:25 PM $36.26 201438-01

**Improving Skills & Strokes**

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

Age: 15 years & up
Location: Edora Pool Ice Center

4/2-5/2 M,W 6:15-7:00 PM $73.50 201339-01

**Kayak Roll Sessions - New**

Kayak roll sessions hosted in partnership with Rocky Mountain Adventures. No formal instruction or gear provided; must provide own gear. For more information, visit *fcgov.com/aquatics* or *shoprma.com*. Drop in only: no registration required.

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

2/11-4/29 Su 6:00-8:00 PM $12Scuba Diving

**Discover Scuba Diving**

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

Age: 10 years & up

Location: Mulberry Pool

5/12 Sa 4:30-6:00 PM $36 201252-01

Location: Edora Pool Ice Center

3/10 Sa 10:00-11:30 AM $36 201352-01

3/31 Sa 10:00-11:30 AM $36 201352-02

4/14 Sa 10:00-11:30 AM $36 201352-03

**Scuba Challenge**

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

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

3/7 W 6:00-9:00 PM $22 201356-01

3/21 W 6:00-9:00 PM $22 201356-02

4/4 W 6:00-9:00 PM $22 201356-03

4/18 W 6:00-9:00 PM $22 201356-04

5/2 W 6:00-9:00 PM $22 201356-05

5/16 W 6:00-9:00 PM $22 201356-06

**Advanced Blended Learning**

**Lifeguard Training**

This American Red Cross course provides entry-level lifeguard participants with the knowledge and skills to prevent, recognize, and respond to aquatics emergencies. Skills to provide care for breathing and cardiac emergencies, injuries, and sudden illnesses until EMS personnel take over. Online class content is 7 hours. **Note:** Must attend all classes. Skill test on first day; continuation depends on passing. $10 pocket mask and $35 certification fee included.

Age: 15 years & up
Location: Edora Pool Ice Center

3/9 F 5:30-9:00 PM $201.80 201340-01
3/10 Sa 8:30 AM-5:30 PM
3/11 Su 8:30 AM-4:30 PM

4/12 Th 6:00-9:30 PM $201.80 201340-02
4/13 F 8:30 AM-5:30 PM
4/14 Sa 8:30 AM-5:30 PM

5/4 F 5:30-9:00 PM $201.80 201340-03
5/5 Sa 8:30 AM-5:30 PM
5/6 Su 8:30 AM-4:30 PM

5/18 F 5:30-9:00 PM $201.80 201340-04
5/19 Sa 8:30 AM-5:30 PM
5/20 Su 8:30 AM-4:30 PM

**Lifeguard Review**

Opportunity to review the course content within a formal course setting. Individuals with a current American Red Cross lifeguarding/first aid/CPR/AED certificate may participate in a review course. Optional online course is 7 hours. **Note:** Must attend all classes. Skill test on first day; continuation depends on passing. $35 certification fee is included.

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

3/24 Sa 8:00 AM-5:00 PM $104.40 201341-01

Arts & Crafts

The Senior Center Member discount applies to programs where an is listed next to the activity title. This 15% discount applies to the fee minus the $1 program fee. Additional discounts do not apply. If no fee is listed for a membership program, the program is exclusive to Senior Center members. For information about Senior Center Membership benefits, see page 96.

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

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

**Senior Center Exhibits**

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

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

**Arts & Crafts Volunteers**

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

**Visual Arts Committee**

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

**Teachers**

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

**Contact**

For more information about information about arts and crafts, pottery, exhibits, teaching, and volunteering, contact Steve Dietemann 970.224.6028, *sdietemann@fcgov.com*.

**Adult Programs**

Basket Arts ]

**Basket Cases**

Open time for individuals interested in basketry to come together weekly and work on projects. Work with any medium: basket reed, yarn, pine needles, etc. Different techniques such as caning are also welcome. Share ideas and designs. **Note:** No instructor provided. Bring supplies necessary to work. Class will not be held on 4/23.

Age: 18 years & up
Location: Senior Center

3/1-5/31 Th 1:00-3:00 PM No Fee 203402-01

Drawing Arts ]

**Sketching Group**

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

Age: 18 years & up
Location: Senior Center

3/2-5/25 F 9:30 AM-12:30 PM No Fee

**Drawing landscapes**

A good overview for drawing landscapes from life or from photos. Methods used to draw trees, rocks, water, and sky discussed, as
well as techniques for effective use of values and visual perspective. **Note:** Supply list available at registration; approximate cost is $30-50.

Age: 18 years & up
Location: Senior Center

3/23-4/27 F 1:00-3:00 PM $54 203405-01

**Comics Essentials**

Develop a style of drawing whether it is doodles, stick figures, or superheroes. Learn to draw Manga, cartoony people, places, and animals. Turn characters and concepts into finished comics, gag cartoons, cards, or books. **Note:** Bring pencils, ruler, and paper to first class. Extra supplies optional.

Age: 14 years & up
Location: Senior Center

3/20-4/24 Tu 6:30-8:30 PM $54 203407-01

Fiber Arts ]

**Felting, Needle Style**

Learn the needle technique method on wool while making
colorful handcrafted soft sculptures measuring roughly 4"-6" tall.
All supplies provided.

Age: 14 years & up
Location: Senior Center

Leprechaun or Gnome

3/10 Sa 9:00 AM-Noon $28 203436-01

Three Dimensional Picture

4/14 Sa 9:00 AM-Noon $28 203436-02

Felted Flowers

5/12 Sa 9:00 AM-Noon $28 203436-03

**Quilting Quorum**

Work on any project, including projects to be donated to those in need. Discuss techniques with the group; no instructor provided. All levels welcome.

Age: 18 years & up
Location: Senior Center

3/2-5/25 F 1:00-3:00 PM No Fee

Glass Arts ]

**Stained Glass, Fairy**

Create a colorful 10" tall figure using the foil method of construction. Perfect for hanging in the window and welcoming in the spring season. Prerequisite: Previous stained glass experience or Stained Glass, Beginning or higher. All supplies provided.

Age: 18 years & up
Location: Senior Center

2/20-2/27 Tu Noon-3:30 PM $26 203463-01

**Stained Glass, Tiffany Lamp**

Learn to assemble a complex 500+ piece glass lamp. This intense project may not get finished in the class duration; lab time may be necessary to finish. Prerequisite: Stained Glass, Foil Advanced. Some supplies provided. Glass supply list available at first class; approximate cost varies widely based on project choice.

Age: 18 years & up
Location: Senior Center

3/6-4/17 Tu 1:30-3:30 PM $143 203467-01

**Stained Glass, Foil Beginning**

Learn how to create works of art in stained glass using the foil method of construction. Learn to cut glass, grind, foil, solder, and finish. Create two projects and for those choose from varied patterns. **Note:** Some supplies provided. Glass supply list available at registration, approximate cost is $20-25. Class will not be held on 4/25.

Age: 18 years & up
Location: Senior Center

5/1-5/29 Tu 1:00-3:00 PM $66 203461-01

General Arts ]

**C.H.A.T. Crafts Hobbies Arts Time**

Open for scrapbooks, crochet, watercolor, knitting, and other hobbies. This group of creative people meets weekly to work on projects and share ideas and techniques. No instructor provided. Learn from others and discuss the many aspects of different art related hobbies and crafts.

Age: 18 years & up
Location: Senior Center

3/7-5/30 W 1:00-3:00 PM No Fee

**Open Shop**

Open shop time. Tools are available for use with jewelry, stained glass, and woodworking, including scroll saws, wood lathes, other wood related tools, and basic tools for mechanical repairs. A shop attendant is available to assist with questions. Production work or work on items for sale is not permitted. **Note:** Class will not be held on 4/24,4/25,4/26.

Age: 18 years & up
Location: Senior Center

Ongoing Tu 8:00 AM-Noon No Fee

Ongoing W 1:00-5:00 PM No Fee

Ongoing Th 5:00-9:00 PM No Fee

Jewelry ]

**Lapidary Open Shop Time (LOST)**

Open shop time for grinding and working on stones for jewelry. Limited equipment is available; use of specific equipment is not guaranteed. Full knowledge of lapidary required. **Note:** No instructor provided. Shop supervisors are available to assist with questions. Open to Senior Center members and those currently enrolled in a jewelry class. Class will not be held on 4/23.

Age: 18 years & up
Location: Senior Center

3/5-5/21 M 7:00-9:00 PM $25 203485-01

**Jewelry, Beginning**

Concentration is on cutting and piercing with a jeweler’s saw, filing, and soldering, as well as covering proper techniques for polishing and finishing. Designed for those with no metal experience, as well as those just wanting to get back into it. **Note:** Tools and some supplies provided. Supply list available at registration; approximate cost is $55-80. Class will not be held on 4/24.

Age: 18 years & up
Location: Senior Center

3/20-5/8 Tu 6:00-8:00 PM $98 203486-01

**Jewelry, Casting**

Cover 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 provided to create exquisitely finished cast pieces. **Note:** Some supplies provided. Supply list available at registration; approximate cost is $20-$85. Class will
not be held on 4/24.

Age: 18 years & up
Location: Senior Center

3/20-5/8 Tu 7:30-9:30 PM $100 203488-01

Paper Arts ]

**Calligraphy, Beginning**

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

Age: 18 years & up
Location: Senior Center

3/5-4/9 M 9:00-11:30 AM $79 203409-01

**Calligraphy, Continuing**

Expand on calligraphy skills by learning a new letterform and working with a variety of papers and colors. Prerequisite: Some experience working with a broad edge pen. Bring supplies to first class. Supply list available at registration; approximate cost is $20.

Age: 18 years & up
Location: Senior Center

4/16-6/4 M 9:00-11:30 AM $70 203410-01

Photography ]

**Photography, The Art of Seeing**

Simple tips to improve photos with question, answer, and problem-solving sessions. Focus on composition, seeing, and light. Camera operation is not discussed. Prerequisite: Basic knowledge of camera operation. **Note:** All levels welcome.

Age: 18 years & up
Location: Senior Center

3/29 Th 1:00-3:00 PM $14.80 203432-01

5/11 F 1:00-3:00 PM $14.80 203432-02

Painting ]

**Painting, Beginning Acrylic**

Cover important basics such as preparing a canvas, starting techniques, drawing, color, value, and composition. Designed for those who have never painted before and are interested learning how to start, or those who want to expand skills. **Note:** Supply list available at registration; approximate cost is $30-50.

Age: 18 years & up
Location: Senior Center

3/5-3/26 M 1:00-3:00 PM $44 203446-01

4/2-4/30 M 1:00-3:00 PM $53.75 203446-02

5/7-5/21 M 1:00-3:00 PM $44 203446-03

3/5-3/26 M 6:30-8:30 PM $44 203446-04

4/2-4/30 M 6:30-8:30 PM $53.75 203446-05

5/7-5/21 M 6:30-8:30 PM $44 203446-06

**Porcelain Painting, Beginning**

Learn proper painting techniques that include the use of oils, thinners, wiping tools, and specialty brushes. Techniques and processes for completion of the finished product takes several weeks. The entire process usually requires several firings to get the desired result. **Note:** All supplies and firing of work included. Reduced fee when using own supplies.

Age: 18 years & up
Location: Senior Center

3/7-3/28 W 9:00-11:30 AM $48 203470-01

4/4-4/25 W 9:00-11:30 AM $48 203470-02

5/2-5/30 W 9:00-11:30 AM $57.50 203470-03

**Porcelain Painting, Intermediate**

Expand current skills and knowledge. Learn varied techniques for achieving desired results, including the mixing of pigments and application. Firing of work included. Painting supplies not provided.

Age: 18 years & up
Location: Senior Center

3/7-3/28 W 9:00-11:30 AM $43 203471-01

4/4-4/25 W 9:00-11:30 AM $43 203471-02

5/2-5/30 W 9:00-11:30 AM $52.50 203471-03

**Porcelain Painting, Advanced**

Attention given to advanced techniques and creating the image while observing color, value, and using a specific different approach to painting. One-on-one and group demonstrations are given. Firing of work is included. Painting supplies not provided.

Age: 18 years & up
Location: Senior Center

3/7-3/28 W 1:00-4:00 PM $49 203472-01

4/4-4/25 W 1:00-4:00 PM $49 203472-02

5/2-5/30 W 1:00-4:00 PM $60 203472-03

**Watercolor, Beginning**

Learn basics of preparing paper and board in preparation for painting. Learn composition, painting techniques, and special effects, including setting up a palette, types of papers, color theory, design principals, and techniques for handling the pigment. **Note:** Supply list available at registration; approximate cost is $50-75. **Note:** Class will not be held on 4/20.

Age: 18 years & up
Location: Senior Center

3/23-5/4 F 9:00-11:00 AM $70.50 203480-01

**Watercolor, Intermediate & Advanced**

An in-depth exploration into watercolor techniques. Build skills and knowledge of artistic concepts. Emphasis is on observation and various brush techniques. Prerequisite: Watercolor, Beginning. Supply list available at registration; approximate cost is $50-100. Class will not be held on 4/20.

Age: 18 years & up
Location: Senior Center

3/2-3/30 F 1:00-3:00 PM $58.75 203481-01

4/6-4/27 F 1:00-3:00 PM $39.25 203481-02

5/4-5/24 F 1:00-3:00 PM $49 203481-03

Woodworking ]

**Woodworking, Intermediate**

A continuation of Woodworking. Beginning with advanced techniques, concepts, and exploration into varied tools. Projects designed with the instructor’s assistance and approval to include the use of traditional joinery techniques like mortise, tenon, dovetail, and rabbet. Prerequisite: Woodworking, Beginning. **Note:** Some supplies provided. Supply list available first day of class; approximate cost is $20-30. Must attend first class. Class will not be held on 4/25.

Age: 18 years & up
Location: Senior Center

3/14-4/18 W 7:00-9:00 PM $107 203491-01

**Pottery**

Adult Pottery ]

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

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

**Pottery Lab**

Lab is included for adult students who are currently enrolled in a class and is intended for practicing or finishing work in progress. Adults who have taken a 10-week class at the Pottery Studio may register as a lab student. This is a recreational and educational facility; production work is not permitted. Staff is in attendance, but no formal instruction is provided. Lab fee includes 25 lbs. of clay. Lab hours are for adults only. Open lab times are not available for students enrolled in the Sampler Class. See pottery section page 28 to register as a Lab only participant.

**Private Instruction**

Private pottery lessons are available for all levels interested in having one-on-one time to rapidly develop skills and knowledge. Fees vary depending on the choice of program.

**Contact**

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

Adult Pottery Programs ]

**Pottery, Beginning Wheel & Handbuilding**

Designed for beginners. Learn about clay, tools, and glazing. Learn the basic skills, techniques, and principles involved in pottery. Primary emphasis is on creating while using the potter’s wheel. Some handbuilding is covered.

Age: 18 years & up
Location: Pottery Studio

3/19-5/21 M 9:00-11:00 AM $170 204850-01

3/19-5/21 M 5:45-7:45 PM $170 204850-02

3/21-5/23 W 8:00-10:00 PM $170 204850-03

3/24-5/26 Sa 12:30-2:30 PM $170 204850-04

**Pottery, Beginning Plus Wheel & Handbuilding**

Gain more confidence with the clay and hone skills before progressing to Pottery, Intermediate. Prerequisite: Pottery, Beginning Wheel or equivalent.

Age: 18 years & up
Location: Pottery Studio

3/19-5/21 M 8:00-10:00 PM $170 204855-01

3/21-5/23 W 5:45-7:45 PM $170 204855-02

3/22-5/24 Th 9:00-11:00 AM $170 204855-03

**Pottery, Intermediate Wheel & Handbuilding**

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

Age: 18 years & up
Location: Pottery Studio

3/20-5/22 Tu 5:30-7:30 PM $170 204860-01

3/21-5/23 W 9:00-11:00 AM $170 204860-02

**Pottery, Advanced Wheel & Handbuilding**

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

Age: 18 years & up
Location: Pottery Studio

3/22-5/24 Th 5:30-7:30 PM $170 204865-01

**Pottery, Sampler**

Introduction to handbuilding and wheel-throwing, as well as glazing and studio operation. Create while learning a few beginning techniques of clay. Lab not included. All materials and tools provided.

Age: 18 years & up
Location: Pottery Studio

3/24-4/21 Sa 12:30-2:30 PM $60 204870-01

4/28-5/26 Sa 12:30-2:30 PM $60 204870-02

**Pottery, Handbuilding Expressions**

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

Age: 18 years & up
Location: Pottery Studio

3/21-5/23 W 6:00-8:00 PM $170 204875-01

**Pottery, Cool Clay**

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

Age: 18 years & up
Location: Pottery Studio

3/23-4/20 F 6:00-8:00 PM $90 204880-01

4/27-5/25 F 6:00-8:00 PM $90 204880-02

**Pottery, Creative Clay Craft**

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

Age: 18 years & up
Location: Pottery Studio

3/23-5/25 F 9:00-11:00 AM $170 204885-01

**Pottery Lab**

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

Age: 18 years & up
Location: Pottery Studio

3/12-5/26 M,W,Th,F 11:00 AM-2:00 PM $170 204899-01
 Tu, Th 7:30-10:00 PM
 Tu, Sa 9:00 AM-Noon

Youth Pottery ]

Youth Pottery provides learning experiences for basic pottery techniques while encouraging creativity and exploration with
clay. New projects introduced with each session: feel free to register for multiple sessions to construct a variety of projects. All tools
and supplies are provided for youth pottery classes. Lab times are not provided.

**Birthday Parties**

Have a unique birthday while learning and creating a masterpiece with clay. Each attendee creates a piece. A tour of the facility is included. Duration is about 90 minutes; tailored packages available. Cost is $16 per child (6 children minimum); with 10 kids or more, the birthday child is free.

**Scout Badges**

Boy and Girl Scouts can learn the fundamentals of clay while completing their badge requirements. Scouts go on a tour and see the workings of a Pottery Studio, as well as create a piece that they can personalize with their own creativity. Cost is $16 per child (6 children minimum).

Youth Pottery Program ]

**Pottery, Child Handbuilding**

Make interesting clay projects while learning various methods of forming and glazing clay. New projects introduced with each session.

Age: 6-9 years
Location: Pottery Studio

3/19-4/16 M 4:00-5:30 PM $59 204805-01

3/21-4/18 W 4:00-5:30 PM $59 204805-02

4/23-5/21 M 4:00-5:30 PM $59 204805-03

4/25-5/23 W 4:00-5:30 PM $59 204805-04

**Pottery, Youth Wheel & Handbuilding**

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

Age: 10-12 years
Location: Pottery Studio

3/22-5/24 Th 3:45-5:15 PM $110 204810-01

3/23-4/20 F 4:00-5:30 PM $59 204810-02

4/27-5/25 F 4:00-5:30 PM $59 204810-03

**Pottery, Teen Wheel & Handbuilding**

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

Age: 13-17 years
Location: Pottery Studio

3/20-4/17 Tu 3:45-5:15 PM $59 204815-01

4/24-5/22 Tu 3:45-5:15 PM $59 204815-02

Child with Parent Pottery Programs ]

**Pottery, Parent & Tot Mud, Handbuilding**

Parent and child combine talents in this unique pottery class. New projects introduced with each session.

Age: 3-5 years
Location: Pottery Studio

3/20-4/17 Tu 12:30-1:30 PM $45 204801-01

3/21-4/18 W 2:45-3:34 PM $45 204801-02

3/24-4/21 Sa 3:00-4:00 PM $45 204801-03

4/24-5/22 Tu 12:30-1:30 PM $45 204801-04

4/25-5/23 W 2:45-3:45 PM $45 204801-05

4/28-5/26 Sa 3:00-4:00 PM $45 204801-06

**Pottery, Parent & Child Handbuilding**

Work together to share a creative experience. Each additional youth is $52.50.

Age: 6-9 years
Location: Pottery Studio

3/24-4/21 Sa 4:30-6:00 PM $110 204835-01

4/28-5/26 Sa 4:30-6:00 PM $110 204835-02

**Pottery, Parent Teen & Youth Wheel & Handbuilding**

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

Age: 10-17 years
Location: Pottery Studio

3/23-4/20 F 5:45-7:15 PM $110 204845-01

4/27-5/25 F 5:45-7:15 PM $110 204845-02

**Youth Programs**

**Collage Creation**

Learn various collage techniques. Play with image and text to create a visually compelling work of art.

Age: 6-12 years
Location: Mulberry Pool

4/4-4/25 W 4:30-5:30 PM $65 216211-01

**Comic Book Character Creations**

Create a mini comic book based on a character created from
the imagination.

Age: 6-12 years
Location: Mulberry Pool

4/13 F 9:00 AM-Noon $50 216212-01

**Fairies & Gnomes**

Draw, paint, and sculpt these magical creatures created from
the imagination.

Age: 6-12 years
Location: Mulberry Pool

4/4-4/25 W 1:00-2:00 PM $65 216219-01

**Pet Portraits**

With a photo brought from home, draw and paint a portrait of a beloved animal friend.

Age: 6-12 years
Location: Mulberry Pool

3/2 F 9:00 AM-Noon $50 216220-01

Dance & Movement

**Adult Programs**

Belly Dancing ]

**Belly Dancing Beginning**

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

Age: 16 years & up
Location: Senior Center

Age: 16 years & up

3/6-3/27 Tu 7:00-8:00 PM $36 206426-01

4/3-4/24 Tu 7:00-8:00 PM $36 206426-02

5/1-5/22 Tu 7:00-8:00 PM $36 206426-03

**Belly Dancing, Intermediate**

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

Age: 16 years & up
Location: Senior Center

3/6-3/27 Tu 8:00-9:00 PM $36 206427-01

4/3-4/24 Tu 8:00-9:00 PM $36 206427-02

5/1-5/22 Tu 8:00-9:00 PM $36 206427-03

Ballet ]

**Ballet, Beginning**

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

Age: 18 years & up
Location: Club Tico

3/20-4/24 Tu 5:30-6:30 PM $37 206102-01

5/1-5/22 Tu 5:30-6:30 PM $25 206102-02

**Ballet, Low-Intermediate**

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

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

3/19-4/23 M 5:30-6:45 PM $46 206103-01

4/30-5/21 M 5:30-6:45 PM $31 206103-02

**Ballet, Intermediate**

A more challenging, ongoing class for experienced dancers. Based on Cecchetti technique. **Note:** Ages 13-17 years welcome with instructor approval.

Age: 18 years & up
Location: Club Tico

3/22-4/26 Th 5:45-7:00 PM $46 206104-01

5/3-5/24 Th 5:45-7:00 PM $31 206104-02

Dance ]

**West Coast Swing**

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

Age: 18 years & up
Location: Senior Center

3/7-3/28 W 7:30-9:00 PM $40 206440-01

4/4-4/25 W 7:30-9:00 PM $40 206440-02

5/2-5/23 W 7:30-9:00 PM $40 206440-03

Line Dance ]

**Line Dance, Starter Class**

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

Age: 18 years & up
Location: Senior Center

3/6-3/27 Tu 12:30-1:45 PM $21 206436-01

4/3-4/24 Tu 12:30-1:45 PM $21 206436-02

5/1-5/29 Tu 12:30-1:45 PM $26 206436-03

**Line Dance, Continued**

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

Age: 18 years & up
Location: Senior Center

3/6-3/27 Tu 1:45-3:00 PM $21 206437-01

4/3-4/24 Tu 1:45-3:00 PM $21 206437-02

5/1-5/29 Tu 1:45-3:00 PM $26 206437-03

Modern ]

**Modern Dance**

Earthy, sometimes jazzy or lyrical movements follow
a stretching/toning warm-up which leads to release of stress
and interactive enjoyment. **Note:** Ages 13-17 years welcome
with instructor permission.

Age: 18 years & up
Location: Empire Grange

3/19-4/23 M 6:50-7:50 PM $37 206156-01

4/30-5/21 M 6:50-7:50 PM $25 206156-02

**Youth Programs**

Ballet ]

**Ballet & Modern Dance**

Features live musical accompaniment and offers pre-ballet and modern dance techniques with improvisation. Build technical skills at an individual level while engaging in creative work that is ever-changing.

Grade: Kindergarten-2
Location: Club Tico

3/27-4/24 Tu 4:15-5:15 PM $38.50 206101-0

**Dancing Swans**

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

Age: 3-5 years
Location: Mulberry Pool

4/3-4/24 Tu 10:15-11:00 AM $45 215211-01

5/1-5/22 Tu 10:15-11:00 AM $45 215211-02

**Petite Ballerinas**

Gain confidence and body awareness by creatively exploring pre-ballet movements. Leveled classes teach progressive skills. Parents watch the last day of sessions. Registration deadline is one week prior to class start. Attire: Leotards and tights, pink leather ballet slippers, hair pulled back. Ballet skirts ok, but not required.

Location: Northside Aztlan Center

Age: 3-4 years

3/2-3/23 F 11:45 AM-12:30 PM $45 215524-01

4/6-4/27 F 11:45 AM-12:30 PM $45 215524-02

5/4-5/18 F 11:45 AM-12:30 PM $35 215524-03

3/3-3/24 Sa 9:00-9:45 AM $45 215524-04

4/7-4/28 Sa 9:00-9:45 AM $45 215524-05

5/5-5/19 Sa 9:00-9:45 AM $35 215524-06

Age: 4-5 years

3/2-3/23 F 12:45-1:30 PM $45 215524-07

4/6-4/27 F 12:45-1:30 PM $45 215524-08

5/4-5/18 F 12:45-1:30 PM $35 215524-09

3/3-3/24 Sa 10:00-10:45 AM $45 215524-10

4/7-4/28 Sa 10:00-10:45 AM $45 215524-11

5/5-5/19 Sa 10:00-10:45 AM $35 215524-12

Age: 5-6 years

3/3-3/24 Sa 11:00-11:45 AM $45 215524-13

4/7-4/28 Sa 11:00-11:45 AM $45 215524-14

5/5-5/19 Sa 11:00-11:45 AM $35 215524-15

**Petite Ballet**

Begin learning classical technique in a dance studio setting with trained instructors. Attire: Solid colored leotards and pink tights, pink leather ballet slippers, hair in a bun. Registration Deadline, one week prior to class beginning.

Age: 7-11 years
Location: Northside Aztlan Center

3/3-3/24 Sa Noon-12:45 PM $45 215526-01

4/7-4/28 Sa Noon-12:45 PM $45 215526-02

5/5-5/19 Sa Noon-12:45 PM $35 215526-03

**Acro Dance**

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

Location: Mulberry Pool

Age: 3-5 years

4/5-4/26 Th 10:15-11:00 AM $45 215213-01

5/3-5/24 Th 10:15-11:00 AM $45 215213-02

Age: 6-8 years

4/4-4/25 W 4:30-5:15 PM $45 215213-01

5/2-5/23 W 4:30-5:15 PM $45 215213-02

Age: 9 years & up

4/4-4/25 W 5:15-6:00 PM $45 215213-03

5/2-5/23 W 5:15-6:00 PM $45 215213-04

**Hip Hop**

All of the basic dance skills like keeping rhythm, following choreography and developing body control are taught through kid-friendly hip hop and funk style music and movement.

Age: 3-5 years
Location: Mulberry Pool

4/5-4/26 Th 9:30-10:15 AM $45 215110-01

5/3-5/24 Th 9:30-10:15 AM $45 215110-02

Age: 6-8 years
Location: Northside Aztlan Center

4/2-4/23 M 4:30-5:15 PM $45 215511-01

5/7-5/21 M 4:30-5:15 PM $35 215511-02

Age: 9-11 years
Location: Northside Aztlan Center

4/2-4/23 M 5:15-6:00 PM $45 215511-03

5/7-5/21 M 5:15-6:00 PM $35 215511-04

Age: 12-17 years
Location: Northside Aztlan Center

4/2-4/23 M 6:00-6:45 PM $45 215511-05

5/7-5/21 M 6:00-6:45 PM $35 215511-06

**Lyrical Dance**

Introduction to lyrical dance, including aspects of jazz and ballet. Characterized by fluidity and grace, learn to flow from one move to another. Begin with a full body stretch, then practice kicks, leaps, and turns. Followed by choreography.

Location: Mulberry Pool

Age: 6-10 years

3/6-3/27 Tu 4:00-4:45 PM $45 215216-01

4/3-4/24 Tu 4:00-4:45 PM $45 215216-02

Age: 11 years & up

3/6-3/27 Tu 4:45-5:30 PM $45 215216-03

4/3-4/24 Tu 4:45-5:30 PM $45 215216-04

**Dancin’ Dumplin’s**

Gain confidence through this introduction to dance rhythms, movement, tumbling, and creativity. Attire: Leotard and tights,
or t-shirt and shorts.

Location: Foothills Activity Center

Age: 3 years

4/19-5/3 Th 11:00-11:45 AM $35 215710-01

4/20-5/4 F 10:45-11:30 AM $35 215710-02

5/10-5/17 Th 11:00-11:45 AM $25 215710-03

5/11-5/18 F 10:45-11:30 AM $25 215710-04

Age: 4-5 years

4/20-5/4 F 9:30-10:30 AM $35 215710-05

5/11-5/18 F 9:30-10:30 AM $25 215710-06

**Tappin’ & Tumbling**

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

Location: Foothills Activity Center

Age: 4-5 years

4/17-5/8 Tu 1:00-2:30 PM $90 215715-01

Age: 5-7 years

4/17-5/8 Tu 4:30-6:00 PM $90 215715-02

**Just Tumbling**

Learn basic tumbling skills and incorporate new learned skills into a mini-floor exercise routine.

Age: 7-8 years
Location: Foothills Activity Center

4/12-5/10 Th 6:00-7:15 PM $93 215716-01

**Tumble Bumbles**

Individual attention is paid to learning basic tumbling skills (somersault, cartwheel, and push-up bridge) and how to use various pieces of equipment. As a result, flexibility, balance, coordination, and self-confidence are developed. Age appropriate skills are taught. Attire: Leotard and tights, or t-shirts and shorts.

Location: Foothills Activity Center

Age: 4-5 years

4/16-5/7 M 1:00-2:00 PM $60 215717-01

4/16-5/7 M 4:30-5:30 PM $60 215717-02

4/18-5/9 W 1:00-2:00 PM $60 215717-03

Age: 5-6 years

4/16-5/7 M 5:50-6:50 PM $60 215717-04

Age: 6-7 years

4/12-5/10 Th 4:30-5:30 PM $75 215717-05

**Just Dance**

A combination of a ballet warm up for technique, gymnastics for alignment, and jazz dance combos for rhythm.

Age: 6-8 years
Location: Foothills Activity Center

4/18-5/9 W 4:30-5:45 PM $75 215718-01

Child with Parent Programs ]

**Baby Ballerinas**

Bring imagination to life to explore body movement and awareness as a ballerina.

Age: 2-3 years
Location: Mulberry Pool

4/3-4/24 Tu 9:30-10:15 AM $45 215212-01

5/1-5/22 Tu 9:30-10:15 AM $45 215212-02

**Roly Poly’s**

Discover the world of gymnastics by working on agility, flexibility, strength, and coordination using balance beams, swing bars, parallel bars, and a mini trampoline.

Location: Foothills Activity Center

Age: 2 years

4/16-4/30 M 10:30-11:15 AM $35 215720-01

4/17-5/1 Tu 11:00-11:45 AM $35 215720-02

4/18-5/2 W 10:30-11:15 AM $35 215720-03

5/7-5/14 M 10:30-11:15 AM $25 215720-04

5/8-5/15 Tu 11:00-11:45 AM $25 215720-05

5/9-5/16 W 10:30-11:15 AM $25 215720-06

Age: 3 years

4/16-4/30 M 9:30-10:15 AM $35 215720-07

4/18-5/2 W 9:30-10:15 AM $35 215720-08

5/7-5/14 M 9:30-10:15 AM $25 215720-09

5/9-5/16 W 9:30-10:15 AM $25 215720-10

Day Camps

While out of school, keep busy making new friends and going on fun adventures. We host programs for all types of campers. If you’re looking for camps specific to farming, see our Farm section on page 53. For all other camps, you’re in the right place.

When registering, be sure to note any allergies. Please pack a water bottle, sack lunch, and sunscreen, and dress appropriately for the weather and activities. For more information about Recreation Camps, including what to bring, what to expect, weekly field trip destinations, and access to read through the Parent Camp Manual online, visit *fcgov.com/daycamps*.

**Spring Camps**

**Spring Break Camp**

Enjoy activities such as gym play, arts and crafts, outdoor play, STEM activities, and two off-site fieldtrips. Bring a water bottle and sack lunch every day. Camp itinerary emailed the week prior to camp. Drop off is between 8-9 a.m. Pick up is between 4-5 p.m. Age groups may be combined.

Age: 6-15 years
Location: Northside Aztlan Center
Chippers Lanes & Rollerland

6-8 years

3/12-3/16 M-F 8:00 AM-5:00 PM $175 216592-01

9-11 years

3/12-3/16 M-F 8:00 AM-5:00 PM $175 216592-02

12-15 years

3/12-3/16 M-F 8:00 AM-5:00 PM $175 216592-03

**Chessmates Chess Camp**

Receive lessons to improve skills and play games. Prizes and trophies awarded. All skill levels welcome. Bring a lunch.

Age: 6-11 years
Location: Foothills Activity Center

3/14-3/16 W-F 9:00 AM-4:00 PM $160 218792-01

3/14-3/16 W-F 9:00 AM-Noon $85 218792-02

3/14-3/16 W-F 1:00-4:00 PM $85 218792-03

**Summer Camps**

Camp FunQuest ]

Camp FunQuest is Recreation’s way to do Summer Camp. Discover new adventures, meet new friends, and make the most of summer going on field trips, splashing at the pool, hiking, playing games, learning new skills, and recreating.

Each week of Camp FunQuest has its own unique theme, such as the Inventor’s or Fear Factor track, and camp activities are designed around this theme for the whole week.

Campers also join their own age appropriate group. Are you a Marmot just poking your head into the camper lifestyle? Or, are you a veteran Black Bear leading the pack on summer excursions? Find friends in the same camper group to explore summer fun and go on adventures you’ll never forget.

**Camper Groups**

Marmots | Ages 3-5 years | 8 a.m.-12 p.m.

Red Foxes | Ages 6-8 years | 8 a.m.-5 p.m.

Big Horns | Ages 9-11 years | 8 a.m.-5 p.m.

Black Bears | Ages 12-15 years | 8 a.m.-5 p.m.

Campers all start the day at Northside Aztlan Community Center unless otherwise noted.

\*Due to the young age of the Marmot Campers, field trips are limited to Mulberry Pool, City Park Pool, The Farm at Lee Martinez Park, Poudre River Library, and the Fort Collins Museum of Discovery.

**Camp FunQuest Summer Camps**

Marmot, Age: 3-5 years

6/4-6/8 M-F 8:00 AM-Noon $80 315550-01

6/11-6/15 M-F 8:00 AM-Noon $80 315551-01

6/18-6/22 M-F 8:00 AM-Noon $80 315552-01

6/25-6/29 M-F 8:00 AM-Noon $80 315553-01

7/9-7/13 M-F 8:00 AM-Noon $80 315554-01

7/16-7/20 M-F 8:00 AM-Noon $80 315555-01

7/23-7/27 M-F 8:00 AM-Noon $80 315556-01

7/30-8/3 M-F 8:00 AM-Noon $80 315557-01

8/6-8/10 M-F 8:00 AM-Noon $80 315558-01

8/13-8/17 M-F 8:00 AM-Noon $80 315559-01

Red Fox, Age: 6-8 years

6/4-6/8 M-F 8:00 AM-5:00 PM $180 315550-02

6/11-6/15 M-F 8:00 AM-5:00 PM $180 315551-02

6/18-6/22 M-F 8:00 AM-5:00 PM $180 315552-02

6/25-6/29 M-F 8:00 AM-5:00 PM $180 315553-02

7/9-7/13 M-F 8:00 AM-5:00 PM $180 315554-02

7/16-7/20 M-F 8:00 AM-5:00 PM $180 315555-02

7/23-7/27 M-F 8:00 AM-5:00 PM $180 315556-02

7/30-8/3 M-F 8:00 AM-5:00 PM $180 315557-02

8/6-8/10 M-F 8:00 AM-5:00 PM $180 315558-02

8/13-8/17 M-F 8:00 AM-5:00 PM $180 315559-02

Big Horn, Age: 9-11 years

6/4-6/8 M-F 8:00 AM-5:00 PM $180 315550-03

6/11-6/15 M-F 8:00 AM-5:00 PM $180 315551-03

6/18-6/22 M-F 8:00 AM-5:00 PM $180 315552-03

6/25-6/29 M-F 8:00 AM-5:00 PM $180 315553-03

7/9-7/13 M-F 8:00 AM-5:00 PM $180 315554-03

7/16-7/20 M-F 8:00 AM-5:00 PM $180 315555-03

7/23-7/27 M-F 8:00 AM-5:00 PM $180 315556-03

7/30-8/3 M-F 8:00 AM-5:00 PM $180 315557-03

8/6-8/10 M-F 8:00 AM-5:00 PM $180 315558-03

8/13-8/17 M-F 8:00 AM-5:00 PM $180 315559-03

Black Bear, Age: 12-15 years

6/4-6/8 M-F 8:00 AM-5:00 PM $200 315550-04

6/11-6/15 M-F 8:00 AM-5:00 PM $200 315551-04

6/18-6/22 M-F 8:00 AM-5:00 PM $200 315552-04

6/25-6/29 M-F 8:00 AM-5:00 PM $200 315553-04

7/9-7/13 M-F 8:00 AM-5:00 PM $200 315554-04

7/16-7/20 M-F 8:00 AM-5:00 PM $200 315555-04

7/23-7/27 M-F 8:00 AM-5:00 PM $200 315556-04

7/30-8/3 M-F 8:00 AM-5:00 PM $200 315557-04

8/6-8/10 M-F 8:00 AM-5:00 PM $200 315558-04

8/13-8/17 M-F 8:00 AM-5:00 PM $200 315559-04

**Camp FunQuest Camp Themes**

**Week 1 | June 4-8 | Inventor’s Workshop**

Come to camp ready for invention. Use recycled materials to build master pieces, get messy with slime, design a vessel for an egg drop experiment, and build a catapult. All groups hike to the Fort Collins Museum of Discovery; Black Bears also pay a visit to the Creator Hub.

**Week 2 | June 11-15 | Fear Factor**

Eat bugs, touch brains, and compete in unusual challenges. Fieldtrips to Fly High Trampoline Park are scheduled for Red Fox, Big Horn, and Black Bear camps. Black Bears also test courage at X-Arena.

**Week 3 | June 18-22 | Pirates**

Walk the plank, hunt for treasure, tie knots, create a map, and build boats. Big Horns and Black Bears go to the archery range. Red Foxes hike to The Farm at Lee Martinez Park. Black Bears go paddle boarding.

**Week 4 | June 25-29 | Time Travelers**

Travel to the past and future. Experience games and crafts from the 70s and 80s, and imagine what the future holds. All groups go to the movies. Black Bears go back in time to Soap Stone Natural Area.

**Week 5 | July 9-July 13 | CSI Secret Agents**

Top secret briefings and activities put detective skills to the test. Break codes, create gadgets, go on scavenger hunts, and strategize for capture the flag. Red Foxes, Big Horns, and Black Bears go to Loveland Laser Tag. Black Bears go rock climbing at Ascent Studio.

**Week 6 | July 16-20 | Choose Your Own Adventure**

Decide which adventure to take. Choices are offered at the beginning of each day. Travel to Chippers, Summit Bowling, and/or the CSU Campus…unless something else is decided.

**Week 7 | July 23-27 | S.T.E.M.**

Imagine, build, experiment, design, create, and collaborate through a number of activities and challenges.

**Week 8 | July 30-August 3 | Game On**

Play human versions of Mario Kart, Hungry Hippos, and Foosball. Red Foxes and Big Horns go to Fort Fun. Black Bears travel to Estes Park’s Open Air Adventures.

**Week 9 | August 6-10 | Harry Potter**

Get sorted into a house, play quidditch, take magical classes, and cast spells. Red Foxes and Big Horns go to the library. Black Bears also dine out at a local restaurant.

**Week 10 | August 13-17 | All Camp Olympics**

Prepare for a week of fun challenges, both physical and mental. Create a team flag, skate at Rollerland, and be treated to an all camp picnic and Olympic competition.

Bicycling ]

**Learn to Ride**

Ditch the training wheels for a two-wheeler ride. Learn methods from a Safe Routes to School instructor on how to ride a bike. Learn how to start, stop, pedal, balance, steer, and properly wear a helmet.

Age: 6 years
Location: Northside Aztlan Center

5/19 Sa Noon-2:00 PM $28 215984-01

6/9 Sa 9:00-11:00 AM $28 315984-01

6/25-6/29 M-F 9:00-11:00 AM $73 315984-02

**Summer Bike Camp I**

Learn basic rules from Safe Routes to School instructor about bicycling on trails, safe cycling strategies, bike-handling skills and drills, nutrition and hydration, and bike maintenance. Recreational riding takes place along multi-use trails. **Note:** Bring a functional bike (without training wheels), backpack, water, snacks, lunch,
and sunscreen each day. A helmet can be provided. Ride 4-8 miles per day.

Age: 6-8 years
Location: Spring Canyon Park

6/4-6/8 M-F 8:30 AM-12:30 PM $145 315985-01

Location: Northside Aztlan Center

6/18-6/22 M-F 8:30 AM-12:30 PM $145 315985-02

Age: 9-11 years
Location: Spring Canyon Park

6/11-6/15 M-F 8:30 AM-12:30 PM $145 315985-03

Location: Northside Aztlan Center

6/25-6/29 M-F 8:30 AM-12:30 PM $145 315985-04

**Summer Bike Camp II**

Build on Summer Bike Camp I; this is the beginning of independent bicycling. Learn more advanced skills and rules of the road from a Safe Routes to School instructor. Receive a flat-repair kit and learn how to use it. Bike 10-20 miles per day.

Location: Rolland Moore Park

Age: 6-8 years

7/16-7/20 M-F 8:30 AM-12:30 PM $145 315986-01

Age: 9-11 years

7/23-7/27 M-F 8:30 AM-12:30 PM $145 315986-02

**Teen Bike Camp**

An overview of Bike I & II with the atmosphere of camp. Ride on the trails and street bike lanes to picnics, the movies, to dine out, and natural areas. Learn from a Safe Routes to School instructor about route finding, maps, basic bike maintenance, and flat repair. Ride 10-20 miles per day.

Age: 12-15 years
Location: Rolland Moore Park

7/9-7/13 M-F 9:00 AM-3:00 PM $220 315987-01

7/30-8/3 M-F 9:00 AM-3:00 PM $220 315987-02

Outdoor Recreation ]

**Survival in the Woods Camp I**

Learn strategies for how to survive in the woods, such as
shelter building, water safety, identifying edible forest foods,
and basic camping skills. Make a survival kit and go on a field
trip to a local hiking trail. Hike up to 3 miles per day at an
elevation of 5600 ft.-6500 ft.

Age: 8-11 years
Location: Northside Aztlan Center

6/4-6/8 M-F 9:00 AM-3:00 PM $161 315930-01

6/11-6/15 M-F 9:00 AM-3:00 PM $161 315930-02

6/18-6/22 M-F 9:00 AM-3:00 PM $161 315930-03

6/25-6/29 M-F 9:00 AM-3:00 PM $161 315930-04

7/9-7/13 M-F 9:00 AM-3:00 PM $161 315930-05

7/16-7/20 M-F 9:00 AM-3:00 PM $161 315930-06

7/23-7/27 M-F 9:00 AM-3:00 PM $161 315930-07

7/30-8/3 M-F 9:00 AM-3:00 PM $161 315930-08

8/6-8/10 M-F 9:00 AM-3:00 PM $161 315930-09

8/13-8/17 M-F 9:00 AM-3:00 PM $161 315930-10

**Survival in the Woods Camp II**

Build on Survival in the Woods. Challenge survival skills with scenarios while exploring other skills needed to be on the trail each day. Hike up to 5 miles per day at an elevation of 5600 ft.-9500 ft.

Age: 10-15 years
Location: Northside Aztlan Center

7/9-7/13 M-F 9:00 AM-3:00 PM $161 315931-01

7/16-7/20 M-F 9:00 AM-3:00 PM $161 315931-02

7/23-7/27 M-F 9:00 AM-3:00 PM $161 315931-03

7/30-8/3 M-F 9:00 AM-3:00 PM $161 315931-04

Early Learning

Early Learning courses are tailored toward children ages 6 years and under and are designed to enrich both their social and educational skills. Most classes for kids ages 3 years and older are Child Without Parent Classes. Classes in which parents are required or permitted
to attend are listed in the Child With Parent Classes on page 43

It is recommended that children enrolled in classes without a parent/guardian are toilet trained. Children not yet toilet trained are welcome to attend classes. However, parents must be available to attend to toileting needs; City of Fort Collins Recreation staff is not permitted to change diapers. Please note any dietary restrictions when registering and inform class instructor.

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

**Child Without Parent Programs: 2-6 years**

Funtime Programs ]

Funtime closures/holidays correspond to the Poudre School District schedule. However, the calendar does not follow PSD weather closures. Funtime classes will not be held on 3/2, 3/12, 3/13, 3/14, 3/15, 3/16, 4/13.

**Funtime Discovery**

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

Age: 2.5-3.5 years
Location: Northside Aztlan Center

3/6-4/12 Tu,Th 9:30-11:30 AM $110 217503-01

4/17-5/17 Tu,Th 9:30-11:30 AM $110 217503-02

**Funtime for Preschoolers**

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

Age: 3-4 years
Location: Northside Aztlan Center

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

**Funtime Pre-K**

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

Age: 4-5 years
Location: Northside Aztlan Center

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

General Programs ]

**Curious Twos**

Attention is directed towards games, crafts and stories, and providing a positive first step to independent learning. **Note:** Class will not be held 3/13, 3/15.

Age: 2 years
Location: Mulberry Pool

3/6-4/12 Tu,Th 9:30-10:30 AM $58 217204-01

3/6-4/12 Tu,Th 11:00 AM-Noon $58 217204-02

4/17-5/17 Tu,Th 9:30-10:30 AM $58 217204-03

4/17-5/17 Tu,Th 11:00 AM-Noon $58 217204-04

**Fun & Fitness**

Develop a healthy fitness habit in a fun, festive atmosphere. Along with fitness activities, also enjoy arts and crafts, social time, and story time. **Note:** Class will not be held 3/12, 3/13, 3/14, 3/15.

Age: 2-4 years
Location: Foothills Activity Center

3/5-4/11 M,W 9:30-11:30 AM $110 217758-01

3/6-4/12 Tu,Th 9:30-11:30 AM $110 217758-02

4/16-5/16 M,W 9:30-11:30 AM $110 217758-03

4/17-5/17 Tu,Th 9:30-11:30 AM $110 217758-04

**Disney Delights**

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

Age: 3-6 years
Location: Mulberry Pool

Moana

3/5 M 1:00-2:30 PM $17 217240-01

Secret Life of Pets

3/26 M 1:00-2:30 PM $17 217240-02

Trolls

4/9 M 1:00-2:30 PM $17 217240-03

Favorite Bad Guys

4/23 M 1:00-2:30 PM $17 217240-04

Frozen

5/7 M 1:00-2:30 PM $17 217240-05

**Hospital Helpers**

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

Age: 3-6 years
Location: Northside Aztlan Center

4/26-5/3 Th 1:00-2:30 PM $25 217545-01

**I Want to be a Scientist**

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

Age: 3-6 years
Location: Northside Aztlan Center

Paleontology

3/1 Th 10:00-11:30 AM $17 217507-01

Astronomy

3/8 Th 10:00-11:30 AM $17 217507-02

Magnets

3/22 Th 10:00-11:30 AM $17 217507-03

Concoctions

4/26 Th 10:00-11:30 AM $17 217507-05

Vet Medicine

5/3 Th 10:00-11:30 AM $17 217507-06

Entomology

5/10 Th 10:00-11:30 AM $17 217507-07

**LEGO with Friends**

Use LEGO bricks to create all an imagination can dream up. In addition to building, crafts and games could be included. **Note:** Snack provided.

Age: 3-6 years
Location: Foothills Activity Center

3/20-3/22 Tu,Th 1:00-2:30 PM $21 217749-01

4/10-4/12 Tu,Th 1:00-2:30 PM $12 217749-02

5/8-5/10 Tu,Th 1:00-2:30 PM $12 217749-03

**Lunch Bunch Enrichment**

Bring a lunch, make new friends, and learn something new. Varied enrichment activities are designed to complement most pre-k and half-day kindergarten programs.

Age: 4-6 years
Location: Northside Aztlan Center

4/11-5/9 W Noon-2:00 PM $55 117509-07

4/20-5/11 F Noon-2:00 PM $55 117509-08

**My First Book Club**

Experience favorite stories with friends through reading, storytelling, arts and crafts, and games.

Age: 3-6 years
Location: Northside Aztlan Center

Green Eggs & Ham

3/6 Tu 1:00-2:30 PM $17 217516-01

Skippyjon Jones

3/20 Tu 1:00-2:30 PM $17 217516-02

How Do Dinosaurs

3/27 Tu 1:00-2:30 PM $17 217516-03

**Paw Patrol**

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

Age: 3-6 years
Location: Northside Aztlan Center

5/8 Tu 1:00-2:30 PM $17 217550-01

**Playdough World**

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

Age: 3-6 years
Location: Northside Aztlan Center

3/1 Th 1:00-2:30 PM $25 217547-01

**Pinkalicious**

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

Age: 3-6 years
Location: Northside Aztlan Center

3/22 Th 1:00-2:30 PM $17 217537-01

**Preschool Tools**

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

Age: 3-6 years
Location: Foothills Activity Center

Hammers & Nails

3/8 Th 1:00-2:00 PM $15 217756-01

Screws

4/5 Th 1:00-2:00 PM $15 217756-02

Take-it-apart

5/3 Th 1:00-2:00 PM $15 217756-03

**Storybook Theater**

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

Age: 4-6 years
Location: Foothills Activity Center

The Three Pigs

3/6 Tu 1:00-2:30 PM $12 217730-01

Three Billy Goats

4/3 Tu 1:00-2:30 PM $12 217730-02

Henny Penny

5/1 Tu 1:00-2:30 PM $12 217730-03

**Superheroes**

Create a superhero and dress up and play like legendary superheroes.

Age: 3-6 years
Location: Northside Aztlan Center

4/24-5/1 Tu 1:00-2:30 PM $25 217548-01

**Those Amazing Dinosaurs**

Learn about the dinosaurs while hunting for fossils, classifying
by characteristics, and creating a dinosaur to take home.

Age: 3-6 years
Location: Northside Aztlan Center

4/5-4/19 Th 10:00-11:30 AM $31 217508-01

4/5-4/19 Th 1:00-2:30 PM $31 217508-02

**Ultimate Fort Making**

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

Age: 3-6 years
Location: Northside Aztlan Center

3/29 Th 1:00-2:30 PM $12 217539-01

5/10 Th 1:00-2:30 PM $12 217539-02

**When I Grow Up**

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

Age: 3-6 years
Location: Mulberry Pool

Doctor

3/19 M 1:00-2:30 PM $13 217244-01

Dentist

4/2 M 1:00-2:30 PM $13 217244-02

Firefighter

4/16 M 1:00-2:30 PM $13 217244-03

Chef

4/30 M 1:00-2:30 PM $13 217244-04

Veterinarian

5/14 M 1:00-2:30 PM $13 217244-05

Arts & Crafts ]

**Slither & Squirm**

Draw, paint, and sculpt works of art inspired by snakes, lizards,
and alligators.

Age: 3-5 years
Location: Mulberry Pool

5/2-5/23 W 1:00-2:00 PM $65 216221-01

**Surprise for Mom**

Shhhh; it’s a surprise. Make something special for Mom for
Mother’s Day.

Age: 3-5 years
Location: Northside Aztlan Center

5/5-5/12 Sa 9:30-11:00 AM $35 216518-01

**Art Studio for Pre-K**

Discover the inner artist. Focus on different mediums and themes,
or create at will with various materials provided. **Note:** This can be
a messy class; dress appropriately.

Age: 3-6 years
Location: Northside Aztlan Center

Faux Tie Dye

3/6 Tu 10:00-11:30 AM $16 216506-01

Self Portrait

3/20 Tu 10:00-11:30 AM $12 216506-02

Bunnies & Chicks

3/27 Tu 10:00-11:30 AM $12 216506-03

Water Colors

4/3 Tu 10:00-11:30 AM $14 216506-04

Paper Art

4/10 Tu 10:00-11:30 AM $12 216506-05

Crayon Resist

4/17 Tu 10:00-11:30 AM $12 216506-06

Birds

5/1 Tu 10:00-11:30 AM $12 216506-07

Mother’s Day

5/8 Tu 10:00-11:30 AM $14 216506-08

Cooking ]

**Once Upon a Time in the Kitchen**

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

Age: 3-5 years
Location: Northside Aztlan Center

3/23 F 10:00-11:00 AM $17 217522-01

4/20 F 10:00-11:00 AM $17 217522-02

**Little Kids Can Cook**

Get creative in the kitchen. Themes provide basis for expanding cooking skills. Theme for spring is “Spring Things”

Age: 4-7 years
Location: Northside Aztlan Center

4/14 Sa 9:30-11:30 AM $21 217253-01

**Child with Parent Programs: 0-5 Years**

General Programs ]

**I Can Do it Myself**

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

Age: 15 months-2 years
Location: Mulberry Pool

St. Patrick’s Day

3/7 W 9:30-10:15 AM $18 217267-01

Spring

3/28 W 9:30-10:15 AM $18 217267-02

**Little Explorers**

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

Age: 15 months-2 years
Location: Mulberry Pool

3/19-3/26 M 10:00-11:00 AM $17 217261-01

4/16-4/23 M 9:30-10:30 AM $17 217261-02

**Grandma, Grandpa, & Me**

Playgroup designed for grandparents and their grandchildren. Includes arts and crafts, snack time, stories, and free play. **Note:** Registration includes space for one child and up to two grandparents.

Age: 18 months-2 years
Location: Mulberry Pool

4/6-4/13 F 10:00-11:00 AM $17 217265-01

5/4-5/11 F 10:00-11:00 AM $17 217265-02

**I Can Do it, Too**

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

Age: 2 years
Location: Mulberry Pool

St. Patrick’s Day

3/7 W 10:30-11:15 AM $18 217268-01

Spring

3/28 W 10:30-11:15 AM $18 217268-02

**Parent & Tot Science**

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

Age: 2-3 years
Location: Mulberry Pool

4/2-4/9 M 10:00-11:00 AM $17 217260-01

4/30-5/7 M 10:00-11:00 AM $17 217260-02

**S.T.E.M. Together**

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

Age: 3-5 years
Location: Foothills Activity Center

Airplanes/launchers

3/21 W 1:00-2:30 PM $15 217763-01

Bridges

3/28 W 1:00-2:30 PM $15 217763-02

Magnets

4/4 W 1:00-2:30 PM $15 217763-03

Catapults

4/11 W 1:00-2:30 PM $15 217763-04

Ramps

5/2 W 1:00-2:30 PM $15 217763-05

Marbles

5/9 W 1:00-2:30 PM $15 217763-06

Arts & Crafts ]

**Art Start**

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

Age: 18 months-3 years
Location: Mulberry Pool

4/4-4/25 W 9:30-10:30 AM $50 217283-01

5/2-5/23 W 9:30-10:30 AM $50 217283-02

**Small Hands, Big Messy Art**

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

Age: 18 months-2 years
Location: Mulberry Pool

3/23-3/30 F 10:00 AM-Noon $17 217285-01

4/20-4/27 F 10:00-11:00 AM $17 217285-02

Cooking ]

**Mother Hubbard’s Cupboard**

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

Age: 2 years
Location: Northside Aztlan Center

3/9 F 10:00-11:00 AM $17 217571-01

4/6 F 10:00-11:00 AM $17 217571-02

Dance & Movement ]

**Zumbini, Demo Class**

Enjoy a free demo class to learn about Zumbini. The Zumbini program combines music and dance for a fun and educational child and caregiver interactive class.

Age: 0-4 years
Location: Northside Aztlan Center

3/22 Th 9:15-10:00 AM No Fee 218577-01

**Zumbini**

Created by Zumba and BabyFirst, the Zumbini program combines music and dance for a fun and educational child and caregiver interactive class. Twenty songs on the Zumbini app, a Zumbini CD, songbook, and plush toy included. **Note:** Reduced rate of $15 available for additional sibling registration. Must meet age requirement. Register two or more siblings by phone at 970.221.6256.

Age: 0-4 years
Location: Northside Aztlan Center

3/22-5/24 Th 9:15-10:00 AM $140 218578-01

2nd child

3/22-5/24 Th 9:15-10:00 AM $15 218578-02

**Music Together**

Experience musical growth with singing, dancing, and instrument play in a creative yet structured environment. Tuition includes two CDs, songbook, parent education materials, and online resources. **Note:** $40 discount for additional sibling registration; ages 9 months and older. No fee for siblings ages 8 months and under. Register two or more siblings by phone at 970.221.6256.

Age: 0-4 years
Location: Foothills Activity Center

Music Together

4/2-5/21 M 9:30-10:15 AM $170 218776-01

Second Child

4/2-5/21 M 9:30-10:15 AM $130 218776-02

Music Together

4/2-5/21 M 10:30-11:15 AM $170 218776-03

Second Child

4/2-5/21 M 10:30-11:15 AM $130 218776-04

Drop-in Programs ]

**Tot Gym**

Bring the little ones in for some fun gym time. Balls, blocks, a mini obstacle course, and other activities are set up. **Note:** Children must be accompanied by an adult. $2.50 per child, adults are free. Registration is not required. Class will not be held on 3/12, 3/13,
3/14, 3/15.

Age: 0-6 years

Location: Foothills Activity Center

3/2-5/11 W,F 10:00 AM-Noon $2.50

3/1-5/10 Tu,Th 12:30-2:30 PM $2.50

Location: Northside Aztlan Center

3/1-5/10 M-Th 10:00 AM-Noon $2.50

**Baby Gym**

Crawl on mats and through tunnels, play with balls and blocks, and take on the challenge of the soft obstacle course. **Note:** Children must be accompanied by an adult. $2.50 per child; adults are free. Registration is not required. Class will not be held on 3/12,3/13, 3/14, 3/15 3/16, 4/13.

Age: 0 years-18 months

Location: Foothills Activity Center

3/5-5/7 M 9:30-11:30 AM $2.50

Location: Northside Aztlan Center

3/2-5/11 F 9:30-11:30 AM $2.50

Education

**Adult Programs**

Casino Games ]

**Blackjack**

Learn the basics of blackjack (also called “21”) as it is played in casinos. Learn the rules of the game, casino rules and etiquette, play strategy, betting strategies, and history of card-counting. Feel confident sitting at a table on the next casino trip.

Age: 18 years & up
Location: Senior Center

3/6 Tu 9:30-10:30 AM $15 207402-01

**Craps**

Learn the basics of craps as it is played in casinos. Learn the rules of the game, casino rules and etiquette, understanding odds, play strategy, and betting strategies. Feel confident going to a craps table on the next casino trip.

Age: 18 years & up
Location: Senior Center

3/14 W 9:30-10:30 AM $15 207404-01

**Texas Hold ‘Em Poker, The Basics**

Learn the basics of Texas Hold ‘Em Poker as it is played in casinos. Learn the rules of the game, casino rules and etiquette, hand hierarchy, play strategies, and betting strategies. Feel confident sitting at a table on the next casino trip.

Age: 18 years & up
Location: Senior Center

3/1 Th 9:30-10:30 AM $15 207401-01

Cooking ]

**One-on-One Nutritional Instruction**

Private consultations and cooking classes for those interested in improving overall health. Customized instruction may include budget-friendly, healthy meal plans, as well as tips for efficient food preparation and productive grocery shopping. Instruction is provided by a certified health coach. For more information and to schedule a session, contact 970.221.6644.

Age: 18 years & up

1-hour session for 1 person $60

1-hour session for 2 people $80

**Celebrating Spring Vegetables**

Learn to use spring vegetables to make some delicious dairy-free vegetarian soups. Menu: Creamy asparagus and spring soups.

Age: 14 years & up
Location: Senior Center

4/12 Th 6:00-8:00 PM $29 207424-01

**Cooking Around the World**

Learn about a new country each week through its cuisine. Recipes are simple adaptations using locally available ingredients, designed for convenience. Meals take 30 minutes to prepare. Vegetarian options available. All supplies included. **Note:** Class will not be held on 5/22.

Age: 14 years & up
Location: Senior Center

5/1-5/29 Tu 6:30-7:30 PM $50 207432-01

**Curry in a Hurry**

American efficiency meets the authentic Indian curry. Learn about making curry in the modern world by trying three different styles of Indian curry, each taking less than 20 minutes. All dishes that are hot and spicy are not curries. Menu: Red and black bean curry with spinach, butternut squash curry, and mixed vegetable coconut curry.

Age: 18 years & up
Location: Senior Center

3/7 W 6:00-8:15 PM $36 207427-01

**Dal 101, Indian-Style Lentils**

Dal, a Sanskrit name that refers to all pulses, legumes, and their 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 appetizer, spinach-lentil curry (saag), lentil, and vegetable stew.

Age: 14 years & up
Location: Senior Center

4/24 Tu 6:00-8:15 PM $36 207435-01

**Food for Life: Cancer Project**

Studies have shown that a diet built from plant foods offers the most cancer-fighting protection of any. Learn about maintaining a healthy weight and discuss a variety of cancer related topics. Learn how to prepare delicious, simple, and healthy meals that can easily be recreated at home. Weekly topics: Introduction to How Foods Fight Cancer; Fueling up on Low-Fat, High-Fiber Foods; Discovering Dairy and Meat Alternatives; Cancer-Fighting Compounds; and Healthy Weight Control.

Age: 14 years & up
Location: Senior Center

3/20-4/10 Tu 6:00-8:00 PM $90 207431-01

3/20 Tu 6:00-8:00 PM $20 207431-02

**Healthy Cooking on a Budget**

Don’t skimp on nutrition. Learn to include more organic and
local foods into meals while staying within a budget. Learn some
tips and tricks on saving money while shopping and planning homemade meals.

Age: 14 years & up
Location: Senior Center

3/1 Th 6:00-8:00 PM $29 207425-01

**Thai Cooking, 1st Course**

Create delicious Thai dishes at home. Learn the secrets of combining aromatic herbs and spices with authentic ingredients to create flavors that make Thai cuisine uniquely delicious. Menu: Tom Kha soup, pineapple fried rice, and fresh roll with Thai sweet chili sauce.

Age: 18 years & up
Location: Senior Center

4/11 W 6:00-8:30 PM $37 207433-01

**Thai Cooking, 2nd Course**

Delicious Thai cuisine is all about balancing the complexity of sour, sweet, salty, and creamy flavors into a harmonious dish. Learn how to combine aromatic herbs and spices with traditional ingredients and how to balance the unique flavors found in Thai cuisine. Menu: Green curry, larb, and taro sticky rice.

Age: 18 years & up
Location: Senior Center

5/10 Th 6:00-8:30 PM $37 207434-01

CPR & First Aid ]

**CPR & First Aid**

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

Age: 14 years & up
Location: Senior Center

3/10 Sa 9:00 AM-5:00 PM $77 207441-01

4/21 Sa 9:00 AM-5:00 PM $77 207441-02

5/12 Sa 9:00 AM-5:00 PM $77 207441-03

**CPR Professional**

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

Age: 18 years & up
Location: Senior Center

3/7 W 5:30-9:30 PM $43 207442-01

4/11 W 5:30-9:30 PM $43 207442-02

5/9 W 5:30-9:30 PM $43 207442-03

Cycling ]

**Adult Learn to Ride**

Regardless of age, it’s not too late to learn to ride a bicycle. Use a safe, easy, and effective method to learn to balance, pedal, start, stop, steer, and properly fit and wear a helmet. **Note:** Call 970.221.6987 to request a bike and/or helmet.

Age: 18 years & up
Location: Senior Center

4/26-5/17 Th 5:30-7:00 PM $20 207416-01

**Back on the Bike**

Become familiar with bicycling gear and build confidence both on and off the bike. Learn how to conduct bike safety checks, properly fit helmets, practice basic bike handling skills, and safely navigate key bicycle infrastructure. **Note:** Call 970.221.6987 to request a bike and/or helmet.

Age: 18 years & up
Location: Senior Center

5/14-5/23 M,W 6:00-7:30 PM $20 207417-01

**Biking Fit Class**

Feel comfortable utilizing the many bike lanes and trails in Fort Collins. Feel safe sharing these bike ways with pedestrians and motor vehicles. Better understand how to utilize a bicycle, navigate the trails, and reach fitness goals. By UCHealth Outpatient Therapy.

Age: 18 years & up
Location: Senior Center

3/20 Tu 5:00-6:00 PM $10 225415-01

Dog Obedience ]

**Beginning Dog Obedience**

Learn basic dog obedience using positive, force free training methods such as verbal commands and hand signals for sit,
down, stand, stay, walk on a loose leash, and come. Bring a lot
of treats and a 6' leash, harness, or buckle collar. Clicker optional.
No training prerequisite.

Age: 18 years & up
Location: Senior Center

4/22-5/27 Su 10:00-11:00 AM $80 207447-01

**Dog Tricks**

Build a relationship with dogs by using positive, force-free
training methods to teach fun and entertaining tricks. Bring
a lot of treats and a 6' leash, harness, or buckle collard. Clicker optional. No training prerequisite.

Age: 18 years & up
Location: Senior Center

4/22-5/27 Su 11:30 AM-12:30 PM $80 207448-01

**Good Dogs Out on the Town**

Learn the latest training techniques while having fun teaching dogs to be more attentive and obedient. Practice skills on field trips throughout Fort Collins. **Note:** Instructor contacts participants prior to class with meeting locations.

Age: 18 years & up
Location: Senior Center

5/1-6/5 Tu 5:30-6:30 PM $80 207462-01

**Puppy Manners**

Get puppies started off on the right foot. Learn the beginnings
of some basic commands, as well as some tricks. Bring a lot
of treats, a 6' leash, harness, or buckle collar. For puppies ages
8 weeks-6 months.

Age: All
Location: Senior Center

3/4-4/15 Su 10:00-11:00 AM $80 207449-01

General Education ]

**Transfort Travel Training**

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

Age: 14 years & up
Location: Downtown Transit Center, 250 N. Mason

3/13 Tu 11:45 AM-1:30 PM No Fee 207483-01

4/10 Tu 11:45 AM-1:30 PM No Fee 207483-02

5/8 Tu 11:45 AM-1:30 PM No Fee 207483-03

**Who You Are Matters**

Enjoy an interactive discovery experience that sparks meaningful conversation and helps make connections in both professional and personal life. Identify strengths, recognize who and what causes influence, and how to establish and obtain personal goals.

Age: 18 years & up
Location: Senior Center

3/31 Sa 9:00 AM-Noon $8 207468-01

4/5 Th 6:30-9:30 PM $8 207468-02

5/7 M 9:00 AM-Noon $8 207468-03

**Wine Tasting Basics**

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

Age: 21 years & up
Location: Senior Center

3/2 F 7:00-8:30 PM $35 207461-01

4/6 F 7:00-8:30 PM $35 207461-02

**Become a Master Naturalist**

See page 78 for more information.

Parenting ]

**Bringing Baby Home**

Gain knowledge and skill sets needed to constructively cope with the various changes that typically occur during the first three years after a baby is born. Recommended for expectant parents or parents of infants and toddlers.

Age: 18 years & up
Location: Senior Center

3/26-4/16 M 6:00-9:00 PM $175 207405-01

**Parenting Series**

Designed for those with children ages 0-8 years. Attend all the parenting classes in the series a $20 discount. Register for all classes using activity code 207475-01.

**Effective Discipline**

Effective discipline helps the child learn to make better choices. Rewards and punishments have a faster impact, but research shows that in the long-run there are many negative outcomes. Learn how to approach behavior challenges with procedures that encourage cooperation, form agreements, and introduce problem solving.

Age: 18 years & up
Location: Senior Center

4/18 W 6:30-8:30 PM $20 207472-01

**Nurturing Your Child’s Self Esteem**

The early years are an incredibly fertile time in life as a human. It is believed that 85% of personality is formed by age five. Using a simple model, learn ways to communicate and strengthen a child’s confidence and sense of self.

Age: 18 years & up
Location: Senior Center

3/21 W 6:30-8:30 PM $20 207470-01

**A Parent’s Toolbox**

If a “hammer” is the only tool, then all situations may be seen as “nails.” Explore ways to fill a tool box with effective strategies to make the work of parenting more conscious and rewarding.

Age: 18 years & up
Location: Senior Center

3/7 W 6:30-8:30 PM $20 207469-01

**Understanding Misbehavior**

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

Age: 18 years & up
Location: Senior Center

5/2 W 6:30-8:30 PM $20 207473-01

**Words that Work! Talking so Kids Will Listen**

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

Age: 18 years & up
Location: Senior Center

4/4 W 6:30-8:30 PM $20 207471-01

**Importance of Emotional Intelligence**

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

Age: 18 years & up
Location: Senior Center

5/16 W 6:30-8:30 PM $20 207474-01

Music & Theatre ]

**You Can Uke**

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

Age: 18 years & up
Location: Foothills Activity Center

3/8-3/29 Th 10:00-11:30 AM $65 207465-01

**You Can Uke, Level 2**

Playing the uke is easy, fun, and good for the soul. Continue to learn chords, strums, and songs. Basic knowledge of chords in the key of C and 3/4 and 4/4 strums. To reserve a uke, contact the instructor.

Age: 18 years & up
Location: Foothills Activity Center

3/8-3/29 Th 12:30-2:00 PM $65 207466-01

Technology ]

**Excel Introduction**

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

Age: 18 years & up
Location: Columbine Health Computer Lab

3/10 Sa 8:30 AM-12:30 PM $15 207903-01

**Introduction to 3D Printing with TinkerCad**

Learn the basics of shape creation and editing to design an object and 3D print it.

Age: 16 years & up
Location: Creator Hub, 1304 Duff Drive., #15

3/7 W 7:00-9:00 PM $22 215973-01

**Laser Cutting with OnShape**

Learn to make a 2D designs with OnShape and then create a design with the Creator Hub’s laser cutter.

Age: 18 years & up
Location: Creator Hub, 1304 Duff Drive., #15

4/7 Sa 1:00-3:00 PM $36 215975-01

**Micro Python**

Learn how to easily program an Internet-of-Things micro-controller using the Python language. All hardware included and can be taken home after class.

Age: 18 year & ups
Location: Creator Hub, 1304 Duff Drive., #15

4/14 Sa 1:00-3:00 PM $43 215976-01

**Triumph Over Technology**

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

Age: 18 years & up
Location: Senior Center

4/19-5/10 Th 3:00-4:30 PM $50 207421-01

**Youth Programs**

**LEGO Club**

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

Age: 6-10 years
Location: Foothills Activity Center

3/21-4/11 W 4:30-6:00 PM $29 218746-01

4/18-5/9 W 4:30-6:00 PM $29 218746-02

**Ultimate Babysitting Boot Camp**

Topics covered include: business and leadership principles, discipline, communication, safe play, basic care for infants and children, disaster, preparedness, preventing accidents, recognizing and responding to emergencies, infant and child CPR, choking, and basic first aid.

Receive a certification for Babysitting by the American Safety and Health Institute upon successful completion of the class. **Note:** Please bring paper and pencil

Age: 11-16 years
Location: Northside Aztlan Center

4/14 Sa Noon-8:00 PM $85 215575-01

5/5 Sa Noon-8:00 PM $85 215575-02

Cooking ]

**Kids Can Cook**

Get creative in the kitchen. Themed classes help increase
cooking knowledge. Theme for spring is “Spring Things”

Age: 8-11 years
Location: Northside Aztlan Center

4/14 Sa 1:00-3:00 PM $21 218519-01

**Food Adventures**

A series of skill building adventures to inspire a healthy relationship with food through nutrition and culinary education. **Note:** Bring a sack lunch.

Age: 11-15 years
Location: Northside Aztlan Center

**Junk Food Un-Junked**

Create healthy versions of traditionally unhealthy foods. Learn about processed vs. unprocessed foods and food marketing.

3/10 Sa 10:00 AM-2:00 PM $45 215576-01

**Eat Your Colors**

Learn from where different fruits and vegetables get their colors and the benefits associated with eating a diet rich in all the colors of the rainbow. Bring a sack lunch.

4/28 Sa 10:00 AM-2:00 PM $45 215576-02

**Farm to Table**

Explore the local flavors of Colorado and learn about how eating locally and in season benefits the body and the environment. Bring a sack lunch.

5/12 Sa 10:00 AM-2:00 PM $45 215576-03

S.T.E.M. ]

**Build a First, Second, and Third Electronic Circuit**

Drop in and build the first (or second or third) electronic circuit. Everything provided with instructions and somebody to help out and explain how the circuits work.

Age: 8-16 years
Location: Creator Hub, 1304 Duff Drive., #15

3/4 Su Noon-2:00 PM $8 215978-01

5/6 Su Noon-2:00 PM $8 215978-02

**Incrediflix**

All flix are professionally edited and downloadable within a month after camp ends.

Age: 7-13 years
Location: Northside Aztlan Center

**Stop Motion Tricks**

Begin a stop motion movie making career with a bang.Pull back the curtain and learn how stop-motion movie magic is made. Create special effects for stop motion movies. Work in groups to create and film effects from water to fire or even flying.

3/12-3/16 M-F 9:00 AM-Noon $220 215574-01

**Live Action Flix**

Have a blast making a movie. Go from “Action” to “That’s a wrap”. Follow the Hollywood process through brainstorming, location scouting, bringing in props and costumes, acting, and directing in a collaborative movie that is fun for the entire audience.

3/12-3/16 M-F 1:00-4:00 PM $220 215574-02

**Intro to 3D Design with OpenSCAD**

Learn to design 3D objects using OpenSCAD (essentially a programming language), and print the design on a 3D printer.

Age: 14-16 years
Location: Creator Hub, 1304 Duff Drive., #15

4/18 W 6:30-9:00 PM $15 215974-01

**Intro to Arduino**

Learn basic electrical circuits, features of the Arduino Uno micro-contoller, the Arduino programming environment, and a set of staged projects using the Arduino.

Age: 12-16 years
Location: Creator Hub, 1304 Duff Drive., #15

4/21 Sa 1:00-4:00 PM $22 215971-01

**Intro to Laser Cutting**

Learn how to use a laser cutter to cut and engrave plastic, wood, paper, or card. Learn how to use the machine safely and how to create designs using Inkscape software.

Age: 14-16 years
Location: Creator Hub, 1304 Duff Drive., #15

3/4 Su 10:00-11:30 AM $15 215977-01

4/8 Su 10:00-11:30 AM $15 215977-02

5/6 Su 10:00-11:30 AM $15 215977-03

**Intro to Programming with Codebug**

Learn the very basics of computer programming using the
graphic programming language Blockly and the simple computer named Codebug.

Age: 8-16 years
Location: Creator Hub, 1304 Duff Drive., #15

4/8 Su Noon-2:00 PM $8 215979-01

**Intro to Programming with Python**

Learn computer programming using the Python programming language. It’s a popular and widely applicable real-world language.

Age: 12-16 years
Location: Creator Hub, 1304 Duff Drive., #15

3/21 W 6:00-8:00 PM $15 215980-01

**Intro 3D Printing with TinkerCad**

Learn the basics of shape creation and editing to design an object and 3D print it.

Age: 10-16 years
Location: Creator Hub, 1304 Duff Drive., #15

5/5 Sa 1:00-3:00 PM $22 215973-02

**Intro to Soldering**

Learn safety, theory, and technique as while building a cool
looking lantern lit by a flickering “candle” circuit board. Take the soldering project home at the end of class. No prior soldering experience necessary.

Age: 10-16 years
Location: Creator Hub, 1304 Duff Drive., #15

3/24 Sa 1:00-3:00 PM $22 215970-01

5/12 Sa 1:00-3:00 PM $22 215970-02

**LEGO Jedi Engineering**

The Force Awakens in this engineering workshop for young Jedi. Explore engineering principles by designing and building projects using LEGO materials such as X-Wings, R2 Units, Energy Catapults, Defense Turrets, and Settlements from a galaxy far, far away. Create motorized and architectural projects with imagination.

Age: 5-12 years
Location: Foothills Activity Center

Age: 5-7 years

3/2 F 9:00 AM-Noon $37 215770-01

Age: 8-12 years

3/2 F 1:00-4:00 PM $37 215770-02

**LEGO Ninjago Workshop**

Learn the ways of spinjitzu. Help Sensei Wu defeat Lord Garmadon by building different machines based on the world of LEGO Ninjago.

Age: 5-12 years
Location: Foothills Activity Center

Age: 5-7 years

4/13 F 9:00 AM-Noon $37 215773-01

Age: 8-12 years

4/13 F 1:00-4:00 PM $37 215773-02

**YEL eXtreme electroniX**

Build a siren, a fan, a doorbell, and other electric circuits. Build
20-30 electronics projects over the course of the session and use those projects to explore basic aspects of electricity, including measuring ohms, amps, voltage, and open and closed circuits.
Use DC current (batteries).

Age: 6-10 years
Location: Northside Aztlan Center

3/22-4/26 Th 4:30-5:30 PM $86 215579-01

**YEL Project Runway**

Be frugal and fancy by upcycling an old pair of jeans into a garden apron. Also upcycle an old t-shirt into a tote bag for school books and other items. No experience necessary. Learn basic sewing techniques related to upcycling.

Age: 8-12 years
Location: Northside Aztlan Center

3/21-4/25 W 4:30-6:00 PM $137 215578-01

**YEL Rocketry Course**

Launch and watch a rocket speed 300' into the air. Make and take home multiple rockets of varying difficulty throughout this session. Use these rockets and airplanes to investigate basic aeronautical concepts including propulsion, thrust, lift, and drag.

Age: 7-12 years
Location: Northside Aztlan Center

3/20-4/24 Tu 4:30-6:00 PM $137 215577-01

Farm

All programs are hosted at The Farm unless otherwise noted.

**Adopt an Animal**

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

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

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

**Birthday Parties**

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

**The Farm Store**

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

**The Farm Museum**

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

**Volunteer**

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

**Day Camps**

For information about spring and summer camps hosted away from The Farm, see page 37.

**Farm Day Camp**

Play games, craft, give a try at barnyard trivia, and help with farm chores. Help take care of the animals by gathering eggs, milking the cow, and “slopping” the pigs. A field trip and an overnight at The Farm highlight the second week. **Note:** Pick up is 8:30 a.m. on the Friday after the overnight.

Age: 8-12 years

6/5-6/15 Tu-F 8:30 AM-3:30 PM $236 308602-01

6/19-6/29 Tu-F 8:30 AM-3:30 PM $236 308602-02

7/10-7/20 Tu-F 8:30 AM-3:30 PM $236 308602-03

7/24-8/3 Tu-F 8:30 AM-3:30 PM $236 308602-04

**Mini Day Camp**

Explore country life milking the cow, gathering eggs, riding the ponies, and going on treasure hunts. Mornings are topped off with picnic lunches in the silo, hayloft, or maybe even on a hayride.

Age: 6-7 years

6/5-6/8 Tu-F 8:30 AM-12:30 PM $76 308604-01

6/12-6/15 Tu-F 8:30 AM-12:30 PM $76 308604-02

6/19-6/22 Tu-F 8:30 AM-12:30 PM $76 308604-03

7/17-7/20 Tu-F 8:30 AM-12:30 PM $76 308604-04

**Not-So-Mini Day Camp**

An extended version of Mini Day Camp. Help with typical farm chores such as gathering eggs, milking the cow or goat, and riding the ponies. Also, craft and go on a hayride. **Note:** Class will not be held on 7/4.

Age: 6-7 years

6/26-6/29 Tu-F 8:30 AM-3:30 PM $151 308605-01

7/2-7/6 M,Tu,Th,F 8:30 AM-3:30 PM $151 308605-02

7/31-8/3 Tu-F 8:30 AM-3:30 PM $151 308605-03

**Pony Camp, Beginner**

Pony campers learn to groom, saddle, and ride a pony. Also, help with pony chores. Safety is stressed at all times. **Note:** Class will not be held on 7/4.

Age: 8-12 years

6/5-6/8 Tu-F 8:30-11:00 AM $156 308607-01

6/5-6/8 Tu-F 11:45 AM-2:15 PM $156 308607-02

6/12-6/15 Tu-F 11:45 AM-2:15 PM $156 308607-03

6/19-6/22 Tu-F 8:30-11:00 AM $156 308607-04

6/26-6/29 Tu-F 8:30-11:00 AM $156 308607-05

7/2-7/6 M,Tu,Th,F 8:30-11:00 AM $156 308607-06

7/10-7/13 Tu-F 11:45 AM-2:15 PM $156 308607-07

7/17-7/20 Tu-F 8:30-11:00 AM $156 308607-08

**Pony Camp, Advanced**

After learning how to groom and saddle, spend more time riding
and learning about ponies. Prerequisite: Pony Camp, Beginner.
**Note:** Class will not be held on 7/4.

Age: 8-12 years

6/12-6/15 Tu-F 8:30-11:00 AM $156 308608-01

6/19-6/22 Tu-F 11:45 AM-2:15 PM $156 308608-02

6/26-6/29 Tu-F 11:45 AM-2:15 PM $156 308608-03

7/2-7/6 M,Tu,Th,F 11:45 AM-2:15 PM $156 308608-04

7/10-7/13 Tu-F 8:30-11:00 AM $156 308608-05

7/17-7/20 Tu-F 11:45 AM-2:15 PM $156 308608-06

7/24-7/27 Tu-F 8:30-11:00 AM $156 308608-07

7/24-7/27 Tu-F 11:45 AM-2:15 PM $156 308608-08

**Horsemanship I**

Learn to groom, saddle, and ride a horse.

Age: 12-18 years

6/4-6/7 M-Th 12:15-2:45 PM $156 308616-01

6/18-6/21 M-Th 9:00-11:30 AM $156 308616-02

6/25-6/28 M-Th 12:15-2:45 PM $156 308616-03

7/9-7/12 M-Th 12:15-2:45 PM $156 308616-04

**Horsemanship II**

After learning how to groom and saddle, spend more time riding and learning about horses. Prerequisite: Horsemanship II or Pony Camp.

Age: 12-18 years

6/11-6/14 M-Th 12:15-2:45 PM $156 308617-01

6/18-6/21 M-Th 12:15-2:45 PM $156 308617-02

6/25-6/28 M-Th 9:00-11:30 AM $156 308617-03

7/9-7/12 M-Th 9:00-11:30 AM $156 308617-04

7/16-7/19 M-Th 9:00-11:30 AM $156 308617-05

7/16-7/19 M-Th 12:15-2:45 PM $156 308617-06

7/23-7/26 M-Th 9:00-11:30 AM $156 308617-07

7/23-7/26 M-Th 12:15-2:45 PM $156 308617-08

**Family Programs**

**Goat Yoga**

Must love goats; the four-legged yoga enthusiasts join the class. Bring an old mat and curiosity. Goats may interact or curl up in a corner. **Note:** The City is not responsible for “acts of nature” from
the goats.

Age: All

5/15 Tu 5:15-6:15 PM $15 208030-02

Age: 16 years & up

5/14 M 5:15-6:15 PM $15 208030-01

5/23 W 5:15-6:15 PM $15 208030-03

5/24 Th 5:15-6:15 PM $15 208030-04

**Child Without Parent Programs**

**Little Peepers**

Explore the barnyard by gathering eggs, milking a cow or goat,
and reading stories in the hayloft. **Note:** This is a child without
parent class.

Age: 3 years

3/22-4/5 Th 9:00-10:00 AM $31 208610-01

3/22-4/5 Th 10:15-11:15 AM $31 208610-02

4/20-5/4 F 9:00-10:00 AM $31 208610-03

4/20-5/4 F 10:15-11:15 AM $31 208610-04

**After School Farmers**

Experience life on a farm. Milk the cow or goat, take a hayride, feed the animals, and explore The Farm.

Age: 6-10 years

3/28-4/18 W 4:00-5:30 PM $46 208601-01

**Child with Parent Programs**

**Li’l Dumplin’ Farmers**

Learn about life on a farm. Meet the animals and help with farm chores such as gathering eggs and milking a cow or goat. After the chores are finished, enjoy a picnic with the animals. **Note:** Bring a sack lunch. The Farm staff provides homemade dessert.

Age: 2 years

3/19-4/2 M 11:00 AM-Noon $36 208609-01

3/20-4/3 Tu 11:00 AM-Noon $36 208609-02

4/9-4/23 M 11:00 AM-Noon $36 208609-03

**Li’l Dumplin’s & Beyond**

All the favorite chores Lil’ Dumplin’s enjoy, plus a few added touches. Along with gathering eggs, milking a cow or goat, and riding the ponies, create a mini-scrapbook using pictures taken during class. Souvenir t-shirt included.

Age: 2 years

3/26-4/9 M 9:30-10:30 AM $51 208624-01

3/27-4/10 Tu 9:30-10:30 AM $51 208624-02

4/16-4/30 M 9:30-10:30 AM $51 208624-03

**Pony Rides**

Saddle up and ride the ponies. **Note:** Parents lead their child’s pony for up to ten minutes. Close-toed shoes recommended. Admission to The Farm and a Pony Token are required. Maximum weight to ride the ponies is 150 lbs.

Age: 2-10 years

4/7-10/20 Sa 11:00 AM-4:00 PM $5

4/8-10/21 Su 1:00-4:00 PM $5

**Pony Riding Lessons**

Round ‘em up and bring those cowpokes to The Farm to learn
to groom and saddle a pony. Basics of riding are taught. **Note:**
One child per parent. Parents lead their child’s pony. Wear closed toed shoes.

Age: 3-5 years

3/28-4/18 W 1:00-2:00 PM $65 208614-01

4/7-4/28 Sa 9:30-10:30 AM $65 208614-02

4/25-5/16 W 1:00-2:00 PM $65 208614-03

5/5-5/26 Sa 9:30-10:30 AM $65 208614-04

**Pee Wee Farmers**

A favorite since The Farm opened. Learn what life on a farm
is like through hands-on experience. Milk a cow or goat, gather
eggs, help make snacks, and ride the ponies. **Note:** Parents lead
their child’s pony.

Age: 4-5 years

3/21-4/11 W 9:30-11:00 AM $46 208606-01

3/22-4/12 Th 1:30-3:00 PM $46 208606-02

3/23-4/13 F 9:30-11:00 AM $46 208606-03

4/17-5/8 Tu 9:30-11:00 AM $46 208606-05

4/17-5/8 Tu 1:30-3:00 PM $46 208606-06

4/18-5/9 W 9:30-11:00 AM $46 208606-07

4/19-5/10 Th 9:30-11:00 AM $46 208606-08

4/19-5/10 Th 1:30-3:00 PM $46 208606-09

4/20-5/11 F 1:30-3:00 PM $46 208606-10

Fitness

**General Information**

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

**Registration Options**

The following participation options are available for fitness classes:

Participants may register for an entire 5-week class session. With this option, active facility pass holders receive 70% off enrollment price. Fitness classes require a minimum number of participants registered per class to avoid cancellation. **Note:** Health & Wellness programs and 25 admission passes are not eligible for the 70% discount or the reduced fee program. Participants may pay a drop-in fee of $6 per class, except for karate.

**Class Specifics**

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

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

For youth and family fitness classes, see page 63.

Class time includes set-up, warm-up, cool-down, take down, and transition times. Instruction time is approximately 50-55 minutes per 1-hour class. Fitness equipment needed for instruction is provided, though participants are welcome to bring their own.

**Personal Training**

Personal trainers are available to train at Edora Pool Ice Center, Foothills Activity Center, Northside Aztlan Community Center, and Senior Center and can help you to develop an exercise program that meets your personal goals and needs. Personal training is available to those ages 13 years and up.

For more information, including pricing structures, trainer bios, and to submit an inquiry form, visit *fcgov.com/fitness*.

**Note:** Active facility passholders do not receive discounts for personal training.

**Adult Fitness**

Group Fitness ]

**Barre Fitness**

Turn classic ballet on its head. Utilize a mix of ballet barre movements, stretching, and Pilates-based core exercises to burn fat. Designed to sculpt, strengthen, and stretch the entire body in an intelligent and safe way.

Location: Northside Aztlan Center

3/12-4/11 M,W 9:00-10:00 AM $41 209501-01

4/16-5/16 M,W 9:00-10:00 AM $41 209501-02

**Boomer Blast**

A full body workout geared to increase strength and stamina. Get in shape and increase energy with guidance from trainers. By UCHealth Medical Fitness.

Location: Senior Center

3/6-3/29 Tu,Th 8:00-8:50 AM $27 225445-01

4/3-4-26 Tu,Th 8:00-8:50 AM $27 225445-02

5/1-5/24 Tu,Th 8:00-8:50 AM $27 225445-03

**Boot Camp**

Use functional movements and basic cardio calisthenics to lose weight and burn fat. Exercisers are built on evidenced based high intensity interval training principles that maximize results.

Location: Foothills Activity Center

3/12-4/13 M,W,F 5:30-6:30 PM $61 209701-01

4/16-5/18 M,W,F 5:30-6:30 PM $61 209701-02

**CrossTrain**

An intense workout that aims to maximize strength and agility by using kettle bells, plyo boxes, ropes, and more to work every muscle in the body. Every workout is totally different. Keep the body guessing and force it to stay at its peak.

Location: Northside Aztlan Center

3/12-4/13 M,W,F 6:15-7:15 AM $61 209502-01

4/16-5/18 M,W,F 6:15-7:15 AM $61 209502-02

3/12-4/13 M,W,F Noon-1:00 PM $61 209502-03

4/16-5/18 M,W,F Noon-1:00 PM $61 209502-04

**Essentrics**

This unique fitness program improves posture and cardiovascular health by strengthening and lengthening muscles. Scientifically designed to unlock the body and heal pain. With regular practice, become more flexible, limber, and mobile.

Location: Northside Aztlan Center

3/12-4/11 M,W 10:00-11:00 AM $41 209503-01

4/16-5/16 M,W 10:00-11:00 AM $41 209503-02

**Functional Strength**

Training for an active lifestyle. Integrate strength, flexibility, balance, and agility with a personal trainer in a group setting.

Location: Senior Center

3/13-4/12 Tu,Th 8:00-8:50 AM $41 209402-01

4/17-5/17 Tu,Th 8:00-8:50 AM $41 209402-02

3/13-4/12 Tu,Th 9:00-9:50 AM $41 209402-03

4/17-5/17 Tu,Th 9:00-9:50 AM $41 209402-04

**Group Lift, VidaSana**

Group weight lifting and weight room use. This Vida Sana class accepts Vida Sana passes. Participants must register. Vida Sana is a call for collaboration to unite for the health equity and well-being of the low income communities in Fort Collins. Apply for a Vida Sana pass at Northside Aztlan Center.

Location: Northside Aztlan Center

3/13-4/10 Tu 10:30-11:30 AM No Fee 209514-01

4/17-5/15 Tu 10:30-11:30 AM No Fee 209514-02

3/16-4/13 F 9:00-10:00 AM No Fee 209514-03

4/20-5/18 F 9:00-10:00 AM No Fee 209514-04

3/16-4/13 F 3:00-4:00 PM No Fee 209514-05

4/20-5/18 F 3:00-4:00 PM No Fee 209514-06

**Group Track, VidaSana**

Walking class around track. This Vida Sana class accepts Vida Sana passes. Participants must register. Vida Sana is a call for collaboration to unite for the health equity and well-being of the low income communities in Fort Collins. Apply for a Vida Sana pass at Northside Aztlan Center.

Location: Northside Aztlan Center

3/12-4/9 M 9:30-10:30 AM No Fee 209515-01

4/16-5/14 M 9:30-10:30 AM No Fee 209515-02

3/12-4/9 M 7:00-8:00 PM No Fee 209515-03

4/16-5/14 M 7:00-8:00 PM No Fee 209515-04

3/14-4/11 W 6:30-7:30 PM No Fee 209515-05

4/18-5/16 W 6:30-7:30 PM No Fee 209515-06

**HIIT Boot Camp**

High Intensity Interval Training, or HIIT, is a cardiovascular whole body workout alternating short periods of intense anaerobic exercise with less intense recovery periods.

Location: Northside Aztlan Center

3/12-4/11 M,W 4:30-5:30 PM $41 209516-01

4/16-5/16 M,W 4:30-5:30 PM $41 209516-02

3/13-4/12 Tu,Th Noon-1:00 PM $41 209516-03

4/17-5/17 Tu,Th Noon-1:00 PM $41 209516-04

**Les Mills BODYPUMP**

A total body workout using light to moderate weights with lots
of repetition. Instructors coach through the scientifically proven moves and techniques pumping out encouragement, motivation, and great music.

Location: Foothills Activity Center

3/12-4/11 M,W 6:15-7:15 AM $51 209710-01

4/16-5/16 M,W 6:15-7:15 AM $51 209710-02

3/12-4/11 M,W 12:15-1:00 PM $38.50 209710-03

4/16-5/16 M,W 12:15-1:00 PM $38.50 209710-04

3/13-4/12 Tu,Th 5:30-6:30 PM $51 209710-05

4/17-5/17 Tu,Th 5:30-6:30 PM $51 209710-06

3/17-4/14 Sa 9:45-10:45 AM $26 209710-07

4/21-5/19 Sa 9:45-10:45 AM $26 209710-08

3/12-4/11 M,W 5:30-6:30 PM $51 209710-09

4/16-5/16 M,W 5:30-6:30 PM $51 209710-10

3/13-4/12 Tu,Th 6:15-7:15 AM $51 209710-11

4/17-5/17 Tu,Th 6:15-7:15 AM $51 209710-12

**Lose to Win**

Use techniques performed in the television show, The Biggest Loser. Designed for weight loss. Practice a variety of exercises that are geared to burn fat and encourage increased self-confidence.

Location: Northside Aztlan Center

3/12-4/13 M,W,F 9:30-10:30 AM $61 209504-01

4/16-5/18 M,W,F 9:30-10:30 AM $61 209504-02

**Low Impact Aerobics**

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

Location: Senior Center/Foothills Activity Center

3/13-4/12 Tu,Th 8:50-9:50 AM $41 209401-01

4/17-5/17 Tu,Th 8:50-9:50 AM $41 209401-02

**Mat Pilates**

Gain flexibility, muscle strength, definition, and core balance
by learning correct posture and alignment through a series of
body movements.

Location: Senior Center

3/12-4/9 M 1:45-2:45 PM $21 209403-01

4/16-5/14 M 1:45-2:45 PM $21 209403-02

3/16-4/13 F 1:45-2:45 PM $21 209403-03

4/20-5/18 F 1:45-2:45 PM $21 209403-04

Location: Northside Aztlan Center

3/13-4/12 Tu,Th 1:00-2:00 PM $41 209506-01

4/17-5/17 Tu,Th 1:00-2:00 PM $41 209506-02

Location: Foothills Activity Center

3/13-4/12 Tu,Th 8:30-9:30 AM $41 209702-01

4/17-5/17 Tu,Th 8:30-9:30 AM $41 209702-02

**Mindful Movement to Music**

Seated, rhythmic aerobics practiced to soul-stirring music. These spirited, gentle, joyful movements condition strength, flexibility, and neuromuscular connections. Based on the Nia technique’s Moving to Heal program, “The Art of Feeling Better.”

Location: Senior Center

3/13-4/10 Tu 11:00-11:45 AM $16 209407-01

4/17-5/15 Tu 11:00-11:45 AM $16 209407-02

**Nia**

Claim wellness and explore joy with this sensory based, non-
impact, aerobic fusion of dance, healing, and martial arts. Connect body, mind, emotions, and spirit for wellness, conditioning, and overall fitness. Advance registration strongly encouraged. All
levels welcome.

Location: Senior Center

3/13-4/10 Tu 5:30-6:30 PM $21 209404-01

4/17-5/15 Tu 5:30-6:30 PM $21 209404-02

3/15-4/12 Th 5:30-6:30 PM $21 209404-03

4/19-5/17 Th 5:30-6:30 PM $21 209404-04

**Pound Rockout Workout**

Combine cardio, strength training, balance, and Pilates-inspired movements with simulated drumming using lightly weighted ripstixs for total body conditioning.

Location: Senior Center

3/14-4/11 W 6:35-7:20 PM $16 209405-01

4/18-5/16 W 6:35-7:20 PM $16 209405-02

**PowerTrain**

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

Location: Northside Aztlan Center

3/13-4/12 Tu,Th 6:15-7:15 AM $41 209507-01

4/17-5/17 Tu,Th 6:15-7:15 AM $41 209507-02

3/13-4/12 Tu,Th Noon-1:00 PM $41 209507-03

4/17-5/17 Tu,Th Noon-1:00 PM $41 209507-04

**RunningU Zero to 5K**

Learn strategies to run a 5k, whether for the first time or to get a better time. Develop a training plan and run with a group weekly.
The end goal is the Firecraker 5k on 7/4. **Note:** Kickoff meeting is
at 8 a.m. on 4/22 at Northside Aztlan Center.

Location: TBD

4/22-6/24 Su 8:00-9:00 AM $25 209590-01

**Science of Strength Training**

Designed for beginners. Train the body and the brain. Learn the basics of exercise science while also getting in a good workout. Equal parts weightlifting with hands-on instruction and in the classroom studying metabolism, biomechanics, programming, and technique.

Location: Foothills Activity Center

3/13-4/12 Tu,Th 5:30-6:30 PM $41 209703-01

4/17-5/17 Tu,Th 5:30-6:30 PM $41 209703-02

**Spin & Tone**

Includes the same challenging workout that other Group Spin
classes offer, but with an additional toning segment either throughout the class or at the end. Great for cardiovascular
training and total body strengthening.

Location: Northside Aztlan Center

3/12-4/11 M,W 5:30-6:30 PM $41 209505-01

4/16-5/16 M,W 5:30-6:30 PM $41 209505-02

3/13-4/12 Tu,Th 6:15-7:15 AM $41 209505-03

4/17-5/17 Tu,Th 6:15-7:15 AM $41 209505-04

**Strength & Tone**

Upbeat and designed to develop strength and flexibility. Sculpt with free weights, toning moves, waves of cardio, and rotating fitness equipment to help rev metabolism in an encouraging atmosphere. All levels welcome.

Location: Northside Aztlan Center

3/13-4/12 Tu,Th Noon-12:55 PM $41 209508-01

4/17-5/17 Tu,Th Noon-12:55 PM $41 209508-02

**Strength Training**

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

Location: Northside Aztlan Center

3/12-4/11 M,W 8:30-9:30 AM $41 209509-01

4/16-5/16 M,W 8:30-9:30 AM $41 209509-02

3/13-4/12 Tu,Th 9:30-10:30 AM $41 209509-03

4/17-5/17 Tu,Th 9:30-10:30 AM $41 209509-04

**Total Body Boot Camp**

A mix of cardio, weight circuits, and stretching. Keep the body guessing and see improvements in strength, flexibility, and stamina.

Location: Northside Aztlan Center

3/13-4/12 Tu,Th 5:30-6:30 PM $41 209510-01

4/17-5/17 Tu,Th 5:30-6:30 PM $41 209510-02

**TRX Body Blast**

TRX is a suspension fitness system that helps build balance, muscle strength, and flexibility. Adjust the straps to increase or decrease the difficulty of every exercise. All levels welcome.

Location: Northside Aztlan Center

3/13-4/12 Tu,Th Noon-1:00 PM $41 209511-01

4/17-5/17 Tu,Th Noon-1:00 PM $41 209511-02

3/17-4/14 Sa 8:00-9:00 AM $21 209511-03

4/21-5/19 Sa 8:00-9:00 AM $21 209511-04

**Zumba**

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

Location: Club Tico

3/12-4/9 M 9:00-10:00 AM $21 209112-01

4/16-5/14 M 9:00-10:00 AM $21 209112-02

3/14-4/11 W 9:00-10:00 AM $21 209112-03

4/18-5/16 W 9:00-10:00 AM $21 209112-04

3/16-4/13 F 9:00-10:00 AM $21 209112-05

4/20-5/18 F 9:00-10:00 AM $21 209112-06

Location: Senior Center

3/12-4/9 M 5:30-6:25 PM $21 209406-01

4/16-5/14 M 5:30-6:25 PM $21 209406-02

3/14-4/11 W 5:30-6:25 PM $21 209406-03

4/18-5/16 W 5:30-6:25 PM $21 209406-04

3/17-4/14 Sa 9:00-10:00 AM $21 209406-05

4/21-5/19 Sa 9:00-10:00 AM $21 209406-06

Location: Northside Aztlan Center

3/13-4/10 Tu 6:30-7:30 PM $21 209512-01

4/17-5/15 Tu 6:30-7:30 PM $21 209512-02

3/14-4/11 W 6:30-7:30 PM $21 209512-03

4/18-5/16 W 6:30-7:30 PM $21 209512-04

3/15-4/12 Th 6:30-7:30 PM $21 209512-05

4/19-5/17 Th 6:30-7:30 PM $21 209512-06

**Zumba, Vida Sana**

Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program. This class accepts Vida Sana passes, registration is required. Vida Sana is a call for collaboration to unite for the health equity and well-being of the low income communities in Fort Collins. Apply for a pass at Northside Aztlan Center.

Location: Club Tico

3/12-4/9 M 9:00-10:00 AM No Fee 209113-01

4/16-5/14 M 9:00-10:00 AM No Fee 209113-02

3/14-4/11 W 9:00-10:00 AM No Fee 209113-03

4/18-5/16 W 9:00-10:00 AM No Fee 209113-04

3/16-4/13 F 9:00-10:00 AM No Fee 209113-05

4/20-5/18 F 9:00-10:00 AM No Fee 209113-06

Location: Northside Aztlan Center

3/13-4/10 Tu 6:30-7:30 PM No Fee 209513-01

4/17-5/15 Tu 6:30-7:30 PM No Fee 209513-02

3/14-4/11 W 6:30-7:30 PM No Fee 209513-03

4/18-5/16 W 6:30-7:30 PM No Fee 209513-04

3/15-4/12 Th 6:30-7:30 PM No Fee 209513-05

4/19-5/17 Th 6:30-7:30 PM No Fee 209513-06

Martial Arts ]

**Qigong & Taichi for Health**

Designed for beginners. Learn gentle ancient Chinese systems of cultivating great health and internal strength. Routines are simple and help improve balance, strength, flexibility, mental concentration, and focus. All levels welcome.

Location: Foothills Activity Center

3/17-4/14 Sa 8:00-9:00 AM $21 209740-01

4/21-5/19 Sa 8:00-9:00 AM $21 209740-02

**Taijifit**

An easy style of tai chi; no routines to follow or choreography
to memorize. Improve balance, strength, and flexibility. No experience necessary.

Location: Senior Center

3/12-4/11 M,W Noon-12:45 PM $31 209440-01

4/16-5/16 M,W Noon-12:45 PM $31 209440-02

3/13-4/10 Tu 4:00-4:45 PM $16 209440-03

4/17-5/15 Tu 4:00-4:45 PM $16 209440-04

3/15-4/12 Th 3:00-3:45 PM $16 209440-05

4/19-5/17 Th 3:00-3:45 PM $16 209440-06

**Tai Chi, Beginning**

An orthodox internal martial art from China. Discover the four “Mother Forms” of the art which are low-impact, meditative repeating movements. Gain insight into internal movement
and training.

Location: Senior Center

3/17-4/14 Sa 12:45-1:45 PM $21 209441-01

4/21-5/19 Sa 12:45-1:45 PM $21 209441-02

**Yi Chuan**

A physical practice that combines exercises from gi going, tai chi,
ba gua, and hsing yi chuan. Learn internal alignment through
ancient movements that can invigorate mind, body, and spirit.
By Stephan Harms.

Location: Foothills Activity Center

3/1-3/22 Th 6:00-7:00 PM $60 225710-01

3/29-4/26 Th 6:00-7:00 PM $60 225710-02

5/3-5/31 Th 6:00-7:00 PM $60 225710-03

Yoga ]

**Mindfulness Yoga**

Integrates the practice of mindfulness with yoga poses. Based on the book, “Mindfulness Yoga,” by Frank Jude Boccio. All levels welcome.

Location: Northside Aztlan Center

3/18-4/15 Su 10:00-11:00 AM $21 209566-01

4/22-5/20 Su 10:00-11:00 AM $21 209566-02

**Morning Meditation & Yoga**

Begin the morning with meditation, moving into gentle yoga; a positive and healthy way to balance the day.

Location: Northside Aztlan Center

3/13-4/12 Tu,Th 7:30-8:30 AM $41 209564-01

4/17-5/17 Tu,Th 7:30-8:30 AM $41 209564-02

**Restorative Yoga**

A pleasant way to relax and soothe frayed nerves. Using blankets and blocks as props, experience the benefits of a passive pose without having to exert much or any effort. During the practice, open, release, and connect with self-healing.

Location: Northside Aztlan Center

3/12-4/11 M,W Noon-1:00 PM $41 209560-01

4/16-5/16 M,W Noon-1:00 PM $41 209560-02

3/16-4/13 F 11:00 AM-Noon $21 209560-03

4/20-5/18 F 11:00 AM-Noon $21 209560-04

**Sculpting Yoga**

Build strength and definition with weights and yoga.
All levels welcome.

Location: Northside Aztlan Center

3/13-4/12 Tu,Th 1:00-2:00 PM $41 209561-01

4/17-5/17 Tu,Th 1:00-2:00 PM $41 209561-02

**Slow Flow Hatha Yoga**

Nurturing, fun, and non-competitive. Improve balance, strength, and flexibility. Poses are linked together slowly, with attention to breath. Philosophy and stress management techniques are touched on. Modifications offered. Beginner-intermediate levels welcome.

Location: Senior Center

3/12-4/9 M 6:30-7:30 PM $21 209461-01

4/16-5/14 M 6:30-7:30 PM $21 209461-02

Location: Northside Aztlan Center

3/12-4/9 M 4:00-5:00 PM $21 209562-01

4/16-5/14 M 4:00-5:00 PM $21 209562-02

3/13-4/10 Tu 5:00-6:00 PM $21 209562-03

4/17-5/15 Tu 5:00-6:00 PM $21 209562-04

3/14-4/11 W 4:00-5:00 PM $21 209562-05

4/18-5/16 W 4:00-5:00 PM $21 209562-06

3/15-4/12 Th 5:00-6:00 PM $21 209562-07

4/19-5/17 Th 5:00-6:00 PM $21 209562-08

Location: Foothills Activity Center

3/12-4/11 M,W 4:30-5:30 PM $41 209761-01

4/16-5/16 M,W 4:30-5:30 PM $41 209761-02

3/13-4/12 Tu,Th 1:15-2:30 PM $48.50 209761-03

4/17-5/17 Tu,Th 1:15-2:30 PM $48.50 209761-04

**Svaroopa for Every Body**

Restorative Hatha yoga. Open and release core spinal muscles that cause pain in knees, back, shoulders, and neck. Dissolve tension, stress, and spinal compression. Transform outside and inside.

Location: Senior Center

3/7-3/28 W 10:15-11:45 AM $30 225446-01

4/4-4-25 W 10:15-11:45 AM $30 225446-02

5/2-5/23 W 10:15-11:45 AM $30 225446-03

**Therapeutic Yoga**

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

Location: Senior Center

3/12-4/9 M 10:00-11:00 AM $21 209460-01

4/16-5/14 M 10:00-11:00 AM $21 209460-02

3/12-4/9 M 11:00 AM-Noon $21 209460-03

4/16-5/14 M 11:00 AM-Noon $21 209460-04

3/15-4/12 Th 10:00-11:00 AM $21 209460-05

4/19-5/17 Th 10:00-11:00 AM $21 209460-06

3/15-4/12 Th 11:00 AM-Noon $21 209460-07

4/19-5/17 Th 11:00 AM-Noon $21 209460-08

**Vinyasa Flow**

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

Location: Northside Aztlan Center

3/17-4/14 Sa 8:00-9:00 AM $21 209563-01

4/21-5/19 Sa 8:00-9:00 AM $21 209563-02

**Yoga, All Levels**

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

Location: Senior Center

3/17-4/14 Sa 9:30-10:30 AM $21 209464-01

4/21-5/19 Sa 9:30-10:30 AM $21 209464-02

**Yoga, Beginning**

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

Location: Senior Center

3/13-4/12 Tu,Th 2:45-3:45 PM $41 209462-01

4/17-5/17 Tu,Th 2:45-3:45 PM $41 209462-02

3/13-4/12 Tu,Th 4:00-5:00 PM $41 209462-03

4/17-5/17 Tu,Th 4:00-5:00 PM $41 209462-04

3/13-4/12 Tu,Th 5:15-6:15 PM $41 209462-05

4/17-5/17 Tu,Th 5:15-6:15 PM $41 209462-06

3/14-4/11 W Noon-1:00 PM $21 209462-07

4/18-5/16 W Noon-1:00 PM $21 209462-08

3/14-4/11 W 1:15-2:15 PM $21 209462-09

4/18-5/16 W 1:15-2:15 PM $21 209462-10

**Yoga, Advanced Beginner**

Release stress and improve balance, flexibility, and strength with sometimes challenging poses. Mindfulness and breathing techniques also offered. **Note:** Previous yoga experience expected, with modifications offered for varying levels. Must be able to do floor and standing exercises at a fast pace.

Location: Senior Center

3/12-4/9 M 4:30-5:20 PM $21 209463-01

4/16-5/14 M 4:30-5:20 PM $21 209463-02

3/12-4/11 M,W 5:30-6:20 PM $41 209463-03

4/16-5/16 M,W 5:30-6:20 PM $41 209463-04

3/13-4/10 Tu 6:30-7:30 PM $21 209463-05

4/17-5/15 Tu 6:30-7:30 PM $21 209463-06

**Yoga & Meditation**

A calm approach to being present, rejuvenated, and healthier. Learn to quiet the mind and find inner balance. Begin with meditation and move into a gentle flow of yoga asanas.

Location: Northside Aztlan Center

3/13-4/12 Tu,Th 9:00-10:00 AM $41 209565-01

4/17-5/17 Tu,Th 9:00-10:00 AM $41 209565-02

**Youth & Family Fitness**

**Smart Fit Girls**

Designed for adolescent girls to improve physical and mental wellbeing. Participate in physical activities with a focus on strength training. Also discuss topics such as nutrition, bullying, media, and self-love, all while building new friendships and working out as a group. **Note:** Class will not be held on 3/13, 3/15.

Location: Foothills Activity Center

Grade: 6-8

2/20-5/3 Tu,Th 4:00-6:00 PM $151 209776-01

**Yoga, Family**

Explore yoga with your baby or toddler. Both child and guardian benefit physically, emotionally, and mentally with this fun approach to breathing and movement together. **Note:** At least one adult must be present and in the room with enrolled child/children. Price is flat rate for up to three participants.

Location: Foothills Activity Center

Parent/Baby Yoga
Age: 6-18 months

3/16-4/13 F 1:00-2:00 PM $21 209760-01

4/20-5/18 F 1:00-2:00 PM $21 209760-02

Parent/Toddler Yoga
Age: 18 months-3 years

3/16-4/13 F 2:00-2:45 PM $16 209760-03

4/20-5/18 F 2:00-2:45 PM $16 209760-04

**Yoga, Pre-Teen**

Work on building self-esteem and confidence through mindful breathing, fun sequences of yoga poses, and empowering games with a rockin’ playlist. Drop off and pick up is 10 minutes before and after class time.

Location: Foothills Activity Center
Age: 9-12 years

3/12-4/9 M 4:30-5:30 PM $16 209763-01

4/16-5/14 M 4:30-5:30 PM $16 209763-02

**Yoga, Teen**

Become more connected with body, mind, and the world through self-discovery, mindful breathing, invigorating yoga sequences, and self-confidence building games.

Location: Foothills Activity Center
Age: 13-16 years

3/14-4/11 W 4:30-5:30 PM $16 209764-01

4/18-5/16 W 4:30-5:30 PM $16 209764-02

Health & Wellness

Health & Wellness Services is a unique and comprehensive public health and wellness program provided in partnership by the City of Fort Collins, Columbine Health Systems, and UCHealth. All services are for ages 18 years & up unless otherwise noted. Find additional Health & Wellness sponsored programs throughout the Recreator; they are denoted with a. **Note:** Health & Wellness programs are not eligible for reduced fee pricing.

**Services**

Call 970.221.6644 to schedule an appointment.

**Acupuncture**

Stimulate healing, stress-release, and energy without pain or negative side effects. Acupuncture has been used for thousands of years to help with pain, depression, and anxiety.

Location: Senior Center

Mondays $45/60 minutes 9:00 AM-4:00 PM

Wednesdays $35/45 minutes 9:00 AM-Noon

**Advance Care Planning**

Larimer County Advance Care Planning Team can help create advance directives at no cost. Guides offer support in completing advance care plans that represent what is important to individuals by explaining treatment options, putting choices in writing, and sharing them with family and physicians. Walk-ins welcome. For more information, visit *larimeradvancecare.org*.

Location: Foothills Activity Center

3/13, 4/10, 5/8 Tu No Fee 9:00 AM-2:00 PM

**Balance Assessment**

Balance is assessed using the STEADI system from the Center for Disease Control. Receive suggestions based on ratings to help reduce any fall risk. By UCHealth Outpatient Therapy.

Location: Senior Center

4/17 Tu $10 4:00-5:00 PM

**Blood Pressure Clinic**

Sit down with a registered nurse one-on-one for a blood pressure check and ask any health-related questions. No appointment necessary; check in at the Senior Center front desk.

Location: Senior Center

3/12, 4/9, 5/14 M No Fee 10:00 AM-Noon

**Cholesterol Check**

Blood pressure, cholesterol panel, and glucose tests with counseling and recommendations. Eight-hour fast recommended prior to appointment; water and medications permitted. To schedule an appointment, contact the Health District at 970.224.5209. **Note:** Appointments are 20 minutes. Walk -ins accepted as space allows.

Location: Senior Center

3/6, 4/10, 5/8 Tu $15 8:00-11:00 AM

3/15, 4/19, 5/17 Th $15 8:00-11:00 AM

**Cosmetic Acupuncture**

Facial and physical rejuvenation uses ancient acupuncture techniques to balance internal systemS at the root. Relax for a series of six one-hour treatments while receiving gentle facial and body acupuncture to rebalance energies and enliven and refresh the face.

Location: Senior Center

Mondays $360 for series of 6 9:00 AM-4:00 PM

**Fitness Checkup**

Check body fat percentage and BMI. Perform simple strength, cardio, and flexibility tests to determine strengths and weaknesses.

Location: Senior Center

3/5,4/16 M $5 1:00-4:00 PM

3/20, 5/1 Tu $5 9:00 AM-Noon

**Manicures, Pedicures, and Nail Care**

Look and feel good with the spa manicure and pedicure services. Nail clippings also available. By Neitha Schneider, Sweetheart Nails.

Location: Senior Center
Thursdays, 10:00 AM-4:00 PM

Basic Manicure or Pedicure $36 60 minutes

Spa Manicure or Pedicure $54 90 minutes

Combo Spa $72 120 minutes

Toenail Clip $18 30 minutes

**Massage**

Enjoy the health benefits of massage: stress relief, relaxation, range of motion improvement, and pain relief. Traditional, sports, and facilitated stretching available.

Location: Senior Center

Tuesdays $16.50/15 minutes 9:00 AM-Noon

Wednesdays $30/30 minutes 1:30-5:00 PM

Thursdays $30/30 minutes 9:00 AM-Noon

**Personal Wellness Coaching**

Create change to sustain a healthy lifestyle. If diet and exercise attempts have not been successful, find what works. Make health and fitness changes to thrive and enjoy life by discovering what connects with the heart and spirit. A Wellness Coach provides a plan, accountability, and encouragement. Call 970.221.6644 for dates, times, and pricing.

Location: Senior Center

**Medical Education**

**Antioxidants for the Skin**

Skin loses elasticity and thins with age. Other factors accelerate the aging process. Learn about free radicals, how radicals affect the skin, and how antioxidants can help. By Joseph Wilde Dermatologist MD.

Location: Senior Center

4/25 W 10:00-11:00 AM No Fee 225449-01

**Back Health & Gardening**

Learn about adaptive equipment, injury prevention, modified activity training for gardening, and the psychological benefits of gardening. Information on alternatives for getting down to the plants or raising them to reachable levels is also covered. By PVH Outpatient Rehabilitative Services.

Location: Senior Center

5/9 W 9:30-11:00 AM $10 225410-01

**Being Post-Menopausal with Zest**

Learn the top ten things women can do to address issues in this “time of change”. Receive suggestions for exercise options to protect the back, how to manage constipation, how to improve sexual health, and recommendations for bone health. By UCHealth Outpatient Therapy.

Location: Senior Center

3/13 Tu 10:00-11:30 AM $10 225409-01

**Bladder Health for Men**

As men age, issues with the bladder/prostate can occur. Ways to improve bladder control for men including exercises to strengthen the pelvic floor muscles and constipation management are presented. Tips to improve nighttime frequency and urinary urge
are also covered. By UCHealth Outpatient Therapy.

Location: Senior Center

5/3 Th 10:00-11:30 AM $10 225413-01

**Bossy Bladder**

Bossy bladders or bowels can stand in the way of life, preventing participation in hobbies and family events. Take action: learn how to get control and lead a worry-free life with tools to manage the bladder and/or bowels. By Covell Care.

Location: Senior Center

3/12 M 11:00 AM-Noon $25 225453-01

5/7 M 1:00-2:00 PM $25 225453-02

**Continuum of Care**

Education on advanced health care options and services.
By Covell Care.

Location: Senior Center

4/17 Tu 10:00-11:00 AM No Fee 225456-01

**Core Stability & Balance**

Falls can be frightening for everyone. Discuss fall risk as well as ways to get up off the floor after a fall. Receive suggestions about core stability exercises that can be practiced at home. By UCHealth Outpatient Therapy.

Location: Senior Center

4/12 Th 11:00 AM-Noon $5 225411-01

**Exercise at Home**

According to the Center for Disease Control, injuries and accidents are the number one reason older adults go to the emergency room. Learn safe in-home exercises specifically designed to reduce fall risk and stay out of the hospital. By Covell Care.

Location: Senior Center

3/5 M 11:00 AM-Noon $25 225455-01

4/26 Th Noon-1:00 PM $25 225455-02

**Head to Toe Health: Digestive System**

Learn skills needed to manage health from head to toe. Explore habits that best support digestive health and learn how to handle everyday eating, as well as common problems with digestion. By Dianne Grimmett RN, Columbine Poudre Home Care.

Location: Senior Center

4/11 W 2:00-3:00 PM $5 225423-01

**Head to Toe Health: Endocrine System**

Learn the skills you need to manage health from head to toe. Explore the endocrine system, with a focus on managing diabetes and thyroid issues. By Dianne Grimmett RN M. Ed., Columbine Poudre Home Care

Location: Senior Center

5/9 W 2:00-3:00 PM $5 225424-01

**Head to Toe Health: Respiratory System**

Learn the skills needed to manage health from head to toe.
Explore habits that best support respiratory health and learn how
to handle common respiratory problems, including pneumonia, asthma, and COPD. By Dianne Grimmett RN M. Ed., Columbine Poudre Home Care.

Location: Senior Center

3/14 W 2:00-3:00 PM $5 225422-01

**Keeping up with Grandkids**

Make fun memories while improving health. Play with grandkids and improve strength, balance, and flexibility with the help from the little ones. By UCHealth Outpatient Therapy.

Location: Senior Center

4/11 W 11:00 AM-12:30 PM $5 225414-01

**Migraines & Headaches: Doc Talk**

Although the exact cause of migraines remains unknown, they
may be triggered by several factors including stress, noise, exertion, certain medications, lack of sleep, and certain foods. The latest research in pain relief and impacting lifestyle factors are covered.
By UCHealth Neurologist.

Location: Senior Center

3/21 W 6:00-7:00 PM $5 225400-01

**Parkinson’s Wellness Recovery**

PWR, an exercise program developed by Dr. Beck Farley for those with Parkinson’s, improves balance/walking and may help slow the progression of the disease. Designed for those who have trouble with balance or walking in the home. By UCHealth Neurologic Physical Therapists.

Location: Senior Center

3/2-4/20 F 1:00-2:00 PM $40 225416-01

**To Drive or Not to Drive**

Learn startling statistics about older drivers and how to determine if someone is fit to drive or what restrictions may need to be put in place. Receive help to make driving decisions easier for everyone involved. By Covell Care.

Location: Senior Center

3/14 W 10:00-11:00 AM No Fee 225454-01

4/24 Tu 1:00-2:00 PM No Fee 225454-02

**Wellness Education**

**5 Points for a Safer Fall**

A revealing dissection of the most common causes of personal injury in the world: accidental falls. Worldwide falls kill 424,000 each year. Demonstrations include how to fall safer using proven techniques learned from professionals that fall regularly in their profession. By Dr. Don Hunter.

Location: Senior Center

3/15 Th 10:00-11:30 AM $5 225418-01

**Aging & Creativity**

Learn about the benefits of aging, arts, creativity, and culture. Participate in creative expression by engaging in artistic expression and explore the inner artist. By CSU Behavioral Science.

Location: Senior Center

3/7 W Noon-1:00 PM No Fee 225431-01

**Aging & Technology**

Make the choice to stay connected. Learn how to manage at-home technology and explore new products and programs that promote longevity. Plug into mobile desires and enhance knowledge and use of technology. By CSU Behavioral Science.

Location: Senior Center

4/4 W Noon-1:00 PM No Fee 225432-01

**Arthritis Support Group**

This quarterly group is designed to offer information and support for those who have arthritis, and their family members, friends, and caregivers. Learn more, find related resources, meet people, network, and share experiences. Register with the Aspen Club at 970.495.8560.

Location: Senior Center

5/14 M 11:30 AM-1:00 PM No Fee

**Brain & Balance**

Practice brain games and functional balance exercises. Receive support, laugh, and achieve results. Provided by Diane Horak, Health & Wellness Program Manager.

Location: Senior Center

3/1-3/22 Th 1:30-2:00 PM $15 225438-01

3/29-4/26 Th 1:30-2:00 PM $15 225438-02

5/3-5/31 Th 1:30-2:00 PM $15 225438-03

**Brain Health Fun**

Learn habits, confirmed by research, that keep the body and brain healthy while potentially reducing the risk of cogitative decline. Discuss practices that maintain and enhance brain health. Challenge the right and left brain and stimulate the senses. By UCHealth
Aspen Club.

Location: Senior Center

5/24 Th 10:00-11:00 AM $5 225407-01

**Couch to 5K**

Learn strategies to run a 5k, whether for the first time or to get a better time. Develop a training plan and run with a group weekly. The end goal is the Father’s Day 5k on 6/17. **Note:** For information about the Adaptive Couch to 5k Training program, see page 15.

Location: TBD

5/16-6/13 W 5:00-6:00 PM $25 225465-01

**Conversation Cafe**

A gathering for participants in the Enhance Wellness Program. Meet and share successes and barriers. Meets the first and third Tuesday of each month.

Location: Foothills Activity Center

3/6-5/15 Tu 9:00-10:00 AM $5 225450-01

**Conversations Every Family Should Have**

Learn about the physical, personal, and financial aspects of long term and elder care. Discuss how to talk about difficult topics such as care-giver issues, aging in place, financing, where Medicare and Medicaid fit in, and the consequences of failing to plan.

Location: Senior Center

3/27 Tu 5:30-6:30 PM No Fee 225441-01

**Get Your Advanced Directives**

It’s important at any age to get advance directives done, especially with age. Learn about living wills and medical health care directives, and take time to complete them. Discuss end of life issues and
the importance of letting loved ones know plans. By UCHealth
Aspen Club.

Location: Senior Center

4/18 W 9:30-11:00 AM No Fee 225408-01

**Grandparent Safety Tips**

Whether raising grandchildren or watching them for a time, safety can be a constant concern. Learn tips to keep grandchildren safe. Medication, bicycle, car, and pedestrian safety, and safe sleep for infants are discussed. By UCHealth Aspen Club.

Location: Senior Center

4/23 M 11:00 AM-Noon $5 225402-01

**Laughter Wellness**

An interactive body mind practice that can help develop a positive attitude and improve physical, mental, emotional, and social wellbeing. Experience the various elements of Laughter Wellness and leave with a deeper connection to mind, body, and spirit. **Note:** Class will not be held 3/31, 4/7, 4/21.

Location: Senior Center

3/3-5/19 Sa 9:00-9:45 AM No Fee 225452-01

**Laughter Wellness Play Shop**

An extended version of Laughter Wellness. An interactive body mind practice that can help develop a positive attitude and improve physical, mental, emotional, and social wellbeing. Experience the various elements of Laughter Wellness and leave with a deeper connection to mind, body, and spirit.

Location: Senior Center

4/21 Sa 1:00-4:00 PM $35 225451-01

**Living Well with Pain**

Learn tools to help manage pain from issues such as fibromyalgia, headache, lower back pain, and arthritis. Studies have shown that people who implement the tools taught in the class, on average have less pain, less dependence on others, and are more involved in everyday activities. By UCHealth Aspen Club.

Location: Senior Center

3/22-4/26 Th 1:00-3:30 PM No Fee 225405-01

**Manis, Pedis, & Your Health**

Learn how to look for quality manicure, pedicure, or skincare services, as well as things that can be done at home. By At Your Fingertips Salon.

Location: Foothills Activity Center

4/4 W 6:00-7:00 PM $6 225437-03

Location: Senior Center

3/19 M 6:00-7:00 PM $6 225437-01

5/9 W 6:30-7:30 PM $6 225437-02

**Mind-Body Connection**

Part of the Enhance Wellness Program. Focus on practical tools and techniques to use the mind to help change patterns of thought and behavior to healthier ones.

Location: Senior Center

5/3-6/28 Th 3:00-5:00 PM No Fee 225439-01

**Mindful Aging**

Learn tips and tools for cultivating a daily meditative practice. Explore the history behind non-western practices such as meditation, yoga, and mindfulness and how they play a particularly important role in healthy aging. By CSU Behavioral Science.

Location: Senior Center

4/11 W Noon-1:00 PM No Fee 225412-01

**Morning Meditation**

Basic instruction followed guided meditation with time for silent practice. Conclude with reflections on how to make and maintain space for deliberate mindfulness in everyday life. All levels welcome. By CSU/Larimer County Extension.

Location: Senior Center

3/15 Th 9:00-9:45 AM No Fee 225426-01

4/19 Th 9:00-9:45 AM No Fee 225426-02

5/17 Th 9:00-9:45 AM No Fee 225426-03

**Music & the Aging Mind**

Discuss the benefits of music therapy and explore how the brain and body respond to music. Discover musical preferences by participating in auditory and perceptual learning activities. By CSU Behavioral Science.

Location: Senior Center

4/18 W Noon-1:00 PM No Fee 225434-01

**Paradigm Shift: Cancer**

Doctors focus on diagnosis and treatment of cancer, but many lifestyle choices can prevent cancer. Investigate a whole plant based diet and its impact on growth and prevention of cancer and learn new ways to reduce risk. By Dr. Cory Carroll.

Location: Senior Center

5/15 Tu 6:30-8:30 PM No Fee 225457-01

**Paradigm Shift: Coronary Heart**

Coronary artery disease (CAD) can be prevented. Diet is key. Discover scientific evidence the shows that a whole foods plant based diet can not only stop but may reverse CAD. By Dr. Cory Carroll.

Location: Senior Center

3/6 Tu 6:30-8:30 PM No Fee 225458-01

**Paradigm Shift: Fasting**

Properly used, fasting can aid in maintaining body weight and has been shown to improve brain function and lessen the effect of dementia. Address reasons to add fasting to a health routine and learn how to fast safely and effectively. By Dr. Cory Carroll.

Location: Senior Center

4/3 Tu 6:30-8:30 PM No Fee 225459-01

**Paradigm Shift: Hypertension**

Blood flow delivers oxygen and nutrients to cells and removes waste. Pressure drives the flow, but with hypertension, vascular damage may occur. Learn about the food-disease connection and how a whole foods plant based diet can help. By Dr. Cory Carroll.

Location: Senior Center

5/1 Tu 6:30-8:30 PM No Fee 225460-01

**Paradigm Shift: Ideal Body Weight**

Obesity raises the risk of developing hypertension, type 2 diabetes, heart disease, osteoarthritis, sleep apnea, and a variety of cancers. Learn ways to attain and/or maintain an ideal body weight to live a healthier more productive life. By Dr. Cory Carroll.

Location: Senior Center

5/29 Tu 6:30-8:30 PM No Fee 225461-01

**Paradigm Shift: Osteoarthritis**

If maintained and nourished with nutrient rich foods like those found in a whole foods plant diet, bodies function better, maintain an ideal body weight, and repair joint damage caused by osteoarthritis. By Dr. Cory Carroll.

Location: Senior Center

3/20 Tu 6:30-8:30 PM No Fee 225462-01

**Paradigm Shift: Type 2 Diabetes**

Type 2 diabetes is an epidemic attributable to a growing number of overweight/obese people in the U.S. population. The saying “we are what we eat” is true about diabetes, but confusion persists as to the best diet. See how a whole plant food based diet, with proven benefits, can change lives. By Dr. Cory Carroll.

Location: Senior Center

4/17 Tu 6:30-8:30 PM $6 225463-01

**Parkinson’s Support Group**

The Parkinson’s Support Group of Larimer County (PSGLC) provides a variety of programming for those with Parkinson’s disease and their partners. Education, support and fellowship offered monthly. For more information, visit *psdupportic.net*.

Location: Senior Center

3/7 W 10:30 AM-12:30 PM No Fee

4/4 W 10:30 AM-12:30 PM No Fee

5/2 W 10:30 AM-12:30 PM No Fee

**Positive Brain Change**

Explore the concept of positive neuroplasticity and learn how to undo habits that reinforce negativity bias. Use practices that cultivate a mindful presence and help create new positive neural pathways. By CSU/Larimer County Extension.

Location: Senior Center

3/15 Th 10:00-11:00 AM No Fee 225429-01

**Preparing for Pregnancy**

Learn how to prepare the body for pregnancy and how to identify fertility signs.

Location: Foothills Activity Center

4/11-4/25 W 6:00-7:00 PM $15 225731-01

**Self-Care Planning Workshop**

Reprioritize life. Identify areas in life that need greater attention and develop an individualized self-care plan based on realistic goals grounded in values and vision for optimal wellbeing. By CSU/Larimer County Extension.

Location: Senior Center

4/19 Th 10:00-11:30 AM $35 225417-01

**Self-Care Techniques**

Let the Healing Warriors Program, a local non-narcotic healing provider for active duty military and veterans, provide various self-care techniques for stress-reduction and relaxation. Receive answers to questions about various holistic wellness options available.

Location: Senior Center

3/12 M 10:00-11:00 AM $12 225420-01

**Spirituality & Religiosity**

The experience of moving into and through different developmental phases affects the spirit and one’s spiritual life. Engage in spiritual awareness, become knowledgeable about the science of spirituality, and discover what forces give greater meaning and depth in day to day life. By CSU Behavioral Science.

Location: Senior Center

3/28 W Noon-1:00 PM No Fee 225435-01

**Stretch & Energy for Men**

It is never too late to begin a stretching routine to help with movement, encourage better posture, and reduce pain. Improve golf game, dancing, or other pursuits. Designed for men. Learn the importance of stretching while providing exercises to do routinely. By UCHealth Aspen Club.

Location: Senior Center

4/9 M 10:00-11:00 AM $5 225401-01

**Stroke Support Group**

Stroke survivors and caregivers are united around others to create meaningful and fulfilling lives. Be a part of a group who listens, and provides encouragement and information that challenges greater achievement. **Note:** Meets the 2nd & 4th Thursdays of the month.

Location: Senior Center

3/8-5/24 Th 12:30-2:00 PM No Fee

**Tai Chi Chih**

The soft, gentle movements promote health in every part of the body, circulating and balancing internal energy. The movements can be done by anyone regardless of age or physical condition. Benefits include better balance, increased flexibility and strength, inner peace, improved health, and joy.

Location: Senior Center

3/6-4/24 Tu 1:00-2:00 PM $80 225406-01

5/1-6/19 Tu 1:00-2:00 PM $80 225406-02

**Tame Your Stress**

Stress and negative self-thoughts can be constant companions. Mindfulness offers a way to undo negative habits that keep one stuck in a cycle of stress. Explore what mindfulness means and how to apply basic principles and practices into everyday lives to decrease stress. By CSU/Larimer County Extension.

Location: Senior Center

5/17 Th 10:00-11:00 AM No Fee 225425-01

**Truth Behind Brain Training**

Popular brain game training companies claim to improve memory and related cognitive skills through training. But, do they really work and what does science have to say about it? Discuss the debate surrounding whether brain training works and how scientists have learned from the industry. By CSU Behavioral Science.

Location: Senior Center

3/21 W Noon-1:00 PM No Fee 225436-01

**Walking Enhancements**

Fartlek, a Swedish term that means “speed play”, is a form of interval training that can be effective in improving speed, endurance, walking, or running. Learn about this method and other ways to enhance and bump up the fun factor while walking including adding mental components and music. By UCHealth Aspen Club.

Location: Senior Center

5/12 Sa 9:00-10:30 AM $5 225403-01

**Nutrition**

**21-Day Sugar Detox**

Sugar is highly addictive. Eating foods high in sugar and refined carbs causes drowsiness, mood swings, bloating, aches, hormone imbalances, and weight gain. Learn to control the sugar monster.
By a Certified Wellness Coach. **Note:** There will be no class on 3/15, 4/12, 5/17

Location: Senior Center

3/1-3/22 Th 9:30-10:30 AM $60 225427-01

3/29-4/19 Th 5:00-6:00 PM $60 225427-02

5/3-5/24 Th 9:30-10:30 AM $60 225427-03

**Family Sugar Detox Challenge**

Sugar is addictive and pervasive in the food supply. Too much of it damages health and impacts learning, behavior, and sleep in children. This staged approach reduces a family’s sugar intake over three weeks, teaches good habits, and helps tame sugar cravings. By a Holistic Nutritionist.

Location: Northside Aztlan Center

2/25-3/18 Su 1:00-2:00 PM $75 225433-01

Location: Senior Center

3/25-4/15 Su 2:00-3:00 PM $75 225433-02

**Mood Foods & Cooking for 1 or 2**

What is eaten effects how the body feels and moods. Learn how foods can affect the state of mind and body. Also, get cooking tips and ideas for healthy cooking for one or two people. By UCHealth Aspen Club.

Location: Senior Center

4/19 Th 2:00-3:30 PM $5 225404-01

**Paleo Fundamentals**

A Paleo or ancestral diet has been shown to positively impact
chronic diseases, increase energy, balance hormones, shed weight, and improve sleep. Learn the fundamental tenants of a Paleo diet and how to make dietary changes that may improve health. By a Holistic Nutritionist.

Location: Northside Aztlan Center

4/18 W 6:00-7:00 PM $10 225428-03

Location: Senior Center

3/24 Sa 10:00-11:00 AM $10 225428-01

5/9 W 6:00-7:00 PM $10 225428-02

**Financial**

**Buying or Refinancing a Home**

Learn everything about home mortgages or refinancing an existing mortgage. Discuss how to check credit scores all the way through being handed the keys. Learn about loan types, down payments, current market, choosing a relator, fees, and buying or renting considerations. By Public Service Credit Union.

Location: Foothills Activity Center

3/13 Tu 6:30-8:00 PM No Fee 225732-01

**Hacked About ID Theft?**

Learn ways to minimize risk of identity theft. Discuss data breeches, online safety procedures, email scams, password tips, and phone scams. Fight back by getting informed. By Public Service Credit Union.

Location: Foothills Activity Center

4/24 Tu 6:30-7:30 PM No Fee 225733-01

**Upside of Downsizing**

Learn how to “downsize” a closet, an attic, or a whole home. Learn tips and strategies to get started decluttering and organizing. Cover the what, how, and why of organizing and downsizing. By Home Smart Realty Group.

Location: Senior Center

3/19 M 10:00-11:30 AM No Fee 225447-01

4/26 Th 1:00-2:30 PM No Fee 225447-02

5/23 W 10:00-11:30 AM No Fee 225447-03

**Holistic Options**

**Animals & Essential Oils**

Discussion on what essential oils can be used on furry friends. There are many oils that can assist animals needs.

Location: Senior Center

5/2 M,W 6:00-7:00 PM No Fee 225444-01

**Essential Oils 101**

Smell, feel, and even taste pure essential oils and learn methods of application. A fun and easy class for beginners at any age, as well as a great refresher for those already using oils.

Location: Foothills Activity Center

4/10 Tu 10:00-11:30 AM No Fee 225440-03

4/26 Th 1:00-2:30 PM No Fee 225440-04

Location: Senior Center

3/6 Tu 1:00-2:30 PM No Fee 225440-01

3/29 Th 10:00-11:30 AM No Fee 225440-02

5/8 Tu 1:00-2:30 PM No Fee 225440-05

5/24 Th 10:00-11:30 AM No Fee 225440-06

**Healing thru Meditation & Spiritual Wisdom**

Age gracefully by bringing strength to midlife joys and challenges through simple yoga breathing, visualization, positive affirmations, and meditation. These techniques help with stress, fatigue, lack of sleep, high blood pressure, and emotional distress. Led by Swamijii Dharmananda.

Location: Senior Center

3/2-3/23 F 10:00-11:30 AM $40 225419-01

4/6-4/27 F 10:00-11:30 AM $40 225419-02

5/4-5/25 F 10:00-11:30 AM $40 225419-03

**Psych-K**

Psych-K is a simple, yet powerful process to change subconscious beliefs that are self-limiting and self-sabotaging. This interactive workshop explains and demonstrate the process.

Location: Senior Center

3/21 W 10:00-11:30 AM No Fee 225448-01

4/18 W 10:00-11:30 AM No Fee 225448-02

5/24 Th 10:00-11:30 AM No Fee 225448-03

**Sleep & Essential Oils**

Learn how essential oils can assist the body to get the best sleep. Also go through some other tips and tricks to help sleep.

Location: Senior Center

3/7 W 6:00-7:00 PM No Fee 225442-01

**Spring Cleaning with Essential Oils**

Learn some great essential oil recipes to clean the whole house naturally without chemicals.

Location: Senior Center

4/4 W 6:00-7:00 PM No Fee 225443-01

Ice Skating

**Learn to Skate USA**

Anyone enrolled in the Learn to Skate program at EPIC is eligible to sign up for membership in the United States Figure Skating (USFS) program. This is an optional registration offered for an additional
fee giving the participant access to membership privileges in USFS. This membership with USFS is not required to participate in the Learn to Skate program at EPIC. Additional information is available
at *learntoskateusa.com* and during all Learn to Skate classes.

**General Information**

Lessons are taught by Certified P.S.A. instructors and are in compliance with United States Figure Skating.

Parents may observe lessons from the upstairs bleachers; it is distracting for skaters and coaches to have parents at the gate and also creates an obstruction for skaters that are entering or exiting the ice.

Individuals are not allowed on the ice with their shoes on. Parents are welcome to skate with their child during the 15-minute practice time. EPIC’s rental skates are available free of charge.

Our class student to instructor ratio is 1 instructor for every 10 students. Any Snowplow Sam, Basic 1, or Basic 2 classes larger than 10 students include an additional assistant. Minimum for all classes is 5 students; class levels may be combined to meet this minimum.

Skating lessons are 30-45 minutes in length with a 15-minute practice time, which may be before or after the lesson depending
on scheduling.

Instructors have time in-between classes to talk to parents and address their concerns. Be aware that some levels need to be repeated to master all the skills.

The first day of each lesson is generally termed as Level Evaluation Day. At this time, instructors evaluate all participants in their assigned classes to make certain they have been correctly enrolled. If there is a problem, the instructor will discuss the best course of action with the parent. Students are moved if there is space available in the appropriate level of class.

If you are unable to attend the last day of classes for testing, please request a progress card on the last day you attend.

Proper clothing may include:

Helmet (also available at EPIC; required for Snowplow Sam 1-4, and strongly recommended for beginners).

Gloves (thin, not ski mittens).

Fleece or light weight jacket.

Skating dresses with tights or leggings/pants that are easy to move in.

Loose or bulky clothing is not recommended.

**Freestyle**

Interested in knowing more about competitive or recreational figure skating programs?

Call 970.221.6683 and ask to speak with one of the professional skate instructors on staff.

**Conditioning for Skaters**

See the Conditioning Information Center posted in the
Green Ice Rink.

**Private Skating Instruction**

Private ice skating instruction is available for all abilities in figure skating, dance, edges, style, choreography, hockey, and power.
Fees vary. Ice time and skate rental not included.

**Figure Skating Lessons for Boy & Girl Scouts**

Earn your skating Merit Badge. A learn to skate lesson can be arranged for your troop during a public skate session at a discounted rate. Minimum of 4 skaters. Flexible number of weeks available. Contact 970.416.2770 to make arrangements.

**Skate Sharpening Services**

EPIC offers skate sharpening services for figure and hockey skates (Blackstone Flat Bottom V or standard hollow). Drop-off and walk-in service available.

**Team & Club Contacts**

**Adult Hockey**

Fort Collins Adult
Hockey Association
*fcaha.org*

**Youth Hockey**

Northern Colorado Youth Hockey
*ncyh.org*

**Women’s Hockey**

Flames / Phoenix / Comets
*wachhockey.com*

**College Hockey**

Colorado State University
*csuhockey.com*

**High School Hockey**

High Plains Hockey
*highplainshockey.com*

**Figure Skating Club**

Fort Collins Figure Skating Club
*fortcollinsfsc.org*

**Speed Skating**

Jondon Speed
*jondonspeed.com*

**Curling**

Poudre Valley Curling Club
*poudrevalleycurling.com*

**Curling**

**Curling League**

The ultimate team sport. League is for those who want to experience competitive curling. Each curling team consists of four curlers. Sign-up individually and add team names to the roster note. Attire: Helmet, clean rubber soled sneakers, and layers that are stretchy or loose.

Age: 8 years & up
Location: Edora Pool Ice Center

4/15-5/20 Su 9:15-10:45 AM $67 210376-01

**Corporate Curling**

A fast-growing sport and a great team building exercise. No experience required. All equipment provided. Reservation required; call 970.416.2770. Attire: Helmet, clean rubber soled sneakers, and layers that are stretchy or loose. **Note:** Registration required; call 970.416.2770.

Age: 8 years & up
Location: Edora Pool Ice Center

3/6-5/22 Tu 1:00-2:30 PM

**Hockey**

**Beginner Cub Hockey**

Practice is held on Tuesdays; focus is on basic hockey and skating skills. Recreational games are held on Thursdays. Equipment can be checked out with a $150 deposit check. Rental skates included; sticks available at equipment check-out for $12. Prerequisite: Tot 1 or Basic 1. **Note:** Equipment handout is 3/22 from 4-6 p.m. at EPIC. Equipment check-in is immediately following last game of the session. Class will not be held on 5/10.

Age: 4-8 years
Location: Edora Pool Ice Center

3/27-5/17 Tu,Th 4:15-5:00 PM $181 210372-01

**Adult Hockey 101**

For adults who have little or no hockey experience. Learn basic skills, techniques, and rules of the game such as stick handling, passing, shooting, and power skating. Some skating experience and full hockey gear required. Goalies skate free (limit 3 goalies).

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

3/20-5/8 Tu 8:00-9:00 PM $145 210374-01

**Adult Hockey Skills**

Faster paced and more advanced than Hockey 101 with more challenging drills and instruction for players from C to E leagues. Focus is on skating, stick handling, and shooting skills. Skating experience and full hockey gear required. Goalies skate free
(limit 3 goalies).

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

5/15-5/24 Tu,Th 8:00-9:00 PM $73 210375-01

**Power Skating Drop-In**

Program developed by two-time Olympic speed skater, Jondon Trevena. Hockey skaters develop power, agility, and endurance. Full hockey gear required. **Note:** Class will not be held on 3/14.

Age: 9-17 years
Location: Edora Pool Ice Center

3/7-5/23 W 4:00-4:45 PM $12

**Drop-In Hockey**

Open practice session to sharpen skating and shooting skills. Full equipment required. 10 or 20 admission passes available. Sign up at the front desk beginning at 6 a.m. for morning session and 7 p.m. for evening session. Payment must be made when signing up unless a hockey punch pass is on file for phone-ins. Limited to 30 players. **Note:** Session will not be held on 4/5 (PM), 4/6, 5/10, 5/11.

Age: 16 years & up
Location: Edora Pool Ice Center

3/1-5/25 M-F 11:15 AM-12:45 PM $5

3/1-5/24 Th 1:00-2:30 PM $5

3/13-5/24 Tu,Th 9:15-10:45 PM $5

**Stick & Puck Drop-In**

Open session. Hockey specific helmet, gloves, stick, and shin guards required. Full equipment recommended for younger skaters. No scrimmaging allowed. Rules are posted in each arena. **Note:** Class will not be held on 3/24, 4/1, 4/7, 4/8, 5/12.

Age: All

Location: Edora Pool Ice Center

3/3-5/27 Sa,Su 2:30-3:30 PM $5

3/12-3/16 M-F 4:30-6:30 PM $5

**Speed Skating**

**Speed Skating**

Designed to enhance skating speed technique for all types of skating. Gain knowledge of edges, pushes, balance, and pressure. Developed by two-time Olympic speed skater, Jondon Trevena. Prerequisite: Previous skating experience required. Attire: Wear warm-up pants, long sleeved shirt, and speed skates (Intermediate and Advanced). **Note:** Class will not be held on 3/14.

Age: 7 years & up
Location: Edora Pool Ice Center

Beginner

3/7-5/23 W 5:00-5:30 PM $8

Intermediate

3/7-5/23 W 5:00-6:00 PM $15

**Adult Ice Skating**

**Fitness Skate**

Intermediate to advanced skaters benefit from this aerobic exercise. 10 or 20 admission passes available. **Note:** Session will not be held on 3/2, 4/5, 4/6, 5/9, 5/10, 5/11, 5/23, 5/28.

Age: 16 years & up
Location: Edora Pool Ice Center

3/1-5/25 M-F 11:15 AM-1:00 PM $6

**Youth Ice Skating**

**Intensive Ice Skating Clinic**

Spend Spring Break working on skating skills. Open to all Basic 1-Freeskate 6 level skaters (must have completed Basic 1). Classes are arranged by combined levels. Each day, get intensive work on specific skating skills.

Age: 4-5 years
Location: Edora Pool Ice Center

3/12-3/15 M-Th 4:45-5:45 PM $55 210338-01

**Snowplow Sam 1 & 2**

Introduction to the ice at a relaxed pace. Learn to sit on the ice and stand up, to march in place, the standing swizzle, dip, to march forward, forward marching with two-foot glide, and be introduced
to backward wiggles and rocking horse.

Age: 4-5 years
Location: Edora Pool Ice Center

3/20-4/26 Tu,Th 9:30-10:00 AM $109 210302-01

**Snowplow Sam 3 & 4**

Learn to march forward across ice, forward one-foot glide, two foot turns, rocking horse, forward swizzles, snowplow stop, two-foot hop, and backward wiggles. Prerequisite: Successful completion of Snowplow Sam 1 & 2.

Age: 4-5 years
Location: Edora Pool Ice Center

3/20-4/26 Tu,Th 9:30-10:00 AM $109 210304-01

**Basic 1 Skate**

For skaters who have never skated before. Learn to sit and stand up, to march forward, two-foot glide, glide with dip, forward two-foot swizzles, two-foot snowplow stop, two-foot hop, wiggles, and intro to forward one-foot glide. **Note:** Class will not be held on 4/5.

Age: 5-15 years
Location: Edora Pool Ice Center

3/19-4/30 M 4:00-4:30 PM $64 210306-01

3/19-4/30 M 4:30-5:00 PM $64 210306-02

3/20-4/17 Tu,Th 6:00-6:30 PM $73 210306-03

**Basic 2 Skate**

Learn forward glides, backward two-foot swizzles, two-foot glide, to turn, snowplow stop, and scooter pushes. Prerequisite: Successful completion of Basic 1 or be between ages 10-15 years and never skated. **Note:** Class will not be held on 4/5.

Age: 5-15 years
Location: Edora Pool Ice Center

3/19-4/30 M 4:00-4:30 PM $64 210310-01

3/19-4/30 M 4:30-5:00 PM $64 210310-02

3/20-4/17 Tu,Th 6:00-6:30 PM $73 210310-03

**Basic 3 Skate**

Learn stroking, forward pumping, forward slalom, two-foot turn, gliding backward on one foot, and backward snowplow stop. Prerequisite: Successful completion of Basic 2. **Note:** Class will not be held on 4/5.

Age: 5-15 years
Location: Edora Pool Ice Center

3/20-4/17 Tu,Th 6:00-6:30 PM $73 210314-01

**Basic 4 Skate**

Learn stroking with power, backward one-foot glide, forward inside and outside edge on a circle, forward crossovers, backward pumps, and two-foot spin. Prerequisite: Successful completion of Basic 3. **Note:** Class will not be held on 4/5.

Age: 5-15 years
Location: Edora Pool Ice Center

3/20-4/17 Tu,Th 6:00-6:30 PM $73 210316-01

**Basic 5 & 6 Skate**

Learn forward crossovers, hold outside and inside edge on a circle, backward crossovers, one-foot spin, t-stop, side toe hop, forward inside and outside three-turn, backward to forward two-foot turn, hockey stop, bunny hop, forward straight-line spiral, and forward lunge. Prerequisite: Successful completion of Basic 4. **Note:** Class will not be held on 4/5.

Age: 5-15 years
Location: Edora Pool Ice Center

3/20-4/17 Tu,Th 6:00-6:30 PM $73 210320-01

Outdoor Recreation

**Adult Programs**

Classes are for ages 18 years & up and are located at the Senior Center, unless otherwise noted.

Outdoor Education ]

**Become a Master Naturalist—New!**

Master Naturalists are volunteer educators with the Natural Areas Department. Experience a variety of natural areas and learn how to lead fun, hands-on field trips. Attendance at all classes is required. Those who volunteer are eligible for partial reimbursement of the class fee.

3/20-4/19 Tu,Th 9:00 AM-1:30 PM $172 207415-01
3/24 Sa 9:00 AM-3:00 PM
3/29 Th 8:30 AM-4:00 PM
4/7 Sa 9:00 AM-4:30 PM
4/14 Sa 8:00 AM-Noon
4/17 Tu 8:30 AM-4:30 PM

**Wilderness First Aid**

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

5/15-5/17 Tu,Th 5:30-9:30 PM $120 207443-01
5/19 Sa 9:00 AM-5:00 PM

Downhill Ski Trips ]

Motorcoach trips are made to various ski resorts. Equipment, lift ticket, and lunch not included. Trips depart from Rolland Moore
Park promptly at 7 a.m. and stop in Loveland at I-25 and Hwy. 34 around 7:20 a.m.

Location: Rolland Moore Park

**Copper Mountain**

3/5 M 7:00 AM-7:00 PM $46 211910-01

3/14 W 7:00 AM-7:00 PM $46 211910-03

3/19 M 7:00 AM-7:00 PM $46 211910-04

3/28 W 7:00 AM-7:00 PM $46 211910-06

**Winter Park**

3/7 W 7:00 AM-7:00 PM $46 211910-02

3/21 W 7:00 AM-7:00 PM $46 211910-05

4/4 W 7:00 AM-7:00 PM $46 211910-07

Hiking ]

Designed for adults ages 50 years & up who enjoy a good physical outing, as well as accommodate a range of individual paces. Ages 18 years & up are also welcome. Trips depart from the Senior Center.

Prerequisite: In good health and capable of moderate physical activity. Standard walking rate recommendation is two miles per hour at Fort Collins altitude (5000 ft.). Ratings are subjective and offered as a general guide taking into consideration the length, terrain, and elevation gain. Bring own equipment, water, food. Cost includes transportation and guide. No formal instruction, but trips are led by experience guides with wilderness first aid training. Vans are equipped with portable AEDs and guides carry SPT GPS positioning in case of emergency.

Some trips are in the backcountry of the Poudre Canyon without available Nordic Centers. Trips made to Rocky Mountain National Park (RMNP) require a Parks Pass, Golden Age Pass, or $20 entry fee.

Depending on snow levels, trips could be either snowshoe or hike outings. Destination of outings may change due to weather, trail conditions, or other factors at the discretion of the program coordinator.

**Leisure Hikes**

**Sundance Trail**

Follow the western shore of Carter Lake through forested pines and evergreen trees and explore sandy beaches. Rating: moderate; mileage: 4-6 miles; lowest elevation: 5711 ft.; highest elevation: 5823 ft.

4/20 F 8:00 AM-3:00 PM $31 211903-01

**Eagles Nest**

Along the North Fork of the Cache La Poudre River, this open
space has breathtaking views of the Laramie Foothills. Rating: moderate; mileage: 4-6 miles; lowest elevation 5640 ft.; highest elevation: 6080 ft.

4/27 F 8:00 AM-4:00 PM $31 211903-02

**Red Mountain**

Explore unique grasslands with views of wide open scenery and
have a Colorado historical experience. Rating: moderate; mileage: 4-6 miles; lowest elevation: 6300 ft.; highest elevation: 7200 ft.

5/4 F 8:00 AM-4:00 PM $31 211903-03

**South Mesa**

Travel through Boulder’s foothills and open space. Enjoy good views across the eastern plains, Flatirons, and mouth of Eldorado Canyon. Rating: easy; mileage: 4-6 miles; lowest elevation: 5645 ft.; highest elevation: 6430 ft.

5/9 W 8:00 AM-4:00 PM $31 211903-04

**Mt. Margaret**

Travel through a ponderosa pine forest with stands of quaking aspen and view unique rock towers. Rating: easy; mileage: 4-6 miles; lowest elevation: 7882 ft.; highest elevation: 8149 ft.

5/17 Th 8:00 AM-4:00 PM $31 211903-05

**Mt. McConnell**

Climb through evergreen forest with fantastic views to the west. Rating: challenging; mileage: 4-5 miles; lowest elevation: 6460 ft.; highest elevation: 7960 ft.

5/25 F 8:00 AM-4:00 PM $31 211903-06

**Hiking Trips**

**Hewlett Gulch**

Explore lower Poudre Canyon. See foundations of remaining homesteads, a narrow canyon with stream crossings, and a meadow. Rating: moderate; mileage: 5-8 miles; lowest elevation: 5680 ft.; highest elevation: 6100 ft.

3/7 W 8:00 AM-4:30 PM $31 211901-01

**Balanced Rock, RMNP**

Highlights some of the biggest draws of the Lumpy Ridge. Views of Estes Park and surrounding mountains lead to a serene pond and a precariously balanced rock formation. Rating: moderate; mileage 6-8 miles; lowest elevation: 7841 ft.; highest elevation: 8827 ft.

3/15 Th 8:00 AM-4:30 PM $31 211901-02

**Ralph Price Reservoir**

Located within Button Rock Preserve. The trail system, surrounding lands, and tributaries provide visitors with good year-round wildlife viewing opportunities. Rating: easy; mileage: 4-8 miles; lowest elevation: 6020 ft.; highest elevation 6625 ft.

3/20 Tu 8:00 AM-4:00 PM $31 211901-03

**Lily Mountain, RMNP**

Just outside of the eastern boundary, this trail rolls through sparse forest and large rock formations climbing to a flat, rocky summit with views of the entire park. Rating: moderate; mileage: 4-6 miles; lowest elevation: 8684 ft.; highest elevation: 9786 ft.

3/29 Th 8:00 AM-4:30 PM $31 211901-04

**Pawnee Buttes**

Experience the wide-open prairie on the hike to East Butte. Rating: easy; mileage: 5-8 miles; lowest elevation: 6000 ft.; highest elevation: 7000 ft.

4/4 W 8:00 AM-4:30 PM $31 211901-05

**Grey Rock/Meadows Loop**

Stands prominently over the north rim of Poudre Canyon. The Grey Rock Trail and Grey Rock Meadows Trail form a loop around the conical formation with a short, yet challenging spur that leads to the summit. Rating: moderate; mileage: 4-8 miles; lowest elevation: 5630 ft.; highest elevation: 7513 ft.

4/12 Th 8:00 AM-4:30 PM $31 211901-06

**Devils Backbone to Coyote Ridge**

Wave through the dramatic rock formations in the foothills known as the hogback, heading north to Coyote Ridge. Rating: moderate; mileage: 8-10 miles; lowest elevation: 5100 ft.; highest elevation: 5500 ft.

4/18 W 8:00 AM-4:30 PM $31 211901-07

**Eldorado Canyon**

View lichen covered canyon walls, ruins, and travel to the Continental Divide Overlook. Rating: challenging; mileage: 8-10 miles; lowest elevation: 6000 ft.; highest elevation: 7400 ft.

4/25 W 8:00 AM-4:30 PM $31 211901-08

**North Lone Pine**

Hike in mixed forest of lodge pole pine, spruce, fir, and aspen with views of Red Feather Lakes and South Bald Mountain. Rating: moderate; mileage: 8-10; lowest elevation: 9400 ft.; highest elevation: 10720 ft.

5/2 W 8:00 AM-4:30 PM $31 211901-09

**Granite Ridge**

Follow an old logging road through lodgepole and ponderosa pine forest to Molly Lake. Rating: easy; mileage: 4-7 miles; lowest elevation: 8550 ft.; highest elevation: 8630 ft.

5/10 Th 8:00 AM-4:30 PM $31 211901-10

**Kruger Rock**

Located in Hermit Park Open Space, this trail climbs through aspen and pine with tremendous views over Estes Park and the towering peaks of Rocky Mountain National Park. Rating: moderate; mileage: 4-6 miles; lowest elevation: 8383 ft.; highest elevation: 9257 ft.

5/16 W 8:00 AM-4:30 PM $31 211901-11

**Dadd Gulch**

Follow a stream and an old stock trail up while passing through woods and meadows with views of rock outcrops. Rating: moderate; mileage: 6-8 miles; lowest elevation: 7040 ft.; highest elevation: 8470 ft.

5/22 Tu 8:00 AM-4:30 PM $31 211901-12

**Youth Programs**

**Archery**

Archery is a skillful sport requiring balance, poise, accuracy, vision, timing, and action. Learn basic techniques and how to be safe. Equipment provided.

Age: 8-16 years
Location: Rocky Mountain Archery, 4518 Innovation Dr.

4/12-4/19 Th 4:30-5:30 PM $30 215941-01

**Wilderness Explorer**

Explore the wilderness and learn additional skills needed to be on the trail each day. Expect up to 5 miles of hiking at an elevation of 5600 ft.-6500 ft. **Note:** No experience necessary.

Age: 10-15 years
Location: Northside Aztlan Center

Navigation & Shelter

3/24 Sa 8:30 AM-2:30 PM $35 215531-01

Fire & Water

3/31 Sa 8:30 AM-2:30 PM $35 215531-02

**Survival Series**

Sharpen and challenge the outdoor skills gained in the wilderness through scenario enactment. Expect up to 5 miles of hiking at an elevation of 5600 ft.-9500 ft. Prerequisite: Wilderness Explorer.

Age: 10-15 years
Location: Northside Aztlan Center

Lost in the Woods

4/7 Sa 8:30 AM-2:30 PM $35 215540-01

Animal Encounter

4/14 Sa 8:30 AM-2:30 PM $35 215540-02

Injured Hiker

4/21 Sa 8:30 AM-2:30 PM $35 215540-03

Special Events

**Club 36**

Fun, safe, and supervised, this night out includes gym play, electronic game play, karaoke, art and crafts, games, contests, and prizes. **Note:** Pre-register for $10. Admission is $15 at the door.

Grade: 3-6
Location: Foothills Activity Center

3/24 Sa 6:00-9:00 PM $10 118789-03

4/21 Sa 6:00-9:00 PM $10 118789-04

5/12 Sa 6:00-9:00 PM $10 118789-05

**Spring Artisan Market**

Spring is in the air and handmade goods are at the Senior Center. Support more than 50 local artisans and crafters selling their wares.

Age: All
Location: Senior Center

4/14 S 10:00 AM-4:00 PM No Fee

**Spring SOAP Show**

Be entertained this spring with SOAP Troupe. This annual show consists of comedy skits and music presented by the SOAP Tones. Purchase tickets at the Senior Center.

Age: All
Location: Senior Center

5/4 F 1:30-3:00 PM $6 Ticketed Event

5/4 F 7:00-8:30 PM $6 Ticketed Event

5/5 S 2:00-3:30 PM $6 Ticketed Event

**Spring Ice Spectacular**

Skaters from the Learn to Skate program perform the third annual ice show. Tickets available beginning 4/9 at EPIC or by phone at 970.221.6683.

Age: All
Location: Edora Pool Ice Center

5/11 F 7:00 PM $8-14 Ticketed Event

5/12 Sa 1:00 PM $8-14 Ticketed Event

5/12 Sa 6:00 PM $8-14 Ticketed Event

**Wellness, Fitness, & Retirement Expo**

Visit more than 60 vendors for demonstrations and to discuss health and wellness topics. Providers available are experts in medical, fitness, financial, and retirement fields. Free health screenings also available.

Age: All
Location: Senior Center

4/11 W 9:00-11:30 AM No Fee

Sports

**Adult Sports**

Programs are for ages 16 years & up unless otherwise noted.
**Note:** Adult sports team leagues and tournaments for which individuals do not register, but instead register as a team, are not applicable in the reduced fee program.

Basketball ]

**Spring Adult Men’s Basketball**

Teams sign up for their level preference on a first come basis.
6 games scheduled. Registration ends 3/16 or when league fills. League begins the week of 3/26.

Location: Northside Aztlan Center
Cost: $341

Friday Competitive 213901-01

Friday Recreational 213901-02

**3 vs. 3 Basketball Tournament**

3 vs. 3 basketball tournament for adult men, women, and coed teams. Championship t-shirts awarded to winning teams. 3 games guaranteed with pool play and bracket tournament. **Note:** Ages 16-17 years need parent signature on roster prior to participation.

Location: TBA
Cost: $81

Date: 3/31 213901-03

**Summer Adult Basketball**

Teams sign up for their level preference on a first come basis. Rosters are unlimited. Registration ends 5/25. **Note:** Ages 16-17 years need parent signature on roster prior to participation.

Location: Northside Aztlan Center
Cost: $449
Date: 6/1-7/27

Men’s Fri Competitive 313001-01

Men’s Fri Recreational 313001-02

Women’s Fri Recreational 313001-03

Flag Football ]

**Spring Adult Flag Football**

8-on-8 non-contact. Registration ends 3/9 or when league fills;
6 games scheduled, 6 games guaranteed. League begins the week of 3/19.

Location: Rolland Moore Park

3/19-4/30 M 6:00-10:00 PM $330 213011-01

**Spring Adult Indoor Flag Football**

Indoor league, 8-on-8 non-contact. Games played Sunday mornings between 8 a.m.-Noon. Registration ends 3/16 or when league fills;
6 games scheduled, 6 games guaranteed. League begins 3/25.

Location: The Edge, 4450 Denrose Ct.

3/25-4/29 Su 9:00 AM-Noon $450 213912-01

**Summer Adult Flag Football**

8-on-8 non-contact. Registration ends 5/25 or when league fills.
8 games scheduled, 8 games guaranteed. League begins the week
of 6/4. **Note:** Class will not be held on 7/5.

Location: Rolland Moore Park

6/7-8/9 Th 6:00-10:00 PM $434 313011-01

Kickball ]

**Spring Coed Kickball**

Play an American classic invented on the playground. Registration ends 3/9 or when league fills. 6 games scheduled. League begins 3/23.

Location: Rolland Moore Park
Cost: $185

Fri Coed Competitive 213061-01

Fri Coed Recreational 213061-02

**Summer Adult Coed Kickball**

Play an American classic invented on the playground. Registration ends 5/26 or when league fills. Rosters are unlimited. 8 games scheduled. League begins 6/1. **Note:** Ages 16-17 years need parent signature on roster prior to participation.

Location: Rolland Moore Park
Cost: $260
Date: 6/1-8/3

Fri Competitive 313061-01

Fri Recreational 313061-02

Martial Arts ]

**Shotokan Karate, Beginner**

Designed to introduce karate to individuals who may be interested in this Japanese martial art form. Students may be divided into groups depending on ability. Adults are welcome to participate with their children. Learn basic karate techniques and form before moving on to the intermediate level. **Note:** Class will not be held on 5/28.

Age: 7 years & up
Location: Club Tico

3/26-4/25 M,W 6:30-7:30 PM $55 222122-01

4/30-5/30 M,W 6:30-7:30 PM $49.50 222122-02

**Shotokan Karate, Intermediate**

The intermediate level has numerous physical and mental benefits: enhanced physical condition, increased stamina and coordination, and increased confidence, self-esteem, discipline, and concentration. Learn intermediate techniques and forms before moving forward to the advanced level. **Note:** No beginning karate students. Class will not be held on 5/28.

Age: 7 years & up
Location: Club Tico

3/26-4/25 M,W 6:15-7:15 PM $55 222123-01

4/30-5/30 M,W 6:15-7:15 PM $49.50 222123-02

**Shotokan Karate, Advanced**

Learn new karate concepts while reinforcing the concepts learned in previous classes. Karate is never ending; continue to develop and change physical and mental skills. **Note:** No beginning karate students. Class will not be held on 5/28.

Age: 7 years & up
Location: Club Tico

3/26-4/25 M,W 7:15-8:15 PM $55 222124-01

4/30-5/30 M,W 7:15-8:15 PM $49.50 222124-02

**Jeet June Do**

Build a foundation of instinctive body movement to achieve speed, maximum power, balance in motion, and efficiency to adapt what is useful, reject what is useless, and add what is specifically your own. **Note:** Focus Mits required. Class will not be held on 5/28.

Age: 13 years & up
Location: Northside Aztlan Center

3/26-4/25 M,W 7:30-8:45 PM $55 222126-01

4/30-5/30 M,W 7:30-8:45 PM $49.50 222126-02

Pickleball ]

**Pickleball, Beginner Lessons**

Designed for beginners and those wanting to refresh skills. Learn rules, scoring, and basics in the classroom and on the court.

Age: 18 years & up
Location: Senior Center

3/6-3/27 Tu 9:45-11:00 AM $21 224420-01

4/3-4/24 Tu 9:45-11:00 AM $21 224420-02

5/1-5/22 Tu 9:45-11:00 AM $21 224420-03

**Pickleball, Intermediate Lessons**

Practice drills and learn the finer points of play. Prerequisite: Pickleball, Beginner and demonstrate adequate skills and be proficient at novice play.

Age: 18 years & up
Location: Senior Center

3/21 W 10:00-11:45 AM $21 224422-01

4/18 W 10:00-11:45 AM $21 224422-02

5/16 W 10:00-11:45 AM $21 224423-03

**Pickleball, League**

2-person teams. Advanced adult pickleball players face off against teams of similar skill level. Players move up or down the bracket with pool play.

Age: 18 years
Location: Northside Aztlan Center

3/21-4/25 W 11:00 AM-3:30 PM $75 224505-01

**Pickleball League, Mixed Double**

2-person teams. Adult teams of various skill levels play matches against teams with similar skills. Move up or down the bracket with pool play.

Age: 18 years

Location: Senior Center

4/10-5/15 Tu 5:00-9:00 PM $75 224410-01

Location: Twin Silo Park

5/17-6/21 Th 8:00 AM-12:00 PM $75 224410-02

**Pickleball March Madness Tournament**

2-person teams. Get competitive dinking into spring. Round one is self-ranking and placement for continuing play.

Age: 18 years
Location: Northside Aztlan Center

3/3 Sa 9:00 AM-4:00 PM $65 224500-01

**Battle of the Sexes Tournament**

2-person teams. Ladies tournament in morning and mens tournament in the afternoon. Winners play against each other in the final round.

Age: 18 years
Location: Senior Center

4/28 Sa 9:00 AM-6:00 PM $65 224400-01

**Pickleball in the Park Cross-City Tournament**

2-person teams. Play on outdoor courts at City of Fort Collins Parks during this two-day pickleball competition.

Age: 18 years
Location: Twin Silo Park and City Park

5/19-5/20 Sa, Su 9:00 AM-4:00 pm $75 224401-01

Softball ]

**Spring Adult Softball**

Dust off the rust before summer league begins. Registration ends 3/9 or when league fills. 6 games scheduled. League begins the week of 3/18.

Location: Rolland Moore Park
Cost: $345

Men’s

Sun IV 213021-01

Mon III 213021-02

Mon IV 213021-03

Tues III 213021-04

Tues IV 213021-05

Wed II 213021-06

Wed III 213021-07

Wed IV 213021-08

Thurs III 213021-09

Fri IV 213021-10

Coed

Sun Competitive 213023-01

Sun Recreational 213023-02

Tues Competitive 213023-03

Tues Recreational 213023-04

Wed Competitive 213023-05

Wed Recreational 213023-06

Thurs Recreational 213023-07

**Summer Adult Softball**

Games are played at Fossil Creek, Lee Martinez, and Rolland Moore Parks. Season ends with league tournaments and awards given to winners. Registration ends 4/21 or when league fills. Rosters are unlimited. **Note:** Ages 16-17 years need parent signature on roster prior to participation. Class will not be held on 5/25 -5/28.

Age: 16 years
Location: TBA
Cost: $575
Date: 5/13-8/17

Men’s Softball

Sun III 313021-01

Sun IV 313021-02

Mon III 313021-03

Mon IV 313021-04

Tues II 313021-05

Tues III 313021-06

Tues IV 313021-07

Wed II 313021-08

Wed III 313021-09

Wed IV 313021-10

Thurs III 313021-11

Thurs IV 313021-12

Fri IV 313021-13

Fri Wood Bat 313021-14

Friday 40 years & Up 313021-15

Women’s Softball

Tues IV 313022-01

Wed IV 313022-02

Thurs III 313022-03

Thurs IV 313022-04

Thurs Leisure 313022-05

Coed Softball

Sun Competitive 313023-01

Sun Recreational 313023-02

Tues Competitive 313023-03

Tues Recreational 313023-04

Wed Competitive 313023-05

Wed Recreational 313023-06

Thurs Competitive 313023-07

Thurs Recreational 313023-08

Fri Recreational 313023-09

Men’s Fast Pitch Softball

Thurs 313024-01

Volleyball ]

Teams sign up for their level of play and night preference on
a first come basis. Levels A = Competitive, BB = Intermediate,
B = Recreational.

**Spring Adult Volleyball**

6-person teams. Registration ends 3/9 or when league fills.
8 games scheduled.

Leagues begin the week of 3/26, Age: 16 years
Location: TBA
Cost: $281

Women’s

Sun B 213942-01

Wed A 213942-02

Wed BB 213942-03

Coed

Mon BB 213943-01

Mon B 213943-02

Tues A 213943-03

Tues BB 213943-04

Fri B 213943-05

**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.

Spring hours are Noon-6 p.m., Monday-Friday, and
10 a.m.-4 p.m., Saturday.

**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.

Adult Tennis ]

**Session Dates for All Classes**

3/5-3/31 Session 1
4/2-4/28 Session 2
4/30-5/26 Session 3

**Beginner Lessons**

Whether new to the game or are getting back into it after a long hiatus, learn and develop fundamentals to really enjoy the game. Learn the correct way to hit forehands, backhands, volleys, overheads, and serves, as well as the basic rules and strategies to start competing.

Age: 18 years & up

M, W 6:00-7:30 PM

**Intermediate Lessons**

Learn the modern game of tennis and refine skills by experiencing techniques that are used by the pros. Develop topspin, forehand, backhand, and serves, as well as learn doubles and singles strategies that win.

Age: 18 years & up

Tu, Th 6:00-7:30 PM

**League Coaching**

Get the team ready for the USA Tennis Leagues. Professional coaching improves team strategy, technique, and mental toughness. A variety of coaching programs available.

**Premier Clinics**

Designed for the beginner 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 USPTA certified professionals and college coaching staff. Times are flexible. Rent ball machines to work on that pesky backhand.

Youth Tennis ]

**Session Dates for All Classes**

3/5-3/31 Session 1
4/2-4/28 Session 2
4/30-5/26 Session 3

**Summer Junior Team Tennis**

8-week Program with practice and competitions. Matches are held on Mondays, 6/11-7/23. Competitions include teams from Fort Collins, Loveland, Windsor, and Greeley. Registration deadline is 5/8.

**8 Years & Under Tennis Courts at Rolland Moore Park-New!**

Experience the new courts designed for players ages 8 years & under.

**10 Years & Under**

Exciting play format for beginners. Designed to bring kids into the game by utilizing specialized equipment, shorter court dimensions, and modified scoring, all tailored to age and size.

**Little Lobbers**

Age: 4-6 years

Sa 10:00-10:45 AM

**Future Stars**

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**

Develop skills to effectively compete on middle and high school teams or just enjoy the benefits of this great lifetime sport.

**Challenger (New Player)**

Age: 11-13 years

Tu, Th 4:00-6:00 PM

Sa 1:00-3:00 PM

**Competitive (Int/Adv)**

Age: 11-13 years

Tu, Th 4:00-6:00 PM

Sa 1:00-3:00 PM

**High School**

Develop tennis skills to play on the high school team or just play
with friends.

**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**

For the devoted junior player who has already developed a solid foundation of the game and has shown a high level of commitment. Players typically have goals of state and sectional rankings, high school varsity play, and college scholarships. Players must be accepted by Head Pro. Call 970.493.7000 for times and additional information.

**Homeschool Classes**

Tennis classes are held at flexible times during the day. Contact Lewis Tennis to arrange a homeschool class.

**After-School Enrichment**

Tennis classes are held after school in the gymnasiums of local elementary schools. Check with schools for details.

**Junior Spring Tournaments**

Contact 970.493.7000 to enter.

3/3 Junior March Madness Challenger

3/31 Junior Spring Fling Challenger

4/21 Junior Summer Super Set Challenger Series #1

4/28 Junior Summer Super Set Challenger Series #2

**Youth Sports**

Basketball ]

**Mini-Hawk Spring Break Camp**

Introductory program to explore the basics of soccer, baseball, and basketball while instilling confidence. Coaching staff is trained to meet the special needs of young children. Get started on the right foot with the first steps into athletics.

Age: 4-6 years
Location: Foothills Activity Center

03/12-03/16 M-F 9:00 AM-Noon $130 214072-01

**Spring Break Basketball Camp**

Skyhawk’s basketball breaks basketball down into fundamental skills that all athletes, no matter at what skill level, need to succeed. Coaches lead athletes through game-speed drills and exercises, focusing on ball handling, passing, shooting, defense, and rebounding.

Age: 7-12 years
Location: Foothills Activity Center

03/12-03/16 M-F 1:00-4:00 PM $130 214072-02

**Summer Boys & Girls Basketball**

Teams formed by park practice location. 1-2 practices outside, 5 games on indoor courts, and an end of season tournament. Games scheduled in the evenings on various week nights. Based on the 2017/2018 current school year grade. NBA replica jerseys provided. **Note:** Class will not be held on 7/4.

Cost: $76
Dates: 6/4-7/21

Coed Grade: Kindergarten-1
Foothills Activity Center 314700-01

Boys Grade 2/3

City Park 314001-01

Fossil Creek Park 314001-10

Lee Martinez Park 314001-15

Rogers Park 314001-02

Rolland Moore Park 314001-20

Spring Canyon Park 314001-05

Stewart Case Park 314001-31

Troutman Park 314001-25

Boys Grade 4/5

City Park 314002-01

Fossil Creek Park 314002-11

Lee Martinez Park 314002-15

Rolland Moore Park 314002-20

Spring Canyon Park 314002-06

Troutman Park 314002-25

Warren Park 314002-30

Boys Grade 6/7/8

City Park 314003-01

Fossil Creek Park 314003-11

Landings Park 314003-25

Lee Martinez Park 314003-15

Rolland Moore Park 314003-20

Spring Canyon Park 314003-06

Warren Park 314003-26

Boys Grade 9-12 314007-01

Girls Grade 2/3

City Park 314004-01

Fossil Creek Park 314004-10

Lee Martinez Park 314004-15

Rogers Park 314004-02

Rolland Moore Park 314004-20

Spring Canyon Park 314004-05

Stewart Case Park 314004-31

Troutman Park 314004-25

Girls Grade 4/5

City Park 314005-01

Fossil Creek Park 314005-10

Lee Martinez Park 314005-15

Rolland Moore Park 314005-20

Spring Canyon Park 314005-05

Troutman Park 314005-25

Warren Park 314005-30

Girls Grade 6/7/8

City Park 314006-01

Fossil Creek Park 314006-10

Landings Park 314006-25

Lee Martinez Park 314006-15

Rolland Moore Park 314006-20

Spring Canyon Park 314006-05

Girls Grade 9-12 314008-01

**Basketball Team League**

For pre-formed teams. 5 games and a single elimination
tournament. Teams must provide an adult coach to be on the bench during the games and same colored jerseys with identifiable numbers on the back. Based on the 2017/2018 school year grade. Tuesday or Thursday night games and end of season single elimination tournament.

Location: Northside Aztlan Center or Foothills Activity Center

Cost: $480
Date: 6/5-7/19

Boys League

Grade 4/5 314909-01

Grade 6 314909-02

Grade 7 314909-03

Grade 8 314909-04

Grade 9-12 314909-05

Girls League

Grade 4/5 314909-06

Grade 6 314909-07

Grade 7 314909-08

Grade 8 314909-09

Grade 9-12 314909-10

Cheer/Tumbling ]

**Lil Suns Tumbling & Dance**

Keep active through a combination of cheerleading basics,
dance elements, and gymnastics training. **Note:** Class will not
be held on 3/28.

Age: 3-5 years
Location: Cheer Central Suns, 128 Racquette Dr.

2/21-4/4 W 9:15-10:00 AM $73 114935-03

2/21-4/4 W 10:15-11:00 AM $73 114935-04

4/11-5/16 W 9:15-10:00 AM $73 114935-05

4/11-5/16 W 10:15-11:00 AM $73 114935-06

**Cheer Central Suns Cheer Team**

Learn dances, arm motions, jumps, cheer chants, tumbling, and stunts and perform at area events each session.

Age: 5-14 years
Location: Cheer Central Suns, 128 Racquette Dr.

Age: 5-8 years

2/20-4/3 Tu 5:00-6:05 PM $73 114937-02

4/10-5/15 Tu 5:00-6:05 PM $73 114937-03

Age: 8-14 years

2/20-4/3 Tu 6:10-7:20 PM $73 114937-06

4/10-5/15 Tu 6:10-7:20 PM $73 114937-07

**Cheer Central Suns Tumbling**

Polish cheerleading tumbling skills such as cartwheels, running passes, handstands, bridges, back walkovers, and back handsprings.

Age: 5-15 years
Location: Cheer Central Suns, 128 Raquette Dr.

2/20-4/3 Tu 4:00-4:45 PM $73 114938-02

4/10-5/15 Tu 4:00-4:45 PM $73 114938-03

2/21-4/4 W 5:30-6:25 PM $73 114938-06

4/11-5/16 W 5:30-6:25 PM $73 114938-07

Football ]

**NFL FLAG Football**

Learn the fundamentals of football, teamwork, and sportsmanship through non-contact, continuous action. Emphasis is on equal participation; winning is secondary. Practices are held twice per week; games are on Saturday mornings. 6 games scheduled, plus tournament. Official NFL FLAG jersey included.

Cost: $84
Dates: 3/31-5/12

Grade: Kindergarten-1

City Park 214012-01

Edora Park 214012-03

English Ranch Park 214012-07

Fossil Creek Park 214012-11

Greenbriar Park 214012-14

Harmony Park 214012-17

Spring Canyon Park 214012-21

Troutman Park 214012-25

Warren Park 214012-29

Grade: 2-3

Beattie Park 214013-01

Blevins Park 214013-03

Stew Case Park 214013-05

City Park 214013-31

Edora Park 214013-07

Fossil Creek 214013-29

Greenbriar Park 214013-11

Harmony Park 214013-13

Rolland Moore Park 214013-19

Spring Canyon Park 214013-21

Troutman Park 214013-23

Warren Park 214013-25

Grade: 4-5

Blevins Park 214014-07

City Park 214014-03

Edora Park 214014-05

Fossil Creek Park 214014-21

Greenbriar Park 214014-08

Harmony Park 214014-11

Rolland Moore Park 214014-13

Spring Canyon Park 214014-17

Troutman Park 214014-23

Warren Park 214014-25

Grade: 6

Blevins 214015-01

Boltz 214015-03

CLP 214015-05

Kinard 214015-07

Lesher 214015-09

Lincoln 214015-11

Preston 214015-13

Heritage 214015-18

Mountain Sage 214015-19

Webber 214015-15

Wellington 214015-17

Grade: 7-8

Blevins 214017-01

Boltz 214017-03

CLP 214017-05

Kinard 214017-07

Lesher 214017-09

Lincoln 214017-11

Preston 214017-13

Heritage 214017-18

Mountain Sage 214017-19

Webber 214017-15

Wellington 214017-17

Softball ]

**Spring 6th Grade Girls Softball**

Weeknight practices with Saturday morning games. Coaches
contact teammates by 3/13 with practices days/times. School
color jersey included.

Cost: $61
Date: 4/2-5/12

Grade 6

Blevins 214023-01

Boltz 214023-02

CLP 214023-03

Kinard 214023-04

Lesher 214023-05

Lincoln 214023-06

Preston 214023-07

Webber 214023-08

Wellington 214023-09

**Softball Coed Tee Ball - New!**

Introduction to softball using a t-base for hitting. Designed
to develop skills, sportsmanship, and coordination. Practice 30 minutes before each game, once per week. Based on 2017-2018 current school year grade level. Registration closes 5/25. Team
shirts included.

Age: 5-6 years
Cost: $41
Date: 6/5-7/12

City Park 314020-01

Fossil Creek 314020-02

Spring Canyon 314020-03

Rolland Moore 314020-04

**Summer Girls Softball & Modified Fast Pitch**

Learn and improve slow pitch softball skills and enjoy team competition. 1-2 practices per week. Grades 2-3 play coach pitch style softball. Grades 4-5 play modified fast pitch. Grades 6-8
play regular fast pitch. Based on 2017-2018 current school year
grade level. Games played Tuesdays and/or Thursdays. Team
shirts included.

Cost: $64
Date: 5/29-7/20

Grade 2-3

City Park 314021-16

Fossil Creek 314021-17

Beattie 314021-18

Rolland Moore 314021-19

Spring Canyon 314021-20

Rolland Moore 314021-21

Grade 4-5

City Park 314022-16

Fossil Creek 314022-17

Beattie 314022-18

Spring Canyon 314022-19

Rolland Moore 314022-20

Grade 6-8

Blevins 314023-20

Boltz 314023-21

CLP 314023-22

Kinard 314023-23

Lesher 314023-24

Lincoln 314023-25

Preston 314023-26

Webber 314023-27

Wellington 314023-28

Track & Field ]

**C.A.R.A. Track**

The basic techniques of track are taught. Compete in the Colorado Association of Recreational Athletics track meets held on Saturdays in various cities along the Front Range. Transportation to practices and meets not provided. Receive meet schedules at first practice. Team shirt and track meet fees included.

Location: Fort Collins High School
Cost: $82
Date: 6/4-7/21

Age: 3.5-8 years 9:00-10:15 AM M,W, F 314031-03

Age: 9-16 years 10:30-11:45 AM M,W, F 314031-04

Ultimate Frisbee ]

**Ultimate Frisbee**

Learn the basic fundamentals of ultimate. Emphasis is on equal participation; winning is secondary. Practices are held twice per week; games are on Saturday mornings. 6 games scheduled. Coaches contact teammates with practices days/times.

Grade: 4-12
Location: Troutman Park
Cost: $64 (plus $15 jersey, if needed)
Date: 4/9-5/19; M,W,Sa
Time: 6:00-8:00 PM

Grade 4-6 214061-01
Grade 7-12 214062-01

Volleyball ]

**6th-8th Grade Volleyball-New!**

Team play where participation, fun, skills, and sportsmanship are stressed; winning is secondary. Practices held one or two times per week. Matches are Saturday mornings and occasionally some weeknights. Coaches contact teammates by 3/13 with practices days/times. Registration Deadline 3/9. Begins the week of March 19th,
6 weeks, includes school t-shirt, given out at practice.

Grade: 6-8
Location: Foothills Activity Center
Cost: $76
Date: 3/19-4/28

Blevins 214944-01

Boltz 214944-03

CLP 214944-05

Kinard 214944-07

Liberty Common 214944-08

Lesher 214944-09

Lincoln 214944-11

Preston 214944-13

Webber 214944-15

Wellington 214944-17

Ridgeview 214944-19

Skyhawks Summer Sports Camps ]

All participants receive a t-shirt and a merit award. Wear appropriate clothing, running shoes, and sunscreen. Bring two snacks and a water bottle. **Note:** Class will not be held on 7/4.

For more information, visit *skyhawks.com/Colorado*.

**Mini-Hawk**

A multi-sport program designed for campers to explore balance, movement, hand/eye coordination, and skill development. Baseball, basketball, and soccer are taught in a safe, structured environment with lots of encouragement and a focus on fun.

Age: 4-6 years

Location: City Park

6/4-6/8 M-F 9:00 AM-Noon $130 314071-03

7/30-8/3 M-F 9:00 AM-Noon $130 314071-16

Location: Miramont Park

6/25-6/39 M-F 9:00 AM-Noon $130 314071-07

7/16-7/20 M-F 9:00 AM-Noon $130 314071-12

**Skyhawks Sports Camp**

Introduction to a variety of sports. A multi-sport camp combining basketball and flag football. Learn the rules and essentials of each sport, along with respect, teamwork, and self-discipline, through skill-based games and scrimmages.

Age: 6-12 years

Location: Radiant Neighborhood Park

6/11-6/15 M-F 9:00 AM-Noon $130 314071-04

Location: Miramont Park

7/30-8/3 M-F 9:00 AM-Noon $130 314071-15

**Baseball**

Designed for beginner and intermediate players. Through a progressive curriculum, learn the fundamentals of fielding, catching, throwing, hitting, and base running, as well as respect, teamwork, and responsibility.

Age: 6-12 years
Location: Cottonwood Glenn Park

7/9-7/13 M-F 9:00 AM-Noon $130 314071-11

**Basketball, Indoor**

Designed for beginner and intermediate players. Focus on the whole player. Through a progressive curriculum, learn skills to be a better athlete on and off the court. A skill of the day progresses into passing, shooting, dribbling, and rebounding drills and games.

Location: Foothills Activity Center

Age: 6-10 years

6/18-6/22 M-F 9:00 AM-Noon $130 314071-06

Age: 7-12 years

7/23-7/27 M-F 9:00 AM-Noon $130 314071-14

**Cheerleading**

Entry-level cheer camp. Learn to lead crowds and support teams. Cheers, proper hand and body movements, jumping techniques, and a final choreographed performance are taught. No stunting. Focus on fun and important life skills such as teambuilding and leadership.

Age: 5-9 years
Location: Foothills Activity Center

6/11-6/15 M-F 9:00 AM-Noon $130 314071-01

**Flag Football**

Beginner and intermediate athletes learn skills on both sides of the ball including the core components of passing, catching, and de-flagging or defensive positioning. The week ends with the Skyhawks Super Bowl, giving participants a chance to showcase skills on the gridiron.

Age: 6-12 years
Location: Miramont Park

6/4-6/8 M-F 9:00 AM-Noon $130 314071-02

**Golf, Beginner**

Entry-level players gain confidence in golf by focusing on proper technique and the fundamentals of form, swinging, putting, and body positioning. By adopting SNAG (Starting New At Golf), instruction is simplified so players can transition with ease onto the golf course. All equipment is provided.

Age: 5-8 years
Location: Cottonwood Glen Park

7/9-7/13 M-F 9:00 AM-Noon $130 314071-10

**Lacrosse**

Gain a deep understanding of the game and its traditions. Learn
the fundamentals of stick handling, cradling, passing, and shooting in a fun, non-checking environment. Also learn respect, teamwork, and discipline.

Age: 6-12 years
Location: Cottonwood Glen Park

7/16-7/20 M-F 9:00 AM-Noon $130 314071-09

**Soccer**

Designed for beginner and intermediate players. Progressive curriculum offers the sport knowledge and fundamentals of dribbling, passing, shooting, and ball control.

Age: 6-12 years
Location: Miramont Park

6/18-6/22 M-F 9:00 AM-Noon $130 314071-05

**Volleyball, Indoor**

A co-ed program designed for beginner and intermediate players. Learn all aspects of the game through drills and exercises that focus on passing, setting, hitting, and serving. Develop fundamental skills with game-speed drills and daily scrimmages aimed at developing the whole player. **Note:** Class will not be held on 7/4.

Age: 7-14 years
Location: Foothills Activity Center

7/2-7/6 M,T,Th,F 9:00 AM-Noon $110 314071-08

Challenger British Soccer Camp ]

High-level soccer coaching provided from a team of international experts. Receive the appropriate level of curriculum and a culture/educational experience. Practice foot skills, technical drills, tactical drills, small-sided games, scrimmages, and daily tournament. **Note:** T-shirt, ball, and graduation party included. Register at *challengersports.com*.

Location: City Park

**First Kicks**

Age: 3 years

6/4-6/8 M-F 11:00 AM-Noon $121

7/30-8/3 M-F 11:00 AM-Noon $121

**Mini Soccer**

Age: 4-5 years

6/4-6/8 M-F 9:00-10:30 AM $143

7/30-8/3 M-F 9:00-10:30 AM $143

**Half Day**

Age: 6-14 years

6/4-6/8 M-F 9:00 AM- Noon $184

7/30-8/3 M-F 9:00 AM-Noon $184

**Golden Goal**

Age: 6-14 years

6/4-6/8 M-F 1:00-3:00 PM $75

7/30-8/3 M-F 1:00-3:00 PM $75

**Youngsters**

**Amazing Athletes**

Learn the basics of volleyball, basketball, tennis, football, lacrosse, golf, hockey, soccer, and baseball in a fun, non-competitive, learning based environment. Includes kid-friendly cardio, muscle terminology, motor skills, speed, and agility.

Location: Foothills Activity Center

Ages: 18 months-2.5 years

3/19-4/16 M 10:35-11:00 AM $45 214779-05

3/22-4/19 Th 10:35-11:00 AM $45 214779-06

4/23-5/21 M 10:35-11:00 AM $45 214779-07

4/26-5/24 Th 10:35-11:00 AM $45 214779-08

Ages: 2.5-3.5 years

3/19-4/16 M 9:00-9:30 AM $45 214774-05

3/22-4/19 Th 9:00-9:30 AM $45 214774-06

4/23-5/21 M 9:00-9:30 AM $45 214774-07

4/26-5/24 Th 9:00-9:30 AM $45 214774-08

Ages: 3.5 years-5 years

3/19-4/16 M 9:45-10:30 AM $45 214775-03

3/22-4/19 Th 9:45-10:30 AM $45 214775-06

4/23-5/21 M 9:45-10:30 AM $45 214775-07

4/26-5/24 Th 9:45-10:30 AM $45 214775-08

**Mighty Kicks Classic Program**

Fun high energy introduction to soccer. Each session focuses on developing basic soccer, motor, and life skills using age-appropriate curriculum in a non-competitive environment.

Cost: $95

Age: 3 years
Location: City Park

3/30-5/18 F 9:00-9:45 AM 214972-01

3/30-5/18 F 4:00-4:45 PM 214972-02

Location: Edora Park

3/26-5/14 M 9:00-9:45 AM 214972-15

Location: Greenbriar Park

3/29-5/17 Th 9:00-9:45 AM 214972-13

Location: Harmony Park

3/27-5/15 Tu 9:00-9:45 AM 214972-05

3/27-5/15 Tu 4:00-4:45 PM 214972-06

Location: Troutman Park

3/28-5/16 W 9:00-9:45 AM 214972-09

3/28-5/16 W 4:00-4:45 PM 214972-10

Age: 4-5 years
Location: City Park

3/30-5/18 F 10:00-10:45 AM 214972-03

3/30-5/18 F 5:00-5:45 PM 214972-04

Location: Edora Park

3/26-5/14 M 10:00-10:45 AM 214972-16

Location: Greenbriar Park

3/29-5/17 Th 10:00-10:45 AM 214972-14

Location: Harmony Park

3/27-5/15 Tu 10:00-10:45 AM 214972-07

3/27-5/15 Tu 5:00-5:45 PM 214972-08

Location: Troutman Park

3/28-5/16 W 10:00-10:45 AM 214972-11

3/28-5/16 W 5:00-5:45 PM 214972-12

**Mighty Kicks Advanced Program**

Recommended for those who have previously participated in the Mighty Kicks Classic Program. Practice more advance curriculum and compete in 3 vs 3 scrimmages.

Age: 5-6 years
Cost: $110

Location: Harmony Park

3/27-5/15 Tu 5:30-6:30 PM 214973-05

Location: Troutman Park

3/28-5/16 W 5:30-6:30 PM 214973-01

Location: City Park

3/30-5/18 F 5:30-6:30 PM 214973-04

**Tiny Ninjas**

Skill training curriculum that has been formatted specifically for little athletes. Inspired by gymnastics, martial arts, obstacle training, and freestyle movements.

Age: 3-5 years
Location: Cheer Central Suns, 128 Racquette Dr.

2/23-4/6 F $73 114934-02

4/13-5/18 F $73 114934-03

**Ninja Kids**

Skill training curriculum that has been formatted specifically for little athletes. Inspired by gymnastics, martial arts, obstacle training, and freestyle movements.

Location: 128 Racquette Dr.
Age: 5-13 years

4/13-5/18 F 6:00-7:00 PM $73 114933-03

2/23-4/6 F 6:00-7:00 PM $73 114933-02

**Basketball for Shorties**

Learn basketball basics and work on large and small motor skills as they relate to shooting, dribbling, and passing. Players demonstrate skills learned in the last class. **Note:** Parents/guardians are not allowed as spectators in the gym.

Age: 4-6 years
Location: Foothills Activity Center

2/13-2/27 Tu 10:00-10:45 AM $29 214777-01

**Football for Shorties**

Learn the basics of football and work on large and small motor skills as they relate to throwing, kicking, and catching.

Age: 4-5 years
Location: Northside Aztlan Center

3/21-4/4 W 10:00-10:45 AM $29 214778-02

**SNAG Golf for Shorties**

Explore SNAG (Starting New At Golf) by working on the fundamentals of golf. All equipment provided.

Age: 4-5 years
Location: City Park

5/15-5/29 Tu 10:00-10:45 AM $33 314092-01

5/16-5/30 W 10:00-10:45 AM $33 314092-02

**Sporties for Shorties**

Work on the fundamentals of sports as they relate to throwing, kicking, and catching. Each session highlights different skills and different sports along with teamwork.

Age: 3-5 years
Location: Northside Aztlan Center

2/21-3/7 W 10:00-10:45 AM $29 214776-04

3/20-4/3 Tu 10:00-10:45 AM $29 214776-05

4/11-4/25 W 10:00-10:45 AM $29 214776-06

50+

All 50+ programs are held at the Senior Center unless otherwise noted. All programs are for ages 50 years & up unless otherwise noted. For programming designed for all ages, browse the other sections of the Recreator.

Other Adult Programs in the Recreator

Adaptive Recreation 14

Aqua Fitness 19

Aquatics 21

Arts & Crafts 25

Dance & Movement 32

Education 47

Fitness 58

Fitness 50+ 99

Heath & Wellness 67

Ice Skating 75

Outdoor Recreation 78

Special Events 81

Sports 83

Trips & Travel 104

**Senior Center Membership**

Membership 50+ is $25 annually with scholarships available. Programs that offer special pricing for members are denoted throughout the Recreator with . A 15% discount applies to the fee minus the $1 program fee. Additional discounts do not apply. If no fee is listed for a membership program, the program is exclusive to Senior Center members. Senior Center Membership benefits include:

$3 per month discount for fitness passes and full access passes, or $1 off daily fitness admissions.

Free admission to drop-in programs including Pool Room, Open Shop, Library & Media Center, Bingo, and Cards & Games at the Senior Center.

2-day advance registration to Recreator programs.

Member discounts on select services and activities.

Membership in member-only clubs.

Member celebrations.

Notary service.

**Clubs & Organizations**

**C.H.A.T. (Crafts Hobbies Arts Time)**

For more information about C.H.A.T., see page 26.

**Donut Make U Wonder**

Discuss current subjects and related personal experiences. Divisive matters related to religion and politics avoided to ensure comradery. Meetings begin with a brief song and end with a few shared jokes. Coffee and donuts provided.

Ongoing F 10:00-11:30 AM No Fee

**Front Range Forum**

Front Range Forum serves the residents of Northern Colorado’s Front Range who are intellectually curious and dedicated to enriching their daily lives through life-long learning. Members facilitate classes for each other; participants take part in short presentations and informal discussions. Subjects have varied from the Vikings to the stories of Chekov and Jewett; from the Civil War to ethics; and from Van Gogh to Broadway musicals. In addition, the Forum sponsors lectures, a summer arts program, and offers programs: FRF Travels and FRF Goes to the Movies. Membership is $20 per year. For more information, including the newsletter, visit *frontrangeforum.org*.

**Harmonettes**

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. For more information, contact Ashley Ruffer at 970.224.6033, *aruffer@fcgov.com*. **Note:** Practice not held on third Monday of the month.

Practice M 9:30-11:00 AM

**Older Gay Lesbian Bisexual Transgender (OGLBT)**

This social networking group is looking for volunteers and leaders. The group would like to reformat and decide how to best serve the community. Seeking persons who are OGLBT and ages 50 years & up, but open to all. For more information contact Katie Stieber at 970.224.6029, *kstieber@fcgov.com*.

**Senior Bowling Leagues**

Bowling leagues are open to league members and substitutes ages 50 years & up. Leagues play at Chippers Lanes on Horsetooth; league fees apply. For more information, contact Karen Burgess at 970.484.2906.

Tuesday League T 1:00 PM

Thursday League Th 1:00 PM

**Senior Advisory Board**

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 the 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 second Wednesday of each month at 11:30 a.m. Guests are welcome.

**Senior Center Council**

Senior Center Council assists and advises the administrative staff in matters regarding the operation of the Senior Center and are elected representatives from the senior membership. Elected representatives meet the third Monday of each month at 1:30 p.m. Members are invited to attend.

**SOAP Troupe (Slightly Older Adult Players)**

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 an experienced performer or a beginner, talent can be used to act, pound nails, sew, sing, and/or write. SOAP meets at 1 p.m. on the fourth Tuesday of each month. Contact Ashley Ruffer at 970.224.6033, *aruffer@fcgov.com*.

**The Writers Group**

Expression through writing in any manner regardless of content, genre, or skill. Gather weekly to share work and occasionally write on a topic selected by all. New participants welcome. Contact Ashley Ruffer at 970.224.6033, *aruffer@fcgov.com*.

Ongoing Tu 10:00 AM-Noon No Fee

**Cards & Games**

Bridge ]

Play is based on the 21st Century Standard American Bridge System as outlined in the ACL book, Bidding in the 21st Century.

**Bridge Mentoring**

Half-hour review of one topic followed by bridge play. Mentor assists with bidding and playing questions. Option to pay a drop-in rate of $3.25 per session is available for non-members.

Age: 18 years & up

3/12 M 5:30-8:30 PM No Fee

3/26 M 5:30-8:30 PM No Fee

4/9 M 5:30-8:30 PM No Fee

4/23 M 5:30-8:30 PM No Fee

5/14 M 5:30-8:30 PM No Fee

**Duplicate Bridge**

Weekly duplicate bridge skill development and companionable play.

Age: 18 years & up

Ongoing F 11:30-4:00 PM $3.50

**Party Bridge, Pinochle, & Mahjong**

Drop-in bridge, pinochle, and mahjong games. **Note:** Pinochle only on Fridays.

Age: 18 years & up

Ongoing T 12:30-4:00 PM No Fee

Ongoing Th 5:00-8:00 PM No Fee

Ongoing F 12:30-4:00 PM No Fee

**Bridge 4-Defense**

Continue to build a solid foundation by adding defense
strategies using the ACBL book, Defense in the 21st Century.
Price includes supplies. Prerequisite: Bridge 3, Play of the
Hand or instructor approval.

Age: 18 years & up

4/11-6/6 W 5:30-8:30 PM $111 212460-01

**Bridge 8, More Commonly Used Conventions, Part 2**

Build upon learned skills by adding more bidding and playing skills. The ACBL book, More Commonly Used Conventions in the 21st Century, is used. Price includes supplies. Prerequisite: Bridge 7, More Commonly Used Conventions, Part 1 or instructor approval.

Age: 18 years & up

3/19-5/7 M 1:30-4:30 PM $89 212461-01

**Bridge P2, Play of the Hand “Play”**

Practice hands using the bridge playing and bidding concepts using structured play in the ACBL book, Play of the Hand “Play”. Price includes supplies. Prerequisite: Bridge 3 or instructor approval.

Age: 18 years & up

3/14-4/4 W 5:30-8:30 PM $57 212462-01

**Bridge P7, Major Suit Raises I “Play”**

Practice more hands using the bridge playing and bidding concepts using structured play in the ACBL book, Major Suit Raises I “Play”. Price includes supplies. Prerequisite: Bridge 3 or instructor approval.

Age: 18 years & up

3/5-4/16 M 5:30-8:30 PM $57 212463-01

**Bridge P8, Major Suit Raises II Bidding “Play”**

Practice more hands using the bridge playing and bidding
concepts and structured play as outlined in the ACBL book, Major Suit Raises II “Play”. Price includes supplies. Prerequisite: Bridge
3 or instructor approval.

Age: 18 years & up

4/30-6/4 M 5:30-8:30 PM $57 212464-01

General Games ]

**Bingo**

Compete in Bingo for prizes.

3/12,4/9,5/14 M 1:00-2:00 PM No Fee

**Cards & Games**

Play cards and board games such as canasta, mahjong, scrabble,
and cribbage.

Ongoing M 9:00 AM- Noon No Fee

Ongoing W 12:30-4:00 PM No Fee

education ]

**Active Minds Virtual Learning**

Engage in a unique virtual learning experience hosted in the Twinberry Auditorium. Experts from Active Minds present on topics from remote locations. Participants engage with the presenters through streaming systems and the technology offered in the auditorium.

Age: 18 years & up

**The Story of Beer**

Discuss the origins and history of beer, how it is made, and different types of beer, as well as the rise of several great American brewers and beer families. End with current trends of microbrews and craft beers, and their strong Colorado connections. Cheers!

3/5 M 1:00-2:00 PM $9 212441-01

**Charlie Chaplin**

Explore the unique artistic elements that make silent films appreciated by audiences young and old. Get to know the life and work of Charlie Chaplin, including his role in founding United Artists with Mary Pickford and others. And, learn about the circumstances surrounding his exile from the United States for nearly 20 years.

4/24 Tu 1:00-2:00 PM $9 212441-02

**Historical Café**

Lunch served after the presentation. Please note dietary restrictions when registering.

Age: 18 years & up

**Toddlers on Pikes Peak**

A unique slide presentation depicting Sharon Danhauer and her twin sister’s stories growing up high on the mountain slopes of Pikes Peak. Danhauer shares stories from the perspective of a toddler of the joyous magic of wildlife, people, and the historically famous Manitou and Pikes Peak Cog Railway near their home at Ruxton Park.

3/21 W 11:30 AM-1:30 PM $23 212440-01

**Horses**

Learn about the history of Colorado State University Equine Sciences and how students are getting a “leg up” in the equine profession.

4/11 W 11:30 AM-1:30 PM $23 212440-02

**Fitness**

**General Information**

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

**Registration Options**

The following participation options are available for fitness classes:

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

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

The fitness classes listed below are specific for ages 50 years & up. See page 99 for information about additional fitness classes, as well as information about personal training services.

Group Fitness ]

**Back & Body Strength**

Strengthen and stretch the major muscle groups of the body. Physical conditions like back, hip, knee, and neck problems can be prevented or alleviated through a holistic training routine.

3/12-4/13 M,W,F 8:50-9:50 AM $61 209431-01

4/16-5/18 M,W,F 8:50-9:50 AM $61 209431-02

3/12-4/11 M,W 8:50-9:50 AM $41 209431-1A

3/12-4/9 M 8:50-9:50 AM $21 209431-1B

4/16-5/16 M,W 8:50-9:50 AM $41 209431-2A

4/16-5/14 M 8:50-9:50 AM $21 209431-2B

**Balance 201**

Practice techniques and work to develop body awareness, methods, and confidence in facing challenging balance issues. Just like strength improves with practice, so can balance.

3/15-4/12 Th 12:30-1:30 PM $21 209439-01

4/19-5/17 Th 12:30-1:30 PM $21 209439-02

**Body & Mind in Motion**

Designed for adults with physical limitations, participants perform a variety of arm and leg movements while sitting in chairs.

3/12-4/13 M,W,F 10:00-10:55 AM $61 209432-01

4/16-5/18 M,W,F 10:00-10:55 AM $61 209432-02

3/12-4/11 M,W 10:00-10:55 AM $41 209432-1A

3/12-4/9 M 10:00-10:55 AM $21 209432-1B

4/16-5/16 M,W 10:00-10:55 AM $41 209432-2A

4/16-5/14 M 10:00-10:55 AM $21 209432-2B

**N’Balance**

Learn effective fall prevention to achieve results. Practice exercises and movements to strengthen core balance and to overcome the fear of falling. An evidence-based program designed from the kinetic principles of Fall Proof, a balance program created by California State University, Fullerton.

3/12-5/2 M,W 2:30-3:30 PM $20 209433-01

5/7-6/27 M,W 2:30-3:30 PM $20 209433-02

**Parklane Fitness**

Receive instruction while sitting in a chair to improve flexibility, strength, coordination, and cardiovascular fitness.

Location: Parklane Towers North, 415 S. Howes St.

3/13-4/12 Tu,Th 9:30-10:30 AM $41 209438-01

4/17-5/17 Tu,Th 9:30-10:30 AM $41 209438-02

**Swiss Theraball**

Enjoy gentle, effective, low-impact exercise on a Theraball.
Improve balance, endurance, flexibility, and strength with this relaxing routine.

3/15-4/12 Th 4:00-5:00 PM $21 209434-01

4/19-5/17 Th 4:00-5:00 PM $21 209434-02

**Tai Chi for Arthritis**

Effective and evidence based practice to relieve pain and maintain and improve health and quality of life.

3/16-4/13 F 3:00-4:00 PM $21 209436-01

4/20-5/18 F 3:00-4:00 PM $21 209436-02

SilverSneakers ]

For more information about SilverSneakers, inquire at the front
desk of Senior Center or Northside. **Note:** SilverSneakers non-members may attend by paying the $6 drop-in fee or registering for the session.

**Classic SilverSneakers**

Move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a small ball are offered for resistance, and a chair is used for seated or standing support.

3/13-4/12 Tu,Th 10:10-10:55 AM $31 209450-01

4/17-5/17 Tu,Th 10:10-10:55 AM $31 209450-02

3/17-4/14 Sa 10:30-11:15 AM $16 209450-03

4/21-5/19 Sa 10:30-11:15 AM $16 209450-04

**Circuit SilverSneakers**

Move through a series of exercises in a circuit format to improve cardiovascular endurance and muscular strength and endurance.

3/12-4/13 M,W,F 1:00-1:45 PM $46 209451-01

4/16-5/18 M,W,F 1:00-1:45 PM $46 209451-02

**Splash SilverSneakers**

Shallow-water moves to improve agility, flexibility, and cardiovascular endurance. No swimming ability required.
A special SilverSneakers kickboard is used to develop
strength, balance, and coordination.

3/13-4/12 Tu,Th 12:15-1:10 PM $41 209452-01

4/17-5/17 Tu,Th 12:15-1:10 PM $41 209452-02

3/13-4/12 Tu,Th 1:15-2:10 PM $41 209452-03

4/17-5/17 Tu,Th 1:15-2:10 PM $41 209452-04

**Stability SilverSneakers**

Become stronger and improve balance. Designed for fall prevention and is suitable for nearly every fitness level. Exercises can be adapted depending on the skill of individual participants. A chair may be used for balance and support.

3/16-4/13 F 2:00-2:45 PM $16 209453-01

4/20-5/18 F 2:00-2:45 PM $16 209453-02

**Yoga SilverSneakers**

Focus on poses and postures to improve joint range of
movement, muscular strength, endurance, and balance.
Static and dynamic movements are presented with a chair
for seated and standing support.

3/12-4/11 M,W 4:10-4:55 PM $31 209454-01

4/16-5/16 M,W 4:10-4:55 PM $31 209454-02

3/13-4/12 Tu,Th 11:10-11:55 AM $31 209454-03

4/17-5/17 Tu,Th 11:10-11:55 AM $31 209454-04

3/17-4/14 Sa 11:15 AM-Noon $16 209454-05

4/21-5/19 Sa 11:15 AM-Noon $16 209454-06

Yoga ]

**Yoga, Chair**

A form of adaptive exercise. Be supported by a chair and receive yoga’s healing and restorative benefits. Yoga relaxes the body and mind and improves musculoskeletal fitness and flexibility. **Note:** Own yoga mat encouraged, but not required.

3/12-4/9 M 8:30-9:30 AM $21 209437-01

4/16-5/14 M 8:30-9:30 AM $21 209437-02

**Yoga for Osteoporosis**

Learn and practice yoga poses that can help with the prevention and treatment of osteoporosis and strengthen bones. Based on the book, Walk Tall, by Sara Meeks, P.T.

3/14-4/11 W 9:00-10:00 AM $21 209466-01

4/18-5/16 W 9:00-10:00 AM $21 209466-02

**Ice**

**Senior Coffee Club**

For older adults interested in social skating. Regular fees apply.

Age: 60 years
Location: Edora Pool Ice Center

3/7-5/23 W 9:15-10:45 AM

**Resources**

**Library/Media Center**

A quiet location for reading, reflection, relaxing, or using one of the computers. Book library includes large print, hard cover, and paperback books, as well as works by local artists. Volunteer Library Attendants are available to assist members during the day. Book donations are accepted as space allows.

**Pool Room**

Tables include four 8-ball and one snooker. Non-members may
pay a daily drop-in rate. Additionally, we ask that users make a donation in the donation box located in the room to help support facility maintenance.

**VOA Senior Nutrition Program**

Volunteers of America and the City of Fort Collins Recreation Department host the Senior Nutrition Program to provide hot lunch at Northside Aztlan Community Center and the Senior Center. There is no charge for ages 60 years & up (and their spouses). Reservations required; contact 970.472.9630 by 1:30 p.m. one business day prior.

Location: Senior Center

Ongoing M,Tu,Th,F Noon $2.50 suggested donation

Location: Northside Aztlan Center

Ongoing Tu,W,Th Noon $2.50 suggested donation

**Volunteers**

We strive to provide our trained volunteers with quality opportunities that meet their expectations, align with their skills and needs, and capitalize on the many talents they possess. Volunteers gain new skills, forge new friendships, interact with fellow community members, enrich their community through purposeful activity, utilize their life experiences to enhance the lives of others, learn new things about themselves, set and achieve personal goals, and make a positive difference in the lives of others.

Volunteers may choose from one-time special events to longer term commitments in a variety of areas. To complete a volunteer application, visit *Engage.fcgov.com*, click on ‘Sign Up’, enter the required information, and create an account. For additional information, visit *fcgov.com/recreation/join-us* or contact Betsy Emond at 970.224.6030, *bemond@fcgov.com*.

**Social Programs**

**Coffee With Bob**

Grab a cup of coffee with Recreation Director, Bob Adams. Coffee provided. Bring thoughts and questions for discussion.

3/28 W 8:30-9:30 aM No Fee

4/25 W 9:00 AM No Fee

5/23 W 8:30-9:30 aM No Fee

**Movies, New Release, & Classics**

Movie showings of new releases and classics. Schedule of movie titles available at the registration desk.

3/2 F 1:00-3:00 PM No Fee

3/16 F 1:00-3:00 PM No Fee

4/6 F 1:00-3:00 PM No Fee

4/20 F 1:00-3:00 PM No Fee

5/18 F 1:00-3:00 PM No Fee

**Prairie Sage Dances**

Dance to live music. Refreshments served.

Pepie

3/5 M 7:00-10:00 PM $5

Jim Ehrilich (Irish Dance)

3/19 M 7:00-10:00 PM $5

Harris and Harris (Potluck)

4/2 M 7:00-10:00 PM $5

Big Twang Theory (1950s Dance)

4/16 M 7:00-10:00 PM $5

Tom Yook

5/7 M 7:00-10:00 PM $5

Harris and Harris (Swinging Safari)

6/4 M 7:00-10:00 PM $5

**Special Events**

See a list of Special Events available for all ages on page 81.

**Mahjong Mini-Marathon**

Bring boards and tiles and for a morning of drinking coffee
and Mahjong.

Age: 18 years & up

3/3 Sa 9:00 AM-Noon No Fee 212422-01

**Pool Tournament**

8-ball billiards tournament with prizes awarded to the top three competitors. Lunch and beverages provided.

Age: 18 years & up

3/3 Sa 10:00 AM-3:00 PM $16 212421-01

**Celebrations**

Celebrate January, February, and March birthdays and anniversaries of Senior Center members with cake, gifts, and entertainment.

3/22 Th 1:30-3:00 PM No Fee 212410-01

**Sports**

**AOA Badminton**

Join the group of Active Older Adults to play badminton. **Note:** Drop-in fees apply.

Location: Northside Aztlan Center

Ongoing Tu,Th 8:00-10:00 AM

Location: Senior Center

Ongoing M,W,F 8:00-10:00 AM

**AOA Basketball**

Active Older Adults suit-up and get on the court for some hoops. **Note:** Drop-in fees apply.

Location: Northside Aztlan Center

12/4-3/2 M,W,F 8:00-10:00 AM

**Senior High Travel Softball**

Travel as far as Colorado Springs to play softball against teams in other cities, as well as Fort Collins. Registration ends 3/16. 28 games plus an end of season tournament; 32 games total. **Note:** Class will not be held on 7/4.

Location: TBA

4/25-8/15 $76 313026-01

Trips & Travel

Senior Center trips are for ages 50 years & up unless
otherwise noted.

**Registration**

Pre-registration is required for all trips. Some ticketed events
have an early registration deadline.

**Refunds/Cancellation**

In accordance with the Recreation refund policy, within a week of an activity, no refunds are given unless we resell that seat.

Ticketed trip sales are considered final after the deadline printed for each activity and are non-refundable. Ticketed trips include, but are not limited to, shows, special events, and sports games.

Full refunds are available for overnight trips until the final payment deadline listed in the activity, after which all sales are final and non-refundable. For some overnight trips, a refund schedule is available upon request where listed.

**Discounts**

The Senior Center Member discount applies to trips where an is listed next to the activity title. This 15% discount applies to the fee minus the $1 program fee. Additional discounts do not apply.

**Departure**

All trips leave from the Fort Collins Senior Center unless otherwise noted. We recommend you arrive at least 15 minutes prior to departure in order to check in with the driver. Out of respect for the other participants, we do not wait for late arrivals; trips leave promptly at the posted trip time.

**Return Times**

All return times are approximate. Please do not schedule appointments close to return times in case delays occur.

**What’s Included**

All trip prices include transportation and escort, unless otherwise noted. Many trips include more amenities depending on the trip. See trip details for more information.

**Accommodations**

Individuals who are not independent in daily living activities or are in need of extra supervision or assistance are encouraged to register and participate with a personal care attendant. At time of registration, please inform us of any accommodation needed.

There is no transportation fee for the personal care attendant providing assistance, but they must pay for ticket and meal expenses if those are part of the trip fees. Attendants must register separately from individuals they are assisting in order to ensure that we provide necessary seating, meals, tickets, etc.

If a meal is included in the price, allergy or dietary requests must be made at the time of registration otherwise we cannot guarantee accommodation.

**Smoking**

Trips are smoke-free whenever possible. Smoking is not allowed on vans or buses.

**Door-to-Door Transportation**

Round trip transportation to and from your home is available for most trips if you reside within the Fort Collins city limits (with some exceptions). This service is provided prior to and after printed trip time-frames out of consideration for other participants. On some trips, a pick-up in Loveland is offered and must be requested at time of registration; pick-up time is 15 minutes after time listed in program description. The cost for these services is $4 per person. Requests must be made at the time of registration or at least three business days prior to the trip.

**Waitlist**

If a trip is sold out you may have your name placed on a waitlist. We will contact you directly if space becomes available. Reservations are on a first-come-first-served basis.

**Trips & Travel Exertion Scale**

Trips are identified throughout this section with an exertion scale rating. The rating scale identifies how intense the walking may be on the trip. A rating of λ indicates a low walking level for the trip, while a υ indicates a high level of walking. The rating system is defined below. Please note that many trips may be at altitude regardless of the exertion rating. Distances are approximate.

λ = Walk short distances. Example: To program location from parking lot. May include some stairs. Mostly sitting. Handicap

accessibility available. Distance: Less than 20 yards.

ν = Walk short distances on mostly event surfaces. Some stairs. Example: Short tours. Distance: 20-100 yards.

σ = Walk longer distances on mostly even surfaces. Some stairs. Distance: .25-1 mile.

υ = Walk for long distances, on uneven surfaces, and/or on stairs. You will be on your feet for most of the outing. Distance: 1-5 miles.

**Adventure**

Installment billing is available for Adventure trips. To set-up reoccurring payments, contact Cate Eckenrode at 970.224.6136. To pay in full, register online using the activity number listed in the program description.

For a schedule of trip previews contact 970.224.6136,
*trips@fcgov.com*.

All adventure trips are rated υ. Accommodations must be requested at time of registration.

**Treasures of the Southeast**

History and tradition run deep in the South. Travel from Savannah, Georgia to Charleston, South Carolina, and on to Asheville, North Carolina. Visit the largest urban Historic District in America. Tour the Magnolia Plantation and the Charleston Tea Plantation. Take in the Blue Ridge Mountains and all the sights, sounds, and tastes that make the South a timeless destination. **Note:** 7 days/ 6 nights. Includes roundtrip airfare, admissions, and some meals. Non-refundable after 1/26/18.

4/2-4/8, 2018 Single Occupancy $3545 205993-01

4/2-4/8, 2018 Double Occupancy $2845 205993-01

**Cuba’s Charming Colonial Cities**

Shrouded in mystery for the past 50 years, the island nation of Cuba is waiting to be rediscovered. Embark on this rare opportunity to experience the colorful history and lively culture of the captivating country. This special People-to-People program is designed around daily interactions with local residents that deliver insight into the past, present, and future of this fascinating place. **Note:** Enrollment is currently open for this trip. 8 days/7 nights. Includes lodging, admissions, visa fees, tour director, some meals, and guides. Fee does not include airfare. Non-refundable after 2/1/18.

5/6-5/13, 2018 Single Occupancy $3,420 205992-01

5/6-5/13, 2018 Double Occupancy $4,360 205992-01

**Derby Training Camp**

A visit to Kentucky wouldn’t be complete without horses and bourbon. Experience Kentucky Derby traditions and history by learning how to place bets, make Mint Juleps, and what it takes to assemble a true Derby Hat. Take in the history of Louisville and get a behind-the-scenes tour of Kentucky’s first bourbon distillery. It’s a trip to remember with souvenirs along the way. **Note:** Enrollment is currently open for this trip. 5 days/4 nights. Includes tours, transportation, local guides, betting seminar and starter bets, and meals as listed in the itinerary. Non-refundable after 2/9/18.

5/16-5/20, 2018 Single Occupancy $2075 205994-01

5/16-5/20, 2018 Double Occupancy $1575 205994-01

5/16-5/20, 2018 Triple Occupancy $1475 205994-01

**Switzerland, Land of Enchantment**

Visiting Switzerland is like visiting three countries in one. The north Austrian-German cuisine and language are predominant. As we move towards the southeast, Italian is the flavor of the day, while the southwest carries the French influence of its neighbor. It’s a remarkable tour for its diversity and beauty and highlighted by the hospitality of its people. **Note:** 8 days/7 nights. Fee includes transportation, lodging, meals as listed in itinerary, and admissions. Fee does not include airfare. Non-refundable after 5/4/18.

6/10-6/17, 2018 Single Occupancy $3775 305994-01

6/10-6/17, 2018 Double Occupancy $2800 305994-01

**San Juan Islands Wildlife Adventure**

Tour the famous San Juan Islands, search for stunning wildlife, visit the world famous Butchart Gardens. Celebrate the 4th of July with a fireworks show over Bellingham Bay. The Pacific Northwest has a host of offerings to enjoy and there is no better time to see it then during whale watching season and no better way to do it than on a small cruise ship. **Note:** 7 days/6 nights. Fee includes airfare, transportation, lodging, meals as listed in itinerary, and all admissions. Non-refundable after 4/20/18.

6/29-7/5, 2018 Single Occupancy $4395 305991-01

6/29-7/5, 2018 Double Occupancy $3695 305991-01

**Canadian Rockies by Train**

Get ready for an adventure that brings together the beautiful expanse of the prairie and the soaring majesty of the Canadian Rockies. From the “Land of the Sleeping Giants” to a throwback to the good old days of train travel, this trip introduces you to the wondrous story of Canada’s unforgettable landscape and people. This visit to our friendly neighbor to the north has it all: breathtaking scenery, top-notch train travel, and delicious food. **Note:** 8 days/7 nights. Fee includes airfare, transportation, lodging, meals as listed in itinerary, and all admissions. Non-refundable after 4/30/18.

7/29-8/5, 2018 Single Occupancy $6,550 305993-01

7/29-8/5, 2018 Double Occupancy $5,450 305993-01

**Walking Washington**

Begin with the mysterious and magnificent Mt. St. Helens and finish with powerful Mt. Rainier National Park. Wander through wildflower meadows and splash in the Pacific Ocean. Learn about rainforest regeneration, tide pool ecosystems, and volcanic activity. Get a taste of adventure, ignite the imagination, and have an amazing experience. **Note:** 9 days/8 nights. Includes lodging, food as listed in itinerary, admissions, roundtrip airfare, and local guides. Non-refundable after 5/25/18.

8/7-8/15, 2018 Single Occupancy $3,799 305992-01

8/7-8/15, 2018 Double Occupancy $3,399 305992-01

**A Train, Peaches, & Arches**

Ride the train to Glenwood Springs and soak the night away. Travel through the picturesque beauty of the Colorado National Monument on the way to Moab to tour Arches National Park and Red Cliffs Lodge. Cruise along the Colorado River and tour High Country Peaches. **Note:** There is a lot of walking and due to destinations, accommodations cannot be made. Majority of transportation is on a motorcoach. 4 days/3 nights. Includes lodging, food, admissions, hot springs, tours, and all meals. $250 deposit taken at time of registration. Non-refundable after 5/25/18.

8/20-8/23, 2018 Single Occupancy $1,050 305990-01

8/20-8/23, 2018 Double Occupancy $800 305990-01

**Historic Trains of Colorado**

No need to travel afar for great scenery, experiences, and fall colors. Explore the colorful landscape on an adventure right here in Colorado. Eight days, five trains, and unimaginable sights. Travel across the state from Colorado Springs to Alamosa, and Durango to Vail. Dive deep into this beautiful state for a trip that delights all of the senses. 8 days/7 nights. Includes transportation, admissions, meals listed per itinerary, and guides. Non-refundable after 7/8/18.

9/13-9/20, 2018 Single Occupancy $3,295 405998-01

9/13-9/20, 2018 Double Occupancy $2,595 405998-01

**Walking Bryce & Zion National Parks**

Bryce and Zion National Parks offer a range of trails and scenery that delight and amaze. The sculptured white sandstone cliffs of Zion soaring skyward provide a dramatic backdrop to hikes in pastel colored canyons and along the inviting waters of the Virgin River. Bryce Canyon offers a wonderland of hoodoos carved by erosion and delicately painted in a vivid palette of reds and oranges. **Note:** 7 days/6 nights. Includes airfare, transportation, lodging, meals as listed in itinerary, and guides. Non-refundable after 6/22/18.

9/27-10/3, 2018 Single Occupancy $3,699 405993-01

9/27-10/3, 2018 Double Occupancy $3,399 405993-01

**Romantic Rhine**

One of Europe’s most legendary rivers awaits on this exciting journey along the Rhine River, which begins in Switzerland and stops in France, Germany, and Holland. On this river cruise from Zurich to Amsterdam, take in vistas of the Alps, the Black Forest, and the Rhine Gorge. **Note:** 9 days/8 nights. Fee includes airfare, transportation, guides, lodging, and some meals.

9/28-10/6, 2018 Single Occupancy $6,550 405995-01

9/28-10/6, 2018 Double Occupancy $4,735 405995-01

**Walking Sicily**

One of Italy’s best-kept secrets, Sicily offers fascinating geography and a rich cultural legacy with every great Mediterranean civilization leaving its mark over the past 2500 years. Dominated by sheer, rock-strewn crags and Europe’s highest volcano, Mt. Etna, Sicily rests on the edge of the European geologic plate. Explore the mountainous interior, follow coastal paths in the Aeolian Islands, visit Zingaro Nature Reserve, and hike on the volcanic slopes of Mt. Etna. The dramatic scenery, the friendly locals, the surprisingly good chocolate, and the fascinating walks make for a truly magical experience. **Note:** 12 days/11 nights. Includes transportation, roundtrip airfare, lodging, meals as listed in itinerary, guides, and admissions. Non-refundable after 7/13/18.

10/15-10/26, 2018 Single Occupancy $6450 405996-01

10/15-10/26, 2018 Double Occupancy $5999 405996-01

**Spotlight on San Antonio**

Come to know a city rich in culture, cuisine, and historic charm. Relax Texas-style and settle into the River Walk Hotel. Become immersed in the sights and sounds of the holidays. Feel the spirit of the season strolling along the San Antonio River when its decorated for the holidays. Discover the bold flavors of Texas exploring its treasures, from the legendary Alamo to LBJ ranch. 5 days/4 nights. Includes admissions, roundtrip airfare, local guides, transportation, and meals as listed in itinerary. Non-refundable after 9/28/18.

11/29-12/3, 2018 Single Occupancy $2,550 405997-01

11/29-12/3, 2018 Double Occupancy $2,200 405997-01

**Ongoing Trips**

**Casino Trips** ν

A day in the mountains at the Mardi Gras Blackhawk. **Note:** Fee includes $5 coupon for lunch and $5 free play.

Location: Rolland Moore Park

3/20 Tu 8:30 AM-5:30 PM $11 205910-01

4/17 Tu 8:30 AM-5:30 PM $11 205910-02

5/15 Tu 8:30 AM-5:30 PM $11 205910-03

**Rockies Games** ν

Enjoy a game at Denver’s Coors Field. **Note:** Non-refundable beginning three weeks prior to game date.

vs. Padres

4/11 W 10:30 AM-6:00 PM $38 205901-01

vs. Padres

4/25 W 11:30 AM-7:00 PM $38 205901-02

vs. Brewers

5/13 Su 10:30 AM-6:00 PM $38 205901-03

vs. Reds

5/27 Su 10:30 AM-6:00 PM $38 205901-04

Out to Lunch ]

Join friends for a trip out to lunch. **Note:** Meal cost is on your own.

**Mike O’Shay’s, Longmont** ν

Celebrate St. Patrick’s Day in style at Mike O’Shay’s. Voted the Best Overall Restaurant in Longmont. Features seafood, Irish fare, the best burgers in town, and award-winning desserts. All the sauces and soups are made fresh and in-house.

3/12 M 10:30 AM-3:30 PM $21 205930-01

3/13 Tu 10:30 AM-3:30 PM $21 205930-02

**740 Front Street Louisville** ν

740 Front is the last remaining saloon of the original thirteen that line the 3-block strip of front street. Designated a historical landmark by the City of Louisville in 2015.

4/10 Tu 10:30 AM-3:30 PM $21 205930-03

**The School House Kitchen, Arvada** ν

Built inside of the original Arvada schoolhouse, which was constructed in 1882. Enjoy lunch in the homeroom dining area or maybe upstairs in the teacher’s lounge.

5/30 W 10:30 AM-3:30 PM $21 205930-04

Sunday Out to Lunch ]

Head somewhere in the specified area for lunch to enjoy a day out of the house. We don’t tell you which restaurant because the mystery is half the fun. A scenic ride home tops it off. **Note:** Meal cost is on your own.

Loveland ν

3/25 Su 11:00 AM-3:00 PM $11 205932-01

Lyons ν

4/15 Su 11:00 AM-3:00 PM $11 205932-02

Red Feather ν

5/6 Su 11:00 AM-3:00 PM $11 205932-03

Traveling Gourmet ]

Get fancy for dinner and try gourmet Colorado cuisines.

**Ted’s Montana Grill, Aurora** ν

Ted’s is committed to preserving and building the bison herds in America. By featuring the biggest bison menu in the world, Ted’s has provided incentive for ranchers to grow their herds. **Note:** Meal cost is on your own.

3/22 Th 4:00-9:30 PM $26 205940-01

**White Fence Farm, Arvada** ν

The place to go for the best chicken dinner. Enjoy the farm and dinner with all the fixins. **Note:** Meal cost is included in fee.

4/19 Th 4:00-9:30 PM $50 205940-02

**Greeley Chophouse** ν

Greeley’s best steakhouse. A night out at the Chophouse is a trip back to the class, romance, and exquisite tastes of the 1930s. **Note:** Meal cost is on your own.

5/24 Th 4:00-9:30 PM $26 205940-03

**March**

**Kiss Me Kate, Johnstown** λ

Cole Porter’s Tony Award-winning, high-spirited musical comedy follows the backstage antics of a touring company performing the Taming of the Shrew, featuring two feuding couples, a few gun-toting gangsters, and some of the best songs ever written. **Note:** Fee includes ticket and dinner. Location: Candlelight Dinner Playhouse. Non-refundable after 2/1/18.

3/1 Th 5:00-10:30 PM $76 205920-01

**Forney Museum, Denver**  ν

The evolution of transportation, the Forney Museum tour goes back to when it all began and details the events that have shaped transportation around the world. **Note:** Fee includes guided tour. Meal cost is on your own.

3/6 Tu 8:30 AM-4:00 PM $42 205951-01

**Air Traffic Control, Longmont**  ν

Take a peek behind the curtain on this guided tour. The Longmont branch of the Federal Aviation Administration’s Air Traffic Control covers approximately 285000 square miles of the Western United States. Learn how it handles more than 1.5 million airplanes and one of the top ten busiest airports safely and expeditiously. **Note:** Fee includes guided tour. Go through airport security; bring a photo ID. Meal cost is on your own at Long’s Peak Pub & Tap House; cash only.

3/7 W 9:00 AM-3:30 PM $21 205950-01

4/18 W 9:00 AM-3:30 PM $21 205950-02

5/9 W 9:00 AM-3:30 PM $21 205950-03

**Becoming Butterflies, Denver** ν

The Wings over the Rockies’ mission is to educate and inspire people of all ages about aviation and space endeavors. Celebrate flight and its significance to the way of life, past, present, and future. **Note:** Fee includes tour. Lunch cost is on your own at Nonna’s Italian.

3/8 Th 8:00 AM-4:00 PM $42 205953-01

**Brass, Bagpipes, & CO, Denver** ν

Experience unparalleled Celtic inspiration in an acoustically magnificent setting. It’s a full-blown St. Patrick’s Day extravaganza. Enjoy an evening of music and dance with the Celtic Colorado Pipes & Drum Band, WICK School of Irish Dance, and the Rocky Mountain Highland Dancers. **Note:** Bring a snack/meal to enjoy on the bus. Fee includes ticket. Non-refundable after 2/09/18.

Location: Newman Center for the Performing Arts.

3/17 Sa 5:30-11:00 PM $76 205921-01

**All My Sons, Arvada** ν

Winner of the New York Drama Critics’ Circle Award, and the first-ever Best Play Tony Award, All My Sons, is a powerful American classic that explores the dark side of the American dream, complex family dynamics, and a person’s responsibility to world beyond home. Based on the true story of an Ohio manufacturer who sold faulty parts to the US military during WWII, the central character faces the true cost of his choices and their devastating impact on the family he loves. **Note:** Bring a snack/meal to eat on the bus. Fee includes ticket. Non-refundable after 2/9/18.

Location: Arvada Center.

3/21 W 11:00 AM-7:00 PM $56 205922-01

**Dead Sea Scrolls at DMNS, Denver** σ

One of the most significant archaeological discoveries of the 20th century comes to Denver. The exhibition that has captivated millions around the world brings the Dead Sea Scrolls to Denver Museum of Nature and Science along with the largest collection of artifacts from the Holy Land ever assembled. Dramatically displayed with the full English translation, the exhibit also features a recreation of the Western Wall. **Note:** Fee includes tour. Meal cost is on your own.

3/28 W 8:00 AM-4:00 PM $46 205952-01

**April**

**Fort Morgan Museum & Bloedorn Research Center,
Fort Morgan** σ

Fort Morgan Museum tells the story of Fort Morgan and Morgan County. It also houses the Bloedorn Research Center, the primary research facility in the county. Explore history and learn about the role research facilities play in genealogy, historic registers, and environmental impact studies. **Note:** Meal cost is on your own. Fee includes guided tour.

4/3 Tu 8:30 AM-4:30 PM $26 205954-01

**Always Patsy Cline, Boulder** ν

Always...Patsy Cline, is based on the true story of Patsy Cline’s friendship with Houston housewife Louise Seger. Having first heard Cline on the “Arthur Godfrey Show” in 1957, Seger became an immediate and avid fan of Cline’s. After meeting prior to a concert in 1961, the two became a friendship that lasted until Cline’s untimely death in a plane crash in 1963. **Note:** Fee includes ticket and lunch. Non-refundable after 3/2/18.

Location: Boulder Dinner Theater.

4/8 Su 10:30 AM-6:00 PM $76 205923-01

**Bela Fleck and the Colorado Symphony, Denver** ν

The genre-defying king of the banjo Bela Fleck has been nominated in more categories than any other artist in Grammy history, and has taken home fourteen of the awards to date. Enjoy the regional premiere of Fleck’s Concerto for Banjo and Orchestra No. 3. **Note:** Bring snack/meal to enjoy on the bus. Fee includes ticket. Non-refundable after 3/09/18.

Location: Boettcher Concert Hall.

4/13 F 4:30-11:30 PM $86 205924-01

**Sunday in the Park with George, Arvada** ν

This stunning masterpiece merges past and present into beautiful, poignant truths about life, love, and the creation of art. The story spanning over a century begins in 1884 with George Seurat who is struggling to balance his extreme natural tendencies of artistic sensitivity and logical construction. **Note:** Bring snack/meal to eat on the bus. Fee includes ticket. Non-refundable after 3/23/18.

Location: Arvada Center.

4/22 Su 11:30 AM-6:00 PM $74 205925-01

**Boulder Dunshabe Teahouse, Boulder**  ν

Learn the history of the gift of the Dunshabe Teahouse to the city of Boulder from its sister city in Tajikistan. Handcrafted in the late 1980s by more than 40 artisans across Tajikistan, the Dunshabe Teahouse holds the stories of traditional Persian art. **Note:** Fee includes lunch and presentation.

4/24 Tu 10:00 AM-5:00 PM $66 205959-01

**Colorado Bureau of Investigation, Denver** σ

Nearly 250 members of the Colorado Bureau of Investigation
(CBI) strive to deliver excellence in criminal investigations, forensic/laboratory services, and comprehensive criminal justice data management. **Note:** Fee includes guided tour. Meal cost is on
your own.

4/26 Th 1:00-8:00 PM $26 205956-01

**May**

**Meeker Museum & Centennial Village, Greeley** υ

Learn about Nathan Cook Meeker’s life as an agricultural editor. His newspaper article, “A Western-Colony,” was instrumental in recruiting 737 potential colonists for his proposed community out west. Next, visit the living history experiment that is the Centennial Village Museum features over 35 historical buildings. **Note:** Fee includes guided tours. Meal cost is on your own.

5/1 Tu 9:00 AM-4:00 PM $42 205957-01

**Man of La Mancha, Johnstown** λ

Multi-Tony Award-winning Man of La Mancha enters the mind and world of the “mad knight”, Don Quixote, as he pursues his quest for the impossible dream. In a tale by Cervantes in defense of his life’s work, Quixote is, against all odds, a man who sees good and innocence in a world filled with darkness and despair. **Note:** Fee includes ticket and dinner. Non-refundable after 3/30/18.

Location: Candlelight Dinner Playhouse.

5/3 Th 5:00-11:00 PM $76 205927-01

**Falstaff, Denver** ν

The story centers around Falstaff, who employs crafty maneuvers to seduce the merry wives of Windsor. When the women learn of Falstaff’s mischievous plan, they concoct their own scheme to dupe Falstaff and expose him for a fool. **Note:** Bring snack/meal to enjoy on bus. Fee includes ticket. Non-refundable after 3/30/18.

Location: Ellie Caulkins Opera House.

5/8 Tu 4:30-11:00 PM $111 205928-01

**The Swan House, Loveland**  ν

The Swan House is a beautiful historic home built in 1908. Enjoy this historic setting for High Tea among the antique furniture, wall hangings, linens, clothing, and collectibles. **Note:** Fee includes lunch and tea.

5/11 F 11:30 AM-3:00 PM $42 205958-01

**Boettcher Mansion & Buffalo Bill Museum, Golden** σ

A rare combination of historic authenticity, modern amenities, and Wild West history from its secluded setting inside the Lookout Mountain Nature Preserve. Built as a summer home and seasonal hunting lodge for Charles Boettcher, the mansion is celebrating its 100th anniversary. Next door, visit the Buffalo Bill Museum for a look into his storied life and visit his gravesite for some spectacular views of the Rockies. **Note:** Fee includes guided tour. Lunch cost is on your own at Pahaska Tepee Cafe. Wear comfortable, sturdy footwear as there is no elevator and it could still be icy or snowy on the mountain.

5/18 F 8:00 AM-4:30 PM $41 205955-01

**CSU Stadium & Veterinary Teaching Hospital, Fort Collins** σ

Visit the state of the art $220 million Colorado State University Stadium which opened in Fall 2017. Next, visit the CSU Veterinary Teaching Hospital. **Note:** Fee includes guided tour. Meal cost is on your own.

5/23 W 8:30 AM-3:00 PM $21 205960-01

**International Hearing Dogs & Adams County Museum,
Adams County** υ

Launched in 1979, International Hearing Dog rescues dogs and trains them to assist persons who are deaf or hard-of-hearing. Tour the facility, watch a demonstration, and learn about this nonprofit born out of one woman’s request. Next, tour the Adams County Historical Society and Museum home to several buildings and artifacts including a working blacksmith shop, a saddle used by the Pony Express, and a 1920 railroad caboose. **Note:** Fee includes guided tours. Meal cost is on your own.

5/29 Tu 8:00 AM-4:00 PM $42 205961-01

**Distillery Tour, Fort Collins** υ

The Front Range is well-known for its quality of water and breweries, but over the past few years distilleries have sprung up to take advantage of the mountain water, as well. Explore the offerings here in Fort Collins. Tour the distilleries and learn about the distilling process from beginning to end. **Note:** Fees include guided tours, lunch, and door to door pick-ups. Door to door service may add up to an additional hour both prior to and after the activity time listed.

5/31 Th 10:30 AM-6:00 PM $55 205962-01