

Summer registration starts at 7 a.m., May 4

Summer 2017

Recreator

City of
Fort Collins



IN THIS ISSUE
*Father's
Day* 5k



*Rocky Mountain
Family Physicians, P.C.*



Now scheduling camp physicals
970-484-0798 www.rmfamilyphys.com

MAKE THE MOVE...
Take your kids Outdoors



1200 N College Ave • Fort Collins • (970) 221-0544 ♦ www.jaxgoods.com ♦ **WE HAVE YOUR GEAR**



Program Areas

- 14 Adaptive Recreation Opportunities**
- 16 Alternative Programs
- 19 Aqua Fitness**
- 21 Aquatics**
- 21 Youth Learn-to-Swim
- 26 Adult Learn-to-Swim
- 26 Diving
- 27 Advanced Aquatics
- 27 Advanced Blended Learning
- 28 Arts & Crafts**
- 28 Adult Programming
- 31 Pottery
- 33 Youth Arts & Crafts
- 36 Bicycling**
- 39 Dance & Movement**
- 39 Adult Programming
- 40 Youth Programming
- 44 Day Camps**
- 48 Early Learning**
- 48 Child without Parent Classes
- 52 Child with Parent Classes
- 55 Education**
- 55 Adult Programming
- 57 Youth Programming
- 59 Farm**
- 61 Fitness**
- 61 Adult Fitness Classes
- 67 Youth & Family Fitness Classes
- 69 Health & Wellness**
- 69 Services
- 70 Medical Education
- 71 Nutrition
- 71 Wellness Education
- 73 Financial
- 73 Holistic Options
- 75 Ice Skating**
- 75 Special Events
- 76 Curling
- 76 Hockey
- 76 Speed Skating
- 77 Adult Ice Skating
- 77 Youth Ice Skating
- 78 Specialty Skate
- 79 Outdoor Recreation**
- 79 Adult Programming
- 81 Special Events**
- 82 Sports**
- 83 Adult Sports
- 85 Tennis
- 87 Youth Sports
- 92 Youngsters
- 95 50 Plus**
- 95 Clubs & Organizations
- 96 Cards & Games
- 97 Fitness
- 98 Health & Wellness
- 98 Sports
- 99 Resources
- 99 Social Programs
- 100 Special Events
- 101 Trips & Travel**

Departments

- 4 From the Director**
- 5 Registration Information**
- 7 Pass Fees**
- 9 Facility Profiles**

Credits

City of Fort Collins Parks and Recreation Board

Ragan Adams
Rob Cagen
Mary Carlson
Bruce Henderson
Kenneth Layton
Jessica MacMillan
Scott Sinn
Kelly Smith
Dawn Theis

Assistant City Manager Wendy Williams

Recreation Director Bob Adams

Recreation Managers Marc Rademacher Stephanie Munro Jason Chadock

Recreation Program Supervisors

Chelsea Jones
Administrative Support
Bridget Brownell
The Farm & Programs
Tim Stebbe
Aquatic Programs & Facilities
Renée Lee
Adaptive Recreation Opportunities

Aaron Harris
Northside Aztlan Center
Programs & Facility
Sara Stone
Foothills Activity Center &
Sports Programs
Katie Stieber
Senior Center
Programs & Facility
Paul Thibert
Ice Programs & Facility

Communications, Parks & Recreation

John Litel
Community Relations & Marketing
Jami McMannes
Public Relations & Communications

Design & Cover Photo

John Robson

On the Cover

Carlos & Isabel Guerrero



TEAM WORKS.



Working together, our doctors don't just see you. They see the big picture of your overall health. By collaborating and seamlessly sharing your records, your care team stays on the same page, so your health always takes center stage. Visit kp.org today because together we thrive.


thrive
KAISER PERMANENTE®



From the Recreation Director

Hello Recreators,

Thanks for picking up the Summer edition of the Recreator. Inside you'll find hundreds of recreational adventures and activities for all ages, abilities, and skill levels. From ice and aquatics programs to summer camps and sports, this Recreator has a complete offering of summer activities. I am sure that you will find something for everyone in your family.

Summertime in Northern Colorado can create unique weather. In 2016, Recreation began the development of two important policies regarding heat and air quality. Recreation believes that these policies will create better consistency and efficiency when responding to public health concerns. Recreation's Air Quality Policy provides detailed procedures and responses to a variety of air quality levels. Once certain air quality values have been reached, participants and staff can refer to a well-designed table to practice healthy actions and next steps.

In addition to the Air Quality Policy, Recreation has also developed a Heat and Humidity Policy. This policy utilizes a Heat Index to provide Recreation staff with information and necessary actions. The policy also includes "Heat Exhaustion Awareness" information and symptoms so that participants and staff can quickly identify and respond to any health concerns.

You can find more information about these policies at fcgov.com/recreation.

Have a safe and fun summer, Recreators.

Sincerely,

Bob Adams
Recreation Director
970.221.6354

Contact Information

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

Registration & Programs
970.221.6655
recreation@fcgov.com

Advertising, Partnerships,
& Sponsorships
970.221.6875,
jlitel@fcgov.com

Bob Adams
Recreation Director
970.221.6354,
badams@fcgov.com

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

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

City of Fort Collins Recreation Department

Vision

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

Mission

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

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

Esta información puede ser traducida, sin costo para usted.

Follow us at FCRecreator



Registering for Recreator Programs

Registration begins at 7 a.m. on May 4. Make checks payable to "Recreation." No registration can be approved by an instructor or coach. Personal information is entered into the registration database by "household." By providing household information to the City, you are consenting to the release of information regarding your household to all members of your household. There is a \$25 charge for returned checks. No cash refunds.

You can register for programs three ways:

Online

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

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

Once you arrive at fcgov.com/recreator:

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

At Recreation Centers

Hours are for registration. Visit fcgov.com/recreation for more info about operating hours.

Northside Aztlan Community Center

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

Edora Pool Ice Center (EPIC)

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

Fort Collins Senior Center

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

Foothills Activity Center

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

Over the Phone

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

Reduced Fee Program

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

Recreation Policies

Refund & Cancellation Policy

Withdrawals: If you are not satisfied with your program, you may withdraw before the second class begins and receive a refund. However, refunds will not be given once the second class has begun (first week of youth sports practices). Programs that meet once may receive a refund up to one week prior to the scheduled program start.

Refund options include:

- A full credit to your Recreation household account.
- Check or credit refund; a \$5 service charge per program will be assessed. Material fees are non-refundable.
- For refunds less than \$5, a household credit will be offered.

Transfers: Participants may transfer between programs, prior to the second class meeting, on a space-available basis. There is no charge for transfers, but participants will be responsible for any additional costs. If the new program costs less than the original program the difference will be credited to the household without an additional program fee.

If a participant's age, grade level, or ability does not meet the minimum program requirements, the participant will be transferred to a program that better matches their level(s).

Cancellations: Recreation may cancel programs due to low enrollment or other reasons. If Recreation cancels a program for any reason, participants will receive a full refund or credit. Recreation staff can assist you in finding another program that meets your needs.

Recreation Reserves

Recreation's Reserve Fund enables the Recreation Department to provide and sustain high quality services and facilities. To ensure future needs are met, \$1 of each activity enrollment and \$2 per hour from room rentals are dedicated to Reserves for future Recreation uses.

ADA Disclosure

Auxiliary aids and services are available for persons with disabilities. V/TDD: Dial 711 for Relay Colorado. If you require assistance in another language, please contact us 970.221.6655 or recreation@fcgov.com. Esta información puede ser traducida, sin costo para usted. For more information about Adaptive Recreation Opportunities programming, see page 14.

Air Quality, Extreme Heat and Drought Policies

The City of Fort Collins Parks and Recreation Departments have developed new policies related to air quality, extreme heat, and drought. The U.S. Environmental Protection Agency and the National Weather Service provide information to establish important guidelines and practices related to environmental best practices. We incorporated these guidelines to create consistent and efficient responses to public health concerns related to these events. Our new policies will allow Recreation and Parks participants and staff to appropriately respond to a variety of circumstances related to air quality and extreme heat. For more information on these policies, visit fcgov.com/recreation.

Go ahead, make a splash.

Soak up some summer with
Associates in Family Medicine!

Longer days, bare feet, and hot sun. The best parts of summer are beckoning! So get out there and answer the call. Take a refreshing plunge into summertime adventure. And if you stub a toe or have a little too much fun in the sun, count on Associates in Family Medicine to get you right back into the swim of things.



Fort Collins

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

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

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

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

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

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

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

CSU Health and Medical Center
New location
Opening July 2017

Windsor

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

Loveland

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



ASSOCIATES IN FAMILY MEDICINE
Be heard. Be well.

Visit afmfc.com

Recreation's Admission and Pass Fees

More value, more options, more benefits.

Single Admission Passes

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

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

Senior Center Admission Passes

Admission rates for the Senior Center only.

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

*Senior Center Admission Passes allow access to the following: Open Gym, Lap and Open Swim, Walking/Jogging Track, Weight/Cardio Area, Billiards Room, Library/Media Center and Locker Rooms.

Multi-Facility Admission Pass

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

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

Ice Skating Fees	
Ice Skating Public Skate Admission	
Youth	\$4.00
Adult	\$5.00
60+	\$4.50
Skate rental	\$3.00
Public Skate Group Admission	
Youth	\$3.50
Adult	\$4.50
60+	\$4.00
Skate rental	\$2.50
Drop-In Hockey	\$5.00
*Discounted rate available for groups of 10 or more; 48-hour advanced notice required.	
Freestyle Session Passes	
10 Admission	\$25.00
50 Admission	\$125.00
Freestyle 15 Min Drop-In	\$3.00
Drop-In Hockey Passes Youth/Adult	
10 Admission	\$50

The Farm Fees & Admission			
Age	Single Admission	10-Admission*	25-Admission*
Under 2	No fee	No fee	No fee
All Ages (2 & up)	\$3.25	\$28.00	\$70.00
* Valid one year from date of purchase.			
Annual Childcare Passes			
Commercial Daycare	\$175.00		
Home Daycare	\$84.00		
Barnyard Buddy Pass/Family Pass			
\$70 per year	Unlimited visits, up to 4 people per visit (additional guests pay half admission). Includes invitation to special event in December.		

Definitions

Youth: 2–17 years of age

Adult: 18–59 years of age

60+: 60 years & up

Family/Couple: Two adults and up to two children under 18 years from the same household. Additional children can be added to a pass: monthly basis—\$6 per child; 6 month basis—\$25 per child; annual basis—\$50 per child.

WHERE WILL YOU GO THIS SUMMER?



SUMMER PROGRAMS AND WORKSHOPS

REGISTRATION NOW OPEN!

Register at WWW.FCMOD.ORG/SUMMER



FORT COLLINS
MUSEUM OF
DISCOVERY

408 Mason Court
Fort Collins, CO
970.221.6738

www.fcmod.org



Recreation Facility Policies

To ensure a safe and welcoming atmosphere, we request that you adhere to the following policies when visiting a City of Fort Collins Recreation facility.

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

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

Locker rooms close 15 minutes after the pool closes (where a pool is on-site). Parents must have children picked up when locker rooms and/or facilities are closed.

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

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

There are no make-up lessons for missed classes.

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

Aquatics and Sports Registration Policies

If the class you wish to register for is filled, you may place your name on a paid waiting list. We attempt to accommodate the demands by adding new classes; however, they may not be at the same time/day as the waiting list class. Classes that do not meet the minimum may be canceled or combined.

Mulberry, EPIC, Senior Center, and City Park Pools

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

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

All patrons are required to shower before entering any pool.

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

Recreation Facilities Fort Collins, CO



1 The Farm

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

Nov 1–March 31: W–Sa 10AM–4PM Su Noon–4PM

April 1–May 31: W–Sa 10AM–5PM Su Noon–5PM

June 1–Aug 31: T–Sa 10AM–5PM Su Noon–5PM

Sept 1–Oct 31: W–Sa 10AM–5PM Su Noon–5PM

- Meeting Space
- Museum
- Gift Shop
- Pony Rides

2 Northside Aztlan Community Center

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

M–F 6AM–9PM Sa 8AM–5PM Su 9AM–5PM

- Fitness/Dance Rooms
- Skate Park
- Gymnasium
- Track
- Kitchen
- Weight/Cardio Equipment
- Meeting Space

3 City Park Nine Golf Course

411 S. Bryan Ave. • 970.221.6650 • fcgov.com/golf

4 The Pottery Studio

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

- Kilns
- Studio Space

5 Club Tico *Closed for Renovations*

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

Reservations required.

- Catering Kitchen
- Meeting Space
- Dance Floor

6 City Park Pool

1599 City Park Dr. • 970.416.2589 • fcgov.com/cityparkpool

May 27 – Aug. 20: M–F 11AM–7PM Sa–Su 10AM–5:30PM

May 29th (Memorial Day) 11AM–5:30PM

July 4th 11AM–5:30PM

- Swimming

7 Mulberry Pool

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

T,Th 5:30AM–4PM M,W,F 5:30AM–8PM Sa 12:30–5:30PM Su Noon–3PM

- Diving
- Swimming
- Meeting Space
- Wading Pool
- Pro Shop

8 Edora Pool Ice Center

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

M–F 5:30AM–8PM Sa 8AM–6PM Su Noon–5:30PM

See website for pool and ice hours.

Locker rooms are closed 8/14–Labor Day for renovations.

- Diving
- Swimming
- Ice Rink
- Wading Pool
- Meeting Space
- Weight/Cardio Equipment
- Pro Shop

9 Rolland Moore Racquet Complex

2201 S. Shields • 970.493.7000

fcgov.com/recreation/racquet-complex.php

Pro Shop

Spring: M–Th 10AM–6PM Sa 10AM–4PM (Hours vary pending weather)

Summer: M–F 8AM–6PM Sa 8AM–4PM

Racquet courts adhere to park hours.

- Pro Shop
- Racquet Courts

10 Senior Center

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

Fall, Winter, Spring: M–F 6AM–9PM Sa 8AM–5PM Su 9AM–8PM

Summer: M–F 6AM–9PM Sa 8AM–5PM Su Noon–5PM

Pool: Sa 9AM–3PM Su Noon–3PM

- Auditorium
- Library
- Billiards Room
- Meeting Space
- Community Gardens
- Studio Space
- Gymnasium
- Swimming
- Health & Wellness Center
- Track
- Kitchen
- Weight/Cardio Equipment

11 Foothills Activity Center

241 E. Foothills Pkwy. • 970.416.4280

fcgov.com/foothillsactivitycenter

M–F 6AM–9PM Sa 9AM–6PM Su 11AM–5PM

- Gymnasium
- Weight/Cardio Equipment
- Meeting Space

12 Collindale Golf Course

1441 E. Horsetooth Rd. • 970.221.6651 • fcgov.com/golf

13 Southridge Golf Course

5750 S. Lemay Ave. • 970.416.2589 • fcgov.com/golf

For the most current information about special hours and closures, visit fcgov.com/recreation.



SOUTHRIDGE
GOLF COURSE



COLLINDALE
GOLF COURSE



CITY PARK NINE
GOLF COURSE



Golf is defined in Miriam Webster as “a game in which a player using special clubs attempts to sink a ball with as few strokes as possible into each of the 9 or 18 successive holes on a course.”

Golf sounds so simple, but any seasoned golfer will tell you that it is completely maddening. And yet, golfers come back every weekend to give it another go. While we will not delve into the sanity of the golfer, the sport itself has seen a downward trend over the last decade. According to the National Golf Foundation, participation in the sport was around 31 million people in 2005. In 2015, participation had dropped to around 24 million people. This trend has many in the golfing field worried, as participation is the key to sustained success.

The City is kicking off a new program this summer that allows 5th graders to play free with a paying adult. This will hopefully begin to infuse more participation in the game.

For the three area Fort Collins public golf courses, the number of rounds played measures sustained success. The reason is the three golf courses operate as an enterprise fund. This means that the money received from rounds played pays for the maintenance, staff,

and general upkeep of the golf course. General fund tax dollars are rarely used to support the golf courses. Over the last five years, the number of rounds played has declined at all three courses, but it has started to rebound the last two years. This is a good trend for City Park Nine, Southridge, and Collindale. But, is it enough to maintain success for the three courses?

The City is kicking off a new program this summer that allows 5th graders to play free with a paying adult. This will hopefully begin to infuse more participation in the game. In addition to this new program, there are classes offered for beginning golfers that teach the basics and introduce new players to the joys of the game. Be sure to check out fcgov.com/golf for more details.

All three City courses offer unique and varied challenges for all levels of golfers. Hopefully you will get out and enjoy the game as much as we do.

Regards,

Scott Sinn
Chair
Fort Collins Parks
& Recreation Board

Johnny Hodges
Chair
Fort Collins Golf Board

Healthy Kids and Families — Join the Fun!

Fit Families on the Move

A program sponsored by UCHealth's Healthy Kids Club, Fit Families on the Move is designed to keep families moving and active during the summer months. Registered families receive a Fit Families Fit Pass for over 100 free and low cost summer activities in Northern Colorado. Activities include:

- \$1 - \$2 per person swims at City Park Pool, EPIC, Mulberry, Winona, and Chimney Park Pool
- Discounted laser tag, bowling, Chilson Center, Rollerland, Greeley Family FunPlex, Windsor Rec Center, Fort Fun mini golf, and more!

Registration begins May 1, 2017 – healthykidsclub.org

Healthy Kids Run Series

Kids ages 5-12 can register for the 19th Annual Healthy Kids Run Series. A program sponsored by UCHealth's Healthy Kids Club, the series includes 7 free one mile fun runs. Registered kids receive a punch card and earn prizes for participating in 4 or more of the runs.



Healthy Kids Club®

A program of UCHealth

uchealth

Adaptive Recreation Opportunities

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

Inclusion

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

Transition

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

Specialized

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

Attendants

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

Volunteer

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

Contact Information

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

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

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

Brenda McDowell, 970.416.2024, bmcowell@fcgov.com

Chelsea McGowen, 970.224.6034

Alison Cope, OTR, acope@friei.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

Basic swimming skills are introduced and/or enhanced for individuals with disabilities. Please bring an attendant if you need personal assistance outside of the water.

Age: 3 years & up

Location: Edora Pool Ice Center

6/9–6/30	F	9:00–9:30 AM	\$28	302326-01
6/9–6/30	F	9:40–10:10 AM	\$28	302326-02

Location: City Park Pool

7/10–7/31	M	9:00–9:30 AM	\$28	302326-03
7/10–7/31	M	9:40–10:10 AM	\$28	302326-04

MS Aqua – NW

Designed for people with multiple sclerosis or other neuromuscular disorders. Trained staff give exercise modifications and assistance, and class members share a supportive social atmosphere. Exercises focus on maximizing or maintaining physical wellbeing, endurance, strength, and flexibility. **Note:** Fee provides a 16 visit pass. Please bring an attendant for assistance with personal care, if needed. Class will not be held on 7/4.

Age: 18 years & up

Location: Mulberry Pool

6/6–8/24	Tu,Th	9:30–10:30 AM	\$46	
----------	-------	---------------	------	--

Early Childhood

Giant Friends Club

Come and play together at the accessible Inspiration Playground. This club brings kids of all abilities together for fun and friendships. Themes, games, songs, crafts and more will be planned for a gigantic good time.

Age: 4–10 years

Location: Spring Canyon Park, Tennis Court Pavilion

7/7–8/4	F	10:00 AM–Noon	\$34	302974-01
---------	---	---------------	------	-----------

Fitness

General Information

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

LEGEND

NW

Denotes no web registration for program

M


Denotes program/activity has special membership pricing

H

Denotes Health and Wellness 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 of six participants per class to be offered and active. **Note:** Health & Wellness programs  are not eligible for discount.

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

The fitness classes listed below are ARO specific. See page 61 for information about additional fitness classes, as well as information about personal training services.

Adaptive Yoga

Learn yoga practices that include breath work, moving, and deep stretching poses, as well as standing and balancing poses. Designed specifically for people with MS or other neuromuscular disorders and adapted for people able to transition between seated, standing, and on the floor. **Note:** Class will not be held on 7/4.

Age: 18 years & up

Location: Raintree Athletic Club

Adaptive Standing Yoga

6/6–7/11	Tu	2:00–3:00 PM	\$35	302980-01
7/18–8/22	Tu	2:00–3:00 PM	\$35	302980-02

Adaptive Chair Yoga

6/8–7/6	Th	2:00–3:00 PM	\$35	302980-03
7/13–8/17	Th	2:00–3:00 PM	\$35	302980-04

MS Dryland Exercise

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

Note: Class will not be held on 7/3, 7/5.

Age: 18 years & up

Location: Senior Center

6/26–8/2	M,W	11:00–11:55 AM	\$41	302483-01
8/7–9/6	M,W	11:00–11:55 AM	\$41	302483-02
6/26–7/31	M	11:00–11:55 AM	\$21	302483-1A
8/7–9/4	M	11:00–11:55 AM	\$21	302483-2A

Alternative Yoga

Learn yoga practices modified to teach breathwork, and stretching, and standing and balancing poses. Designed specifically for people with intellectual disabilities, Autism, or sensory issues. **Note:** Class will not be held on 7/5.

Age: 16 years & up

Location: Northside Aztlan Center

6/7–7/12	W	1:30–2:15 PM	\$30	302982-01
7/19–8/16	W	1:30–2:15 PM	\$30	302982-02

Ice

Adaptive Skating

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

Age: 8 years & up

Location: Edora Pool Ice Center

6/6–6/27	Tu	6:15–6:45 PM	\$37	310356-01
7/11–8/1	Tu	6:15–6:45 PM	\$37	310356-02

Music & Theatre

Phamaly Performance

Phamaly is a professional performing arts group made up of people with physical disabilities. Watch the extraordinary performance, “Annie”. This matinee features a backstage and tactile tour. **Note:** Lunch included. Registration deadline is 7/13.

Age: 16 years & up

Location: Senior Center

7/23	Su	9:00 AM–6:00 PM	\$43	302991-01
------	----	-----------------	------	-----------

Outdoor Recreation

Adaptive Watersports Days

Events feature adaptive kayaks and stand up paddle boards for people with physical disabilities and their friends. Equipment and expertise provided by Adaptive Adventures and Baby Seal Stand Up Paddleboards. **Note:** Food included. Rides from the Senior Center arranged as needed.

Age: 12 years & up

Adaptive Watersports

Location: Horsetooth Reservoir, South Bay Pavilion

6/28	W	10:00 AM–1:30 PM	\$26	302973-01
------	---	------------------	------	-----------

Kayak & Stand Up Paddleboards

Location: Lonetree State Wildlife Area

7/26	W	4:30–7:30 PM	\$23	302973-02
------	---	--------------	------	-----------

Multi Sport Day

Location: Horsetooth Reservoir, South Bay Pavilion

8/30	W	4:00–7:00 PM	\$23	302973-03
------	---	--------------	------	-----------

Co-op Poudre Raft Trip

Travel down the scenic Poudre River for a fun, six-mile raft trip with Rocky Mountain Adventures. Designed for 16–25 year olds with disabilities looking for fun and adventure. Front Range Friends from the Co-Op Campout join for the day. **Note:** Registration deadline is 7/13.

Age: 16–25 years

Location: Leave from Senior Center

7/28	F	7:00 AM–2:00 PM	\$71	302938-02
7/28	F	7:00 AM–2:00 PM	\$66	302938-2A

Poudre Raft Trip

Raft the scenic Poudre River for a fun, six-mile trip with Rocky Mountain Adventures. This trip is designed for people with and without disabilities looking for fun and adventure. **Note:** Registration deadline is 7/13.

Age: 16 years & up

Location: Leave from Senior Center

7/15	Sa	7:30 AM–1:30 PM	\$71	302938-01
7/15	Sa	7:30 AM–1:30 PM	\$66	302938-1A

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 Climbing

Climbing techniques are introduced, enhanced, and adapted as needed for individuals with physical disabilities during this monthly climbing club. All climbing equipment and instruction from a professional climbing instructor are included. **Note:** Transportation and guides available upon request.

Age: 14 years & up

Location: Ascent Climbing Studio, 2150 Joseph Allen Dr.

6/14	W	5:30–7:00 PM	\$16	302764-01
7/12	W	5:30–7:00 PM	\$16	302764-02
8/9	W	5:30–7:00 PM	\$16	302764-03

Have You Tested Your Cholesterol?
GET WITH THE BEAT!



Find out your total cholesterol, HDL, LDL, triglycerides & glucose results.



Health District
 OF NORTHERN LARIMER COUNTY

Appointment strongly recommended. If time allows, we will serve those without an appointment.

224-5209
healthdistrict.org/heart

Health District residents who have never been tested by us receive their first test for FREE! Health District boundaries include Fort Collins, Laporte, Wellington, Red Feather Lakes, Livermore, Bellvue and Timnath. Cost for all others is \$15.

Unified Sports

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

Adult Softball

Unified teams are formed to play in a 9-week summer league. Coed teams made of players of all abilities are organized into two divisions for league play. Teams have practice/games for one hour. **Note:** Practice will not be held on 5/29.

Age: 16 years & up

Location: Beattie Elementary Ballfields/ Rolland Moore Park

5/15–7/31	M	5:00–8:00 PM	\$30	202055-01
-----------	---	--------------	------	-----------

Baseball For All

Modified techniques and equipment are used to teach the fundamentals of baseball and allow players of all abilities to participate fully. Teams are formed to learn skills and teamwork, and to play against other unified teams in the area. **Note:** Class will not be held on 7/6.

Age: 8–15 years

Location: Beattie Park

Child

6/8–8/3	Th	6:00–7:00 PM	\$26	302956-01
---------	----	--------------	------	-----------

Family

6/8–8/3	Th	6:00–7:00 PM	\$40	302956-02
---------	----	--------------	------	-----------

TCDC Adaptive Panther Squad

Join the Panther Adaptive Squad and learn dance and cheer moves to perform around the Fort Collins community. **Note:** Panther shirts not included in program fee; cost is \$12.

Age: All

Location: Foothills Activity Center

5/24–6/28	W	6:00–7:00 PM	\$43	214739-02
7/12–8/16	W	6:00–7:00 PM	\$43	314739-02
8/23–9/27	W	6:00–7:00 PM	\$43	314739-03

Alternative Programs

Activities listed in this section are designed for adults, 18 years & up, with intellectual disabilities. 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

Campfire Cooking

Transportation provided to/from Senior Center for this special edition cooking class. Learn how to cook a campfire feast. Bring a reusable container for a portion to go.

6/20	Tu	6:30–8:30 PM	\$12	302401-02
------	----	--------------	------	-----------

Cooking

Cook tasty foods, while gaining positive eating habits. Cook together as a group, then set the table and sit down to sample the finished product. Bring a reusable container for a portion to go. **Note:** Class will not be held on 8/31.

Age: 18 years & up

Location: Senior Center

6/7	W	6:30–8:00 PM	\$12	302401-01
7/20	Th	6:30–8:00 PM	\$12	302401-03
8/8	Tu	6:30–8:00 PM	\$12	302401-04
8/24–9/7	Th	6:30–8:00 PM	\$24	302401-05

Father's Day 5k Race Roadies

Join this event team and build skills to be a community event volunteer. The afternoon class is offered for team building and event management skill practice. On June 18, use your skills to help the volunteer event team host the Father's Day 5k, a fundraiser for ARO.

Note: Registration includes a volunteer t-shirt.

Age: 18 years & up

Location: Senior Center

6/1–6/16	Th	3:00–5:00 PM		
6/18	Sun	6:30–10:30 AM	\$15	302301-01

Smart Phone Photography

Learn how to use features on a smart phone to take high quality photos. Topics include techniques for photographing portraits, abstract, and action shots with step by step guidance, guided practice, and lab time to get photos off the phone, onto a computer, and more. **Note:** Provide your own smart phone, tablet, or digital camera. Travel in town for practice is provided. Class will not be held on 7/4.

Age: 18 years & up

Location: Senior Center

6/27–7/25	Tu	6:30–8:30 PM	\$35	302400-01
-----------	----	--------------	------	-----------

Outdoor Recreation

Park Games

Play in the park with washers, bocchia, badminton, and disc golf.

Note: In case of inclement weather, games are played inside. Dress for the weather and bring a water bottle.

Age: 18 years & up

Location: Senior Center

8/2–8/16	W	4:30–6:00 PM	\$17	302319-01
----------	---	--------------	------	-----------

Social Opportunities

Bowling

All skill levels welcome. **Note:** Fee includes two games per person per week and shoe rental. Class will not be held on 7/22.

Age: 18 years & up

Location: Chipper's Lanes North

7/8–8/12	Sa	10:30–11:30 AM	\$43	302906-01
----------	----	----------------	------	-----------

Movie Night

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

Age: 18 years & up

Location: Senior Center

6/21	W	6:30–10:00 PM	\$6	302403-01
7/27	Th	6:30–10:00 PM	\$6	302403-02
8/31	Th	6:30–10:00 PM	\$6	302403-03

Restaurant Night

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

Age: 18 years & up

Location: Senior Center

6/14	W	5:45–8:00 PM	\$6	302404-01
7/13	Th	5:45–8:00 PM	\$6	302404-02
8/16	W	5:45–8:00 PM	\$6	302404-03

*Rocky Mountain
Family Physicians, P.C.*

We're on your team!
Call for a same-day appointment
970-484-0798 www.rmfamilyphys.com

Special Events

Dive In Movie

Swim at the City Park Pool, and then take over Club Tico for a movie and dinner party. Transportation to/from Senior Center arranged upon request.

Age: 18 years & up

Location: Club Tico

8/18	F	4:00–9:00 PM	\$21	302523-01
------	---	--------------	------	-----------

End of Summer Picnic

Celebrate the end of the season with friends, teammates, and family.

Age: 18 years & up

Location: Spring Canyon Park, North Pavilion

8/17	Th	5:30–8:00 PM	\$6	302909-01
------	----	--------------	-----	-----------

Monthly Themed Dances – NW

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

Age: 18 years & up

Location: Senior Center

Beach Party

6/30	F	6:00–8:00 PM	\$4	
------	---	--------------	-----	--

Fiesta

7/28	F	6:00–8:00 PM	\$4	
------	---	--------------	-----	--

Under the Sea

8/25	F	6:00–8:00 PM	\$4	
------	---	--------------	-----	--

Nachos & Night Games

Kick off summer with friends, a nacho bar, and your choice between active outdoor games or indoor card/board games.

Age: 18 years & up

Location: Senior Center

6/9	F	6:00–8:30 PM	\$16	302409-01
-----	---	--------------	------	-----------

Trips & Travel

Rockies Game

The Colorado Rockies play host to the Cincinnati Reds in this game. Enjoy from shaded seats at Denver's Coors Field. Join us rain or shine and cheer on the home team. **Note:** Fee includes Club level ticket. Accessible seating with group is limited. Early registration recommended. Non-refundable after 6/22.

Age: 18 years & up

Location: Senior Center

7/6	Th	10:30 AM–6:00 PM	\$61	302316-01
-----	----	------------------	------	-----------

7/6	Th	10:30 AM–6:00 PM	\$57	302316-1A
-----	----	------------------	------	-----------

S'More Outdoors

Travel to Red Feather Lakes for hiking followed by an evening of campfire s'mores, songs, and games. **Note:** Pack a sack meal.

Age: 18 years & up

Location: Senior Center

8/5	Sa	2:00–9:00 PM	\$31	302917-01
-----	----	--------------	------	-----------

8/5	Sa	2:00–9:00 PM	\$11	302917-1A
-----	----	--------------	------	-----------



SMILE
like you mean it



Ward
ORTHODONTICS

Braces and Invisalign for children, teens, & adults

- Friendly, caring doctor and staff
- Fun and exciting office
- In-network with most insurances
- Affordable payment options
- No long waiting times

Dr. Jared Ward was born and raised in Fort Collins and enjoys making beautiful smiles in his hometown community.



Call today and schedule your **FREE** consultation!

Conveniently located at Front Range Village Shopping Center
2720 Council Tree Ave, #266 | Ft Collins, CO 80525
www.wardortho.com | 970.672.8218

Aqua Fitness

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

Drop-In Policy

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

- \$6 per class visit
- 1 admission from a 10 admission drop-in fitness pass (\$50)

Class will not be held at EPIC on 7/4, 7/21, Senior Center 7/4, 8/7–8/11.

Adult Programming

Drop-In Water Volleyball – NW

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

Age: 18 years & up

Location: Senior Center

6/2–8/30	M,W,F	10:30–11:30 AM	Fees: daily drop-in rate or 1 admission from a facility pass.
----------	-------	----------------	---

Low Intensity

Stretch & Tone

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

Age: 18 years & up

Location: Senior Center

6/26–7/28	M,W,F	8:30–9:30 AM	\$57.25	300410-01
7/31–9/1	M,W,F	8:30–9:30 AM	\$46	300410-02

Twinges Plus

Combine the 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

6/26–7/28	M,W,F	12:15–1:15 PM	\$57.25	300416-01
7/31–9/1	M,W,F	12:15–1:15 PM	\$46	300416-02

Medium Intensity

Advanced Water Fitness

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

Age: 18 years & up

Location: Edora Pool Ice Center

6/26–7/26	M,W,F	7:30–8:30 AM	\$49.75	300324-01
7/31–8/11	M,W,F	7:30–8:30 AM	\$34.75	300324-02

Location: Senior Center

6/27–7/27	Tu,Th	4:00–5:00 PM	\$34.75	300424-01
8/1–8/31	Tu,Th	4:00–5:00 PM	\$31	300424-02

Aqua Power Walking

Power walking in the lazy river takes advantage of currents created by the pool jets, as well as by the participants in varying the resistance of the workout. Perfect for those interested in a basic workout that can offer varied and individual degrees of challenge.

Age: 18 years & up

Location: City Park Pool

6/2–6/23	F	9:00–10:00 AM	\$16	300132-01
6/30–7/28	F	9:00–10:00 AM	\$19.75	300132-02
8/4–8/18	F	9:00–10:00 AM	\$12.25	300132-03

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.

Age: 18 years & up

Location: Mulberry Pool

6/26–7/28	M,W,F	7:30–8:30 AM	\$57.25	300222-01
7/31–9/1	M,W,F	7:30–8:30 AM	\$57.25	300222-02

Location: Senior Center

6/26–7/26	M,W	9:30–10:30 AM	\$38.50	300422-01
7/31–8/30	M,W	9:30–10:30 AM	\$31	300422-02
6/26–7/28	M,W,F	6:15–7:15 AM	\$57.25	300422-03
7/31–9/1	M,W,F	6:15–7:15 AM	\$46	300422-04
6/26–7/28	M,W,F	9:30–10:30 AM	\$57.25	300422-05
7/31–9/1	M,W,F	9:30–10:30 AM	\$46	300422-06
6/26–7/28	M,W,F	5:15–6:15 PM	\$57.25	300422-07
7/31–9/1	M,W,F	5:15–6:15 PM	\$46	300422-08
6/27–7/27	Tu,Th	8:00–9:00 AM	\$34.75	300422-09
8/1–8/31	Tu,Th	8:00–9:00 AM	\$31	300422-10
6/27–7/27	Tu,Th	9:00–10:00 AM	\$34.75	300422-11
8/1–8/31	Tu,Th	9:00–10:00 AM	\$31	300422-12
6/27–7/27	Tu,Th	10:00–11:00 AM	\$34.75	300422-13
8/1–8/31	Tu,Th	10:00–11:00 AM	\$31	300422-14
6/27–7/27	Tu,Th	7:00–8:00 PM	\$34.75	300422-15
8/1–8/31	Tu,Th	7:00–8:00 PM	\$31	300422-16
6/30–7/28	F	9:30–10:30 AM	\$19.75	300422-17
8/4–9/1	F	9:30–10:30 AM	\$16	300422-18

Fitness & Fun

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

Age: 18 years & up

Location: Senior Center

6/26-7/28	M,W,F	7:30-8:30 AM	\$57.25	300420-01
7/31-9/1	M,W,F	7:30-8:30 AM	\$46	300420-02

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 or build muscle to help you support your newborn's weight.

Age: 18 years & up

Location: Senior Center

6/26-7/28	M,W,F	4:15-5:15 PM	\$57.25	300418-01
7/31-9/1	M,W,F	4:15-5:15 PM	\$46	300418-02

Twist & Shout

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

Age: 18 years & up

Location: Senior Center

6/26-7/28	M,W,F	6:15-7:15 PM	\$57.25	300426-01
7/31-9/1	M,W,F	6:15-7:15 PM	\$46	300426-02

High Intensity

Aqua Box

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

Age: 18 years & up

Location: Senior Center

6/27-7/27	Tu,Th	5:30-6:30 PM	\$34.75	300428-01
8/1-8/31	Tu,Th	5:30-6:30 PM	\$31	300428-02

Deep H2O

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

Age: 18 years & up

Location: Mulberry Pool

6/26-7/28	M,W,F	12:15-1:00 PM	\$46	300230-01
7/31-9/1	M,W,F	12:15-1:00 PM	\$46	300230-02


Location: Edora Pool Ice Center

6/27-7/27	Tu,Th	5:30-6:30 PM	\$34.75	300330-01
8/1-8/10	Tu,Th	5:30-6:30 PM	\$16	300330-02
7/1-7/15	Sa	9:30-10:30 AM	\$12.25	300330-03
8/5-8/12	Sa	9:30-10:30 AM	\$8.50	300330-04



Rivendell SCHOOL

A MONSTER SUMMER



SUMMER ENRICHMENT CAMPS AT RIVENDELL SCHOOL

MAY 30TH - AUGUST 11TH

YOUR MONSTROUS SUMMER ADVENTURE AWAITS!

**MORE THAN 30 UNIQUE FULL DAY CAMPS
EXPERIENCED STAFF & SMALL CAMP SIZES
OPEN TO ALL CHILDREN AGES 3 - 12
AFTER CAMP CARE AVAILABLE**

970.493.9052

RIVENDELL-SCHOOL.ORG

Aquatics

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

Group Rates for Swimming

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

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

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

Birthday Party Packages

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

Private Swim Instruction

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

Learn To Swim Policies

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

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

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

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

Make-up lessons are not available.

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

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

Classes will not be held on 7/4.

Youth Learn to Swim

Baby & Me 1

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

Age: 6–18 months

Location: City Park Pool

6/5–6/15	M–Th	10:20–10:50 AM	\$45	301110-01
6/19–6/29	M–Th	9:45–10:15 AM	\$45	301110-02
7/3–7/13	M–Th	10:20–10:50 AM	\$39.50	301110-03
7/17–7/27	M–Th	9:45–10:15 AM	\$45	301110-04
7/31–8/10	M–Th	9:10–9:40 AM	\$45	301110-05

Location: Mulberry Pool

6/6–7/6	Tu,Th	5:40–6:10 PM	\$50.50	301210-01
7/11–8/10	Tu,Th	5:05–5:35 PM	\$56	301210-02
6/10–7/8	Sa	9:00–9:30 AM	\$28.50	301210-03
6/10–7/8	Sa	10:45–11:15 AM	\$28.50	301210-04
7/15–8/12	Sa	9:35–10:05 AM	\$28.50	301210-05
7/15–8/12	Sa	10:45–11:15 AM	\$28.50	301210-06
6/11–7/9	Su	3:50–4:20 PM	\$28.50	301210-07
6/11–7/9	Su	5:00–5:30 PM	\$28.50	301210-08
7/16–8/13	Su	3:15–3:45 PM	\$28.50	301210-09
7/16–8/13	Su	4:25–4:55 PM	\$28.50	301210-10

Location: Edora Pool Ice Center

6/5–6/15	M–Th	9:15–9:45 AM	\$45	301310-01
6/5–6/15	M–Th	11:00–11:30 AM	\$45	301310-02
6/19–6/29	M–Th	10:25–10:55 AM	\$45	301310-03
6/19–6/29	M–Th	11:35 AM–12:05 PM	\$45	301310-04
7/3–7/13	M–Th	9:15–9:45 AM	\$39.50	301310-05
7/3–7/13	M–Th	11:00–11:30 AM	\$39.50	301310-06
7/17–7/27	M–Th	9:15–9:45 AM	\$45	301310-07
7/17–7/27	M–Th	11:00–11:30 AM	\$45	301310-08
7/31–8/10	M–Th	9:50–10:20 AM	\$45	301310-09
7/31–8/10	M–Th	11:00–11:30 AM	\$45	301310-10
6/5–7/5	M,W	5:05–5:35 PM	\$56	301310-11
7/10–8/9	M,W	4:30–5:00 PM	\$56	301310-12
7/10–8/9	M,W	5:40–6:10 PM	\$56	301310-13

Location: Senior Center

6/4–6/25	Su	3:30–4:00 PM	\$23	301410-01
6/4–6/25	Su	4:40–5:10 PM	\$23	301410-02
7/2–7/30	Su	3:30–4:00 PM	\$28.50	301410-03
7/2–7/30	Su	4:40–5:10 PM	\$28.50	301410-04

Baby & Me 2

Parents help introduce children to the water using songs, working on building confidence, becoming comfortable in and around the pool, and staying safe. Basic water activities are introduced.

Age: 18 months–3.5 years

Location: City Park Pool

6/5–6/15	M–Th	9:45–10:15 AM	\$45	301112-01
6/19–6/29	M–Th	9:10–9:40 AM	\$45	301112-02
7/3–7/13	M–Th	9:45–10:15 AM	\$39.50	301112-03
7/17–7/27	M–Th	10:20–10:50 AM	\$45	301112-04
7/31–8/10	M–Th	9:45–10:15 AM	\$45	301112-05

Location: Mulberry Pool

6/6–7/6	Tu,Th	5:05–5:35 PM	\$50.50	301212-01
7/11–8/10	Tu,Th	4:30–5:00 PM	\$56	301212-02
7/11–8/10	Tu,Th	5:40–6:10 PM	\$56	301212-03
6/10–7/8	Sa	9:35–10:05 AM	\$28.50	301212-04
6/10–7/8	Sa	11:20–11:50 AM	\$28.50	301212-05
7/15–8/12	Sa	9:00–9:30 AM	\$28.50	301212-06
7/15–8/12	Sa	11:20–11:50 AM	\$28.50	301212-07
6/11–7/9	Su	3:15–3:45 PM	\$28.50	301212-08
6/11–7/9	Su	4:25–4:55 PM	\$28.50	301212-09
7/16–8/13	Su	3:50–4:20 PM	\$28.50	301212-10
7/16–8/13	Su	5:00–5:30 PM	\$28.50	301212-11

Location: Edora Pool Ice Center

6/5–6/15	M–Th	10:25–10:55 AM	\$45	301312-01
6/5–6/15	M–Th	11:35 AM–12:05 PM	\$45	301312-02
6/19–6/29	M–Th	9:15–9:45 AM	\$45	301312-03
6/19–6/29	M–Th	11:00–11:30 AM	\$45	301312-04
7/3–7/13	M–Th	9:50–10:20 AM	\$39.50	301312-05
7/3–7/13	M–Th	11:35 AM–12:05 PM	\$39.50	301312-06
7/17–7/27	M–Th	9:50–10:20 AM	\$45	301312-07
7/17–7/27	M–Th	11:35 AM–12:05 PM	\$45	301312-08
7/31–8/10	M–Th	9:15–9:45 AM	\$45	301312-09
7/31–8/10	M–Th	10:25–10:55 AM	\$45	301312-10
6/5–7/5	M,W	4:30–5:00 PM	\$56	301312-11
6/5–7/5	M,W	5:40–6:10 PM	\$56	301312-12
7/10–8/9	M,W	5:05–5:35 PM	\$56	301312-13

Location: Senior Center

6/4–6/25	Su	4:05–4:35 PM	\$23	301412-01
7/2–7/30	Su	4:05–4:35 PM	\$28.50	301412-02

Pollywog

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

Age: 3–6 years

Location: City Park Pool

6/5–6/15	M–Th	9:10–9:40 AM	\$45	301116-01
6/5–6/15	M–Th	9:45–10:15 AM	\$45	301116-02
6/5–6/15	M–Th	10:20–10:50 AM	\$45	301116-03
6/19–6/29	M–Th	9:10–9:40 AM	\$45	301116-04
6/19–6/29	M–Th	9:45–10:15 AM	\$45	301116-05
6/19–6/29	M–Th	10:20–10:50 AM	\$45	301116-06

Pollywog continued

7/3–7/13	M–Th	9:10–9:40 AM	\$39.50	301116-07
7/3–7/13	M–Th	9:45–10:15 AM	\$39.50	301116-08
7/3–7/13	M–Th	10:20–10:50 AM	\$39.50	301116-09
7/17–7/27	M–Th	9:10–9:40 AM	\$45	301116-10
7/17–7/27	M–Th	10:20–10:50 AM	\$45	301116-11
7/31–8/10	M–Th	9:10–9:40 AM	\$45	301116-12
7/31–8/10	M–Th	10:20–10:50 AM	\$45	301116-13

Location: Mulberry Pool

6/6–7/6	Tu,Th	5:05–5:35 PM	\$50.50	301216-01
6/6–7/6	Tu,Th	6:15–6:45 PM	\$50.50	301216-02
7/11–8/10	Tu,Th	5:05–5:35 PM	\$56	301216-03
7/11–8/10	Tu,Th	6:15–6:45 PM	\$56	301216-04
6/10–7/8	Sa	9:00–9:30 AM	\$28.50	301216-05
6/10–7/8	Sa	10:45–11:15 AM	\$28.50	301216-06
7/15–8/12	Sa	9:00–9:30 AM	\$28.50	301216-07
7/15–8/12	Sa	10:10–10:40 AM	\$28.50	301216-08
7/15–8/12	Sa	11:20–11:50 AM	\$28.50	301216-09
6/11–7/9	Su	3:15–3:45 PM	\$28.50	301216-10
6/11–7/9	Su	4:25–4:55 PM	\$28.50	301216-11
6/11–7/9	Su	5:35–6:05 PM	\$28.50	301216-12
7/16–8/13	Su	3:50–4:20 PM	\$28.50	301216-13
7/16–8/13	Su	5:00–5:30 PM	\$28.50	301216-14
7/16–8/13	Su	5:35–6:05 PM	\$28.50	301216-15

Location: Edora Pool Ice Center

6/5–6/15	M–Th	9:50–10:20 AM	\$45	301316-01
6/5–6/15	M–Th	11:00–11:30 AM	\$45	301316-02
6/19–6/29	M–Th	9:15–9:45 AM	\$45	301316-03
6/19–6/29	M–Th	9:50–10:20 AM	\$45	301316-04
6/19–6/29	M–Th	11:00–11:30 AM	\$45	301316-05
7/3–7/13	M–Th	9:15–9:45 AM	\$39.50	301316-06
7/3–7/13	M–Th	10:25–10:55 AM	\$39.50	301316-07
7/3–7/13	M–Th	11:35 AM–12:05 PM	\$39.50	301316-08
7/17–7/27	M–Th	9:15–9:45 AM	\$45	301316-09
7/17–7/27	M–Th	10:25–10:55 AM	\$45	301316-10
7/17–7/27	M–Th	11:35 AM–12:05 PM	\$45	301316-11
7/31–8/10	M–Th	9:15–9:45 AM	\$45	301316-12
7/31–8/10	M–Th	11:00–11:30 AM	\$45	301316-13
7/31–8/10	M–Th	11:35 AM–12:05 PM	\$45	301316-14
6/5–7/5	M,W	5:05–5:35 PM	\$56	301316-15
6/5–7/5	M,W	6:15–6:45 PM	\$56	301316-16
7/10–8/9	M,W	5:05–5:35 PM	\$56	301316-17
7/10–8/9	M,W	6:15–6:45 PM	\$56	301316-18

Location: Senior Center

6/4–6/25	Su	4:05–4:35 PM	\$23	301416-01
6/4–6/25	Su	5:15–5:45 PM	\$23	301416-02
7/2–7/30	Su	3:30–4:00 PM	\$28.50	301416-03

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: City Park Pool

6/5–6/15	M–Th	9:10–9:40 AM	\$45	301118-01
6/5–6/15	M–Th	9:45–10:15 AM	\$45	301118-02
6/19–6/29	M–Th	9:10–9:40 AM	\$45	301118-03
6/19–6/29	M–Th	9:45–10:15 AM	\$45	301118-04
6/19–6/29	M–Th	10:20–10:50 AM	\$45	301118-05
7/3–7/13	M–Th	9:10–9:40 AM	\$39.50	301118-06
7/3–7/13	M–Th	9:45–10:15 AM	\$39.50	301118-07
7/17–7/27	M–Th	9:10–9:40 AM	\$45	301118-08
7/17–7/27	M–Th	9:45–10:15 AM	\$45	301118-09
7/17–7/27	M–Th	10:20–10:50 AM	\$45	301118-10
7/31–8/10	M–Th	9:10–9:40 AM	\$45	301118-11
7/31–8/10	M–Th	9:45–10:15 AM	\$45	301118-12
7/31–8/10	M–Th	10:20–10:50 AM	\$45	301118-13

Location: Mulberry Pool.

6/6–7/6	Tu,Th	4:30–5:00 PM	\$50.50	301218-01
6/6–7/6	Tu,Th	6:15–6:45 PM	\$50.50	301218-02
7/11–8/10	Tu,Th	4:30–5:00 PM	\$56	301218-03
7/11–8/10	Tu,Th	5:40–6:10 PM	\$56	301218-04
6/10–7/8	Sa	9:35–10:05 AM	\$28.50	301218-05
6/10–7/8	Sa	11:20–11:50 AM	\$28.50	301218-06
7/15–8/12	Sa	9:35–10:05 AM	\$28.50	301218-07
7/15–8/12	Sa	10:45–11:15 AM	\$28.50	301218-08
6/11–7/9	Su	3:50–4:20 PM	\$28.50	301218-09
6/11–7/9	Su	5:00–5:30 PM	\$28.50	301218-10
7/16–8/13	Su	3:15–3:45 PM	\$28.50	301218-11
7/16–8/13	Su	4:25–4:55 PM	\$28.50	301218-12

Location: Edora Pool Ice Center

6/5–6/15	M–Th	9:15–9:45 AM	\$45	301318-01
6/5–6/15	M–Th	10:25–10:55 AM	\$45	301318-02
6/19–6/29	M–Th	9:50–10:20 AM	\$45	301318-03
6/19–6/29	M–Th	11:35 AM–12:05 PM	\$45	301318-04
7/3–7/13	M–Th	9:50–10:20 AM	\$39.50	301318-05
7/3–7/13	M–Th	11:00–11:30 AM	\$39.50	301318-06
7/17–7/27	M–Th	9:15–9:45 AM	\$45	301318-07
7/17–7/27	M–Th	10:25–10:55 AM	\$45	301318-08
7/17–7/27	M–Th	11:00–11:30 AM	\$45	301318-09
7/31–8/10	M–Th	9:50–10:20 AM	\$45	301318-10
7/31–8/10	M–Th	11:35 AM–12:05 PM	\$45	301318-11
6/5–7/5	M,W	4:30–5:00 PM	\$56	301318-12
6/5–7/5	M,W	5:40–6:10 PM	\$56	301318-13
7/10–8/9	M,W	4:30–5:00 PM	\$56	301318-14
7/10–8/9	M,W	5:40–6:10 PM	\$56	301318-15

Location: Senior Center

6/4–6/25	Su	3:30–4:00 PM	\$23	301418-01
7/2–7/30	Su	4:05–4:35 PM	\$28.50	301418-02
7/2–7/30	Su	5:15–5:45 PM	\$28.50	301418-03

Froggy

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

Age: 3–6 years

Location: City Park Pool

6/5–6/15	M–Th	9:10–9:40 AM	\$45	301120-01
6/5–6/15	M–Th	9:45–10:15 AM	\$45	301120-02
6/5–6/15	M–Th	10:20–10:50 AM	\$45	301120-03
6/19–6/29	M–Th	9:10–9:40 AM	\$45	301120-04
6/19–6/29	M–Th	10:20–10:50 AM	\$45	301120-05
7/3–7/13	M–Th	9:10–9:40 AM	\$39.50	301120-06
7/3–7/13	M–Th	9:45–10:15 AM	\$39.50	301120-07
7/3–7/13	M–Th	10:20–10:50 AM	\$39.50	301120-08
7/17–7/27	M–Th	9:10–9:40 AM	\$45	301120-09
7/17–7/27	M–Th	9:45–10:15 AM	\$45	301120-10
7/17–7/27	M–Th	10:20–10:50 AM	\$45	301120-11
7/31–8/10	M–Th	9:10–9:40 AM	\$45	301120-12
7/31–8/10	M–Th	9:45–10:15 AM	\$45	301120-13
7/31–8/10	M–Th	10:20–10:50 AM	\$45	301120-14

Location: Mulberry Pool

6/6–7/6	Tu,Th	4:30–5:00 PM	\$50.50	301220-01
6/6–7/6	Tu,Th	5:40–6:10 PM	\$50.50	301220-02
7/11–8/10	Tu,Th	4:30–5:00 PM	\$56	301220-03
7/11–8/10	Tu,Th	6:15–6:45 PM	\$56	301220-04

continued on next page



Fort Collins Area Swim Team

- Year round competitive swim program for local, state and national levels
- Pre-competitive program
- High School prep group
- Masters team

Specializing in developmental and 10 & Under Age Group Swimming

FAST practices at EPIC, 1801 Riverside, Ft. Collins

fortcollinsareawimteam.org

mike@fortcollinsareawimteam.org

Member of USA Swimming and Colorado Swimming

Froggy continued

6/10-7/8	Sa	9:00-9:30 AM	\$28.50	301220-05
6/10-7/8	Sa	10:10-10:40 AM	\$28.50	301220-06
6/10-7/8	Sa	10:45-11:15 AM	\$28.50	301220-07
7/15-8/12	Sa	9:00-9:30 AM	\$28.50	301220-08
7/15-8/12	Sa	10:10-10:40 AM	\$28.50	301220-09
6/11-7/9	Su	3:15-3:45 PM	\$28.50	301220-10
6/11-7/9	Su	4:25-4:55 PM	\$28.50	301220-11
6/11-7/9	Su	5:35-6:05 PM	\$28.50	301220-12
7/16-8/13	Su	3:15-3:45 PM	\$28.50	301220-13
7/16-8/13	Su	4:25-4:55 PM	\$28.50	301220-14
7/16-8/13	Su	5:35-6:05 PM	\$28.50	301220-15

Location: Edora Pool Ice Center

6/5-6/15	M-Th	9:50-10:20 AM	\$45	301320-01
6/5-6/15	M-Th	11:35 AM-12:05 PM	\$45	301320-02
6/19-6/29	M-Th	9:15-9:45 AM	\$45	301320-03
6/19-6/29	M-Th	10:25-10:55 AM	\$45	301320-04
6/19-6/29	M-Th	11:00-11:30 AM	\$45	301320-05
7/3-7/13	M-Th	9:15-9:45 AM	\$39.50	301320-06
7/3-7/13	M-Th	11:00-11:30 AM	\$39.50	301320-07
7/3-7/13	M-Th	11:35 AM-12:05 PM	\$39.50	301320-08
7/17-7/27	M-Th	9:50-10:20 AM	\$45	301320-09
7/17-7/27	M-Th	11:00-11:30 AM	\$45	301320-10
7/31-8/10	M-Th	9:15-9:45 AM	\$45	301320-11
7/31-8/10	M-Th	10:25-10:55 AM	\$45	301320-12
6/5-7/5	M,W	4:30-5:00 PM	\$56	301320-13
6/5-7/5	M,W	5:40-6:10 PM	\$56	301320-14
7/10-8/9	M,W	4:30-5:00 PM	\$56	301320-15
7/10-8/9	M,W	6:15-6:45 PM	\$56	301320-16

Location: Senior Center

6/4-6/25	Su	4:40-5:10 PM	\$23	301420-01
7/2-7/30	Su	4:40-5:10 PM	\$28.50	301420-02
7/2-7/30	Su	5:15-5:45 PM	\$28.50	301420-03

Level 1

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

Age: 5-12 years

Location: City Park Pool

6/5-6/15	M-Th	9:10-9:40 AM	\$45	301122-01
6/5-6/15	M-Th	9:45-10:15 AM	\$45	301122-02
6/5-6/15	M-Th	10:20-10:50 AM	\$45	301122-03
6/19-6/29	M-Th	9:45-10:15 AM	\$45	301122-04
6/19-6/29	M-Th	10:20-10:50 AM	\$45	301122-05
7/3-7/13	M-Th	9:10-9:40 AM	\$39.50	301122-06
7/3-7/13	M-Th	9:45-10:15 AM	\$39.50	301122-07
7/3-7/13	M-Th	10:20-10:50 AM	\$39.50	301122-08
7/17-7/27	M-Th	9:10-9:40 AM	\$45	301122-09
7/17-7/27	M-Th	9:45-10:15 AM	\$45	301122-10
7/31-8/10	M-Th	9:45-10:15 AM	\$45	301122-11
7/31-8/10	M-Th	10:20-10:50 AM	\$45	301122-12

Level 1 continued

Location: Mulberry Pool

6/6-7/6	Tu,Th	5:05-5:35 PM	\$50.50	301222-01
6/6-7/6	Tu,Th	6:15-6:45 PM	\$50.50	301222-02
7/11-8/10	Tu,Th	4:30-5:00 PM	\$56	301222-03
7/11-8/10	Tu,Th	5:40-6:10 PM	\$56	301222-04
6/10-7/8	Sa	10:10-10:40 AM	\$28.50	301222-05
6/10-7/8	Sa	11:20-11:50 AM	\$28.50	301222-06
7/15-8/12	Sa	9:35-10:05 AM	\$28.50	301222-07
7/15-8/12	Sa	10:45-11:15 AM	\$28.50	301222-08
6/11-7/9	Su	3:50-4:20 PM	\$28.50	301222-09
6/11-7/9	Su	5:00-5:30 PM	\$28.50	301222-10
7/16-8/13	Su	3:15-3:45 PM	\$28.50	301222-11
7/16-8/13	Su	5:00-5:30 PM	\$28.50	301222-12

Location: Edora Pool Ice Center

6/5-6/15	M-Th	9:15-9:45 AM	\$45	301322-01
6/5-6/15	M-Th	10:25-10:55 AM	\$45	301322-02
6/5-6/15	M-Th	11:00-11:30 AM	\$45	301322-03
6/19-6/29	M-Th	9:50-10:20 AM	\$45	301322-04
6/19-6/29	M-Th	11:35 AM-12:05 PM	\$45	301322-05
7/3-7/13	M-Th	9:50-10:20 AM	\$39.50	301322-06
7/3-7/13	M-Th	10:25-10:55 AM	\$39.50	301322-07
7/17-7/27	M-Th	9:15-9:45 AM	\$45	301322-08
7/17-7/27	M-Th	10:25-10:55 AM	\$45	301322-09
7/31-8/10	M-Th	9:50-10:20 AM	\$45	301322-10
7/31-8/10	M-Th	11:35 AM-12:05 PM	\$45	301322-11
6/5-7/5	M,W	5:05-5:35 PM	\$56	301322-12
6/5-7/5	M,W	6:15-6:45 PM	\$56	301322-13
7/10-8/9	M,W	5:05-5:35 PM	\$56	301322-14
7/10-8/9	M,W	6:15-6:45 PM	\$56	301322-15

Location: Senior Center

6/4-6/25	Su	4:40-5:10 PM	\$23	301422-01
7/2-7/30	Su	3:30-4:00 PM	\$28.50	301422-02
7/2-7/30	Su	4:40-5:10 PM	\$28.50	301422-03

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: City Park Pool

6/5-6/15	M-Th	9:10-9:40 AM	\$45	301124-01
6/5-6/15	M-Th	10:20-10:50 AM	\$45	301124-02
6/19-6/29	M-Th	9:10-9:40 AM	\$45	301124-03
6/19-6/29	M-Th	9:45-10:15 AM	\$45	301124-04
6/19-6/29	M-Th	10:20-10:50 AM	\$45	301124-05
7/3-7/13	M-Th	9:10-9:40 AM	\$39.50	301124-06
7/3-7/13	M-Th	10:20-10:50 AM	\$39.50	301124-07
7/17-7/27	M-Th	9:10-9:40 AM	\$45	301124-08
7/17-7/27	M-Th	9:45-10:15 AM	\$45	301124-09
7/17-7/27	M-Th	10:20-10:50 AM	\$45	301124-10

continued on next page

Level 2 continued

7/31–8/10	M–Th	9:10–9:40 AM	\$45	301124-11
7/31–8/10	M–Th	9:45–10:15 AM	\$45	301124-12
7/31–8/10	M–Th	10:20–10:50 AM	\$45	301124-13

Location: Mulberry Pool

6/6–7/6	Tu,Th	4:30–5:00 PM	\$50.50	301224-01
6/6–7/6	Tu,Th	5:40–6:10 PM	\$50.50	301224-02
7/11–8/10	Tu,Th	5:05–5:35 PM	\$56	301224-03
7/11–8/10	Tu,Th	6:15–6:45 PM	\$56	301224-04
6/10–7/8	Sa	9:00–9:30 AM	\$28.50	301224-05
6/10–7/8	Sa	10:10–10:40 AM	\$28.50	301224-06
7/15–8/12	Sa	9:00–9:30 AM	\$28.50	301224-07
7/15–8/12	Sa	10:10–10:40 AM	\$28.50	301224-08
7/15–8/12	Sa	11:20–11:50 AM	\$28.50	301224-09
6/11–7/9	Su	3:15–3:45 PM	\$28.50	301224-10
6/11–7/9	Su	5:35–6:05 PM	\$28.50	301224-11
7/16–8/13	Su	3:50–4:20 PM	\$28.50	301224-12
7/16–8/13	Su	5:35–6:05 PM	\$28.50	301224-13

Location: Edora Pool Ice Center

6/5–6/15	M–Th	9:50–10:20 AM	\$45	301324-01
6/5–6/15	M–Th	11:35 AM–12:05 PM	\$45	301324-02
6/19–6/29	M–Th	9:15–9:45 AM	\$45	301324-03
6/19–6/29	M–Th	10:25–10:55 AM	\$45	301324-04
7/3–7/13	M–Th	9:15–9:45 AM	\$39.50	301324-05
7/3–7/13	M–Th	10:25–10:55 AM	\$39.50	301324-06
7/3–7/13	M–Th	11:35 AM–12:05 PM	\$39.50	301324-07
7/17–7/27	M–Th	9:50–10:20 AM	\$45	301324-08
7/17–7/27	M–Th	11:35 AM–12:05 PM	\$45	301324-09
7/31–8/10	M–Th	9:15–9:45 AM	\$45	301324-10
7/31–8/10	M–Th	10:25–10:55 AM	\$45	301324-11
7/31–8/10	M–Th	11:00–11:30 AM	\$45	301324-12
6/5–7/5	M,W	4:30–5:00 PM	\$56	301324-13
6/5–7/5	M,W	6:15–6:45 PM	\$56	301324-14
7/10–8/9	M,W	4:30–5:00 PM	\$56	301324-15
7/10–8/9	M,W	5:40–6:10 PM	\$56	301324-16

Location: Senior Center

6/4–6/25	Su	4:05–4:35 PM	\$23	301424-01
6/4–6/25	Su	5:15–5:45 PM	\$23	301424-02
7/2–7/30	Su	4:05–4:35 PM	\$28.50	301424-03

Level 3

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

Age: 5–12 years

Location: Mulberry Pool

6/6–7/6	Tu,Th	5:05–5:50 PM	\$66.25	301226-01
7/11–8/10	Tu,Th	5:05–5:50 PM	\$73.50	301226-02
7/11–8/10	Tu,Th	6:15–7:00 PM	\$73.50	301226-03
6/10–7/8	Sa	9:00–9:45 AM	\$37.25	301226-04
6/10–7/8	Sa	11:20 AM–12:05 PM	\$37.25	301226-05

Level 3 continued

7/15–8/12	Sa	9:00–9:45 AM	\$37.25	301226-06
7/15–8/12	Sa	11:20 AM–12:05 PM	\$37.25	301226-07
6/11–7/9	Su	4:25–5:10 PM	\$37.25	301226-08
6/11–7/9	Su	5:00–5:45 PM	\$37.25	301226-09
7/16–8/13	Su	3:15–4:00 PM	\$37.25	301226-10
7/16–8/13	Su	5:35–6:20 PM	\$37.25	301226-11

Location: Edora Pool Ice Center

6/5–6/15	M–Th	9:50–10:35 AM	\$59	301326-01
6/5–6/15	M–Th	11:00–11:45 AM	\$59	301326-02
6/19–6/29	M–Th	9:50–10:35 AM	\$59	301326-03
6/19–6/29	M–Th	11:35 AM–12:20 PM	\$59	301326-04
7/3–7/13	M–Th	9:15–10:00 AM	\$51.75	301326-05
7/3–7/13	M–Th	11:00–11:45 AM	\$51.75	301326-06
7/17–7/27	M–Th	10:25–11:10 AM	\$59	301326-07
7/17–7/27	M–Th	11:35 AM–12:20 PM	\$59	301326-08
7/31–8/10	M–Th	9:15–10:00 AM	\$59	301326-09
7/31–8/10	M–Th	11:00–11:45 AM	\$59	301326-10
6/5–7/5	M,W	4:30–5:15 PM	\$56	301326-11
6/5–7/5	M,W	5:40–6:25 PM	\$73.50	301326-12
7/10–8/9	M,W	5:05–5:50 PM	\$73	301326-13
7/10–8/9	M,W	5:40–6:25 PM	\$73	301326-14

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

6/6–7/6	Tu,Th	5:40–6:25 PM	\$66.25	301228-01
7/11–8/10	Tu,Th	4:30–5:15 PM	\$73.50	301228-02
6/10–7/8	Sa	10:10–10:55 AM	\$37.25	301228-03
7/15–8/12	Sa	9:35–10:20 AM	\$37.25	301228-04
6/11–7/9	Su	3:15–4:00 PM	\$37.25	301228-05
6/11–7/9	Su	5:35–6:20 PM	\$37.25	301228-06
7/16–8/13	Su	4:25–5:10 PM	\$37.25	301228-07

Location: Edora Pool Ice Center.

6/5–6/15	M–Th	9:15–10:00 AM	\$59	301328-01
6/5–6/15	M–Th	11:35 AM–12:20 PM	\$59	301328-02
6/19–6/29	M–Th	10:25–11:10 AM	\$59	301328-03
7/3–7/13	M–Th	10:25–11:10 AM	\$51.75	301328-04
7/17–7/27	M–Th	9:50–10:35 AM	\$59	301328-05
7/31–8/10	M–Th	9:50–10:35 AM	\$59	301328-06
6/5–7/5	M,W	5:05–5:50 PM	\$73.50	301328-07

LEGEND

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

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.

6/6–7/6	Tu,Th	6:15–7:00 PM	\$66.25	301230-01
6/10–7/8	Sa	10:45–11:30 AM	\$37.25	301230-02
7/15–8/12	Sa	10:45–11:30 AM	\$37.25	301230-03
6/11–7/9	Su	3:50–4:35 PM	\$37.25	301230-04
7/16–8/13	Su	3:50–4:35 PM	\$37.25	301230-05

Location: Edora Pool Ice Center

6/5–6/15	M–Th	10:25–11:10 AM	\$59	301330-01
6/19–6/29	M–Th	11:00–11:45 AM	\$59	301330-02
7/3–7/13	M–Th	9:50–10:35 AM	\$51.75	301330-03
7/17–7/27	M–Th	11:00–11:45 AM	\$59	301330-04
7/31–8/10	M–Th	10:25–11:10 AM	\$59	301330-05
7/10–8/9	M,W	4:30–5:15 PM	\$73	301330-06

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

6/6–7/6	Tu,Th	4:30–5:15 PM	\$66.25	301232-01
7/11–8/10	Tu,Th	5:40–6:25 PM	\$73.50	301232-02
6/10–7/8	Sa	9:35–10:20 AM	\$37.25	301232-03
7/15–8/12	Sa	10:10–10:55 AM	\$37.25	301232-04
7/16–8/13	Su	5:00–5:45 PM	\$37.25	301232-05

Location: Edora Pool Ice Center

6/19–6/29	M–Th	9:15–10:00 AM	\$59	301332-01
7/17–7/27	M–Th	9:15–10:00 AM	\$59	301332-02
7/31–8/10	M–Th	11:35 AM–12:20 PM	\$59	301332-03

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

Teen Learn to Swim**Teen Swim Instruction**

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

Age: 13–17 years

Location: Mulberry Pool

6/6–7/6	Tu,Th	4:30–5:00 PM	\$50.50	301235-01
6/10–7/8	Sa	9:35–10:05 AM	\$28.50	301235-02

Teen Swim Instruction continued

Location: Edora Pool Ice Center

6/5–6/15	M–Th	9:15–9:45 AM	\$45	301335-01
----------	------	--------------	------	-----------

Location: Senior Center

6/4–6/25	Su	3:30–4:00 PM	\$23	301435-01
----------	----	--------------	------	-----------

Springboard Diving**Springboard Diving**

Learn the fundamentals of springboard diving and utilize the 1 and 3-meter boards. Concentrate on developing the basics of approach and entry, along with the mechanics for proper diving techniques in the forward and backward positions, along with development in somersaulting and inward dive. **Note:** Skill test on first day (swim at least 25 yards using the front crawl); continuation depends on passing.

Age: 5–17 years

Location: Edora Pool Ice Center

6/19–6/29	M–Th	9:00–9:55 AM	\$59	301336-01
6/19–6/29	M–Th	10:00–10:55 AM	\$59	301336-02
7/17–7/27	M–Th	9:00–9:55 AM	\$59	301336-03
7/17–7/27	M–Th	10:00–10:55 AM	\$59	301336-04

Adult Learn to Swim**Learning the Basics**

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

Age: 15 years & up

Location: Edora Pool Ice Center

6/5–7/5	M,W	6:15–7:00 PM	\$73.50	301338-01
---------	-----	--------------	---------	-----------

Location: Senior Center

6/4–6/25	Su	5:15–6:00 PM	\$30	301438-01
7/2–7/30	Su	5:15–6:00 PM	\$37.25	301438-02

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

7/10–8/9	M,W	6:15–7:00 PM	\$73	301339-01
----------	-----	--------------	------	-----------

Scuba Diving**Discover Scuba Diving**

Learn how to use scuba equipment in shallow water and get a quick and easy introduction to what it takes to explore the underwater world. Learn the basics needed to dive under the direct supervision of a PADI Professional, including but not limited to seeing what

continued on next page

Discover Scuba Diving continued

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

7/22	Sa	4:00–6:30 PM	\$36	301252-01
------	----	--------------	------	-----------

Location: Edora Pool Ice Center

6/10	Sa	10:00–12:30 PM	\$36	301352-01
------	----	----------------	------	-----------

7/1	Sa	10:00–12:30 PM	\$36	301352-02
-----	----	----------------	------	-----------

8/12	Sa	10:00–12:30 PM	\$36	301352-03
------	----	----------------	------	-----------

Scuba Challenge

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

Age: 10 years & up

Location: Mulberry Pool

8/16	W	6:00–9:00 PM	\$22	301256-01
------	---	--------------	------	-----------

8/30	W	6:00–9:00 PM	\$22	301256-02
------	---	--------------	------	-----------

Location: Edora Pool Ice Center

6/7	W	6:00–9:00 PM	\$22	301356-01
-----	---	--------------	------	-----------

6/21	W	6:00–9:00 PM	\$22	301356-02
------	---	--------------	------	-----------

7/5	W	6:00–9:00 PM	\$22	301356-03
-----	---	--------------	------	-----------

7/19	W	6:00–9:00 PM	\$22	301356-04
------	---	--------------	------	-----------

8/2	W	6:00–9:00 PM	\$22	301356-05
-----	---	--------------	------	-----------

Advanced Aquatics

Lifeguard Instructor Review

In-water practice, skills session and classroom-based review of American Red Cross administrative policies and procedures. **Note:** Must be a currently certified American Red Cross Lifeguard Instructor or Lifeguard Instructor Trainer.

Age: 17 years & up

Location: Edora Pool Ice Center

7/15	Sa	9:00 AM–5:00 PM	\$61.80	301343-01
------	----	-----------------	---------	-----------

Advanced Blended Learning

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

Register for the online lesson at least two days prior to the first on-site skills session (instructions are emailed one week before the class begins; provide a valid email address when registering). To gain access to the online lessons participants need to pay with a credit card for their course certification fees. No refunds are given for

course certification fees for participants who cannot pass the pre-course skills or drop/cancel/fail the course. Students must pass the online assessment and print a copy of their completion certification to bring to the last class.

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

Lifeguard Training

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

Age: 15 years & up

Location: Edora Pool Ice Center

6/5–6/9	M,Tu,W,Th,F	9:00 AM–3:00 PM	\$201	301340-01
---------	-------------	-----------------	-------	-----------

7/16–7/20	Su,M,Tu,W,Th	9:00 AM–3:00 PM	\$201	301340-02
-----------	--------------	-----------------	-------	-----------

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. Online class content is 7 hrs. 25 min.

Age: 17 years & up

Location: Edora Pool Ice Center

7/9	Su	8:00 AM–5:00 PM	\$69.40	301341-01
-----	----	-----------------	---------	-----------

Fun! Safe! Active!



Summer Camp

Starting May 30 - Ages 5-13 years

Just \$260 per week

(including daily field trips)

Daily Rates Available



970-226-0306

2026 Lowe St. • Fort Collins

gk-gymnastics.com



Arts & Crafts

The Senior Center Member discount applies to programs where an **M** 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 95.

Adult Programming

Senior Center Exhibits

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

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

Arts & Crafts Volunteers

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

Thinking of QUITTING? TOBACCO

We can help!

- Free first session
- Free nicotine patches/gum/lozenges
- 6-session program
- Positive, supportive approach
- Sliding fees for those who qualify

(970) 224-5209

Health District
OF NORTHERN LARIMER COUNTY
healthdistrict.org/quitsmoking

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

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

Drawing Arts

Drawing, Birds

Focus on drawing birds and their anatomy, including facial features. Work from your own or instructor-provided reference material, and be guided toward improving your skills in creating life-like bird imagery.

Note: Supply list available at registration; approx. cost: \$30–50.

Class will not be held on 7/4.

Age: 18 years & up

Location: Senior Center

6/13–7/25	Tu	9:30–11:30 AM	\$54	303404-01
-----------	----	---------------	------	-----------

Comics Essentials

Develop a style of drawing whether it is doodles, stick figures, or super heroes. Learn to draw Manga, cartoony people, places, and animals. Turn characters and concepts into finished comics, gag cartoons, cards, or books. **Note:** Bring pencils, ruler, and paper to first class. Extra supplies optional. Class will not be held on 7/4.

Age: 14 years & up

Location: Senior Center

6/13–7/25	Tu	6:30–8:30 PM	\$54	303407-01
-----------	----	--------------	------	-----------

Doodle Workshop

Easy to learn, process using a special method. Basic lines combine to create spectacular imagery. With this relaxing therapeutic process, create designs and augment with pencils or markers. **Note:** Class will not be held on 7/4.

Age: 18 years & up

Location: Senior Center

6/13–7/11	Tu	7:00–9:00 PM	\$49	303408-01
-----------	----	--------------	------	-----------

LEGEND

NW

Denotes no web registration for program

M

Denotes program/activity has special membership pricing

H

Denotes Health and Wellness program

Fiber Arts

Felting, Needle Style

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

Age: 18 years & up

Location: Senior Center

Felting, Gnomes

6/17	Sa	9:00 AM–Noon	\$28	303436-01
------	----	--------------	------	-----------

Felting, Pictures

7/15	Sa	9:00 AM–Noon	\$28	303436-02
------	----	--------------	------	-----------

Felting, Butterflies

8/12	Sa	9:00 AM–Noon	\$28	303436-03
------	----	--------------	------	-----------

Quilting Quorum ^M

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

Age: 18 years & up

Location: Senior Center

6/2–8/25	F	1:00–3:00 PM	No Fee	303498-01
----------	---	--------------	--------	-----------

Glass Arts

Stained Glass, Foil Beginning

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

Age: 18 years & up

Location: Senior Center

7/11–8/15	Tu	1:00–3:00 PM	\$68	303461-01
-----------	----	--------------	------	-----------

General Arts

C.H.A.T. Crafts Hobbies Arts Time ^M

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

Age: 18 years & up

Location: Senior Center

6/7–8/30	W	1:00–3:00 PM	No Fee	303496-01
----------	---	--------------	--------	-----------

Open Shop ^M

The shop is open for use. Tools are made available for use with jewelry, stained glass, and woodworking, including scroll saws, wood lathes, other wood related tools, and basic tools for mechanical repairs. A shop attendant is on duty to assist with questions. Production work or work on items for sale is not permitted. **Note:** Class will not be held on 6/1, 7/4.

Age: 18 years & up

Location: Senior Center

6/1–8/31	Th	5:00–9:00 PM	No Fee	303497-01
6/6–8/29	Tu	8:00 AM–Noon		
6/7–8/30	W	1:00–5:00 PM		

Basket Cases ^M

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

Note: No instructor provided. Bring supplies necessary to work. Class will not be held on 6/1.

Age: 18 years & up

Location: Senior Center

6/1–8/31	Th	1:00–3:00 PM	No Fee	303402-01
----------	----	--------------	--------	-----------

Sketching Group ^M

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

Age: 18 years & up

Location: Senior Center

6/2–8/25	F	9:30 AM–12:30 PM	No Fee	303495-01
----------	---	------------------	--------	-----------

Paper Arts

Calligraphy, Beginning

Learn the art of beautiful writing and add a personal touch to scrapbooks, journals, notes, or invitations. Use a broad edge pen to write the italic hand and get ideas for using this new skill. Also discuss about materials, layout and design, and a brief history of writing.

Note: Supply list available at registration; approx. cost: \$20.

Age: 18 years & up

Location: Senior Center

6/5–7/10	M	9:00–11:30 AM	\$70	303409-01
----------	---	---------------	------	-----------

Calligraphy, Continuing

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

Age: 18 years & up

Location: Senior Center

7/17–8/21	M	9:00–11:30 AM	\$70	303410-01
-----------	---	---------------	------	-----------

Paper Marbling

Learn the basics of paper marbling to create decorated stationary, envelopes, and wrapping paper. Learn specific techniques and how this spectacular process works to make wonderful end papers for books or scrapbooking. **Note:** All supplies are provided, but feel free to bring along any additional papers to try marbling.

Age: 18 years & up

Location: Senior Center

6/24	Sa	9:30–11:30 AM	\$20	303414-01
------	----	---------------	------	-----------

Painting**Painting, Bob Ross Style**

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

Note: Bring a role of paper towels; all other supplies provided.

Age: 18 years & up

Location: Senior Center

Landscape

6/15	Th	9:00 AM–3:30 PM	\$61	303427-01
------	----	-----------------	------	-----------

7/13	Th	9:00 AM–3:30 PM	\$61	303427-02
------	----	-----------------	------	-----------

Floral

8/17	Th	9:00 AM–3:30 PM	\$61	303427-03
------	----	-----------------	------	-----------

Painting, Chinese Brush

An introduction and continuing study of basic strokes and simple compositions using the traditional Chinese method of brush and ink on Chinese paper. Beginning students learn the basic strokes to paint the Chinese orchid and bamboo. Continuing students can choose from other subjects, as well. **Note:** Bring an apron or wear old clothing. Bring a jar and a small dish or white saucer. All other supplies provided. Class will not be held on 7/4.

Age: 18 years & up

Location: Senior Center

6/13–7/25	Tu	6:30–8:30 PM	\$79	303440-01
-----------	----	--------------	------	-----------

Painting, Beginning Acrylic

Ongoing entry-level course. Cover important basics such as preparing the canvas, starting techniques, drawing, color, values, and composition. Designed for those who have never painted before and are interested, or those who would like to stretch their emerging skills to new levels. **Note:** Supply list available at registration; approx. cost: \$30–50.

Age: 18 years & up

Location: Senior Center

6/5–6/26	M	1:00–3:00 PM	\$40	303446-01
----------	---	--------------	------	-----------

7/3–7/31	M	1:00–3:00 PM	\$48.75	303446-02
----------	---	--------------	---------	-----------

8/7–8/28	M	1:00–3:00 PM	\$40	303446-03
----------	---	--------------	------	-----------

6/1–6/29	Th	6:30–8:30 PM	\$48.75	303446-04
----------	----	--------------	---------	-----------

7/6–7/27	Th	6:30–8:30 PM	\$40	303446-05
----------	----	--------------	------	-----------

8/3–8/31	Th	6:30–8:30 PM	\$48.75	303446-06
----------	----	--------------	---------	-----------

Painting, Non-Traditional Acrylic

Finish four canvas paintings using acrylic paints, brushes, non-traditional tools, and unusual additions and techniques. Incorporate color psychology, paint application, and lots of creativity to finish a painting each class. **Note:** Supply list available at registration; approx. cost: \$4.

Age: 18 years & up

Location: Senior Center

Painting, Non-Traditional-1

7/11–8/1	Tu	1:00–3:00 PM	\$34	303448-01
----------	----	--------------	------	-----------

Painting, Non-Traditional-2

A continuation of class 1. More advanced techniques are covered while also completing four canvas paintings with acrylic paint. Use different acrylic mediums, tape fluid control, buildups, and black canvas.

7/25–8/15	Tu	1:00–3:00 PM	\$34	303448-02
-----------	----	--------------	------	-----------

Porcelain Painting, Beginning

Learn proper painting techniques that include the use of oils, thinners, wiping tools, and specialty brushes. Techniques and processes for completion of the finished product takes several weeks. The entire process usually requires several firings to get the desired result.

Note: All supplies included. Firing of work included in the course fee. Reduced fee when using your own supplies. Class will not be held on 7/4.

Age: 18 years & up

Location: Senior Center

6/7–6/28	W	9:00–11:30 AM	\$48	303470-01
----------	---	---------------	------	-----------

7/5–7/26	W	9:00–11:30 AM	\$48	303470-02
----------	---	---------------	------	-----------

8/2–8/30	W	9:00–11:30 AM	\$57.50	303470-03
----------	---	---------------	---------	-----------

Porcelain Painting, Intermediate

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

Age: 18 years & up

Location: Senior Center

6/7–6/28	W	9:00–11:30 AM	\$43	303471-01
----------	---	---------------	------	-----------

7/5–7/26	W	9:00–11:30 AM	\$43	303471-02
----------	---	---------------	------	-----------

8/2–8/30	W	9:00–11:30 AM	\$52.50	303471-03
----------	---	---------------	---------	-----------

Porcelain Painting, Advanced

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

Age: 18 years & up

Location: Senior Center

6/7–6/28	W	1:00–4:00 PM	\$49	303472-01
----------	---	--------------	------	-----------

7/5–7/26	W	1:00–4:00 PM	\$49	303472-02
----------	---	--------------	------	-----------

8/2–8/30	W	1:00–4:00 PM	\$60	303472-03
----------	---	--------------	------	-----------

Watercolor, Beginning

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

Age: 18 years & up

Location: Senior Center

6/9–7/14	F	9:00–11:00 AM	\$70.50	303480-01
----------	---	---------------	---------	-----------

Watercolor, Intermediate to Advanced

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

Age: 18 years & up

Location: Senior Center

6/9–6/30	F	1:00–3:00 PM	\$58.75	303481-01
7/7–7/28	F	1:00–3:00 PM	\$49	303481-02
8/4–8/25	F	1:00–3:00 PM	\$49	303481-03

Woodworking**Scroll Saw, Beginning**

Learn scroll saw techniques while learning to cut special designs with exercise patterns. Then, work on projects recommended by the instructor, such as jig saw puzzles, nesting creatures, and fret work. Also, learn about scroll saw setup, different blades, maintenance, and types of scroll saws. **Note:** All skill levels welcome. Some supplies provided. Must attend first class. Supply list available first day of class.

Age: 18 years & up

Location: Senior Center

7/14–8/18	F	7:00–9:00 PM	\$107	303492-01
-----------	---	--------------	-------	-----------

Woodcarving, Beginning

An introduction to wood carving. Learn proper use of carving tools, sharpening devices, clamps, and different woods. Cover carving in the round and relief styles and learn how to discover what is hiding in that wood. **Note:** Some supplies provided. Supply list available first day of class; approx. cost: \$15–20. Must attend first class. All levels welcome. Class will not be held on 7/5.

Age: 18 years & up

Location: Senior Center

6/14–7/26	W	7:00–9:00 PM	\$86	303493-01
-----------	---	--------------	------	-----------

Pottery**Adult Programming**

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

For adult classes, the first 25 lbs. of clay is provided. More clay can be purchased at the Studio for \$22. Only clay purchased from the Pottery Studio is fired. A basic tool kit (\$12) needs to be purchased at the first class if you don't already own your own hand tools. Large tools and project specific tools are provided, as well as a slab-roller and two extruders with many different dies. Glazes, slips, stains, and engobes are provided. Specialty tools and higher end hand tools are also available for purchase. Lab time is included with adult classes unless otherwise noted. **Note:** All work must be accomplished at the Studio. Production work is not permitted. Due to the Independence Day holiday, all Tuesday classes will skip 7/4 and will finish one week later than rest of the classes.

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 32 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.

Pottery, Beginning Wheel/Handbuilding

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

Age: 18 years & up

Location: Pottery Studio

6/5–8/7	M	9:00–11:00 AM	\$170	304850-01
6/5–8/7	M	5:30–7:30 PM	\$170	304850-02
6/7–8/9	W	8:00–10:00 PM	\$170	304850-03
6/10–8/12	Sa	12:30–2:30 PM	\$170	304850-04

LEGEND

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

Pottery, Beginning Plus Wheel/Handbuilding

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

Age: 18 years & up

Location: Pottery Studio

6/5–8/7	M	8:00–10:00 PM	\$170	304855-01
6/7–8/9	W	5:30–7:30 PM	\$170	304855-02
6/8–8/10	Th	9:00–11:00 AM	\$170	304855-03

Pottery, Intermediate Wheel/Handbuilding

Learn more complex ceramic/pottery techniques and skills. Expression and exploration of form is taught. Intermediate students must have had experience working with clay and should know the principles of the wheel. Prerequisite: Beginning Wheel or Equivalent. Class will not be held on 7/4.

Age: 18 years & up

Location: Pottery Studio

6/6–8/15	Tu	5:30–7:30 PM	\$170	304860-01
6/7–8/9	W	9:00–11:00 AM	\$170	304860-02

Pottery, Advanced Wheel/Handbuilding

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

Age: 18 years & up

Location: Pottery Studio

6/8–8/10	Th	5:30–7:30 PM	\$170	304865-01
----------	----	--------------	-------	-----------

Pottery Sampler

Get a smaller taste of pottery with this introduction to wheel-throwing and handbuilding, as well as glazing and studio operation. Create while learning some basic techniques with clay. **Note:** No lab is offered with this class. All materials and tools provided.

Age: 18 years & up

Location: Pottery Studio

6/10–7/8	Sa	12:30–2:30 PM	\$60	304870-01
7/15–8/12	Sa	12:30–2:30 PM	\$60	304870-02

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. **Note:** All levels welcome.

Age: 18 years & up

Location: Pottery Studio

6/7–8/9	W	6:00–8:00 PM	\$170	304875-01
---------	---	--------------	-------	-----------

Cool Clay, TGIF

Address imaginative methods of handbuilding while using extruders, slab rollers, various textures, and forms. Push the traditional boundaries of utilitarian clay, as well as concentrate with some focus on functionality. **Note:** All levels welcome. 5 weeks of lab time and 25 lbs. of clay included.

Age: 18 years & up

Location: Pottery Studio

6/9–7/7	F	6:00–8:00 PM	\$90	304880-01
7/14–8/11	F	6:00–8:00 PM	\$90	304880-02

Pottery, Creative Clay Craft

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

Age: 18 years & up

Location: Pottery Studio

6/9–8/11	F	9:00–11:00 AM	\$170	304885-01
----------	---	---------------	-------	-----------

Pottery, Raku Workshop

Learn American style Raku while hand-building or using the potter's wheel. Start by working in wet clay the first week. The second week, finish by glazing and firing the pieces. Use hands-on contemporary exploration of the forming and firing process first used by the Japanese potters. **Note:** No previous experience necessary. All tools and supplies provided.

Age: 18 years & up

Location: Pottery Studio

8/18–8/25	F	6:00–9:00 PM	\$75	304890-01
8/19–8/26	Sa	9:00 AM–Noon		

Pottery Lab

Lab is for current students to practice or finish work in progress. Anyone who has taken a ten week class at the Pottery Studio may register as a lab student. This is a recreational and educational facility; production work is not permitted. Staff is in attendance, but no formal instruction is provided. **Note:** Class will not be held on 7/4.

Age: 18 years & up

Location: Pottery Studio

6/5–8/14	M, Th, F	11:00 AM–1:00 PM	\$170	304899-01
6/6–8/15	Tu, Sa	9:00 AM–Noon		
6/6–8/15	Tu, Th	7:30–10:00 PM		
6/7–8/9	W	11:00 AM–2:00 PM		

Youth Programming**Birthday Parties**

Have a unique birthday while learning and creating a masterpiece with clay. Each attendee creates a piece. Also, a tour of the facility is included. Duration is about 90 minutes; tailored packages available. Cost is \$16 per child (5 children minimum); with 10 kids or more, the birthday child is free.

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 (5 children minimum).

Contact

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

Youth Pottery

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

Child with Parent Pottery

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

Parents or Grandparents & Children Together

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

Holiday

Due to the Independence Day holiday, all Tuesday classes will skip 7/4 and will finish one week later than rest of the classes.

Pottery, Parent, & Tot Mud Handbuilding

Parent and child combine their talents in this unique pottery class. Projects are constantly being varied, so it is possible to reregister for classes as many times as you wish. **Note:** Class will not be held on 7/4.

Age: 3–5 years

Location: Pottery Studio

6/6–7/11	Tu	12:15–1:15 PM	\$45	304801-01
6/7–7/5	W	2:15–3:15 PM	\$45	304801-02
6/10–7/8	Sa	3:00–4:00 PM	\$45	304801-03
7/18–8/15	Tu	12:15–1:15 PM	\$45	304801-04
7/12–8/9	W	2:15–3:15 PM	\$45	304801-05
7/15–8/12	Sa	3:00–4:00 PM	\$45	304801-06

Pottery, Child Handbuilding

Youngsters make interesting clay projects while learning various methods of forming and glazing clay. The projects are constantly being varied so it is possible to register for classes as many times as you wish. **Note:** Class will not be held on 7/4.

Age: 6–9 years

Location: Pottery Studio

6/5–7/3	M	1:30–3:00 PM	\$59	304805-01
6/6–7/11	Tu	1:30–3:00 PM	\$59	304805-02
6/9–7/7	F	1:30–3:00 PM	\$59	304805-03
7/10–8/7	M	1:30–3:00 PM	\$59	304805-04
7/18–8/15	Tu	1:30–3:00 PM	\$59	304805-05
7/14–8/11	F	1:30–3:00 PM	\$59	304805-06

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

6/5–7/5	M,W	3:30–5:00 PM	\$110	304810-01
6/8–7/6	Th	1:30–3:00 PM	\$59	304810-02
7/10–8/9	M,W	3:30–5:00 PM	\$110	304810-03
7/13–8/10	Th	1:30–3:00 PM	\$59	304810-04

Pottery, Teen Wheel & Handbuilding

Learn potter's wheel skills, handbuilding, glazing, and decorating techniques. **Note:** Class will not be held on 7/4.

Age: 13–17 years

Location: Pottery Studio

6/6–7/11	Tu,Th	3:30–5:00 PM	\$110	304815-01
6/9–7/7	F	3:30–5:00 PM	\$59	304815-02
7/18–8/15	Tu,Th	3:30–5:00 PM	\$110	304815-03
7/14–8/11	F	3:30–5:00 PM	\$59	304815-04

Pottery, Parent & Child Handbuilding

You and your youngster can work together at the Pottery Studio and share a creative experience.

Age: 6–9 years

Location: Pottery Studio

6/10–7/8	Sa	4:30–6:00 PM	\$110	304835-01
7/15–8/12	Sa	4:30–6:00 PM	\$110	304835-02

Pottery, Parent Teen & Youth Wheel and Handbuilding

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

Age: 10–17 years

Location: Pottery Studio

6/9–7/7	F	5:30–7:00 PM	\$110	304845-01
7/14–8/11	F	5:30–7:00 PM	\$110	304845-02

Arts & Crafts

Youth Programming

Fairies in my Garden

Inspired by magical fairies and garden gnomes, draw, paint, and sculpt.

Age: 6–8 years

Location: Foothills Activity Center

6/14	W	1:00–4:00 PM	\$50	316727-01
------	---	--------------	------	-----------

ARTrageous Outerspace

Travel through the galaxy and create alien, planets, and spaceship with pencils, clay, and paint.

Age: 6–12 years

Location: Foothills Activity Center

7/26	W	3:30–5:30 PM	\$35	316710-01
------	---	--------------	------	-----------

Circus, Circus

Inspired by the world greatest circuses, create with paint, clay, and more.

Age: 6–12 years

Location: Northside Aztlan Center

6/27–6/29	Tu,Th	3:30–5:30 PM	\$66	316722-01
-----------	-------	--------------	------	-----------

Cupcakes 'n Canvas

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

Age: 6–12 years

Location: Foothills Activity Center

Birds of a Feather

6/7	W	3:00–4:30 PM	\$30	316743-01
-----	---	--------------	------	-----------

Animal Kingdom

8/2	W	3:00–4:30 PM	\$30	316743-02
-----	---	--------------	------	-----------

Underwater World

7/5	W	3:00–4:30 PM	\$30	316743-03
-----	---	--------------	------	-----------

Feathers & Fur

Draw, paint, and sculpt imaginative critters inspired by various birds and beasts.

Age: 6–12 years

Location: Foothills Activity Center

8/9	W	1:00–4:00 PM	\$50	316724-01
-----	---	--------------	------	-----------

Great Museum Mystery Tour

Explore the world's most famous museums through the creation of art. Sculpt, draw, and paint.

Age: 6–12 years

Location: Northside Aztlan Center

7/11–7/13	Tu,Th	1:00–4:00 PM	\$95	316525-01
-----------	-------	--------------	------	-----------

The Art of Wayne Thiebaud

Find inspiration in Thiebaud's colorful work depicting commonplace items.

Age: 6–12 years

Location: Foothills Activity Center

6/28	W	3:30–5:30 PM	\$35	316713-01
------	---	--------------	------	-----------

Duct Tape Designs

Create fun and unique craft projects using duct tape.

Age: 7–11 years

Location: Mulberry Pool

7/6	Th	9:30–11:30 AM	\$22	316240-01
-----	----	---------------	------	-----------

Your Source for Northern Colorado Youth Basketball Camps



www.assistbasketballcamps.com

Joe Mivshek 970.420.7163

Todd Matkin 970.658.7644

Fairy Doors

Create a magical fairy door.

Age: 7–11 years

Location: Mulberry Pool

7/5	W	9:30–11:30 AM	\$22	318201-01
-----	---	---------------	------	-----------

Fairy Gardens

Create a fairy garden with stones, plants, and other provided materials.

Age: 7–11 years

Location: Mulberry Pool

7/6	Th	1:00–4:00 PM	\$31	318203-01
-----	----	--------------	------	-----------

Gnome Homes

Create magical homes for the gnomes in your garden.

Age: 7–11 years

Location: Mulberry Pool

7/5	W	1:00–4:00 PM	\$27	318202-01
-----	---	--------------	------	-----------

LEGEND

NW

Denotes no web registration for program

M

Denotes program/activity has special membership pricing

H

Denotes Health and Wellness program

Beat the Buzz

STAY WEST
NILE FREE
WITH THE
FOUR D's

1 DRAIN

Mosquitoes breed in water! Drain any standing water in your yard each week.

2 DRESS

Keeping covered will do a lot to prevent biting.



THE FOUR D's

4 DUSK THRU DAWN

Mosquitoes are most active dusk through dawn.

3 DEFEND

Use an approved repellent according to its label.



Auxiliary aids and services are available for persons with disabilities.
Esta información puede ser traducida, sin costo para usted.



fcgov.com/WestNile

Bicycling

Enjoy the Colorado summer by bike with these classes and events hosted by the City of Fort Collins bicycling and recreation programs including: FC Bikes, FC Bikes Bicycle Ambassador Program, Safe Routes to School, and City of Fort Collins-Recreation Department. Learn and play with us on two wheels and keep Fort Collins bicycling safe, friendly, and fun.

Bicycles and Helmets Available

FC Bikes is able to provide bicycles and helmets for use at bicycle programs if you are unable to provide your own. Contact 970.221.6987 for reservations.

Contact

Adult Programs: 970.221.6987, info@BicycleAmbassadorProgram.org
 Youth Programs: 970.416.2357, nnichols@fcgov.com
 For more information about bicycle programming through the City of Fort Collins, visit: bicycleambassadorprogram.org, fcgov.com/saferoutes, fcgov.com/fcbikes.

Adult Programming

Smart Cycling: Road Rules

Learn how to ride safely and legally in traffic or on trails. Discuss rules of the road related to cycling, how to conduct bicycle safety checks, and how to fit and wear a helmet. **Note:** This is a lecture style class; bikes not required.

Age: 14 years & up

Location: 281 N College Ave.

6/8	Th	5:30–9:00 PM	No Fee	330902-01
-----	----	--------------	--------	-----------

Location: Summitview, Room 204

7/18	Tu	5:30–9:00 PM	No Fee	330902-02
------	----	--------------	--------	-----------

Smart Cycling: Road Skills

Learn on-bike handling skills and build confidence for riding with traffic on roads and trails. Practice on-bike skills in a parking lot and then apply them during a ride on city streets and paved trails.

Age: 14 years & up

Location: Westbridge Medical Suites

6/10	Sa	8:30 AM–1:00 PM	No Fee	330902-03
------	----	-----------------	--------	-----------

Location: Summitview, Room 204

7/20	Th	4:30–9:00 PM	No Fee	330902-04
------	----	--------------	--------	-----------

LEGEND	NW	Denotes no web registration for program
	M	Denotes program/activity has special membership pricing
	H	Denotes Health and Wellness program

Bicycle Friendly Driver

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

Age: 15 years & up

Location: 281 N. College Ave

6/15	Th	5:00–6:30 PM	No Fee	330905-01
7/10	M	4:00–5:30 PM	No Fee	330905-02

Location: Poudre Valley Hospital, Indian Paintbrush Room

8/30	W	6:00–7:30 PM	No Fee	330905-03
------	---	--------------	--------	-----------

Bikes & Burritos

Get ready to roll in time for Bike to Work Day with FC Bikes and Lee's Cyclery. Enjoy burritos and learn how to use a bike for everyday transportation. Also, check out gear to make trips comfortable, convenient, and fun.

Age: 14 years & up

Location: Lee's Cyclery, 931 E. Harmony Rd.

6/19	M	7:30–9:30 PM	No Fee	330913-01
------	---	--------------	--------	-----------

Learn to Ride

Using a safe, easy, and effective method, learn to balance, pedal, start, stop, and steer, and how to properly fit and wear a helmet.

Age: 14 years & up

Location: 220 N Howes St. Unit B

7/5–7/26	W	5:00–6:30 PM	No Fee	330906-01
----------	---	--------------	--------	-----------

Family Programming

National Bike Challenge-NW

Join the National Bike Challenge, whether to simply log miles biked, to form a team, or to compete for prizes locally and nationally. Visit fcgov.com/bikesummer.

5/1–9/30	No Fee
----------	--------

FC Rides Series: Summer by Bike

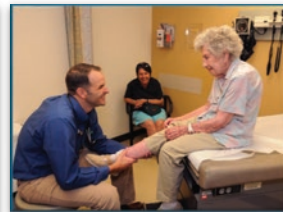
Join Bicycle Ambassadors for guided, slow-paced, family-friendly rides to explore different parts of the city and new bike infrastructure. Rides are about 5 miles long. Visit fcgov.com/bikesummer for starting and ending locations.

6/2	F	5:15–6:30 PM	No Fee	330914-01
6/16	F	5:15–6:30 PM	No Fee	330914-02
7/8	Sa	10:00–11:15 AM	No Fee	330914-03

Open Streets-NW

Come play in the streets. A selected route in Fort Collins is temporarily closed to motorized traffic and instead open to the public to bicycle and walk along car-free streets. Games and other activities are hosted throughout the event. Visit fcgov.com/openstreets.

6/4	Su	10:00 AM–3:00 PM	No Fee
-----	----	------------------	--------



At Salud Family Health Centers, we provide quality and affordable *medical, dental and behavioral health* care services to all ages: **newborns, children, adults & seniors!**

Se Habla
Español

Salud accepts Medicaid, Medicare, CHP+, and Private Insurance.

(303) MYSALUD | (970) 484-0999
www.saludclinic.org

Fort Collins Blue Spruce
1635 Blue Spruce Drive • Fort Collins, CO 80524

Fort Collins West
1830 Laporte Avenue • Fort Collins, CO 80521

Bike to Work Day-NW

Celebrate the 30th annual Bike to Work Day by visiting breakfast stations by bike. Stations are hosted by businesses throughout Fort Collins and provide free breakfast, hot drinks, and bike repairs to people who ride their bikes.

6/28	W	6:30–9:30 AM	No Fee
------	---	--------------	--------

Skills Hub Grand Opening – NW

Celebrate the opening of Walk and Wheel Skills Hub, a training course for people of all ages and abilities. Enjoy the festivities and try out the course on foot and/or on bike.

Location: 1600 W. Drake Rd.
(parking lot across from Summitview Church)

8/16	W	4:00–7:00 PM	No Fee
------	---	--------------	--------

Youth Programming

Summer Bike Camp I

Designed for riders with only basic knowledge of bicycling. Includes an introduction to rules for bicycling on trails and the road, safe cycling strategies, bike-handling skills and drills, nutrition and hydration tips, and bike maintenance. Ride 4–8 miles per day.

Age: 6–8 years

Location: Spring Canyon Park

6/5–6/9	M–F	8:30 AM–12:30 PM	\$140	315985-01
---------	-----	------------------	-------	-----------

Summer Bike Camp I continued

Location: Edora Pool Ice Center

6/19–6/23	M–F	8:30 AM–12:30 PM	\$140	315985-02
-----------	-----	------------------	-------	-----------

Age: 9–11 years

Location: Spring Canyon Park

6/12–6/16	M–F	8:30 AM–12:30 PM	\$140	315985-03
-----------	-----	------------------	-------	-----------

Location: Edora Pool Ice Center

6/26–6/30	M–F	8:30 AM–12:30 PM	\$140	315985-04
-----------	-----	------------------	-------	-----------

Summer Bike Camp II

Learn more advanced skills and rules of the road, riding 10–20 miles per day with a Safe Routes to School instructor. Receive a flat-repair kit and learn how to use it. This is the beginning of independent bicycling. Prerequisite: Bike Camp I.

Location: Northside Aztlan Center

Age: 6–8 years

7/10–7/14	M–F	8:30 AM–12:30 PM	\$140	315986-01
-----------	-----	------------------	-------	-----------

Age: 9–11 years

7/17–7/21	M–F	8:30 AM–12:30 PM	\$140	315986-02
-----------	-----	------------------	-------	-----------

Fort Collins

BEST PLACE TO:

Kick Off
A CAREER

140
NEW JOBS/YEAR

Quench
YOUR THIRST

20
BREWERIES

Volunteer
& GIVE BACK

38%
OF POPULATION

Be Active
PLAY HARD

300
DAYS OF SUNSHINE

Launch
A BUSINESS

3,300
START-UPS

Join Our
COMMUNITY

161k
POPULATION



fcgov.com

Dance & Movement

Adult Programming

Belly Dancing

Belly Dancing, Beginning

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

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

Age: 18 years & up

Location: Senior Center

6/6–6/27	Tu	7:00–8:00 PM	\$33	306426-01
7/11–8/1	Tu	7:00–8:00 PM	\$33	306426-02

Belly Dancing, Continuing

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

Age: 18 years & up

Location: Senior Center

6/6–6/27	Tu	8:00–9:00 PM	\$33	306427-01
7/11–8/1	Tu	8:00–9:00 PM	\$33	306427-02

Bollywood Fusion

Learn to incorporate the exuberance and bounce of Bollywood with belly dance. Explore new moves, combos, and how to blend two styles of dance together seamlessly. Familiarity with tribal belly dance is helpful, but not required. **Note:** Wear yoga/exercise gear and a full skirt. Bare feet recommended.

Age: 18 years & up

Location: Senior Center

8/15–8/29	Tu	8:00–9:00 PM	\$25	306429-01
-----------	----	--------------	------	-----------

Zambra Mora

Zambra Mora is a belly dance/flamenco fusion. Learn new moves, skirt work, posture, and how to blend dance styles. Familiarity with tribal belly dance is helpful, but not required. **Note:** Wear yoga/exercise gear and a full skirt. Bare feet recommended.

Age: 18 years & up

Location: Senior Center

8/15–8/29	Tu	7:00–8:00 PM	\$25	306428-01
-----------	----	--------------	------	-----------



Shows for Families
Classes for Young Actors
Spring, Summer & Fall troupes
224-5774 Debuttheatre.org

Ballet

Ballet, Beginning

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

Age: 18 years & up

Location: Empire Grange, 2306 W. Mulberry St.

6/6–6/27	Tu	5:30–6:30 PM	\$29	306102-01
----------	----	--------------	------	-----------

Ballet, Low-Intermediate

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

Age: 18 years & up

Location: Empire Grange, 2306 W. Mulberry St.

6/5–6/26	M	5:30–6:45 PM	\$35	306103-01
7/3–7/17	M	5:30–6:45 PM	\$28	306103-02

Ballet, Intermediate

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

Age: 18 years & up

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

6/1–6/22	Th	5:45–7:00 PM	\$35	306104-01
6/29–7/20	Th	5:45–7:00 PM	\$35	306104-02

PREMIER GYMNASTICS OF THE ROCKIES

INSTRUCTING
TUMBLERS TO
PREMIER TEAMS

RECEIVE 2
FREE CLASSES!
WHEN YOU BRING IN THIS AD

1410 E. 11th St., Loveland, CO 80537 • 970.663.3173 • premierymnastics.net

Swing

West Coast Swing

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

Age: All

Location: Senior Center

6/7–6/28	W	7:30–9:00 PM	\$40	306440-01
7/5–7/26	W	7:30–9:00 PM	\$40	306440-02
8/2–8/30	W	7:30–9:00 PM	\$40	306440-03

Line Dance

Line Dance, Starter Class

Designed for those who want to “start” learning to line dance. Learn the basic steps, terminology, and easy choreography.

Age: 18 years & up

Location: Senior Center

6/6–6/27	Tu	12:30–1:45 PM	\$17	306436-01
7/11–7/25	Tu	12:30–1:45 PM	\$13	306436-02
8/15–8/29	Tu	12:30–1:45 PM	\$13	306436-03

Line Dance, Continuing

Designed for the more experienced dancer who thrives on complex choreography.

Age: 18 years & up

Location: Senior Center

6/6–6/27	Tu	1:45–3:00 PM	\$17	306437-01
7/11–7/25	Tu	1:45–3:00 PM	\$13	306437-02
8/15–8/29	Tu	1:45–3:00 PM	\$13	306437-03

Modern

Modern Dance

Begin with a stretching warm-up. Then, practice earthy, jazzy, or lyrical moves and conclude with a core workout. An aerobic and stress releasing experience to widely varied music. **Note:** Ages 13–17 years allowed with instructor approval.

Age: 18 years & up

Location: Empire Grange, 2306 W. Mulberry St.

6/5–6/26	M	6:45–7:45 PM	\$29	306156-01
7/3–7/17	M	6:45–7:45 PM	\$23	306156-02

Youth Programing

Acro-Dance

Acro-Dance

Learn the basics of acrobatic dance, including a mixture of acrobatics, gymnastics, and the art of lyrical dance. Leveled classes teach progressive skills. **Note:** Class will not be held on 7/4.

Acro-Dance I

Age: 3–5 years

Location: Club Tico

6/27–7/18	Tu	11:15 AM–12:30 PM	\$26	315113-01
7/25–8/15	Tu	11:15 AM–12:30 PM	\$34	315113-02

Acro-Dance II

Age: 6–8 years

Location: Mulberry Pool

6/28–7/19	W	5:00–5:45 PM	\$34	315213-01
7/26–8/16	W	5:00–5:45 PM	\$34	315213-02

Acro-Dance III

Age: 9–11 years

Location: Mulberry Pool

6/28–7/19	W	5:45–6:30 PM	\$34	315213-03
7/26–8/16	W	5:45–6:30 PM	\$34	315213-04

Acro-Dance IV

Age: 12 years & up

Location: Mulberry Pool

6/28–7/19	W	6:30–7:15 PM	\$34	315213-05
7/26–8/16	W	6:30–7:15 PM	\$34	315213-06

Ballet

Dancing Swans

An introduction to basic dance, pre-ballet movement, and body awareness using imagery and imaginative play. **Note:** Class will not be held on 7/4.

Age: 3–5 years

Location: Club Tico

6/27–7/18	Tu	10:15–11:00 AM	\$26	315111-01
7/25–8/15	Tu	10:15–11:00 AM	\$34	315111-02

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. **Note:** Class will not be held on 8/18, 8/19.

Age: 3–6 years

Location: Northside Aztlan Center

Petite Ballerinas I

Age: 3–4 years

6/2–6/23	F	9:00–9:45 AM	\$45	315524-01
6/30–7/21	F	9:00–9:45 AM	\$45	315524-02
7/28–8/11	F	9:00–9:45 AM	\$35	315524-03
6/3–6/24	Sa	9:00–9:45 AM	\$45	315524-04
7/1–7/22	Sa	9:00–9:45 AM	\$45	315524-05
7/29–8/12	Sa	9:00–9:45 AM	\$35	315524-06

Petite Ballerinas II

Age: 5–6 years

6/2–6/23	F	10:00–10:45 AM	\$45	315524-07
6/30–7/21	F	10:00–10:45 AM	\$45	315524-08
7/28–8/11	F	10:00–10:45 AM	\$35	315524-09
6/3–6/24	Sa	10:00–10:45 AM	\$45	315524-10
7/1–7/22	Sa	10:00–10:45 AM	\$45	315524-11
7/29–8/12	Sa	10:00–10:45 AM	\$35	315524-12

Petite Ballet

Develop discipline and focus to become a confident young dancer. Classical training in a studio setting with trained instructors. Parents watch the last day of sessions. Registration deadline is one week prior to class. **Note:** Class will not be held on 8/19.

Age: 7–11 years

Location: Northside Aztlan Center

6/3–6/24	Sa	11:00 AM–Noon	\$50	315526-01
7/1–7/22	Sa	11:00 AM–Noon	\$50	315526-02
7/29–8/12	Sa	11:00 AM–Noon	\$40	315526-03

Petite Ballet Workshops

Workshops designed for beginner or intermediate dancers. Parents watch the last day of sessions. Registration deadline is one week prior to class.

Location: Club Tico

Moana

Learn a real Hawaiian dance, explore the sea, and find the true heart inside ourselves.

Age: 3–6 years

6/19–6/22	M–Th	2:00–2:45 PM	\$55	315124-01
7/24–7/27	M–Th	2:00–2:45 PM	\$55	315124-02

Anna & Elsa

Frozen this summer? Dance our version of Anna and Elsa's story.

Age: 3–6 years

6/26–6/29	M–Th	2:00–2:45 PM	\$55	315124-03
-----------	------	--------------	------	-----------

Princess Ballet

Crowns and gowns, exploring the castle grounds, and dancing at the ball what more could a princess ask for?

Age: 3–6 years

7/10–7/13	M–Th	2:00–2:45 PM	\$55	315124-04
-----------	------	--------------	------	-----------

Fairy Ballet

Earn your wings as we explore the forest making fairy friends.

Age: 3–6 years

7/17–7/20	M–Th	2:00–2:45 PM	\$55	315124-05
-----------	------	--------------	------	-----------

Intro to Lyrical

Based on ballet technique, explore adding emotion to the movements. Ballet shoes or bare feet appropriate.

Age: 6–9 years

7/10–7/13	M–Th	3:00–4:00 PM	\$55	315124-06
-----------	------	--------------	------	-----------

Intro to Tap/Jazz

Explore rhythms, tempos, and percussive movements that all add up to tap and jazz. Tap, jazz, or ballet shoes required.

Age: 6–9 years

7/24–7/27	M–Th	3:00–4:00 PM	\$55	315124-07
-----------	------	--------------	------	-----------

Lyrical Dancers

Explore jazz and ballet technique and how to use these in creating lyrical dance. Ballet or jazz shoes required.

Age: 8–12 years

6/19–6/29	M–Th	3:00–4:00 PM	\$95	315124-08
-----------	------	--------------	------	-----------

Funky Jazz

Explore some fun modern hip hoppy jazz moves in this energetic workshop. Ballet, jazz, or tennis shoes required.

Age: 8–12 years

7/17–7/20	M–Th	3:00–4:00 PM	\$55	315124-09
-----------	------	--------------	------	-----------

LEGEND

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



TRANSFORT
PLAN, TRACK & RIDE



ridetransfort.com    **TRANSIT**

Dancin' Dumplin's

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

Location: Foothills Activity Center

Dancin' Dumplings I

Age: 3 years

Magic Wands I

6/1–6/22	Th	11:00–11:45 AM	\$37	315710-01
6/2–6/23	F	10:45–11:30 AM	\$37	315710-02

Star Dust I

6/29–7/20	Th	11:00–11:45 AM	\$37	315710-03
6/30–7/14	F	10:45–11:30 AM	\$28	315710-04

Ribbon Dance I

7/27–8/10	Th	11:00–11:45 AM	\$28	315710-05
7/21–8/4	F	10:45–11:30 AM	\$28	315710-06

Dancin' Dumplings I

Age: 4–5 years

Magic Wand II

6/2–6/23	F	9:30–10:30 AM	\$49	315710-07
----------	---	---------------	------	-----------

Star Dust II

6/30–7/14	F	9:30–10:30 AM	\$37	315710-08
-----------	---	---------------	------	-----------

Ribbon Dance II

7/21–8/4	F	9:30–10:30 AM	\$37	315710-09
----------	---	---------------	------	-----------

Dancin' Dumplings II

Age: 5–7 years

Masquerade III

5/31–6/21	W	4:30–5:30 PM	\$49	315710-10
-----------	---	--------------	------	-----------

Star Dust III

6/28–7/19	W	4:30–5:30 PM	\$49	315710-11
-----------	---	--------------	------	-----------

Ribbon Dance III

7/26–8/9	W	4:30–5:30 PM	\$37	315710-12
----------	---	--------------	------	-----------

General

Just Dance

Just Dance is a combination dance class including a ballet warm-up for technique, gymnastics for alignment, and jazz dance combos for rhythm.

Age: 6–8 years

Location: Foothills Activity Center

5/31–6/21	W	5:45–7:00 PM	\$61	315718-01
6/28–7/19	W	5:45–7:00 PM	\$61	315718-02
7/26–8/9	W	5:45–7:00 PM	\$46	315718-03

Just Tap

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

Age: 5–7 years

Location: Foothills Activity Center

6/6–6/27	Tu	6:15–7:15 PM	\$49	315714-01
7/11–8/8	Tu	6:15–7:15 PM	\$61	315714-02

Just Tumbling

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

Age: 7–8 years

Location: Foothills Activity Center

6/1–6/22	Th	6:00–7:15 PM	\$61	315716-01
6/29–7/20	Th	6:00–7:15 PM	\$61	315716-02
7/27–8/10	Th	6:00–7:15 PM	\$46	315716-03

Tappin' & Tumbling

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

Age: 4–6 years

Location: Foothills Activity Center

6/6–6/27	Tu	4:30–6:00 PM	\$73	315715-01
7/11–8/8	Tu	4:30–6:00 PM	\$91	315715-02

Tumble Bumbles

Individual attention is paid to learning basic tumbling skills (somer-sault, 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.

Age: 4–7 years

Location: Foothills Activity Center

Tumble Bumbles I

Age: 4–5 years

6/5–6/26	M	1:00–2:00 PM	\$49	315717-01
6/5–6/26	M	4:30–5:30 PM	\$49	315717-02
5/31–6/21	W	9:00–10:00 AM	\$49	315717-03
7/10–8/7	M	1:00–2:00 PM	\$61	315717-04
7/10–8/7	M	4:30–5:30 PM	\$61	315717-05
6/28–7/19	W	9:00–10:00 AM	\$49	315717-06
7/26–8/9	W	9:00–10:00 AM	\$37	315717-07

Tumble Bumbles II

Age: 5–6 years

6/5–6/26	M	5:50–6:50 PM	\$49	315717-08
7/10–8/7	M	5:50–6:50 PM	\$61	315717-09

Tumble Bumbles III

Age: 6–7 years

6/1–6/22	Th	4:30–5:30 PM	\$49	315717-10
6/29–7/20	Th	4:30–5:30 PM	\$49	315717-11
7/27–8/10	Th	4:30–5:30 PM	\$37	315717-12

Hip Hop

Fundamentals of hip hop are taught in a fun, appropriate environment. Leveled classes teach progressive skills. Learn basic dance skills like keeping rhythm, following choreography, and developing body control. **Note:** Class will not be held on 7/4.

Hip Hop I

Age: 3–5 years

Location: Club Tico

6/27–7/18	Tu	12:45–1:30 PM	\$26	315110-01
7/25–8/15	Tu	12:45–1:30 PM	\$34	315110-02

Hip Hop II

Age: 6–8 years

Location: Northside Aztlan Center

6/26–7/17	M	5:00–6:00 PM	\$45	315511-01
7/24–8/7	M	5:00–6:00 PM	\$34	315511-02

Hip Hop III

Age: 9–11 years

Location: Northside Aztlan Center

6/26–7/17	M	6:00–7:00 PM	\$45	315511-03
7/24–8/7	M	6:00–7:00 PM	\$34	315511-04

Hip Hop IV

Age: 12–15 years

Location: Northside Aztlan Center

6/26–7/17	M	7:00–8:00 PM	\$45	315511-05
7/24–8/7	M	7:00–8:00 PM	\$34	315511-06

Where are the day Camps?

Are you looking for a summer day camp, but can't seem to find it? Spring and Summer Day Camps were listed in the spring edition of the Recreator.

For information about day camps that are still open for registration, browse our registration webpage at fcgov.com/recreator.

Day Camps that have openings for registration include*:

- Advanced Pony Camp | Ages 8-12 years | Activity Number: 308608
- Beginning Pony Camp | Ages 8-12 years | Activity Number: 308607
- Summer Adventures | Ages 8-12 years | Activity Number: 316380
- Horsemanship 1 | Ages 12-16 years | Activity Number: 308616
- Horsemanship 2 | Ages 12-16 years | Activity Number: 308617
- Farm Day Camp | Ages 8-12 years | Activity Number: 308602
- Mini Day Camp | Ages 6-7 years | Activity Number: 308604
- Not-So-Mini Day Camp | Ages 6-7 years | Activity Number: 308605



Day Camps

Keep busy and meet new friends while out of school during break by joining Recreation for some fun and adventurous camps! Below are just a few of the upcoming day camps available. For information about Bike Camps, see page 36. For information about day camps at The Farm, see page 59.

Please note any dietary restrictions when registering, and inform class instructor. Pack a water bottle, sack lunch, and sunscreen when applicable. Dress appropriately for the weather and activities.

Youth Programming

Imagination Camp

Arts and crafts, games, and activities designed to spark the imagination of young campers based on the weekly theme. Plan for swimming on Thursdays. **Note:** Please dress with bathing suits under clothes on Thursdays. Parents pick children up from the pool deck on Thursdays at the end of class.

Age: 5–7 years

Location: Mulberry Pool

Mad Science

6/5–6/8	M–Th	1:00–4:00 PM	\$68	316294-01
---------	------	--------------	------	-----------

Jedi in Training

6/12–6/15	M–Th	1:00–4:00 PM	\$68	316294-02
-----------	------	--------------	------	-----------

Disney

6/19–6/22	M–Th	1:00–4:00 PM	\$68	316294-03
-----------	------	--------------	------	-----------

Pirate Week

6/26–6/29	M–Th	1:00–4:00 PM	\$68	316294-04
-----------	------	--------------	------	-----------

S.T.E.M. Week

7/10–7/13	M–Th	1:00–4:00 PM	\$68	316294-05
-----------	------	--------------	------	-----------

Dinosaur Week

7/17–7/20	M–Th	1:00–4:00 PM	\$68	316294-06
-----------	------	--------------	------	-----------

Super Hero Week

7/24–7/27	M–Th	1:00–4:00 PM	\$68	316294-07
-----------	------	--------------	------	-----------

Animal Planet

7/31–8/3	M–Th	1:00–4:00 PM	\$68	316294-08
----------	------	--------------	------	-----------

Artists Studio

8/7–8/10	M–Th	1:00–4:00 PM	\$68	316294-09
----------	------	--------------	------	-----------

One-Day Camps

Themed one-day camps designed for families looking for an alternative to week long camps.

Age: 6–11 years

Location: Foothills Activity Center

Star Wars

6/5	M	9:00 AM–3:00 PM	\$36	316796-01
6/9	F	9:00 AM–3:00 PM	\$36	316796-02

Artists Studio

6/12	M	9:00 AM–3:00 PM	\$36	316796-03
6/16	F	9:00 AM–3:00 PM	\$36	316796-04

Movin' & Groovin'

6/19	M	9:00 AM–3:00 PM	\$36	316796-05
6/23	F	9:00 AM–3:00 PM	\$36	316796-06

Actor's Studio

6/26	M	9:00 AM–3:00 PM	\$36	316796-07
6/30	F	9:00 AM–3:00 PM	\$36	316796-08

Indoor Camping

7/7	F	9:00 AM–3:00 PM	\$36	316796-09
-----	---	-----------------	------	-----------

Animal Planet

7/10	M	9:00 AM–3:00 PM	\$36	316796-10
7/14	F	9:00 AM–3:00 PM	\$36	316796-11

Freestyle LEGO

7/17	M	9:00 AM–3:00 PM	\$36	316796-12
7/21	F	9:00 AM–3:00 PM	\$36	316796-13

Super Heroes

7/24	M	9:00 AM–3:00 PM	\$36	316796-14
7/28	F	9:00 AM–3:00 PM	\$36	316796-15

Jurassic Park

7/31	M	9:00 AM–3:00 PM	\$36	316796-16
8/4	F	9:00 AM–3:00 PM	\$36	316796-17

Medieval Madness

8/7	M	9:00 AM–3:00 PM	\$36	316796-18
8/11	F	9:00 AM–3:00 PM	\$36	316796-19

Checkmate Chess Camp

Learn to play chess in a fun atmosphere. Features lessons throughout the day, as well as games, prizes, and trophies. Designed for new and beginner level players. **Note:** Please bring a water bottle and a snack.

Age: 6–11 years

Location: Mulberry Pool

7/17–7/21	M–F	9:00 AM–Noon	\$99	318292-01
-----------	-----	--------------	------	-----------

Survival in the Woods II

Challenge your survival skills while exploring other skills needed to be on the trail. On the last day of class, use new learned skills to explore the backcountry. Ages 8–11 years build on Survival in the Woods. Ages 12–15 years take an accelerated course. Prerequisite for ages 8–11 years: Survival in the Woods Camp.

Location: Lee Martinez Park

Age: 8–11 years

6/12–6/16	M–F	7:00 AM–1:00 PM	\$161	315931-01
6/26–6/30	M–F	7:00 AM–1:00 PM	\$161	315931-02
7/10–7/14	M–F	7:00 AM–1:00 PM	\$161	315931-03
7/24–7/28	M–F	7:00 AM–1:00 PM	\$161	315931-04

Age: 12–15 years

6/5–6/9	M–F	7:00 AM–1:00 PM	\$161	315932-01
6/19–6/23	M–F	7:00 AM–1:00 PM	\$161	315932-02
7/17–7/21	M–F	7:00 AM–1:00 PM	\$161	315932-03

Ultimate Babysitting Bootcamp

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

Age: 11–16 years

Location: Northside Aztlan Center

6/5	M	Noon–8:00 PM	\$80	315575-01
6/14	W	Noon–8:00 PM	\$80	315575-02
6/19	M	Noon–8:00 PM	\$80	315575-03
6/26	M	Noon–8:00 PM	\$80	315575-04
7/12	W	Noon–8:00 PM	\$80	315575-05
7/17	M	Noon–8:00 PM	\$80	315575-06
7/24	M	Noon–8:00 PM	\$80	315575-07
8/7	M	Noon–8:00 PM	\$80	315575-08

STEM Camps

LEGO Intro to STEM

Tap into the imagination with thousands of LEGO. Create unique designs and build engineer projects such as Boats, Snowmobiles, Catapults, and Merry-Go-Rounds. New and returning students can explore the endless creative possibilities of LEGO.

Age: 5–7 years

Location: Northside Aztlan Center

8/7–8/11	M–F	9:00 AM–Noon	\$171	315509-01
----------	-----	--------------	-------	-----------

LEGO Jedi Engineer

The Force Awakens in this engineering course for young Jedi. Explore engineering principles by designing and building LEGO X-Wings, R2 Units, Energy Catapults, and Settlements from a galaxy far, far away. Create motorized and architectural projects with imagination and engineering.

Age: 5–7 years

Location: Northside Aztlan Center

7/10–7/14	M–F	9:00 AM–Noon	\$171	315504-01
-----------	-----	--------------	-------	-----------

LEGO Lift Off

Build LEGO models of every kind of flying machine, from wings that flap like a bird's, to P-51 Mustangs, Stealth Bombers, and NASA rockets. Then, discover how real-world aircraft and spacecraft actually fly.

Age: 5–7 years

Location: Northside Aztlan Center

6/26–6/30	M–F	9:00 AM–Noon	\$171	315502-01
-----------	-----	--------------	-------	-----------

LEGO Minecraft Pre-Engineer

Bring Minecraft to life using thousands of LEGO. Build engineer-designed projects such as a motorized Creeper, a portal to the Nether, and a moving Minecart. For those who are new to Minecraft and LEGO or are seasoned veterans. Get hooked on the endless creative possibilities.

Age: 5–7 years

Location: Northside Aztlan Center

6/12–6/16	M–F	9:00 AM–Noon	\$171	315500-01
-----------	-----	--------------	-------	-----------

LEGO Super Hero Engineer

Save the world with LEGO Super Heroes. Build the hideouts and vehicles of caped crusaders and learn what makes them Super Hero Engineers. Young heroes build and save a LEGO city where ingenuity and imagination can solve any conflict.

Age: 5–7 years

Location: Northside Aztlan Center

7/24–7/28	M–F	9:00 AM–Noon	\$171	315507-01
-----------	-----	--------------	-------	-----------

LEGO Girl Powered STEM

A Play-Well offering for girls who love to build. Course provides a supportive environment for girls to build engineer-designed projects such as Catapults, Pneumatic Cranes, and Arch Bridges. Explore crazy ideas and design and build as never before.

Age: 6–12 years

Location: Northside Aztlan Center

7/17–7/21	M–F	9:00 AM–Noon	\$171	315506-01
-----------	-----	--------------	-------	-----------

LEGO Aerospace FUNDamentals

Study the work of the flight masters, build a LEGO model of the largest rocket in history, and design a Mars Rover. Explore the history of flight, from DaVinci to the Wright Brothers to NASA. Discover how stealth fighters, blimps, and rockets all use the same concepts to actually fly.

Age: 8–12 years

Location: Northside Aztlan Center

6/26–6/30	M–F	1:00–4:00 PM	\$171	315503-01
-----------	-----	--------------	-------	-----------

LEGO Jedi Master Engineer

Discover key engineering concepts such as gear trains, worm drives, pneumatics, and eccentric motion. Build LEGO X-Wings, AT-AT walkers, Pod Racers, Star Destroyers, Cloud Cities, Settlements, Fortresses, and other complex machines and structures from a galaxy far, far away.

Age: 8–12 years

Location: Northside Aztlan Center

7/10–7/14	M–F	1:00–4:00 PM	\$171	315505-01
-----------	-----	--------------	-------	-----------

LEGO Minecraft Master Engineer

Build a motorized walking Creeper, a terrifying Ghost, and a motorized Minecart. This camp combines the format of a core engineering-themed program with Minecraft. Students explore concepts in physics, engineering, and architecture.

Age: 8–12 years

Location: Northside Aztlan Center

6/12–6/16	M–F	1:00–4:00 PM	\$171	315501-01
-----------	-----	--------------	-------	-----------

LEGO STEM Challenge

Power on engineering skills with thousands of LEGO. Apply concepts in physics, engineering, and architecture through engineer projects such as Pneumatic Cranes, Arch Bridges, and Battletracks. An experienced instructor challenges students to engineer at the next level.

Age: 8–12 years

Location: Northside Aztlan Center

8/7–8/11	M–F	1:00–4:00 PM	\$171	315510-01
----------	-----	--------------	-------	-----------

LEGO Super Hero Master Engineer

LEGO Super Heroes need help to defeat the destructive forces of evil arch-villains. An engineering curriculum designed by Play-Well challenges heroes to design, build, and save a LEGO city where ingenuity and imagination can solve any conflict.

Age: 8–12 years

Location: Northside Aztlan Center

7/24–7/28	M–F	1:00–4:00 PM	\$171	315508-01
-----------	-----	--------------	-------	-----------

Animation Flix

In this fast paced camp, create up to five stop-motion animated flix. Each day, use a new style of stop-motion, combining the favorites of past years with some completely new styles, making this camp new each year for everyone to enjoy. It's the ultimate arts and crafts camp where campers create, direct, and film movies in age-appropriate groups. **Note:** Flix downloadable within a month after camp ends.

Age: 7–13 years

Location: Northside Aztlan Center

7/31–8/4	M–F	9:00 AM–Noon	\$220	315574-02
----------	-----	--------------	-------	-----------

LEGO Flix

It's time to bring those LEGO worlds to life in LEGO stop-motion animated flix. Create a LEGO set with LEGO characters for a movie you storyboard, write, shoot, and voice-over in age appropriate groups. **Note:** Flix is downloadable within a month after camp ends.

Age: 7–13 years

Location: Northside Aztlan Center

7/17–7/21	M–F	1:00–4:00 PM	\$220	315574-01
-----------	-----	--------------	-------	-----------

Minecraft Flix

Let the imagination guide you to turn this popular video game into an exciting Minecraft world. Using stop-motion animation, bring Steve, the creepers, and animals to life. Write, storyboard, shoot, and add voice-over in age-appropriate groups. **Note:** Flix is downloadable within a month after camp ends

Age: 7–13 years

Location: Northside Aztlan Center

7/31–8/4	M–F	1:00–4:00 PM	\$220	315574-03
----------	-----	--------------	-------	-----------

One Day STEM Camps**Space & Flight Academy**

Get ready to have a blast. From Earth's atmosphere to the outer reaches of THE solar system, this hands-on program sends budding Mad Scientists on a quest for exploration. Learn about the four forces of flight, planes, and rockets.

Age: 6–11 years

Location: Mulberry Pool

6/9	F	9:00 AM–4:00 PM	\$75	315200-01
-----	---	-----------------	------	-----------

Super Sleuth Academy

James Bond? MacGyver? Austin Powers? Discover "who done it?" with secret communications, detective crime science, the inner workings of security systems, and solving mysteries.

Age: 6–11 years

Location: Mulberry Pool

6/23	F	9:00 AM–4:00 PM	\$75	315200-02
------	---	-----------------	------	-----------

Fizz-ical Phenomenon

Take a walk on the wild side to explore molecular madness, crazy chemistry, and all kinds of radical reactions. Whip up potions, find out how different chemicals react when mixed together, and use chemistry skills to discover the answers to secrets and wonders.

Age: 6–11 years

Location: Mulberry Pool

7/7	F	9:00 AM–4:00 PM	\$75	315200-03
-----	---	-----------------	------	-----------

Birds & Beasts

Become a Mad Science biologist, ornithologist, and entomologist. Walk, explore and discover answers to questions about birds, owls, and bugs.

Age: 6–11 years

Location: Mulberry Pool

7/28	F	9:00 AM–4:00 PM	\$75	315200-04
------	---	-----------------	------	-----------

LEGEND

NW

Denotes no web registration for program

M

Denotes program/activity has special membership pricing

H

Denotes Health and Wellness program

Early Learning

Early Learning courses are tailored toward children ages 6 years & under and are designed to enrich both their social and educational skills. Most classes for kids ages 3 years & older are Child Without Parent Classes. Classes in which parents are required or permitted to attend are listed in the Child With Parent Classes on page 52.

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

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

Child without Parent Classes

2–6 years old

Funtime Programming

Funtime closures/holidays correspond to the Poudre School District schedule. However, it does not follow PSD weather closures. Funtime classes will not be held on 7/4, 9/4, 9/29, 10/20, 11/17.

Don't miss the summer fun at The Camp TLE Xperience!

SUMMER TIME SAFARI AT TLE

SAVE 1/2 OFF OF REGISTRATION WITH MENTION OF THIS AD!

Enroll now for summer camp and 2017-2018 school year.

9 THEMATIC WEEKS

Weekly **FIELD TRIPS** Sports **ACTIVITIES**

EXCITING Guest Entertainers **GUEST ENTERTAINERS**

- Me & My Backpack
- Walking Wild Things
- Tree of Life
- Rainforest Mystery
- Amazing Amazonians
- Adventure Island
- Making Tracks
- Starry Safari
- Sounds of the Safari
- Radical Reptiles
- Bird Bonanza
- Safari Survival

4775 Boardwalk Dr • Fort Collins, CO 80525
(970) 223-3377 | www.TheLearningExperience.com

*CANNOT BE COMBINED WITH ANY OTHER DISCOUNTS OR PROMOTIONAL OFFERS. FOR NEW ENROLLEES ONLY. THIS OFFER IS NOT REDEEMABLE FOR CASH AND IS NON-TRANSFERRABLE. OTHER RESTRICTIONS MAY APPLY. PLEASE SEE CENTER MANAGEMENT FOR FURTHER DETAILS.

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

6/6–6/15	Tu,Th	9:30–11:30 AM	\$43	317503-01
6/20–6/29	Tu,Th	9:30–11:30 AM	\$43	317503-02
7/11–7/20	Tu,Th	9:30–11:30 AM	\$43	317503-03
7/25–8/3	Tu,Th	9:30–11:30 AM	\$43	317503-04

Funtime for Preschoolers

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

Age: 3–4 years

Location: Northside Aztlan Center

8/28–10/6	M,W,F	9:30 AM–Noon	\$221	417501-01
10/9–11/15	M,W,F	9:30 AM–Noon	\$221	417501-02
11/27–12/15	M,W,F	9:30 AM–Noon	\$125	417501-03

Funtime Pre-K

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

Age: 4–5 years

Location: Northside Aztlan Center

8/28–10/6	M,W,F	9:30 AM–Noon	\$221	417500-01
10/9–11/15	M,W,F	9:30 AM–Noon	\$221	417500-02
11/27–12/15	M,W,F	9:30 AM–Noon	\$125	417500-03

Fun & Fitness

Develop a healthy fitness habit in a fun, festive atmosphere. Along with fitness activities, also enjoy arts and crafts, social time, and story time.

Age: 2–4 years

Location: Foothills Activity Center

6/6–6/15	Tu,Th	9:30–11:30 AM	\$43	317758-01
6/20–6/29	Tu,Th	9:30–11:30 AM	\$43	317758-02
7/6–7/13	Tu,Th	9:30–11:30 AM	\$33	317758-03
7/18–7/27	Tu,Th	9:30–11:30 AM	\$43	317758-04
8/1–8/10	Tu,Th	9:30–11:30 AM	\$43	317758-05

Bridge to Kindergarten

Review week for all 4 and 5 year olds that will be entering Kindergarten this fall. Letters, numbers, social skills, arts and crafts, story time, and a ride on a school bus included.

Age: 4–5 years

Location: Mulberry Pool

8/14–8/17	M–Th	9:00 AM–Noon	\$68	317216-01
-----------	------	--------------	------	-----------

General Programming

Curious Twos

Attention is directed to games, crafts and stories, and providing a positive first step to independent learning. **Note:** Class will not be held on 7/4.

Age: 2 years

Location: Northside Aztlan Center

6/5–6/14	M,W	9:30–10:30 AM	\$22	317504-01
6/19–6/28	M,W	9:30–10:30 AM	\$22	317504-02
7/10–7/19	M,W	9:30–10:30 AM	\$22	317504-03
7/24–8/2	M,W	9:30–10:30 AM	\$22	317504-04

Curious Two's Together

Parents join with their curious two year old who isn't quite ready to venture on their own. Attention is directed to games, crafts and stories, and providing a positive first step to independent learning.

Note: This is a child with parent class.

Age: 2 years

Location: Northside Aztlan Center

6/5–6/14	M,W	11:00 AM–Noon	\$22	317566-01
6/19–6/28	M,W	11:00 AM–Noon	\$22	317566-02
7/10–7/19	M,W	11:00 AM–Noon	\$22	317566-03
7/24–8/2	M,W	11:00 AM–Noon	\$22	317566-04

Mini Imagination Camp

Pre-camp for younger children that are not quite ready for a full or half-day camp. Themed based activities include arts and crafts, movement, storytelling, singing, and imaginative play.

Age: 3–4 years

Location: Mulberry Pool

Mad Science

6/5–6/8	M–Th	9:30–11:30 AM	\$47	316295-01
---------	------	---------------	------	-----------

Jedi in Training

6/12–6/15	M–Th	9:30–11:30 AM	\$47	316295-02
-----------	------	---------------	------	-----------

Disney

6/19–6/22	M–Th	9:30–11:30 AM	\$47	316295-03
-----------	------	---------------	------	-----------

Pirate Week

6/26–6/29	M–Th	9:30–11:30 AM	\$47	316295-04
-----------	------	---------------	------	-----------

S.T.E.M. Week

7/10–7/13	M–Th	9:30–11:30 AM	\$47	316295-05
-----------	------	---------------	------	-----------

Dinosaurs

7/17–7/20	M–Th	9:30–11:30 AM	\$47	316295-06
-----------	------	---------------	------	-----------

Super Heroes

7/24–7/27	M–Th	9:30–11:30 AM	\$47	316295-07
-----------	------	---------------	------	-----------

Animal Planet

7/31–8/3	M–Th	9:30–11:30 AM	\$47	316295-08
----------	------	---------------	------	-----------

Artist Studio

8/7–8/10	M–Th	9:30–11:30 AM	\$47	316295-09
----------	------	---------------	------	-----------

Preschool Tools

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

Age: 3–5 years

Location: Foothills Activity Center

Hammers

6/6	Tu	1:00–2:00 PM	\$15	317756-01
-----	----	--------------	------	-----------

Screws, Nuts & Bolts

7/11	Tu	1:00–2:00 PM	\$15	317756-02
------	----	--------------	------	-----------

Take it Apart

8/8	Tu	1:00–2:00 PM	\$15	317756-03
-----	----	--------------	------	-----------

Afternoon Adventures

Parents take an afternoon for themselves while kids are entertained with activities that may include arts and crafts, games, gym time, and outdoor play.

Age: 3–6 years

Location: Northside Aztlan Center

6/7	W	1:00–5:00 PM	\$23	317513-01
6/14	W	1:00–5:00 PM	\$23	317513-02
6/21	W	1:00–5:00 PM	\$23	317513-03
6/28	W	1:00–5:00 PM	\$23	317513-04
7/5	W	1:00–5:00 PM	\$23	317513-05
7/12	W	1:00–5:00 PM	\$23	317513-06
7/19	W	1:00–5:00 PM	\$23	317513-07
7/26	W	1:00–5:00 PM	\$23	317513-08
8/2	W	1:00–5:00 PM	\$23	317513-09

Disney Delights

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

Age: 3–6 years

Location: Northside Aztlan Center

Secret Life of Pets

6/12	M	1:00–2:30 PM	\$17	317540-01
------	---	--------------	------	-----------

Trolls

6/26	M	1:00–2:30 PM	\$17	317540-02
------	---	--------------	------	-----------

Zootopia

7/17	M	1:00–2:30 PM	\$17	317540-03
------	---	--------------	------	-----------

Moana

7/31	M	1:00–2:30 PM	\$17	317540-04
------	---	--------------	------	-----------

LEGO with Friends

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

Age: 3–6 years

Location: Foothills Activity Center

6/27–6/29	Tu,Th	1:00–2:30 PM	\$21	317749-01
7/18–7/20	Tu,Th	1:00–2:30 PM	\$21	317749-02



Call now to schedule a **FREE** screening for your toddler!
 *24 months & under for patients without insurance



Mountain Kids

PEDIATRIC DENTISTRY

Come see Dr. Joe Guido, Dr. Katie Rusnak
and Dr. Shivaun McArtor!

3600 Mitchell Drive | Fort Collins, CO | p.970.224.3600 | mountainkidsdentistry.com
 In Network with most Insurances | Follow us on Facebook



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

Oceanography

6/6	Tu	9:30–11:00 AM	\$17	317507-01
6/7	W	9:30–11:00 AM	\$17	317507-02
6/8	Th	9:30–11:00 AM	\$17	317507-03

Entomology

6/13	Tu	9:30–11:00 AM	\$17	317507-04
6/14	W	9:30–11:00 AM	\$17	317507-05
6/15	Th	9:30–11:00 AM	\$17	317507-06

Zoology

6/20	Tu	9:30–11:00 AM	\$17	317507-07
6/21	W	9:30–11:00 AM	\$17	317507-08
6/22	Th	9:30–11:00 AM	\$17	317507-09

Vet Medicine

6/27	Tu	9:30–11:00 AM	\$17	317507-10
6/28	W	9:30–11:00 AM	\$17	317507-11
6/29	Th	9:30–11:00 AM	\$17	317507-12

Flight

7/5	W	9:30–11:00 AM	\$17	317507-13
7/6	Th	9:30–11:00 AM	\$17	317507-14

Reptiles

7/11	Tu	9:30–11:00 AM	\$17	317507-15
7/12	W	9:30–11:00 AM	\$17	317507-16
7/13	Th	9:30–11:00 AM	\$17	317507-17

Astronomy

7/18	Tu	9:30–11:00 AM	\$17	317507-18
7/19	W	9:30–11:00 AM	\$17	317507-19
7/20	Th	9:30–11:00 AM	\$17	317507-20

Magnets

7/25	Tu	9:30–11:00 AM	\$17	317507-21
7/26	W	9:30–11:00 AM	\$17	317507-22
7/27	Th	9:30–11:00 AM	\$17	317507-23

Paleontology

8/1	Tu	9:30–11:00 AM	\$17	317507-24
8/2	W	9:30–11:00 AM	\$17	317507-25
8/3	Th	9:30–11:00 AM	\$17	317507-26

Concoctions

8/8	Tu	9:30–11:00 AM	\$17	317507-27
8/9	W	9:30–11:00 AM	\$17	317507-28
8/10	Th	9:30–11:00 AM	\$17	317507-29

My Pretty Pony

Enjoy My Pretty Pony games, crafts, and stories. Bring ponies with and have fun playing pretend with friends.

Age: 3–6 years

Location: Northside Aztlan Center

6/6–6/8	Tu,Th	1:00–2:30 PM	\$21	317542-01
---------	-------	--------------	------	-----------

Ninja Turtles

Leonardo, Raphael, Donatello, and Michelangelo inspired crafts and games. Snack included. Pizza anyone?

Age: 3–6 years

Location: Northside Aztlan Center

6/13–6/15	Tu,Th	1:00–2:30 PM	\$21	317543-01
-----------	-------	--------------	------	-----------

A Pirates Life for Me

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

Age: 3–6 years

Location: Northside Aztlan Center

7/18–7/20	Tu,Th	1:00–2:30 PM	\$21	317551-01
-----------	-------	--------------	------	-----------

Playdough World

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

Age: 3–6 years

Location: Northside Aztlan Center

6/27–6/29	Tu,Th	1:00–2:30 PM	\$21	317547-01
-----------	-------	--------------	------	-----------

Pretend with Friends

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

Age: 3–6 years

Location: Northside Aztlan Center

Dinosaurs

6/19	M	1:00–2:30 PM	\$17	317550-01
------	---	--------------	------	-----------

Firefighters

7/10	M	1:00–2:30 PM	\$17	317550-02
------	---	--------------	------	-----------

Princess Party

7/24	M	1:00–2:30 PM	\$17	317550-03
------	---	--------------	------	-----------

Veterinarian

8/7	M	1:00–2:30 PM	\$17	317550-04
-----	---	--------------	------	-----------

Science Detectives

Science investigations and hands-on experiments.

Age: 3–6 years

Location: Northside Aztlan Center

8/1–8/3	Tu,Th	1:00 AM–2:30 PM	\$21	317538-01
---------	-------	-----------------	------	-----------

Tinkerbelle & Friends

Arts and crafts, games, and stories featuring Tinkerbelle and her friends.

Age: 3–6 years

Location: Northside Aztlan Center

8/8–8/10	Tu,Th	1:00 AM–2:30 PM	\$21	317531-01
----------	-------	-----------------	------	-----------

Super Heroes

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

Age: 3–6 years

Location: Northside Aztlan Center

7/11–7/13	Tu,Th	1:00–2:30 PM	\$21	317548-01
-----------	-------	--------------	------	-----------

Secret Agents

Create spy tools and work as a team to solve the mystery. Includes dramatic play, arts and crafts, and stories.

Age: 3–6 years

Location: Northside Aztlan Center

7/25–7/27	Tu,Th	1:00–2:30 PM	\$21	317552-01
-----------	-------	--------------	------	-----------

Storybook Theater

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

Age: 4–6 years

Location: Foothills Activity Center

6/15	Th	2:00–4:00 PM	\$21	317730-01
------	----	--------------	------	-----------

6/22	Th	2:00–4:00 PM	\$21	317730-02
------	----	--------------	------	-----------

7/27	Th	2:00–4:00 PM	\$21	317730-03
------	----	--------------	------	-----------

8/3	Th	2:00–4:00 PM	\$21	317730-04
-----	----	--------------	------	-----------

Arts & Crafts**The Art of Wayne Thiebaud, PreK**

Find inspiration in Thiebaud's colorful work depicting commonplace items.

Age: 4–5 years

Location: Foothills Activity Center

6/28	W	1:00–3:00 PM	\$35	316712-01
------	---	--------------	------	-----------

ARTrageous Outerspace, PreK

Travel through the galaxy and create aliens, planets, and spaceships with pencils, clay, and paint.

Age: 4–5 years

Location: Foothills Activity Center

7/26	W	1:00–3:00 PM	\$35	316709-01
------	---	--------------	------	-----------

Cupcakes 'n Canvas, Pre-K

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

Age: 4–5 years

Location: Foothills Activity Center

Birds of a Feather

6/7	W	1:00–2:30 PM	\$30	317729-01
-----	---	--------------	------	-----------

Underwater World

7/5	W	1:00–2:30 PM	\$30	317729-02
-----	---	--------------	------	-----------

Animal Kingdom

8/2	W	1:00–2:30 PM	\$30	317729-03
-----	---	--------------	------	-----------

bring on the FUN!



WELCOME TO BASE Camp

When school is out, BASE Camp is in!

Before and After school care, on-site at your child's elementary school.




Also offering full-day summer camp!

Office Location
1224 E. Elizabeth Street
Fort Collins, CO 80524

Contact Info
(p) (970) 266-1734
(f) (970) 377-9865

Online
mybasecampkids.org
facebook.com/mybasecampkids



BASE Camp
Before and After School Enrichment

- Quality, safe, and affordable before- and after-school programming
- Improved academic, physical, social and communication skills
- No transportation required
- Hours between 6:30 AM–6:00 PM
- Tuition assistance available

Circus, Circus Pre-K

Inspired by the world greatest circuses, create with paint, clay, and more.

Age: 4–5 years

Location: Northside Aztlan Center

6/27–6/29	Tu,Th	1:00–3:00 PM	\$65	316521-01
-----------	-------	--------------	------	-----------

Pirate Island

Create desert islands, treasure coves, and pirate ships with paint, clay, and pencil.

Age: 4–5 years

Location: Foothills Activity Center

7/12	W	1:00–4:00 PM	\$50	316726-01
------	---	--------------	------	-----------

Cooking

Little Chefs Cooking Club

Theme-based and hands-on. An occasional craft is offered to enhance the learning experience.

Age: 3–5 years

Location: Northside Aztlan Center

Cute Cupcakes

6/5	M	10:00–11:30 AM	\$20	317520-01
-----	---	----------------	------	-----------

Around the World

6/12	M	10:00–11:30 AM	\$20	317520-02
------	---	----------------	------	-----------

Little Chefs Cooking Club continued

Breakfast

6/19	M	10:00–11:30 AM	\$20	317520-03
------	---	----------------	------	-----------

Lunch

6/26	M	10:00–11:30 AM	\$20	317520-04
------	---	----------------	------	-----------

Delicious Desserts

7/10	M	10:00–11:30 AM	\$20	317520-05
------	---	----------------	------	-----------

Fun with Fruit

7/17	M	10:00–11:30 AM	\$20	317520-06
------	---	----------------	------	-----------

Yummy Snacks

7/24	M	10:00–11:30 AM	\$20	317520-07
------	---	----------------	------	-----------

Ice Cream

7/31	M	10:00–11:30 AM	\$20	317520-08
------	---	----------------	------	-----------

Pizza

8/7	M	10:00–11:30 AM	\$20	317520-09
-----	---	----------------	------	-----------

Child with Parent Classes

Ages: 0–5 years

General Programming

I Can Do It Myself

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

Age: 15 months–2 years

Location: Foothills Activity Center

Secret Garden

6/7	W	10:45–11:45 AM	\$17	317767-01
-----	---	----------------	------	-----------

Birds of a Feather

7/5	W	10:45–11:45 AM	\$17	317767-02
-----	---	----------------	------	-----------

Circus

8/2	W	10:45–11:45 AM	\$17	317767-03
-----	---	----------------	------	-----------

Little Explorers

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

Age: 15 months–2 years

Location: Northside Aztlan Center

6/9–6/23	F	9:30–10:30 AM	\$23	317561-01
----------	---	---------------	------	-----------

6/30–7/14	F	9:30–10:30 AM	\$23	317561-02
-----------	---	---------------	------	-----------

7/21–8/4	F	9:30–10:30 AM	\$23	317561-03
----------	---	---------------	------	-----------

Parent & Tot Science

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

Age: 2–3 years

Location: Northside Aztlan Center

6/9–6/23	F	11:00 AM–Noon	\$23	317560-01
----------	---	---------------	------	-----------

7/21–8/4	F	11:00 AM–Noon	\$23	317560-02
----------	---	---------------	------	-----------

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

6/8	Th	1:00–2:30 PM	\$13	317763-01
-----	----	--------------	------	-----------

Marble Mazes

7/13	Th	1:00–2:30 PM	\$13	317763-02
------	----	--------------	------	-----------

Building Bridges

8/10	Th	1:00–2:30 PM	\$13	317763-03
------	----	--------------	------	-----------

Arts & Crafts**Small hands, Big Messy Art**

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

Age: 15 months–2 years

Location: Northside Aztlan Center

6/30–7/14	F	11:00 AM–Noon	\$23	317585-01
-----------	---	---------------	------	-----------

Art Start with Parent

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

Age: 18 months–3 years

Location: Foothills Activity Center

6/7–6/28	W	9:30–10:30 AM	\$50	316717-01
----------	---	---------------	------	-----------

7/5–7/26	W	9:30–10:30 AM	\$50	316717-02
----------	---	---------------	------	-----------

8/2–8/23	W	9:30–10:30 AM	\$50	316717-03
----------	---	---------------	------	-----------

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

Cake Pops

6/9	F	9:30–10:30 AM	\$17	317571-01
-----	---	---------------	------	-----------

Oh My Pie

6/16	F	9:30–10:30 AM	\$17	317571-02
------	---	---------------	------	-----------

Pancakes

6/23	F	9:30–10:30 AM	\$17	317571-03
------	---	---------------	------	-----------

Pizza

6/30	F	9:30–10:30 AM	\$17	317571-04
------	---	---------------	------	-----------

Red, White & Blue

7/7	F	9:30–10:30 AM	\$17	317571-05
-----	---	---------------	------	-----------

Teddy Bear Treats

7/14	F	9:30–10:30 AM	\$17	317571-06
------	---	---------------	------	-----------

Mother Hubbard's Cupboard continued

Fruit Kabobs

7/21	F	9:30–10:30 AM	\$17	317571-07
------	---	---------------	------	-----------

Muffins

7/28	F	9:30–10:30 AM	\$17	317571-08
------	---	---------------	------	-----------

Flower Power

8/4	F	9:30–10:30 AM	\$17	317571-09
-----	---	---------------	------	-----------

Caterpillar Cupcakes

8/11	F	9:30–10:30 AM	\$17	317571-10
------	---	---------------	------	-----------

Dance & Movement**Baby Ballerinas**

Bring imagination to life to explore body movement and awareness as a ballerina. **Note:** Class will not be held on 7/4.

Age: 2–3 years

Location: Club Tico

6/27–7/18	Tu	9:30–10:15 AM	\$26	315112-01
-----------	----	---------------	------	-----------

7/25–8/15	Tu	9:30–10:15 AM	\$34	315112-02
-----------	----	---------------	------	-----------

Roly Polys

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

Location: Foothills Activity Center

Age: 2 years

6/5–6/19	M	10:30–11:15 AM	\$28	315720-01
----------	---	----------------	------	-----------

6/6–6/20	Tu	11:00–11:45 AM	\$28	315720-02
----------	----	----------------	------	-----------

5/31–6/21	W	11:15 AM–Noon	\$37	315720-03
-----------	---	---------------	------	-----------

6/26–7/17	M	10:30–11:15 AM	\$28	315720-04
-----------	---	----------------	------	-----------

6/27–7/18	Tu	11:00–11:45 AM	\$28	315720-05
-----------	----	----------------	------	-----------

6/28–7/19	W	11:15 AM–Noon	\$37	315720-06
-----------	---	---------------	------	-----------

7/24–8/7	M	10:30–11:15 AM	\$28	315720-07
----------	---	----------------	------	-----------

7/25–8/8	Tu	11:00–11:45 AM	\$28	315720-08
----------	----	----------------	------	-----------

7/26–8/9	W	11:15 AM–Noon	\$28	315720-09
----------	---	---------------	------	-----------

Age: 3 years

6/5–6/19	M	9:30–10:15 AM	\$28	315720-10
----------	---	---------------	------	-----------

5/31–6/21	W	10:15–11:00 AM	\$37	315720-11
-----------	---	----------------	------	-----------

6/26–7/17	M	9:30–10:15 AM	\$28	315720-12
-----------	---	---------------	------	-----------

6/28–7/19	W	10:15–11:00 AM	\$37	315720-13
-----------	---	----------------	------	-----------

7/24–8/7	M	9:30–10:15 AM	\$28	315720-14
----------	---	---------------	------	-----------

7/26–8/9	W	10:15–11:00 AM	\$28	315720-15
----------	---	----------------	------	-----------

LEGEND

NW Denotes no web registration for program

M Denotes program/activity has special membership pricing

H Denotes Health and Wellness program

SERVING UP NORTHERN COLORADO'S BEST DEALS

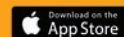


Find Northern Colorado's
BEST DEALS in Our Book and at
NoCoHotSpots.com

TO ADVERTISE:
JOHN HAGESETH **970.690.3400**
LUKE COVAIS **970.581.5000**



DOWNLOAD OUR
FREE MOBILE APP



Education

Interested in learning a new skill? City of Fort Collins Recreation offers educational classes that range from cooking an exotic dish, to mastering a technology skill, to being a hero with life-saving skills.

If you are registering for a class that involves food preparation and/or consumption, please note food allergies when registering.

Adult Programming

CPR & First Aid

CPR & First Aid

Learn basic first aid procedures, as well as adult, child, and infant CPR. A great class for daycare providers. Two certificates from the Emergency Care Safety Institute-AAOS are issued upon successful completion of the course. Book included.

Age: 14 years & up

Location: Senior Center

6/10	Sa	9:00 AM–5:00 PM	\$77	307441-01
7/8	Sa	9:00 AM–5:00 PM	\$77	307441-02
8/5	Sa	9:00 AM–5:00 PM	\$77	307441-03

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

6/7	W	5:30–9:30 PM	\$77	307442-01
7/5	W	5:30–9:30 PM	\$77	307442-02
8/2	W	5:30–9:30 PM	\$77	307442-03

Cooking

Colorful Summer Wraps

Chill out this summer with gluten-free, vegan, light, and easy international summer wraps. **Note:** Menu: Vietnamese rice paper rolls with two dipping sauces, Indian samosa wraps, Mexican eggplant tacos with cashew sour cream.

Age: 18 years & up

Location: Senior Center

6/8	Th	6:00–8:15 PM	\$36	307424-01
-----	----	--------------	------	-----------

Food For Life: Cancer Project

Research shows that about 40% of cancer risk may be diet related. Explore how the right food choices can help if you have had cancer, want to prevent a re-occurrence, or reduce risk of developing cancer. There are 8–10 recipes demonstrations throughout the day. Topics: How Foods Fight Cancer; Low-Fat, High-Fiber Foods; Discovering Dairy and Meat Alternatives; Cancer-Fighting Compounds; Healthy Weight Control.

Age: 18 years & up

Location: Senior Center

6/11	Su	9:00 AM–3:00 PM	\$70	307425-01
------	----	-----------------	------	-----------

Dal 101, Indian Style Lentils

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

Age: 18 years & up

Location: Senior Center

6/26	M	6:00–8:15 PM	\$36	307426-01
------	---	--------------	------	-----------

Indian Fusion

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

Age: 18 years & up

Location: Senior Center

7/6	Th	6:00–8:15 PM	\$36	307427-01
-----	----	--------------	------	-----------

Summer Tacos

Explore awesome vegetarian versions of a taco. Fillings include summer squash, mushrooms, lentils, and potatoes, paired with homemade fruit salsas. Gluten-free and vegan.

Age: 18 years & up

Location: Senior Center

7/19	W	6:00–8:15 PM	\$36	307428-01
------	---	--------------	------	-----------

Everyday Curries

An introduction to the science of making curries in a simple and easy way, with a focus on the role spices play. Menu: Red lentils curry (dal) with summer squash, peas and potato curry, roasted eggplant curry.

Age: 18 years & up

Location: Senior Center

7/10	M	6:00–8:15 PM	\$36	307429-01
------	---	--------------	------	-----------

LEGEND

NW

Denotes no web registration for program

M

Denotes program/activity has special membership pricing

H

Denotes Health and Wellness program

Indian Crepes & Chutneys

Learn to make these simple, gluten-free, and vegan creations at home, and discover how to pair with the perfect chutneys. Menu: Quinoa crepes with roasted red pepper chutney, lentil crepes with beet chutney, rice crepes with zucchini chutney.

Age: 18 years & up

Location: Senior Center

8/31	Th	6:00–8:15 PM	\$36	307430-01
------	----	--------------	------	-----------

Cooking Around the World

Learn about a new country each week through its cuisine. Recipes are simple adaptations using locally available ingredients and designed for convenience. Meals take 30 minutes to prepare. Vegetarian options available. **Note:** Class will not be held on 7/4.

Age: 14 years & up

Location: Senior Center

6/6–7/11	Tu	6:30–7:30 PM	\$49	307432-01
7/22–7/29	Sa	10:30 AM–12:30 PM	\$35	307432-02

Healthy Mexican Cooking in Spanish

Learn to prepare a light Mexican menu with fresh ingredients. Music is played and helpful Spanish phrases are shared along with English/Spanish recipes. Menu: Mushroom and poblano tacos, squash burritos, handmade green salsa, fresh melon soda. Gluten-free. Meat and vegetarian options available.

Age: 18 years & up

Location: Senior Center

6/28	W	6:00–8:15 PM	\$49	307435-01
------	---	--------------	------	-----------

Music & Theatre

Instant Guitar

Learn the chords needed to play any song on the guitar, as well as a few secrets. Familiarity with reading notes is helpful, but not required. **Note:** \$29 materials fee included; \$5 discount when enrolling in Instant Piano, as well.

Age: 18 years & up

Location: Senior Center

7/14	F	6:30–9:00 PM	\$58	307476-01
------	---	--------------	------	-----------

Instant Piano

Learn the chords needed to play any song on the piano, as well as a few secrets. Familiarity with reading notes is helpful, but not required. **Note:** \$29 materials fee included; \$5 discount when enrolling in Instant Guitar, as well.

Age: 18 years & up

Location: Senior Center

7/15	Sa	9:00 AM–Noon	\$58	307477-01
------	----	--------------	------	-----------

Piano by Ear

Expands on “Instant Piano”. Learn to play songs on the piano without music. Also, explore music theory including predicting chord progressions and learning from recordings. Basic understanding and experience of chords on any instrument recommended. **Note:** \$29 material fee included.

Age: 18 years & up

Location: Senior Center

7/15	Sa	1:00–3:30 PM	\$58	307465-01
------	----	--------------	------	-----------

Pet Training

Comings & Goings

Teach Fido to come when called using “The Really Reliable Recall”. The program uses positive reinforcement and results in great recalls even with distractions. Learn to use free shaping and hand targeting to teach dogs to walk calmly on a loose leash on the trails and in town. **Note:** You will hear from the instructor one week prior to class with location confirmation. Class will not be held on 7/4.

Age: 18 years & up

Location: Rogers Neighborhood Park

6/20–7/18	Tu	5:30–6:30 PM	\$79	307462-01
-----------	----	--------------	------	-----------

AKC Community Canine Title

Teach Fido the skills needed to pass the American Kennel Club’s Community Canine (CGCA) evaluation. Lessons include walking on a loose leash with high distractions, greeting people with packages, waiting for elevators, and leaving food on a sidewalk. Dogs are evaluated during the last class. Prerequisite: Successful completion of Canine Good Citizen.

Age: 18 years & up

Location: Rogers Neighborhood Park

8/1–9/5	Tu	5:30–6:30 PM	\$79	307463-01
---------	----	--------------	------	-----------

Technology

Blogging for Passion or Profit

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

Age: 18 years & up

Location: Columbine Health Computer Lab

7/5–8/2	W	7:30–8:30 PM	\$48	307901-01
---------	---	--------------	------	-----------

Facebook for Beginners

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

Age: 18 years & up

Location: Columbine Health Computer Lab

7/5–7/26	W	6:15–7:15 PM	\$44	307905-01
----------	---	--------------	------	-----------

Classes listed below provided by Front Range PC Users Group.

Excel Introduction

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

Age: 18 years & up

Location: Columbine Health Computer Lab

6/3	Sa	8:30 AM–12:30 PM	\$14	307903-01
-----	----	------------------	------	-----------

Computer Basics

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

Age: 18 years & up

Location: Columbine Health Computer Lab

6/6–6/9	Tu–F	10:00 AM–Noon	\$19	307902-01
---------	------	---------------	------	-----------

Beginning Word v. 2010

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

Age: 18 years & up

Location: Columbine Health Computer Lab

6/17–6/24	Sa	8:30 AM–12:30 PM	\$24	307909-01
-----------	----	------------------	------	-----------

Free & Excellent Software

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

Age: 18 years & up

Location: Senior Center

7/1	Sa	9:00 AM–Noon	\$14	307406-01
-----	----	--------------	------	-----------

Having Fun with Windows

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

Age: 18 years & up

Location: Columbine Health Computer Lab

7/8–7/22	Sa	8:30 AM–12:30 PM	\$25	307916-01
----------	----	------------------	------	-----------

Gizmos & Gadgets

A combination of demonstrations, hands-on sessions, and a layman's introduction to technology such as tablets and smartphones.

Age: 18 years & up

Location: Senior Center

7/29	Sa	9:00 AM–Noon	\$14	307407-01
------	----	--------------	------	-----------

Writing

Creative Writing

Take an honest look at the changing field of publishing and agents in the digital age. Perform writing exercises, review personal and peer samples, expand the mind and imagination, undergo peer critique, and receive direction for becoming a better writer.

Age: 18 years & up

Location: Senior Center

6/8–7/13	Th	7:00–8:00 PM	\$41	307457-01
----------	----	--------------	------	-----------

Youth Programming

Cooking

Kids Can Cook

Get creative in the kitchen. Themed classes help increase cooking knowledge.

Age: 6–9 years

Location: Northside Aztlan Center

Cake Pops

6/5	M	1:00–3:00 PM	\$20	318519-01
-----	---	--------------	------	-----------

Around the World

6/12	M	1:00–3:00 PM	\$20	318519-02
------	---	--------------	------	-----------

Breakfast

6/19	M	1:00–3:00 PM	\$20	318519-03
------	---	--------------	------	-----------

Lunch

6/26	M	1:00–3:00 PM	\$20	318519-04
------	---	--------------	------	-----------

Delicious Desserts

7/10	M	1:00–3:00 PM	\$20	318519-05
------	---	--------------	------	-----------

Fun with Fruit

7/17	M	1:00–3:00 PM	\$20	318519-06
------	---	--------------	------	-----------

Yummy Snacks

7/24	M	1:00–3:00 PM	\$20	318519-07
------	---	--------------	------	-----------

Gross Goodies

7/31	M	1:00–3:00 PM	\$20	318519-08
------	---	--------------	------	-----------

Gross Grub

8/7	M	1:00–3:00 PM	\$20	318519-09
-----	---	--------------	------	-----------



2017 FATHER'S DAY 5K

Sunday, June 18
Old Town Square

Register by visiting fcgov.com/FathersDay5k, any Recreation facility, or calling 970.221.6655.

Early bird registration ends May 19.



17-5064

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

General

Go-Kart Camp

Be a safe, educated Go-Kart driver. Focus on skills that transfer to the everyday driving world. Participants who demonstrate driving competence after this experience are given a Fort Fun Drivers Permit, permitting independent go-kart driving during future paid visits.

Age: 8–12 years

Location: Fort Fun

6/3	Sa	8:00–10:00 AM	\$29	316989-01
6/14	W	8:00–10:00 AM	\$29	316989-02
6/24	Sa	8:00–10:00 AM	\$29	316989-03
7/8	Sa	8:00–10:00 AM	\$29	316989-04
7/12	W	8:00–10:00 AM	\$29	316989-05
7/22	Sa	8:00–10:00 AM	\$29	316989-06

LEGO Club

Get together with other LEGO enthusiasts to share ideas and use imaginations to create LEGO masterpieces. Snack provided.

Age: 6–10 years

Location: Foothills Activity Center

6/13	Tu	1:00–4:00 PM	\$13	318746-01
6/20	Tu	1:00–4:00 PM	\$13	318746-02
7/25	Tu	1:00–4:00 PM	\$13	318746-03
8/1	Tu	1:00–4:00 PM	\$13	318746-04

NEED ACCESS TO THE CITY IN YOUR POCKET?



Access Fort Collins is an easy way to send your questions, comments and service requests directly to City staff anytime, anywhere. Find it online at fcgov.com, or download the free mobile app.



The Farm

Adopt an Animal

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

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

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

Birthday Parties

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

The Farm Store

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

The Farm Museum

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

Volunteer

Help keep The Farm grounds and animal pens looking great. Volunteers must be at least 13 years old and willing to work hard. Volunteers usually work 2 hour shifts any day of the week. Call The Farm for more information: 970.221.6665.

Pony Club

This club is for you if you have attended a pony camp and would like to spend even more time with The Farm’s ponies. \$20 per month allows you to sign up for special activities offered only to you. Members receive Pony Club emails to keep informed about the ponies and upcoming Club activities. Available to ages 8–15 years.

Family Programming

Farm Camp Out

Camp out in the pasture as a family. Bring a tent and sleeping bags for an evening of hayrides, singing around the “campfire,” and s’mores. Hot dogs, chips, and lemonade, and a light breakfast included. Fee includes up to 4 people. Additional people are \$5 at the door.

Age: All

Location: The Farm

6/23–6/24	F,Sa	6:00 PM–9:00 AM	\$60	308628-01
-----------	------	-----------------	------	-----------

Goat Yoga

Must love goats...the four legged yoga enthusiasts come to class. Bring an old mat and curiosity. Goats may interact with yogis or may curl up in a corner. The City is not responsible for “acts of nature” from the goats.

Location: The Farm

Age: All

6/12	M	5:15–6:15 PM	\$10	308030-02
------	---	--------------	------	-----------

Age: 16 years & up

6/8	Th	6:45–7:45 AM	\$10	308030-01
-----	----	--------------	------	-----------

Milk & Cookies Storytelling – NW

Storytelling by local storytellers. The barnyard is a great setting for enjoying stories, sipping milk, and eating a cookie amongst the animals. Our friends at Morning Fresh Dairy provide the milk and help make this a Farm favorite. **Note:** Admission to The Farm required.

Age: All

Location: The Farm

6/23	F	10:30–11:00 AM	No Fee
7/14	F	10:30–11:00 AM	No Fee
8/4	F	10:30–11:00 AM	No Fee

“Moo”vie Night – NW

Bring the whole family to watch a family friendly movie in the barn, and see what the animals do after the front gates close. Popcorn, beverages, hot dogs, and chips are available for purchase. **Note:** Admission to The Farm required.

Location: The Farm

Age: All

6/7	W	6:00–8:00 PM	No Fee
-----	---	--------------	--------

Age: 12 months & up

7/18	Tu	6:00–8:00 PM	No Fee
------	----	--------------	--------

LEGEND	NW	Denotes no web registration for program
	M	Denotes program/activity has special membership pricing
	H	Denotes Health and Wellness program

Youth Programming

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. This is a child with parent class.

Age: 2 years

Location: The Farm

6/5–6/19	M	11:00 AM–Noon	\$36	308609-01
6/5–6/19	M	11:15 AM–12:15 PM	\$36	308609-02
6/26–7/10	M	11:00 AM–Noon	\$36	308609-03
6/26–7/10	M	11:15 AM–12:15 PM	\$36	308609-04
7/17–7/31	M	11:00 AM–Noon	\$36	308609-05
7/17–7/31	M	11:15 AM–12:15 PM	\$36	308609-06

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

Location: The Farm

6/5–6/19	M	9:00–10:00 AM	\$31	308610-01
6/5–6/19	M	9:15–10:15 AM	\$31	308610-02
6/26–7/10	M	9:00–10:00 AM	\$31	308610-03
6/26–7/10	M	9:15–10:15 AM	\$31	308610-04
7/17–7/31	M	9:00–10:00 AM	\$31	308610-05
7/17–7/31	M	9:15–10:15 AM	\$31	308610-06

Pullet Surprise

“Farmers” learn about the animals as they help take care of them. Gather eggs, milk the cow, craft, share stories, and go on a hayride.

Age: 3 years

Location: The Farm

7/11–7/14	Tu–F	9:00–10:00 AM	\$41	308611-01
7/25–7/28	Tu–F	9:00–10:00 AM	\$41	308611-02
8/1–8/4	Tu–F	9:00–10:00 AM	\$41	308611-03

Pony Riding Lessons

Round 'em up and bring those cowpokes to The Farm where both you and your child learn to groom and saddle a pony. Lead your child's pony as the basics of riding are taught. **Note:** Other children may not attend this class because you are a full time participant with your pony rider. Parent and child need to wear closed toed shoes.

Location: The Farm

Age: 3–5 years

6/12–6/15	M–Th	6:00–7:00 PM	\$61	308614-01
6/19–6/22	M–Th	6:00–7:00 PM	\$61	308614-02
8/1–8/4	Tu–F	9:00–10:00 AM	\$61	308614-03

Age: 6–7 years

6/26–6/29	M–Th	6:00–7:00 PM	\$61	308614-04
8/1–8/4	Tu–F	10:30–11:30 AM	\$61	308614-05

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.

Age: 4–5 years

Location: The Farm

6/6–6/9	Tu–F	1:00–2:30 PM	\$40	308606-01
6/6–6/9	Tu–F	1:00–2:30 PM	\$46	308606-02
6/13–6/16	Tu–F	1:00–2:30 PM	\$46	308606-03
6/13–6/16	Tu–F	1:00–2:30 PM	\$46	308606-04
7/11–7/14	Tu–F	8:30–10:00 AM	\$46	308606-05
7/11–7/14	Tu–F	10:30 AM–Noon	\$46	308606-06
7/11–7/14	Tu–F	10:30 AM–Noon	\$46	308606-07
7/11–7/14	Tu–F	1:00–2:30 PM	\$46	308606-08
7/11–7/14	Tu–F	1:00–2:30 PM	\$46	308606-09
7/18–7/21	Tu–F	1:00–2:30 PM	\$46	308606-10
7/18–7/21	Tu–F	1:00–2:30 PM	\$46	308606-11
7/25–7/28	Tu–F	8:30–10:00 AM	\$46	308606-12
7/25–7/28	Tu–F	10:30 AM–Noon	\$46	308606-13
7/25–7/28	Tu–F	10:30 AM–Noon	\$46	308606-14
7/25–7/28	Tu–F	1:00–2:30 PM	\$46	308606-15
7/25–7/28	Tu–F	1:00–2:30 PM	\$46	308606-16
8/1–8/4	Tu–F	8:30–10:00 AM	\$46	308606-17
8/1–8/4	Tu–F	1:00–2:30 PM	\$46	308606-18
8/1–8/4	Tu–F	1:00–2:30 PM	\$46	308606-19

Green Thumbs

Explore the world of gardening at The Farm. Learn about worm composting, bugs, and the importance of plants.

Age: 4–6 years

Location: The Farm

8/1–8/4	Tu–F	10:30–11:30 AM	\$35	308603-01
---------	------	----------------	------	-----------

Pony Experience

Learn about the ponies while working with a partner. Grooming and saddling are taught with beginner riding skills.

Age: 6–7 years

Location: The Farm

6/5–6/8	M–Th	9:30–11:30 AM	\$111	308625-01
6/12–6/15	M–Th	9:30–11:30 AM	\$111	308625-02

Barnyard Experience

Explore the barn and the barnyard. Learn how hay is stored and about the animals that will have babies this spring. A craft and snack round out the morning.

Age: 6–10 years

Location: The Farm

6/28	W	9:30–11:30 AM	\$20	308632-01
8/2	W	10:15 AM–12:15 PM	\$20	308632-02

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 of six participants per class to be offered and active. **Note:** Health & Wellness programs **H** are not eligible for discount.

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

Class Specifics

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

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

For teen and youth fitness classes, see page 67.

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

Personal Training

Personal trainers are available to train at Edora Pool Ice Center, Foothills Activity Center, Northside Aztlan Community Center, and Senior Center and help you to develop an exercise program that meets your personal goals and needs. Personal training is available to those ages 13 years and up. For more information, contact David Wimmer at 970.224.6026, dwimmer@fcgov.com.

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

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

Trainers

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

Talisa Gula-Yeast 970.302.8414	Dominick Jones 970.481.2416
Yvonne Hanning 970.449.3460	Deborah Knobel 970.658.5710

Terence Lenoir-Legros
970.488.9242

Mary Sewell Homan
970.213.0510

Tess Pasternak
404.694.2629

Adult Fitness Classes

Group Fitness

Barre Fitness

Turn classic ballet on its head. Utilize a mix of ballet barre movements, stretching, and Pilates-based core exercises to burn fat. Designed to sculpt, strengthen, and stretch the entire body in an intelligent and safe way. **Note:** Class will not be held on 5/29.

Location: Northside Aztlan Center

5/22–6/21	M,W	9:00–10:00 AM	\$37	309501-01
6/26–7/26	M,W	9:00–10:00 AM	\$41	309501-02
7/31–8/30	M,W	9:00–10:00 AM	\$41	309501-03

Boomer Boot Camp **H**

A full body workout geared to increase strength and stamina. Get in shape and increase energy with guidance from the trainers from Poudre Valley Medical Fitness.

Location: Senior Center

6/5–6/28	M,W	8:00–8:50 AM	\$25	325417-01
7/10–8/2	M,W	8:00–8:50 AM	\$25	325417-02
8/14–8/30	M,W	8:00–8:50 AM	\$18.75	325417-03

Boot Camp

A fun fat burning, “can do” focused class. Using functional movements and basic cardio calisthenics, this weight loss and fat burning class is built on evidenced based high intensity interval training principles in order for all participants to maximize their results. **Note:** Class will not be held on 5/29.

Location: Foothills Activity Center

5/22–6/23	M,W,F	5:30–6:30 PM	\$57	309774-01
6/26–7/28	M,W,F	5:30–6:30 PM	\$61	309774-02
7/31–9/1	M,W,F	5:30–6:30 PM	\$61	309774-03
5/27–6/24	Sa	4:00–5:00 PM	\$21	309774-04
7/1–7/29	Sa	4:00–5:00 PM	\$21	309774-05
8/5–9/2	Sa	4:00–5:00 PM	\$21	309774-06

Cardio, Core, & More **H**

An entire body workout that is perfect for those who are looking to improve overall condition; a blend of cardio and strength exercise that change each week. Increase flexibility, balance, and stamina to become stronger and healthier.

Location: Senior Center

6/5–6/28	M,W	9:00–9:50 AM	\$25	325418-01
7/10–8/2	M,W	9:00–9:50 AM	\$25	325418-02
8/14–8/30	M,W	9:00–9:50 AM	\$18.75	325418-03

CrossTrain

An intense workout that maximizes strength and agility. Use kettle bells, plyo boxes, ropes, and more to work every muscle in the body. Every workout is totally different, keeping your body guessing and forcing it to stay at its peak. **Note:** Class will not be held on 5/29.

Location: Northside Aztlan Center

5/22–6/23	M,W,F	6:15–7:15 AM	\$57	309502-01
6/26–7/28	M,W,F	6:15–7:15 AM	\$61	309502-02
7/31–9/1	M,W,F	6:15–7:15 AM	\$61	309502-03
5/22–6/23	M,W,F	Noon–1:00 PM	\$57	309502-04
6/26–7/28	M,W,F	Noon–1:00 PM	\$61	309502-05
7/31–9/1	M,W,F	Noon–1:00 PM	\$61	309502-06

Essentrics, Classical Stretch

A unique fitness program that improves posture and cardiovascular health by strengthening and lengthening muscles. Scientifically designed to unlock the body and heal pain. With regular practice, become more flexible, limber, and mobile. **Note:** Class will not be held on 5/29.

Location: Northside Aztlan Center

5/22–6/21	M,W	10:00–11:00 AM	\$37	309503-01
6/26–7/26	M,W	10:00–11:00 AM	\$41	309503-02
7/31–8/30	M,W	10:00–11:00 AM	\$41	309503-03

Functional Strength

Learn to safely and effectively use equipment with working with a personal trainer in a small group setting to see and feel the benefits of strength training, flexibility, and balance. **Note:** Class will not be held on 7/4, 8/8, 8/10.

Location: Senior Center

5/23–6/22	Tu,Th	7:50–8:45 AM	\$41	309402-01
6/27–7/27	Tu,Th	7:50–8:45 AM	\$37	309402-02
8/1–8/31	Tu,Th	7:50–8:45 AM	\$33	309402-03
5/23–6/22	Tu,Th	9:00–9:50 AM	\$41	309402-04
6/27–7/27	Tu,Th	9:00–9:50 AM	\$37	309402-05
8/1–8/31	Tu,Th	9:00–9:50 AM	\$33	309402-06

Group Lift, Vida Sana

Group weight lifting and weight room use. Vida Sana passes accepted; registration required. Vida Sana is a call for collaboration to unite for the health equity and wellbeing of the low income communities in Fort Collins. Apply for a pass at Northside. **Note:** Class will not be held on 7/4.

Location: Northside Aztlan Center

5/23–6/20	Tu	10:30–11:30 AM	No Fee	309514-01
6/27–7/25	Tu	10:30–11:30 AM	No Fee	309514-02
8/1–8/29	Tu	10:30–11:30 AM	No Fee	309514-03
5/26–6/23	F	9:00–10:00 AM	No Fee	309514-04
6/30–7/28	F	9:00–10:00 AM	No Fee	309514-05
8/4–9/1	F	9:00–10:00 AM	No Fee	309514-06
5/26–6/23	F	3:00–4:00 PM	No Fee	309514-07
6/30–7/28	F	3:00–4:00 PM	No Fee	309514-08
8/4–9/1	F	3:00–4:00 PM	No Fee	309514-09

Group Track, VidaSana

Walking class around the track. Vida Sana passes accepted; registration required. Vida Sana is a call for collaboration to unite for the health equity and wellbeing of the low income communities in Fort Collins. Apply for a pass at Northside. **Note:** Class will not be held on 5/29.

Location: Northside Aztlan Center

5/22–6/19	M	9:30–10:30 AM	No Fee	309515-01
6/26–7/24	M	9:30–10:30 AM	No Fee	309515-02
7/31–8/28	M	9:30–10:30 AM	No Fee	309515-03
5/22–6/19	M	7:00–8:00 PM	No Fee	309515-04
6/26–7/24	M	7:00–8:00 PM	No Fee	309515-05
7/31–8/28	M	7:00–8:00 PM	No Fee	309515-06
5/24–6/21	W	6:30–7:30 PM	No Fee	309515-07
6/28–7/26	W	6:30–7:30 PM	No Fee	309515-08
8/2–8/30	W	6:30–7:30 PM	No Fee	309515-09

Lose to Win

Designed to help you lose weight. If you have seen the Biggest Loser on TV and wondered if you could do something like that, here is your chance. Class includes a variety of exercises that are geared to burn fat and gain confidence. **Note:** Class will not be held on 5/29.

Location: Northside Aztlan Center

5/22–6/23	M,W,F	9:30–10:30 AM	\$57	309504-01
6/26–7/28	M,W,F	9:30–10:30 AM	\$61	309504-02
7/31–9/1	M,W,F	9:30–10:30 AM	\$61	309504-03

Low Impact Aerobics

Emphasis is on low-impact aerobics including floor exercise and a cool-down period. Especially good for previously sedentary persons. **Note:** Class will not be held on 7/4, 8/8, 8/10.

Location: Senior Center

5/23–6/22	Tu,Th	8:50–9:50 AM	\$41	309401-01
6/27–7/27	Tu,Th	8:50–9:50 AM	\$37	309401-02
8/1–8/31	Tu,Th	8:50–9:50 AM	\$33	309401-03

Mat Pilates

Gain flexibility, muscle strength, definition, and core balance by learning correct posture and alignment through a series of body movements. **Note:** Class will not be held on 5/29, 7/4, 8/7, 8/11.

Location: Senior Center

5/22–6/19	M	1:45–2:45 PM	\$17	309403-01
6/26–7/24	M	1:45–2:45 PM	\$21	309403-02
7/31–8/28	M	1:45–2:45 PM	\$17	309403-03
5/26–6/23	F	1:45–2:45 PM	\$21	309403-04
6/30–7/28	F	1:45–2:45 PM	\$21	309403-05
8/4–9/1	F	1:45–2:45 PM	\$17	309403-06

Location: Northside Aztlan Center

5/23–6/22	Tu,Th	1:00–2:00 PM	\$41	309506-01
6/27–7/27	Tu,Th	1:00–2:00 PM	\$37	309506-02
8/1–8/31	Tu,Th	1:00–2:00 PM	\$41	309506-03
5/24–6/21	W	5:30–6:30 PM	\$21	309506-04
6/28–7/26	W	5:30–6:30 PM	\$21	309506-05
8/2–8/30	W	5:30–6:30 PM	\$21	309506-06

continued on next page

Mat Pilates continued

Location: Foothills Activity Center

5/23–6/22	Tu,Th	8:30–9:30 AM	\$41	309720-01
6/27–7/27	Tu,Th	8:30–9:30 AM	\$37	309720-02
8/1–8/31	Tu,Th	8:30–9:30 AM	\$41	309720-03

Nia

Claim wellness and explore joy with this sensory based, non-impact, aerobic fusion of dance, healing, and martial arts. Connect body, mind, emotions, and spirit for wellness, conditioning, and overall fitness. Advance registration strongly encouraged. All levels welcome.

Note: Class will not be held on 7/4.

Location: Senior Center

5/23–6/20	Tu	5:30–6:25 PM	\$21	309404-01
6/27–7/25	Tu	5:30–6:25 PM	\$17	309404-02
5/25–6/22	Th	5:30–6:25 PM	\$21	309404-03
6/29–7/27	Th	5:30–6:25 PM	\$21	309404-04

Pound Rockout Workout

Combine cardio, strength-training, balance, and pilates-inspired movements with simulated drumming using lightly weighted ripstix for total body conditioning. **Note:** Class will not be held on 8/9.

Location: Senior Center

5/24–6/21	W	6:45–7:30 PM	\$16	309405-01
6/28–7/26	W	6:45–7:30 PM	\$16	309405-02
8/2–8/30	W	6:45–7:30 PM	\$13	309405-03

PowerTrain

An intense body strengthening workout using free weights, resistance machines, and cardio equipment. Pump iron and your heart. Each powerful cardio and weightlifting session is totally different, keeping the body guessing, forcing it to stay at its peak. **Note:** Class will not be held on 7/4.

Location: Northside Aztlan Center

5/23–6/22	Tu,Th	6:15–7:15 AM	\$41	309507-01
6/27–7/27	Tu,Th	6:15–7:15 AM	\$37	309507-02
8/1–8/31	Tu,Th	6:15–7:15 AM	\$41	309507-03
5/23–6/22	Tu,Th	Noon–1:00 PM	\$41	309507-04
6/27–7/27	Tu,Th	Noon–1:00 PM	\$37	309507-05
8/1–8/31	Tu,Th	Noon–1:00 PM	\$41	309507-06

Spin & Tone

Includes the same challenging workout that other Group Spin classes offer, but with an additional toning segment either throughout the class or at the end. Great for cardiovascular training and total body strengthening. **Note:** Class will not be held on 5/29, 7/4.

Location: Northside Aztlan Center

5/22–6/21	M,W	5:30–6:30 PM	\$37	309505-01
6/26–7/26	M,W	5:30–6:30 PM	\$41	309505-02
7/31–8/30	M,W	5:30–6:30 PM	\$41	309505-03
5/23–6/22	Tu,Th	6:15–7:15 AM	\$41	309505-04
6/27–7/27	Tu,Th	6:15–7:15 AM	\$37	309505-05
8/1–8/31	Tu,Th	6:15–7:15 AM	\$41	309505-06

Strength & Tone

Upbeat and designed to develop strength and flexibility in people of every fitness level. Sculpt with free weights, toning moves, waves of cardio, and rotating fitness equipment to help rev metabolism in an encouraging atmosphere. **Note:** Class will not be held on 7/4.

Location: Northside Aztlan Center

5/23–6/22	Tu,Th	Noon–12:55 PM	\$41	309508-01
6/27–7/27	Tu,Th	Noon–12:55 PM	\$37	309508-02
8/1–8/31	Tu,Th	Noon–12:55 PM	\$41	309508-03

Strength Training

Increase muscle strength, bone mass, and stamina. The first class of each session includes an orientation to training principals and equipment. **Note:** Class will not be held on 5/29, 7/4.

Location: Northside Aztlan Center

5/22–6/21	M,W	8:30–9:30 AM	\$37	309509-01
6/26–7/26	M,W	8:30–9:30 AM	\$41	309509-02
7/31–8/30	M,W	8:30–9:30 AM	\$41	309509-03
5/23–6/22	Tu,Th	9:30–10:30 AM	\$41	309509-04
6/27–7/27	Tu,Th	9:30–10:30 AM	\$37	309509-05
8/1–8/31	Tu,Th	9:30–10:30 AM	\$41	309509-06

Total Body Boot Camp

A mix of cardio, weight circuits, and stretching. Keep the body guessing and see improvements in strength, flexibility, and stamina. **Note:** Class will not be held on 7/4.

Location: Northside Aztlan Center

5/23–6/22	Tu,Th	5:30–6:30 PM	\$41	309510-01
6/27–7/27	Tu,Th	5:30–6:30 PM	\$37	309510-02
8/1–8/31	Tu,Th	5:30–6:30 PM	\$41	309510-03

TRX Body Blast

TRX is a suspension fitness system that helps build balance, muscle strength, and flexibility. Adjust the straps to increase or decrease the difficulty of every exercise; a perfect workout for all fitness levels. **Note:** Class will not be held on 7/4.

Location: Northside Aztlan Center

5/23–6/22	Tu,Th	Noon–1:00 PM	\$41	309511-01
6/27–7/27	Tu,Th	Noon–1:00 PM	\$37	309511-02
8/1–8/31	Tu,Th	Noon–1:00 PM	\$41	309511-03
5/27–6/24	Sa	8:00–9:00 AM	\$21	309511-04
7/1–7/29	Sa	8:00–9:00 AM	\$21	309511-05
8/5–9/2	Sa	8:00–9:00 AM	\$21	309511-06

LEGEND

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

Zumba

Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program. Routines feature interval training sessions where fast and slow rhythms are combined to tone and sculpt while burning fat. **Note:** Class will not be held on 5/29, 7/4, 8/7, 8/9, 8/12.

Location: Senior Center

5/22-6/19	M	5:30-6:25 PM	\$17	309406-01
6/26-7/24	M	5:30-6:25 PM	\$21	309406-02
7/31-8/28	M	5:30-6:25 PM	\$17	309406-03
5/24-6/21	W	5:30-6:25 PM	\$21	309406-04
6/28-7/26	W	5:30-6:25 PM	\$21	309406-05
8/2-8/30	W	5:30-6:25 PM	\$17	309406-06
5/27-6/24	Sa	9:00-10:00 AM	\$21	309406-07
7/1-7/29	Sa	9:00-10:00 AM	\$21	309406-08
8/5-9/2	Sa	9:00-10:00 AM	\$17	309406-09

Location: Northside Aztlan Center

5/23-6/20	Tu	6:30-7:30 PM	\$21	309512-01
6/27-7/25	Tu	6:30-7:30 PM	\$17	309512-02
8/1-8/29	Tu	6:30-7:30 PM	\$21	309512-03
5/24-6/21	W	6:30-7:30 PM	\$21	309512-04
6/28-7/26	W	6:30-7:30 PM	\$21	309512-05
8/2-8/30	W	6:30-7:30 PM	\$21	309512-06
5/25-6/22	Th	6:30-7:30 PM	\$21	309512-07
6/29-7/27	Th	6:30-7:30 PM	\$21	309512-08
8/3-8/31	Th	6:30-7:30 PM	\$21	309512-09

Location: Club Tico

5/22-6/19	M	9:00-10:00 AM	\$17	309112-01
6/26-7/24	M	9:00-10:00 AM	\$21	309112-02
7/31-8/28	M	9:00-10:00 AM	\$21	309112-03
5/24-6/21	W	9:00-10:00 AM	\$21	309112-04
6/28-7/26	W	9:00-10:00 AM	\$21	309112-05
8/2-8/30	W	9:00-10:00 AM	\$21	309112-06
5/26-6/23	F	9:00-10:00 AM	\$21	309112-07
6/30-7/28	F	9:00-10:00 AM	\$21	309112-08
8/4-9/1	F	9:00-10:00 AM	\$21	309112-09

Zumba, Vida Sana

Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program. Routines feature interval training sessions where fast and slow rhythms are combined to tone and sculpt while burning fat. Vida Sana passes accepted; registration required. Vida Sana is a call for collaboration to unite for the health equity and wellbeing of the low income communities in Fort Collins. Apply for a pass at Northside. **Note:** Class will not be held on 5/29, 7/4.

Location: Northside Aztlan Center

5/23-6/20	Tu	6:30-7:30 PM	No Fee	309513-01
6/27-7/25	Tu	6:30-7:30 PM	No Fee	309513-02
8/1-8/29	Tu	6:30-7:30 PM	No Fee	309513-03
5/24-6/21	W	6:30-7:30 PM	No Fee	309513-04
6/28-7/26	W	6:30-7:30 PM	No Fee	309513-05

Zumba, Vida Sana continued

8/2-8/30	W	6:30-7:30 PM	No Fee	309513-06
5/25-6/22	Th	6:30-7:30 PM	No Fee	309513-07
6/29-7/27	Th	6:30-7:30 PM	No Fee	309513-08
8/3-8/31	Th	6:30-7:30 PM	No Fee	309513-09

Location: Club Tico

5/22-6/19	M	9:00-10:00 AM	No Fee	309113-01
6/26-7/24	M	9:00-10:00 AM	No Fee	309113-02
7/31-8/28	M	9:00-10:00 AM	No Fee	309113-03
5/24-6/21	W	9:00-10:00 AM	No Fee	309113-04
6/28-7/26	W	9:00-10:00 AM	No Fee	309113-05
8/2-8/30	W	9:00-10:00 AM	No Fee	309113-06
5/26-6/23	F	9:00-10:00 AM	No Fee	309113-07
6/30-7/28	F	9:00-10:00 AM	No Fee	309113-08
8/4-9/1	F	9:00-10:00 AM	No Fee	309113-09

Les Mills

Les Mills BODYPUMP

A total body workout using light to moderate weights with lots of repetition. Instructors coach through the scientifically proven moves and techniques pumping out encouragement, motivation, and great music. **Note:** Class will not be held on 5/29, 7/4.

Location: Foothills Activity Center

5/22-6/21	M,W	6:30-7:30 AM	\$46	309710-01
6/26-7/26	M,W	6:30-7:30 AM	\$51	309710-02
7/31-8/30	M,W	6:30-7:30 AM	\$51	309710-03
5/22-6/21	M,W	Noon-12:45 PM	\$34.75	309710-04
6/26-7/26	M,W	Noon-12:45 PM	\$38.50	309710-05
7/31-8/30	M,W	Noon-12:45 PM	\$38.50	309710-06
5/22-6/21	M,W	6:45-7:45 PM	\$46	309710-07
6/26-7/26	M,W	6:45-7:45 PM	\$51	309710-08
7/31-8/30	M,W	6:45-7:45 PM	\$51	309710-09
5/23-6/22	Tu,Th	5:30-6:30 PM	\$51	309710-10
6/27-7/27	Tu,Th	5:30-6:30 PM	\$46	309710-11
8/1-8/31	Tu,Th	5:30-6:30 PM	\$51	309710-12
5/27-6/24	Sa	9:45-10:45 AM	\$26	309710-13
7/1-7/29	Sa	9:45-10:45 AM	\$26	309710-14
8/5-9/2	Sa	9:45-10:45 AM	\$26	309710-15

Les Mills BODYCOMBAT

Punch and kick your way to fitness with this high-energy martial arts-inspired workout. No experience necessary. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira, and Kung Fu. **Note:** Class will not be held on 5/29, 7/4.

Location: Foothills Activity Center

5/22-6/21	M,W	5:30-6:30 PM	\$46	309711-01
6/26-7/26	M,W	5:30-6:30 PM	\$51	309711-02
7/31-8/30	M,W	5:30-6:30 PM	\$51	309711-03
5/23-6/22	Tu,Th	Noon-12:45 PM	\$38.50	309711-04
6/27-7/27	Tu,Th	Noon-12:45 PM	\$34.75	309711-05
8/1-8/31	Tu,Th	Noon-12:45 PM	\$38.50	309711-06

Les Mills CXWORX

Use resistance tubes, weight plates, and body weight exercises like crunches and hovers. A full body exercise class with a focus on core, lower back, and hips. All the moves in CXWORX have options. So, it's challenging, but achievable for all fitness levels. **Note:** Class will not be held on 5/29, 7/4.

Location: Foothills Activity Center

5/22-6/21	M,W	7:30-8:00 AM	\$23.50	309712-01
6/26-7/26	M,W	7:30-8:00 AM	\$26	309712-02
7/31-8/30	M,W	7:30-8:00 AM	\$26	309712-03
5/23-6/22	Tu,Th	6:30-7:00 AM	\$26	309712-04
6/27-7/27	Tu,Th	6:30-7:00 AM	\$23.50	309712-05
8/1-8/31	Tu,Th	6:30-7:00 AM	\$26	309712-06
5/23-6/22	Tu,Th	7:00-7:30 PM	\$26	309712-07
6/27-7/27	Tu,Th	7:00-7:30 PM	\$23.50	309712-08
8/1-8/31	Tu,Th	7:00-7:30 PM	\$26	309712-09
5/26-6/23	F	Noon-12:30 PM	\$13.50	309712-10
6/30-7/28	F	Noon-12:30 PM	\$13.50	309712-11
8/4-9/1	F	Noon-12:30 PM	\$13.50	309712-12
5/27-6/24	Sa	Noon-12:30 PM	\$13.50	309712-13
7/1-7/29	Sa	Noon-12:30 PM	\$13.50	309712-14
8/5-9/2	Sa	Noon-12:30 PM	\$13.50	309712-15

Martial Arts

Qi Gong for Vitality 

Qi gong translates as "breath work." Utilize ancient physical techniques to enhance vitality, strength, and endurance. Meditative postures that are at the core of many martial arts can unlock hidden potential in physical and mental health; feel recharged instead of exhausted after workouts.

Location: Foothills Activity Center

8/2	W	6:00-8:00 PM	\$17	325711-01
8/9	W	6:00-7:00 PM	\$12	325711-02
8/16	W	6:00-7:00 PM	\$12	325711-03

Taijifit

A style of fun and easy to follow Tai Chi. No routines to follow or choreography to memorize. No experience necessary. Improve balance, strength, and flexibility. **Note:** Class will not be held on 5/29, 8/7, 8/8, 8/9, 8/10.

Location: Senior Center

5/22-6/21	M,W	Noon-12:45 PM	\$28	309440-01
6/26-7/26	M,W	Noon-12:45 PM	\$31	309440-02
7/31-8/30	M,W	Noon-12:45 PM	\$25	309440-03
5/23-6/20	Tu	4:00-4:45 PM	\$16	309440-04
6/27-7/25	Tu	4:00-4:45 PM	\$16	309440-05
8/1-8/29	Tu	4:00-4:45 PM	\$13	309440-06
5/25-6/22	Th	3:00-3:45 PM	\$16	309440-07
6/29-7/27	Th	3:00-3:45 PM	\$16	309440-08
8/3-8/31	Th	3:00-3:45 PM	\$13	309440-09

Tai Chi, Beginning

Tai Chi is an orthodox internal martial art from China. This class presents the four "Mother Forms" of the art which are low-impact, meditative repeating movements, and provides some insight into internal movement and training. **Note:** Class will not be held on 8/12.

Location: Senior Center

5/27-6/24	Sa	12:45-1:45 PM	\$21	309441-01
7/1-7/29	Sa	12:45-1:45 PM	\$21	309441-02
8/5-9/2	Sa	12:45-1:45 PM	\$17	309441-03

Yoga

Advanced Yoga for Athletes

Cardio vinyasa flow with an emphasis on strength, balance, and flexibility. A fast paced class, with upbeat music. Great for any athlete looking to improve their game.

Location: Foothills Activity Center

5/25-6/22	Th	7:00-8:00 AM	\$21	309766-01
6/29-7/27	Th	7:00-8:00 AM	\$21	309766-02
8/3-8/31	Th	7:00-8:00 AM	\$21	309766-03

Gentle Yoga & Meditation 

A series of outdoor yoga and meditation workshops, pairing gentle Viniyoga sequences with a guided meditation. Appropriate for all levels; beginners welcome. Please bring a mat if you have one. Meet east of the tennis courts.

Location: City Park

6/1	Th	6:00-7:30 PM	\$25	325408-01
7/6	Th	6:00-7:30 PM	\$25	325408-02
8/3	Th	6:00-7:30 PM	\$25	325408-03

Laughter Yoga 

Series of simple yet profound exercises based on the philosophy of acting happy. Relieve tension and feel good by engaging the body in physical actions of happiness and relaxation (e.g. laughter and deep breathing).

Location: Senior Center

6/3,6/17,7/1,7/15,/29,8/26	Sa	9:00-10:00 AM	No Fee	325452-01
6/8,6/22,7/6,7/20,8/3,8/17,8/31	Th	5:30-6:30 PM	No Fee	325452-02

Limitless Yoga 

Gentle restorative yoga designed to meet the challenges of those who experience acute or chronic health conditions. A beginner level class. Props and modifications are encouraged. Find motivation, evoke empowerment, and embrace peace.

Location: Senior Center

6/5-6/14	M,W	10:00-11:00 AM	\$13	325416-01
7/10-8/2	M,W	10:00-11:00 AM	\$25	325416-02
8/14-8/30	M,W	10:00-11:00 AM	\$18.75	325416-03

Mindfulness/Yoga Clinic

Based on the Mindfulness Based Stress Reduction (MBSR) Course taught at the University of Massachusetts Medical School. Learn the basic mindfulness techniques to help manage stress and be more present in your life.

Location: Northside Aztlan Center

6/13	Tu	6:00–7:30 PM	\$25	325550-01
------	----	--------------	------	-----------

Morning Meditation & Yoga

Begin the morning with meditation, moving into gentle yoga. A positive and healthy way to balance your day. **Note:** Class will not be held on 7/4.

Location: Northside Aztlan Center

5/23–6/22	Tu,Th	7:30–8:30 AM	\$41	309564-01
6/27–7/27	Tu,Th	7:30–8:30 AM	\$37	309564-02
8/1–8/31	Tu,Th	7:30–8:30 AM	\$41	309564-03

Restorative Yoga

A pleasant way to relax and soothe frayed nerves. Use blankets and blocks as props. Experience the benefits of a passive pose without having to exert much or any effort. During the practice, open, release, and connect with self-healing. **Note:** Class will not be held on 5/29, 8/12.

Location: Senior Center

5/27–6/24	Sa	10:45–11:45 AM	\$21	309465-01
7/1–7/29	Sa	10:45–11:45 AM	\$21	309465-02
8/5–9/2	Sa	10:45–11:45 AM	\$17	309465-03

Location: Northside Aztlan Center

5/22–6/21	M,W	Noon–1:00 PM	\$37	309560-01
6/26–7/26	M,W	Noon–1:00 PM	\$41	309560-02
7/31–8/30	M,W	Noon–1:00 PM	\$41	309560-03
5/26–6/23	F	11:00 AM–Noon	\$21	309560-04
6/30–7/28	F	11:00 AM–Noon	\$21	309560-05
8/4–9/1	F	11:00 AM–Noon	\$21	309560-06

Sculpting Yoga

Sculpt with this weights infused yoga class. Build strength and definition. Beginners to advanced levels welcome. **Note:** Class will not be held on 7/4.

Location: Northside Aztlan Center

5/23–6/22	Tu,Th	1:00–2:00 PM	\$41	309561-01
6/27–7/27	Tu,Th	1:00–2:00 PM	\$37	309561-02
8/1–8/31	Tu,Th	1:00–2:00 PM	\$41	309561-03

Slow Flow Hatha Yoga

Nurturing, fun, and non-competitive. Improve balance, strength, and flexibility. Poses are linked together slowly with attention to breath. Philosophy and stress management techniques are touched on. Advanced beginner level with modifications offered. For beginning and intermediate levels. **Note:** Class will not be held on 5/29, 7/4, 8/7.

Location: Senior Center

5/22–6/19	M	6:30–7:30 PM	\$17	309461-01
6/26–7/24	M	6:30–7:30 PM	\$21	309461-02
7/31–8/28	M	6:30–7:30 PM	\$17	309461-03

Slow Flow Hatha Yoga continued

Location: Northside Aztlan Center

5/22–6/19	M	4:00–5:00 PM	\$17	309562-01
6/26–7/24	M	4:00–5:00 PM	\$21	309562-02
7/31–8/28	M	4:00–5:00 PM	\$21	309562-03
5/23–6/20	Tu	5:00–6:00 PM	\$21	309562-04
6/27–7/25	Tu	5:00–6:00 PM	\$17	309562-05
8/1–8/29	Tu	5:00–6:00 PM	\$21	309562-06
5/24–6/21	W	4:00–5:00 PM	\$21	309562-07
6/28–7/26	W	4:00–5:00 PM	\$21	309562-08
8/2–8/30	W	4:00–5:00 PM	\$21	309562-09
5/25–6/22	Th	5:00–6:00 PM	\$21	309562-10
6/29–7/27	Th	5:00–6:00 PM	\$21	309562-11
8/3–8/31	Th	5:00–6:00 PM	\$21	309562-12

Location: Foothills Activity Center

5/22–6/21	M,W	4:30–5:30 PM	\$37	309761-01
6/26–7/26	M,W	4:30–5:30 PM	\$41	309761-02
7/31–8/30	M,W	4:30–5:30 PM	\$41	309761-03
5/23–6/22	Tu,Th	1:15–2:15 PM	\$41	309761-04
6/27–7/27	Tu,Th	1:15–2:15 PM	\$37	309761-05
8/1–8/31	Tu,Th	1:15–2:15 PM	\$41	309761-06

Therapeutic Yoga

Slow moving, directed yoga to improve specific health conditions and body issues. **Note:** Class will not be held on 5/29, 8/7, 8/10.

Location: Senior Center

5/22–6/19	M	11:00 AM–Noon	\$17	309460-01
6/26–7/24	M	11:00 AM–Noon	\$21	309460-02
5/22–6/19	M	Noon–1:00 PM	\$17	309460-04
6/26–7/24	M	Noon–1:00 PM	\$21	309460-05
5/25–6/22	Th	10:00–11:00 AM	\$21	309460-07
6/29–7/27	Th	10:00–11:00 AM	\$21	309460-08
5/25–6/22	Th	11:00 AM–Noon	\$21	309460-10
6/29–7/27	Th	11:00 AM–Noon	\$21	309460-11

Vinyasa Flow Yoga

A fun and fast paced flow linking breathing with movement. Learn the fundamental postures and principles that create a strong yoga practice and build core strength to support more advanced poses. **Note:** Class will not be held on 5/29.

Location: Northside Aztlan Center

5/27–6/24	Sa	8:00–9:00 AM	\$21	309563-01
7/1–7/29	Sa	8:00–9:00 AM	\$21	309563-02
8/5–9/2	Sa	8:00–9:00 AM	\$21	309563-03

Location: Foothills Activity Center

5/22–6/21	M,W	8:30–9:30 AM	\$37	309765-01
6/26–7/26	M,W	8:30–9:30 AM	\$41	309765-02
7/31–8/30	M,W	8:30–9:30 AM	\$41	309765-03
5/27–6/24	Sa	1:00–2:00 PM	\$21	309765-04
7/1–7/29	Sa	1:00–2:00 PM	\$21	309765-05
8/5–9/2	Sa	1:00–2:00 PM	\$21	309765-06

Yoga & Meditation

Through hatha yoga, learn to quiet the mind and find inner balance. Begin with meditation and move into asanas. This is a calm approach to being present, rejuvenated, and healthier. **Note:** Class will not be held on 7/4.

Location: Northside Aztlan Center

5/23–6/22	Tu,Th	9:00–10:00 AM	\$41	309565-01
6/27–7/27	Tu,Th	9:00–10:00 AM	\$37	309565-02
8/1–8/31	Tu,Th	9:00–10:00 AM	\$41	309565-03

Yoga All Levels

An emphasis on precision in alignment is taught in standing, forward bending, back bending, twisting, and restorative poses. **Note:** Class will not be held on 8/12.

Location: Senior Center

5/27–6/24	Sa	9:30–10:30 AM	\$21	309464-01
7/1–7/29	Sa	9:30–10:30 AM	\$21	309464-02
8/5–9/2	Sa	9:30–10:30 AM	\$17	309464-03

Yoga, Beginning

By practicing yoga breathing and physical exercises, gain physical strength, tone, flexibility, and stamina. Participants may also experience a sense of inner calm. **Note:** Class will not be held on 7/4, 8/8, 8/10, 8/9.

Location: Senior Center

5/23–6/22	Tu,Th	2:45–3:45 PM	\$41	309462-01
6/27–7/27	Tu,Th	2:45–3:45 PM	\$37	309462-02
8/1–8/31	Tu,Th	2:45–3:45 PM	\$33	309462-03
5/23–6/22	Tu,Th	4:00–5:00 PM	\$41	309462-04
6/27–7/27	Tu,Th	4:00–5:00 PM	\$37	309462-05
8/1–8/31	Tu,Th	4:00–5:00 PM	\$33	309462-06
5/23–6/22	Tu,Th	5:15–6:15 PM	\$41	309462-07
6/27–7/27	Tu,Th	5:15–6:15 PM	\$37	309462-08
8/1–8/31	Tu,Th	5:15–6:15 PM	\$33	309462-09
5/24–6/21	W	Noon–1:00 PM	\$21	309462-10
6/28–7/26	W	Noon–1:00 PM	\$21	309462-11
8/2–8/30	W	Noon–1:00 PM	\$17	309462-12
5/24–6/21	W	1:15–2:15 PM	\$21	309462-13
6/28–7/26	W	1:15–2:15 PM	\$21	309462-14
8/2–8/30	W	1:15–2:15 PM	\$17	309462-15

Yoga, Advanced Beginner

Previous yoga experience expected, with modifications offered for varying levels. Release stress, improve balance, flexibility, and strength with sometimes challenging poses. Mindfulness and breathing techniques also offered. **Note:** Must be able to do floor and standing exercises at a fast pace. Class will not be held on 5/29, 7/4, 8/7, 8/8, 8/9.

Location: Senior Center

5/22–6/19	M	4:30–5:20 PM	\$17	309463-01
6/26–7/24	M	4:30–5:20 PM	\$21	309463-02
7/31–8/28	M	4:30–5:20 PM	\$17	309463-03
5/22–6/21	M,W	5:30–6:20 PM	\$37	309463-04

Yoga, Advanced Beginner continued

6/26–7/26	M,W	5:30–6:20 PM	\$41	309463-05
7/31–8/30	M,W	5:30–6:20 PM	\$33	309463-06
5/23–6/20	Tu	6:30–7:30 PM	\$21	309463-07
6/27–7/25	Tu	6:30–7:30 PM	\$17	309463-08
8/1–8/29	Tu	6:30–7:30 PM	\$17	309463-09

Youth & Family Classes

Group Fitness

Teen Boot Camp

Embrace the adult exercises from Boot Camp in this workout formatted for teens. Learn proper movement when performing a variety of old and new exercises. Beginner to intermediate levels welcome. Be prepared to enjoy a good workout and see improvements in strength, flexibility, and stamina. **Note:** Class will not be held on 7/4.

Age: 13–16 years

Location: Foothills Activity Center

5/23–6/22	Tu,Th	4:30–5:30 PM	\$41	309776-01
6/27–7/27	Tu,Th	4:30–5:30 PM	\$37	309776-02
8/1–8/31	Tu,Th	4:30–5:30 PM	\$41	309776-03

Yoga

Family Yoga, Baby & Toddler

Explore yoga with your baby or toddler. Both child and guardian benefit physically, emotionally, and mentally with this fun approach to breathing and movement together. **Note:** At least one adult must be present and in the room with enrolled child/children. Price is flat rate for up to 3 participants. **Note:** This is a child with parent class.

Location: Foothills Activity Center

Parent/Baby Yoga

Age: 6–18 months

5/26–6/23	F	9:45–10:30 AM	\$16	309760-01
6/30–7/28	F	9:45–10:30 AM	\$16	309760-02
8/4–9/1	F	9:45–10:30 AM	\$16	309760-03

Parent/Toddler Yoga

Age: 18 months–3 years

5/26–6/23	F	10:45–11:30 AM	\$16	309760-04
6/30–7/28	F	10:45–11:30 AM	\$16	309760-05
8/4–9/1	F	10:45–11:30 AM	\$16	309760-06

Family Yoga, Child with Parent

Parents and children take this opportunity to explore yoga together. Improve the body and mind with a fun approach to breathing and movement. Increase strength, flexibility, coordination, and posture. Learn relaxation techniques and fun posture poses that create a foundation for health and wellness. **Note:** This is a child with parent class.

Family Yoga, 4–6 years

5/26–6/23	F	5:15–5:45 PM	\$16	309760-07
6/30–7/28	F	5:15–5:45 PM	\$16	309760-08
8/4–9/1	F	5:15–5:45 PM	\$16	309760-09

Family Yoga, 7–10 years

5/26–6/23	F	5:45–6:30 PM	\$16	309760-10
6/30–7/28	F	5:45–6:30 PM	\$16	309760-11
8/4–9/1	F	5:45–6:30 PM	\$16	309760-12

Yoga Intro for Kids 

Designed to stimulate a young child’s growing curiosity. Learn more about the body with playful yoga poses, animated breathing exercises, and imaginative relaxation techniques. Enhance motor development, balance, coordination, and play skills. By UCHealth Outpatient Services. **Note:** This is a child with parent class.

Age: 3–6 years

Location: Foothills Activity Center

7/19	W	3:30–4:30 PM	\$5	325712-01
------	---	--------------	-----	-----------

Summer Robotics Camps



Ages 5-18

Junior LEGO Robotics, Grades K-3 Learn to use motors and build simple machines. July 12-14, 2:30-4 pm, \$80



LEGO Robotics, Grades 3-6 Build and program LEGO robots to do a variety of tasks. July 10-14 2-4 pm, \$130



Water Robots, Grades 4-10 Build robots to skim on or dive under the water. June 26-30, 2-4 pm, \$130

Workshops, Grades 9-12 Learn about designing, machining and programming robots. Tue 6-8pm in June and July, Free.

The Highlanders FRC Team

www.highlandersfrc.com



*We Care...
It Matters*



“I work at
Columbine
Health Systems
because...

the smile on
a resident’s face.”

*Chelsea Ebert,
Activity Director*

www.columbinehealth.com

City of Fort Collins Recreation

COLUMBINE HEALTH SYSTEMS

uhealth

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

Gentle Yoga & Meditation
 Join us in beautiful City Park for our Summer Outdoor Series
 First Thursday of each month 6:00pm-7:30pm \$25.00

Boomer Bootcamp
 Mondays & Wednesdays Beginning June 6th
 8:00pm-8:50pm \$25.00 per month
 Provided by Columbine Health Systems

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 UHealth. All services are for ages 18 years & up unless otherwise noted. Find additional Health & Wellness sponsored programs throughout the Recreator; they are denoted with a **H**.

Services

Acupuncture **H** – NW

Stimulate healing, stress-release, and energy without pain or negative side effects. Acupuncture has been used for thousands of years to help with pain, depression, and anxiety.

Location: Senior Center

6/1–8/30	W	\$35/45 minutes	9:00 AM–Noon
6/1–8/30	M	\$45/60 minutes	9:00 AM–4:00 PM

Blood Pressure Clinic **H** – NW

Sit down with a registered nurse one-on-one for a blood pressure check and ask any health-related questions. No appointment necessary. By Health District.

Location: Senior Center

6/12, 7/10, 8/14	M	No Fee	10:00 AM–Noon
------------------	---	--------	---------------

Cholesterol Screening **H** – NW

Blood pressure, cholesterol panel, and glucose tests with counseling and recommendations. Eight hour fast recommended prior to appointment (water and medications permitted). To schedule an appointment, contact the Health District, 970.224.5209. Walk-ins accepted as space allows.

Location: Senior Center

6/6, 8/1	Tu	\$15	8:00–11:00 AM
6/15, 7/13, 7/20, 8/17	Th	\$15	8:00–11:00 AM

Hearing Aid Check & Screen **H** – NW

Receive a free hearing screening or have hearing aids checked and receive a free pack of hearing aid batteries. By Connect Hearing. Appointments are 20 minutes.

Location: Senior Center

6/20, 7/18, 8/15	Tu	No Fee	9:30–11:30 AM
------------------	----	--------	---------------

Fitness Checkups **H** – NW

Check body fat percentage and BMI. Then, perform simple strength, cardio, and flexibility tests to determine strengths and weaknesses. Test periodically to see changes. 45-minute appointments.

Location: Senior Center

6/15, 7/20, 8/17	Th	\$5	9:00 AM–Noon
------------------	----	-----	--------------

Manicure/Pedicure/Nail Care **H** – NW

Look and feel good with spa manicure and pedicure services. Nail clipping also available. By Neitha Schneider, Sweetheart Nails.

Basic Manicure or Pedicure	\$36	60 minutes
Spa Manicure or Pedicure	\$54	90 minutes
Combo Spa	\$72	120 minutes
Toe Nail Clip	\$18	30 minutes

Location: Senior Center

6/1–8/31	W,Th	10:00 AM–4:00 PM
----------	------	------------------

Massage **H** – NW

Enjoy the health benefits of massage: such as stress relief, relaxation, range of motion improvement, pain relief, and muscle relaxation. For additional times and locations, call 970.221.6644.

15 Minutes	\$16.50
30 Minutes	\$33
45 Minutes	\$49.50
60 Minutes	\$66

Location: Senior Center

6/1–8/30	Tu	9:00 AM–Noon
----------	----	--------------

Medical Education

50 Things an Occupational Therapist Can Do for You

Learn how occupational therapists (OTs) can help you stay functional, active, and independent. OTs assist patients through vision loss, with assisted mobility devices, in managing a calendar, with driving or transportation, through difficulties bathing and dressing, through incontinence, and more. By Covell Care.

Location: Senior Center

6/29	Th	2:00–3:00 PM	No Fee	325443-01
------	----	--------------	--------	-----------

Bone Health for Osteoporosis

Basic overview regarding osteoporosis education, exercise, and prevention. By Front Range Therapy.

Location: Senior Center

8/15	Tu	1:30–2:30 PM	\$5	325427-01
------	----	--------------	-----	-----------

Bossy Bladder

Bossy bladders or bowels can stand in the way of life, preventing participation in hobbies and family events. Take action and learn how to get control and lead a worry-free life. Gain tools to manage the bladder and/or bowels. By Covell Care.

Location: Senior Center

6/13	Tu	10:00–11:00 AM	\$25	325453-01
8/2	W	1:00–2:00 PM	\$25	325453-02

Hypertension & Cardiovascular Health

Discuss the frequency of elevated blood pressure, the impact that it has on cardiovascular disease, and common causes of high blood pressure. Learn tips on how to lower blood pressure, both with and without medications. By Dr. S. Jacob Chacko, UCHealth Cardiologist.

Location: Senior Center

6/27	Tu	2:00–3:30 PM	No Fee	325400-01
------	----	--------------	--------	-----------

Maintain Mobility

Discuss the importance of strength, balance, fitness, and home safety. Learn a self-check system and discuss programs to help stay in the home safely. By Front Range Therapy.

Location: Senior Center

8/15	Tu	Noon–1:00 PM	\$5	325428-01
------	----	--------------	-----	-----------

The Magic of Sleep

Discover why sleep is so important. Learn how to improve sleep, what causes sleep loss, and what can be done. Topics include snoring, apnea, insomnia, movement disorders, and circadian rhythm disorders. Come away with some tools, self-tests, and solutions for sleep issues. By UCHealth Sleep Lab.

Location: Senior Center

6/12–6/26	M	5:30–7:00 PM	\$15	325423-01
-----------	---	--------------	------	-----------

Overview of Stem Cell Therapy

Learn about stem cell and platelet rich plasma (PRP) therapies. Explore the different types of stem cells, where they are in the body, medical conditions that can benefit from stem cell therapy, and FDA rules and regulations. By Dr. Mallory, Family Wellness.

Location: Senior Center

6/16	F	1:30–3:00 PM	No Fee	325415-01
------	---	--------------	--------	-----------

Regenerative Medicine

A discussion about the advances in regenerative medicine for foot and ankle pain. Keep active without surgery, regardless of age. By Anderson Podiatry Center.

Location: Senior Center

6/7	W	Noon–1:00 PM	No Fee	325429-01
7/11	Tu	Noon–1:00 PM	No Fee	325429-02
8/23	W	Noon–1:00 PM	No Fee	325429-03

Roll Away the Pain

Informative and interactive. Includes demonstrations for how to use the foam roller to ease pain. Bring a roller if you have one. By Bobbett Hickson, Physical Therapist Outpatient Services, MCR/UCHealth.

Location: Senior Center

6/7	W	3:30–4:30 PM	\$10	325401-01
-----	---	--------------	------	-----------

To Drive or Not to Drive

Learn startling statistics about older drivers and what to do to determine if someone is fit to drive or what restrictions may need to be put in place. Receive help to make driving decisions easier for everyone involved. By Covell Care.

Location: Senior Center

6/12	M	9:00–10:00 AM	No Fee	325436-01
7/19	W	2:00–3:00 PM	No Fee	325436-02
8/22	Tu	9:30–10:30 AM	No Fee	325436-03

Treating Neuropathy

A presentation on advances in non-drug treatment for neuropathy, restless legs, and dropfoot that can provide relief, once and for all. By Anderson Podiatry Center.

Location: Senior Center

6/15	Th	Noon–1:00 PM	No Fee	325424-01
7/6	Th	Noon–1:00 PM	No Fee	325424-02
8/17	Th	Noon–1:00 PM	No Fee	325424-03

What is Dry Needling?

Gain information about dry needling techniques, how it works, and who it helps. Learn about this new treatment option and how it may help pain and symptoms. Led by Ben Dixon, Physical Therapist at PVH Outpatient Rehabilitation.

Location: Senior Center

6/26	M	4:30–5:30 PM	\$5	325431-01
------	---	--------------	-----	-----------

Nutrition

21-Day Sugar Detox

Being addicted to sugar has side effects such as being tired, foggy, and bloated, and having cravings for refined carbs all day long. Conquer the Sugar Demon to take control of your diet. With this whole-foods program, feel energized and alert. By a Certified 21DSD Coach. **Note:** Class will not be held on 6/16, 7/13.

Location: Senior Center

6/2–6/23	F	2:00–3:00 PM	\$50	325412-01
6/29–7/20	Th	10:00–11:00 AM	\$50	325412-02

Super Summer Salads

It's too hot to cook meals during the summer, but a delicious, refreshing salad sure would hit the spot. Gather ideas and recipes for complete balanced meals using salads, as well as healthy homemade dressings to help limit extra fat and sodium. By Jenifer Bowman, MS, RD, Cardiac Dietitian, UCHealth.

Location: Senior Center

6/15	Th	10:30 AM–Noon	\$5	325405-01
------	----	---------------	-----	-----------

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; 47,000 are children. Demonstrations include how to fall more safely using proven techniques learned from professionals that fall regularly in their profession. By Dr. Don Hunter.

Location: Senior Center

6/21	W	2:00–3:30 PM	\$10	325430-01
------	---	--------------	------	-----------

5 Wishes

Education on completing the 5 Wishes workbook along with community resources for assistance with other advanced care planning issues. Workbook provided. Led by Pathways.

Location: Senior Center

7/10	M	1:00–2:00 PM	No Fee	325433-01
------	---	--------------	--------	-----------

Advanced Health Care Options

Education on hospice and palliative care along with information on how to identify needs related to these options. Led by Pathways.

Note: Class will not be held on 5/30.

Location: Senior Center

6/5	M	1:00–2:00 PM	No Fee	325434-01
8/14	M	1:00–2:00 PM	No Fee	325434-02

Arthritis Support Group

A quarterly group that offers information and support for those who have arthritis, their family members, friends, and/or caregivers. Learn more, find related sources, meet people, network, and share experiences. Register with the Aspen Club at 970.495.8560.

Location: Senior Center

8/14	M	11:30 AM–1:00 PM	No Fee	
------	---	------------------	--------	--

Blue Zone Your Life

The Blue Zones team has studied the world's longest lived people. Their longevity has nothing to do with forced diets, exercise programs, or supplements; it's the result of a supportive environment. Learn the five longevity tips they share to optimize years with health and vitality. By UCHealth Aspen Club.

Location: Senior Center

8/30	W	2:00–3:30 PM	\$5	325404-01
------	---	--------------	-----	-----------

Create Family Wellness

The health and safety of kids is our highest priority. Learn tools to change old dynamics, choose new options, and create a culture of wellness at home. Be a role model, help kids learn to prioritize their well-being, and set them on a course of healthy living for a lifetime. By Certified Wellness Coach.

Location: Foothills Activity Center

6/8–6/29	Th	11:00 AM–Noon	\$25	325739-01
7/19–8/9	W	1:00–2:00 PM	\$25	325739-02

Create Your Wellness Mindset

You “know what to do,” but sabotage yourself. Rewire your brain to quiet the inner-critic, discover lasting motivations, see new possibilities, and achieve goals. Stop spinning your wheels, change your mental approach, and create your wellness mindset. By Certified Health & Wellness Coach.

Location: Foothills Activity Center

6/6–6/27	Tu	9:00–10:00 AM	\$25	325762-01
7/20–8/10	Th	2:00–3:00 PM	\$25	325762-02

Death Café

Death Cafés are an opportunity to demystify the topic of death by engaging in thoughtful and respectful conversation. This is not a bereavement or grief group, and there is no set agenda. Discussion includes how to live well and “leave” well. By Pattie Welfare, UCHealth Aspen Club.

Location: Senior Center

6/14	W	1:00–2:30 PM	No Fee	325420-01
------	---	--------------	--------	-----------

Effective Communication Strategies

Caregivers learn to decode verbal and behavioral communication by someone with Alzheimer's and other dementias. Leave with strategies for meaningful connection with people in early, middle, and late stage dementia. By the Alzheimer's Association.

Location: Northside Aztlan Center

6/5	M	1:00–3:00 PM	No Fee	325422-01
-----	---	--------------	--------	-----------

Everyday Mindfulness

Increased mindful awareness can bring about profound changes in how we experience life. In this experiential class, learn practical strategies to help reconnect with the senses, calm nervous systems, befriend negative thoughts, and relax reactivity. By CSU/Larimer County Extension.

Location: Senior Center

7/6	Th	10:00–11:00 AM	No Fee	325414-01
-----	----	----------------	--------	-----------

Guided Meditation

Meditation with visualization is called guided meditation. Leave the series feeling energized and relaxed. By Larry Braun, certified meditation practitioner, UCHealth Aspen Club. **Note:** Class will not be held on 7/4, 7/11.

Location: Foothills Activity Center

6/13–7/25	Tu	2:00–2:30 PM	\$25	325700-01
-----------	----	--------------	------	-----------

Happy Hands Dancing & Brain Walking

Learn about movement, laughing, and making the brain work a little by combining all three. Participate in happy hand dances, a few laughter exercises, and brain games that stimulate the mind while walking. By Jill Taylor, UCHealth Aspen Club.

Location: Senior Center

8/18	F	2:00–3:30 PM	\$5	325403-01
------	---	--------------	-----	-----------

Know the 10 Signs

If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Detect Alzheimer's early and have the chance to begin drug therapy, enroll in clinical studies, and plan for the future. Features videos of people with Alzheimer's disease to highlight the challenges they face.

Location: Foothills Activity Center

8/16	W	10:00–11:30 AM	No Fee	325710-01
------	---	----------------	--------	-----------

Life Reimagined

Life is full of checkups: our health, finances, cars, and pets. How about a checkup for life? During this session, hit the pause button, take a break, reflect on what's happening, and consider "What's next?" An AARP program for anyone at any age who wants to pursue a passion. By CSU/Larimer County Extension.

Location: Senior Center

6/19	M	1:00–2:30 PM	No Fee	325425-01
------	---	--------------	--------	-----------

7/26	W	10:00–11:30 AM	No Fee	325425-02
------	---	----------------	--------	-----------

Living Well with Chronic Disease

Get help managing your health. Gain confidence and tools to communicate efficiently with doctors, get more exercise, and have less pain and more energy. The Living Healthy Life resource book is included. By UCHealth Aspen Club. **Note:** Class will not be held on 8/10.

Location: Senior Center

7/20–8/24	Th	1:00–3:30 PM	No Fee	325407-01
-----------	----	--------------	--------	-----------

Memory Loss, Dementia & Alzheimer's

Alzheimer's disease is not a normal part of aging. If you or someone you know is affected by Alzheimer's disease or dementia, it's time to learn the facts. Gather information on detection, possible causes and risk factors, stages of the disease, treatment, and more.

Location: Senior Center

7/28	F	10:00 AM–Noon	No Fee	325442-01
------	---	---------------	--------	-----------

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

8/15	Tu	6:30–8:30 PM	No Fee	325447-01
------	----	--------------	--------	-----------

Paradigm Shift, Coronary Artery Disease

Coronary artery disease (CAD) can be prevented. Diet is key. Discover scientific evidence that shows that a whole foods plant based diet can not only stop, but may even reverse CAD. By Dr. Cory Carroll.

Location: Senior Center

6/6	Tu	6:30–8:30 PM	No Fee	325435-01
-----	----	--------------	--------	-----------

Paradigm Shift, Fasting

Properly used, fasting can aid in maintaining ideal 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. **Note:** Class will not be held on 8/3.

Location: Senior Center

7/11	Tu	6:30–8:30 PM	No Fee	325439-01
------	----	--------------	--------	-----------

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

8/1	Tu	6:30–8:30 PM	No Fee	325441-01
-----	----	--------------	--------	-----------

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

8/29	Tu	6:30–8:30 PM	No Fee	325448-01
------	----	--------------	--------	-----------

Paradigm Shift, Osteoarthritis

If maintained and nourished with nutrient-rich foods like those found in a whole foods plant based diet, our bodies reward us with better function, ideal body weight, and repairing the joint damage caused by osteoarthritis. By Dr. Cory Carroll.

Location: Senior Center

6/20	Tu	6:30–8:30 PM	No Fee	325438-01
------	----	--------------	--------	-----------

LEGEND

NW Denotes no web registration for program

M Denotes program/activity has special membership pricing

H Denotes Health and Wellness program

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 foods based diet, with proven benefits, can change lives. By Dr. Cory Carroll.

Location: Senior Center

7/18	Tu	6:30–8:30 PM	No Fee	325440-01
------	----	--------------	--------	-----------

Parkinson's Support Group

The Parkinson's Support Group in Larimer County (PSGLC) provides a variety of programming for person's with Parkinson's disease and their care partners. Monthly meetings offer education, support, and fellowship. For more information, visit pdsupportlc.net.

Location: Senior Center

6/7	W	10:30 AM–12:30 PM	No Fee	
-----	---	-------------------	--------	--

7/5	W	10:30 AM–12:30 PM	No Fee	
-----	---	-------------------	--------	--

Remembering When, Fire & Fall Prevention

Focus on 16 key safety messages (8 to prevent fires, 8 to prevent falls). Local emergency responders and trainers share their knowledge using a fun, interactive format. The goal is to reduce falls and deadly fire incidences while improving overall health and wellbeing. By UCHealth Aspen Club.

Location: Senior Center

7/7	F	10:30 AM–Noon	No Fee	325402-01
-----	---	---------------	--------	-----------

Self-Care Planning Workshop

Get help reprioritizing so self-care is not neglected. Identify areas of life that need greater attention, develop an individualized self-care plan based on realistic goals grounded in your values and vision for optimal wellbeing. By CSU/Larimer County Extension.

Location: Senior Center

6/8	Th	10:00–11:30 AM	No Fee	325413-01
-----	----	----------------	--------	-----------

T'ai 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, strength, inner peace, and improved health and joy. **Note:** Class will not be held on 8/9.

Location: Senior Center

7/11–8/29	Tu	1:00–2:00 PM	\$80	325410-01
-----------	----	--------------	------	-----------

Tame Your Stress: A Mindful Map

Mindfulness offers a way to undo habits perpetuate a cycle of stress. Explore what mindfulness means and how to apply basic principles and practices in everyday life to decrease stress and create new pathways of self-care. By CSU/Larimer County Extension.

Location: Senior Center

8/3	Th	10:00–11:00 AM	No Fee	325406-01
-----	----	----------------	--------	-----------

Financial

Get Smart: Auto Buying

Thinking about a vehicle purchase? Get informed about the options. Discuss buying new and used vehicles, what to expect at a dealership, leasing considerations, ownership costs, and research resources. By Public Service Credit Union.

Location: Foothills Activity Center

6/14	W	6:30–7:30 PM	No Fee	325734-01
------	---	--------------	--------	-----------

Upside of Downsizing

Whether moving or staying put, these tips and ideas help save time, energy, money, and space. Seasoned experts share tips for how to move in, out, up, and down, as well as transitioning into a new home and/or phase of life. Snacks and door prizes provided.

Location: Senior Center

6/22	Th	2:00–3:00 PM	No Fee	325432-01
------	----	--------------	--------	-----------

7/18	Tu	4:00–5:00 PM	No Fee	325432-02
------	----	--------------	--------	-----------

8/17	Th	10:00–11:00 AM	No Fee	325432-03
------	----	----------------	--------	-----------

Your Money Personality

High roller or a hoarder? Feelings about money impact financial actions and can add stress to relationships. Take quizzes to help understand your money personality. Knowing your money personality may help to make better financial choices. By Public Service Credit Union.

Location: Foothills Activity Center

7/11	Tu	6:30–7:30 PM	No Fee	325733-01
------	----	--------------	--------	-----------

Holistic Options

Drumming Circle Experience

Drumming circles are shamanic in origin and have been used by indigenous people throughout history. They are a personal, social, and spiritual gathering meant to celebrate a connection to Earth and one another. Enhance personal and spiritual growth and empowerment. Led by Scott Tate, Licensed Psychotherapist.

Location: Senior Center

8/19	Sa	9:30–11:30 AM	\$15	325419-01
------	----	---------------	------	-----------

Essential Oils 101

Discover the health and wellness support essential oils can bring to home and family. Smell, feel, and even taste some of the oils. Different application methods are also covered. By Nicole Knauer.

Location: Foothills Activity Center

7/17	M	3:30–5:00 PM	No Fee	325449-06
------	---	--------------	--------	-----------

8/22	Tu	6:00–7:30 PM	No Fee	325449-03
------	----	--------------	--------	-----------

Location: Northside Aztlan Center

6/20	Tu	3:30–5:00 PM	No Fee	325449-01
------	----	--------------	--------	-----------

8/17	Th	9:00–10:30 AM	No Fee	325449-04
------	----	---------------	--------	-----------

Location: Senior Center

6/13	Tu	1:00–2:30 PM	No Fee	325449-05
------	----	--------------	--------	-----------

7/27	Th	10:00–11:30 AM	No Fee	325449-02
------	----	----------------	--------	-----------

Healing thru Meditation

Age gracefully by bringing strength to midlife joys and challenges through simple yoga breathing, visualization, positive affirmations, and meditations. These techniques help with stress, fatigue, lack of sleep, high blood pressure, and emotional distress. Led by Swamiji Dharmananda.

Location: Senior Center

6/9-6/30	F	10:00-11:30 AM	\$40	325411-01
7/7-7/28	F	10:00-11:30 AM	\$40	325411-02
8/4-8/25	F	10:00-11:30 AM	\$40	325411-03

Wellness in the Workplace

Learn how essential oils can be used in the workplace for happier space to stay healthy.

Location: Senior Center

6/7	W	6:00-7:00 PM	No Fee	325467-01
-----	---	--------------	--------	-----------

Women's/Men's Health

Learn about essential oils and how to use them for women's and men's health.

Location: Senior Center

7/5	W	6:00-7:00 PM	No Fee	325468-01
-----	---	--------------	--------	-----------

Your Brain with Essential Oils

An overview of essential oils that assist in healthy brain function.

Location: Senior Center

8/2	W	6:00-7:00 PM	No Fee	325466-01
-----	---	--------------	--------	-----------

BEGIN YOUR ADVENTURE NOW
SAFE ★ FUN ★ EASY

- Summer Youth Scuba Camps
- Beginning Scuba Lessons
- Snorkel Lessons & Equipment

FREE DISCOVER SCUBA EXPERIENCE
 Call For Details

High Plains Scuba Center
 115 W. Harvard St. Ft. Collins, CO 80525
 970.493.8562 www.highplainsscuba.com

HEALTH AND WELLNESS

City of Fort Collins Recreation | COLUMBINE HEALTH SYSTEMS | uchealth

Providing unique and comprehensive services through the Health and Wellness Program.

Gentle Yoga & Meditation
 Join us in beautiful City Park for our Summer Outdoor Series
 First Thursday of each month 6:00pm-7:30pm \$25.00

Boomer Bootcamp
 Mondays & Wednesdays Beginning June 6th
 8:00pm-8:50pm \$25.00 per month

fcgov.com/health-wellness

Provided by Columbine Health Systems

Ice Skating

Learn to Skate Lessons

EPIC adopts a new Learn to Skate program offered through United States Figure Skating (USFS).

Introducing “Learn to Skate USA”. Beginning January 2017, anyone enrolled in the Learn to Skate program at EPIC is eligible to sign up for membership in the USFS Skate USA program. This is an optional registration offered for an additional fee giving the participant access to membership privileges in USFS. This membership with USFS is not required to participate in the Learn to Skate program at EPIC. Additional information is available during all Learn to Skate classes.

General Information

Lessons are taught by Certified P.S.A. instructors and are in compliance with the United States Figure Skating Association.

Parents may observe lessons from the upstairs bleachers; it is distracting for skaters and coaches to have parents at the gate and also creates an obstruction for skaters that are entering or exiting the ice.

Individuals are not allowed on the ice with their shoes on. Parents are welcome to skate with their child during the 15-minute practice time. EPIC’s rental skates are available free of charge.

Our class student to instructor ratio is 1 instructor for every 10 students. Any Snowplow Sam, Basic 1, or Basic 2 classes larger than 10 students include an additional assistant. Minimum for all classes is 5 students; class levels may be combined to meet this minimum.

Skating lessons are 30 minutes in length with a 15-minute practice time, which may be before or after the lesson depending on scheduling.

Instructors have time in between classes to talk to parents and address their concerns. Be aware that some levels need to be repeated to master all the skills.

The first day of each lesson is generally termed as Level Evaluation Day. At this time, instructors evaluate all participants in their assigned classes to make certain they have been correctly enrolled. If there is a problem, the instructor will discuss the best course of action with the parent. Students are moved if there is space available in the appropriate level of class.

If you are unable to attend the last day of classes for testing, please request a progress card on the last day you attend.

Proper clothing may include:

Helmet (also available at EPIC; required for Snowplow Sam 1–4)

Gloves (thin, not ski mittens)

Fleece or light weight jacket

Skating dresses with tights or leggings/pants that are easy to move in
Loose or bulky clothing is not recommended

Freestyle

Interested in knowing more about competitive or recreational figure skating programs?

Call 970.221.6683 and ask to speak with one of the professional skate instructors on staff.

Conditioning for Skaters

See the Conditioning Information Center posted in the Green Ice Rink.

Private Skating Instruction

Private ice skating instruction is available for all abilities in figure skating, dance, edges, style, choreography, hockey, and power. Fees vary. Ice time and skate rental not included.

Figure Skating Lessons for Boy & Girl Scouts

Earn your skating Merit Badge. A learn to skate lesson can be arranged for your troop during a public skate session at a discounted rate. Minimum of 4 skaters. Flexible number of weeks available. Contact 970.416.2770 to make arrangements.

Skate Sharpening Services

EPIC offers skate sharpening services for figure and hockey skates (Blackstone Flat Bottom V or standard hollow). Drop-off and walk-in service available.

Team & Club Contacts

Adult Hockey

Fort Collins Adult
Hockey Association
fcaha.org

Youth Hockey

Northern Colorado Youth Hockey
ncyh.org

Women’s Hockey

Flames / Phoenix / Comets
wachhockey.com

College Hockey

Colorado State University
csuhockey.com

High School Hockey

High Plains Hockey
highplainshockey.com

Figure Skating Club

Fort Collins Figure Skating Club
fortcollinsfsc.org

Speed Skating

Jondon Speed
jondonspeed.com

Curling

Poudre Valley Curling Club
poudrevalleycurling.com

Special Events

Ice Theatre – NW

Amazing new productions are performed on a frozen stage in an intimate theatre setting. General admission tickets can be purchased at EPIC beginning 7/25. Seating is limited. Contact 970.221.6683 for more information.

Age: All

Location: Edora Pool Ice Center

8/8–8/9

Tu,W

6:00–6:45 PM

\$5

Curling

Curling League

League is for those who want to experience competitive curling. Each curling team consists of four curlers. Sign-up individually and add team names to the roster note. **Note:** Class will not be held on 7/14.

Age: 8 years & up

Location: Edora Pool Ice Center

6/2–6/23	F	5:45–7:15 PM	\$45	310376-01
7/7–8/4	F	5:45–7:15 PM	\$45	310376-02

Learn to Curl

For those that have never curled before and would like to see what it's all about. Learn to slide, to throw stones, to sweep, terminology, and proper curling technique.

Age: 8 years & up

Location: Edora Pool Ice Center

8/11	F	5:45–7:15 PM	No Fee	310377-01
------	---	--------------	--------	-----------

Curling Bonspiel

Get out the cowbells, it's Bonspiel time. EPIC is hosting its first bonspiel, a curling tournament. Register as a team of four or as an individual. Curling league is offered all summer as practice for this event. Participants are guaranteed four games.

Age: 8 years & up

Location: Edora Pool Ice Center

Team of 4

9/8–9/10	F–Su	TBD	\$381	310378-01
----------	------	-----	-------	-----------

Individual

9/8–9/10	F–Su	TBD	\$96	310378-02
----------	------	-----	------	-----------

Hockey

Adult Hockey 101

For adults who have little or no hockey experience. Learn basic skills, techniques, and rules of the game such as stick handling, passing, shooting, and power skating. Some skating experience and full hockey gear required.

Age: 16 years & up

Location: Edora Pool Ice Center

6/7–6/28	W	6:00–7:00 PM	\$73	310374-01
7/12–8/2	W	6:00–7:00 PM	\$73	310374-02

Beginner Cub Hockey

Practice is held on Tuesdays; focus is on basic hockey and skating skills. Recreational games are held on Thursdays. Equipment can be checked out with a \$150 deposit check. Rental skates included; sticks available at equipment check-out for \$12. Prerequisite: Tot 1 or Basic 1. **Note:** Equipment handout is 6/1 from 4–6 p.m. at EPIC. Equipment check-in is immediately following last game of the session. Class will not be held on 7/4, 7/6.

Age: 4–8 years

Location: Edora Pool Ice Center

6/6–8/3	Tu,Th	5:00–5:45 PM	\$181	310372-01
---------	-------	--------------	-------	-----------

Power Skating

Hockey skaters develop power, agility, and endurance. Program developed by two-time Olympic speed skater, Jondon Trevena. Full hockey gear required.

Age: 9–17 years

Location: Edora Pool Ice Center

5/31–6/21	W	5:00–5:45 PM	\$55	310370-01
6/28–7/19	W	5:00–5:45 PM	\$55	310370-02
7/26–8/16	W	5:00–5:45 PM	\$55	310370-03

Drop-In Hockey – NW

Open practice session to sharpen skating and shooting skills. Full equipment required. 10 or 20 Admission Passes available. Sign up at the front desk beginning at 6 a.m. for the morning session and 7 p.m. for the 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:** Morning sessions will not be held on 7/4, 7/10, 7/11, 7/12, 7/13, 7/14.

Location: Edora Pool Ice Center

Age: 16 years & up

5/30–8/18	M–F	11:30 AM–1:00 PM	\$5
6/3–8/19	Sa	6:00–7:30 PM	\$5

Age: 18 years & up

5/30–8/18	Tu,W,F	9:15–10:45 PM	\$5
-----------	--------	---------------	-----

Stick & Puck Drop-In – NW

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:** Session will not be held on 7/4, 7/10, 7/11, 7/12, 7/13, 7/18, 7/20.

Age: All

Location: Edora Pool Ice Center

6/5–8/14	M	3:15–4:30 PM	\$5
5/30–8/17	Tu,Th	1:30–2:45 PM	\$5
5/31–8/16	W	3:45–4:45 PM	\$5
6/2–8/18	F	4:45–6:00 PM	\$5
6/3–8/19	Sa	1:00–2:30 PM	\$5
6/4–8/20	Sa,Su	4:15–5:45 PM	\$5

Speed Skating

Speed Skating – NW

Designed to enhance skating speed technique for all types of skating. Gain knowledge of edges, pushes, balance, and pressure. Wear warm-up pants, long sleeved shirt, and speed skates (intermediate and advanced). Program developed by two-time Olympic speed skater, Jondon Trevena. Previous skating experience required.

Age: 7 years & up

Location: Edora Pool Ice Center

5/31–8/9	W	6:00–6:45 PM	\$12
----------	---	--------------	------

Adult Ice Skating

Adult Beginning & Intermediate Skate

Designed for those with little or no previous experience on ice. See descriptions for Youth Ice Skating, Basic 1–4 for skills learned. **Note:** Helmets are strongly recommended for beginners.

Age: 16 years & up

Location: Edora Pool Ice Center

6/6–6/27	Tu	6:15–6:45 PM	\$37	310349-01
7/11–8/1	Tu	6:15–6:45 PM	\$37	310349-02

Adult Advanced Skate

Good skaters wishing to learn new skills may take the advanced level. See descriptions for Youth Ice Skating, Basic 5–6 for skills learned.

Age: 16 years & up

Location: Edora Pool Ice Center

6/6–6/27	Tu	6:15–6:45 PM	\$37	310353-01
7/11–8/1	Tu	6:15–6:45 PM	\$37	310353-02

Fitness Skate – NW

Intermediate to advanced skaters benefit from this aerobic exercise. 10 or 20 Admission Passes available. **Note:** Class will not be held on 6/9, 7/10, 7/12, 7/14, 7/28.

Age: 16 years & up

Location: Edora Pool Ice Center

5/31–8/18	M,W,F	11:15 AM–12:45 PM	\$6	
-----------	-------	-------------------	-----	--

Senior Coffee Club – NW

For older adults interested in social skating. Regular fees apply.

Note: Session will not be held on 7/12, 7/19.

Age: 60 years & up

Location: Edora Pool Ice Center

5/31–8/16	W	9:15–11:15 AM		
-----------	---	---------------	--	--

Youth Ice Skating

Snowplow Sam 1 & 2

Introduction to the ice at a relaxed pace. Learn to sit on the ice and stand up, to march in place, the standing swizzle, dip, to march forward, forward marching with two-foot glide, and be introduced to backward wiggles and rocking horse.

Age: 4–5 years

Location: Edora Pool Ice Center

6/6–6/29	Tu,Th	9:30–10:00 AM	\$69	310302-01
6/6–6/29	Tu,Th	4:30–5:00 PM	\$69	310302-02
7/11–8/3	Tu,Th	9:30–10:00 AM	\$69	310302-03
7/11–8/3	Tu,Th	4:30–5:00 PM	\$69	310302-04

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

6/6–6/29	Tu,Th	9:30–10:00 AM	\$69	310304-01
6/6–6/29	Tu,Th	4:30–5:00 PM	\$69	310304-02
7/11–8/3	Tu,Th	9:30–10:00 AM	\$69	310304-03
7/11–8/3	Tu,Th	4:30–5:00 PM	\$69	310304-04

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.

Age: 5–9 years

Location: Edora Pool Ice Center

6/5–6/28	M,W	4:30–5:15 PM	\$103	310306-01
6/6–6/29	Tu,Th	10:00–10:45 AM	\$103	310306-02
7/10–8/2	M,W	4:30–5:15 PM	\$103	310306-03
7/11–8/3	Tu,Th	10:00–10:45 AM	\$103	310306-04

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.

Age: 5–15 years

Location: Edora Pool Ice Center

6/5–6/28	M,W	4:30–5:15 PM	\$103	310310-01
7/10–8/2	M,W	4:30–5:15 PM	\$103	310310-02

Find what you're seeking at

healthinfo
source.com

A comprehensive guide to local health-care providers, topics and events.

continuously updated
no log-in required
completely free

A service of the Health District of Northern Larimer County and Larimer County Department of Health and Environment.

Basic 3 Skate

Learn stroking, forward pumping, forward slalom, two-foot turn, gliding backward on one foot, and backward snowplow stop. Prerequisite: Successful completion of Basic 2.

Age: 5–15 years

Location: Edora Pool Ice Center

6/5–6/28	M,W	4:30–5:15 PM	\$103	310314-01
7/10–8/2	M,W	4:30–5:15 PM	\$103	310314-02

Basic 4 Skate

Learn stroking with power, backward one-foot glide, forward inside and outside edge on a circle, forward crossovers, backward pumps, and two-foot spin. Prerequisite: Successful completion of Basic 3.

Age: 5–15 years

Location: Edora Pool Ice Center

6/5–6/28	M,W	4:30–5:15 PM	\$103	310316-01
7/10–8/2	M,W	4:30–5:15 PM	\$103	310316-02

Basic 5 & 6 Ice Skating

Learn forward crossovers, to hold an 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.

Age: 5–15 years

Location: Edora Pool Ice Center

6/5–6/28	M,W	4:30–5:15 PM	\$103	310320-01
7/10–8/2	M,W	4:30–5:15 PM	\$103	310320-02

Pre-Free Skate

Learn forward inside open and closed mohawk, ballet jump, backward crossovers to backward outside edge, one-foot spin, stand still waltz jump, mazurka, combination move, and forward and backward inside pivot. Prerequisite: Successful completion of Basic 6.

Age: 5–15 years

Location: Edora Pool Ice Center

6/6–6/29	Tu,Th	4:30–5:15 PM	\$109	310326-01
7/11–8/3	Tu,Th	4:30–5:15 PM	\$109	310326-02

Field Moves

Learn pre-preliminary and preliminary moves in the field. Learn stroking, crossovers, forward and backward outside and inside consecutive edges, waltz eight, straight line spiral, figure eight crossovers, right and left three turns, consecutive spirals, and alternating three turns.

Age: 8–15 years

Location: Edora Pool Ice Center

6/6–6/27	Tu	5:30–6:00 PM	\$37	310330-01
6/6–6/29	Tu,Th	5:30–6:00 PM	\$55	310330-02
6/8–6/29	Th	5:30–6:00 PM	\$37	310330-03
7/11–8/1	Tu	5:30–6:00 PM	\$37	310330-04
7/11–8/3	Tu,Th	5:30–6:00 PM	\$55	310330-05
7/13–8/3	Th	5:30–6:00 PM	\$37	310330-06

Free Skate 1 & 2

Focus on spins, jumps, and moves (15 minutes each). For a detailed description of skills, see the Learn-to-Skate bulletin board at EPIC. Prerequisite: Successful completion of Pre-Free Skate.

Age: 5–15 years

Location: Edora Pool Ice Center

6/6–6/29	Tu,Th	4:30–5:15 PM	\$109	310332-01
7/11–8/3	Tu,Th	4:30–5:15 PM	\$109	310332-02

Free Skate 3 & 4

Focus on spins, jumps, and moves (15 minutes each). For a detailed description of skills, see the Learn-to-Skate bulletin board at EPIC. Prerequisite: Successful completion of Pre-Free Skate.

Age: 5–15 years

Location: Edora Pool Ice Center

6/6–6/29	Tu,Th	4:30–5:15 PM	\$109	310334-01
7/11–8/3	Tu,Th	4:30–5:15 PM	\$109	310334-02

Free Skate 5 & 6

Focus on spins, jumps, and moves (15 minutes each). For a detailed description of skills, see the Learn-to-Skate bulletin board at EPIC.

Age: 5–15 years

Location: Edora Pool Ice Center

6/6–6/29	Tu,Th	4:30–5:15 PM	\$109	310336-01
7/11–8/3	Tu,Th	4:30–5:15 PM	\$109	310336-02

Specialty Skate**Synchronized Introduction**

Learn unison team skating in formations. Prerequisite: Successful completion of Basic 7.

Age: 6–13 years

Location: Edora Pool Ice Center

7/11–8/1	Tu	6:15–7:00 PM	\$55	310340-02
----------	----	--------------	------	-----------

Introduction to Ice Dancing

Learn the basic components of ice dance such as dance steps (progressives, chasses, swing rolls, etc.), dance tempos, (tango, waltz, foxtrot), and presentation. Prerequisite: Successful completion of Basic 6 or coach recommendation.

Age: 6 years & up

Location: Edora Pool Ice Center

6/5–6/26	M	5:45–6:45 PM	\$73	310344-01
----------	---	--------------	------	-----------

Ice Dance

Learn preliminary and/or pre-bronze ice dance steps and patterns. Learn how to skate with a partner. Class goal is to prepare the skater to take one or more dance tests during the summer test sessions (must be UFSF member to test). Prerequisite: Successful completion of Basic 7. **Note:** Class will not be held on 7/15.

Age: 5 years & up

Location: Edora Pool Ice Center

6/17–7/22	Sa	10:00–11:00 AM	\$91	310346-01
-----------	----	----------------	------	-----------

Outdoor Recreation

Adult Programming

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

No formal instruction, but trips are led by experienced guides with wilderness first aid training. Vans are equipped with portable AEDs and guides carry SPOT GPS positioning in case of emergency.

Some trips are in the backcountry of the Poudre Canyon without available Nordic Centers. Trips made to Rocky Mountain National Park (RMNP) require a Parks Pass, Golden Age Pass, or \$20 entry fee.

You should be in good health and capable of moderate to high physical activity. Bring your own equipment, water, and food. Cost includes transportation and guide.

For less of a challenge but to still enjoy a walk in the outdoors check out our Outdoor Strolls on page 103

Member pricing available for activities listing an **M**. Member price is 15% off after deducting the \$1 program fee.

Trips leave from the Senior Center.

Hiking Trips **M**

Designed for adults ages 50 years & up who enjoy a good physical challenge, but can also accommodate a range of paces. Ages 18 years & up also welcome. Please note difficulty level, mileage (roundtrip), elevation change, and time as they differ for each hike.

Bridal Veil Falls, RMNP

Trail is best for brilliant plumes of whitewater. **Note:** Moderate; mileage: 6 miles; lowest elevation: 7960 ft.; highest elevation: 8880 ft.

6/13	Tu	8:00 AM–4:00 PM	\$31	311901-01
------	----	-----------------	------	-----------

Cirque Meadows

Stunning views of four great cirques and Emmaline Lake via CSU Mountain Campus. **Note:** Moderate; mileage: 7; lowest elevation: 8930 ft.; highest elevation: 9790 ft.

6/21	W	8:00 AM–4:30 PM	\$31	311901-02
------	---	-----------------	------	-----------

Stormy Peaks

Trail follows a moraine for more than a mile and rises to provide spectacular views of Pingree Park and the Mummy Range. Trail crosses Comanch Peak Wilderness before reaching the northern border of Rocky Mountain National Park. **Note:** Moderate; mileage: 7; lowest elevation: 9040; highest elevation: 10400 ft.

6/29	Th	8:00 AM–4:30 PM	\$31	311901-03
------	----	-----------------	------	-----------

Sandbeach, RMNP

Hike to a beautiful secluded mountain lake. **Note:** Moderate; mileage: 8.4; lowest elevation: 8340 ft.; highest elevation: 10283 ft.

7/5	W	8:00 AM–4:30 PM	\$31	311901-04
-----	---	-----------------	------	-----------

Boulder Brook/Glacier Gorge Loop

An attractive trail closely follows Boulder Brook through the lower timberline zone into pretty subalpine forests. Good views of the Continental Divide and Mummy Range. **Note:** Moderate; mileage: 7; lowest elevation: 8850 ft.; highest elevation: 10280 ft.

7/13	Th	8:00 AM–4:30 PM	\$31	311901-05
------	----	-----------------	------	-----------

Big South

Vistas of rugged canyon while trekking through the subalpine forest. **Note:** Moderate; mileage: 5; lowest elevation: 8500 ft.; highest elevation: 8900 ft.

7/18	Tu	8:00 AM–4:30 PM	\$31	311901-06
------	----	-----------------	------	-----------

Montgomery Pass

A short route to get to the timberline. Offers a spectacular view of wildflowers. **Note:** Moderate; mileage: 4; lowest elevation: 9920 ft.; highest elevation: 10999 ft.

7/26	W	8:00 AM–4:30 PM	\$31	311901-07
------	---	-----------------	------	-----------

South Gap Lake, WY

Views of high alpine lakes and glaciers. **Note:** Moderate; mileage: 4.6; lowest elevation: 10300 ft.; highest elevation: 11000 ft.

8/1	Tu	7:00 AM–4:30 PM	\$42	311901-08
-----	----	-----------------	------	-----------

Medicine Bow, WY

Begins at timberline and offers scenic views of alpine lakes and forest below. **Note:** Challenging; mileage: 10; lowest elevation: 10200 ft.; highest elevation: 11500 ft.

8/9	W	7:00 AM–4:30 PM	\$42	311901-09
-----	---	-----------------	------	-----------

Black Lake, RMNP

A rugged trail leads deep into a spectacular glacial valley with access to Mills Lake, Jewel Lake, and Ribbon Falls along the way. **Note:** Challenging; mileage: 10; lowest elevation: 9240 ft.; highest elevation: 10620 ft.

8/15	Tu	8:00 AM–4:30 PM	\$31	311901-10
------	----	-----------------	------	-----------

American Lakes

Scenic hike to the lakes with lots of wildflowers on the Rocky Mountain National Park boundary at Thunder Pass. **Note:** Challenging; mileage: 10; lowest elevation: 9800 ft.; highest elevation: 11200 ft.

8/23	W	8:00 AM–4:30 PM	\$31	311901-11
------	---	-----------------	------	-----------

Sky Pond, RMNP

An out and back trail that features a lake and is used for hiking, nature trips, and birding. **Note:** Challenging; mileage: 9; lowest elevation: 9240 ft.; highest elevation: 10900 ft.

8/31	Th	8:00 AM–4:30 PM	\$31	311901-12
------	----	-----------------	------	-----------

Leisure Hikes **M**

Designed for adults ages 50 years & up who enjoy getting outdoors and prefer a more leisurely paced outing with less technical hiking. Ages 18 years & up also welcome.

Lady Moon

Meandering trail through meadows and Ponderosa Pine Forest to a saddle overlooking Lady Moon Lake. **Note:** Easy; mileage: 8.

6/1	Th	8:00 AM–4:00 PM	\$31	311903-01
-----	----	-----------------	------	-----------

Mount Margaret

Scenic hike through Ponderosa Pine Forest. **Note:** Easy; mileage: 8.

6/16	F	8:00 AM–4:00 PM	\$31	311903-02
------	---	-----------------	------	-----------

CSU Moose Mountain Campus

Valley strolls provide opportunities to see and hear wildlife and offer majestic mountain views. **Note:** Easy; mileage: 4.

7/7	F	8:00 AM–4:00 PM	\$31	311903-03
-----	---	-----------------	------	-----------

Moose Visitor Center

Offers great views of Nokhu Crags and Diamond Peaks. Great moose habitat along the trail. **Note:** Easy; mileage: 6.

7/20	Th	8:00 AM–4:00 PM	\$31	311903-04
------	----	-----------------	------	-----------

Youth Programming

Archery

A skillful sport requiring balance, poise, accuracy, vision, timing, and action. Through this indoor class, participants learn basic techniques and how to be safe. **Note:** Equipment is provided. Check in by 4:15 p.m.

Age: 8–16 years

Location: Rocky Mountain Archery

6/8–6/15	Th	4:30–5:30 PM	\$31	315941-01
6/22–6/29	Th	4:30–5:30 PM	\$31	315941-02
7/13–7/20	Th	4:30–5:30 PM	\$31	315941-03
7/27–8/3	Th	4:30–5:30 PM	\$31	315941-04

LEGEND

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

fcgov.com/recreation

POOCH

PLUNGE

2017



COMING

AUGUST 27

CITY PARK POOL



Recreator

Follow us at FCRecreator



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

Special Events

Kites In The Park – NW

Celebrate spring, family, and the outdoors. Watch kite demonstrations with giant kites, battling kites, and kite ballet. Decorate your own kite, visit food and merchandise vendors, and of course, bring your own kite to fly.

Age: All

Location: Spring Canyon Park

5/21	10:00 AM–3:00 PM	No Fee
------	------------------	--------

4th of July Parade & Fireworks – NW

Celebrate America's independence with a full day of events. The 4th of July Celebration begins with a parade down Mountain Avenue at 10 a.m. and concludes with musical entertainment in City Park and a stunning firework display. For a full schedule of events, visit fcgov.com/july4th.

Age: All

Location: Mountain Avenue & City Park

7/4	Tu	10:00 AM–10:00 PM	No Fee
-----	----	-------------------	--------

Ice Theatre – NW

Amazing new productions are performed on a frozen stage in an intimate theatre setting. General admission tickets can be purchased at EPIC beginning 7/25. Seating is limited. Contact 970.221.6683 for more information.

Age: All

Location: Edora Pool Ice Center

8/8–8/9	Tu,W	6:00–6:45 PM	\$5
---------	------	--------------	-----

Picnic in the Park – NW

Take a break from the routine and invite the older people in your life to join you for lunch. At this annual event, picnickers enjoy great food, entertainment, games, walks around the lake, meeting new friends, and a day out in City Park, our iconic 100 year old park.

Age: All

Location: City Park

8/16	W	11:00 AM–1:00 PM	\$3 suggested donation
------	---	------------------	------------------------

Pooch Plunge – NW

Enjoy a dog day afternoon at City Park Pool with man's best friend. Tickets can be purchased beginning 8/11. For more information, visit fcgov.com/recreation.

Age: All

Location: City Park Pool

Pre-Sale Tickets

8/27	Su	4:00 PM–6:00 PM	\$8, includes one human and one dog
8/27	Su	4:00 PM–6:00 PM	\$2, one human

Day Of Tickets

8/27	Su	4:00 PM–6:00 PM	\$10, includes one human and one dog
8/27	Su	4:00 PM–6:00 PM	\$2, one human

Curling Bonspiel

Get out the cowbells, it's Bonspiel time. EPIC is hosting its first bonspiel, a curling tournament. Register as a team of four or as an individual. Curling league is offered all summer as practice for this event. Participants are guaranteed four games.

Age: 8 years & up

Location: Edora Pool Ice Center

Team of 4

9/8–9/10	F–Su	TBD	\$381	310378-01
----------	------	-----	-------	-----------

Individual

9/8–9/10	F–Su	TBD	\$96	310378-02
----------	------	-----	------	-----------

Concert Series

Age: All

Location: Senior Center

Note: Tickets can be purchased at the Senior Center or online. Present receipt from online purchases at the door.

Tribute to Willie Nelson

Relive the music of Willie Nelson: musician, songwriter, producer, actor, activist, and singer, through this amazing northern Colorado cover band.

6/16	F	7:00–9:00 PM	\$5	312445-01
------	---	--------------	-----	-----------

Off the Clock

Dance and romance, Off the Clock plays 50s, 60s, and 70s classic rock and country music.

7/21	F	7:00–9:00 PM	\$5	312445-02
------	---	--------------	-----	-----------

Liz Barnez

Acoustic swamp groove with soulful inspired singing.

8/18	F	7:00–9:00 PM	\$5	312445-03
------	---	--------------	-----	-----------

Father's Day 5k

This year marks the 20th anniversary of the Father's Day 5k! This family event includes attractions such as a health and wellness fair, an after race celebration and awards ceremony, and unique father/child team and individual races. In addition, the City of Fort Collins partners with University of Colorado Health to host the Healthy Kids and Fit.Teen Runs.

Proceeds from the Father's Day 5k support reduced and no-fee youth programming and the Adaptive Recreation Opportunities (ARO) program within the City of Fort Collins Recreation Department.

Early Bird registration closes 5/19. After 5/19, individual race entries increase \$5 and teams increase \$10.

Registration closes 6/15. Registrations increase \$5 for individuals on the day of the race and \$10 for teams.

For more information and to register, visit fcgov.com/fathersday.

Location: Mountain Avenue

2017 | 2018

TEAM SPORTS SCHEDULE

CITY OF FORT COLLINS RECREATION YOUTH SPORTS



SUMMER

CARA Track	6/5-7/22
Girls Softball	6/5-7/15
Basketball	6/5-7/22

FALL

CARA Cross Country	8/28-10/7
Tackle Football	8/28-10/28
Flag Football	9/4-10/21
Volleyball	9/4-10/21
Boys Basketball	10/23-12/16

SPRING

Girls MS Softball	3/26-5/10
Girls MS Volleyball	3/19-4/28
Spring Flag Football	3/26- 5/12

WINTER

Wrestling	1/8-2/24
Girls Basketball	1/8-2/24



For more information visit fcgov.com/sports

Sports

Adult Sports

Summer Adult Basketball

Gather up your co-workers and friends. Teams sign up for their level/playing preference on a first come basis. Registration begins 5/1, ends 5/26. Rosters are unlimited. Ages 16–17 years need parent signature on roster prior to participation. **Note:** Class will not be held on 6/30.

Age: 16 years & up	Location: Northside Aztlan Center		
Cost: \$449	Date: 6/2–7/28		
Men's			
Fri Competitive	313001-01	Fri Recreational	313001-02
Women's			
Fri Recreational	313001-03		

Fall Adult Basketball

Gather up your co-workers and friends. Teams sign up for their level/playing preference on a first come basis. Registration begins 5/4, ends 8/25. Rosters are unlimited. Ages 16–17 years need parent signature on roster prior to participation.

Age: 16 years & up	Location: Northside Aztlan Center		
Cost: \$449	Date: 9/8–10/30		
Men's			
Mon Competitive	413501-01	Mon Recreational	413501-02
Coed			
Fri Recreational	413501-03		

Flag Football

Summer Adult Flag Football

Leagues are 8-on-8 non-contact. Registration begins 5/4, ends 5/26 or when leagues fill; 8 games scheduled, 8 games guaranteed. League begins the week of 6/8. Rosters are unlimited. Ages 16–17 years need parent signature on roster prior to participation.

Age: 16 years & up	Location: Rolland Moore Park		
Cost: \$435	Date: 6/8–8/3		
Thurs Recreational	313011-01		

Fall Adult Flag Football

Leagues are 8-on-8 non-contact. Registration begins 5/4, ends 8/11 or when leagues fill; 8 games scheduled, 8 games guaranteed. League begins the week of 8/21. Ages 16–17 years need parent signature on roster prior to participation. **Note:** Class will not be held on 9/4.

Age: 16 years & up.	Location: Rolland Moore Park		
Cost: \$435	Date: 8/21–10/23		
Mon Recreational	413011-01	Thurs Women's	413011-03
Tues Recreational	413011-02		

Kickball

Summer Adult Coed Kickball

Form a team and play a game invented on the playground. Now offering coed competitive and recreational leagues. Registration begins 5/4, ends 5/26 or when league fills. League begins 6/2, 8 games scheduled. Rosters are unlimited. Ages 16–17 years need parent signature on roster prior to participation. **Note:** League will not be held on 6/30.

Age: 16 years & up	Location: Rolland Moore Park		
Cost: \$260	Date: 6/2–8/4		
Fri Competitive	313061-01	Fri Recreational	313061-02

Fall Adult Coed Kickball

Form your team and play a game invented on the playground. Now offering coed competitive and recreational leagues. Registration begins 5/4, ends 8/11 or when league fills. League begins 8/25; 8 games scheduled. Rosters are unlimited. Ages 16–17 years need parent signature on roster prior to participation. **Note:** Leagues will not be held on 9/1.

Age: 16 years & up	Location: Rolland Moore Park		
Cost: \$260	Date: 6/2–8/4		
Fri Competitive	413061-01	Fri Recreational	413061-02

Softball

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. Optic yellow balls are used. Coed leagues play with men hitting 12" softballs and women hitting 11" softballs. Registration begins 3/27, ends 4/21 or when leagues fill. Rosters are unlimited. Ages 16–17 years need parent signature on roster prior to participation. **Note:** Leagues will not be held on 5/26, 5/28, 5/29, 5/30, 6/29, 6/30, 7/2, 7/3, 7/4, 7/5.

Age: 16 years & up	Location: TBA		
Cost: \$570	Date: 5/14–8/14		

Men's Softball

Sun III	313021-01	Wed III	313021-09
Sun IV	313021-02	Wed IV	313021-10
Mon III	313021-03	Thurs III	313021-11
Mon IV	313021-04	Thurs IV	313021-12
Tues II	313021-05	Fri IV	313021-13
Tues III	313021-06	Fri Wood Bat	313021-14
Tues IV	313021-07	Fri 40 years & Up	313021-15
Wed II	313021-08		

Women's Softball

Tues IV	313022-01	Thurs IV	313022-04
Wed IV	313022-02	Thurs Leisure	313022-05
Thurs III	313022-03		

continued on next page

Summer Adult Softball continued

Coed Softball			
Sun Competitive	313023-01	Wed Recreational	313023-06
Sun Recreational	313023-02	Thurs Competitive	313023-07
Tues Competitive	313023-03	Thurs Recreational	313023-08
Tues Recreational	313023-04	Fri Recreational	313023-09
Wed Competitive	313023-05		

Men's Fast Pitch Softball	
Thurs	313024-01

Fall Adult Softball

Opportunity to continue playing softball after the summer leagues conclude. 8 games scheduled, 8 games guaranteed. Registration begins 5/4, ends 8/11 or when leagues fill. League begins the week of 8/20. **Note:** Class will not be held on 9/1, 9/3, 9/4.

Age: 16 years & up	Location: TBA		
Cost: \$486	Date: 8/19–10/31		
Men's Softball			
Sun IV	413021-01	Wed III	413021-06
Mon III	413021-02	Wed IV	413021-07
Mon IV	413021-03	Thurs III	413021-08
Tues III	413021-04	Fri Unlimited Homerun	413021-09
Tues IV	413021-05	Fri IV	413021-10

Women's Softball	
Tuesday IV	413022-01

Coed Softball			
Sun Competitive	413023-01	Wed Recreational	413023-06
Sun Recreational	413023-02	Thurs Competitive	413023-07
Tues Recreational	413023-04	Thurs Recreational	413023-08
Wed Competitive	413023-05		

Pickleball**Summer Adult Pickleball League**

Mixed doubles pickleball teams of various skill levels have the opportunity to play matches against teams with similar skills each week for the duration of the league. Registration begins 5/4, ends 5/29 or when leagues fill. Leagues begin the week of 6/5. **Note:** Class will not be held on 7/4.

Age: 16 years & up
Location: City Park

6/6–7/18	Tu	8:00–11:00 AM	\$73	313991-02
----------	----	---------------	------	-----------

Pickleball, Beginner Lessons

For those brand new to pickleball or beginners needing some enhanced skill instruction. Class consists of some classroom time to learn the rules, scoring, and the basics. Rotational court time to begin to play.

Age: 18 years & up
Location: Senior Center

6/6–6/27	Tu	9:45–11:00 AM	\$30	309478-01
7/11–8/1	Tu	9:45–11:00 AM	\$30	309478-02

Volleyball

Teams sign up for their level of play and night preference on a first come basis. Levels A = Competitive, BB = Intermediate, B = Recreational.

Summer Outdoor Adult Volleyball

Self-officiated outdoor grass league with three matches per night. The season is approximately seven weeks long. Individual awards are given to league winners. Registration begins 5/4 ends 5/26, or when leagues fill. **Note:** Class will not be held on 7/3.

Age: 16 years & up Location: Spring Canyon Park
Cost: \$47–\$89 Dates: 6/12–8/10

Men's Volleyball	
Thurs BB Doubles	313041-01

Women's Volleyball			
Tues BB Doubles	313042-01	Tues B Doubles	313042-02

Coed Volleyball			
Mon A Doubles	313043-01	Wed BB Fours	313043-04
Mon BB Doubles	313043-02	Thurs B Fours	313043-05
Wed A Fours	313043-03		

Fall Adult Volleyball

Coed and women's leagues are offered for 6-person teams. Registration begins 5/4, ends 8/11, or when leagues fill. Leagues begin the week of 8/28. 8 games scheduled. Rosters are unlimited. Ages 16–17 years need parent signature on roster prior to participation.

Age: 16 years & up Location: Northside Aztlan Community Center
Cost: \$281 Date: 8/28–10/24

Women's Volleyball			
Sun B	413542-03	Wed BB	413542-02
Wed A	413542-01		

Coed Volleyball			
Mon BB	413543-01	Tues BB	413543-04
Mon B	413543-02	Fri B	413543-05
Tues A	413543-03		

Adult Instructional Sports**Martial Arts****Shotokan Karate, Beginners**

Designed to introduce Karate to individuals who may be interested in this Japanese martial art form. Students may be divided into groups depending on ability. Adults are welcome to participate with their children. The student will learn basic karate techniques and form before moving on to the intermediate level. **Note:** Class will not be held on 5/29.

Age: 7 years & up
Location: Club Tico

5/15–6/14	M,W	6:00–7:00 PM	\$50.50	322122-01
6/19–7/19	M,W	6:00–7:00 PM	\$56.50	322122-02
7/24–8/23	M,W	6:00–7:00 PM	\$56.50	322122-03

Shotokan Karate, Intermediate

The intermediate level has numerous physical and mental benefits: enhanced physical condition, increased stamina and coordination, increased confidence, self-esteem, discipline, and concentration. Must learn intermediate techniques and forms before moving forward to the advanced level. **Note:** No beginning karate students. Class will not be held on 5/29.

Age: 7 years & up

Location: Club Tico

5/15–6/14	M,W	6:00–7:00 PM	\$50.50	322123-01
6/19–7/19	M,W	6:00–7:00 PM	\$56.50	322123-02
7/24–8/23	M,W	6:00–7:00 PM	\$56.50	322123-03

Shotokan Karate, Advanced

Achieve a higher level of skill for self-defense at a faster pace. Previously introduced concepts are reinforced and new concepts and techniques are introduced. **Note:** Class will not be held on 5/29.

Age: 7 years & up

Location: Club Tico

5/15–6/14	M,W	7:00–8:00 PM	\$50.50	322124-01
6/19–7/19	M,W	7:00–8:00 PM	\$56.50	322124-02
7/24–8/23	M,W	7:00–8:00 PM	\$56.50	322124-03

Tennis

General Information

Lewis Tennis School directs all tennis programs for the City of Fort Collins. With more than 45 years of experience in the tennis industry, Lewis Tennis provides quality lessons, programs, and tournaments for all levels and ages with USPTA certified coaches on staff. Tennis director, Larry Lewis, has managed five of the top tennis facilities in the United States.

The programs at Lewis Tennis School provide a positive learning environment for players of all ages. Players learn techniques to become accomplished players, as well as life skills that help them to excel and enjoy tennis and other areas in their life. Thousands of players have participated in these programs over the years as they learn and progress in this great lifetime sport.

Rolland Moore Pro Shop

Visit our fully stocked pro shop located at the Rolland Moore Racquet Center. Racquets, shoes, accessories, and 24-hour stringing available.

Summer hours are 8 a.m.–6 p.m., Monday thru Saturday; closed on Sunday.

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

5/29–6/10	Session 1	7/10–7/22	Session 4
6/12–6/24	Session 2	7/24–8/5	Session 5
6/26–7/8	Session 3	8/7–8/19	Session 6

Beginner Lessons

Whether you have never played or are getting back into the game after a long hiatus, learn and develop your fundamentals so you can really enjoy the game. Learn the correct way to hit forehands, backhands, volleys, overheads, and serves, as well as the basic rules and strategies as you start competition.

Age: 18 years & up

M,W,	6:00–7:30 PM
Tu,Th	6:00–7:30 PM

(Daytime classes are also available – check pro shop for times)

Intermediate Lessons

Learn the “Modern Game” of tennis and refine your skills by experiencing techniques that are used by the pros. Develop your topspin, forehand, backhand and serves, as well as learn doubles and singles strategies that win.

Age: 18 years & up

M,W	7:30–9:00 PM
Tu,Th	7:30–9:00 PM

(Daytime classes are also available – check pro shop for times)

League Coaching

Get your team ready for the USA Tennis Leagues. Professional coaching improves your team’s strategy, technique, and mental toughness to enable you to compete at your best. A variety of coaching programs available.

Coached Competition

Join us on Saturday to receive expert coaching while you compete in a round robin format.

Premier Clinics

Designed for the beginning through advanced player who wants more personal attention in their group instruction. Great for friends who want to learn together. Clinic times are flexible. Low student to pro ratio.

Age: 18 years & up

Round Robins

Come on out to Rolland Moore and enjoy some great social competition. All levels welcome.

Th	7:30–9:00 PM
----	--------------

Adult Tournaments

5/6	Adult Warm-up
7/29	Adult Dog Day

LEWIS TENNIS SCHOOL

LARGEST TENNIS PROGRAM IN NORTHERN COLORADO

SUMMER TENNIS FOR ALL AGES

10 years & Under Courts
Middle and High School Teams
Performance Training
Adult Lessons
Tournaments
Round Robins
Complete pro shop located at
Rolland Moore Park Racquet Complex

For more information

970-493-7000
or visit lewistennis.com



Follow us at FCRecreator



Private Lessons & Ball Machine

Private Lessons are available with our USPTA certified professionals and our college coaching staff. Times are flexible; just let us know when you're available. Rent our ball machines to work on that pesky backhand.

Youth Tennis

Summer Junior Team Tennis

Sign up now and be part of a team. This 8-week program includes lessons and matches. Practices are held on Wednesday and Friday afternoons. Competitions include teams from Fort Collins, Loveland, Windsor, and Greeley. Entry deadline is 5/9; viewing days are 5/11 & 5/12.

Programs

Programs are offered at Rolland Moore Racquet Complex, Fossil Creek Park, Warren Park, and Fossil Ridge High School.

Session Dates for All Classes

5/29–6/10	Session 1	7/10–7/22	Session 4
6/12–6/24	Session 2	7/24–8/5	Session 5
6/26–7/8	Session 3	8/7–8/19	Session 6

10 Years & Under

Exciting play format for those learning tennis. Designed to bring kids into the game by utilizing specialized equipment, shorter court dimensions, and modified scoring, all tailored to age and size.

Little Lobber

Age: 4–6 years

M,W	8:15–9:00 AM
Tu,Th	8:15–9:00 AM
Sa	8:15–9:00 AM

Future Star

Age: 7–8 years

M,T,W,Th,F	9:00–10:30 AM
M,T,W,Th,F	1:30–3:00 PM at Fossil Ridge HS, New!
Sa	9:00–10:30 AM

Aces

Age: 9–10 years

M,T,W,Th,F	9:00–10:30 AM
M,T,W,Th,F	1:30–3:00 PM at Fossil Ridge HS, New!
Sa	9:00–10:30 AM

Middle School

Just starting the game or a seasoned competitor? Middle School players develop their games to effectively compete on middle and high school teams or just enjoy the benefits of this great lifetime sport.

Challenger, Beginner

Age: 11–13 years

M,T,W,Th,F 10:30 AM–12:30 PM

M,T,W,Th,F 3:00–5:00 PM at Fossil Ridge HS, New!

Sa 10:30 AM–12:30 PM

Competitive, Intermediate/Advanced

M,T,W,Th,F 10:30 AM–12:30 PM

M,T,W,Th,F 3:00–5:00 PM at Fossil Ridge HS, New!

Sa 10:30 AM–12:30 PM

6th Grade League

Get ready to learn the game of tennis or improve existing skills. Open to beginners and veterans. **Note:** Registration closes 8/29.

Age: 11–12 years

9/2–9/23 F 3:30–6:30 PM

High School

Get ready to have some fun and develop your tennis game. Whether your goal is to play on your high school team or learn the best game to enjoy with your friends, this is the class for you.

Wimbledon, Beginner

Age: 14–18 years

M,T,W,Th,F 10:30 AM–12:30 PM

M,T,W,Th,F 3:00–5:00 PM at Fossil Ridge HS, New!

Sa 10:30 AM–12:30 PM

Grand Slam, Intermediate/Advanced

Age: 14–18 years

M,T,W,Th,F 10:30 AM–12:30 PM

M,T,W,Th,F 3:00 PM–5:00 PM at Fossil Ridge HS, New!

Sa 10:30 AM–12:30 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. Held at Rolland Moore Park.

Tier #1 & Tier #2

M,Tu,W,Th 1:30–3:00 PM

Tier #3

M,Tu,W,Th 3:00–4:30 PM

High School Pre-Season Camp

High School players have used this camp over the past 13 years to prepare for competition on their teams. Stroke production, competitive play, drills, physical conditioning, and mental toughness get you ready to start the season in tip top shape.

Location: Rolland Moore Park.

7/24–7/28 M,Tu,W,Th,F 1:00–4:00 PM

Junior Tournaments

USTA sanctioned junior tournaments are offered for novice, intermediate, and advanced players.

Age: 7–18 years

4/1	Spring Fling Challenger	7/15	Super Set Challenger
4/22	Super Set Challenger	8/5	Back to School Futures
4/29	May Day Challenger	8/12	Rockin' Summer
5/27	Futures Summer Kick Off		Championship
6/10	Slammin' Summer	8/19	Fall Challenger
	Championship	9/23	Pumpkin Championship
6/17	Spectacular Futures	9/30	Autumn Challenger
6/24	Firecracker Challenger	10/7	October Fest
7/1	Midsummer		Championship
	Championship		
7/8	Sizzling Summer		
	Challenger		

Youth Sports**Basketball****Summer Boys & Girls Basketball**

Teams formed by park practice location. 1–2 practices outside, 6 games on indoor courts, and end of season tournament. Games scheduled in the evenings on various weeknights. Based on the 2016/2017 current school year grade. NBA replica jerseys provided. Interested in coaching? Call 970.416.4297.

Cost: \$76 Dates: 6/5–7/22

Coed Grade: Kindergarten–1
Foothills Activity Center 314700-01**Boys Grade 2/3**

City Park	314001-01	Rolland Moore Park	314001-20
Fossil Creek Park	314001-10	Spring Canyon Park	314001-05
Lee Martinez Park	314001-15	Stewart Case Park	314001-31
Rogers Park	314001-02	Troutman Park	314001-25

Boys Grade 4/5

City Park	314002-01	Spring Canyon Park	314002-06
Fossil Creek Park	314002-11	Troutman Park	314002-25
Lee Martinez Park	314002-15	Warren Park	314002-30
Rolland Moore Park	314002-20		

Boys Grade 6/7/8

City Park	314003-01	Rolland Moore Park	314003-20
Fossil Creek Park	314003-11	Spring Canyon Park	314003-06
Landings Park	314003-25	Warren Park	314003-26
Lee Martinez Park	314003-15		

Boys

Grade 9/10/11/12 314007-01

Girls Grade 2/3

City Park	314004-01	Lee Martinez Park	314004-15
Fossil Creek Park	314004-10	Rogers Park	314004-02

continued on next page

Register **NOW**: Summer Youth Sports



Get **OUT** of the **SUN** and into the **FUN**
 @ Northern Colorado's Largest
INDOOR Sports Center



Daytime Pre-School Sports

Boys & Girls • New sessions every six weeks
 Call for days & times

Ages 3 - 5

Kinder Kicker Soccer
First Baseball
First Football
First Basketball

Ages 4 - 5

First Tennis
Lil Laxer Lacrosse



Instructional Leagues

Boys & Girls - Beginning & Intermediate Players
 Learn, practice & play in the same day!

• **SOCCER**

• Ages 5 - 11 Tues 5/30 - 6/27 - OR -
 Tues 7/11 - 8/15

• **FLAG FOOTBALL**

• Gr K - 5 Thur 6/1 - 6/29 - OR -
 Thur 7/13 - 8/17

• **TENNIS**

• Gr K - 3 Wed 6/7 - 6/28

Summer Sports Camps

BASEBALL CAMPS

w/*The Fort Collins Foxes*



- Ages 4 to 14 (Must turn 5 by 9/15/17)
- Separate classes for all skill levels
- Camp I: Mon - Fri, Jun 12 - 16
- Camp II: Mon - Fri, Jul 10 - 14

BOYS LACROSSE CAMPS

- Grades K - 8
- Camp I: Mon-Fri, Jun 19 - 23
- Camp II: Mon-Fri, Aug 7 - 11

GIRLS LACROSSE CAMP

- Grades 1 - 7
- July 31 - August 4

VOLLEYBALL CAMPS

- Grades 3 - 8
- Camp I: Mon - Fri, Jun 19 - 23;
- Camp II: Mon - Fri, July 24 - 28

TACKLE FOOTBALL CAMP

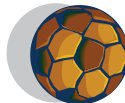
- Grades 3 - 8, Mon - Fri, July 24 - 28
- This is a full equipment/full contact camp

BASKETBALL CAMPS

- Grades K - 3
- Camp I: Mon - Fri, Jun 19 - 23
- Camp II: Mon - Fri, July 17 - 21

GIRLS RECREATIONAL SOFTBALL CAMP

- Grades K - 8, Mon - Fri, Jul 17 - 21

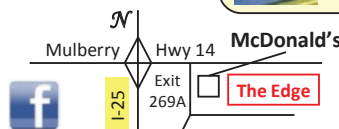


*Sports-themed
 Birthday Parties
 for all Ages!*



"Perpetual Motion" Program

This fitness program was designed by a local pediatric occupational therapist to help kids who "don't fit" in the typical youth athletic stereotype. Classes on Wednesdays and Fridays all Summer!



EASY ACCESS at I-25 & Highway 14
 4450 Denrose Ct. Fort Collins

For Details & Registration
edgesportscenter.com
 970.472.0048

Batting Cages - Private Baseball Instruction

Summer Boys & Girls Basketball continued

Rolland Moore Park	314004-20	Stewart Case Park	314004-31
Spring Canyon Park	314004-05	Troutman Park	314004-25
Girls Grade 4/5			
City Park	314005-01	Spring Canyon Park	314005-05
Fossil Creek Park	314005-10	Troutman Park	314005-25
Lee Martinez Park	314005-15	Warren Park	314005-30
Rolland Moore Park	314005-20		
Girls Grade 6/7/8			
City Park	314006-01	Lee Martinez Park	314006-15
Fossil Creek Park	314006-10	Rolland Moore Park	314006-20
Landings Park	314006-25	Spring Canyon Park	314006-05
Girls			
Grade 9/10/11/12	314008-01		

Basketball Team League

For pre-formed teams. 6 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 2016/2017 school year grade. Tuesday or Thursday night games. End of season single elimination tournament.

Location: Northside Aztlan Center or Foothills Activity Center

Cost: \$480 Date: 6/6–7/15

Boys League

Grade 4/5	314909-01	Grade 8	314909-04
Grade 6	314909-02	Grade 9–12	314909-05
Grade 7	314909-03		

Girls League

Grade 4/5	314909-06	Grade 8	314909-09
Grade 6	314909-07	Grade 9–12	314909-10
Grade 7	314909-08		

End of Summer Basketball Skills Camp

Camp includes basketball fundamentals with an emphasis on shooting, footwork, defensive positioning, and ball handling.

Campers receive a camp basketball.

Grade: Kindergarten–8

Location: Foothills Activity Center

7/31–8/2	M–W	5:00–6:30 PM	\$66	314901-01
----------	-----	--------------	------	-----------

Softball**Summer Girls' Softball**

Learn and improve slow pitch softball skills and enjoy team competition. 1–2 practices per week (days and times TBA). Grades 2–3 play coach pitch style softball. Grades 4–5 play modified fast pitch. Grades 6–8 play regular fast pitch. Based on 2016/2017 current school year grade level. Games played Tuesdays and/or Thursdays. Team shirts included.

Cost: \$64 Date: 6/5–7/15

Grade 2–3

Summer Girls' Softball continued

City Park	314021-16	Spring Canyon	314021-20
Fossil Creek	314021-17	Rolland Moore	314021-21
Beattie	314021-18		
Grade 4–5			
City Park	314022-16	Spring Canyon	314022-19
Fossil Creek	314022-17	Rolland Moore	314022-20
Grade 6–8			
Blevins	314023-20	Lincoln	314023-25
Boltz	314023-21	Preston	314023-26
CLP	314023-22	Webber	314023-27
Kinard	314023-23	Wellington	314023-28
Leshner	314023-24		

Volleyball**Volleyball**

Develop a sense of team play where participations, fun, skills, and sportsmanship are stressed; winning is secondary. Practices are held 1–2 times per week, matches are Saturday mornings and week-nights. Practice days and times vary. You will hear from the coach the week prior to the program.

Cost: \$76

Date: 9/4–10/21

Grade 2–3	414941-01	Grade 4–5	414942-01
Grade 6–8			
Blevins	414943-01	Lincoln	414943-11
Boltz	414943-03	Preston	414943-13
CLP	414943-05	Webber	414943-17
Kinard	414943-07	Wellington	414943-19
Leshner	414943-09		

Football**NFL FLAG Football**

Learn the fundamentals of football, teamwork, and sportsmanship through non-contact, continuous action. Emphasis is on equal participation; winning is secondary. Practices are held twice per week with most games on Saturday mornings. 6 games, plus tournament. Official NFL FLAG jersey included.

Cost: \$84 Date: 4/1–5/13

Grade Kindergarten–1

City Park	414010-01	Spring Canyon Park	414010-15
Edora Park	414010-04	Troutman Park	414010-18
Fossil Creek Park	414010-07	Warren Park	414010-20
Rolland Moore Park	414010-12	Windsor Park	414010-23

Grade 2–3

City Park	414011-01	Fossil Creek Park	414011-07
Edora Park	414011-03	Greenbriar Park	414011-11
English Ranch Park	414011-05	Harmony Park	414011-13

continued on next page

Summer Boys & Girls Basketball continued

Spring Canyon Park	414011-15	Warren Park	414011-19
Troutman Park	414011-17	Windsor Park	414011-21
Grade 4–5			
Blevins Park	414012-25	Harmony Park	414012-09
City Park	414012-01	Rolland Moore Park	414012-12
Edora Park	414012-03	Spring Canyon Park	414012-15
Fossil Creek Park	414012-05	Troutman Park	414012-17
Greenbriar Park	414012-07	Warren Park	414012-19
Grade 6–8			
City Park	414013-01	Greenbriar Park	414013-07
English Ranch Park	414013-03	Rolland Moore Park	414013-09
Fossil Creek Park	414013-05	Spring Canyon Park	414013-11

Fall Youth Tackle Football**NEW REGISTRATION PROCESS – NW**

All Tackle football registration is in person only at the facilities listed below. Participant must be present to weigh in. Practices are held 2–3 times per week with games on Saturday mornings or weeknights. 8 games scheduled. Teams formed by weight. Practices are at an assigned (or nearby) park.

Registration locations:

Foothills Activity Center: 241 E. Foothills Pkwy.

Northside Aztlan Community Center: 112 E. Willow St.

Equipment handout:

All ages: Club Tico in City Park, 8/11 from 5–7 p.m., 8/12 from 10:30 a.m.–12:30 p.m., 8/14 from 5–6:30 p.m., or 8/15 from 5–6:30 p.m. Mouthpieces required; Tackle equipment provided and the player must be present.

Early Bird Registration Cost (until 7/28): \$121

Regular Cost (after 7/28): \$136

Season Dates: 8/28–10/28

Grade 3–4

City Park	Spring Canyon Park
Greenbriar Park	Stew Case Park

Grade 5

City Park	Spring Canyon Park
Greenbriar	Stew Case Park

Grade 6

Blevins	Lincoln
Boltz	Preston
CLP	Webber
Kinard	Wellington
Leshner	

Tackle Football Camps

Instruction provided by college football players/grad assistants. Learn proper tackling instruction and character building. Fee includes equipment use, t-shirt, and mouthpiece. **Note:** Equipment check out is 7/7 or 7/14 from 4–6 p.m. at Club Tico. Grades are based on 2017/2018 school year.

*Tackle Football Camps continued***Grade 3–4**

7/10–7/14	M–F	8:30–11:00 AM	\$86	314016-01
7/17–7/21	M–F	8:30–11:00 AM	\$86	314016-03

Grade 5–6

7/24–7/28	M–F	8:30–11:00 AM	\$86	314016-02
7/31–8/4	M–F	8:30–11:00 AM	\$86	314016-04

Cheerleading**TCDC FC Cheer Squad**

Enjoy a high energy community cheer program. Learn dances, arm motions, jumps, cheer chants, tumbling, and stunts. Perform in-house or out in the community each session. Classes are taught by The Cheer and Dance Connection Staff. **Note:** \$15 shirt for uniform required.

Location: Foothills Activity Center

Cost \$71

Age: 5–8 years

5/23–6/27	Tu	5:00–6:05 PM	314736-01
7/11–8/15	Tu	5:00–6:05 PM	314736-03
8/22–9/26	Tu	5:00–6:05 PM	314736-05

Age: 8–14 years

5/23–6/27	Tu	6:10–7:20 PM	314736-02
7/11–8/15	Tu	6:10–7:20 PM	314736-04
8/22–9/26	Tu	6:10–7:20 PM	314736-06

TCDC Tumbling for Cheer

Polish cheerleading tumbling skills from cartwheels and running passes, to handstands, bridges, back walkovers, and back handsprings.

Age: 5–14 years

Location: Foothills Activity Center

Cost: \$56

5/23–6/27	Tu	4:15–5:00 PM	314738-01
7/11–8/15	Tu	4:15–5:00 PM	314738-02
8/22–9/26	Tu	4:15–5:00 PM	314738-03

Running**C.A.R.A. Summer Track**

Basic techniques of track are taught. Participants are able to compete in Colorado Association of Recreational Athletics track meets held in various cities along the Front Range on Saturday mornings. Participants are responsible for their own transportation to practices and meets. Meet schedules at first practice. Fee includes team shirt and fees for track meets.

Location: Fort Collins High School

Cost: \$82

Age: 3.5–8 years

6/5–7/22	M,W,F	9:00–10:15 AM	314031-03
----------	-------	---------------	-----------

Age: 9–16 years

6/5–7/22	M,W,F	10:30–11:45 AM	314031-04
----------	-------	----------------	-----------

C.A.R.A. Fall Cross Country

Recreational cross country program. Practices are held twice per week in various parks around Fort Collins. Meets are held in Front Range cities. Fee includes team shirt and fees for cross country meets.

Age: 6–14 years

Location: City Park

8/28–10/7	M,W,Sa	5:30–6:45 PM	\$64	414033-01
-----------	--------	--------------	------	-----------

Skateboarding

Skateboarding I

Travel to all five skateboard parks in Fort Collins. Learn the basics of skateboarding, safety, and skate park etiquette from Launch instructors with more than 20 years of experience.

Age: 7–15 years

Location: Northside Aztlan Center

6/5–6/9	M–F	9:00 AM–Noon	\$136	315545-01
6/12–6/16	M–F	9:00 AM–Noon	\$136	315545-02
6/26–6/30	M–F	9:00 AM–Noon	\$136	315545-03

Skateboarding II

Design for those ready to develop new tricks and experience new terrain. Travel to skate parks in Fort Collins and along Northern Colorado.

Age: 7–15 years

Location: Northside Aztlan Center

7/10–7/14	M–F	8:00 AM–Noon	\$136	315546-01
7/24–7/28	M–F	8:00 AM–Noon	\$136	315546-02

Wrestling

Summer Wrestling Camps

Learn skills other than the basic double-leg and half-nelson. Take-down technique includes under hook and over hook/whizzer series, and turns and riding that include leg/cross-body technique.

Grade: 3–8

Location: Foothills Activity Center

7/15	Sa	8:30 AM–12:30 PM	\$75	314952-02
6/26–6/30	M–Th	8:30 AM–10:30 AM	\$110	314952-03

Skyhawks 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

This multi-sport program is designed for campers to explore balance, movement, hand/eye coordination, and skill development at their own pace. Baseball, basketball and soccer are taught in a safe, structured environment with lots of encouragement and focus on fun.

Age: 4–6 years

Mini-Hawk continued

Location: City Park

6/5–6/9	M–F	9:00 AM–Noon	\$125	314071-03
7/31–8/4	M–F	9:00 AM–Noon	\$125	314071-16

Location: Miramont Park

6/26–6/30	M–F	9:00 AM–Noon	\$125	314071-07
7/17–7/21	M–F	9:00 AM–Noon	\$125	314071-12

Skyhawks Multi-Sport Camp

Designed to introduce young athletes to a variety of sports, this multi-sport camp combines basketball and flag football into one fun-filled week. Athletes 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

6/12–6/16	M–F	9:00 AM–Noon	\$125	314071-04
-----------	-----	--------------	-------	-----------

Location: Miramont Park

7/31–8/4	M–F	9:00 AM–Noon	\$125	314071-15
----------	-----	--------------	-------	-----------

Indoor Basketball

A camp for beginner and intermediate players focuses on the whole player. Through a progressive curriculum learn the 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

6/19–6/23	M–F	9:00 AM–Noon	\$125	314071-06
-----------	-----	--------------	-------	-----------

Age: 7–12 years

7/24–7/28	M–F	9:00 AM–Noon	\$125	314071-14
-----------	-----	--------------	-------	-----------

Baseball

This camp is 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, in a fun, positive environment.

Age: 6–12 years

Location: Cottonwood Glenn Park

7/10–7/14	M–F	9:00 AM–Noon	\$125	314071-11
-----------	-----	--------------	-------	-----------

Cheerleading

Entry-level cheer camp teaches athletes skills 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

6/12–6/16	M–F	9:00 AM–Noon	\$125	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 their skills on the gridiron.

Age: 6–12 years

Location: Miramont Park

6/5–6/9	M–F	9:00 AM–Noon	\$125	314071-02
---------	-----	--------------	-------	-----------

Golf, Beginning

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

7/10–7/14	M–F	9:00 AM–Noon	\$125	314071-10
-----------	-----	--------------	-------	-----------

Lacrosse

Learn the fundamentals of stick handling, cradling, passing, and shooting in a fun, non-checking environment. Campers also learn respect, teamwork, and discipline.

Age: 6–12 years

Location: Cottonwood Glen Park

7/17–7/21	M–F	9:00 AM–Noon	\$125	314071-09
-----------	-----	--------------	-------	-----------

Skateboard Lessons

Learn basic skateboarding skills and safety from Launch instructors with 20 years of experience. Learn skateboarding essentials including pushing, turning, stopping, and balance.

Age: 7–15 years

Location: Northside Aztlan Center

6/3	Sa	9:00–10:30 AM	\$26	315544-01
6/10	Sa	9:00–10:30 AM	\$26	315544-02
6/17	Sa	9:00–10:30 AM	\$26	315544-03
7/1	Sa	9:00–10:30 AM	\$26	315544-04
7/8	Sa	9:00–10:30 AM	\$26	315544-05

Soccer

Skyhawks was founded as a soccer club in 1979 and remains the number one choice for introducing children to the fundamentals of soccer. Designed for beginner and intermediate players. Through progressive curriculum, learn the sport knowledge and fundamentals of dribbling, passing, shooting, and ball control.

Age: 6–12 years

Location: Miramont Park

6/19–6/23	M–F	9:00 AM–Noon	\$125	314071-05
-----------	-----	--------------	-------	-----------

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. Includes t-shirt, ball, and graduation party. Register at challengersports.com.

Location: City Park

First Kicks, Age: 3 years

6/5–6/9	M–F	11:00 AM–Noon	\$111	
7/31–8/4	M–F	11:00 AM–Noon	\$111	

Mini Soccer, Age: 4–5 years

6/5–6/9	M–F	9:00–10:30 AM	\$133	
7/31–8/4	M–F	9:00–10:30 AM	\$133	

Half Day, Age: 6–14 years

6/5–6/9	M–F	9:00 AM–Noon	\$174	
7/31–8/4	M–F	9:00 AM–Noon	\$174	

Golden Goal, Age: 6–14 years

6/5–6/9	M–F	1:00–3:00 PM	\$65	
7/31–8/4	M–F	1:00–3:00 PM	\$65	

Indoor Volleyball

This co-ed program, designed for the beginning and intermediate player, teaches all aspects of the game through drills and exercises that focus on passing, setting, hitting, and serving. Athletes develop fundamental skills with game-speed drills and daily scrimmages aimed at developing the whole player.

Age: 7–14 years

Location: Foothills Activity Center

7/3–7/7	M,W,F	9:00 AM–Noon	\$102	314071-08
---------	-------	--------------	-------	-----------

Youngsters**SNAG Golf**

SNAG (Starting New At Golf) is all about learning the game of golf at a non-golf course area and in a fun kid friendly way. The fundamentals are broken down into simple steps that allow children to learn golf while having fun. SNAG golf is the perfect introduction to golf for kids.

Age: 5–10 years

Location: City Park

Session 1

6/6–6/22	Tu,Th	10:00–11:00 AM	\$35	314091-01
----------	-------	----------------	------	-----------

Session 2

7/10–7/26	M,W	10:00–11:00 AM	\$35	314091-02
-----------	-----	----------------	------	-----------



Summer **ADVENTURES** AT THE GARDENS



SUMMER CAMPS

Half or full day, scholarships available, grades 1-5.

June 5-9 Gardeners and Chefs—Allergy Aware

June 12-16 Honey We Shrank the Campers!

June 26-30 Garden Arts Camp

July 10-14 Garden Animals

July 24-28 Garden STEM Camp

Aug 7-11 Gardeners and Chefs—Conventional Cooking

URBAN HOMESTEADING CLASSES

Explore loom knitting, garden herb pesto, gardening for healthy skin, and more! Ages 18 and up.

Wednesday: June 14, 21, 28 and July 12, 6-8 pm

YOGA IN THE GARDENS

June 22 and July 15 Family yoga for ages 4 and up, with Family Balance Yoga

June 10, July 8 and August 19 Yoga in the Gardens for ages 12 and up, with Miramont Lifestyle Fitness

ADULT GARDENING CLASSES

May-June Explore underused perennials, spring beekeeping, beneficial insects, drip irrigation, tree pruning. 18 yrs+

EARLY CHILDHOOD EDUCATION

For ages 5 and under.

Every Monday & Tuesday 10 am & 11 am

Read and Seed—story and crafts, drop in

Thursdays: April 27, May 4, May 18, May 25

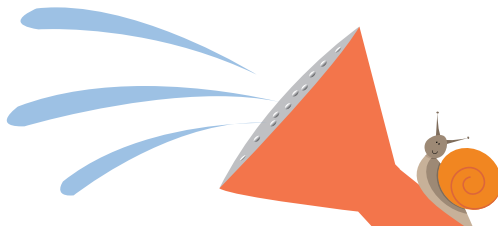
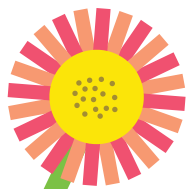
StorySprouts with EarthBeat Dance —Dance & Story Telling from 10-11 am

Special Event

NOCO URBAN HOMESTEAD TOUR

Explore six unique homesteads in Fort Collins & Loveland.

Saturday, July 22, 9 am-3 pm



the
GARDENS
on Spring Creek



City of
Fort Collins

2145 Centre Avenue 970-416-2486

Pre-registration recommended on classes and events.

Full details and registration at fcgov.com/gardens.

10% discount for members of the Gardens on Spring Creek on all classes.

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

Special Event

Spring Plant Sale

Get your garden started!

May 12 Members Only Sale, 3-6 pm

May 13 Public Sale, 9 am-4 pm

May 14 Public Sale, Noon-5 pm

Parent/Child SNAG Scramble

Parents and children play on teams for a 9 hole scramble. Never played golf before? No problem. SNAG is for beginning and experienced golfers. All equipment is provided.

Location: City Park

Grade: 1–2

6/21	W	5:30–7:00 PM	\$11	314093-01
------	---	--------------	------	-----------

Grade: 3–5

6/21	W	6:30–8:00 PM	\$11	314093-02
------	---	--------------	------	-----------

Grade: 6–8

6/21	W	7:00–8:00 PM	\$11	314093-03
------	---	--------------	------	-----------

Amazing Athletes

Learn the basics of nine different ball sports including volleyball, basketball, tennis, football, lacrosse, golf, hockey, soccer, and baseball in a fun, non-competitive, learning based environment. Includes kid-friendly cardio, muscle terminology, motor skills, speed, and agility.

Location: Foothills Activity Center

Cost: \$46

18 months–2.5 years

4/24–5/22	M	10:35–11:00 AM		314077-01
-----------	---	----------------	--	-----------

4/27–5/25	Th	10:35–11:00 AM		314077-02
-----------	----	----------------	--	-----------

6/5–7/3	M	10:35–11:00 AM		314077-03
---------	---	----------------	--	-----------

6/8–7/6	Th	10:35–11:00 AM		314077-04
---------	----	----------------	--	-----------

7/10–8/7	M	10:35–11:00 AM		314077-05
----------	---	----------------	--	-----------

7/13–8/10	Th	10:35–11:00 AM		314077-06
-----------	----	----------------	--	-----------

8/14–9/11	M	10:35–11:00 AM		314077-07
-----------	---	----------------	--	-----------

8/17–9/14	Th	10:35–11:00 AM		314077-08
-----------	----	----------------	--	-----------

2.5–3.5 years

4/24–5/22	M	9:00–9:30 AM		314074-01
-----------	---	--------------	--	-----------

4/27–5/25	Th	9:00–9:30 AM		314074-02
-----------	----	--------------	--	-----------

6/5–7/3	M	9:00–9:30 AM		314074-03
---------	---	--------------	--	-----------

6/8–7/6	Th	9:00–9:30 AM		314074-04
---------	----	--------------	--	-----------

7/10–8/7	M	9:00–9:30 AM		314074-05
----------	---	--------------	--	-----------

7/13–8/10	Th	9:00–9:30 AM		314074-06
-----------	----	--------------	--	-----------

8/14–9/11	M	9:00–9:30 AM		314074-07
-----------	---	--------------	--	-----------

8/17–9/14	Th	9:00–9:30 AM		314074-08
-----------	----	--------------	--	-----------

3.5–5 years

4/24–5/22	M	9:45–10:30 AM		314075-01
-----------	---	---------------	--	-----------

4/27–5/25	Th	9:45–10:30 AM		314075-02
-----------	----	---------------	--	-----------

6/5–7/3	M	9:45–10:30 AM		314075-03
---------	---	---------------	--	-----------

6/8–7/6	Th	9:45–10:30 AM		314075-04
---------	----	---------------	--	-----------

7/10–8/7	M	9:45–10:30 AM		314075-05
----------	---	---------------	--	-----------

7/13–8/10	Th	9:45–10:30 AM		314075-06
-----------	----	---------------	--	-----------

8/14–9/11	M	9:45–10:30 AM		314075-07
-----------	---	---------------	--	-----------

8/17–9/14	Th	9:45–10:30 AM		314075-08
-----------	----	---------------	--	-----------

Mighty Kicks, Classic Program

Fun, high energy introduction to soccer. Focus on developing basic soccer, motor, and life skills using age-appropriate curriculum in a non-competitive environment. **Note:** Class will not be held the week of 7/4.

Age: 3 years

City Park

6/7–8/2	W	9:00–9:45 AM	\$91	314095-05
---------	---	--------------	------	-----------

6/7–8/2	W	3:45–4:30 PM	\$91	314095-06
---------	---	--------------	------	-----------

Harmony Park

6/8–8/3	Th	9:00–9:45 AM	\$91	314095-09
---------	----	--------------	------	-----------

6/8–8/3	Th	3:45–4:30 PM	\$91	314095-10
---------	----	--------------	------	-----------

Troutman Park

6/6–8/1	Tu	9:00–9:45 AM	\$91	314095-01
---------	----	--------------	------	-----------

6/6–8/1	Tu	3:45–4:30 PM	\$91	314095-02
---------	----	--------------	------	-----------

Mighty Kicks Mini Camp

City Park

8/14–8/18	M–F	9:00–9:45 AM	\$71	314095-13
-----------	-----	--------------	------	-----------

8/14–8/18	M–F	3:45–4:30 PM	\$71	314095-14
-----------	-----	--------------	------	-----------

Age: 4–5 years

City Park

6/7–8/2	W	10:00–10:45 AM	\$91	314095-07
---------	---	----------------	------	-----------

6/7–8/2	W	4:45–5:30 PM	\$91	314095-08
---------	---	--------------	------	-----------

Harmony Park

6/8–8/3	Th	10:00–10:45 AM	\$91	314095-11
---------	----	----------------	------	-----------

6/8–8/3	Th	4:45–5:30 PM	\$91	314095-12
---------	----	--------------	------	-----------

Troutman Park

6/6–8/1	Tu	10:00–10:45 AM	\$91	314095-03
---------	----	----------------	------	-----------

6/6–8/1	Tu	4:45–5:30 PM	\$91	314095-04
---------	----	--------------	------	-----------

Mighty Kicks Mini Camp

City Park

8/14–8/18	M–F	10:00–10:45 AM	\$81	314095-15
-----------	-----	----------------	------	-----------

8/14–8/18	M–F	4:45–5:53 PM	\$81	314095-16
-----------	-----	--------------	------	-----------

Mighty Kicks, Advanced

Recommended for 5 and 6 year-olds who have previously participated in the Mighty Kicks, Classic program. Experience a more advance curriculum that also includes 3v3 scrimmage time. **Note:** Class will not be held the week of 7/4.

Location: City Park

Age: 5 years

6/5–7/31	M	9:00 AM–10:00 PM	\$101	314096-01
----------	---	------------------	-------	-----------

6/5–7/31	M	3:45–5:45 PM	\$101	314096-02
----------	---	--------------	-------	-----------

Mighty Kicks Mini Camp

8/7–8/11	M–F	9:00–10:00 AM	\$81	314096-07
----------	-----	---------------	------	-----------

Age: 6–7 years

6/5–7/31	M	10:15–11:30 AM	\$101	314096-03
----------	---	----------------	-------	-----------

6/5–7/31	M	5:00–6:15 PM	\$101	314096-04
----------	---	--------------	-------	-----------

Mighty Kicks Mini Camp

Location: City Park

8/7–8/11	M–F	10:00 AM–Noon	\$101	314096-08
----------	-----	---------------	-------	-----------

50 Plus

All 50+ programs are held at the Senior Center unless otherwise noted. All programs are for ages 50 years & up unless otherwise noted. For programming designed for all ages, browse the other sections of the Recreator.

Other Adult Programs in the Recreator

Adaptive Recreation	14	Fitness 50+	97
Aqua Fitness	19	Health & Wellness	69
Aquatics	21	Ice Skating	75
Arts & Crafts	28	Outdoor Recreation	79
Bicycling	36	Special Events	81
Dance & Movement	39	Sports	82
Education	55	Trips & Travel	101
Fitness	61		

Senior Center Membership

Membership 50+ is \$25 annually with scholarships available. Programs that offer special pricing for members are denoted throughout the Recreator with **M**. The Senior Center Member discount applies to programs where an **M** 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. Senior Center Membership benefits include:

\$3 per month discount for fitness passes and full access passes, or \$1 off daily fitness admissions

Free admission to drop-in programs including Pool Room, Open Shop, Library & Media Center, BINGO, and Cards & Games at the Senior Center.

2-day advance registration to Recreator programs

Member discounts on select services and activities

Membership in member-only clubs

Member celebrations

Free limited legal counseling

Notary service

Health & Wellness services

New Member Orientations – NW

Get a tour of the Senior Center and learn about the resources and opportunities available. Ask questions and begin a relationship with the people at the Senior Center.

First Friday	9:00–10:00 AM	No Fee
Third Tuesday	5:30–6:30 PM	No Fee

Clubs and Organizations

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

For more information about C.H.A.T., see page 29.

Donut Make U Wonder – NW **M**

The group engages in local, national, and global topical discussions with donuts and coffee.

Ongoing	F	10:00–11:30 AM	No Fee
---------	---	----------------	--------

Front Range Forum **M** – NW

Front Range Forum serves the residents of Northern Colorado's Front Range who are intellectually curious and dedicated to enriching their daily lives through life-long learning. Members facilitate classes for each other; participants take part in short presentations and informal discussions. Subjects have varied from the Vikings to the stories of Chekov and Jewett; from the Civil War to ethics; and from Van Gogh to Broadway musicals. In addition, the Forum sponsors lectures, a summer arts program, and offers programs – FRF Travels and FRF Goes to the Movies. Membership is \$20 per year. For more information, including our newsletter, visit frontrangeforum.org.

Harmonettes **M** – NW

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. Contact Ashley Ruffer at 970.224.6033, aruffer@fcgov.com for more information.

Location: Senior Center

Practice	M	9:30–11:00 AM	(Except 3rd Monday)
----------	---	---------------	---------------------

Older Gay Lesbian Bisexual Transgender (OGLBT) – NW

This social networking group is for persons that are OGLBT and ages 50 years & up. Meetings are monthly for breakfast or dinner; locations and times change monthly. Contact Katie Stieber at 970.224.6029, kstieber@fcgov.com for more information.

Senior Bowling Leagues – NW

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, 970.484.2906.

Tuesday League	T	1:00 PM
Thursday League	Th	1:00 PM

Senior Advisory Board – NW

The Senior Advisory Board advises City Council on issues related to older adults and is comprised of individuals of all ages who share a concern for the aging members of our community. The board consists of 11 members; 9 members are appointed by City Council, and 2 members are appointed from the Senior Center Council. The Senior Advisory Board meets the 2nd Wednesday of each month at 11:30 a.m. Guests are welcome.

Senior Center Council **M** – NW

Senior Center Council assists and advises the administrative staff in matters regarding the operation of the Senior Center and are elected representatives from the senior membership. Elected representatives meet the 3rd Monday of each month at 1:30 p.m. Members are invited to attend.

SOAP Troupe (Slightly Older Adult Players) ^M – NW

SOAP Troupe produces two major shows per year featuring a variety of acts/short skits, monologues, stand-up comedy, song, dance or instrumental performances, a short play, and usually a melodrama or short comedy. Whether you are experienced or a beginner, your talent can be used to act, pound nails, sew, sing, and/or write. SOAP meets at 1:30 p.m. on the 4th Tuesday of each month. Contact Ashley Ruffer at 970.224.6033, aruffer@fcgov.com.

The Writers Group ^M – NW

Express yourself through writing in any manner you choose regardless of content, genre, or skill. Participants gather weekly to share their work and occasionally write on a topic selected by all. You are asked to sign in at the meetings; new participants welcome. Contact Ashley Ruffer at 970.224.6033, aruffer@fcgov.com.

Ongoing	Tu	10:00 AM–Noon	No Fee
---------	----	---------------	--------

Cards & Games**Bridge****Duplicate Bridge – NW ^M**

Weekly duplicate bridge skill development and companionable play.

Age: 18 years & up

Location: Senior Center

Ongoing	F	11:30–4:00 PM	\$3.50
---------	---	---------------	--------



COLUMBINE HEALTH SYSTEMS

Westwood PATIO HOMES
14th and Main Street in Windsor
970-460-5000

Come Join Active Seniors in Our 34 Patio Home Neighborhood

- 55+ Adult Community
- Maintenance -Free Living
- Universal Design
- No HOA fees
- 5 Models

NOW LEASING!
RATES FROM: **\$2,400 - \$2,900**

westwoodpatiohomes.com

Bridge Mentoring – NW ^M

Half hour review of one topic followed by Bridge play. Mentors assist with bidding and playing questions per the 21st Century Standard American Bridge system. Non-members pay a \$3.25 drop-in fee.

Age: 18 years & up

Location: Senior Center

6/12	M	6:00–8:30 PM	No Fee
6/26	M	6:00–8:30 PM	No Fee
7/10	M	6:00–8:30 PM	No Fee
7/24	M	6:00–8:30 PM	No Fee
8/14	M	6:00–8:30 PM	No Fee
8/28	M	6:00–8:30 PM	No Fee

Party Bridge, Pinochle, & Mahjong – NW ^M

Drop-in Bridge and pinochle card games.

Age: 18 years & up

Location: Senior Center

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

General Games**BINGO – NW ^M**

Senior Center members compete against each other in BINGO for prizes.

6/12	M	1:00–2:00 PM	No Fee
7/10	M	1:00–2:00 PM	No Fee
8/14	M	1:00–2:00 PM	No Fee

Cards & Games – NW ^M

Play cards and board games such as canasta, mahjongg, scrabble, and cribbage.

Age: 18 years & up

Ongoing	M	9:00 AM–12:00 PM	No Fee
Ongoing	W	12:30 PM–4:00 PM	No Fee

Education**Medical Self Awareness**

Medical needs and the likelihood of needing EMS increase with age. EMS is an ever-changing field; learn what's currently available, how to get help, why fire engines are sent on medical calls, and how a DNR works.

Location: Senior Center


6/5	M	6:00–7:30 PM	No Fee	307478-01
-----	---	--------------	--------	-----------

Fitness**General Information**

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

Registration Options

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 of six participants per class to be offered and active. **Note:** Health & Wellness programs  are not eligible for discount.

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

The fitness classes listed below are specific for ages 50 years & up. See page 61 for information about additional fitness classes, as well as information about personal training services.

Group Fitness

Ageless Grace

Ageless Grace® teaches 21 simple tools for lifelong comfort and ease. Movements come naturally, stimulate the body, and initiate a mind-body link, providing anti-aging exercises that almost anyone can do. Fun and a little silly, we laugh a lot. Usually practiced in a chair. **Note:** Class will not be held on 7/4.

5/23–6/20	Tu	11:00–11:50 AM	\$21	309430-01
6/27–7/25	Tu	11:00–11:50 AM	\$17	309430-02

Back & Body

Strengthen and stretch the major muscle groups of the body in this class. Physical conditions like back, hip, knee, and neck problems can be prevented or alleviated through a holistic training routine.

Note: Class will not be held on 5/29.

5/22–6/23	M,W,F	8:50–9:50 AM	\$57	309431-01
6/26–7/28	M,W,F	8:50–9:50 AM	\$61	309431-02
8/14–9/1	M,W,F	8:50–9:50 AM	\$37	309431-03
5/22–6/21	M,W	8:50–9:50 AM	\$37	309431-1A
5/22–6/19	M	8:50–9:50 AM	\$17	309431-1B
6/26–7/26	M,W	8:50–9:50 AM	\$41	309431-2A
6/26–7/24	M	8:50–9:50 AM	\$21	309431-2B
8/14–8/30	M,W	8:50–9:50 AM	\$25	309431-3A
8/14–8/28	M	8:50–9:50 AM	\$13	309431-3B

Body & Mind in Motion

Perform a variety of arm and leg movements while sitting in chairs. Designed for adults with physical limitations. **Note:** Class will not be held on 5/29.

5/22–6/23	M,W,F	10:00–10:55 AM	\$57	309432-01
6/26–7/28	M,W,F	10:00–10:55 AM	\$61	309432-02
8/14–9/1	M,W,F	10:00–10:55 AM	\$37	309432-03
5/22–6/21	M,W	10:00–10:55 AM	\$37	309432-1A
5/22–6/19	M	10:00–10:55 AM	\$17	309432-1B
6/26–7/26	M,W	10:00–10:55 AM	\$41	309432-2A
6/26–7/24	M	10:00–10:55 AM	\$21	309432-2B
8/14–8/30	M,W	10:00–10:55 AM	\$25	309432-3A
8/14–8/28	M	10:00–10:55 AM	\$13	309432-3B

N'Balance

An effective fall prevention class that achieves results. Enjoy practice exercises and movements to strengthen core balance and to overcome the fear of falling. This is an evidence-based program designed from the kinetic principles of Fall Proof, a balance program created by California State University Fullerton.

6/19–8/9	M,W	2:30–3:30 PM	No Fee	309433-01
8/14–9/27	M,W	2:30–3:30 PM	No Fee	309433-02

Parklane Fitness

Receive instruction while sitting in a chair to improve flexibility, strength, coordination, and cardiovascular fitness. **Note:** Class will not be held on 7/4.

Location: Parklane Towers North

5/23–6/22	Tu,Th	9:30–10:30 AM	\$41	309438-01
6/27–7/27	Tu,Th	9:30–10:30 AM	\$37	309438-02
8/1–8/31	Tu,Th	9:30–10:30 AM	\$41	309438-03

Sport Fit

Active Agers gain coordination, agility, balance, flexibility, and strength through games and drills to keep the body fit and enhance performance for participation in sports. **Note:** Class will not be held on 8/11.

5/26–6/23	F	2:00–2:45 PM	\$16	309435-01
6/30–7/28	F	2:00–2:45 PM	\$16	309435-02
8/4–9/1	F	2:00–2:45 PM	\$13	309435-03

Swiss Theraball

Enjoy gentle, effective, low-impact exercise on a Theraball. Improve balance, endurance, flexibility, and strength with this relaxing routine. Theraballs are provided. **Note:** Class will not be held on 8/10.

5/25–6/22	Th	4:00–5:00 PM	\$21	309434-01
6/29–7/27	Th	4:00–5:00 PM	\$21	309434-02
8/3–8/31	Th	4:00–5:00 PM	\$17	309434-03

TaiChi for Arthritis

An effective and evidence based practice. This orthodox internal martial art form from China relieves pain and maintains and improves health and the quality of life. **Note:** Class will not be held on 8/11.

5/26–6/23	F	3:00–4:00 PM	\$21	309436-01
6/30–7/28	F	3:00–4:00 PM	\$21	309436-02
8/4–9/1	F	3:00–4:00 PM	\$17	309436-03

Yoga, Chair

Adaptive exercise practiced in a chair. Relax the body and mind, improve musculoskeletal fitness and flexibility, and receive healing and restorative benefits. **Note:** Class will not be held on 5/29, 8/7.

5/22–6/19	M	8:30–9:30 AM	\$17	309437-01
6/26–7/24	M	8:30–9:30 AM	\$21	309437-02
7/31–8/28	M	8:30–9:30 AM	\$17	309437-03

SilverSneakers

Do you want to learn more about SilverSneakers? Inquire at the front desk of Senior Center or Northside. **Note:** SilverSneakers nonmembers may attend by paying the drop-in rate or register for the session

Classic, SilverSneakers

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a small ball are offered for resistance, and a chair is used for seated or standing support. **Note:** Class will not be held on 5/29, 7/4, 8/8, 8/10, 8/12.

Location: Senior Center

5/23–6/22	Tu,Th	10:10–10:55 AM	\$31	309450-01
6/27–7/27	Tu,Th	10:10–10:55 AM	\$28	309450-02
8/1–8/31	Tu,Th	10:10–10:55 AM	\$25	309450-03
5/27–6/24	Sa	10:30–11:15 AM	\$16	309450-04
7/1–7/29	Sa	10:30–11:15 AM	\$16	309450-05
8/5–9/2	Sa	10:30–11:15 AM	\$13	309450-06

Location: Northside Aztlan Center

5/22–6/21	M,W	11:00–11:45 AM	\$28	309550-01
6/26–7/26	M,W	11:00–11:45 AM	\$31	309550-02
7/31–8/30	M,W	11:00–11:45 AM	\$31	309550-03

Circuit, SilverSneakers

Move through a series of exercises in a circuit format to improve cardiovascular endurance and muscular strength and endurance.

Note: Class will not be held on 5/29, 8/7, 8/9, 8/11.

5/22–6/23	M,W,F	1:00–1:45 PM	\$43	309451-01
6/26–7/28	M,W,F	1:00–1:45 PM	\$46	309451-02
7/31–9/1	M,W,F	1:00–1:45 PM	\$37	309451-03

Splash, SilverSneakers

Fun, shallow-water moves that improve agility, flexibility, and cardiovascular endurance. No swimming ability required. A special SilverSneakers kickboard is used to develop strength, balance, and coordination. **Note:** Class will not be held on 7/4, 8/8, 8/10.

5/23–6/22	Tu,Th	12:15–1:10 PM	\$41	309452-01
6/27–7/27	Tu,Th	12:15–1:10 PM	\$37	309452-02
8/1–8/31	Tu,Th	12:15–1:10 PM	\$33	309452-03
5/23–6/22	Tu,Th	1:15–2:10 PM	\$41	309452-04
6/27–7/27	Tu,Th	1:15–2:10 PM	\$37	309452-05
8/1–8/31	Tu,Th	1:15–2:10 PM	\$33	309452-06

Stability, SilverSneakers

Become stronger and improve balance. Designed for fall prevention and suitable for nearly every fitness level. Adaptations available for varying skill levels. A chair may be used for balance and support.

Note: Class will not be held on 8/11.

5/26–6/23	F	11:00–11:45 AM	\$16	309453-01
6/30–7/28	F	11:00–11:45 AM	\$16	309453-02
8/4–9/1	F	11:00–11:45 AM	\$13	309453-03

Yoga, SilverSneakers

Focus on poses and postures to improve joint range of movement, muscular strength, endurance, and balance. Static and dynamic movements are presented with a chair for seated and standing support. **Note:** Class will not be held on 5/29, 7/4, 8/7, 8/8, 8/9, 8/10, 8/12.

5/22–6/21	M,W	4:10–4:55 PM	\$28	309454-01
6/26–7/26	M,W	4:10–4:55 PM	\$31	309454-02
7/31–8/30	M,W	4:10–4:55 PM	\$25	309454-03
5/23–6/22	Tu,Th	11:10–11:55 AM	\$31	309454-04
6/27–7/27	Tu,Th	11:10–11:55 AM	\$28	309454-05
8/1–8/31	Tu,Th	11:10–11:55 AM	\$25	309454-06
5/27–6/24	Sa	11:15 AM–Noon	\$16	309454-07
7/1–7/29	Sa	11:15 AM–Noon	\$16	309454-08
8/5–9/2	Sa	11:15 AM–Noon	\$13	309454-09

Health & Wellness

Brain & Balance

Use your head while staying on your feet. Fun brain games and functional balance exercises are brought together in a way that offers support, laughter, and results. By Diane Horak, Health & Wellness Program Manager.

Age: 18 years & up

Location: Senior Center

6/8–6/29	Th	1:30–2:00 PM	\$15	325426-01
7/13–8/3	Th	1:30–2:00 PM	\$15	325426-02
8/17–8/31	Th	1:30–2:00 PM	\$11.25	325426-03

Sports

AOA Badminton – NW

Active Older Adults play drop-in badminton. **Note:** Drop-in fees apply. No drop-in games 8/15, 8/17.

Age: 18 years & up

Location: Northside Aztlan Center

6/1–8/31	Tu,Th	8:00–10:00 AM		
----------	-------	---------------	--	--

AOA Basketball – NW

Active Older Adults suit-up and play hoops on the court during this pick-up game. **Note:** Drop-in fees apply. No drop-in games 8/14, 8/16, 8/18.

Age: 18 years & up

Location: Northside Aztlan Center

6/2–8/30	M,W,F	8:00–10:00 AM		
----------	-------	---------------	--	--

Resources

Legal Services – NW

Free 30-minute sessions every 1st Thursday of the month. Contact the Senior Center to schedule an appointment.

6/1	Th	1:00–5:00 PM	No Fee
7/6	Th	1:00–5:00 PM	No Fee
8/3	Th	1:00–5:00 PM	No Fee

Library/Media Center **M**

The Library/Media Center offers 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 **M**

The Pool Room has four 8-ball tables and 1 snooker table. Non-members may pay a daily drop-in rate. Additionally, we ask that users contribute to the maintenance of the facility by making a donation in the donation box located in the room.

VOA Senior Nutrition Program – NW

Volunteers of America and the City of Fort Collins Recreation Department host the Senior Nutrition Program to provide hot lunch at Northside Aztlan Community Center and the Senior Center. There is no charge for ages 60 years & up (and their spouses). Reservations required; contact 970.472.9630 by 1:30 p.m. one business day prior.

Location: Senior Center

Ongoing	M,Tu,Th,F	Noon	\$2.50 suggested donation
---------	-----------	------	---------------------------

Location: Northside Aztlan Center

Ongoing	Tu,W,Th	Noon	\$2.50 suggested donation
---------	---------	------	---------------------------

Volunteers

We strive to provide our trained volunteers with quality opportunities that meet their expectations, align with their skills and needs, and capitalize on the many talents they possess. Volunteers gain new skills, forge new friendships, interact with fellow community members, enrich their community through purposeful activity, utilize their life experiences to enhance the lives of others, learn new things about themselves, set and achieve personal goals, and make a positive difference in the lives of others.

Volunteers may choose from one-time special events to longer term commitments in a variety of areas. For more information, visit fcgov.com/recreation/join-us or contact Betsy Emond at 970.224.6030, bemond@fcgov.com.

Social Programs

Coffee with Bob – NW

Grab a cup of coffee with Recreation Director, Bob Adams. We'll provide the coffee, you provide the topic. No registration required.

7/19	W	8:30–9:30 AM	No Fee
8/30	W	9:00–10:00 AM	No Fee

Historical Café

Learn how to research family history and genealogy and discover interesting facts and secrets from the past. **Note:** Lunch served after the presentation. Please note dietary restrictions when registering.

Age: 18 years & up

Location: Senior Center

6/14	W	11:30 AM–1:30 PM	\$23	312440-01
------	---	------------------	------	-----------

Wii Bowling **M**

Wii Bowling is an interactive video game developed by Nintendo that allows for players to bowl virtually by using a Wii remote to mimic the actions performed while bowling. Join others in a fun and relaxed environment in bowling without ever lifting a ball.

Age: All

Location: Senior Center

7/14	F	1:00–2:30 PM	No Fee	312442-01
------	---	--------------	--------	-----------

Movies, New Releases and Classics – NW **M**

Movie showings of new releases and classics. Schedule of movie titles available at the registration desk.

6/2	F	1:00–3:00 PM	No Fee
6/16	F	1:00–3:00 PM	No Fee
7/7	F	1:00–3:00 PM	No Fee
7/21	F	1:00–3:00 PM	No Fee
8/4	F	1:00–3:00 PM	No Fee
8/18	F	1:00–3:00 PM	No Fee

Prairie Sage Dances – NW

Dance to live music. Refreshments served.

6/5	M	7:00–10:00 PM	\$5	Jim Ehrlich
6/19	M	7:00–10:00 PM	\$5	Big Twang Theory(Bee My Honey)
7/3	M	7:00–10:00 PM	\$5	H & H (America)
7/17	M	7:00–10:00 PM	\$5	Pepie
8/21	M	7:00–10:00 PM	\$5	H & H (Aloha)

Rec On Record – NW

Rec On Record is a monthly TV recording where the Fort Collins Senior Center and other Recreation Staff inform the public on what's happening in Recreation. We invite you to join in our live studio audience in Twinberry Auditorium each month.

Age: All

6/15	Th	11:00 AM–Noon	No Fee
7/20	Th	11:00 AM–Noon	No Fee
8/17	Th	11:00 AM–Noon	No Fee

LEGEND

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



1, 2 and 3 Bedroom
FLOOR PLANS

2 and 3 Bedroom
TOWNHOMES

**2001 Rosen Drive
Fort Collins, CO 80528**

CROWNE

at TIMBERLINE

Saltwater pool with sundeck & fire pit // Media lounge // Outdoor living space with grilling area
Interactive health & athletic center // Elevator access in every apartment building
Computer center with coffee bar & docking station // 24-hour emergency maintenance

P: **970.825.5123** | crowneattimberline.com
F: 970.672.1864 | timberline@crowneapartments.com



Active Minds Virtual Learning

Engage in a unique virtual learning experience hosted in the Twinberry Auditorium. Experts from Active Minds present on topics from their remote location around the nation. Participants engage with the presenters through streaming systems and the technology offered in the auditorium.

Age: All
Location: Senior Center

Vikings

Trace the rise and fall of the Age of the Vikings. Learn about the culture and traditions of the Norse Warriors, including their distinctive horned helmets and unique ships.

6/20 Tu 1:00–2:00 PM \$9 312441-01

Mayans

Learn a comprehensive overview of Mayan history, culture, art, and science. Leave with a greater appreciation for one of the great civilizations in the history of the world.

8/29 Tu 1:00–2:00 PM \$9 312441-02

Special Events

See a list of Special Events available for all ages on page 81.

Celebrations

Celebrate April, May, and June birthdays and anniversaries of the Senior Center members with cake and entertainment. Anyone with an April, May, or June birthday must RSVP ahead of time to receive a gift.

Location: Senior Center

6/22 Th 1:30–3:00 PM No Fee 312410-01

All American Picnic

What's more American than Apple Pie? Join in for to the All American Picnic BBQ and Apple Pie Baking Contest. Big Twang Theory will perform live music.

Age: All
Location: Senior Center

7/3 M 3:00–6:00 PM \$15/8 under 16 years 312444-01

Picnic in the Park – NW

Take a break from the routine and invite the older people in your life to join you for lunch. At this annual event, picnickers enjoy great food, entertainment, games, walks around the lake, meeting new friends, and a day out in City Park, our iconic 100 year old park.

Age: All
Location: City Park

8/16 W 11:00 AM–1:00 PM \$3 suggested donation

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 **M** 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 he/she must pay for ticket and meal expenses if those are part of the trip fees. Attendants must register separately from individuals they are assisting in order to ensure that we provide necessary seating, meals, tickets, etc.

Smoking

Trips are smoke-free whenever possible. Smoking is not allowed on vans or buses.

Door-to-Door Transportation

Round trip transportation to and from your home is available for most trips if you reside within the Fort Collins city limits (with some exceptions). 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. The cost for these services is \$4 per person. Requests must be made at the time of registration or at least 3 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.

Extended Travel

Trains, Peaches, and Arches – August 2017

Ride an Amtrak train to Glenwood Hot Springs to soak the night away. Then, travel through the picturesque beauty of the Colorado National Monument on our way to Moab to tour Arches National Park and Red Cliffs Lodge. Enjoy live music on a cruise along the Colorado River and tour High County Peaches. **Note:** 4 days/3 nights. Includes lodging, food, admissions, hot springs, and tours. \$200 deposit taken at time of registration. Non-refundable after final payment deadline of 5/26/17.

Single Occupancy, per person

8/29-9/1	\$900	305992-01
----------	-------	-----------

Double Occupancy, per person

8/29-9/1	\$700	305992-01
----------	-------	-----------



MISSISSIPPI RIVERBOAT & MORE
 June 10-19, 2017
 \$1699 pp double, \$1999 single
 2 Days on the Mighty Mississippi
 Bridges of Madison County • House on the Rock • Taliesin, Amana Colonies • Mall of America • Badlands National Park & Much More!
INCLUDES: All Admissions, Hotels, Luxury Coach, Hostess & 18 Meals

We Love What We Do and So Will You!



CARRIBEAN CRUISE & SAN ANTONIO CHRISTMAS
 December 6-20, 2017 | See RoyaltyCoach.com for rates
 Jamaica • Cozumel • Grand Cayman • Dickens the Strand in Galveston • San Antonio Christmas on the Riverwalk
INCLUDES: All Stateside Admissions, Hotels, Luxury Coach, Charter Hostess, Step On Guides, Too Many Meals to Count & Much More!



970-493-7778 • 855-4-ROYALTY
www.RoyaltyCoach.com

National Parks Canyon Country – August 2017

Marvel at the West's premier natural wonders on this 3-state vacation. Visit Crazy Horse Memorial and Mount Rushmore in the Black Hills of South Dakota. Travel through the high country on the way to Buffalo Bill's frontier town of Cody before hitting Yellowstone National Park. Finish this motorcoach tour across spectacular scenery in Grand Teton National Park and Jackson, WY, before heading home via Steamboat Springs. **Note:** 9 days/8 nights. Includes lodging, some meals, admissions, and tours. Refund schedule available upon request.

Single Occupancy, per person

8/27–9/4	\$2,632	305997-01
----------	---------	-----------

Double Occupancy, per person

8/27–9/4	\$1,947	305997-01
----------	---------	-----------

America's Great Train Journey – September 2017

Travel through the history of the west by train and sleep soundly in hotels at night. This throw-back to train travel includes two days aboard the famed California Zephyr to take in the views of the Sierra Nevadas, Lake Tahoe, and the Rocky Mountains. Also included are culinary delights and city tours. **Note:** 8 days/7 nights. Fee includes airfare, lodging, admissions, guides, and some meals. Non-refundable after final payment deadline of 7/21/17.

Single Occupancy, per person

9/8–9/15	\$3,290	405994-01
----------	---------	-----------

Double Occupancy, per person

9/8–9/15	\$2,600	405994-01
----------	---------	-----------

Cruising Hawaii's Paradise – December 2017

Sail through the breathtaking scenery of the Hawaiian Islands. The highlight of this Hawaii tour is a 7-night cruise around the Hawaiian Islands aboard Norwegian Cruise Line's Pride of America. Visit Pearl Harbor and Royal 'Iolani Palace, the world's largest dormant volcano, Haleakala, and the Hawaii Volcanoes National Park. Or, do nothing at all and relax in one of the world's most beautiful island paradises. **Note:** 11 days/10 nights. Includes lodging, most meals, and admissions. Refund schedule available upon request.

Single Occupancy, per person

12/6–12/16	\$6,171	105990-01
------------	---------	-----------

Double Occupancy, per person

12/6–12/16	\$4,301	105990-01
------------	---------	-----------

Save the Date: Cuba – May 2018

Shrouded in mystery for the past 50 years, the island nation of Cuba is ready to be rediscovered. Experience the colorful history and lively culture of this captivating country. This People-to-People trip is designed around daily interactions with the local residents and delivers insight into the past, present, and future of this fascinating place. For more information, email trips@fcgov.com.

Ongoing Trips**Casino Trips**

A day in the mountains at Mardi Gras Blackhawk. **Note:** Fee includes casino package and a coupon for lunch.

Location: Rolland Moore Park

6/6	Tu	8:00 AM–5:30 PM	\$11	305910-01
7/25	Tu	8:00 AM–5:30 PM	\$11	305910-04
8/8	Tu	8:00 AM–5:30 PM	\$11	305910-05
8/22	Tu	8:00 AM–5:30 PM	\$11	305910-06

Rockies Game 

Enjoy the game from shaded seats in Denver's Coors Field. **Note:** Fee includes Club level ticket. Non-refundable after two weeks prior to each game day.

vs Diamondbacks

6/22	Th	10:30 AM–6:00 PM	\$38	305901-01
------	----	------------------	------	-----------

vs Reds - ARO

7/6	Th	10:30 AM–6:00 PM	\$38	305901-02
-----	----	------------------	------	-----------

vs Padres

7/19	W	10:30 AM–6:00 PM	\$38	305901-03
------	---	------------------	------	-----------

vs Mets

8/3	Th	10:30 AM–6:00 PM	\$38	305901-04
-----	----	------------------	------	-----------

vs Braves

8/17	Th	10:30 AM–6:00 PM	\$38	305901-05
------	----	------------------	------	-----------

vs Tigers

8/30	W	10:30 AM–6:00 PM	\$38	305901-06
------	---	------------------	------	-----------

Day at the Races, Aurora 

Arapahoe Park Racetrack is Colorado's only venue for horse racing. Thoroughbreds, Quarter Horses, Arabians, Paint, and Appaloosa race during the track's season. Box seats are air-conditioned and comfy. **Note:** Fee includes betting seminar and boxed lunch.

6/23	F	10:30 AM–6:00 PM	\$58	305904-01
7/28	F	10:30 AM–6:00 PM	\$58	305904-02
8/4	F	10:30 AM–6:00 PM	\$58	305904-03

Mountain View Picnics 

A scenic drive, afternoon picnic, and optional nature walk. **Note:** Fee includes park entrance and boxed lunch.

Endo Valley, Rocky Mountain National Park

6/6	Tu	10:00 AM–2:30 PM	\$31	305934-01
-----	----	------------------	------	-----------

Flatiron Reservoir

7/25	Tu	10:00 AM–2:30 PM	\$31	305934-02
------	----	------------------	------	-----------

Rabbit Mountain Open Space

8/22	Tu	10:00 AM–3:30 PM	\$31	305934-03
------	----	------------------	------	-----------

Outdoor Strolls M

Short, easy level strolls in scenic areas at your own pace and you determine the distance you want to walk. Perfect for photographers and artists. No guide, but driver accompanies. Appropriate footwear is required. **Note:** Bring your own lunch, snacks, water, and appropriate clothing. For more of a challenge and guided outings see Hikes and our new Leisure Hikes on page 79.

Bear Lake

6/7	W	9:00 AM–3:00 PM	\$21	311902-01
-----	---	-----------------	------	-----------

Sprague Lake

6/27	Tu	9:00 AM–3:00 PM	\$21	311902-02
------	----	-----------------	------	-----------

Dowdy Lake

7/10	M	9:00 AM–3:00 PM	\$21	311902-03
------	---	-----------------	------	-----------

Lake Irene

7/31	M	9:00 AM–3:00 PM	\$21	311902-04
------	---	-----------------	------	-----------

Watson Lake

8/18	F	9:00 AM–3:00 PM	\$21	311902-05
------	---	-----------------	------	-----------

Wonderland Lake

8/28	M	9:00 AM–3:00 PM	\$21	311902-06
------	---	-----------------	------	-----------

Out to Lunch M

Join friends for a trip out to lunch. **Note:** Lunch cost is on your own.

Racine's, Denver

One of Denver's oldest favorites for food and fun with a menu full of choices to please your palette.

6/20	Tu	10:30 AM–3:30 PM	\$21	305930-01
------	----	------------------	------	-----------

Trailhead Restaurant, Estes Park

Located at the Fall River Visitor Center of Rocky Mountain National Park and offers classic American cuisine with fresh mountain fillings.

7/11	Tu	10:30 AM–3:30 PM	\$21	305930-02
------	----	------------------	------	-----------

Parma Trattoria, Louisville

Traditional Italian dishes of pasta, pizza, salads, and more. All cheeses made in house or imported from Rome or Naples.

8/8	Tu	10:30 AM–3:30 PM	\$21	305930-03
-----	----	------------------	------	-----------

Sunday Out to Lunch

Head somewhere in the specified area for lunch to enjoy a day out of the house. We won't tell you which restaurant because the mystery is half the fun. A scenic ride home tops it off. **Note:** Lunch cost is on your own.

Arvada

6/11	Su	11:00 AM–3:00 PM	\$11	305932-01
------	----	------------------	------	-----------

Evans

7/23	Su	11:00 AM–3:00 PM	\$11	305932-02
------	----	------------------	------	-----------

Estes Park

8/13	Su	11:00 AM–3:00 PM	\$11	305932-03
------	----	------------------	------	-----------

Traveling Gourmet M

Get fancy for dinner and try gourmet Colorado cuisine. **Note:** Dinner cost on your own.

Waterfront Grille, Estes Park

A favorite with locals and sure to please with stunning views of the Rocky Mountains. Menu emphasizes seafood and grilled favorites.

6/8	Th	4:00–9:30 PM	\$26	305940-01
-----	----	--------------	------	-----------

Hideaway Steakhouse, Westminster

Hidden among tree groves and open fields, Hideaway offers a familiar, relaxing place to indulge the senses and palate.

7/20	Th	4:00–9:30 PM	\$26	305940-02
------	----	--------------	------	-----------

Flagstaff House, Boulder

Built into a mountainside at an elevation of 6000 ft. Flagstaff House overlooks Boulder and offers breathtaking views and an award-winning wine list and menu of French-American cuisine.

8/24	Th	4:30–9:30 PM	\$26	305940-03
------	----	--------------	------	-----------

June

Bass Pro Shop, Denver M

A morning of adventure at the Bass Pro Shop. Designed to complement the outdoors, this 180,000 square foot building is part museum, part art gallery. Enjoy the history of the Colorado outdoors through the historic photo gallery. Sit back, relax, and watch the variety of Colorado native fish in the 22,000 gallon aquarium. **Note:** Lunch cost on own at Islamorada Fish Company.

6/9	F	9:30 AM–3:00 PM	\$21	305950-01
-----	---	-----------------	------	-----------

Chatfield Farms, Littleton M

Denver Botanic Gardens' Chatfield Farms sits next to Dear Creek and houses both the Butterfly House and the historic Hildebrand Ranch. Situated on arid grasslands, the ranch tells the story of the industrious spirit that turned a log cabin and open land into a thriving farm and ranch which includes everything from a schoolhouse to a working blacksmith shop. The Butterfly House is home to hundreds of native butterfly and plant species. **Note:** Fee includes admission and boxed lunch.

6/15	Th	9:00 AM–4:00 PM	\$46	305951-01
------	----	-----------------	------	-----------

10th Annual Lei Day, Denver

Get a jump on the fall cultural series focus on Hawaii. Halau Kalama's 10th Annual Lei Day Celebration presents "Fire of the Ocean" and "Te Auahi Ura O Te Moana Hiva" on a voyage to the Polynesian Islands: Hawaii, Samoa, Tahiti, Tonga, and New Zealand. Experience the almighty ocean through song and dance with the promise to enchant and intrigue your island curiosity. Feel the fire as Halau Kalama ignites the evening with a grand finale of fire. **Note:** Bring a snack to eat on the bus. Non-refundable after 5/5/17.

6/17	Sa	5:30–11:00 PM	\$46	305952-01
------	----	---------------	------	-----------

Slipper & the Rose, Johnstown

The ultimate story of two people very much in love and enhanced with a gorgeous score by the Sherman Brothers of Disney fame. Include a healthy dose of stage magic, enchanting sets, and beautiful costumes and this new version of Cinderella becomes the most memorable you'll ever see. **Note:** Fee includes ticket and dinner. Location: Candlelight Dinner Playhouse. Non-refundable after 5/26/17.

6/18	Su	Noon–6:00 PM	\$79	305920-01
------	----	--------------	------	-----------

Historic Hoverhome, Longmont ^M

Follow the costumed docents on a guided tour and learn the history and legacy of the Hover Family. Placed on the National Registry of Historic places in 1999, the house still contains its original furnishing from 1913–14. **Note:** Lunch cost on own at the Cheese Importers.

6/28	W	9:00 AM–3:00 PM	\$31	305953-01
------	---	-----------------	------	-----------

July**Lunch & a Song, Central City ^M**

Enjoy a lunch provided by Kevin Taylor's Face Bar at the historic Teller House before a delightful 30-minute opera performance with selections performed by a member of the prestigious Bonfils-Stanton Foundation Artists Training Program. Afterwards, explore the charm of Central City. **Note:** Fee includes lunch. Non-refundable after 6/19/17.

7/12	W	9:30 AM–5:00 PM	\$66	305922-01
------	---	-----------------	------	-----------

Lazy B Chuckwagon Dinner, Estes Park ^M

The Lazy B's authentic Cowboy Chuckwagon Supper is the best in Colorado, bar none. The Lazy B delivers a delightful mix of cowboy music, skits, and humor, accompanied by an authentic cowboy dinner. **Note:** Fee includes dinner and a show. Non-refundable after 6/30/17.

7/14	F	4:00–9:00 PM	\$73	305923-01
------	---	--------------	------	-----------

Grow Haus Farm, Denver ^M

GrowHaus is a sustainable aquaponics farm that grows leafy greens for distribution throughout Denver. Aquaponics mimics natural ecosystems to combine the best aspects of aquaculture and hydroponics in a recirculating system. Learn the basics of aquaponics farming and how the farm provides food for the community. **Note:** Lunch cost on own at Mickey's Top Sirloin.

7/27	Th	9:00 AM–3:00 PM	\$42	305954-01
------	----	-----------------	------	-----------

August**CSU Annual Flower Trial Garden, Fort Collins ^M**

Established to allow students, researchers, industry representatives, and homeowners to learn, teach, and evaluate through horticultural research and demonstration projects. Take a guided tour through the garden to learn about the research and how the unique environmental conditions of the Rocky Mountains/High Plains region affect horticulture. **Note:** Lunch cost on own at Cafe Vino.

8/2	W	9:45 AM–3:00 PM	\$21	305956-01
-----	---	-----------------	------	-----------

Carmen, Central City

Bizet's opera about the Spanish gypsy is an electrifying story of love, jealousy, and murder. It follows the fiery romance between Carmen and Don Jose, which leads the inexperienced soldier to commit mutiny, reject his former love, and join a band of smugglers before jealousy finally turns to murder. **Note:** Lunch cost on own at Face Bar. Non-refundable after 7/6/17.

8/3	Th	10:00 AM–7:00 PM	\$111	305924-01
-----	----	------------------	-------	-----------

Garden of the Gods & Pikes Peak Railway, Colorado Springs

Since 1891, Pikes Peak Cog Railway has taken thousands of people to the 14115 ft. summit. Explore America's Mountain in comfort and style with a guided tour to the summit and back spanning 9 miles of track. On the way home, a step-on naturalist takes us through the Garden of the Gods. **Note:** Fee includes admissions, step-on guide, motorcoach transportation, and boxed lunch. Please bring any drinks in a screw-top container. Snacks provided.

Location: Rolland Moore Park

8/9	W	7:15 AM–7:30 PM	\$113	305957-01
-----	---	-----------------	-------	-----------

Heritage Evening at Walker Ranch, Boulder ^M

Enjoy a summer evening at the historic Walker Ranch. Stroll through the buildings. Take a homestead tour. Experience a one room school program. Casually visit the living history demonstrations which include button making, blacksmithing, and cooking on the wood burning stove. **Note:** Fee includes a picnic supper. Bring your own blanket or lawn chair as seating is not provided.

8/11	F	2:30–7:30 PM	\$36	305958-01
------	---	--------------	------	-----------

Museum of Outdoor Arts, Englewood ^M

Abiding by the mission to make art a part of everyday life, the MOA encompasses an indoor museum, outdoor art collections, and ongoing arts programs, collaborations, performances, and developments. Take guided tours of the indoor museum and their flagship amphitheater, Fiddler's Green, for a day of inspiring creativity. **Note:** Lunch cost on own at Benedict's Restaurant.

8/29	Tu	8:30 AM–4:00 PM	\$55	305959-01
------	----	-----------------	------	-----------

LEGEND

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



Your Family's Partner in Health

As your partner in health, we resolve to keep your family happy and healthy all year long.

- Locations in Fort Collins & Loveland
- Appointment Line: 970.482.2515



The Youth Clinic
caring for our future generations

www.youthclinic.com • 970.267.9510

PEDIATRIC URGENT CARE OF NORTHERN COLORADO Is Moving to a New Home

December 21st, 2016

Our New, Permanent Location:
4845 Weitzel St. • Timnath, CO 80547
I-25 & Harmony Exit



 **Pediatric
Urgent Care**

OF NORTHERN COLORADO

www.pucnc.com • (970) 494-2626



begin here, go anywhere



Gymnastics
Dance
Preschool
Swimming
Summer Camp



mountains of possibilities!

www.mountain-kids.com

419 E. Stuart St. Fort Collins, CO 80525

(970)482-3118