

Spring registration starts at 7 a.m., February 2

Spring 2017

# Recreator

City of  
Fort Collins



Day Camps 2017

# Rocky Mountain Family Physicians, P.C.



Liam, Ella, Makymna & Elvin



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Wilderness Engineering



TUBBS  
SNOWSHOES



Black Diamond

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## Credits

### City of Fort Collins Parks and Recreation Board

Ragan Adams  
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Kenneth Layton  
Jessica MacMillan  
Scott Sinn  
Kelly Smith  
Dawn Theis  
  
Gino Campana, City Council  
Representative

### Assistant City Manager Wendy Williams

### Recreation Director Bob Adams

### Recreation Managers Marc Rademacher Stephanie Munro Jason Chadock

### Recreation Program Supervisors

Chelsea Sauls  
Administrative Support  
Bridget Brownell  
The Farm  
  
Megan Greer  
Aquatics  
Renée Lee  
Adaptive Recreation Opportunities  
Aaron Harris  
Northside Aztlan Center  
Programs & Facility  
Sara Stone  
Sports & Youth Programs  
  
Katie Stieber  
Dance & Adult Education,  
Senior Programs  
Paul Thibert  
Ice Skating

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Community Relations & Marketing  
Jami McMannes  
Public Relations & Communications

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John Robson & Craig Powell

On the cover: Lane Colton,  
Alaurianna Weinert, Milan Castillon

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## From the Recreation Director

Hello Recreators,

Thanks for picking up the Spring 2017 Recreator. You may have noticed that the Spring Recreator arrived a bit earlier than it normally does. We understand that your lives are busy and you have a lot of options for spring and summer activities, camps, and programs. We decided to publish the Spring Recreator earlier to give you a head start as you plan your spring and summer activities. In particular, you'll notice that we have featured our popular day camps. Our goal is to make your spring and summer activity planning easier. Let me know if you like the new earlier release of the Spring Recreator.

In this issue we are featuring youth day camps. You'll find a wide variety of camps; there is truly something for everyone. From Babysitting Bootcamp, where you'll get the inside scoop on being the best babysitter, to Survival in the Woods, where you'll learn things like how to build a shelter in the woods. You'll find these opportunities and much more starting on page 35.

Have you seen EPIC lately? We finished the EPIC renovation project this November and we're excited to show you the results. You'll notice a completely new look in the lobby and some pretty amazing additions to the pool area. EPIC is one of our most utilized recreation centers and I'm sure you'll like what we've done.

As always, thanks for your support and for your interest in participating in recreational programs and activities. If you have any questions, comments, or concerns, please feel free to contact me. Have a great spring, Recreators!

Regards,

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](mailto:recreation@fcgov.com)

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& Sponsorships  
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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](http://fcgov.com/recreator).

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### 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 February 2. 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](mailto:recreation@fcgov.com).

Once you arrive at [fcgov.com/recreator](http://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](http://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: 9 a.m.–8 p.m.

#### Foothills Activity Center

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

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### 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.

### NEW! Refund and 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 meeting.

Refund options are:

- Your Recreation household account can be credited the full amount.
- Check or credit refund will be assessed a \$5 service charge per program. Material fees are non-refundable.
- For refunds less than \$5, a household credit will be offered.

All refunds must include a completed program or refund evaluation form.

Transfers:

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

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](mailto:recreation@fcgov.com). Esta información puede ser traducida, sin costo para usted. For more information about Adaptive Recreation Opportunities programming, see page 12.

# Put a halt to hibernation.

Spring into action with Associates in Family Medicine!

Spring has arrived! It's time to come out of your cave and step into the many activities that sunny spring has to offer. And if you happen to bump your head or sprain something along the way, know that Associates in Family Medicine has your back.



## Fort Collins

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

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

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

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

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

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

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

## Windsor

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

## Loveland

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



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# Recreation's Admission and Pass Fees

## More value, more options, more benefits.

### Single Admission Passes

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

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

### Senior Center Admission Passes

Admission rates for the Senior Center only.

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

### Multi-Facility Admission Pass

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

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

Ice Skating Fees	
Ice Skating Public Skate Admission	
Youth	\$4
Adult	\$5
60+	\$4.50
Skate rental	\$3
Public Skate Group Admission	
Youth	\$3.50
Adult	\$4.50
60+	\$4.00
Skate rental	\$2.50
Drop-In Hockey	\$5.00
<i>*Discounted rate available for groups of 10 or more; 48-hour advanced notice required.</i>	
Freestyle Session Passes	
10 Admission	\$25
50 Admission	\$125
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
<i>* Valid one year from date of purchase.</i>			
Annual Childcare Passes			
Commercial Daycare	\$175		
Home Daycare	\$84		
Barnyard Buddy Pass/Family Pass			
\$70 per year	Unlimited visits, up to 4 people per visit (additional guests pay half admission). Includes invitation to special event in December.		
Hours			
W-Sa	10:00 AM-4:00 PM		
Su	12:00-4:00 PM		

*For the most up-to-date information about special holiday hours and closures, visit [fcgov.com/thefarm](http://fcgov.com/thefarm)*

### 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.

# Recreation Facilities Fort Collins, CO



## 1 The Farm

600 Sherwood St. • 970.221.6665 • [fcgov.com/thefarm](http://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](http://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](http://fcgov.com/golf)

## 4 The Pottery Studio

1541 Oak St. • 970.221.6644 • [fcgov.com/potterystudio](http://fcgov.com/potterystudio)

- Kilns
- Studio Space

## 5 Club Tico *Closed for Renovations*

1599 City Park Dr. • 970.224.6113 • [fcgov.com/clubtico](http://fcgov.com/clubtico)

Reservations required.

- Catering Kitchen
- Meeting Space

## 6 City Park Pool

1599 City Park Dr. • 970.416.2589 • [fcgov.com/cityparkpool](http://fcgov.com/cityparkpool)

Opens May 27.

- Swimming

## 7 Mulberry Pool

424 Mulberry St. • 970.221.6657 • [fcgov.com/mulberrypool](http://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](http://fcgov.com/epic)

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

See website for pool and ice hours.

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

## 9 Rolland Moore Racquet Complex

2201 S. Shields • 970.493.7000

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](http://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

See website for pool hours.

- 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](http://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](http://fcgov.com/golf)

## 13 Southridge Golf Course

5750 S. Lemay Ave. • 970.416.2589 • [fcgov.com/golf](http://fcgov.com/golf)

For the most current information about special hours and closures, visit [fcgov.com/recreation](http://fcgov.com/recreation).



# BICYCLING FORT COLLINS RECREATIONAL TRAILS

Do you enjoy riding your bike on the Fort Collins recreational trails? You're not alone. The trails are fun, safe, quiet, and comfortable. We are indeed fortunate to live in a city with over 35 miles of wonderful multi-use trails. The Poudre River trail, one of the most scenic, spans over 10 miles from Bellevue to the Environmental Learning Center near East Drake Road.

While the Fort Collins' Poudre River Trail today ends at the Environmental Learning Center, it is part of a regional vision for a continuous 40-mile multi-use trail extending to Greeley. Besides this Fort Collins segment, another 1.6 mile trail starts just north of Wal-Mart in Timnath, crossing under Harmony Road and County Rd. 5 to Stonefly Drive. A third segment starts in Windsor at River Bluffs Open Space and follows the Poudre River east for 21 miles to Greeley. Connecting all three segments will require the joint cooperation of local governments and creative funding. Fortunately, this project has become a great example of regional collaboration.

The largest hurdle will be crossing I-25. The current approach is to piggyback on a CDOT I-25 Poudre River bridge replacement project that is currently scheduled for construction from 2018–2021. Bridge designs will include space for bike lanes passing under the I-25 roadway. To the west of I-25, the City of Fort Collins and Larimer County are collaborating on a GOCO grant application to fund the extension of the Fort Collins trail segment up to I-25. Finally, Larimer County is working on other funding to extend the Timnath section 1.2 miles from its current terminus to the River Bluffs Open Space just northwest of Windsor.

There is no need to wait until 2021, however, to ride the existing sections of the Fort Collins and Greeley trails. Consulting your Fort Collins Bike Map (available from the City's FC Bikes department) will show you the best way to connect with the Fort Collins Poudre River Trail. And, you can reach the Greeley Poudre River Trail segment by driving to the River Bluffs trailhead. Very experienced and confident cyclists also have the option of riding from Fort Collins to the River Bluffs trailhead. Because it requires crossing I-25, only cyclists who are comfortable riding in fast, high volume traffic should attempt it. If that's not you, but you're interested in developing skills that will enable you to ride on these types of roads, consider enrolling in a Smart Cycling class (see page 30) offered through the Fort Collins Recreator.

Finally, if you'd rather do all of your riding on the existing Fort Collins trail system, a combination of the Poudre River Trail, the Spring Creek Trail, and the Fossil Creek Trail will allow you to ride over 22 continuous miles without venturing on to the streets. That's enough distance to give anyone an enjoyable healthy ride.

See you on the trails.

Bruce Henderson  
*Board Member  
Parks & Recreation  
City of Fort Collins*

Registration Opens  
**FEBRUARY 18**  
for FCMoD Members!

# WHERE WILL YOU GO THIS SUMMER?



SUMMER PROGRAMS AND WORKSHOPS

**ONLINE REGISTRATION  
OPENS FEBRUARY 21**

Visit our website at [WWW.FCMOD.ORG/SUMMER](http://WWW.FCMOD.ORG/SUMMER)  
for program descriptions and to register.



FORT COLLINS  
**MUSEUM OF  
DISCOVERY**

408 Mason Court  
Fort Collins, CO  
970.221.6738  
[www.fcmod.org](http://www.fcmod.org)

## 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](mailto: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. Contact Becca Heinze at 970.224.6125, [bheinze@fcgov.com](mailto:bheinze@fcgov.com).

### Contact Information

For additional information about ARO programs, visit [fcgov.com/aro](http://fcgov.com/aro) or contact the ARO staff:

Renee Lee, CTRS, 970.224.6027, [rlee@fcgov.com](mailto:rlee@fcgov.com)  
 Becca Heinze, CTRS, M.Ed., 970.224.6125, [bheinze@fcgov.com](mailto:bheinze@fcgov.com)  
 Brenda McDowell, 970.416.2024, [bmcowell@fcgov.com](mailto:bmcowell@fcgov.com)  
 Chelsea McGowen, 970.224.6034, [arofc@fcgov.com](mailto:arofc@fcgov.com)  
 Alison Cope, OTR, [acope@frci.com](mailto:acope@frci.com)  
 ARO Interns, 970.224.6034, 970.221.6330, [arofc@fcgov.com](mailto:arofc@fcgov.com)

**GET WITH THE BEAT!**  
**Free Cholesterol Tests in February**

We're offering **FREE** cholesterol & blood pressure tests for American Heart Month in February.\*

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

**Health District**  
 OF NORTHERN LARIMER COUNTY

**Appointment strongly recommended.**  
 Call for more info or to make an appointment:  
**224-5209**  
[healthdistrict.org/heart](http://healthdistrict.org/heart)

\* You must be a Health District resident to be eligible for free cholesterol testing. Health District boundaries include Fort Collins, Laporte, Wellington, Red Feather Lakes, Livermore, Bellvue and Timnath. Cost for non-residents is \$15.

### Transportation

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

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

## Aquatics

### Adaptive Swim Lessons

Swimming skills are introduced and/or enhanced for individuals with disabilities based on personal goals. Attendants are welcome for personal assistance in/out of the water. **Note:** Registration deadline is 3/27.

Age: 2 years & up

Location: Edora Pool Ice Center

4/4-4/25	Tu	4:25-4:55 PM	\$27	202326-01
4/4-4/25	Tu	5:05-5:35 PM	\$27	202326-02
4/6-4/27	Th	4:25-4:55 PM	\$27	202326-03
4/6-4/27	Th	5:05-5:35 PM	\$27	202326-04

**MS Aqua – NW**

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

**Note:** Class will not be held on 3/14, 3/16. Cost listed is for a 16 admission punch pass to classes within the date range.

Age: 18 years & up

Location: Mulberry Pool

3/2–5/25	Tu,Th	9:30–10:30 AM	\$46	
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**Veteran Aquatic Fitness**

Designed for Veterans of the Armed Forces with physical disabilities or polytrauma. Improve balance, cardiovascular health, flexibility, and reduce stress through aquatic interventions. All levels of swim abilities welcome.

Age: 18 years & up

Location: Edora Pool Ice Center

3/2–5/4	Th	3:00–4:00 PM	\$69	202389-01
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**Arts & Crafts****Artistic Abilities Art**

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

Age: 13 years & up

Location: Visual Arts Building, Room D102, Colorado State University

3/21–4/18	Tu	4:00–6:00 PM	\$36	202990-01
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**Early Childhood****Giant Friends Club**

Giant Friends Club brings kids of all abilities together for fun, friendships, and play at the accessible Inspiration Playground. This event features sports related activities and entertainment for a gigantic good time.

Age: All

Location: Inspiration Playground

4/7	F	10:30 AM–12:30 PM	No Fee	
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**Movement, Sensory, & Play**

Develop age appropriate gross motor movement and spatial awareness skills. **Note:** Class will not be held on 3/17.

Age: 3–6 years

Location: Foothills Activity Center

3/3–3/31	F	4:00–4:45 PM	\$18	202065-01
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**Fitness****1-Touch Self Defense**

This self-defense program is designed for adults with visual impairments. 1-Touch has proven highly effective in the development of independence, self-confidence, spatial orientation, mobility, dexterity, and tactile sensitivity.

Age: 18 years & up

Location: Northside Aztlan Center

**1-Touch Workshop**

3/24	F	10:00 AM–12:30 PM	\$6	202763-01
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**1-Touch Course**

3/31–5/5	F	10:30 AM–Noon	\$73	202763-02
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**Adaptive Martial Arts**

Improve physical, social, emotional, and cognitive functioning through the practice of martial arts. Adapted for people with disabilities and includes martial arts fundamentals, agility exercises, and an obstacle course. **Note:** Class will not be held on 3/17.

Age: 12 years & up

Location: Foothills Activity Center

3/3–3/31	F	5:15–6:15 PM	\$32	202581-01
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**Adaptive Yoga**

Learn yoga practices that include breath work, slow movements, and poses practiced in a chair. Some hands-on assistance is available on Thursdays; standing balance work is on Tuesdays. Designed specifically for people with MS or other neuromuscular disorders and adapted for people of all physical abilities. **Note:** Class will not be held on 3/14, 3/16.

Age: 18 years & up

Location: Raintree Athletic Club

**Adaptive Chair Yoga**

3/2–3/30	Th	2:00–3:00 PM	\$31	202980-01
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4/6–4/27	Th	2:00–3:00 PM	\$31	202980-03
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5/4–5/25	Th	2:00–3:00 PM	\$31	202980-04
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**Adaptive Standing Yoga**

2/28–3/28	Tu	2:00–3:00 PM	\$31	202980-06
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4/4–4/25	Tu	2:00–3:00 PM	\$31	202980-06
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5/2–5/23	Tu	2:00–3:00 PM	\$31	202980-07
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**MS Dryland Exercise**

For people with multiple sclerosis or physical impairment. Designed to maximize strength and endurance through chair based exercises. The instructor is aware of symptom issues and monitors participants closely. **Note:** Class will not be held on 5/29.

Age: 18 years & up

Location: Senior Center

3/13–4/12	M,W	11:00–11:55 AM	\$41	202483-01
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4/17–5/17	M,W	11:00–11:55 AM	\$41	202483-02
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5/22–6/21	M,W	11:00–11:55 AM	\$41	202483-03
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3/13–4/10	M	11:00–11:55 AM	\$21	202483-1A
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4/17–5/15	M	11:00–11:55 AM	\$21	202483-2A
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5/22–6/19	M	11:00–11:55 AM	\$21	202483-3A
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## Music & Theatre

### Theatre Acting Class/Show

Express creativity on stage. Learn acting techniques, work on a short script, and present in a show. Designed for people with and without disabilities. **Note:** Final show is 4/29.

Age: 14 years & up

Location: Senior Center

3/18–4/29	Sa	2:00–4:00 PM	\$41	202593-01
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## Outdoor Recreation

### Adaptive Cycling

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

Age: 14 years & up

Location: Lee Martinez Park

4/20–5/4	Th	4:00–5:30 PM	\$20	202034-01
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### NSCD Youth Ski Trips

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

Age: 10–17 years

Location: Mountain View High School

3/13	M	6:00 AM–6:00 PM	\$91	202933-01
3/28	Tu	6:00 AM–6:00 PM	\$91	202933-02

## Paralympic Sports

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

### Adaptive Boccia

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

Age: 17 years & up

Location: Senior Center Gym

3/20–5/1	M	10:30 AM–Noon	\$16	202464-01
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### PSC Air Gun Shooting Clinic

Experience shooting, while standing or sitting, using air rifles and pistols at an indoor range. US Adaptive Target athletics coaches and athletes are on hand to provide equipment and instruction.

Age: 16 years & up

Location: Northside Aztlan Center

4/15	Sa	10:00 AM–Noon	\$6	202071-01
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### Wheelchair Rugby

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

Age: 14 years & up

Location: Northside Aztlan Center

3/21–5/2	Tu	6:00–8:00 PM	\$23	202560-01
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## Unified Sports

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

### Youth Soccer

Age: 8–21 years

Location: Ridgeview Park

Child

3/22–4/26	W	4:00–5:00 PM	\$22	202054-01
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Family

3/22–4/26	W	4:00–5:00 PM	\$30	202054-02
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### Adult Soccer

Age: 16 years & up

Location: Ridgeview Park

3/22–4/26	W	5:30–6:30 PM	\$22	202053-01
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### Adult Softball

Play softball with teammates. Teams are scheduled for one hour of practice and one hour of play. **Note:** Registration fee increases to \$30 after 4/30. Class will not be held on 5/29.

Age: 16 years & up

Location: Beattie Ballfields/ Rolland Moore Park

5/15–7/31	M	5:00–8:00 PM	\$26	202055-01
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### 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

4/12–5/17	W	6:00–7:00 PM	\$43	214739-01
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5/24–6/28	W	6:00–7:00 PM	\$43	214739-02
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## Alternative Programs

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

Individuals who are not independent in activities of daily living or are in need of extra supervision are encouraged to register and participate with a personal care attendant. There is no fee for personal care attendants providing assistance unless otherwise noted. However, attendants 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.

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

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

## Education

### Cooking

Learn how to cook tasty foods while practicing positive eating habits. We help you with cooking and setting the table, and then we will all sit down to sample the finished products. **Note:** Bring a reusable container to take a portion to go.

Age: 18 years & up

Location: Senior Center

Cook by Color: Green

3/8	W	6:30–8:00 PM	\$12	202401-02
3/9	Th	6:30–8:00 PM	\$12	202401-03

Cook by Color: Red

4/17–4/24	M	6:30–8:00 PM	\$23	202401-04
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Flavors of Mexico

5/4–5/11	Th	6:30–8:00 PM	\$23	202401-05
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### Smart Phone Photography

Use a smart phone to take quality photos. Topics include techniques for photographing portraits, abstract, and action shots, with step by step guidance and guided practice, as well as lab time for editing.

**Note:** Bring your own smart phone, tablet, or digital camera.

Age: 18 years & up

Location: Senior Center

3/30–4/13	Th	3:00–5:00 PM	\$35	202400-01
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## Outdoor

### Trail Mix

Enjoy the spring weather by hiking on local trails in a social setting. All fitness levels welcome. **Note:** Class will not be held on 4/28.

*Trail Mix continued*

Age: 18 years & up

Location: Senior Center

4/14–5/5	F	4:00–6:00 PM	\$34	202418-01
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## Social Opportunities

### Crafts & Snacks

Create a spring themed craft with a variety of materials, while enjoying a social time with friends and snacks.

Age: 18 years & up

Location: Foothills Activity Center

4/12	W	4:00–5:30 PM	\$19	202402-01
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### Movie Night

See Hollywood's finest flicks while out on the town. Bring \$6.50 for a movie ticket and additional money for snacks, if desired.

Age: 18 years & up

Location: Senior Center

3/27	M	5:45–9:00 PM	\$6	202303-01
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4/10	M	5:45–9:00 PM	\$6	202303-02
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### Restaurant Night

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

Age: 18 years & up

Location: Senior Center

3/20	M	5:45–8:00 PM	\$6	202404-01
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4/19	W	5:45–8:00 PM	\$6	202404-02
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### Bowling

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

Age: 18 years & up

Location: Chipper's Lanes North

4/1–4/29	Sa	10:30–11:30 AM	\$41	202906-01
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## Special Events

### Monthly Themed Dances – NW

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

Age: 18 years & up

Location: Senior Center

Millennial March

3/31	F	6:00–8:00 PM	\$4	
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Spring Fling

4/28	F	6:00–8:00 PM	\$4	
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Sadie Hawkins

5/19	F	6:00–8:00 PM	\$4	
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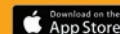


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## Trips & Outings

### Eagles Hockey

Be welcomed by the Eagles with a pre-game party on the VIP Balcony, complete with a wide selection of snacks and appetizers to lead up to the game. The Eagles vs. Rapid City Rush. **Note:** Price includes round-trip transportation, pre-game party and food, and a lower section seat with ADA Accessible option. Registration deadline is 3/5. Non-refundable after 3/5. Attendants register in Section -1A.

Age: 18 years & up

Location: Senior Center

3/22	Wed	4:00–10:00 PM	\$60	202530-01
3/22	Wed	4:00–10:00 PM	\$40	202530-1A

### Loveland Adventure

An active and adventurous trip to Loveland. Choose two options from activities such as the challenge by choice ropes course, laser tag, 4D simulated rollercoaster, and more. **Note:** Registration deadline is 4/5. Attendants register in Section -1A.

Age: 18 years & up

Location: Senior Center

4/7	F	1:00–5:00 PM	\$26	202322-01
4/7	F	1:00–5:00 PM	\$11	202322-1A

### Front Range Lunchers

Travel to Loveland to dine at the Canton Palace, voted best Chinese restaurant in Northern Colorado. Canton Palace is known for its modern interpretation of classic Chinese dishes and its insistence on only using high quality fresh ingredients. **Note:** Bring \$20 for your meal.

Age: 18 years & up

Location: Senior Center

4/11	Tu	10:30 AM–3:00 PM	\$24	202324-01
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### Spring Ice Show

Spring Ice Show at the newly renovated EPIC ice arena. Registration deadline is 4/30. **Note:** Attendants register in Section -1A.

Age: 18 years & up

Location: Edora Pool Ice Center

5/5	F	5:30–9:00 PM	\$19	202321-01
5/5	F	5:30–9:00 PM	\$11	202321-1A

### Movie Bistro Night

Travel with a group to the mall at Foothills for plush seating and service at your seat while watching a movie on the big screen. **Note:** Fee includes movie ticket. Bring \$20 for dinner or refreshments, if desired. Attendants register in Section -3A.

5/16	Tu	5:30–9:30 PM	\$15.50	202303-03
5/16	Tu	5:30–9:30 PM	\$11.50	202303-3A

## 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 on 5/29.

## Adult Programming

### Drop-In Water Volleyball

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

Age: 18 years & up

Location: Senior Center

3/1–5/31	M,W,F	10:30–11:30 AM	Fees: daily drop-in rate or 1 admission from a facility pass.
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## Low Intensity

### Basic H2O Workout

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

Age: 18 years & up

Location: Senior Center

3/13–4/14	M,W,F	6:15–7:15 PM	\$57.25	200412-01
4/17–5/19	M,W,F	6:15–7:15 PM	\$57.25	200412-02
5/22–6/23	M,W,F	6:15–7:15 PM	\$53.50	200412-03

### 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

3/13–4/14	M,W,F	8:30–9:30 AM	\$57.25	200410-01
4/17–5/19	M,W,F	8:30–9:30 AM	\$57.25	200410-02
5/22–6/23	M,W,F	8:30–9:30 AM	\$53.50	200410-03

### Twinges Plus

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

Age: 18 years & up

Location: Senior Center

3/13–4/14	M,W,F	12:15–1:15 PM	\$57.25	200416-01
4/17–5/19	M,W,F	12:15–1:15 PM	\$57.25	200416-02
5/22–6/23	M,W,F	12:15–1:15 PM	\$53.50	200416-03

## Medium Intensity

### Advanced Water Fitness

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

Age: 18 years & up

Location: Edora Pool Ice Center

3/13–4/14	M,W,F	7:30–8:30 AM	\$57.25	200324-01
4/17–5/19	M,W,F	7:30–8:30 AM	\$57.25	200324-02
5/22–6/23	M,W,F	7:30–8:30 AM	\$53.50	200324-03

Location: Senior Center

3/14–4/13	Tu,Th	4:00–5:00 PM	\$38.50	200424-01
4/18–5/18	Tu,Th	4:00–5:00 PM	\$38.50	200424-02
5/23–6/22	Tu,Th	4:00–5:00 PM	\$38.50	200424-03

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## Classics

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

Age: 18 years & up

Location: Mulberry Pool

3/13–4/14	M,W,F	7:30–8:30 AM	\$57.26	200222-01
4/17–5/19	M,W,F	7:30–8:30 AM	\$57.26	200222-02
5/22–6/23	M,W,F	7:30–8:30 AM	\$53.50	200222-03

Location: Senior Center

3/13–4/14	M,W,F	6:15–7:15 AM	\$57.25	200422-01
4/17–5/19	M,W,F	6:15–7:15 AM	\$57.25	200422-02
5/22–6/23	M,W,F	6:15–7:15 AM	\$53.50	200422-03
3/13–4/14	M,W,F	9:30–10:30 AM	\$57.25	200422-04
4/17–5/19	M,W,F	9:30–10:30 AM	\$57.25	200422-05
5/22–6/23	M,W,F	9:30–10:30 AM	\$53.50	200422-06
3/13–4/14	M,W,F	5:15–6:15 PM	\$57.25	200422-07
4/17–5/19	M,W,F	5:15–6:15 PM	\$57.25	200422-08
5/22–6/23	M,W,F	5:15–6:15 PM	\$53.50	200422-09
3/14–4/13	Tu,Th	8:00–9:00 AM	\$38.50	200422-10
4/18–5/18	Tu,Th	8:00–9:00 AM	\$38.50	200422-11
5/23–6/22	Tu,Th	8:00–9:00 AM	\$38.50	200422-12
3/14–4/13	Tu,Th	9:00–10:00 AM	\$38.50	200422-13
4/18–5/18	Tu,Th	9:00–10:00 AM	\$38.50	200422-14
5/23–6/22	Tu,Th	9:00–10:00 AM	\$38.50	200422-15
3/14–4/13	Tu,Th	10:00–11:00 AM	\$38.50	200422-16
4/18–5/18	Tu,Th	10:00–11:00 AM	\$38.50	200422-17
5/23–6/22	Tu,Th	10:00–11:00 AM	\$38.50	200422-18
3/14–4/13	Tu,Th	7:00–8:00 PM	\$38.50	200422-19
4/18–5/18	Tu,Th	7:00–8:00 PM	\$38.50	200422-20
5/23–6/22	Tu,Th	7:00–8:00 PM	\$38.50	200422-21

## Fitness & Fun

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

Age: 18 years & up

Location: Senior Center

3/13–4/14	M,W,F	7:30–8:30 AM	\$57.25	200420-01
4/17–5/19	M,W,F	7:30–8:30 AM	\$57.25	200420-02
5/22–6/23	M,W,F	7:30–8:30 AM	\$53.50	200420-03

## Prenatal

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 support the newborn's weight.

Age: 18 years & up

Location: Senior Center

3/13–4/14	M,W,F	4:15–5:15 PM	\$57.25	200418-01
4/17–5/19	M,W,F	4:15–5:15 PM	\$57.25	200418-02
5/22–6/23	M,W,F	4:15–5:15 PM	\$53.50	200418-03

## ARE YOU A TADPOLE OR A POLLYWOG?



**Our newly designed swim lessons teach skills that build on your child's swim level, beginning with their level of comfort and physical ability in the water. Safety comes first, fun treads second.**

Auxiliary aids and services are available for persons with disabilities.

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## High Intensity

### Aqua Box

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

Age: 18 years & up

Location: Senior Center

3/14–4/13	Tu,Th	5:30–6:30 PM	\$38.50	200428-01
4/18–5/18	Tu,Th	5:30–6:30 PM	\$38.50	200428-02

### 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

3/13–4/14	M,W,F	12:15–1:00 PM	\$46	200230-01
4/17–5/19	M,W,F	12:15–1:00 PM	\$46	200230-02
5/22–6/23	M,W,F	12:15–1:00 PM	\$43	200230-03

Location: Edora Pool Ice Center

3/14–4/13	Tu,Th	5:30–6:30 PM	\$38.50	200330-01
4/18–5/18	Tu,Th	5:30–6:30 PM	\$38.50	200330-02
5/23–6/22	Tu,Th	5:30–6:30 PM	\$38.50	200330-03

# Aquatics

## Aquatics Policies

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

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

All patrons are required to shower before entering any pool.

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

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

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

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

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

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

## Group Rates for Swimming

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

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

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

## Birthday Party Packages

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



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## 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 before the second lesson the manager will contact the parent for dismissal. A full refund will be issued for the class.

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

Make-up lessons are not available.

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

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

Classes will not be held on 3/13, 3/14, 3/15, 3/16, 3/18, 3/19, 4/16.

## 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: Senior Center

4/9–5/7	Su	3:30–4:00 PM	\$23	201410-01
4/9–5/7	Su	4:10–4:40 PM	\$23	201410-02
4/9–5/7	Su	4:50–5:20 PM	\$23	201410-03

### Baby & Me 2

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

Age: 10 months–2 years

Location: Mulberry Pool

4/4–5/4	Tu,Th	4:55–5:25 PM	\$56	201212-01
4/4–5/4	Tu,Th	6:15–6:45 PM	\$56	201212-02
4/8–5/6	Sa	9:00–9:30 AM	\$28.50	201212-03
4/8–5/6	Sa	10:20–10:50 AM	\$28.50	201212-04
4/9–5/7	Su	3:15–3:45 PM	\$23	201212-05
4/9–5/7	Su	4:35–5:05 PM	\$23	201212-06

Location: Edora Pool Ice Center

4/3–5/3	M,W	4:15–4:45 PM	\$56	201312-01
4/3–5/3	M,W	5:35–6:05 PM	\$56	201312-02
4/4–5/4	Tu,Th	9:30–10:00 AM	\$56	201312-03

Location: Senior Center

4/9–5/7	Su	5:30–6:00 PM	\$23	201412-01
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### Baby & Me 3

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

Age: 2–4 years

Location: Mulberry Pool

4/4–5/4	Tu,Th	4:15–4:45 PM	\$56	201214-01
4/4–5/4	Tu,Th	5:35–6:05 PM	\$56	201214-02
4/8–5/6	Sa	9:40–10:10 AM	\$28.50	201214-03
4/8–5/6	Sa	11:00–11:30 AM	\$28.50	201214-04
4/9–5/7	Su	3:55–4:25 PM	\$23	201214-05
4/9–5/7	Su	5:15–5:45 PM	\$23	201214-06

*Baby & Me 3 continued*

Location: Edora Pool Ice Center

4/3–5/3	M,W	4:55–5:25 PM	\$56	201314-01
4/3–5/3	M,W	6:15–6:45 PM	\$56	201314-02
4/4–5/4	Tu,Th	10:50–11:20 AM	\$56	201314-03

### Pollywog

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

Age: 3–6 years

Location: Mulberry Pool.

4/4–5/4	Tu,Th	4:15–4:45 PM	\$56	201216-01
4/4–5/4	Tu,Th	6:15–6:45 PM	\$56	201216-02
4/4–5/4	Tu,Th	6:55–7:25 PM	\$56	201216-03
4/8–5/6	Sa	8:20–8:50 AM	\$28.50	201216-04
4/8–5/6	Sa	9:40–10:10 AM	\$28.50	201216-05
4/8–5/6	Sa	11:00–11:30 AM	\$28.50	201216-06
4/9–5/7	Su	3:15–3:45 PM	\$23	201216-07
4/9–5/7	Su	4:35–5:05 PM	\$23	201216-08
4/9–5/7	Su	5:55–6:25 PM	\$23	201216-09
4/9–5/7	Su	6:35–7:10 PM	\$23	201216-10

Location: Edora Pool Ice Center

4/3–5/3	M,W	4:15–4:45 PM	\$56	201316-01
4/3–5/3	M,W	5:35–6:05 PM	\$56	201316-02
4/3–5/3	M,W	6:55–7:25 PM	\$56	201316-03
4/4–5/4	Tu,Th	10:10–10:40 AM	\$56	201316-04

Location: Senior Center

4/9–5/7	Su	3:30–4:00 PM	\$23	201416-01
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### Tadpole

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

Age: 3–6 years

Location: Mulberry Pool

4/4–5/4	Tu,Th	4:55–5:25 PM	\$56	201218-01
4/4–5/4	Tu,Th	6:55–7:25 PM	\$56	201218-02
4/8–5/6	Sa	8:20–8:50 AM	\$28.50	201218-03
4/8–5/6	Sa	9:00–9:30 AM	\$28.50	201218-04
4/8–5/6	Sa	11:40 AM–12:10 PM	\$28.50	201218-05
4/9–5/7	Su	3:55–4:25 PM	\$23	201218-06
4/9–5/7	Su	5:55–6:25 PM	\$23	201218-07
4/9–5/7	Su	6:35–7:10 PM	\$23	201218-08

Location: Edora Pool Ice Center

4/3–5/3	M,W	4:55–5:25 PM	\$56	201318-01
4/3–5/3	M,W	6:15–6:45 PM	\$56	201318-02
4/3–5/3	M,W	6:55–7:25 PM	\$56	201318-03
4/4–5/4	Tu,Th	11:30 AM–Noon	\$56	201318-04

Location: Senior Center

4/9–5/7	Su	4:50–5:20 PM	\$23	201418-01
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**Froggy**

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

Age: 3–6 years

Location: Mulberry Pool

4/4–5/4	Tu,Th	4:15–4:45 PM	\$56	201220-01
4/4–5/4	Tu,Th	5:35–6:05 PM	\$56	201220-02
4/8–5/6	Sa	8:20–8:50 AM	\$28.50	201220-03
4/8–5/6	Sa	10:20–10:50 AM	\$28.50	201220-04
4/8–5/6	Sa	11:40 AM–12:10 PM	\$28.50	201220-05
4/9–5/7	Su	3:15–3:45 PM	\$23	201220-06
4/9–5/7	Su	5:15–5:45 PM	\$23	201220-07
4/9–5/7	Su	6:35–7:10 PM	\$23	201220-08

Location: Edora Pool Ice Center

4/3–5/3	M,W	4:15–4:45 PM	\$56	201320-01
4/3–5/3	M,W	6:55–7:25 PM	\$56	201320-02
4/4–5/4	Tu,Th	8:50–9:20 AM	\$56	201320-03

Location: Senior Center

4/9–5/7	Su	4:10–4:40 PM	\$23	201420-01
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**Level 1**

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

Age: 5–12 years

Location: Mulberry Pool

4/4–5/4	Tu,Th	4:55–5:25 PM	\$56	201222-01
4/4–5/4	Tu,Th	6:55–7:25 PM	\$56	201222-02
4/8–5/6	Sa	9:00–9:30 AM	\$28.50	201222-03
4/8–5/6	Sa	10:20–10:50 AM	\$28.50	201222-04
4/8–5/6	Sa	11:40 AM–12:10 PM	\$28.50	201222-05
4/9–5/7	Su	3:55–4:25 PM	\$23	201222-06
4/9–5/7	Su	5:15–5:45 PM	\$23	201222-07
4/9–5/7	Su	6:35–7:10 PM	\$23	201222-08

Location: Edora Pool Ice Center

4/3–5/3	M,W	4:55–5:25 PM	\$56	201322-01
4/3–5/3	M,W	6:15–6:45 PM	\$56	201322-02

Location: Senior Center

4/9–5/7	Su	5:30–6:00 PM	\$23	201422-01
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**Level 2**

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

Age: 5–12 years

Location: Mulberry Pool

4/4–5/4	Tu,Th	4:15–4:45 PM	\$56	201224-01
4/4–5/4	Tu,Th	6:15–6:45 PM	\$56	201224-02
4/4–5/4	Tu,Th	6:55–7:25 PM	\$56	201224-03
4/8–5/6	Sa	8:20–8:50 AM	\$28.50	201224-04
4/8–5/6	Sa	9:40–10:10 AM	\$28.50	201224-05

Level 2 continued

4/8–5/6	Sa	11:00–11:30 AM	\$28.50	201224-06
4/8–5/6	Sa	11:40 AM–12:10 PM	\$28.50	201224-07
4/9–5/7	Su	3:15–3:45 PM	\$23	201224-08
4/9–5/7	Su	4:35–5:05 PM	\$23	201224-09
4/9–5/7	Su	5:55–6:25 PM	\$23	201224-10

Location: Edora Pool Ice Center

4/3–5/3	M,W	4:15–4:45 PM	\$56	201324-01
4/3–5/3	M,W	5:35–6:05 PM	\$56	201324-02
4/3–5/3	M,W	6:55–7:25 PM	\$56	201324-03

Location: Senior Center

4/9–5/7	Su	3:30–4:00 PM	\$23	201424-01
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**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

4/4–5/4	Tu,Th	5:35–6:20 PM	\$73.50	201226-01
4/8–5/6	Sa	9:00–9:45 AM	\$37.25	201226-02
4/8–5/6	Sa	11:00–11:45 AM	\$37.25	201226-03
4/9–5/7	Su	3:55–4:40 PM	\$30	201226-04
4/9–5/7	Su	5:15–6:00 PM	\$30	201226-05

Location: Edora Pool Ice Center

4/3–5/3	M,W	4:15–5:00 PM	\$73.50	201326-01
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**Level 4**

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

Age: 5–12 years

Location: Mulberry Pool

4/4–5/4	Tu,Th	6:15–7:00 PM	\$73.50	201228-01
4/8–5/6	Sa	10:20–11:05 AM	\$37.25	201228-02
4/9–5/7	Su	3:15–4:00 PM	\$30	201228-03
4/9–5/7	Su	5:55–6:40 PM	\$30	201228-04

Location: Edora Pool Ice Center

4/3–5/3	M,W	5:35–6:20 PM	\$73.50	201328-01
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**Level 5**

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

Age: 5–12 years

Location: Mulberry Pool

4/4–5/4	Tu,Th	4:15–5:00 PM	\$73.50	201230-01
4/8–5/6	Sa	9:40–10:25 AM	\$37.25	201230-02
4/9–5/7	Su	4:35–5:20 PM	\$30	201230-03

Location: Edora Pool Ice Center

4/3–5/3	M,W	4:55–5:40 PM	\$73.50	201330-01
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**Pre Comp**

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

Age: 6–12 years

Location: Mulberry Pool

4/4–5/4	Tu,Th	4:55–5:40 PM	\$73.50	201232-01
4/8–5/6	Sa	8:20–9:05 AM	\$37.25	201232-02

**Swim Instruction****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

4/4–5/4	Tu,Th	5:35–6:05 PM	\$56	201235-01
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Location: Senior Center

4/9–5/7	Su	4:10–4:40 PM	\$23	201435-01
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**Introduction to Swim Team**

Learn the basics of being on swim team. Improve 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 [fortcollinsareawimteam.org](http://fortcollinsareawimteam.org) to register.

Age: 6–12 years

**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

**Beginning**

2/6–3/1	M,W	4:00–4:55 PM	\$59	201336-01
2/6–3/1	M,W	5:00–5:55 PM	\$59	201336-02
3/6–3/29	M,W	4:00–4:55 PM	\$44.50	201336-03
3/6–3/29	M,W	5:00–5:55 PM	\$44.50	201336-04
4/3–4/26	M,W	4:00–4:55 PM	\$59	201336-05

**Advanced**

4/3–4/26	M,W	5:00–5:55 PM	\$59	201336-06
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**Adult Learn to Swim****Learning the Basics**

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

Age: 15 years & up

Location: Senior Center

4/9–5/7	Su	4:50–5:35 PM	\$30	201438-01
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**Improving Skills & Strokes**

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

Age: 15 years & up

Location: Edora Pool Ice Center

4/3–5/3	M,W	6:15–7:00 PM	\$73.50	201339-01
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**Scuba Diving****Discover Scuba Diving**

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

Age: 10 years & up

Location: Edora Pool Ice Center

3/18	Sa	10:00–11:30 AM	\$36	201352-01
4/8	Sa	10:00–11:30 AM	\$36	201352-02
5/20	Sa	10:00–11:30 AM	\$36	201352-03

**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 a current scuba certification.

Age: 10 years & up

Location: Edora Pool Ice Center

3/13	M	6:00–9:00 PM	\$22	201356-01
3/27	M	6:00–9:00 PM	\$22	201356-02
4/10	M	6:00–9:00 PM	\$22	201356-03
4/24	M	6:00–9:00 PM	\$22	201356-04
5/8	M	6:00–9:00 PM	\$22	201356-05
5/22	M	6:00–9:00 PM	\$22	201356-06



## Advanced Blended Learning

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

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

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

### Water Safety Instructor

Get the training needed to teach American Red Cross swimming and Water Safety courses. Learn how to use the course materials, conduct training sessions, and evaluate participants' progress. This class is an extensive skill review and presentation of all levels of swimming. Online class content is 6 hrs. 45 min.

Age: 16 years & up

Location: Mulberry Pool

4/22–4/30	Sa,Su	8:30 AM–5:00 PM	\$199	201242-01
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### Lifeguard Training

This American Red Cross course provides entry-level lifeguard participants with the knowledge and skills to prevent, recognize, and respond to 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 minutes. **Note:** Class will not be held on 4/15, 4/16.

Age: 15 years & up

Location: Edora Pool Ice Center

3/13–3/17	M,Tu,W,Th,F	9:00 AM–2:00 PM	\$201	201340-01
4/7	F	3:30–8:30 PM	\$201	201340-02
4/8–4/23	Sa,Su	9:00 AM–2:00 PM		
5/19	F	3:30–8:30 PM	\$201	201340-03
5/20–5/28	Sa,Su	9:00 AM–2:00 PM		

### Lifeguard Review

Opportunity to review the course content within a formal course setting. Individuals with a current American Red Cross lifeguarding/first aid/CPR/AED certificate may participate in a review course. Online class content is 7 hrs. 25 min.

Age: 17 years & up

Location: Edora Pool Ice Center

3/26	Su	8:00 AM–6:00 PM	\$77	201341-01
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## 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**  
[fortcollinsareaswimteam.org](http://fortcollinsareaswimteam.org)  
[mike@fortcollinsareaswimteam.org](mailto:mike@fortcollinsareaswimteam.org)  
 Member of USA Swimming and Colorado Swimming

### Lifeguard Instructor

Instructor candidates are trained to teach American Red Cross lifeguarding. Learn how to use the course material, methods, conduct training sessions, and evaluate participants' progress. Must possess a current ARC lifeguard/first aid/CPR/AED certificate. Online class content is 2 hrs. 30 min.

Age: 17 years & up

Location: Edora Pool Ice Center

3/31	F	4:00–8:00 PM	\$160.60	201342-01
4/1–4/2	Sa,Su	8:30 AM–5:00 PM		

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

## Arts & Crafts

### Visual Arts & Crafts Show

Call for artists and crafters ages 50 years & up. The Visual Arts & Crafts Show will take place May 1–June 1, 2017. All mediums accepted. Awards given to the top three in each category.

Submissions may be delivered to the Fort Collins Senior Center on April 21, 1–6 p.m., and April 22, 9 a.m.–Noon. Entry forms are available at the Fort Collins Senior Center and include additional information. Late work is not accepted.

The Visual Arts & Craft Show is an artisan exhibit hosted at the Fort Collins Senior Center. It is open to the public from May 1–June 1, 2017. The Artists' Reception is May 1, 4–6 p.m.

For more information, visit [fcgov.com/seniorcenter](http://fcgov.com/seniorcenter).

### Senior Center Exhibits

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

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.

# Need help coping?

We can help.

- ✓ Information
- ✓ Referrals
- ✓ Low cost counseling

• connections •

mental health & substance abuse resources

## 221-5551

[mentalhealthconnections.org](http://mentalhealthconnections.org)

Connections is a partnership of the Health District and SummitStone Health Partners.

### Arts & Crafts Volunteers

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

### Visual Arts Committee

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

### Teachers

New proposals from skilled arts and crafts instructors to teach classes are welcome.

### Contact

Contact Steve Dietemann at 970.224.6028, [sdietemann@fcgov.com](mailto:sdietemann@fcgov.com) for more information about arts and crafts, exhibits, teaching, and volunteering.

## Adult Programming

### Drawing Arts

#### Drawing Animals & Creatures

Focus on drawing animal anatomy, including facial features. Work from your own or instructor provided reference material. Be guided toward improving skills in creating life-like animal imagery. **Note:** Supply list available at registration; approx. cost: \$30–50.

Age: 18 years & up

Location: Senior Center

3/24–4/28	F	1:00–3:00 PM	\$54	203405-01
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#### Drawing, Human Portraiture

An in-depth focus on individual features such as eyes, nose, mouth, and ears. Also concentrate on putting them all together into complete portraits. Emphasis is on creating strong likenesses in the portraits.

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

Age: 18 years & up

Location: Senior Center

4/25–5/30	Tu	9:30–11:30 AM	\$54	203406-01
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#### 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.

Age: 14 years & up

Location: Senior Center

3/21–4/25	Tu	6:30–8:30 PM	\$54	203407-01
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**Sketching Group** 

Open to drawing, pastels, sketching, and water media. Work from pictures, still lifes, 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

3/3–5/26	F	9:30 AM–12:30 PM	No Fee Member	203495-01
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**Fiber Arts****Felting, Needle**

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

Age: 14 years & up

Location: Senior Center

Felting, Leprechauns

3/11	Sa	9:00 AM–Noon	\$28	203436-01
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Felting, Bunnies

4/8	Sa	9:00 AM–Noon	\$28	203436-02
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Felting, Spring Flower Basket

5/13	Sa	9:00 AM–Noon	\$28	203436-03
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**General Arts****Basket Cases** 

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

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

Age: 18 years & up

Location: Senior Center

3/2–5/25	Th	1:00–3:00 PM	No Fee Member	203402-01
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**Open Shop** 

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

Age: 18 years & up

Location: Senior Center

3/7–5/30	Tu	8:00 AM–Noon	No Fee Member	203497-01
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3/8–5/31	W	1:00–5:00 PM		
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3/9–5/25	Th	5:00–9:00 PM		
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**Glass Arts****Stained Glass, Foil Beginning**

Learn how to create works of art in stained glass using the foil method

*Stained Glass, Foil Beginning continued*

of construction. Learn to cut glass, grind, foil, solder, and finish. Create two projects; choose from varied patterns. **Note:** Some supplies provided. Supply list available at registration; approx. cost: \$20–25.

Age: 18 years & up

Location: Senior Center

3/21–4/25	Tu	1:00–3:00 PM	\$59	203461-01
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**Jewelry****Jewelry, Beginning**

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

Age: 18 years & up

Location: Senior Center

3/21–5/2	Tu	5:30–7:30 PM	\$96	203486-01
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**Jewelry Casting**

Learn the basic lost wax process in casting. Concentration is given to wax carving and forming, spruing, casting of the investment, burning out, and centrifugal casting. Attention to the finishing and surface treatment techniques is covered to create exquisitely finished cast pieces. **Note:** Some supplies provided. Supply list available at registration. Supplies and supply cost vary with your project choice; approx. cost: \$20–85.

Age: 18 years & up

Location: Senior Center

3/21–5/2	Tu	7:30–9:30 PM	\$100	203488-01
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**Metal Work, Advanced**

Fabricate copper and brass sheet into metal kinetic wind sculptures, using techniques learned from the intermediate Metal Work class. Prerequisite: Beginning Metal Work or instructor approval.

Age: 18 years & up

Location: Senior Center

3/22–5/10	W	9:00 AM–Noon	\$117	203477-01
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**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

3/13–4/17	M	9:00–11:30 AM	\$70	203409-01
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**Stab Bookbinding Workshop**

Learn a variety of stitching patterns and create a uniquely bound hardcover book album perfect for scrapbooks and photo albums. Books are bound along one side with decorative stitching. **Note:** There is a 1-hour lunch break (on your own). Supply list available at registration; approx. cost: \$5–20.

Age: 18 years & up

Location: Senior Center

4/1	Sa	9:00 AM–4:00 PM	\$42	203413-01
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**Painting****Painting, Bob Ross Style**

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

**Note:** Bring a role of paper towels; all other supplies provided. One month prior to the start of class an example can be seen at the Senior Center.

Age: 18 years & up

Location: Senior Center

3/16	Th	9:00 AM–3:30 PM	\$60	203427-01
4/20	Th	9:00 AM–3:30 PM	\$60	203427-02
5/18	Th	9:00 AM–3:30 PM	\$60	203427-03

**Painting, Chinese Brush**

An introduction and continuing study of basic strokes and simple compositions using the traditional Chinese 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.

Age: 18 years & up

Location: Senior Center

3/7–4/11	Tu	6:30–8:30 PM	\$79	203440-01
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**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

3/6–3/27	M	1:00–3:00 PM	\$40	203446-01
4/3–4/24	M	1:00–3:00 PM	\$40	203446-02
5/1–5/22	M	1:00–3:00 PM	\$40	203446-03
3/2–3/30	Th	6:30–8:30 PM	\$48.75	203446-04
4/6–4/27	Th	6:30–8:30 PM	\$40	203446-05
5/4–5/25	Th	6:30–8:30 PM	\$40	203446-06

**Porcelain Painting, Beginning**

Learn proper painting techniques that include the use of oils, thinners, wiping tools, and specialty brushes. Techniques for completion of the finished product takes several weeks. The entire process usually requires several firings to get the desired result. **Note:** All supplies included. Firing of work included in the course fee. Reduced fee if using your own supplies. Age: 18 years & up

Location: Senior Center

3/1–3/29	W	9:00–11:30 AM	\$57.50	203470-01
4/5–4/26	W	9:00–11:30 AM	\$48	203470-02
5/3–5/31	W	9:00–11:30 AM	\$57.50	203470-03

**Porcelain Painting, Intermediate**

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

Age: 18 years & up

Location: Senior Center

3/1–3/29	W	9:00–11:30 AM	\$52.50	203471-01
4/5–4/26	W	9:00–11:30 AM	\$43	203471-02
5/3–5/31	W	9:00–11:30 AM	\$52.50	203471-03

**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 provided.

Age: 18 years & up

Location: Senior Center

3/1–3/29	W	1:00–4:00 PM	\$60	203472-01
4/5–4/26	W	1:00–4:00 PM	\$49	203472-02
5/3–5/31	W	1:00–4:00 PM	\$60	203472-03

**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

3/10–4/14	F	9:00–11:00 AM	\$70.50	203480-01
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**Watercolor, Intermediate**

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

Age: 18 years & up

Location: Senior Center

3/3–3/31	F	1:00–3:00 PM	\$58.75	203481-01
4/7–4/28	F	1:00–3:00 PM	\$49	203481-02
5/5–5/26	F	1:00–3:00 PM	\$49	203481-03

## Woodworking

### Woodworking, Intermediate

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

Age: 18 years & up

Location: Senior Center

3/22–5/3	W	7:00–9:00 PM	\$105	203490-01
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## Pottery

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

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

### Pottery Lab

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

### Pottery Pals

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

### Work Study

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

### Private Instruction

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

## Adult Pottery

### 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

3/20–5/22	M	9:00–11:00 AM	\$170	204850-01
3/20–5/22	M	5:45–7:45 PM	\$170	204850-02
3/22–5/24	W	8:00–10:00 PM	\$170	204850-03
3/25–5/27	Sa	12:30–2:30 PM	\$170	204850-04

### 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. Prerequisite: Beginning Wheel or equivalent.

Age: 18 years & up

Location: Pottery Studio

3/20–5/22	M	8:00–10:00 PM	\$170	204855-01
3/22–5/24	W	5:45–7:45 PM	\$170	204855-02
3/23–5/25	Th	9:00–11:00 AM	\$170	204855-03

### Pottery, Intermediate Wheel & Handbuilding

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

Age: 18 years & up

Location: Pottery Studio

3/21–5/23	Tu	5:30–7:30 PM	\$170	204860-01
3/22–5/24	W	9:00–11:00 AM	\$170	204860-02

### Pottery, Advanced Wheel & Handbuilding

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

Age: 18 years & up

Location: Pottery Studio

3/23–5/25	Th	5:30–7:30 PM	\$170	204865-01
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### Pottery Sampler

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

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

Age: 18 years & up

Location: Pottery Studio

3/25–4/22	Sa	12:30–2:30 PM	\$60	204870-01
4/29–5/27	Sa	12:30–2:30 PM	\$60	204870-02

### Pottery, Handbuilding Expressions

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

Age: 18 years & up

Location: Pottery Studio

3/22–5/24	W	6:00–8:00 PM	\$170	204875-01
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### Pottery, Cool Clay

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. All levels welcome.

Age: 18 years & up

Location: Pottery Studio

3/24–4/21	F	6:00–8:00 PM	\$90	204880-01
4/28–5/26	F	6:00–8:00 PM	\$90	204880-02

### Pottery, Creative Clay Craft

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

Age: 18 years & up

Location: Pottery Studio

3/24–5/26	F	9:00–11:00 AM	\$170	204885-01
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### Pottery Lab

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

Age: 18 years & up

Location: Pottery Studio

3/20–5/26	M,W,Th,F	11:00 AM–2:00 PM	\$170	204899-01
3/21–5/27	Tu,Sa	9:00 AM–Noon		
3/21–5/25	Tu,Th	7:30–10:00 PM		

## Youth Pottery

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

### Birthday Parties

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

Rocky Mountain  
Family Physicians, P.C.

Are your vaccines  
up to date?  
Call for a same-day appointment  
970-484-0798 [www.rmfamilyphys.com](http://www.rmfamilyphys.com)

### 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 any questions regarding pottery to Dennis Steiner at [dsteiner@fcgov.com](mailto:dsteiner@fcgov.com), 970.817.0658.

## Child without Parent Pottery

### 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.

Age: 6–9 years

Location: Pottery Studio

3/20–4/17	M	4:00–5:30 PM	\$59	204805-01
3/22–4/19	W	4:00–5:30 PM	\$59	204805-02
4/24–5/22	M	4:00–5:30 PM	\$59	204805-03
4/26–5/24	W	4:00–5:30 PM	\$59	204805-04

**Pottery, Youth Wheel & Handbuilding**

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

Age: 10–12 years

Location: Pottery Studio

3/23–5/25	Th	3:45–5:15 PM	\$110	204810-01
3/24–4/21	F	4:00–5:30 PM	\$59	204810-02
4/28–5/26	F	4:00–5:30 PM	\$59	204810-03

**Pottery, Teen Wheel & Handbuilding**

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

Age: 13–17 years

Location: Pottery Studio

3/21–4/18	Tu	3:45–5:15 PM	\$59	204815-01
4/25–5/23	Tu	3:45–5:15 PM	\$59	204815-02

**Child with Parent Pottery**

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

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

Parent and child combine their talents in this unique pottery class. The projects are constantly being varied, so it is possible to register for classes as many times as you wish.

Age: 3–5 years

Location: Pottery Studio

3/21–4/18	Tu	12:30–1:30 PM	\$45	204801-01
3/22–4/19	W	2:45–3:45 PM	\$45	204801-02
3/25–4/22	Sa	3:00–4:00 PM	\$45	204801-03
4/25–5/23	Tu	12:30–1:30 PM	\$45	204801-04
4/26–5/24	W	2:45–3:45 PM	\$45	204801-05
4/29–5/27	Sa	3:00–4:00 PM	\$45	204801-06

**Pottery, Parent & Child Handbuilding**

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

Age: 6–9 years

Location: Pottery Studio

3/25–4/22	Sa	4:30–6:00 PM	\$110	204835-01
4/29–5/27	Sa	4:30–6:00 PM	\$110	204835-02

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

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

Age: 10–17 years

Location: Pottery Studio

3/24–4/21	F	5:45–7:15 PM	\$110	204845-01
4/28–5/26	F	5:45–7:15 PM	\$110	204845-02

**Youth Programming****Art Studio**

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

Age: 6–12 years

Location: Mulberry Pool

**Paint on Canvas**

3/20	M	4:30–6:00 PM	\$16	216207-01
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**Clay**

3/27	M	4:30–6:00 PM	\$11	216207-02
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**Collage**

4/3	M	4:30–6:00 PM	\$11	216207-03
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**Crayon Resist**

4/10	M	4:30–6:00 PM	\$11	216207-04
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**Water Color**

4/17	M	4:30–6:00 PM	\$11	216207-05
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**Tie Dye**

4/24	M	4:30–6:00 PM	\$16	216207-06
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**May Day**

5/1	M	4:30–6:00 PM	\$11	216207-07
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**Mother's Day**

5/8	M	4:30–6:00 PM	\$15	216207-08
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**Cupcakes 'n Canvas**

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

Age: 6–12 years

Location: Mulberry Pool

**Star Wars**

3/1	W	4:30–6:30 PM	\$30	216243-01
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**Spring**

4/12	W	4:30–6:30 PM	\$30	216243-02
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**Self Portrait**

5/3	W	4:30–6:30 PM	\$30	216243-03
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**LEGEND****NW**

Denotes no web registration for program

**M**

Denotes program/activity has special membership pricing

**H**

Denotes Health and Wellness program

## Bicycling

Roll into spring 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

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

### Contact

Adult Programs: 970.221.6987, [info@BicycleAmbassadorProgram.org](mailto:info@BicycleAmbassadorProgram.org)

Youth Programs: 970.416.2357, [saferoutes@fcgov.com](mailto:saferoutes@fcgov.com)

For more information about bicycle programming through the City of Fort Collins, visit:

[bicycleambassadorprogram.org](http://bicycleambassadorprogram.org)

[fcgov.com/saferoutes](http://fcgov.com/saferoutes)

[fcgov.com/fcbikes](http://fcgov.com/fcbikes)

## Adult Programs

### Bicycle Friendly Driver

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

Age: 15 years & up

Location: Westbridge Medical Suites, 1107 S. Lemay Ave.

3/23	Th	7:00–8:30 PM	No Fee	230905-01
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Location: 281 N College Ave.

4/18	Tu	4:30–6:00 PM	No Fee	230905-02
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5/8	M	5:00–6:30 PM	No Fee	230905-03
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### Smart Cycling

Cyclists of all levels benefit. Learn the rules of the road related to cycling, on-bike handling skills, crash avoidance techniques, and how to conduct bicycle safety checks. Earn a certificate for successful completion of the course.

Age: 14 years & up

Location: Westbridge Medical Suites, 1107 S. Lemay Ave.

4/8	Sa	8:15 AM–4:30 PM	No Fee	230902-01
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### Women's Learn To Ride

Regardless of age, it's not too late to learn to ride a bicycle. Using a safe, easy, and effective method, learn to balance, pedal, start, stop, steer, and how to properly fit and wear a helmet.

Age: 16 years & up

Location: 220 N. Howes St., Unit B

5/4–5/25	Th	6:00–7:30 PM	No Fee	230907-01
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### Women on a Roll

FC Bikes partners with REI to connect women with each other and to make riding more comfortable, convenient, and fun. Learn about the latest women-specific gear then head out on a 60-minute ride. Finish the evening with social time and refreshments.

Age: 16 years & up

Location: REI, 4025 S. College Ave.

5/31	W	5:30–8:30 PM	No Fee	230908-01
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### Back on the Bike

Each session in this series is designed to get re-familiarized with cycling gear and build confidence both on and off the bike. Visit a local bike shop, conduct bike safety checks, properly fit helmets, and practice basic bike handling skills. The series ends with a comfortable, fun ride on local bike trails and city streets.

Age: 14 years & up

Location: Senior Center

4/24–5/15	M	5:00–6:30 PM	No Fee	230921-01
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### Silver Spokes Ride

Ride 8–10 miles on local recreational trails and low stress routes with Bicycle Ambassadors to guide you. **Note:** Bikes and helmets required, but can be provided if needed. Call 970.221.6987 to request.

Age: 50 years & up

Location: Senior Center

5/23	Tu	10:00–11:30 AM	No Fee	230922-01
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## Family Programming

### Bike Safety Week

FC Bikes and Fort Collins Police Services are teaming up to make the roads safer for all users. During Bike Safety Week, cyclists and motorists are encouraged to Ride Smart and Drive Smart through increased education and enforcement. Look for officers and Bicycle Ambassadors around town. **Note:** For more information, visit [fcgov.com/fcbikes](http://fcgov.com/fcbikes).

Age: All

Location: Fort Collins

4/9–4/15	M–Su			
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### Bike to School Day

Celebrate National Bike to School Day by rolling to school on two wheels. Visit [walkbiketoschool.org](http://walkbiketoschool.org) to register your school's events and activities or to find out what schools are doing to celebrate.

Age: All

Location: Fort Collins

5/10	W	No Fee		
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### Family Bike Rodeo

A day filled with bike activities for everyone in the family including bike safety checks, helmet checks/giveaways, a family bike ride on the Spring Creek Trail, helmet decorating for kids, and a basic bike repair session for adults. **Note:** In case of inclement weather, activities will be hosted inside of Summitview.

Age: All

Location: Summitview Church, 1601 W. Drake Rd.

4/29	Sa	10:00 AM–Noon	No Fee	230925-01
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### FC Rides

Participate in fun, themed rides to celebrate Earth Day, Cinco de Mayo, and the end of the school year. Seasonal bike rides are short, easy, and slow-paced to give participants an opportunity to enjoy riding around Fort Collins on low-stress bike routes and to experience new bike infrastructure. **Note:** For starting location and route, visit [fcgov.com/bikespring](http://fcgov.com/bikespring).

Age: All

Location: Fort Collins

4/22	Sa	10:15–11:30 AM	No Fee	230926-01
5/5	F	4:15–5:30 PM	No Fee	230926-02
5/26	F	4:15–5:30 PM	No Fee	230926-03

## Youth Programming

### Learn to Ride

Learn methods from a Safe Routes to School instructor on how to ride a bike. Learn how to start, stop, pedal, balance, steer, and properly wear a helmet.

Age: 6 years & up

Location: Northside Aztlan Center

4/15	Sa	Noon–2:00 PM	\$26	215984-01
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Location: Edora Pool Ice Center

5/13	Sa	Noon–2:00 PM	\$26	215984-02
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### Spring Bike Camp I

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

Age: 9–12 years

Location: Edora Pool Ice Center

3/13–3/17	M–F	8:30 AM–12:30 PM	\$140	215985-01
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### Summer Bike Camp I

Designed for riders with only basic knowledge of bicycling; introduction to rules for bicycling on trails and the road, safe cycling strategies, bike-handling skills and drills, nutrition and hydration, 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
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Location: Edora Pool Ice Center

6/19–6/23	M–F	8:30 AM–12:30 PM	\$140	315985-02
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Age: 9–11 years

Location: Spring Canyon Park

6/12–6/16	M–F	8:30 AM–12:30 PM	\$140	315985-03
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Location: Edora Pool Ice Center

6/26–6/30	M–F	8:30 AM–12:30 PM	\$140	315985-04
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### Summer Bike Camp II

Builds on Summer Bike Camp I. 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.

Location: Northside Aztlan Center

Age: 6–8 years

7/10–7/14	M–F	8:30 AM–12:30 PM	\$140	315986-01
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Age: 9–11 years

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

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

## 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.

Attire: Yoga/exercise gear and a scarf or sash to tie around your hips. Bare feet recommended.

Age: 18 years & up

Location: Senior Center

3/7–3/28	Tu	7:00–8:00 PM	\$29	206426-01
4/4–4/25	Tu	7:00–8:00 PM	\$29	206426-02
5/2–5/30	Tu	7:00–8:00 PM	\$36	206426-03

##### Belly Dancing, Intermediate

Focus on group improvisation and expand vocabulary with more complex movements and formation. Begin prop work and be introduced to Zambra Mora and Bollywood-influenced movements.

Prerequisite: Completed two sessions of Beginning Belly Dance or instructor approval. Attire: Yoga/exercise gear and a scarf or sash to tie around your hips. Bare feet recommended.

Age: 18 years & up

Location: Senior Center

3/7–3/28	Tu	8:00–9:00 PM	\$29	206427-01
4/4–4/25	Tu	8:00–9:00 PM	\$29	206427-02
5/2–5/30	Tu	8:00–9:00 PM	\$36	206427-03

#### Ballet

##### Ballet, Beginning

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

Age: 18 years & up

Location: Empire Grange, 2306 Mulberry St.

3/21–4/25	Tu	5:30–6:30 PM	\$41	206102-01
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##### Ballet, Low-Intermediate

Continuing work on basic technique. **Note:** Ages 13–15 years allowed with instructor approval.

Age: 16 years & up

Location: Empire Grange, 2306 Mulberry St.

3/20–4/24	M	5:30–6:45 PM	\$50	206103-01
5/1–5/22	M	5:30–6:45 PM	\$35	206103-02

##### 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: Dunn Elementary School, 501 S. Washington Ave.

3/2–4/13	Th	6:00–7:15 PM	\$58	206104-01
4/20–5/18	Th	6:00–7:15 PM	\$43	206104-02

#### General Dance

##### Eurythmy Experience

This beautiful movement form that incorporates graceful, rhythmic movements, and forms. Focus on personal physical awareness, balance, and flexibility while aligning with others to create common patterns. **Note:** Lessons are from 10:30 a.m.–noon, followed by tea time. Attire: Comfortable clothes and lightweight shoes with soft-soles.

Age: 18 years & up

Location: Senior Center

3/25	Sa	10:30 AM–1:00 PM	\$15	206441-01
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##### West Coast Swing

Learn all the basic 4-, 6-, and 8- count patterns of this partner swing dance. Learn to dance the starter step, the side pass, the underarm pass, the sugar push, the tuck, the basket whip, and the basic whip. Singles and couples welcome. **Note:** Lesson is from 7:30–8:30 p.m., followed by practice from 8:30–9 p.m.

Age: 18 years & up

Location: Senior Center

3/1–3/22	W	7:30–9:00 PM	\$40	206440-01
4/5–4/26	W	7:30–9:00 PM	\$40	206440-02
5/3–5/24	W	7:30–9:00 PM	\$40	206440-03

#### Line Dance

##### Line Dance, Starter Class

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

Age: 18 years & up

Location: Senior Center

3/7–3/28	Tu	12:30–1:45 PM	\$17	206436-01
4/4–4/25	Tu	12:30–1:45 PM	\$17	206436-02
5/2–5/30	Tu	12:30–1:45 PM	\$21	206436-03

##### Line Dance, Continued

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

Age: 18 years & up

Location: Senior Center

3/7–3/28	Tu	1:45–3:00 PM	\$17	206437-01
4/4–4/25	Tu	1:45–3:00 PM	\$17	206437-02
5/2–5/30	Tu	1:45–3:00 PM	\$21	206437-03

## Modern Dance

### Modern Dance

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

Age: 18 years & up

Location: Empire Grange, 2306 Mulberry St.

3/20–4/24	M	6:45–7:45 PM	\$41	206156-01
5/1–5/22	M	6:45–7:45 PM	\$29	206156-02

## Youth Programming

### Acro Dance

#### Acro Dance

Learn the basics of acrobatic dance, including a mixture of acrobatics, gymnastics, and the art of lyrical dance. Children are placed based on skill level. **Note:** Class will not be held on 3/13, 3/15.

Acro Dance Pre K, Level 1

Age: 3–5 years

Location: Mulberry Pool

3/6–3/27	M	1:00–1:45 PM	\$34	216272-01
4/3–4/24	M	1:00–1:45 PM	\$45	216272-02
5/1–5/15	M	1:00–1:45 PM	\$34	216272-03

Acro-Dance Beginners, Levels 2–5

Age: 5–9 years

Location: Mulberry Pool

3/8–3/29	W	5:30–6:25 PM	\$34	216273-01
4/5–4/26	W	5:30–6:25 PM	\$45	216273-02
5/3–5/17	W	5:30–6:25 PM	\$34	216273-03

Acro Dance Intermediate, Levels 5–7

Age: 9 years & up

Location: Mulberry Pool

3/8–3/29	W	6:30–7:25 PM	\$34	216274-01
4/5–4/26	W	6:30–7:25 PM	\$45	216274-02
5/3–5/17	W	6:30–7:25 PM	\$34	216274-03

## 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 3/13.

Age: 3–4 years

Location: Mulberry Pool

3/6–3/27	M	11:00–11:45 AM	\$34	216270-01
4/3–4/24	M	11:00–11:45 AM	\$45	216270-02
5/1–5/15	M	11:00–11:45 AM	\$34	216270-03

### Petite Ballerinas

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

Age: 3–6 years

Location: Northside Aztlan Center

#### Petite Ballerinas I

Age: 3–4 years

3/3–3/24	F	11:45 AM–12:30 PM	\$45	216563-01
3/31–4/21	F	11:45 AM–12:30 PM	\$45	216563-02
4/28–5/19	F	11:45 AM–12:30 PM	\$45	216563-03
3/4–3/25	Sa	9:00–9:45 AM	\$45	216563-04
4/1–4/22	Sa	9:00–9:45 AM	\$45	216563-05
4/29–5/20	Sa	9:00–9:45 AM	\$45	216563-06

#### Petite Ballerinas II

Age: 4–5 years

3/3–3/24	F	12:45–1:30 PM	\$45	216563-07
3/31–4/21	F	12:45–1:30 PM	\$45	216563-08
4/28–5/19	F	12:45–1:30 PM	\$45	216563-09
3/4–3/25	Sa	11:00–11:45 AM	\$45	216563-10
4/1–4/22	Sa	11:00–11:45 AM	\$45	216563-11
4/29–5/20	Sa	11:00–11:45 AM	\$45	216563-12

#### Petite Ballerinas III

Age: 5–6 years

3/4–3/25	Sa	10:00–10:45 AM	\$45	216563-13
4/1–4/22	Sa	10:00–10:45 AM	\$45	216563-14
4/29–5/20	Sa	10:00–10:45 AM	\$45	216563-15

### Petite Ballet

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

Age: 7–11 years

Location: Northside Aztlan Center

3/4–3/25	Sa	Noon–12:45 PM	\$45	216564-01
4/1–4/22	Sa	Noon–12:45 PM	\$45	216564-02
4/29–5/20	Sa	Noon–12:45 PM	\$45	216564-03

## General Dance

### Dancin' Dumplin's

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

Age: 3 years

Location: Foothills Activity Center

4/20–5/11	Th	11:00–11:45 AM	\$37	216755-01
4/21–5/12	F	10:30–11:15 AM	\$37	216755-02

**Tap Dance Gymnastics**

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

4/25–5/16	Tu	4:15–5:45 PM	\$73	216760-01
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**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. No jeans allowed.

Location: Foothills Activity Center

Age: 4–5 years

4/17–5/15	M	4:15–5:15 PM	\$61	216779-01
4/17–5/15	M	1:00–2:00 PM	\$61	216779-02

Age: 5–6 years

4/17–5/15	M	5:35–6:35 PM	\$61	216779-03
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Age: 6–7 years

4/6–5/11	Th	4:15–5:15 PM	\$72	216779-04
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**Just Tumbling**

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

Age: 7–8 years

Location: Foothills Activity Center

4/6–5/11	Th	5:45–7:00 PM	\$91	216778-01
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**Hip Hop****Hip Hop for Preschool**

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

**Note:** Class will not be held on 3/13.

Age: 3–5 years

Location: Mulberry Pool

3/6–3/27	M	Noon–12:45 PM	\$34	216261-01
4/3–4/24	M	Noon–12:45 PM	\$45	216261-02
5/1–5/15	M	Noon–12:45 PM	\$34	216261-03

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**Classes for Young Actors**

**Spring, Summer & Fall troupes**  
**224-5774 Debuttheatre.org**

**Hip Hop Dance**

All of the basic dance skills like keeping rhythm, following choreography and developing body control are taught through kid-friendly hip hop and funk style music and movement. Attire: Wear loose workout clothes and tennis shoes. No gum.

Location: Northside Aztlan Center

Age: 6–8 years

3/20–4/17	M	4:45–5:45 PM	\$55	215511-01
4/24–5/15	M	4:45–5:45 PM	\$45	215511-02

Age: 9–11 years

3/20–4/17	M	5:45–6:45 PM	\$55	215511-03
4/24–5/15	M	5:45–6:45 PM	\$45	215511-04

**LEGEND**

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

# How do you imagine your summer?

## SPRING AND SUMMER DAY CAMPS

Provided by the City of Fort Collins Recreation Department

Available for youth of all ages

Registration begins February 2

Visit [fcgov.com/recreation](http://fcgov.com/recreation) for more information and to register.



## Day Camps

While out of school, keep busy making new friends and going on fun adventures. We host programs for all types of campers. Below are a just of few of our camps.

If you're looking for camps specific to cycling, see our Bicycling section on page 30.

If you're looking for camps specific to farming, see our Farm section on page 48.

If you're a gardener at heart, see the Gardens on Spring Creek Camps on page 58.

For all other camps, you're in the right place.

When registering, be sure to note any allergies. Please pack a water bottle, sack lunch, and sunscreen, and dress appropriately for the weather and activities.

### Spring Camps

#### School's Out Day, STEM Focus

Keep busy with STEM projects and challenges, arts and crafts, gym time, and an end of day movie while off of school.

Grade: Kindergarten–5

Location: Northside Aztlan Center

4/7	F	8:00 AM–5:00 PM	\$37	216597-01
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#### Spring Break Fun Camp

Each day of camp is an adventure. Visit off-site kid-friendly destinations: see a movie, swim and skate at EPIC, fly high at the trampoline park, cook lunch, and weather permitting, go on a hike. **Note:** Bring a water bottle and sack lunch each day. Drop-off time is between 8–9 a.m. Pick-up time is between 3–5 p.m.

Grade: Kindergarten–5

Location: Northside Aztlan Center

3/13–3/17	M–F	8:00 AM–5:00 PM	\$170	216592-01
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#### 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. Students must be at least 50" tall.

Age: 8–12 years

Location: Fort Fun, 1513 E. Mulberry St.

3/15	W	8:00–10:00 AM	\$30	216989-01
3/18	Sa	8:00–10:00 AM	\$30	216989-02
4/8	Sa	8:00–10:00 AM	\$30	216989-03

#### Babysitting Bootcamp

Topics include babysitting business practices, discipline and communication, feeding, diapering, safe play for infants and children, preventing accidents, recognizing and responding to emergencies, basic first aid, choking, and hands only CPR. Students receive a card endorsed by the American Academy of Pediatrics. **Note:** Bring paper, pencil, and lunch.

*Babysitting Bootcamp continued*

Age: 11–16 years

Location: Northside Aztlan Center

3/13	M	Noon–8:00 PM	\$80	115522-03
4/22	Sa	Noon–8:00 PM	\$80	215522-02
5/20	Sa	Noon–8:00 PM	\$80	215522-03

#### School's Out Day, Bowling and Laser Tag

Keep busy with games, snacks, gym play and a field trip to go bowling and play laser tag.

Age: 12–15 years

Location: Northside Aztlan Center

4/7	F	8:00 AM–4:00 PM	\$56	215526-01
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## Summer

### Kids On-the-Go Camp

Break up summer boredom with on-the-go activities scheduled every day. Engage in outdoor play, swimming, hiking, field trips, and cooking. The week's itinerary is emailed the week prior to camp. No special equipment or clothing needed on Mondays. **Note:** Bring a water bottle and sack lunch each day. Drop-off time is between 8–9 a.m. Pick-up time is between 3–5 p.m.

Age: 6–10 years

Location: Northside Aztlan Center

6/5–6/9	M–F	1:00 AM–6:00 PM	\$111	316582-01
6/19–6/23	M–F	1:00 AM–6:00 PM	\$111	316582-03
6/26–6/30	M–F	1:00 AM–6:00 PM	\$111	316582-04
7/5–7/7	W–F	1:00 AM–6:00 PM	\$111	316582-05
7/10–7/14	M–F	1:00 AM–6:00 PM	\$111	316582-06
7/17–7/21	M–F	1:00 AM–6:00 PM	\$111	316582-07
7/24–7/28	M–F	1:00 AM–6:00 PM	\$111	316582-08
7/31–8/4	M–F	1:00 AM–6:00 PM	\$111	316582-09
8/7–8/11	M–F	1:00 AM–6:00 PM	\$111	316582-10

### Survival in the Woods Nature Camp

Learn what to do when lost in the woods. Learn about shelter building, water safety, edible forest foods, and basic camping skills. Make a survival kit and on Fridays, go on a field trip to a local hiking trail. **Note:** Class will not be held on 7/4.

Age: 8–11 years

Location: Lee Martinez Park

6/5–6/9	M–F	9:00 AM–3:00 PM	\$160	316981-01
6/12–6/16	M–F	9:00 AM–3:00 PM	\$160	316981-02
6/19–6/23	M–F	9:00 AM–3:00 PM	\$160	316981-03
6/26–6/30	M–F	9:00 AM–3:00 PM	\$160	316981-04
7/3–7/7	M,W–F	9:00 AM–3:00 PM	\$129	316981-05
7/10–7/14	M–F	9:00 AM–3:00 PM	\$160	316981-06
7/17–7/21	M–F	9:00 AM–3:00 PM	\$160	316981-07
7/24–7/28	M–F	9:00 AM–3:00 PM	\$160	316981-08
7/31–8/4	M–F	9:00 AM–3:00 PM	\$160	316981-09
8/7–8/11	M–F	9:00 AM–3:00 PM	\$160	316981-10

### Summer Adventure

Enjoy outdoor play, crafts, games, swimming, skating, and weekly field trips. A weekly itinerary of activities is emailed the week prior to camp. No special equipment or clothing needed on Mondays. **Note:** Bring a water bottle, sack lunch, and sunscreen each day.

Age: 8–12 years

Location: Edora Pool Ice Center

6/5–6/9	M–F	8:00 AM–5:00 PM	\$175	316380-01
6/12–6/16	M–F	8:00 AM–5:00 PM	\$175	316380-02
6/19–6/23	M–F	8:00 AM–5:00 PM	\$175	316380-03
6/26–6/30	M–F	8:00 AM–5:00 PM	\$175	316380-04
7/5–7/7	W–F	8:00 AM–5:00 PM	\$98	316380-05
7/17–7/21	M–F	8:00 AM–5:00 PM	\$175	316380-07
7/24–7/28	M–F	8:00 AM–5:00 PM	\$175	316380-08
7/31–8/4	M–F	8:00 AM–5:00 PM	\$175	316380-09
8/7–8/11	M–F	8:00 AM–5:00 PM	\$175	316380-10

Location: Foothills Activity Center

7/10–7/14	M–F	8:00 AM–5:00 PM	\$175	316380-06
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### Teen Super Camp Series

Age: 12–15 years

Location: Northside Aztlan Center

#### Extreme Camp I

Soar high at Fly High Trampoline Park, climb rocks at Inner Strength Rock Gym, and zap friends at Loveland Laser Tag.

6/6–6/9	Tu–F	8:00 AM–5:00 PM	\$181	315553-01
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#### Splash Camp I

The summer is heating up, so cool off. Stand up paddleboard, swim at City Park Pool, and hike to a waterfall.

6/13–6/16	Tu–F	8:00 AM–5:00 PM	\$181	315553-02
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#### Chef Camp I

Grill at City Park, picnic in the mountains, and create appetizers and dishes. Complete with a visit to Beau Jos Pizza and an Iron Chef Challenge.

6/20–6/23	Tu–F	8:00 AM–5:00 PM	\$181	315553-03
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#### Outdoor Adventurer I

Adventure through archery, hiking, biking Fort Collins trails, and rafting with Rocky Mountain Adventures. **Note:** Non-refundable program fees are \$55.

6/27–6/30	Tu–F	8:00 AM–5:00 PM	\$181	315553-04
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### Bike Around Fort Collins

An overview of Bike I and Bike II with the atmosphere of camp. Pedal to picnics, swimming, to catching a movie, and dine out. Riders are expected to ride 10–20 miles per day. **Note:** Bring a bike and helmet each day.

7/11–7/14	Tu–F	8:00 AM–5:00 PM	\$181	315553-05
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Offering full-day summer camps, all summer long! When school is out, BASE Camp is in!

FUN.
SAFE.
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READY FOR  
Summer?  
WE ARE!

Grades K-8.  
Snacks & Lunch provided.  
Enriching Environment.  
Fun Field Trips.  
Active Games.

Hours: 6:30 AM – 6:00 PM

Registration opens in March. Call or visit our website to learn more.  
Ask about our sliding scale fees & scholarships!

<b>ADDRESS</b> 1224 E. Elizabeth St. Fort Collins, CO 80524	<b>CONTACT INFO</b> (970) 266-1734 (t) (970) 377-9865	<b>ONLINE</b> <a href="http://www.mybasecampkids.org">www.mybasecampkids.org</a> <a href="https://facebook.com/mybasecampkids">facebook.com/mybasecampkids</a>
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#### Extreme Camp II

Gear up for another wild action packed week. Highlights include trips to bowling, The Summit for laser tag, and the X-Arena.

7/18–7/21	Tu–F	8:00 AM–5:00 PM	\$181	315553-06
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#### Splash Camp II

Round 2 of water adventuring. Excursions include trips to Loveland Lake and City Park Pool, and rafting with Rocky Mountain Adventures.

**Note:** Non-refundable program fees are \$55.

7/25–7/28	Tu–F	8:00 AM–5:00 PM	\$181	315553-07
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#### Chef Camp II

Another round of cookbooks, appetizers, and an Iron Chef International Challenge, as well as a food truck visit, camp cooking challenge, and a dining out in Old Town Square.

8/1–8/4	Tu–F	8:00 AM–5:00 PM	\$181	315553-08
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#### Outdoor Adventurer II

Rock climbing, biking Fort Collins trails, and rafting with Rocky Mountains Adventures conclude once last trip to remember before the summer runs out. **Note:** Non-refundable program fees are \$55.

8/8–8/11	Tu–F	8:00 AM–5:00 PM	\$181	315553-09
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## Early Learning

Early Learning courses are tailored toward children ages 6 years & under and are designed to enrich both their social and educational skills. Most classes for kids 3 years & older are children without parent classes. Classes in which parents are required or permitted to attend are listed in the Child With Parent Classes on page 42.

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.

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

### Child without Parent Classes

2–6 years

### Funtime Programming

#### Funtime Discovery

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

Age: 2.5–3.5 years

Location: Northside Aztlan Center

3/7–3/30	Tu, Th	9:30–11:30 AM	\$64	217503-01
4/4–4/27	Tu, Th	9:30–11:30 AM	\$85	217503-02
5/2–5/18	Tu, Th	9:30–11:30 AM	\$64	217503-03

#### Funtime for Preschoolers

Participate in arts and crafts, storytelling, science, math, pre-reading, creative play/dramatics, and gym play. Children must be age 3 by 9/15/2016. Previous class experience recommended. **Note:** Funtime closures/holidays correspond to the Poudre School District schedule; it does not follow PSD weather closures.

Age: 3–4 years

Location: Northside Aztlan Center

4/10–5/19	M,W,F	9:30 AM–Noon	\$236	117501-03
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#### 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 9/15/2016. **Note:** Funtime closures/holidays correspond to the Poudre School District schedule; it does not follow PSD weather closures. Class will not be held on 4/7.

Age: 4–5 years

Location: Northside Aztlan Center

4/10–5/19	M,W,F	9:30 AM–Noon	\$236	117500-03
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## General Programming

### Curious Twos

Attention is directed to games, crafts and stories, and providing a positive first step to independent learning. **Note:** This is a child without parent class.

Age: 2 years

Location: Mulberry Pool

3/21–4/13	Tu,Th	9:30–10:30 AM	\$43	217204-01
3/21–4/13	Tu,Th	11:00 AM–Noon	\$43	217204-02
4/18–5/11	Tu,Th	9:30–10:30 AM	\$43	217204-03
4/18–5/11	Tu,Th	11:00 AM–Noon	\$43	217204-04

### Disney Delights

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

Age: 3–5 years

Location: Mulberry Pool

#### Zootopia

3/20	M	1:00–2:30 PM	\$17	217240-01
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#### Secret Life of Pets

4/3	M	1:00–2:30 PM	\$17	217240-02
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#### A Bugs Life

4/17	M	1:00–2:30 PM	\$17	217240-03
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#### Ice Age

5/1	M	1:00–2:30 PM	\$17	217240-04
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**FREE TRIAL**  
*Gymnastics Class!*  
Ages: walking-5 years

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\$50.00 per month for ages walking-3  
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**COMING SOON**  
Dance/Gymnastics combo  
classes for 3-5 yr olds

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**Lunch & Learn**

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

Age: 3–5 years

Location: Foothills Activity Center

3/21–4/13	Tu,Th	Noon–2:30 PM	\$80	217712-01
4/18–5/11	Tu,Th	Noon–2:30 PM	\$80	217712-02

**Playdough World**

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

Age: 3–5 years

Location: Northside Aztlan Center

3/23–4/6	Th	1:00–2:30 PM	\$31	217547-01
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**Preschool Tools**

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

Age: 3–5 years

Location: Foothills Activity Center

**Hammers**

3/22	W	1:00–2:00 PM	\$15	217756-01
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**Screws**

4/12	W	1:00–2:00 PM	\$15	217756-02
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**Take-it-apart**

5/3	W	1:00–2:00 PM	\$15	217756-03
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**Pretend with Friends**

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

Age: 3–5 years

Location: Mulberry Pool

**Leprechauns**

3/24	F	1:00–2:30 PM	\$13	217250-01
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**Prince and Princess**

3/31	F	1:00–2:30 PM	\$13	217250-02
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**Astronauts**

4/14	F	1:00–2:30 PM	\$13	217250-03
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**Grocery Store**

4/21	F	1:00–2:30 PM	\$13	217250-04
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**Zoo Keeper**

4/28	F	1:00–2:30 PM	\$13	217250-05
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**Dress-up Play**

5/5	F	1:00–2:30 PM	\$13	217250-06
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**Farmer**

5/12	F	1:00–2:30 PM	\$13	217250-07
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**Surprise for Mom**

Shhhh!!! It's a surprise! Making something special for Mom for Mother's Day.

Age: 3–5 years

Location: Northside Aztlan Center

5/9–5/11	Tu,Th	1:00–2:30 PM	\$35	216518-01
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**When I Grow Up**

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

Age: 3–5 years

Location: Mulberry Pool

**Policeman**

3/27	M	1:00–2:30 PM	\$13	217244-01
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**Teacher**

4/10	M	1:00–2:30 PM	\$13	217244-02
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**Veterinarian**

4/24	M	1:00–2:30 PM	\$13	217244-03
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**Baker**

5/8	M	1:00–2:30 PM	\$13	217244-04
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**Hello Kitty**

Stories, crafts, snack, fun, and games themed around Hello Kitty.

Age: 3–6 years

Location: Northside Aztlan Center

4/13	Th	1:00–2:30 PM	\$17	217546-01
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**Hospital Helpers**

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

Age: 3–6 years

Location: Northside Aztlan Center

4/20–5/4	Th	1:00–2:30 PM	\$31	217545-01
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**I Want to be a Scientist**

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

Age: 3–6 years

Location: Northside Aztlan Center

**Paleontology**

3/23	Th	10:00–11:30 AM	\$17	217507-01
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**Astronomy**

3/30	Th	10:00–11:30 AM	\$17	217507-02
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**Magnets**

4/6	Th	10:00–11:30 AM	\$17	217507-03
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**Oceanography**

4/13	Th	10:00–11:30 AM	\$17	217507-04
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**Concoctions**

4/20	Th	10:00–11:30 AM	\$17	217507-05
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*continued on next page*



Call now to schedule a **FREE** screening for your toddler!  
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# Mountain Kids

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*I Want to be a Scientist continued*

**Vet Medicine**

4/27	Th	10:00–11:30 AM	\$17	217507-06
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**Entomology**

5/4	Th	10:00–11:30 AM	\$17	217507-07
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**Zoology**

5/11	Th	10:00–11:30 AM	\$17	217507-08
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**Lego with Friends**

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

Age: 3–6 years

Location: Foothills Activity Center

4/5	W	1:00–2:30 PM	\$17	217749-01
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4/26	W	1:00–2:30 PM	\$17	217749-02
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**Paw Patrol**

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

Age: 3–6 years

Location: Northside Aztlan Center

4/11	Tu	1:00–2:30 PM	\$17	217550-01
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**Pinkalicious**

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

Age: 3–6 years

Location: Northside Aztlan Center

3/9	Th	1:00–2:30 PM	\$17	217537-01
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**A Pirate's 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

4/18–5/2	Tu	1:00–2:30 PM	\$31	217551-01
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**Super Heroes**

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

Age: 3–6 years

Location: Northside Aztlan Center

3/21–4/4	Tu	1:00–2:30 PM	\$31	217548-01
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### Ultimate Fort Making

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

Age: 3–6 years

Location: Northside Aztlan Center

3/7	Tu	1:00–2:30 PM	\$11	217539-01
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### Lunch Bunch Enrichment

Bring a lunch, make new friends, and learn something new. Varied enrichment activities are designed to complement most pre-k and half-day kindergarten programs. **Note:** Option to pay a drop-in rate of \$10 per class is available. Class max is 12. Class will not be held on 3/14, 3/16, 3/18.

Age: 4–6 years

Location: Northside Aztlan Center

4/10–5/8	M	Noon–2:00 PM	\$41	117509-07
4/12–5/10	W	Noon–2:00 PM	\$41	117509-08
4/14–5/12	F	Noon–2:00 PM	\$41	117509-09

## Arts & Crafts

### Art Start Pre-K

Hands-on with independent exploration inspiring imagination and self-esteem. Explore, collage, cut, tear, drizzle, drip, paste, and paint. Play with creamy pastels and paint with vibrant tempera and juicy water colors. **Note:** Class will not be held on 3/15.

Location: Mulberry Pool

Age: 3–5 years

3/1–3/29	W	10:30–11:30 AM	\$50	216217-03
5/3–5/24	W	10:30–11:30 AM	\$50	216217-04

### Cupcakes 'n Canvas, Pre-K

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

Age: 3–5 years

Location: Mulberry Pool

Dr. Suess

3/1	W	1:00–2:30 PM	\$30	217229-01
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Spring

4/12	W	1:00–2:30 PM	\$30	217229-02
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Self Portrait

5/3	W	1:00–2:30 PM	\$30	217229-03
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### Art Studio for Pre K

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

Age: 3–6 years

Location: Northside Aztlan Center

Paint on Canvas

3/21	Tu	10:00–11:30 AM	\$16	216506-01
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*Art Studio for Pre K continued*

Clay

3/28	Tu	10:00–11:30 AM	\$16	216506-02
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Collage

4/4	Tu	10:00–11:30 AM	\$11	216506-03
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Crayon Resist

4/11	Tu	10:00–11:30 AM	\$11	216506-04
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Water Color

4/18	Tu	10:00–11:30 AM	\$11	216506-05
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May Day

4/25	Tu	10:00–11:30 AM	\$11	216506-06
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Tie Dye

5/2	Tu	10:00–11:30 AM	\$11	216506-07
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Mother's Day

5/9	Tu	10:00–11:30 AM	\$11	216506-08
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## Cooking

### Once Upon A Time in the Kitchen

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

Age: 3–5 years

Location: Northside Aztlan Center

3/31	F	10:00–11:00 AM	\$21	217522-01
4/21	F	10:00–11:00 AM	\$21	217522-02
5/5	F	10:00–11:00 AM	\$21	217522-03

## Fitness

### Fun & Fitness

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

Age: 2–4 years

Location: Foothills Activity Center

3/20–4/12	M,W	9:30–11:30 AM	\$85	217758-01
3/21–4/13	Tu,Th	9:30–11:30 AM	\$85	217758-02
4/17–5/10	M,W	9:30–11:30 AM	\$85	217758-03
4/18–5/11	Tu,Th	9:30–11:30 AM	\$85	217758-04

### Little Yogis

Explore movement through animated poses, games, art, music, and breathing exercises that help to strengthen coordination and build body awareness. Bark in downward dog, hiss in cobra, and take a yoga journey. **Note:** Class will not be held on 3/17.

Age: 3–6 years

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

3/3–3/31	F	10:00–10:45 AM	\$40	217955-01
4/7–4/28	F	10:00–10:45 AM	\$40	217955-02
5/5–5/26	F	10:00–10:45 AM	\$40	217955-03

## Child with Parent Classes

Ages: 0–5 years

### General Programming

#### Music Together, Demo Class

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

**Note:** Registration required.

Age: 0–4 years

Location: Foothills Activity Center

3/10	F	10:30–11:15 AM	No Fee	218775-01
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#### NEW!—Music Together

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

Age: 0–4 years

Location: Foothills Activity Center

4/4–5/23	Tu	9:30–10:15 AM	\$125	218776-01
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#### Splash Splash Playgroup

Meet other children and parents through activities such as arts and crafts, music, social time, and pool play. Option to pay a drop-in rate of \$5 per class is available for older siblings.

Age: 12 months–3 years

Location: Mulberry Pool

3/24–4/14	F	10:00–11:30 AM	\$26	217290-01
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4/21–5/12	F	10:00–11:30 AM	\$26	217290-02
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#### Little Explorers

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

Age: 15 months–2 years

Location: Mulberry Pool

3/20–3/27	M	9:30–10:30 AM	\$17	217261-01
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4/3–4/10	M	9:30–10:30 AM	\$17	217261-02
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4/17–4/24	M	9:30–10:30 AM	\$17	217261-03
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5/1–5/8	M	9:30–10:30 AM	\$17	217261-04
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#### Parent & Tot Science

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

Age: 2–3 years

Location: Mulberry Pool

3/20–3/27	M	11:00 AM–Noon	\$17	217260-01
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4/17–4/24	M	11:00 AM–Noon	\$17	217260-02
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#### S.T.E.M. Together

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

Age: 3–5 years

Location: Foothills Activity Center

#### Airplanes/launchers

3/29	W	1:00–2:30 PM	\$13	217763-01
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#### Marble Mazes

4/19	W	1:00–2:30 PM	\$13	217763-02
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#### Building Bridges

5/10	W	1:00–2:30 PM	\$13	217763-03
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### Arts & Crafts

#### 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: Mulberry Pool

#### Spring

4/12	W	10:30–11:30 AM	\$17	217267-01
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#### Ocean

4/26	W	10:30–11:30 AM	\$17	217267-02
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#### 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. **Note:** Class will not be held on 3/15.

Age: 18 months–2 years

Location: Mulberry Pool

3/1–3/29	W	9:00–10:00 AM	\$50	216217-01
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5/3–5/24	W	9:00–10:00 AM	\$50	216217-02
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#### Small Hands, Big Messy Art

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

Age: 18 months–2 years

Location: Mulberry Pool

4/3–4/10	M	11:00 AM–Noon	\$17	217285-01
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5/1–5/8	M	11:00 AM–Noon	\$17	217285-02
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#### I Can Do It, Too

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

Age: 2 years

Location: Mulberry Pool

#### Spring

4/12	W	9:00–10:00 AM	\$17	217268-01
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#### Ocean

4/26	W	9:00–10:00 AM	\$17	217268-02
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## 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

#### Bunnies & Chicks

3/24	F	10:00–11:00 AM	\$17	217571-01
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#### Flower Power

4/14	F	10:00–11:00 AM	\$17	217571-02
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#### Teddy Bear Treats

4/28	F	10:00–11:00 AM	\$17	217571-03
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#### Caterpillar Cupcakes

5/12	F	10:00–11:00 AM	\$17	217571-04
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## Dance & Movement

### Baby Ballerinas

Bring your imagination to life to explore body movement and awareness as a ballerina. **Note:** Class will not be held on 3/13.

Age: 2 years

Location: Mulberry Pool

3/6–3/27	M	10:00–10:45 AM	\$34	217296-01
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4/3–4/24	M	10:00–10:45 AM	\$45	217296-02
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5/1–5/15	M	10:00–10:45 AM	\$34	217296-03
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## 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. Attire: Leotards/footless tights, or t-shirt and shorts/sweats. No jeans or jewelry.

Location: Foothills Activity Center

Age: 2 years

4/24–5/15	M	10:30–11:15 AM	\$36	217795-01
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4/25–5/16	Tu	11:00–11:45 AM	\$36	217795-02
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4/26–5/17	W	10:30–11:15 AM	\$36	217795-03
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Age: 3 years

4/24–5/15	M	9:30–10:15 AM	\$36	217795-04
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4/26–5/17	W	9:30–10:15 AM	\$36	217795-05
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## Drop-in Programming

### Baby Gym

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

Age: 0–2 years

Location: Northside Aztlan Center

3/3–5/12	F	9:30–11:30 AM	\$2.50
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Location: Foothills Activity Center

3/6–5/8	M	9:30–11:30 AM	\$2.50
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### Tot Gym

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

Age: 0–6 years

Location: Foothills Activity Center

3/1–5/12	W,F	10:00 AM–Noon	\$2.50
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Location: Northside Aztlan Center

3/2–5/11	T–Th	10:00 AM–Noon	\$2.50
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3/1–5/10	M–W	9:30–11:30 AM	\$2.50
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### Afternoon Tot Gym

Playtime with balls, blocks, a mini obstacle course and other activities. Children must be accompanied by an adult. No fee for adults. No fee for ages 12 months and younger. Registration is not required. **Note:** Class will not be held on 3/14, 3/16.

Age: 0–6 years

Location: Foothills Activity Center

3/2–5/11	T,Th	1:30–3:00 PM	\$2.50
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## Education

Interested in learning a new skill? City of Fort Collins Recreation offers educational classes that range from cooking an exotic dish, to mastering a technology skill.

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

For information about CPR, First Aid, and Wilderness programming, see page 72.

#### Cooking

##### Slow Cooker Delights

Learn how easy it is to fix meals in a slow cooker. All recipes are gluten free and vegan friendly. Menu: Creamy cauliflower soup, sweet potato chili, lentil stew, and rice pudding.

Age: 18 years & up

Location: Senior Center

3/6	M	6:00–8:15 PM	\$36	207424-01
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#### Healthy Ethiopian Dishes

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

Age: 18 years & up

Location: Senior Center

3/20	M	6:00–8:15 PM	\$36	207425-01
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#### Curried Soups & Stews

Learn how to spice a next batch of homemade soup or stew with curry. Menu: Vindaloo spiced butternut squash stew, yellow split pea and vegetable stew, and colorful and hearty curried lentil soup.

Age: 18 years & up

Location: Senior Center

3/29	W	6:00–8:15 PM	\$36	207426-01
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#### World Curries

Learn how to make delicious curries from around the world. All recipes are vegan friendly. Menu: Indian eggplant and mushroom vindaloo, Caribbean sweet potato and garbanzo bean curry, and Indonesian tofu rending.

Age: 18 years & up

Location: Senior Center

4/6	Th	6:00–8:15 PM	\$36	207427-01
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#### NEW TO THE SENIOR CENTER!

A talk show covering hot topics in Recreation and the City of Fort Collins.

**HOST:** Jason Chadock, Senior Center Manager, welcomes a new guest each month.

Guests are welcome to participate in the live studio audience. Arrive early; space is limited.

Visit [fcgov.com/seniorcenter](http://fcgov.com/seniorcenter) for more information, or email [recreator@fcgov.com](mailto:recreator@fcgov.com) with questions.



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### Indian Crepes & Chutneys

Learn to make simple, naturally gluten free creations at home and pair them with the perfect chutneys. Menu: Quinoa crepes with roasted red pepper chutney, lentil crepes with beet chutney, and rice crepes with zucchini chutney.

Age: 18 years & up

Location: Senior Center

4/18	Tu	6:00–8:15 PM	\$36	207428-01
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### Coconut 'Cuckoo' Curries

Learn modern spins on the traditional coconut curry. Coconut has a magic all its own mutating even the most average curry into a very flavorful dish to savor. These variations on the curries are delicious, vegetarian, and healthy. Menu: Vegetable stew, kale with coconut, beets with coconut, and spicy pineapple curry.

Age: 18 years & up

Location: Senior Center

4/25	Tu	6:00–8:15 PM	\$36	207429-01
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### Pressure Cooker Curries

Learn the magic of pressure cookers, which transform ingredients into delicious and satisfying suppers in very little time. Menu: Black eyed peas curry, red lentils curry, vegetable basmati rice pilaf, carrot pudding.

Age: 18 years & up

Location: Senior Center

5/3	W	6:00–8:15 PM	\$36	207430-01
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### Healthy Greens, Indian Style

Journey into the world of East Indian preparations of leafy greens. A nutritional powerhouse, greens are delicious sautéed and pair beautifully with a multitude of spices, grains, beans, and proteins from all corners of the planet. Menu: Collard greens with coconut, saag (spinach and lentil curry), kale with potatoes, and sautéed mushroom with swiss chard.

Age: 18 years & up

Location: Senior Center

5/9	Tu	6:00–8:15 PM	\$36	207431-01
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### Cooking Around the World

Learn about a new country each week through its cuisine. Recipes are simple adaptations using locally available ingredients, designed for convenience. Meals should take 30 minutes to prepare. Vegetarian options available. All supplies included.

Age: 14 years & up

Location: Senior Center

3/7–4/4	Tu	6:30–7:30 PM	\$60	207432-01
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### Thai Cooking, 1st Course

Thai street food. Thailand is one of the best places to find delicious, quick, cheap food anytime of the day. Learn to pick the ingredients, and prepare and cook them. Menu: Satay-barbecue meat on a skewer with peanut sauce, cucumber salad, and Thai coconut pandan custard.

Age: 18 years & up

Location: Senior Center

4/13	Th	6:00–8:30 PM	\$36	207433-01
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### Thai Cooking, 2nd Course

Learn to make your favorite Thai dishes at home. Use authentic ingredients to prepare and cook Thai food that can be packed for busy weekday lunches. Menu: Tom yum fried rice, tom kha fried rice, fish sauce and chili, fried bananas, and Thai iced coffee.

Age: 18 years & up

Location: Senior Center

5/2	Tu	6:00–8:30 PM	\$36	207434-01
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## General Programming

### Good Dogs Out on the Town

Learn the latest training techniques while having fun teaching your dog to be more attentive and obedient. Practice new training skills on field trips throughout Fort Collins. **Note:** Instructor will inform registrants of meeting locations.

Age: 18 years & up

Location: Senior Center

5/2–6/6	Tu	5:30–6:30 PM	\$81	207462-01
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**Relaxed Rover**

Connect with your dog in a whole new way by knowing basic anatomy and how their bodies work. Understand the physical and mental benefits of massage and essential oils. Class includes Relaxed Rover kit which contains anxiety and pain relief salves. Prerequisite: Basic dog obedience from any resource. Dogs attend class 2 and 3 only.

Age: 18 years & up

Location: Rogers Neighborhood Park

5/6–5/20	Sa	1:30–3:00 PM	\$81	207464-01
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**Parenting Series**

Workshops are for families with children age 2–8 years.

**Nurturing Your Child's Self Esteem**

Take a closer look at self-esteem and its various components to better understand how to build a solid foundation in the early years.

Age: 18 years & up

Location: Senior Center

3/8	W	6:30–8:30 PM	\$21	207470-01
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**The Language of Encouragement**

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

Age: 18 years & up

Location: Senior Center

3/22	W	6:30–8:30 PM	\$21	207471-01
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**Effective Discipline**

Effective discipline helps a child learn to make better choices. Rewards and punishments have a faster impact, but research shows that in the long run there are many negative outcomes. Learn how to approach behavior challenges with procedures that encourage cooperation, form agreements, and introduce problem solving.

Age: 18 years & up

Location: Senior Center

4/5	W	6:30–8:30 PM	\$21	207472-01
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**The Four Mistaken Goals of Misbehavior**

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

Age: 18 years & up

Location: Senior Center

4/19	W	6:30–8:30 PM	\$21	207473-01
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**Importance of Emotional Intelligence**

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

Age: 18 years & up

Location: Senior Center

5/3	W	6:30–8:30 PM	\$21	207474-01
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**Developing the Culture of the Family**

Culture is defined as rituals and traditions passed down from one generation to another. By exploring the best from the past, see how to create a new legacy. Family meetings are powerful and support family life. Involving children offers them a deeper sense of self-worth, bonding, and personal power.

Age: 18 years & up

Location: Senior Center

5/17	W	6:30–8:30 PM	\$21	207475-01
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**Technology****Triumph Over Technology**

Designed for those who are new to using internet-based technologies such as smart phones, video chatting, social media, and cloud storage services. Topics include keeping in touch online; managing, sharing, and storing digital photos and other documents; staying safe online; and preparing a digital legacy.

Age: 18 years & up

Location: Senior Center

3/7–3/28	Tu	1:00–2:30 PM	\$50	207421-01
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**Blogging for Passion or Profit**

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

Age: 18 years & up

Location: Columbine Health Computer Lab

3/22–4/19	W	7:30–8:30 PM	\$50	207901-01
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**Blogging Lab**

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

3/23–4/13	Th	7:30–8:30 PM	\$41	207901-02
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**Facebook for Beginners**

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

Age: 18 years & up

Location: Columbine Health Computer Lab

3/29–4/19	W	6:15–7:15 PM	\$50	207905-01
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## Classes listed below provided by Front Range PC Users Group.

### 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

3/7-3/10	Tu-F	10:00 AM-Noon	\$20	207902-01
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### Excel Introduction

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

Age: 18 years & up

Location: Columbine Health Computer Lab

3/11	Sa	8:30 AM-12:30 PM	\$15	207903-01
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### Beginning Word v. 2010

Introduction, using hands-on exercises, to word processing basics such as file management and text formatting. Also, 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

3/18-3/25	Sa	8:30 AM-12:30 PM	\$25	207909-01
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### 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

4/8	Sa	9:00 AM-Noon	\$15	207407-01
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### Having Fun with Windows

Basic terms and tools of Windows 7 with some Windows 10 information. Hands-on exercises demonstrate working with windows, menus, files, and customization. A brief, technical description of the computer and simple maintenance tasks suitable for even the inexperienced user. Prerequisite: Computer Basics Class or basic computer knowledge.

Age: 18 years & up

Location: Columbine Health Computer Lab

4/15-4/29	Sa	8:30 AM-12:30 PM	\$26	207916-01
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### Quicken Introduction

Discover the basics of creating and managing files and accounts using hands-on exercises to create checking and savings accounts, reconcile bank statements, and create reports. Prerequisite: Computer Basics Class or basic computer knowledge.

Age: 18 years & up

Location: Senior Center

5/6	Sa	8:30 AM-12:30 PM	\$15	207412-01
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### 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

5/13	Sa	9:00 AM-Noon	\$15	207406-01
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## Youth Programming

### Lego Club

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

Age: 6-10 years

Location: Foothills Activity Center

3/1-3/8	W	4:30-6:00 PM	\$16	218746-01
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3/22-3/29	W	4:30-6:00 PM	\$16	218746-02
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4/26-5/10	W	4:30-6:00 PM	\$21	218746-03
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4/5-4/19	W	4:30-6:00 PM	\$21	218746-04
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### Teen After School Program, International Chefs

Share your passion for cooking by trying out new recipes while interacting with other teens. The first class includes a lesson plan. The following class selects the recipes. **Note:** Includes free tutoring along with access to eight computers beginning at 3 p.m. each day. Class will not be held on 3/21.

Age: 12-15 years

Location: Northside Aztlan Center

### Latin

3/7-4/4	Tu	4:00-5:30 PM	\$55	215555-01
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### Asian

4/11-5/2	Tu	4:00-5:30 PM	\$55	215555-02
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### Teen After School Program, Arena Football

Recreational teams are created each week for pick-up games. **Note:** Includes free tutoring along with access to eight computers beginning at 3 p.m. each day. Class will not be held on 3/16.

Age: 12-15 years

Location: Northside Aztlan Center

3/9-4/6	Th	4:00-5:30 PM	\$44	215557-01
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4/13-5/4	Th	4:00-5:30 PM	\$44	215557-02
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## 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.

## Youth Programming

### Pony Rides – NW

Parents (or other adult) lead your child's pony for up to ten minutes. Purchase a Pony Token in The Farm Store. Close-toed shoes highly recommended. **Note:** Registration not required. Admission to The Farm required. Maximum weight to ride the ponies is 150 lbs.

Age: 2–10 years

4/1–10/22	Sa	11:00 AM–4:00 PM	\$5	
4/1–10/22	Su	1:00–4:00 PM	\$5	

### After School Farmers

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

Age: 6–10 years

Location: The Farm

3/22–4/12	W	4:00–5:30 PM	\$46	208601-01
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### Li'l Dumplin's & Beyond

All the favorite chores Li'l Dumplin's enjoy, plus a few added touches. Along with gathering eggs, milking a cow or goat and riding the ponies, create a mini-scrapbook using pictures taken during class. Each Dumplin' also receives a souvenir T-shirt. **Note:** This is a child with parent class.

Age: 2 years

Location: The Farm

3/27–4/10	M	9:30–10:30 AM	\$51	208624-01
3/28–4/11	Tu	9:30–10:30 AM	\$51	208624-02
4/17–5/1	M	9:30–10:30 AM	\$51	208624-03

### 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:** Everyone will bring their own sack lunch. The Farm staff provides homemade dessert. This is a child with parent class.

Age: 2 years

Location: The Farm

3/20–4/3	M	11:00 AM–Noon	\$36	208609-01
3/21–4/4	Tu	11:00 AM–Noon	\$36	208609-02
4/10–4/24	M	11:00 AM–Noon	\$36	208609-03
5/1–5/15	M	11:00 AM–Noon	\$36	208609-04

### Little Peepers

Explore the barnyard in each class 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

3/23–4/6	Th	9:00–10:00 AM	\$31	208610-01
3/23–4/6	Th	10:15–11:15 AM	\$31	208610-02
4/21–5/5	F	9:00–10:00 AM	\$31	208610-03
4/21–5/5	F	10:15–11:15 AM	\$31	208610-04

### Pee Wee Farmers

A favorite since The Farm opened. Learn what life on a farm is like through hands-on experience. Milk a cow or goat, gather eggs, help make snacks, and ride the ponies. **Note:** Parents lead their child's pony on the day they ride.

Age: 4–5 years

Location: The Farm

3/22–4/12	W	9:30–11:00 AM	\$46	208606-01
3/23–4/13	Th	1:30–3:00 PM	\$46	208606-02
3/24–4/14	F	9:30–11:00 AM	\$46	208606-03
3/24–4/14	F	1:30–3:00 PM	\$46	208606-04
4/18–5/9	Tu	9:30–11:00 AM	\$46	208606-05
4/18–5/9	Tu	1:30–3:00 PM	\$46	208606-06
4/19–5/10	W	9:30–11:00 AM	\$46	208606-07
4/20–5/11	Th	9:30–11:00 AM	\$46	208606-08
4/20–5/11	Th	1:30–3:00 PM	\$46	208606-09
4/21–5/12	F	1:30–3:00 PM	\$46	208606-10

## 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.

Age: 3–5 years

Location: The Farm

3/29–4/19	W	1:00–2:00 PM	\$61	208614-01
4/8–4/29	Sa	9:30–10:30 AM	\$61	208614-02
4/26–5/17	W	1:00–2:00 PM	\$61	208614-03
5/6–5/27	Sa	9:30–10:30 AM	\$61	208614-04

## Day Camps

### Farm Day Camp

Every summer is new and exciting at day camp. Each session is packed full of games, crafts, barnyard trivia, and chores. Campers help take care of the animals by gathering eggs, milking the cow, and “slopping” the pigs. A field trip and an overnight at the Farm highlight the second week. **Note:** Class will not be held on 7/4, 7/10.

Age: 8–12 years

Location: The Farm

6/6–6/16	Tu–F	8:30 AM–3:30 PM	\$231	308602-01
6/20–6/30	Tu–F	8:30 AM–3:30 PM	\$231	308602-02
7/3–7/14	M–F	8:30 AM–3:30 PM	\$231	308602-03
7/18–7/28	Tu–F	8:30 AM–3:30 PM	\$231	308602-04

### Mini Day Camp

Fun on The Farm involves your child, the animals, and hours of activities designed to entertain and educate. Campers explore country life as they milk the cow, gather eggs, ride the ponies, and go on treasure hunts. Mornings are topped off with picnic lunches in the silo, hayloft, or maybe even on a hayride.

Age: 6–7 years

Location: The Farm

6/6–6/9	Tu–F	8:30 AM–12:30 PM	\$76	308604-01
6/13–6/16	Tu–F	8:30 AM–12:30 PM	\$76	308604-02
6/20–6/23	Tu–F	8:30 AM–12:30 PM	\$76	308604-03
7/18–7/21	Tu–F	8:30 AM–12:30 PM	\$76	308604-04

### Not-So-Mini Day Camp

An extended version of Mini Day Camp. Campers can be found doing typical farm chores such as gathering eggs, milking the cow or goat, and riding the ponies. Other “chores” include crafts and going on a hayride. **Note:** Class will not be held on 7/4.

Age: 6–7 years

Location: The Farm

6/20–6/23	Tu–F	8:30 AM–3:30 PM	\$151	308605-01
6/27–6/30	Tu–F	8:30 AM–3:30 PM	\$151	308605-02
7/3–7/7	M,W–F	8:30 AM–3:30 PM	\$151	308605-03
8/1–8/4	Tu–F	8:30 AM–3:30 PM	\$151	308605-04

## Beginner Pony Camp

Pony campers learn to groom, saddle, and ride a pony during their week at The Farm. Pony chores are included for our young equestrians and safety is stressed at all times. **Note:** Class will not be held on 7/4.

Age: 8–12 years

Location: The Farm

6/6–6/9	Tu–F	8:30–11:00 AM	\$156	308607-01
6/6–6/9	Tu–F	11:45 AM–2:15 PM	\$156	308607-02
6/13–6/16	Tu–F	11:45 AM–2:15 PM	\$156	308607-03
6/20–6/23	Tu–F	8:30–11:00 AM	\$156	308607-04
6/27–6/30	Tu–F	8:30–11:00 AM	\$156	308607-05
7/3–7/7	M,W,Th,F	8:30–11:00 AM	\$156	308607-06
7/11–7/14	Tu–F	11:45 AM–2:15 PM	\$156	308607-07
7/18–7/21	Tu–F	8:30–11:00 AM	\$156	308607-08

## Advanced Pony Camp

Once your child has mastered grooming and saddling, this camp is for them. The basics of riding are reviewed and more time is spent riding. **Note:** Class will not be held on 7/4.

Age: 8–12 years

Location: The Farm

6/13–6/16	Tu–F	8:30–11:00 AM	\$156	308608-01
6/20–6/23	Tu–F	11:45 AM–2:15 PM	\$156	308608-02
6/27–6/30	Tu–F	11:45 AM–2:15 PM	\$156	308608-03
7/3–7/7	M,W,Th,F	11:45 AM–2:15 PM	\$156	308608-04
7/11–7/14	Tu–F	8:30–11:00 AM	\$156	308608-05
7/18–7/21	Tu–F	11:45 AM–2:15 PM	\$156	308608-06
7/25–7/28	Tu–F	8:30–11:00 AM	\$156	308608-07
7/25–7/28	Tu–F	11:45 AM–2:15 PM	\$156	308608-08

## Horsemanship I

Learn to groom, saddle, and ride a horse. Class size is limited.

Age: 12–18 years

Location: The Farm

6/5–6/8	M–Th	12:15–2:45 PM	\$156	308616-01
6/19–6/22	M–Th	9:00–11:30 AM	\$156	308616-02
6/26–6/29	M–Th	12:15–2:45 PM	\$156	308616-03
7/10–7/13	M–Th	12:15–2:45 PM	\$156	308616-04

## Horsemanship II

Designed for teens who have taken Horsemanship I or Pony Camps. Now that you know how to groom and saddle, more time is spent riding and learning more about horses.

Age: 12–18 years

Location: The Farm

6/12–6/15	M–Th	12:15–2:45 PM	\$156	308617-01
6/19–6/22	M–Th	12:15–2:45 PM	\$156	308617-02
6/26–6/29	M–Th	9:00–11:30 AM	\$156	308617-03
7/10–7/13	M–Th	9:00–11:30 AM	\$156	308617-04
7/17–7/20	M–Th	9:00–11:30 AM	\$156	308617-05
7/17–7/20	M–Th	12:15–2:45 PM	\$156	308617-06
7/24–7/27	M–Th	9:00–11:30 AM	\$156	308617-07
7/24–7/27	M–Th	12:15–2:45 PM	\$156	308617-08

# 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

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.

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

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

## 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 57.

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

## Personal Training

Personal trainers are available to train at Edora Pool Ice Center, Foothills Activity Center, Northside Aztlan Community Center, and Senior Center and help you to develop an exercise program that meets your personal goals and needs. Personal training is available to those ages 13 years & up. Contact David Wimmer at 970.224.6026, [dwimmer@fcgov.com](mailto:dwimmer@fcgov.com) for more information.

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

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

## Trainers

For pictures and complete bios, visit [fcgov.com/fitness](http://fcgov.com/fitness).

Talisa Gula-Yeast 970.302.8414	Dominick Jones 970.481.2416
Yvonne Hanning 970.449.3460	Deborah Knobel 970.221.6256

Terence Lenoir-Legros  
970.889.4101

Mary Sewell Homan  
970.213.0510

Tess Pasternak  
970.694.2629

## Adult Fitness Classes

### Aerobics

#### Low Impact Aerobics

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

Location: Senior Center

3/14–4/13	Tu,Th	8:50–9:50 AM	\$41	209401-01
4/18–5/18	Tu,Th	8:50–9:50 AM	\$41	209401-02

### Athletic Conditioning

#### 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 Water Valley Medical Fitness. **Note:** Fitness discount does not apply.

Location: Senior Center

3/6–3/29	M,W	8:00–8:50 AM	\$25	225445-01
4/3–4/26	M,W	8:00–8:50 AM	\$25	225445-02
5/1–5/24	M,W	8:00–8:50 AM	\$25	225445-03

#### Boot Camp

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

Location: Foothills Activity Center

3/18–4/15	Sa	4:00–5:00 PM	\$21	209774-01
4/22–5/20	Sa	4:00–5:00 PM	\$21	209774-02

#### Cardio, Core & More **H**

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

Location: Senior Center

3/6–3/29	M,W	9:00–9:50 AM	\$25	225446-01
4/3–4/26	M,W	9:00–9:50 AM	\$25	225446-02
5/1–5/24	M,W	9:00–9:50 AM	\$25	225446-03

**CrossTrain**

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

Location: Northside Aztlan Center

3/13-4/14	M,W,F	6:15-7:15 AM	\$61	209571-01
4/17-5/19	M,W,F	6:15-7:15 AM	\$61	209571-02
3/13-4/14	M,W,F	Noon-1:00 PM	\$61	209571-03
4/17-5/19	M,W,F	Noon-1:00 PM	\$61	209571-04

**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.

Location: Northside Aztlan Center

3/13-4/14	M,W,F	9:30-10:30 AM	\$61	209570-01
4/17-5/19	M,W,F	9:30-10:30 AM	\$61	209570-02

**PowerTrain**

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

Location: Northside Aztlan Center

3/14-4/13	Tu,Th	6:15-7:15 AM	\$41	209575-01
4/18-5/18	Tu,Th	6:15-7:15 AM	\$41	209575-02
3/14-4/13	Tu,Th	Noon-1:00 PM	\$41	209575-03
4/18-5/18	Tu,Th	Noon-1:00 PM	\$41	209575-04

**Total Body Boot Camp**

A mix of cardio, weight circuits, and stretching. Keep your body guessing and improving. See improvements in strength, flexibility, and stamina.

Location: Northside Aztlan Center

3/14-4/13	Tu,Th	5:30-6:30 PM	\$41	209572-01
4/18-5/18	Tu,Th	5:30-6:30 PM	\$41	209572-02

**TRX Body Blast**

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

Location: Northside Aztlan Center

3/14-4/13	Tu,Th	Noon-1:00 PM	\$41	209580-01
4/18-5/18	Tu,Th	Noon-1:00 PM	\$41	209580-02
3/18-4/15	Sa	8:00-9:00 AM	\$21	209580-03
4/22-5/20	Sa	8:00-9:00 AM	\$21	209580-04

**WHO'S STOPPING YOU?**



**LES MILLS  
CXWORX**



**LES MILLS  
BODYCOMBAT**



**LES MILLS  
BODYPUMP**

**NOW AT THE FOOTHILLS ACTIVITY CENTER**

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Auxiliary aids and services are available for persons with disabilities.

16-4255

## Dance

### Zumba

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

Location: Northside Aztlan Center

3/13-4/10	M	9:00-10:00 AM	\$21	209118-01
4/17-5/15	M	9:00-10:00 AM	\$21	209118-02
3/15-4/12	W	9:00-10:00 AM	\$21	209118-03
4/19-5/17	W	9:00-10:00 AM	\$21	209118-04
3/17-4/14	F	9:00-10:00 AM	\$21	209118-05
4/21-5/19	F	9:00-10:00 AM	\$21	209118-06

Location: Senior Center

3/13-4/10	M	5:30-6:25 PM	\$21	209416-01
4/17-5/15	M	5:30-6:25 PM	\$21	209416-02
3/15-4/12	W	5:30-6:25 PM	\$21	209416-03
4/19-5/17	W	5:30-6:25 PM	\$21	209416-04
3/18-4/15	Sa	9:00-10:00 AM	\$21	209416-05
4/22-5/20	Sa	9:00-10:00 AM	\$21	209416-06

Location: Northside Aztlan Center

3/14-4/11	Tu	6:30-7:30 PM	\$21	209518-01
4/18-5/16	Tu	6:30-7:30 PM	\$21	209518-02
3/15-4/12	W	6:30-7:30 PM	\$21	209518-03
4/19-5/17	W	6:30-7:30 PM	\$21	209518-04
3/16-4/13	Th	6:30-7:30 PM	\$21	209518-05
4/20-5/18	Th	6:30-7:30 PM	\$21	209518-06

Location: Foothills Activity Center

3/13-4/12	M,W	1:00-2:00 PM	\$41	209718-01
4/17-5/17	M,W	1:00-2:00 PM	\$41	209718-02

### 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.

Location: Northside Aztlan Center

3/13-4/10	M	9:00-10:00 AM	No Fee	209119-01
4/17-5/15	M	9:00-10:00 AM	No Fee	209119-02
3/15-4/12	W	9:00-10:00 AM	No Fee	209119-03
4/19-5/17	W	9:00-10:00 AM	No Fee	209119-04
3/17-4/14	F	9:00-10:00 AM	No Fee	209119-05
4/21-5/19	F	9:00-10:00 AM	No Fee	209119-06
3/14-4/11	Tu	6:30-7:30 PM	No Fee	209519-01
4/18-5/16	Tu	6:30-7:30 PM	No Fee	209519-02
3/15-4/12	W	6:30-7:30 PM	No Fee	209519-03
4/19-5/17	W	6:30-7:30 PM	No Fee	209519-04
3/16-4/13	Th	6:30-7:30 PM	No Fee	209519-05
4/20-5/18	Th	6:30-7:30 PM	No Fee	209519-06

## General

### Essentrics, Classical Stretch

A unique fitness program for strengthening and lengthening muscles that improves posture and cardiovascular health; scientifically designed to unlock the body and heal pain. With regular practice, become more flexible, limber, and mobile.

Location: Northside Aztlan Center

3/13-4/12	M,W	10:00-11:00 AM	\$41	209583-01
4/17-5/17	M,W	10:00-11:00 AM	\$41	209583-02

### Group Lift, Vida Sana

Group weight lifting and weight room use. Vida Sana passes accepted; registration required. Vida Sana is a call for collaboration to unite for the health equity and wellbeing of the low income communities in Fort Collins. Apply for a pass at Northside.

Location: Northside Aztlan Center

3/14-4/11	Tu	10:30-11:30 AM	No Fee	209505-01
4/18-5/16	Tu	10:30-11:30 AM	No Fee	209505-02
3/17-4/14	F	9:00-10:00 AM	No Fee	209505-03
4/21-5/19	F	9:00-10:00 AM	No Fee	209505-04
3/17-4/14	F	3:00-4:00 PM	No Fee	209505-05
4/21-5/19	F	3:00-4:00 PM	No Fee	209505-06

### Group Track, Vida Sana

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.

Location: Northside Aztlan Center

3/13-4/10	M	9:30-10:30 AM	No Fee	209506-01
4/17-5/15	M	9:30-10:30 AM	No Fee	209506-02
3/13-4/10	M	7:00-8:00 PM	No Fee	209506-03
4/17-5/15	M	7:00-8:00 PM	No Fee	209506-04
3/15-4/12	W	6:30-7:30 PM	No Fee	209506-05
4/19-5/17	W	6:30-7:30 PM	No Fee	209506-06

### Nia

Claim wellness and explore joy with this sensory based, non-impact, aerobic fusion of dance, healing, and martial arts. Connect body, mind, emotions, and spirit for wellness, conditioning, and overall fitness. Advance registration strongly encouraged. All levels welcome.

Location: Senior Center

3/14-4/11	Tu	5:30-6:25 PM	\$21	209411-01
4/18-5/16	Tu	5:30-6:25 PM	\$21	209411-02
3/16-4/13	Th	5:30-6:25 PM	\$21	209411-03
4/20-5/18	Th	5:30-6:25 PM	\$21	209411-04

### Pound Rockout Workout

Combine cardio, strength training, balance, and Pilates-inspired movements with simulated drumming using lightly weighted ripsticks for total body conditioning.

Location: Senior Center

3/15-4/12	W	6:45-7:30 PM	\$16	209418-01
4/19-5/17	W	6:45-7:30 PM	\$16	209418-02

## 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.

Location: Foothills Activity Center

3/13-4/14	M,W,F	6:30-7:15 AM	\$57.25	209710-01
4/17-5/19	M,W,F	6:30-7:15 AM	\$57.25	209710-02
3/13-4/14	M,W,F	Noon-12:45 PM	\$57.25	209710-03
4/17-5/19	M,W,F	Noon-12:45 PM	\$57.25	209710-04
3/13-4/12	M,W	6:45-7:45 PM	\$51	209710-05
4/17-5/17	M,W	6:45-7:45 PM	\$51	209710-06
3/14-4/13	Tu,Th	7:30-8:30 AM	\$51	209710-07
4/18-5/18	Tu,Th	7:30-8:30 AM	\$51	209710-08
3/14-4/13	Tu,Th	5:30-6:15 PM	\$38.50	209710-09
4/18-5/18	Tu,Th	5:30-6:15 PM	\$38.50	209710-10
3/18-4/15	Sa	9:45-10:45 AM	\$26	209710-11
4/22-5/20	Sa	9:45-10:45 AM	\$26	209710-12

### Les Mills BODYCOMBAT

Punch and kick your way to fitness with this high-energy martial arts-inspired workout. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira, and Kung Fu.

Location: Foothills Activity Center

3/13-4/14	M,W,F	6:30-7:15 AM	\$57.25	209711-01
4/17-5/19	M,W,F	6:30-7:15 AM	\$57.25	209711-02
3/13-4/12	M,W	5:30-6:15 PM	\$38.50	209711-03
4/17-5/17	M,W	5:30-6:15 PM	\$38.50	209711-04
3/14-4/13	Tu,Th	7:30-8:30 AM	\$51	209711-05
4/18-5/18	Tu,Th	7:30-8:30 AM	\$51	209711-06
3/14-4/13	Tu,Th	Noon-12:45 PM	\$38.50	209711-07
4/18-5/18	Tu,Th	Noon-12:45 PM	\$38.50	209711-08

### 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 hip. All the moves in CXWORX have options, so it's challenging, but achievable for levels of fitness.

Location: Foothills Activity Center

3/13-4/14	M,W,F	7:30-8:00 AM	\$38.50	209712-01
4/17-5/19	M,W,F	7:30-8:00 AM	\$38.50	209712-02
3/14-4/13	Tu,Th	6:30-7:00 AM	\$26	209712-03
4/18-5/18	Tu,Th	6:30-7:00 AM	\$26	209712-04
3/14-4/13	Tu,Th	7:00-7:30 PM	\$26	209712-05
4/18-5/18	Tu,Th	7:00-7:30 PM	\$26	209712-06
3/18-4/15	Sa	Noon-12:30 PM	\$13.50	209712-07
4/22-5/20	Sa	Noon-12:30 PM	\$13.50	209712-08

## Martial Arts

### Qigong for Vibrant Aging

Qigong is based on the same principles as acupuncture, and is designed to promote optimal energy flow. As one gets older, the benefits of Qigong are evident in helping prevent illness and promoting a more healthy and vibrant aging process. Learn the Golden Staircase Qigong. Provider: Scott Tate, MA, LPC, psychotherapist.

Location: Senior Center

4/15	Sa	9:00-11:30 AM	\$15	225423-01
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### 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

3/20-4/3	M	6:00-8:00 PM	\$17	225455-01
4/10	M	6:00-8:00 PM	\$12	225455-02

### Tai Chi, Beginning

Tai Chi is an orthodox internal martial art from China. This class presents the four "Mother Forms" of the art which are low-impact, meditative repeating movements, and provides some insight into internal movement and training.

Location: Senior Center

3/18-4/15	Sa	12:45-1:45 PM	\$21	209428-01
4/22-5/20	Sa	12:45-1:45 PM	\$21	209428-02

### Taijifit

A style of fun and easy to follow Tai Chi. No routines to follow or choreography to memorize. No experience necessary. Helps improve balance, strength, and flexibility.

Location: Senior Center

3/13-4/12	M,W	Noon-12:45 PM	\$31	209419-01
4/17-5/17	M,W	Noon-12:45 PM	\$31	209419-02
3/14-4/11	Tu	4:00-4:45 PM	\$16	209419-03
4/18-5/16	Tu	4:00-4:45 PM	\$16	209419-04
3/16-4/13	Th	3:00-3:45 PM	\$16	209419-05
4/20-5/18	Th	3:00-3:45 PM	\$16	209419-06

## Pilates

### Mat Pilates

Gain flexibility, muscle strength, definition, and core balance by learning correct posture and alignment through a series of body movements.

Location: Senior Center

3/13–4/10	M	1:45–2:45 PM	\$21	209408-01
4/17–5/15	M	1:45–2:45 PM	\$21	209408-02
3/17–4/14	F	1:45–2:45 PM	\$21	209408-03
4/21–5/19	F	1:45–2:45 PM	\$21	209408-04

Location: Northside Aztlan Center

3/14–4/13	Tu,Th	1:00–2:00 PM	\$41	209520-01
4/18–5/18	Tu,Th	1:00–2:00 PM	\$41	209520-02
3/15–4/12	W	5:30–6:30 PM	\$21	209520-03
4/19–5/17	W	5:30–6:30 PM	\$21	209520-04

Location: Foothills Activity Center

3/14–4/13	Tu,Th	8:30–9:30 AM	\$41	209720-01
4/18–5/18	Tu,Th	8:30–9:30 AM	\$41	209720-02

## Spin

### Spin & Tone

Spin and Tone includes the same challenging workout that other Group Spin classes offer but with an additional toning segment either throughout the class or at the end. Great for cardiovascular training and total body strengthening.

Location: Northside Aztlan Center

3/13–4/12	M,W	6:15–7:15 AM	\$41	209551-01
4/17–5/17	M,W	6:15–7:15 AM	\$41	209551-02
3/13–4/12	M,W	5:30–6:30 PM	\$41	209551-03
4/17–5/17	M,W	5:30–6:30 PM	\$41	209551-04
3/14–4/13	Tu,Th	6:15–7:15 AM	\$41	209551-05
4/18–5/18	Tu,Th	6:15–7:15 AM	\$41	209551-06
3/17–4/14	F	6:15–7:15 AM	\$21	209551-07
4/21–5/19	F	6:15–7:15 AM	\$21	209551-08

## Toning & Strength

### Barre Fitness

Utilize a mix of ballet barre movements, stretching, and Pilates-based core exercises to burn fat and turn ballet on its head. Designed to sculpt, strengthen, and stretch the entire body in an intelligent and safe way.

Location: Northside Aztlan Center

3/13–4/12	M,W	9:00–10:00 AM	\$41	209534-01
4/17–5/17	M,W	9:00–10:00 AM	\$41	209534-02
3/13–4/12	M,W	1:00–2:00 PM	\$41	209534-03
4/17–5/17	M,W	1:00–2:00 PM	\$41	209534-04

Location: Foothills Activity Center

3/14–4/13	Tu,Th	10:00–11:00 AM	\$41	209734-01
4/18–5/18	Tu,Th	10:00–11:00 AM	\$41	209734-02

## Beginning Strength Training

Work with a personal trainer in a small group setting to see and feel the benefits of strength training, flexibility and balance, and learn to safely and effectively use gym equipment.

Location: Senior Center

3/14–4/13	Tu,Th	7:50–8:45 AM	\$41	209410-01
4/18–5/18	Tu,Th	7:50–8:45 AM	\$41	209410-02
3/14–4/13	Tu,Th	9:00–9:50 AM	\$41	209410-03
4/18–5/18	Tu,Th	9:00–9:50 AM	\$41	209410-04

## Strength & Tone

An upbeat class designed to develop strength and flexibility in people of every fitness level. Sculpt with free weights, toning moves, and rotating fitness equipment in an encouraging atmosphere. Waves of cardio included to help rev your metabolism.

Location: Northside Aztlan Center

3/14–4/13	Tu,Th	12:10–12:55 PM	\$41	209530-01
4/18–5/18	Tu,Th	12:10–12:55 PM	\$41	209530-02

## Strength Training

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

Location: Northside Aztlan Center

3/13–4/12	M,W	8:30–9:30 AM	\$41	209531-01
4/17–5/17	M,W	8:30–9:30 AM	\$41	209531-02
3/14–4/13	Tu,Th	9:30–10:30 AM	\$41	209531-03
4/18–5/18	Tu,Th	9:30–10:30 AM	\$41	209531-04

Location: Foothills Activity Center

3/13–4/12	M,W	11:00 AM–Noon	\$41	209731-01
4/17–5/17	M,W	11:00 AM–Noon	\$41	209731-02

## Yoga

### Laughter Yoga

A series of simple yet profound exercises based on the philosophy of acting happy. Feel good by engaging the body in the physical actions of happiness and relaxation.

Location: Senior Center

3/2,3/16,3/30,4/13,4/27,5/11,5/25	Th	5:30–6:30 PM	No Fee	225452-01
3/11,3/25,4/8,4/22,5/6,5/20	Sa	9:00–10:00 AM	No Fee	225452-02

### Limitless Yoga

Gentle restorative yoga designed to meet the challenges of those who experience acute or chronic health conditions. A beginner level class. Props and modification are encouraged. Find motivation, evoke empowerment and embrace peace. **Note:** Fitness discount does not apply.

Location: Senior Center

3/6–3/29	M,W	10:00–11:00 AM	\$25	225444-01
4/3–4/26	M,W	10:00–11:00 AM	\$25	225444-02
5/1–5/24	M,W	10:00–11:00 AM	\$25	225444-03



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### Infant Care

### Early Education

### Preschool

#### Morning Meditation & Yoga

A positive and healthy way to balance your day, begin the morning with meditation, moving into gentle yoga.

Location: Northside Aztlan Center

3/14-4/13	Tu,Th	7:30-8:30 AM	\$41	209569-01
4/18-5/18	Tu,Th	7:30-8:30 AM	\$41	209569-02

#### Restorative Yoga

A pleasant way to relax and soothe frayed nerves. Using blankets and blocks as props, experience the benefits of a passive pose without having to exert much or any effort. During the practice, open, release, and connect with self-healing.

Location: Northside Aztlan Center

3/13-4/12	M,W	Noon-1:00 PM	\$41	209565-01
4/17-5/17	M,W	Noon-1:00 PM	\$41	209565-02
3/17-4/14	F	11:00 AM-Noon	\$21	209565-03
4/21-5/19	F	11:00 AM-Noon	\$21	209565-04

#### Sculpting Yoga

Sculpt with this weights infused yoga class. Build strength and definition. For beginner to advanced level.

Location: Northside Aztlan Center

3/14-4/13	Tu,Th	1:00-2:00 PM	\$41	209584-01
4/18-5/18	Tu,Th	1:00-2:00 PM	\$41	209584-02

#### Slow Flow Hatha Yoga

Nurturing, fun, non-competitive session to improve balance, strength, and flexibility. Poses are linked together slowly, with attention to breath. Philosophy and stress management techniques are touched on. Advanced beginner level, modifications offered. For beginner to intermediate levels.

Location: Senior Center

3/13-4/10	M	6:30-7:30 PM	\$21	209471-01
4/17-5/15	M	6:30-7:30 PM	\$21	209471-02

Location: Northside Aztlan Center

3/13-4/10	M	4:00-5:00 PM	\$21	209561-01
4/17-5/15	M	4:00-5:00 PM	\$21	209561-02
3/14-4/11	Tu	5:00-6:00 PM	\$21	209561-03
4/18-5/16	Tu	5:00-6:00 PM	\$21	209561-04
3/15-4/12	W	4:00-5:00 PM	\$21	209561-05
4/19-5/17	W	4:00-5:00 PM	\$21	209561-06
3/16-4/13	Th	5:00-6:00 PM	\$21	209561-07
4/20-5/18	Th	5:00-6:00 PM	\$21	209561-08

Location: Foothills Activity Center

3/13-4/12	M,W	4:30-5:30 PM	\$41	209761-01
4/17-5/17	M,W	4:30-5:30 PM	\$41	209761-02
3/14-4/13	Tu,Th	1:15-2:15 PM	\$41	209761-03
4/18-5/18	Tu,Th	1:15-2:15 PM	\$41	209761-04



**Adventure leadership program**

Ages 10-13

**crew**

Ages 13-15

**sports camp**

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**Therapeutic Yoga**

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

Location: Senior Center

3/13-4/10	M	11:00 AM-Noon	\$21	209469-01
4/17-5/15	M	11:00 AM-Noon	\$21	209469-02
3/13-4/10	M	Noon-1:00 PM	\$21	209469-03
4/17-5/15	M	Noon-1:00 PM	\$21	209469-04
3/16-4/13	Th	10:00-11:00 AM	\$21	209469-05
4/20-5/18	Th	10:00-11:00 AM	\$21	209469-06
3/16-4/13	Th	11:00 AM-Noon	\$21	209469-07
4/20-5/18	Th	11:00 AM-Noon	\$21	209469-08

**Vinyasa Flow Yoga**

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

Location: Northside Aztlan Center

3/18-4/15	Sa	8:00-9:00 AM	\$21	209568-01
4/22-5/20	Sa	8:00-9:00 AM	\$21	209568-02

Location: Foothills Activity Center

3/18-4/15	Sa	1:00-2:00 PM	\$21	209765-01
4/22-5/20	Sa	1:00-2:00 PM	\$21	209765-02
3/13-4/12	M,W	8:30-9:30 AM	\$41	209765-03
4/17-5/17	M,W	8:30-9:30 AM	\$41	209765-04

**Yoga All Levels**

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

Location: Senior Center

3/18-4/15	Sa	9:30-10:30 AM	\$21	209470-01
4/22-5/20	Sa	9:30-10:30 AM	\$21	209470-02

**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.

Location: Senior Center

3/14-4/13	Tu,Th	2:45-3:45 PM	\$41	209463-01
4/18-5/18	Tu,Th	2:45-3:45 PM	\$41	209463-02
3/14-4/13	Tu,Th	4:00-5:00 PM	\$41	209463-03
4/18-5/18	Tu,Th	4:00-5:00 PM	\$41	209463-04
3/14-4/13	Tu,Th	5:15-6:15 PM	\$41	209463-05
4/18-5/18	Tu,Th	5:15-6:15 PM	\$41	209463-06
3/15-4/12	W	Noon-1:00 PM	\$21	209463-07
4/19-5/17	W	Noon-1:00 PM	\$21	209463-08
3/15-4/12	W	1:15-2:15 PM	\$21	209463-09
4/19-5/17	W	1:15-2:15 PM	\$21	209463-10

### 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.

Location: Senior Center

3/13–4/12	M,W	5:30–6:20 PM	\$41	209464-01
4/17–5/17	M,W	5:30–6:20 PM	\$41	209464-02
3/13–4/10	M	4:30–5:20 PM	\$21	209464-03
4/17–5/15	M	4:30–5:20 PM	\$21	209464-04
3/14–4/11	Tu	6:30–7:30 PM	\$21	209464-05
4/18–5/16	Tu	6:30–7:30 PM	\$21	209464-06

### Yoga Flow

A gentle yoga flow. The pace is based on breath and body. A time to be in the moment and let go of the day.

Location: Foothills Activity Center

3/17–4/14	F	8:30–9:30 AM	\$21	209762-01
4/21–5/19	F	8:30–9:30 AM	\$21	209762-02

### 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.

Location: Northside Aztlan Center

3/14–4/13	Tu,Th	9:00–10:00 AM	\$41	209569-03
4/18–5/18	Tu,Th	9:00–10:00 AM	\$41	209569-04

## Youth & Family Classes

### Athletic Conditioning

#### 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.

Age: 13–16 Years

Location: Foothills Activity Center

3/14–4/13	Tu,Th	4:30–5:30 PM	\$41	209776-01
4/18–5/18	Tu,Th	4:30–5:30 PM	\$41	209776-02
3/18–4/15	Sa	10:45–11:45 AM	\$21	209776-03
4/22–5/20	Sa	10:45–11:45 AM	\$21	209776-04

### General Fitness

#### Smart Fit Girls

A 10-week program for adolescent girls aimed at improving physical and mental wellbeing. Participate in physical activity with a focus on strength training, and discuss topics including nutrition, bullying,

*Smart Fit Girls continued*

media and self-love, all while building new friendships and working out together. **Note:** Class will not be held on 3/13, 3/14, 3/15, 3/16.

Grade: 6–8

Location: Northside Aztlan Center

2/20–5/3	M,W	4:00–6:00 PM	\$101	209564-01
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Location: Foothills Activity Center

2/21–5/4	Tu,Th	4:00–6:00 PM	\$101	209766-01
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## Yoga

### Family Yoga

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.

Location: Foothills Activity Center

Parent/Baby Yoga

Age: 6–18 months

3/17–4/14	F	9:45–10:45 AM	\$21	209760-01
4/21–5/19	F	9:45–10:45 AM	\$21	209760-02

Parent/Toddler Yoga

Age: 18 months–3 years

3/17–4/14	F	10:45–11:45 AM	\$21	209760-03
4/21–5/19	F	10:45–11:45 AM	\$21	209760-04

### Family Yoga

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.

Location: Foothills Activity Center

Age: 4–6 years

3/17–4/14	F	5:15–5:45 PM	\$16	209760-05
4/21–5/19	F	5:15–5:45 PM	\$16	209760-06

Age: 7–10 years

Location: Foothills Activity Center

3/17–4/14	F	5:45–6:30 PM	\$16	209760-07
4/21–5/19	F	5:45–6:30 PM	\$16	209760-08

### Teen Yoga

Embrace the adult exercises from Slow Flow Hatha Yoga in this practice formatted for teens. For beginner to intermediate levels. Age: 11–15 years

Location: Foothills Activity Center

3/17–4/14	F	4:30–5:15 PM	\$16	209763-01
4/21–5/19	F	4:30–5:15 PM	\$16	209763-02

## The Gardens on Spring Creek

All programs are hosted at the Gardens on Spring Creek unless otherwise noted. Spring open hours for the Gardens are M–F, 9 a.m.–5 p.m. and Sa, 9 a.m.–4 p.m. We are closed on Sundays through April. Beginning May 1, the Gardens open on Sundays from Noon–5 p.m. Members of the Gardens on Spring Creek receive discounted rates. For more information about the Gardens on Spring Creek programming and to register, visit [fcgov.com/gardens](http://fcgov.com/gardens).

### Special Events

#### High Plains Landscape Workshop

City of Fort Collins Utilities, CSU Extension Larimer County, and The Gardens present the 14th annual High Plains Landscape Workshop, a one-day workshop for homeowners and professionals designed to promote sustainable landscapes featuring Lauren Springer-Ogden, Panayoti Kelaidis, and Michael Bone.

Age: 18 years & up

Location: Drake Centre, 802 W. Drake Road

3/4	Sa	8:30 AM–3:30 PM	\$75
			\$65 Member

#### Spring Plant Sale

Get your garden started here! Select from many standard and unique varieties of annual plants, vegetable starts, herbs, and perennials. Plants are grown by the Gardens on Spring Creek and horticulture students of CSU and Front Range Community College.

Age: All

Members Only Sale

5/12	Fr	3:00–6:00 PM	No Fee
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Community Sale

5/13	Sa	9:00 AM–4:00 PM	No Fee
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5/14	Su	Noon–5:00 PM	No Fee
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### Adult Classes

Classes are recommended for ages 18 years & up unless otherwise noted. Pre-registration is highly recommended. Register at [fcgov.com/gardens](http://fcgov.com/gardens).

#### Compost: Buying It, Making It, Using It

Adding compost to the soil is important for good soil management in our Colorado landscapes. Learn what to look for when buying compost, how to make your own, and how to properly apply compost to your gardens.

3/11	Sa	10:00 AM–Noon	\$10
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#### Growing Roses in Colorado

Learn about rose selection and how to plant new roses in Colorado, as well as rose care of existing and new roses; from spring pruning and fertilization, to watering and common disease. Also, resolve specific shrub practices that may be considered “myths”.

3/11	Sa	1:00–3:00 PM	\$18
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\$15 Member

#### Seed Starting Made Simple

Start seeds indoors and get a head start on spring gardening. Learn about starting vegetables, annuals, and perennials from seed including cover lighting, seed sources, hardening off, and saving seed. Take home seeds of a few varieties.

3/18	Sa	10:00 AM–Noon	\$18
			\$15 Member

#### Digital Photography in the Gardens

Introductory photography class. Learn the basics of the creative controls on your camera, as well as how to compose for a strong image of the beautiful early spring environment.

3/18	Sa	1:00–3:00 PM	\$40
			\$35 Member

#### Grow Your Own Veggies

Create a food-producing garden at home. Get tips on garden size, site selection, container possibilities, choosing seeds, and transplants. Learn how and when to plant, tend, and harvest a garden.

3/25	Sa	1:00–3:00 PM	\$18
			\$15 Member

#### Designing, Building, and Planting Raised Beds for Vegetables

Learn advantages and disadvantages of growing plants in raised beds, how to size, design, and build them from wood timbers and concrete blocks. Also learn what plants grow best in this unique environment.

4/1	Sa	10:00 AM–Noon	\$18
			\$15 Member

#### Building Interlocking Concrete Paver Patios, Paths, and Driveways

Learn the basics of constructing an interlocking concrete paver patio, path, or driveway both the traditional way, and how to make it permeable as a sustainable alternative. Look at the advantages and disadvantages of each and how they relate to water quality, water conservation, and eventually water collection for re-purposing.

4/1	Sa	1:00–3:00 PM	\$10
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#### Orchid Care Basics

Orchids are sometimes thought to be finicky flowers, but they are relatively easy to care for. Investigate orchid selection, watering, potting, and how to create the right lighting environment for an orchid to thrive. Go home with an orchid, too.

4/8	Sa	10:00 AM–Noon	\$30
			\$25 Member

#### Turf Doctor: What is your lawn saying?

Learn about Front Range landscapes and sprinkler systems to manage them. Examine best practices to reduce water costs while still creating a flourishing landscape. Also, learn how to recognize problems like fungus or disease and how to eliminate it.

4/8	Sa	1:00–3:00 PM	\$10
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**Habitat Hero: Wildscaping 101 & Plant Walk**

From a birds-eye view, learn how to create wildlife-friendly gardens to combat the loss of open spaces and create green corridors that link wildscape to larger natural areas. Also tour The Gardens to discover plants that attract birds, pollinators, and other wildlife.

4/15	Sa	10:00 AM–Noon	\$10
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**Gentle Movement for Gardeners with EarthBeat Dance**

Flow through gentle movements to gain flexibility, strength, and balance that support hard-working bodies during the growing season. Laugh and dance with other like-minded gardeners and celebrate the natural world together through movement.

4/15	Sa	1:00–3:00 PM	\$15
			\$12 Member

**Not the Usual Suspects: Underused Perennials**

Discover uncommon yet easy to grow, drought tolerant plants. Learn about unique varieties with multi-season interest, those that are good for pollinators, long blooming varieties, and cultivars.

4/29	Sa	10:00 AM–Noon	\$10
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**Gardening for Insects, or Not!**

Garden design not only determines what plants will be present, but the insects and other “garden bugs” that visit, for better or worse. Learn how various garden practices can increase the activities of certain insects. Emphasis is on insects that are often considered desirable to many gardeners.

5/6	Sa	10:00 AM–Noon	\$18
			\$15 Member

**Introduction to Urban Homesteading**

Gain inspiration and education on modern homesteading. Learn the basics for a more self-sufficient lifestyle from the backyard to the kitchen.

5/14	Sa	1:00–3:00 PM	\$18
			\$15 Member

**Just Drip It**

Hands-on class covering the basics of drip irrigation. Learn the function of components and how they fit together to create a simple watering system for patios, vegetable gardens, and flower beds. Learn how to design and install or troubleshoot a drip irrigation system.

5/20	Sa	10:00 AM–Noon	\$10
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**Tree Pruning Secrets Revealed**

Come learn the secrets arborists treasure: when to cut, where to cut, how much to remove, and the results of pruning. An outdoor, experiential class highlighting skills and knowledge to care for small deciduous trees.

5/20	Sa	1:00–3:00 PM	\$18
			\$15 Member

**Youth Classes**

Pre-registration required unless otherwise noted. Register at [fcgov.com/gardens](http://fcgov.com/gardens).

**Read and Seed**

Story time plus an educational and fun hands-on activity. Develop the school readiness skills of early language comprehension and fine motor skills through creativity, curiosity, and exploration of the natural world. **Note:** This is a child with parent class. Drop-in class; registration not required. Class will not be held 5/29.

Age: 0–5 years

Cost: \$3

Mondays	10:00–10:45 AM and 11:00–11:45 AM
Tuesdays	10:00–10:45 AM and 11:00–11:45 AM

**March**

Week of 3/6	How Plants Grow
Week of 3/13	Clean-up, Clean-Up
Week of 3/20	Root Top Gardens
Week of 3/27	Balancing Butterflies

**April**

Week of 4/3	Bunnies
Week of 4/10	Planting a Rainbow
Week of 4/17	Down Comes the Rain-sticks
Week of 4/24	Earth Dumplings

**May**

Week of 5/1	May Day
Week of 5/8	Seed Tape
Week of 5/15	Nature Prints (paint)
Week of 5/22	Zinnia's Flower Garden
Week of 5/30	Games and Gardens

**StorySprouts Dance with EarthBeat Dance**

Let's dance as a community and celebrate the earth. Support healthy growth and learning through whole body movement, while encouraging creativity and curiosity through storytelling about the natural world. **Note:** This is a child with parent class. Please come dressed to dance in workout or loose fitting clothes. Participants must be sturdy walkers. Registration required.

Age: 2–5 years

4/27	Th	10:00–11:00 AM	\$10
5/4	Th	10:00–11:00 AM	\$10
5/18	Th	10:00–11:00 AM	\$10
5/25	Th	10:00–11:00 AM	\$10

**School's Out Day Camp**

Day Camps are available during teacher workdays. Pack a lunch and spend a day gardening, cooking, crafting, and discovering. **Note:** Scholarships available.

Age: 5–11 years

4/7	Fr	9:00 AM–4:00 PM	\$45
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**Spring Break Camp: Garden Superheroes**

It is time to take a break from school and pull out the mask and cape. Garden superheroes save the day getting their hands dirty protecting plants and saving bees. Prepare, plant, and care for the garden and keep critters safe from garden villains. Tackle real world problems in garden ecosystems and leave with plants, skills, and knowledge to be a real garden superhero. **Note:** \$10 discount available for Family Membership holders. For morning camps and full day camps, children may be dropped off as early as 8:30 a.m. Scholarships available.

Age: 5–11 years

**Half Day Camps**

3/13–3/17	M–F	9:00 AM–Noon	\$135
3/13–3/17	M–F	1:00–4:00 PM	\$135

**Full Day Camps**

3/13–3/17	M–F	9:00 AM–4:00 PM	\$230
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**Lunch**

For a little extra time before or after half day camp, pack a lunch and stay at The Gardens for supervised fun in the Children’s Garden.

3/13–3/17	M–F	Noon–1:00 PM	\$20
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**Summer Camp**

Registration begins 3/1. Visit [fcgov.com/gardens](http://fcgov.com/gardens) for more information and to register.

**Birthday Parties**

Enjoy 90 minutes of birthday fun in our Greenroof Shelter or classroom. Birthday parties include 30 minutes of Gardens instructor-led activities and playtime in the Children’s Garden. Guests provide food, beverages, paper products, and utensils. One adult chaperone per party required. Two week advanced registration required. Saturdays all spring and Sundays after May 1.

Age: 2–9 years

Cost: \$130 for up to 10 children

**Tree Trunks**

Filled to the brim with activities and materials for all ages, Tree Trunks make teaching lessons about trees successful and fun. Trunks are available for check-out. \$50 refundable damage deposit required.

**Scout Badge Program**

Scout programs are customized to fit the needs of your troop including, but not limited to gardening, natural resources, and cooking. Programs are two hours and cost \$10 per scout. One adult required per five scouts. Each program offers hands-on exploration and activities led by Gardens guides. All ages welcome. Pre-registration required. Programs available year-round; gardening activities depend on weather and seasonal availability.

# HEALTH -AND- WELLNESS

Providing unique and comprehensive services through the Health and Wellness Program.

[fcgov.com/health-wellness](http://fcgov.com/health-wellness)

## Health & Wellness

Health and Wellness Services is a unique and comprehensive public health and wellness program provided in partnership by the City of Fort Collins, Columbine Health Systems, and UCHealth. All services are for ages 18 years & up unless otherwise noted. Find additional Health & Wellness sponsored programs throughout the Recreator; they are denoted with a **H**.

### Services

#### Acupuncture

Stimulate healing, stress-release, and energy without pain or negative side effects. Acupuncture has been used for thousands of years to help with pain, depression, and anxiety. **Note:** Appointments are 45 minutes. Provider: Love Co. Acupuncture.

Age: 18 years & up

Location: Senior Center

3/1–5/31	W	10:00 AM–1:00 PM	\$35
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#### Balance Assessments

Balance is assessed using the STEADI system from the Center for Disease Control. Staff make suggestions based on information obtained from rating your fall risk. **Note:** Appointments are 20 minutes. Provider: UCHealth Rehabilitation Services.

Age: 18 years & up

Location: Senior Center

3/21	Tu	1:00–3:00 PM	\$10
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#### Blood Pressure Clinic

Sit down with a registered nurse one-on-one to get your blood pressure taken and ask any health-related questions. No appointment necessary. Provider: Health District.

Age: 18 years & up

Location: Senior Center

3/13	M	10:00 AM–Noon	No Fee
4/10	M	10:00 AM–Noon	No Fee
5/8	M	10:00 AM–Noon	No Fee

#### Cholesterol Screening

Blood pressure, cholesterol panel, and glucose tests with counseling and recommendations. Eight hour fast recommended prior to appointment (water and medications permitted). To schedule an appointment, contact the Health District at 970.224.5209. **Note:** Appointments are 20 minutes. Walk-ins accepted as space allows.

Age: 18 years & up

Location: Senior Center

3/7, 4/4, 5/2	Tu	8:00–11:00 AM	\$15
3/16, 4/20, 5/18	Th	8:00–11:00 AM	\$15

#### Fitness Checkups

Check body fat percentage and BMI. Then, perform simple strength, cardio, and flexibility tests to determine strengths and weaknesses. Test periodically to see changes. **Note:** Appointments are 45 minutes.

Age: 18 years & up

Location: Senior Center

3/14, 5/9	Tu	1:00–4:00 PM	\$5
4/11	Tu	9:00 AM–Noon	\$5

#### Hearing Aid Check & Screen

Receive a hearing screening, or have hearing aids checked and receive a free pack of hearing aid batteries. Provider: Connect Hearing. Appointments are 20 minutes.

Age: 18 years & up

Location: Senior Center

3/21, 4/18, 5/16	Tu	9:30–11:30 AM	No Fee
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#### Hearing Screen & Wax Removal

If you are experiencing ringing in the ears, have frequent exposure to loud noises, feel like your ears are clogged, or have difficult hearing, visit with a licensed audiologist for a hearing test and review. **Note:** Appointments are 20 minutes. Provider: Hearing Rehab Center of Fort Collins.

Age: 18 years & up

Location: Senior Center

3/1, 4/5, 5/3	W	10:00 AM–Noon	\$15
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**Manicure/Pedicure/Nail Care**

Look and feel good with spa manicure and pedicure services. Nail clipping also available. Provided by Neitha Schneider, Sweet-heart 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

Age: 18 years & up

Location: Senior Center

3/1–5/31	W,Th	10:00 AM–4:00 PM
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**Massage**

Enjoy the health benefits of massage: stress relief, relaxation, range of motion improvement, pain relief, and muscle relaxation. Contact the Senior Center at 970.221.6644 for available dates and times.

Age: 18 years & up

Location: Senior Center

**Medical Education****Balance & Fall Prevention**

Discuss basic fall prevention strategies including how medication, vision, and environment impact potential for falls. Gather information about gait, balance, and assistive devices. Provider: UCHealth Rehabilitation Services.

Age: 18 years & up

Location: Senior Center

3/7	Tu	2:00–3:00 PM	No Fee	225413-01
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**Bone Health for Osteoporosis**

Basic overview regarding osteoporosis education, exercise, and prevention. Provider: Front Range Therapy.

Age: 18 years & up

Location: Senior Center

5/9	Tu	9:00–10:00 AM	\$5	225470-01
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**Dem Bones, Dem Aging Bones**

Bones are constantly changing as peak bone mass is reached at about age 30. Learn some proven steps to bone health. Discuss the importance of bone health, what affects it, such as lifestyle, medications and genetics, and what can be done to protect bones. Provider: Physician and Dietician, UCHealth.

Age: 18 years & up

Location: Senior Center

5/18	Th	6:00–7:30 PM	\$5	225401-01
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**Do You Have a Bossy Bladder?**

Bossy bladder 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. Provider: Kelsey Mathias, pelvic floor specialist and occupational therapist.

*Do You Have a Bossy Bladder? continued*

Age: 18 years & up

Location: Senior Center

3/20	M	11:00 AM–Noon	\$25	225453-01
4/27	Th	2:00–3:00 PM	\$25	225453-02

**Gardening Back & Upper Body**

Training on adaptive equipment, injury prevention, and modified activity training for gardening, plus the psychological benefits are discussed. Information on alternatives for getting down to the plants or raising them to reachable levels are also addressed. Provider: UCHealth Outpatient Rehabilitation Services.

Age: 18 years & up

Location: Senior Center

5/3	W	9:30–11:00 AM	\$10	225412-01
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**Improve Balance thru Exercise**

A discussion of balance related issues including footwear, vision, weakness, posture, home modifications, and medications. Hands-on exercise is included with helpful information. Provider: UCHealth.

Age: 18 years & up

Location: Senior Center

4/11–5/16	Tu	9:00–10:00 AM	\$35	225417-01
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**Improve Sleep Naturally**

Includes training on sleep hygiene techniques from the latest research. Positioning, lighting, and electronic activity are discussed to show the overall improved benefits of a full night's sleep. **Note:** Bring yoga mat if possible. Provider: Patricia Kuyper, OTR, PVH Outpatient Rehabilitation.

Age: 18 years & up

Location: Senior Center

3/31	F	9:30–11:00 AM	\$5	225414-01
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**Living Well With Diabetes**

For those diagnosed with diabetes and their family members. Address the social and psychological adjustments of living with diabetes while learning skills needed to deal with life changes and emotions. Provider: The Aspen Club.

Age: 18 years & up

Location: Senior Center

4/13–5/18	Th	9:30 AM–Noon	No Fee	225407-01
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**Normal Aging & End of Life Concerns**

Discuss what normal aging is and what is happening to your body. Discuss normal aging, palliative care, end of life worries and what to do to slow the aging process vs. what's out of your control. Provider: Peggy Budai, Nurse Practitioner focused on Geriatric and Palliative Care, The Aspen Club.

Age: 18 years & up

Location: Senior Center

5/23	Tu	9:30–11:00 AM	\$5	225402-01
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**Parkinson's Wellness Recovery**

PWR, an exercise program developed by Dr. Beck Farley for those with Parkinson's, to improve balance/walking, and slow the progression of the disease. Level 1 class designed for those who have trouble with balance or walking in the home. Provider: UCHealth neurologic physical therapists. **Note:** Class will not be held on 3/23.

Age: 18 years & up

Location: Senior Center

3/1-4/19	W	1:00-2:00 PM	\$40	225416-01
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**Regenerative Medicine to Stay Active**

Discuss advances in regenerative medicine to help keep active while aging. Provider: Anderson Podiatry Center.

Age: 18 years & up

Location: Senior Center

3/8	W	Noon-1:00 PM	No Fee	225436-01
4/5	W	Noon-1:00 PM	No Fee	225436-02
5/10	W	Noon-1:00 PM	No Fee	225436-03

**Stay Active & Independent**

Discuss the importance of strength, balance, fitness, and home safety. Learn a self-check system and discuss innovative programs to help stay in the home safely while aging. Provider: Front Range Therapy. **Note:** Class will not be held on 3/19.

Age: 18 years & up

Location: Senior Center

5/9	Tu	10:30-11:30 AM	\$5	225469-01
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**Treating Neuropathy**

Learn how to treat frustrating neuropathy and nerve pain once and for all. Provider: Anderson Podiatry Center.

Age: 18 years & up

Location: Senior Center

3/23	Th	Noon-1:00 PM	No Fee	225437-01
4/20	Th	Noon-1:00 PM	No Fee	225437-02
5/18	Th	Noon-1:00 PM	No Fee	225437-03

**Nutrition****Eat to Live, Live to Eat**

Work one-on-one with a registered dietician to learn how to eat healthy in the real world. Healthy eating is not about perfection, but about balance and moderation. Provider: Dietician, Columbine Health Systems.

Age: 18 years & up

Location: Senior Center

3/1-5/31	W	9:00 AM-Noon	\$20/1 hour initial consult \$10/30 minute check-in	
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**Meal Planning Made Easy**

Discuss tips for meal planning along with easy recipes to help get dinner on the table when cooking for one or more. Provider: Jenifer Bowman, MS, RD, Cardiac Dietitian, UCHealth.

Grade: 18 & up

Location: Senior Center

4/6	Th	10:30 AM-Noon	\$5	225404-01
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**Wellness Education****10 Signs: Early Detection Matters**

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.

Age: 18 years & up

Location: Senior Center

3/10	F	11:00 AM-Noon	No Fee	225403-01
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**Achieve Your Health Goals**

Learn how to establish achievable health goals by developing an action plan that turns goals into reality. Discuss eating healthy, the importance of exercise, reducing stress, improving sleep, how these things are interrelated, and how to start putting personal health and wellness first.

Age: 18 years & up

Location: Senior Center

4/26	W	6:00-7:00 PM	\$5	225431-01
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**Aging Mastery Program**

Explore the realities of aging, making the most out of the gift of longevity and taking small steps to improve health, financial well-being, and quality of life. The National Council on Aging designed this course so each week expert speakers share their valuable insights on 10 key topics.

Age: 18 years & up  
Location: Senior Center

3/6-4/5 M,W 1:30-3:00 PM \$50 225400-01

**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 resources, and meet people, network, and share experiences. Register with the Aspen Club at 970.495.8560.

Age: 18 years & up  
Location: Senior Center

5/8 M 11:30 AM-1:00 PM No Fee

**Boost Your Immunity**

Boosting the immune system helps to fight off illness. Your immune system requires balance and harmony to function well. Learn what the mind and body need in order to maintain optimal health all year round. Provider; Kellie Falbo, Peak Health & Wellness.

Age: 18 years & up  
Location: Senior Center

3/22 W 6:00-7:00 PM \$5 225432-01

**Eating for Energy**

With the demands of today's hectic lifestyles combined with too few hours of quality sleep and poor eating habits, it's no wonder many people complain of fatigue and low energy. Learn how to boost energy and vitality by making some strategic changes to diet and lifestyle.

Age: 18 years & up  
Location: Senior Center

5/24 W 6:00-7:00 PM \$5 225433-01

**EnhanceWellness**

Program topics include mindful eating, mind-body connection, stress, health management, sleep, exercise, and how to evaluate what is online. Provider: UCHealth.

Age: 18 years & up  
Location: Senior Center

5/3-7/12 W 10:00-11:00 AM \$25 225439-01

**The Enneagram**

Learn about how you operate in fear, stress, security, and calm. This modality is compatible with all major world religions; it is not personality typing, but rather is about soul work and learned compassion for yourself and others.

Age: 18 years & up  
Location: Senior Center

4/20-5/18 Th 9:00-10:00 AM \$98 225434-01

**HEALTH -AND- WELLNESS**

Providing unique and comprehensive services through the Health and Wellness Program.

**Aging Mastery Program**

5 weeks - 10 topics  
Mondays & Wednesdays  
March 6th thru April 5th  
1:30pm - 3:00pm \$50.00

**Brain & Balance**

Use your head while staying on your feet  
Thursdays 1:30pm - 2:00pm beginning March 9th  
\$15.00 for 4 week session

[fcgov.com/health-wellness](http://fcgov.com/health-wellness)

**Get Advanced Directives Done**

Explore living wills and medical health care directives, and take time to complete them. Also discuss end of life issues and the importance of letting loved ones know end of life plans. Provider: The Aspen Club.

Age: 18 years & up

Location: Senior Center

5/10	W	9:30–11:00 AM	No Fee	225408-01
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**Humor in Caregiving**

Discuss ways to bring laughter back into life. Discover the value of finding humor in the serious role of care giving. Celebrate the humor of the moment with family members or clients. Provider: Yvonne Myers, Columbine Health Systems.

Age: 18 years & up

Location: Senior Center

4/19	W	10:00–11:30 AM	No Fee	225409-01
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**Life Transitions Group**

For those facing a major life transition including, but not limited to retirement, empty nest, widow, divorce, or physical limitations. This collaborative class encourages participants to share their experiences so they may learn from each other. Exercises, activities, and group discussions included.

Age: 18 years & up

Location: Senior Center

4/7–5/12	F	10:00–11:30 AM	\$100	225415-01
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**Making it Stick**

Behavior changes rarely stick the first time around. Yet, knowledge of the behavior change process can alter the dynamic of our efforts. Explore the stages of change and how to assess and address the impediments that get us stuck. Learn practical strategies to enhance confidence and motivation.

Age: 18 years & up

Location: Senior Center

3/15	W	10:00–11:00 AM	No Fee	225426-01
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**Meditation for Brain Health**

Stress reduction is one of the best things to do for memory retention. Combine memory games and meditation techniques to improve memory and reduce stress. Provider: The Aspen Club.

Age: 18 years & up

Location: Senior Center

4/20–5/11	Th	11:00 AM–Noon	\$10	225411-01
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**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](http://pdsupportlc.net).

Age: 18 years & up

Location: Senior Center

3/1	W	10:30 AM–12:30 PM	No Fee	
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*Parkinson's Support Group continued*

4/5	W	10:30 AM–12:30 PM	No Fee	
5/3	W	10:30 AM–12:30 PM	No Fee	

**Positive Brain Change**

Involve the minds in changing the brain for the benefit of health and wellbeing. Explore the concept of positive neuroplasticity and experiment with practices that create new neural pathways by seeding positivity and cultivating mindful presence.

Age: 18 years & up

Location: Senior Center

5/16	Tu	10:00–11:30 AM	No Fee	225429-01
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**Powerful Tools for Caregivers**

For current or future caregivers. Topics include the importance of self-care and knowing you are not alone, community resources, family meetings, communication, dealing with difficult emotions, and making tough decisions. Provider: The Aspen Club.

Age: 18 years & up

Location: Senior Center

4/6–5/11	Th	5:30–7:30 PM	No Fee	225405-01
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**Rain Barrels for Colorado Gardens**

The new Colorado water plan and the adoption of allowing the use of rain barrels for home landscapes is exciting. But, it means understanding its use and limitations. Learn about the history, use, and implementation of using rain barrels in urban landscapes. Provider: CSU/Larimer County Extension.

Age: 18 years & up

Location: Senior Center

3/27	M	10:00–11:00 AM	No Fee	225410-01
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**Tai Chi Chih, Beginners**

The soft, gentle, movements promote health in every part of the body circulating and balancing internal energy. The movements can be done by anyone regardless of age or physical condition. Benefits include better balance, increased flexibility and strength, inner peace, improved health, and joy.

Age: 18 years & up

Location: Senior Center

3/7–4/25	Tu	1:00–2:00 PM	\$80	225406-01
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5/2–6/20	Tu	1:00–2:00 PM	\$80	225406-02
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**Taming Stress: A Mindful Map**

Stress and negative self-thoughts can be constant companions. Mindfulness offers a way to undo habits that keep us stuck in a cycle of stress. Explore what mindfulness means and how to apply basic principles and practices in everyday life to decrease stress and create new pathways of self-care.

Age: 18 years & up

Location: Senior Center

4/12	W	Noon–1:00 PM	No Fee	225425-01
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**Your Bigger Calling**

Interactive and informative practice. Taping into inner cellular-wisdom, find that place of personal power and shine in all areas of life: family, career, community. Dr. Joan King's book, "Cellular Wisdom: An Inner Workbook", is provided.

Age: 18 years & up

Location: Senior Center

4/26	W	9:00 AM–Noon	\$35	225457-01
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**Mind/Body Connect Series****Introduction to the Mind/Body Connect**

Based on medical research, this seminar is a general look at how attitudes, relationships, feelings, and emotions affect one's health and longevity. Provider: Fred Singer, Regis Adjunct Professor and author.

Age: 18 years & up

Location: Senior Center

3/22	W	10:00 AM–Noon	\$10	225435-01
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Location: Foothills Activity Center

4/26	W	6:30–8:30 PM	\$10	225435-02
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Location: Northside Aztlan Center

5/1	M	6:30–8:30 PM	\$10	225435-03
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**Human Connection**

Learn how family, social ties, and community relate to longevity and wellbeing.

Age: 18 years & up

Location: Senior Center

4/5	W	10:00 AM–Noon	\$10	225441-01
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**Personality**

Learn how characteristics of different personality types can affect disease.

Age: 18 years & up

Location: Senior Center

4/19	W	10:00 AM–Noon	\$10	225443-01
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**Purpose**

Learn how work, purpose, and retirement relate to longevity and wellbeing.

Age: 18 years & up

Location: Senior Center

3/29	W	10:00 AM–Noon	\$10	225440-01
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**Financial****Avoid Property Transfer Mistakes**

Gain a better understanding of titling and transfer of property, such as when to add others to the title of assets and what are the consequences of such transfers. Designed for have or are considering Quick Claim or Beneficiary Deeds to transfer assets.

*Avoid Property Transfer Mistakes continued*

Provider: Cheryl Van Ackern, Estate Attorney.

Age: 18 years & up

Location: Senior Center

5/11	Th	11:00 AM–Noon	No Fee	225422-01
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**Estate Planning for Grandchildren**

Discuss considerations to make when leaving assets to grandchildren, nieces, nephews, or someone more than one generation below you. Address methods of making lifetime gifts, bequests at death, and tax considerations involved in skipping a generation. Provider: Cheryl Van Ackern, Estate Attorney.

Age: 18 years & up

Location: Senior Center

4/18	Tu	10:00–11:00 AM	No Fee	225418-01
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**Estate Planning Toolbox**

Discuss some of the basic estate planning instruments that everyone should consider adding to their toolbox for ultimate preparedness. Review each tool, find out what they do, and learn how to put them to work. Provider: Estate Attorney, Cheryl Van Ackern.

Age: 18 years & up

Location: Senior Center

3/20	M	1:00–2:00 PM	No Fee	225428-01
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**Get Smart: About Home Buying**

Buying a home is more complicated than ever before. Be well informed when considering this major investment. Learn about the purchase process – from credit checks to being handed the keys. Cover loan types, down payments, choosing a realtor, fees, and buying or renting considerations.

Age: 18 years & up

Location: Foothills Activity Center

4/12	W	6:30–7:30 PM	No Fee	225733-01
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**Get Smart: Avoid ID Theft**

Thieves want information. From national database hacking and email scams to dumpster diving, the dangers are real. Discuss on-line safety practices, passwords, and phone safety. Learn ways to minimize risk.

Age: 18 years & up

Location: Foothills Activity Center

3/8	W	6:30–7:30 PM	No Fee	225732-01
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**Holistic Options****5 Elements of Conscious Aging**

Acupuncture and Chinese Medicine view life's rhythm in cycles and seasons. Learn how this profound ancient medicine can impact optimal health and wellbeing. Make the choice to age consciously, integrating body, mind, spirit, and heart. Provider: Susan Goldstone, LAc.

Age: 18 years & up

Location: Senior Center

4/27	Th	10:00–11:00 AM	\$5	225450-01
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**Body Systems & Essential Oils**

Discuss the various systems of the body and how essential oils can work with the body for optimal health.

Age: 18 years & up

Location: Senior Center

5/3	W	6:00–7:00 PM	No Fee	225473-01
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**Does Stress Get You Down?**

EFT meridian tapping is a widely used and effective way to renew emotional wiring and put the immune system back on track. Learn hands-on methods to improve the body's response to stress, and stress-related symptoms.

Age: 18 years & up

Location: Northside Aztlan Center

5/16	Tu	Noon–1:00 PM	\$8	225475-02
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Location: Senior Center

3/9	Th	10:00 AM–11:00 PM	\$8	225475-01
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**Essential Oils & Vitamins**

Learn how essential oils and good vitamins help balance out the body.

Age: 18 years & up

Location: Senior Center

3/1	W	6:00–7:00 PM	No Fee	225471-01
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**Hair Care & Face Care**

Discuss some DIY recipes and learn how essential oils can lead to healthy hair and skin.

Age: 18 years & up

Location: Senior Center

4/5	W	6:00–7:00 PM	No Fee	225472-01
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**Healing Power of Tibetan Singing Bowls**

Sound therapy is a form of energy medicine that creates a calm space for healing from stress and life's emotional roller coaster. The soothing sounds of the bowls have a positive effect on the brain, bringing relaxation and a feeling of harmony to the mind and body. Provider: The Aspen Club.

Age: 18 years & up

Location: Senior Center

3/18	Sa	9:30–11:00 AM	\$12	225420-01
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**Healing thru Meditation & Spiritual Wisdom**

Age gracefully by bringing strength to midlife joys and challenges through simple yoga breathing, visualization, positive affirmations and meditation. These techniques help with stress, fatigue, lack of sleep, high blood pressure, and emotional distress. Provider: Swamijii Dharmananda.

Age: 18 years & up

Location: Senior Center

3/10–3/31	F	10:00–11:30 AM	\$40	225419-01
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4/7–4/28	F	10:00–11:30 AM	\$40	225419-02
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5/5–5/26	F	10:00–11:30 AM	\$40	225419-03
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**Staying Healthy in the Spring**

Learn how to maintain optimal health in the spring: relieve allergies, prevent diseases, and boost the immune system with Oriental Medicine. Learn about herbs and home remedies from an expert. Provider Susan Goldstone, LAc.

Age: 18 years & up

Location: Senior Center

3/20	M	10:00–11:00 AM	\$5	225449-01
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**Stress Busting with Oriental Medicine**

Acupuncture is proven to manage stress and hormones produced when under stress; which weakens the immune system, creating a variety of disorders such as allergies, anxiety, and insomnia. Learn treatments and techniques to manage stress. Provider: Susan Goldstone, LAc.

Age: 18 years & up

Location: Senior Center

4/17	M	10:00–11:00 AM	\$5	225448-01
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**Wear Your Health on Your Face**

A non-invasive approach to facial rejuvenation. Energy Light Facial Rejuvenation promotes healthy and vibrant skin without surgery, chemicals, needles, or downtime. It uses light, color, and mild micro current. Treat the face, treat the body. Presented by Provider: Susan Goldstone, LAc.

Age: 18 years & up

Location: Senior Center

5/8	M	10:00–11:00 AM	\$5	225451-01
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**You Can Be Stress Free**

Emotional Freedom Technique (EFT) meridian tapping is widely used as an effective way to reprogram stress response to everyday triggers. Have fun learning take-home methods to relieve stress, stress-related symptoms, and turn off the mental worry loop.

Age: 18 years & up

Location: Senior Center

4/10	M	2:00–3:00 PM	\$8	225474-01
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LEGEND

NW

Denotes no web registration for program

M

Denotes program/activity has special membership pricing

H

Denotes Health and Wellness program

## 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.

There are no make-up lessons for missed skating classes.

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

If you are unable to attend the last day of classes for testing, please request a progress card on the last day you attend.

Proper clothing may include:

Helmet (also available at EPIC; required for Snowplow Sam 1-4)

Gloves (thin, not ski mittens)

Fleece or light weight jacket

Skating dresses with tights or leggings/pants that are easy to move in

Loose or bulky clothing is not recommended

#### Freestyle

Interested in knowing more about competitive or recreational figure skating programs?

Call 970.221.6683 and ask to speak with one of the professional skate instructors on staff.

#### Conditioning for Skaters

See the Conditioning Information Center posted in the Green Ice Rink.

#### Private Skating Instruction

Private ice skating instruction is available for all abilities in figure skating, dance, edges, style, choreography, hockey, and power. Fees vary. Ice time and skate rental not included.

#### Figure Skating Lessons for Boy & Girl Scouts

Earn your skating Merit Badge. A learn to skate lesson can be arranged for your troop during a public skate session at a discounted rate. Minimum of 4 skaters. Flexible number of weeks available. Contact 970.416.2770 to make arrangements.

#### Skate Sharpening Services

EPIC offers skate sharpening services for figure and hockey skates (Blackstone Flat Bottom V or standard hollow). Drop-off and walk-in service available.

### Team & Club Contacts

#### Adult Hockey

Fort Collins Adult Hockey Association  
[fcaha.org](http://fcaha.org)

#### Youth Hockey

Northern Colorado Youth Hockey  
[ncyh.org](http://ncyh.org)

#### Women's Hockey

Flames / Phoenix / Comets  
[wachockey.com](http://wachockey.com)

#### College Hockey

Colorado State University  
[csuhockey.com](http://csuhockey.com)

#### High School Hockey

High Plains Hockey  
[highplainshockey.com](http://highplainshockey.com)

#### Figure Skating Club

Fort Collins Figure Skating Club  
[fortcollinsfsc.org](http://fortcollinsfsc.org)

#### Speed Skating

Jondon Speed  
[jondonspeed.com](http://jondonspeed.com)

#### Curling

Poudre Valley Curling Club  
[poudrevalleycurling.com](http://poudrevalleycurling.com)

### Special Events

#### Spring Ice Spectacular

Skaters from our Learn to Skate program are featured in EPIC's 2nd annual Spring Ice Spectacular Ice Show on 5/5 & 5/6. Call 970.221.6683 for times and ticket information. Purchase tickets beginning 4/10 at 7 a.m. at EPIC or by phone, 970.221.6683.

## Curling

### Curling League

League is for those who want to experience competitive curling. Each curling team consists of four curlers. Sign-up individually and add team names to the roster note. **Note:** Participants need to wear helmet, clean rubber soled sneakers, and dress in layers that are stretchy or loose. League will not be held on 4/2, 4/16, 5/7.

Age: 8 years & up

Location: Edora Pool Ice Center

3/26–5/7	Su	9:15–10:45 AM	\$56	210376-01
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### Learn to Curl

For those that have never curled before and would like to see what it's all about. Learn terminology and proper curling technique. Learn to slide, throw stones, and sweep.

5/21	Su	10:30 AM–Noon	No Fee	
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### Corporate Curling

Curling is a great team building exercise and also one of the fastest growing sports. Contact 970.416.2770 for pricing and to reserve a Tuesday for your group. No experience required. All equipment provided. Reservation required. **Note:** Participants need to wear helmet, clean rubber soled sneakers, and dress in layers that are stretchy or loose.

Age: 8 years & up

Location: Edora Pool Ice Center

3/7–5/2	Tu	1:00–2:30 PM		
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**SKATE TO YOUR INNER AMAZING**  
**SKATE TO GREAT**

Ice skating teaches kids how to work as a team and make lifelong friendships along the way.

Auxiliary aids and services are available for persons with disabilities.

For more information and to register, visit [fcgov.com/recreation](http://fcgov.com/recreation).



City of Fort Collins | Recreator



16-4282

## Hockey

### Beginner Cub Hockey

Practice held on Tuesdays. Focus is on basic hockey and skating skills. Recreational games held on Thursdays. Equipment can be checked out with a \$150 deposit check. Rental skates included; sticks available at equipment check-out for \$12. Prerequisite: Tot 1 or Basic 1. **Note:** Equipment handout is 3/23 from 4–6 p.m. at EPIC. Equipment check-in is immediately following the last game of the session. Class will not be held on 5/4.

Age: 4–8 years

Location: Edora Pool Ice Center

3/28–5/18	Tu,Th	4:15–5:00 PM	\$170	210372-01
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### Power Skating Drop-In

Hockey skaters develop power, agility, and endurance. Program developed by two-time Olympic speed skater, Jondon Trevena. Full hockey gear required. **Note:** Class will not be held on 3/15.

Age: 9–17 years

Location: Edora Pool Ice Center

3/1–5/10	W	4:00–4:45 PM	\$12	
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### Drop-In Hockey

Open practice session to sharpen skating and shooting skills. Full equipment required. 10 or 20 admission passes available. Sign up at the front desk beginning at 6 a.m. for 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 100 players. **Note:** Session will not be held on 3/31, 5/4, 5/5, 5/9, 5/11, 5/16, 5/18, 5/23, 5/25, 3/30.

Age: 16 years & up

Location: Edora Pool Ice Center

3/1–5/26	M–F	11:15 AM–12:45 PM	\$5	
3/2–5/25	Th	1:00–2:30 PM	\$5	
3/14–5/2	Tu,Th	9:15–10:45 PM	\$5	

### Stick & Puck Drop-In

Open session. Helmet, gloves, stick, and shin guards required. Full equipment recommended for younger skaters. No scrimmaging. Rules are posted in each arena. **Note:** Session will not be held on 4/1, 4/2, 4/16, 5/6.

Age: All

Location: Edora Pool Ice Center

3/4–5/28	Sa, Su	2:30–3:30 PM	\$5	
3/13–3/17	M–F	4:30–5:30 PM	\$5	

## Speed Skating

### Speed Skating Drop-In

Designed to enhance skating speed technique for all types of skating. Gain knowledge of edges, pushes, balance, and pressure. Wear warm-up pants, long sleeved shirt, and speed skates (Intermediate and Advanced). Developed by two-time Olympic speed skater, Jondon Trevena. Basic skating experience required. **Note:** Class will not be held on 3/15.

Age: 7 years & up

Location: Edora Pool Ice Center

#### Beginner

3/1-5/24	W	5:00-5:30 PM	\$8
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#### Intermediate

3/1-5/24	W	5:00-6:00 PM	\$15
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## Adult Ice Skating

### Fitness Skate

Intermediate to advanced skaters benefit from this aerobic exercise. 10 or 20 admission passes available. **Note:** Session will not be held on 3/30, 3/31, 5/3, 5/4, 5/5, 5/15, 5/17, 5/19, 5/22, 5/24, 5/26.

Age: 16 years & up

Location: Edora Pool Ice Center

3/1-5/31	M-F	11:15 AM-1:00 PM	\$6
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### Senior Coffee Club

For older adults interested in social skating. Regular fees apply.

**Note:** Session will not be held on 5/17, 5/24.

Age: 60 years & up

Location: Edora Pool Ice Center

3/1-5/3	W	9:15-10:45 AM	
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## Youth Ice Skating

### Intensive Ice Skating Clinic

Spend Spring Break at EPIC working on skating skills. Open to all Basic 1-Freeskate 6 level skaters (must have completed Basic 1). Classes are arranged by combined levels. Each day, get intensive work on specific skating skills.

Age: 5-15 years

Location: Edora Pool Ice Center

3/13-3/16	M-Th	4:45-5:45 PM	\$41	210338-01
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**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

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the LINCOLN center

FEB 25  
**ILLSTYLE &  
PEACE  
PRODUCTIONS**

2pm & 6pm // Seats from \$16

These thrilling hop-hip dancers put on an astonishing display of rhythm and precision while delivering a positive message.



APR 8  
**NEXT GENERATION  
LEAHY**

2pm & 6pm // Seats from \$15

These gifted children, ages 4-13, deliver an infectious, high-energy Celtic music and step-dance performance that will you in awe.



**LCtix.com**

BOX OFFICE: 970.221.6730  
12 - 6 PM TUES - SAT  
417 W. MAGNOLIA ST.

*Don't miss*

RUSSIAN NATIONAL  
BALLET THEATRE:

*Swan Lake*

FEB 15 // 7:30 PM | Seats from \$15



## Outdoor Recreation

### Adult Programs

Classes are for ages 18 years & up, unless otherwise noted.

#### CPR & First Aid

##### CPR & First Aid

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

Age: 14 years & up

Location: Senior Center

3/4	Sa	9:00 AM–5:00 PM	\$78	207441-01
4/22	Sa	9:00 AM–5:00 PM	\$78	207441-02
5/6	Sa	9:00 AM–5:00 PM	\$78	207441-03

##### CPR Professional

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

Location: Senior Center

3/1	W	5:30–9:30 PM	\$78	207442-01
4/19	W	5:30–9:30 PM	\$78	207442-02
5/10	W	5:30–9:30 PM	\$78	207442-03

##### Wilderness First Aid

Learn about assessment, short and long term management of injury, medical emergencies, and conditions when definitive care is more than one hour away. Field day focuses on hands-on scenarios and techniques needed to stabilize the victim and others in the group.

**Note:** AAOS Emergency Care and Safety Institute Certification is issued upon successful completion of the course and is valid for three years. Book included.

Location: Senior Center

5/9–5/11	Tu,Th	5:30–9:30 PM	\$156	207443-01
And 5/13	Sa	9:00 AM–5:00 PM		

#### Downhill Ski Trips M

Motorcoach trips are made to various ski resorts. Participants are responsible for their own equipment, lift ticket, and lunch. Trips depart from Rolland Moore Park promptly at 7 a.m. and stop in Loveland at I-25 and Hwy.34 around 7:20 a.m.

Location: Rolland Moore Park

Keystone/A-Basin

3/1	W	7:00 AM–7:00 PM	\$46	211910-01
			\$39.25 Member	

#### Downhill Ski Trips continued

3/13	M	7:00 AM–7:00 PM	\$46	211910-03
			\$39.25 Member	

#### Winter Park

3/8	W	7:00 AM–7:00 PM	\$46	211910-02
			\$39.25 Member	

3/22	W	7:00 AM–7:00 PM	\$46	211910-05
			\$39.25 Member	

#### Copper Mountain

3/15	W	7:00 AM–7:00 PM	\$46	211910-04
			\$39.25 Member	

3/29	W	7:00 AM–7:00 PM	\$46	211910-06
			\$39.25 Member	

4/5	W	7:00 AM–7:00 PM	\$46	211910-07
			\$39.25 Member	

#### Snowshoe/Hikes

Designed for adults ages 50 years & up who enjoy a good physical challenge, but can also accommodate a range of individual paces. Ages 18 years & up also welcome. Depending on snow levels, these trips could become Hikes instead of Snowshoe.

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.

Other equipment can be used only with guide approval. Contact 970.224.6136 for more information.

Should be in good health and capable of moderate physical activity. Bring own equipment, water, food. Cost includes guide. All mileage is round trip unless otherwise noted.

Trips depart from the Senior Center.

##### Gem Lake (RMNP)

Outstanding views of Estes Park, Longs Peak, and the surrounding mountains. Mileage 3.5 miles; lowest elevation: 7870 ft.; highest elevation 8860 ft.; rating: moderate.

3/7	Tu	7:30 AM–4:30 PM	\$36	211901-01
			\$30.75 Member	

##### Eagles Nest

Beautiful river valley carved out by the North Fork of the Cache La Poudre River. Mileage: 2.4 miles; lowest elevation 5640 ft.; highest elevation 6080 ft.; rating: easy.

3/15	W	8:00 AM–4:00 PM	\$31	211901-02
			\$26.50 Member	

*continued on next page*

Snowshoe/Hikes continued

**Hewlett Gulch**

Explore lower Poudre Canyon. Mileage 7.6 miles; lowest elevation: 5680 ft.; highest elevation: 6100 ft.; rating: easy.

3/31	F	8:00 AM–4:00 PM	\$31	211901-03
\$26.50 Member				

**South Mesa Trail**

Views from the Flatirons. Mileage: 4 miles; lowest elevation: 5636 ft.; highest elevation: 5650 ft.; rating: easy.

4/6	Th	8:00 AM–4:00 PM	\$31	211901-04
\$26.50 Member				

**Kruger Rock**

Outstanding views of Longs Peak, the Continental Divide, and Sundance Mountain. Mileage: 4 miles; lowest elevation: 8415 ft.; highest elevation: 9355 ft.; rating: moderate.

4/19	W	8:00 AM–4:00 PM	\$31	211901-05
\$26.50 Member				

**Mount Margaret**

Scenic hike through a Ponderosa Pine forest. Mileage: 8 miles; lowest elevation: 8093 ft.; highest elevation: 8183 ft.; rating: moderate.

4/28	F	8:00 AM–4:00 PM	\$31	211901-06
\$26.50 Member				

**Turkey Roost Cherokee Park**

Great views of the Livermore foothills. Mileage: 3 miles; lowest elevation 6950 ft.; highest elevation: 7734 ft.; rating: easy.

5/3	W	8:00 AM–4:00 PM	\$31	211901-07
\$26.50 Member				

**Bobcat Ridge**

Views of Ponderosa Pine, Red Rock cliffs, and more. Mileage: 4 miles; lowest elevation: 5440 ft.; highest elevation: 7000 ft.; rating: easy.

5/10	W	8:00 AM–4:00 PM	\$31	211901-08
\$26.50 Member				

**Homestead Meadows**

Explore beautiful open-space area rich in homestead history. Mileage: 4.5 miles; lowest elevation: 8300 ft.; highest elevation: 8600 ft.; rating: moderate.

5/18	Th	8:00 AM–4:00 PM	\$31	211901-09
\$26.50 Member				

**Dadd Gulch**

Forested hike with flowers, interesting rock formations, and canyon views. Mileage: 7 miles; lowest elevation: 7030 ft.; highest elevation: 8474 ft.; rating: moderate.

5/26	F	8:00 AM–4:00 PM	\$31	211901-10
\$26.50 Member				

Snowshoe/Hikes continued

**Deer Mountain**

View of Little Horseshoe Park and Mummy Range. Mileage: 6.2 miles; lowest elevation: 8940 ft.; highest elevation: 10013 ft.; rating: difficult.

5/31	W	7:30 AM–4:30 PM	\$36	211901-11
\$30.75 Member				

**Youth Programming**

**General**

**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.

Location: Rocky Mtn. Archery, 4518 Innovation Dr.

Age: 8–15 years

3/23–3/30	Th	4:30–5:30 PM	\$31	215941-01
4/20–4/27	Th	4:30–5:30 PM	\$31	215941-02
5/11–5/18	Th	4:30–5:30 PM	\$31	215941-03

Age: 16 years & up

4/6–4/13	Th	4:30–5:30 PM	\$31	215942-01
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**Wilderness Classes**

All youth participants are expected to wear appropriate clothing and bring a daypack for each outing. Backpacks are available for loan; contact 970.221.6729. For a complete list of recommended gear, visit [fcgov.com/outdoorrecreation](http://fcgov.com/outdoorrecreation). Outdoor Ethics and Leave No Trace topics are introduced in all outdoor programs. Hiking is part of all outings unless otherwise noted.

**Into the Wild**

Introduction and preparedness class for outdoor wilderness programs. Time is divided between indoor classroom learning and gaining hands-on experience outside. Topics covered include outdoor preparedness, backpack fitting, gear selection, and map and compass functions.

**Note:** No experience necessary. Class will not be held on 3/15.

Age: 12–15 years

Location: Northside Aztlan Center

3/8–4/5	W	4:00–5:30 PM	\$44	215530-01
4/15	Sa	4:00–5:30 PM	\$44	215530-02

**Wilderness Explorer**

Explore the wilderness through this skill based class. Topics covered include map interpretation, how to take a map bearing and convert to a field bearing, shelter building, water safety, fire building, and basic camping skills. **Note:** No experience necessary.

Age: 12–15 years

Location: Northside Aztlan Center

3/25	Sa	8:00 AM–2:00 PM	\$44	215531-01
4/12–5/3	W	4:00–5:30 PM	\$44	215531-02



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### Survival in the Wild

Sharpen and challenge the outdoor skills gained in the wilderness through scenario topics. Topics explored: weather, campsite selection, emergency action plan, knot building, survival plants, fishing, traps, decision making, and leadership building. Prerequisite: Wilderness Explorer or Survival in the Woods Camp. See page 36.

Age: 12–15 years  
Location: Northside Aztlan Center

### Lost in the Woods

4/1	Sa	8:00 AM–2:00 PM	\$44	215540-01
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### Lightning and Fire

4/29	Sa	8:00 AM–2:00 PM	\$44	215540-02
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### The Mountaineers' Club

Continue wilderness education and build fitness toward summer expeditions in safe, achievable summits. Prerequisite: Wilderness Explorer or Survival in the Woods Camp. See page 36.

Age: 12–15 years  
Location: Northside Aztlan Center

5/6	Sa	8:00 AM–4:00 PM	\$44	215532-01
5/13	Sa	8:00 AM–4:00 PM	\$44	215532-02
5/20	Sa	8:00 AM–4:00 PM	\$44	215532-03
5/27	Sa	8:00 AM–4:00 PM	\$44	215532-04

**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.
- 3 DEFEND**  
Use an approved repellent according to its label.
- 4 DUSK THRU DAWN**  
Mosquitoes are most active dusk through dawn.

**THE FOUR D'S**

City of Fort Collins  
focgov.com/WestNile

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

## Special Events

### Cultural Series

This spring, The Fort Collins Senior Center is hosting a cultural series about China. Experience Chinese culture first-hand from sights and sounds to taste and health.

#### Painting, Chinese Brush

An introduction and continuing study of basic strokes and simple compositions using the traditional Chinese 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.

Age: 18 years & up

Location: Senior Center

3/7-4/11	Tu	6:30-8:30 PM	\$79	203440-01
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#### Chinese Conversation

Mandarin Chinese is a tonal language. Learn to hear tones and new sounds, as well as a few Chinese characters. Learn to greet people and ask simple questions. The Pinyin, Mandarin phonetic system is incorporated.

Age: 18 years & up

Location: Senior Center

3/10-4/28	F	10:00-11:30 AM	\$36	207450-01
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#### Historical Café M

The Confucius Institute at Colorado State University shares Chinese philosophy and the guqin (goo'cheen), a Chinese stringed instrument with a long history. Lunch is served. Please note dietary restrictions when registering.

Age: 18 years & up

Location: Senior Center

3/15	W	11:30 AM-1:30 PM	\$23	212440-01
			\$19.70 Member	

#### Visual Arts & Crafts Show

Call to artists and crafters ages 50 years & up. The Visual Arts & Crafts Show will take place May 1-June 1, 2017. Artwork submission deadline is April 22. See page 24 for more information.

#### Chinese Healthy Lifestyle

Learn about the ageless knowledge and practices of the traditional Chinese healthy lifestyle, including the meaning of Yin & Yan, the importance of balancing Yin Yan in the body, and how this can be done through foods, simple exercises, and movement.

Age: 18 years & up

Location: Senior Center

3/21-5/23	Tu	3:00-4:00 PM	\$50	225465-01
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#### Intro to Mahjong M

Learn how to play Mahjong, a Chinese game played with tiles that is similar to the card game, Rummy. Receive a complimentary National Mahjong League 2017 card.

Age: 18 years & up

Location: Senior Center

4/5-4/13	W,Th	1:30-4:30 PM	\$30	212458-01
			\$27 Member	

#### Out to Lunch, Canton Palace M

Voted best Chinese restaurant in Northern Colorado, Canton Palace is known for its modern interpretation of classic Chinese dishes and its insistence on only using high quality fresh ingredients.

Age: 50 years & up

Location: Senior Center

4/11	Tu	11:00 AM-2:30 PM	\$21	205930-03
			\$18 Member	
4/20	Th	11:00 AM-2:30 PM	\$21	205930-04
			\$18 Member	

### Special Events

#### Spring Artisan Market

Spring is in the air and handmade goods are at the Senior Center. Support local artists.

Age: 18 years & up

Location: Senior Center

4/8	Sa	10:00 AM-4:00 PM	No Fee	
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#### Spring Ice Spectacular

Skaters from the Learn to Skate program are featured in EPIC's 2nd annual Spring Ice Spectacular Ice Show on May 5 & 6. Call 970.221.6683 for times and ticket information. Purchase tickets beginning 4/10 at 7 a.m. at EPIC or by phone, 970.221.6683.

#### SOAP Troupe, Moments in Time, Blast from the Past II

Theater performance with comedy skits and musical entertainment performed by the SOAP Tones.

Age: 18 years & up

5/5	F	1:30-3:00 PM	\$6	Ticketed Event
5/5	F	7:00-8:30 PM	\$6	Ticketed Event
5/6	Sa	2:00-3:30 PM	\$6	Ticketed Event

#### Pool Tournament M

Compete in an 8-Ball tournament; prizes awarded for the top three scores.

Age: 18 years & up

Location: Senior Center

5/6	Sa	10:00 AM-3:00 PM	\$16	212460-01
			\$13.75 Member	



**Kites In The Park**

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

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5/21	10:00 AM–3:00 PM	No Fee
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**Welcome Home – Honoring Our Vietnam Veterans**

This year marks the 50th Anniversary of the Vietnam War. As an official Commemorative Partner in the Vietnam War Commemorative Partner Program, Parks & Recreation and the Veterans Plaza extend our gratitude to those who have served and their families. In addition to a weeklong reading of names at the Traveling Vietnam Memorial wall, a recognition event takes place Saturday and features the USO Show, food trucks, and live music.

Location: Veterans Plaza, Spring Canyon Park

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5/27	Sa	Noon–6:00 PM	No Fee
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**LEGEND**

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

## Sports

## Adult Sports

## Basketball

## Spring Men's Basketball

Teams sign up for their level preference on a first come basis. Registration begins 2/10, ends 3/17 or when leagues fill; 6 games scheduled. Leagues begin the week of 3/27. Rosters are unlimited. Ages 16–17 years need parent signature on roster prior to participation.

Age: 16 years & up Location: Northside Aztlan Center  
Cost: \$341 Date: 3/31–5/5

Fri Competitive 213901-01 Fri Recreational 213901-02

## 3 vs 3 Tournament

3 on 3 basketball tournament for adult men, women, and coed teams. Championship t-shirts for the winning teams. Registration begins 2/2; 3 games guaranteed with pool play and bracket tournament. Ages 16–17 years need parent signature on roster prior to participation.

Age: 16 years & up Location: TBA  
Cost: \$80

Date: 4/1 213901-03

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- Free first session
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- 6-session program
- Positive, supportive approach
- Sliding fees\*

[healthdistrict.org/quitsmoking](http://healthdistrict.org/quitsmoking)

**Health District** 224-5209  
OF NORTHERN LARIMER COUNTY

\*For those who qualify

## Summer Adult Basketball

Teams sign up for their level/playing preference on a first come basis. Registration begins 5/2, 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, 7/1.

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

## Flag Football

## Spring Adult Flag Football

Leagues are 8-on-8 non-contact. Registration begins 2/2, ends 3/10 or when leagues fill; 6 games scheduled, 6 games guaranteed. League begins the week of 3/20. Rosters are unlimited. Ages 16–17 years need parent signature on roster prior to participation.

Age: 16 years & up Location: Rolland Moore Park  
Cost: \$330 Date: 3/20–5/1

Mon Recreational 213011-01

## Spring Adult Indoor Flag Football

Indoor league is 8-on-8 non-contact. Games played Sunday mornings between 8 a.m. – Noon. Registration begins 2/2, ends 3/17 or when league fills; 6 games scheduled, 6 games guaranteed. Rosters are unlimited. Ages 16–17 years need parent signature on roster prior to participation.

Age: 16 years & up Location: The Edge  
Cost: \$450 Date: 3/26–4/30

Sun Recreational 213912-01

## Kickball

## Spring Coed Kickball

Form a team and play a game invented on the playground. Now offering coed competitive and recreational leagues. Registration begins 2/2, ends 3/10 or when league fills; 6 games scheduled. League begins 3/24. Rosters are unlimited. Ages 16–17 years need parent signature on roster prior to participation.

Age: 16 years & up Location: Rolland Moore Park  
Cost: \$185 Date: 3/24–5/5213021

Coed  
Fri Competitive 213061-01 Fri Recreational 213061-02

**Summer Adult Coed Kickball**

Form a team and play a game invented on the playground. Now offering coed competitive and recreational leagues. Registration begins 5/2, ends 5/26 or when league fills; 8 games scheduled. League begins 6/2. 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: Rolland Moore Park  
 Cost: \$255    Date: 6/2–8/4  
 Fri Competitive    313061-01    Fri Recreational    313061-02

**Softball****Spring Softball**

Dust off the rust before the summer leagues begin. Registration begins 2/2, ends 3/10 or when leagues fill. Leagues begin the week of 3/19; 6 games scheduled. Rosters are unlimited. Ages 16–17 years need parent signature on roster prior to participation.

Age: 16 years & up    Location: Rolland Moore Park  
 Cost: \$345    Date: 3/19–5/5

**Men's Softball**

Sun IV	213021-01	Wed II	213021-06
Mon III	213021-02	Wed III	213021-07
Mon IV	213021-03	Wed IV	213021-08
Tues III	213021-04	Thurs III	213021-09
Tues IV	213021-05	Fri IV	213021-10

**Women's Softball**

Thursday III	213022-01
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**Coed Softball**

Sun Competitive	213023-01	Wed Competitive	213023-05
Sun Recreational	213023-02	Wed Recreational	213023-06
Tues Competitive	213023-03	Thurs Recreational	213023-07
Tues Recreational	213023-04		

**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 2/2, ends 4/21 or when leagues fill. Rosters are unlimited. Ages 16–17 years need parent signature on roster prior to participation. **Note:** Class 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	Tues IV	313021-07
Sun IV	313021-02	Wed II	313021-08
Mon III	313021-03	Wed III	313021-09
Mon IV	313021-04	Wed IV	313021-10
Tues II	313021-05	Thurs III	313021-11
Tues III	313021-06	Thurs IV	313021-12

*Summer Adult Softball continued*

Fri IV	313021-13	Friday 40 years & Up	313021-15
Fri Wood Bat	313021-14		

**Women's Softball**

Tues IV	313022-01	Thurs IV	313022-04
Wed IV	313022-02	Thurs Leisure	313022-05
Thurs III	313022-03		

**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
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**Showdown Softball Tournament**

Games played at Rolland Moore Park and other community parks if needed. Play begins 9 a.m. and continues until 10 p.m. (depending on number of entries). Registration begins 5/2, ends 5/26 or when divisions fill; 2 games guaranteed. Rosters are unlimited. Ages 16–17 years need parent signature on roster prior to participation.

Age: 16 years & up

Location: TBA

Cost: \$255

Date: 6/3

Men's II	313025-01	Coed Competitive	313025-04
Men's III	313025-02	Coed Recreational	313025-05
Men's IV	313025-03		

**Volleyball****Spring Adult Women Volleyball**

Coed and women's leagues are offered for 6-person teams. Teams sign up for their level of play and night preference on a first come basis. Levels A = Competitive, BB = Intermediate, B = Recreational. Registration begins 2/2, ends 3/10 or when leagues fill; 8 games scheduled. Leagues begin the week of 3/27. Rosters are unlimited. Ages 16–17 years need parent signature on roster prior to participation.

Age: 16 years & up    Location: TBA  
 Cost: \$275    Date: 3/27–5/19

**Women's Volleyball**

Sun B	213942-01	Wed BB	213942-03
Wed A	213942-02		

**Coed Volleyball**

Mon BB	213943-01	Tues BB	213943-04
Mon B	213943-02	Fri B	213943-05
Tues A	213943-03		





# Team Tennis is In!

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- 🎾 League Coaching
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## Pickleball

### Adult Pickleball League

Play matches against teams with similar skills each week for the duration of the league. Registration begins 2/2, ends 3/17 or when leagues fill. Ages 16–17 years need parent signature on roster prior to participation.

Age: 16 years & up

Location: Senior Center

Cost: \$73

Date: 3/28–5/23

Tues Intermediate/Advanced 213991-01

Tues Beginner/Intermediate 213991-02

### Pickleball Beginner Lessons

Designed for those brand new to pickleball or beginners needing some enhanced skill instruction. Class consists of classroom time to learn the rules, scoring, and the basics. Rotational court time to begin play.

Age: 18 years & up

Location: Senior Center

3/7–3/28	Tu	9:45–11:00 AM	\$25	209478-01
4/4–4/25	Tu	9:45–11:00 AM	\$25	209478-02
5/3–5/24	W	9:45–11:00 AM	\$25	209478-03

## Martial Arts

### Shotokan Karate, Beginners

Designed to introduce karate to individuals who may be interested in this Japanese martial art form. Students may be divided into groups depending on ability. Adults are welcome to participate with their children. Learn basic karate techniques and form before moving on to the intermediate level.

Age: 7 years & up

Location: Northside Aztlan Center

3/13–4/5	M,W	6:00–7:00 PM	\$56.50	222122-01
4/10–5/10	M,W	6:00–7:00 PM	\$56.50	222122-02

### Shotokan Karate, Intermediate

The intermediate level has numerous physical and mental benefits: enhanced physical condition, increased stamina and coordination, increased confidence, self-esteem, discipline, and concentration. Must learn intermediate techniques and forms before moving forward to the advanced level. **Note:** No beginning karate students.

Age: 7 years & up

Location: Northside Aztlan Center

3/13–4/5	M,W	6:00–7:00 PM	\$56.50	222123-01
4/10–5/10	M,W	6:00–7:00 PM	\$56.50	222123-02

### Shotokan Karate, Advanced

Learn new karate concepts while reinforcing the concepts learned in previous classes. Karate is never ending; it continues to develop and change ones physical and mental skills. **Note:** No beginning karate students.

Age: 7 years & up

Location: Northside Aztlan Center

3/13–4/5	M,W	7:00–8:00 PM	\$56.50	222124-01
4/10–5/10	M,W	7:00–8:00 PM	\$56.50	222124-02

## Tennis

### General Information

Lewis Tennis School directs all tennis programs for the City of Fort Collins. With more than 45 years of experience in the tennis industry, Lewis Tennis provides quality lessons, programs and tournaments for all levels and ages with USPTA certified coaches on staff. Tennis director, Larry Lewis, has managed five of the top tennis facilities in the United States.

The programs at Lewis Tennis School provide a positive learning environment for players of all ages. Players learn techniques to become accomplished players, as well as life skills that help them to excel and enjoy tennis and other areas in their life. Thousands of players have participated in these programs over the years as they learn and progress in this great lifetime sport.

### Rolland Moore Pro Shop

Visit our fully stocked pro shop located at the Rolland Moore Racquet Center. Racquets, shoes, accessories, and 24-hour stringing available.

Spring hours are Noon–6:00 p.m. Monday thru Friday and 10:00–4:00 p.m. Saturday

### Registration

For full program information, court availability and to register for programs, visit [Lewistennis.com](http://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

2/27–3/25 Session 1  
3/27–4/22 Session 2  
4/24–5/20 Session 3

### Beginner Lessons

Whether you have never played or are getting back into the game after a long hiatus, learn and develop fundamentals to really enjoy the game. Learn the correct way to hit forehands, backhands, volleys, overheads, and serves, as well as the basic rules and strategies as you start competition.

Age: 18 years & up

M, W	6:00–7:30 PM
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### Intermediate Lessons

Learn the “Modern Game” of tennis and refine skills by experiencing techniques that are used by the pros. Develop your topspin, forehand, backhand and serves, as well as learn doubles and singles strategies that win.

Age: 18 years & up

Tu, Th	6:00–7:30 PM
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### League Coaching

Get ready for the USA Tennis Leagues. Professional coaching improves team strategy, technique, and mental toughness to enable you to compete at your best. A variety of coaching programs available.

### Premier Clinics

Designed for the beginning through advanced player who wants more personal attention in their group instruction. Great for friends who want to learn together. Clinic times are flexible. Low student to pro ratio.

Age: 18 years & up

### Private Lessons & Ball Machine

Private lessons are available with USPTA certified professionals and college coaching staff. Times are flexible; just let us know when you're available. Rent the ball machines to work on that pesky backhand.

## Youth Tennis

### Session Dates for All Classes

2/27–3/25 Session 1
3/27–4/22 Session 2
4/24–5/20 Session 3

### Summer Junior Team Tennis

Low Cost 8 Week Program- Practice & Competition. Matches are held on Mondays from 6/12–7/24. Competition includes teams from Fort Collins, Loveland, Windsor, and Greeley. Entry deadline is 5/15.

### New! 8 & Under Tennis Courts at Rolland Moore Park

Experience the new courts designed for young players 8 years and under.

### New! Little Lobbers

After school indoor Little Lobbers program at the Foothills Activity Center. Call 970.493.7000 for dates, times, and additional information.

### 10 Years & Under

Exciting play format for those learning tennis. Designed to bring kids into the game by utilizing specialized equipment, shorter court dimensions, and modified scoring, all tailored to age and size.

#### Little Lobber

Age: 4–6 years

Sa	10:00–10:45 AM
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#### Future Star

Age: 7–8 years

M, W	4:30–6:00 PM
Sa	11:00 AM–12:30 PM

#### Aces

Age: 9–10 years

M, W	4:30–6:00 PM
Sa	11:00 AM–12:30 PM

### Middle School

Middle School players develop their games to effectively compete on middle and high school teams or just enjoy the benefits of this great lifetime sport.

#### Challenger (new player)

Age: 11–13 years

Tu, Th	4:00–6:00 PM
Sa	1:00–3:00 PM

#### Competitive (Int/Adv)

Age: 11–13 years

Tu, Th	4:00–6:00 PM
Sa	1:00–3:00 PM

### High School

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.

#### Wimbledon (new player)

Age: 14–18 years

Tu, Th	4:00–6:00 PM
Sa	1:00–3:00 PM

#### Grand Slam (Int/Adv)

Age: 14–18 years

Tu, Th	4:00–6:00 PM
Sa	1:00–3:00 PM

### Performance Training

For the devoted junior player who has already developed a solid foundation of the game and has shown a high level of commitment. Players typically have goals of state and sectional rankings, high school varsity play, and college scholarships. Players must be accepted by Head Pro. Call 970.493.7000 for times and additional information.

### Homeschool Classes

Tennis classes are held at flexible times during the day. Contact Lewis Tennis to arrange a homeschool class for your children.

### After-School Enrichment

Tennis classes are held after school in the gymnasiums of local elementary schools. Check with your school for details.

### Junior Spring Tournaments

Contact 970.493.7000 to enter.

3/4	Junior March Madness Challenger
4/1	Junior Spring Fling Challenger
4/22	Junior Summer Super Set Challenger Series #1
4/29	Junior Summer Super Set Challenger Series #2
5/20	Extravaganza

## Youth Sports

### Basketball

#### New! Spring Break Basketball Skills Camp

Camp includes basketball fundamentals with an emphasis on shooting, footwork, defensive positioning, and ball handling. Campers will receive a camp shirt and their own basketball.

Grade: Kindergarten–8

Location: Northside Aztlan Center

3/13–3/15	M–W	5:00–6:30 PM	\$66	214000-01
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#### Freeze Basketball Tryouts

Introduction to competitive basketball. Teams are registered in the City Summer Basketball League in the Competitive Division and two Competitive Tournaments. Tryouts are held to form teams based on skill level. Fee includes 1–2 practices per week (practices are indoor and outdoor), coaches, league and tournament costs, and uniforms.

**Note:** Boys tryouts are 3/30 and girls are 3/31.

Location: Tryouts are held at Foothills Activity Center; practices and games TBA.

Cost: \$226

Date: 4/8–7/22

Boys Division

Grade 4/5	314000-01	Grade: 7	314000-05
Grade: 6	314000-03	Grade: 8	314000-13

Girls Division

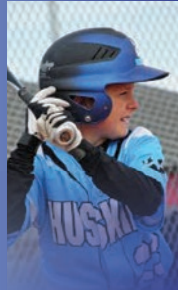
Grade 4/5	314000-02	Grade 7	314000-06
Grade 6	314000-04	Grade 8	314000-14



# Don't Forget to Register for Summer Baseball!

Registration for 2017 Summer Baseball is currently open for Pre-K through 11th Grade!

Registration closes on 3/30/17. Details at [fortcollinsbaseballclub.org](http://fortcollinsbaseballclub.org)



## Intermediate Tryouts:

March 5, 2017

at The Edge Sports Center

Ages 8-14 (age as of 4/30/17)

\*To tryout, players **must** be registered for FCBC Recreational Baseball prior to the Intermediate Tryouts.

[www.fortcollinsbaseballclub.org](http://www.fortcollinsbaseballclub.org)

211 S. Bryan Ave (in City Park) • P.O. Box 1031 • Fort Collins, CO 80522

### 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 week nights. Based on the 2016/2017 current school year grade. NBA replica jerseys provided. Interested in coaching? Call 970.416.4297. **Note:** Class will not be held on 7/4.

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		

### Summer Boys & Girls Basketball continued

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	Rolland Moore Park	314004-20
Fossil Creek Park	314004-10	Spring Canyon Park	314004-05
Lee Martinez Park	314004-15	Stewart Case Park	314004-31
Rogers Park	314004-02	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		

## Volleyball

### New! 6th–8th Grade Volleyball

Team play where participation, fun, skills and sportsmanship are stressed; winning is secondary. Practices held one or two times per week. Matches are Saturday mornings and occasionally some week nights. Practice days/times vary; you will hear from the coach by 3/13. Registration deadline is 3/3. Begins the week of 3/20; 6 weeks. Includes school t-shirt; given out at practice.

Grade: 6–8 Location: Foothills Activity Center

Cost: \$76 Date: 3/20–4/29

Blevins	214944-01	Leshar	214944-09
Boltz	214944-03	Lincoln	214944-11
CLP	214944-05	Preston	214944-13
Kinard	214944-07	Webber	214944-15
Liberty Common	214944-08	Wellington	214944-17

## Softball

### Spring 6th Grade Girls Softball

Week night practices with Saturday morning games. **Note:** Practice day/times are determined by coach and do vary. Coaches call prior to the program with practice days/times. Registration begins 2/2. Jersey with participants' school colors included.

Cost: \$61

Date: 4/1–5/13

### Grade 6

Blevins	214023-01	Lincoln	214023-06
Boltz	214023-02	Preston	214023-07
CLP	214023-03	Webber	214023-08
Kinard	214023-04	Wellington	214023-09
Leshar	214023-05		

### New! Softball Coed Tee Ball

Designed to develop skills, sportsmanship, and coordination. Teams practice is 30 minutes before each game, once per week. Based on 2016–2017 current school year grade level. Registration deadline is 5/19. Team shirts included.

Age: 5–6 years

Cost: \$41

Date: 6/5–7/15

City Park	314020-01	Spring Canyon	314020-03
Fossil Creek	314020-02	Rolland Moore	314020-04

### Summer Girls' Softball

Learn and improve slow pitch softball skills and enjoy team competition. 1–2 practices per week (days and times TBA).

Based on 2016–2017 current school year grade level. 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, Coach Pitch

City Park	314021-16	Spring Canyon	314021-20
Fossil Creek	314021-17	Rolland Moore	314021-21
Beattie	314021-18		

### Grade 4–5, Modified Fast Pitch

City Park	314022-16		
Fossil Creek	314022-17	Rolland Moore	314022-20
Spring Canyon	314022-19		

### Grade 6–8, Fast Pitch

Blevins	314023-20	Lincoln	314023-25
Boltz	314023-21	Preston	314023-26
CLP	314023-22	Webber	314023-27
Kinard	314023-23	Wellington	314023-28
Leshar	314023-24		

### C.A.R.A. Track

The basic techniques of track are taught, and participants will be 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

Date: 6/5–7/22

### Age: 3.5–8 years

M,W,F	9:00–10:15 AM	314031-03
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### Age: 9–16 years

M,W,F	10:30–11:45 AM	314031-04
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**Ultimate Frisbee**

Learn the basic fundamentals of ultimate. The main emphasis is equal participation; winning is secondary. Practices are held twice a week with games on Saturday mornings; 6 games scheduled. Coach will send an email with the practice days and times.

Grade: 4–12

Location: Rossborough Park

Cost: \$64 (plus \$15 jersey, if needed)

Date: 3/20–5/13; M,W,Sa

Time: 6:00–8:00 PM

Grade 4–6            214061-01

Grade 7–12        214062-01

**Football****NFL FLAG Football**

Learn the fundamentals of football, teamwork, and sportsmanship through non-contact, continuous action. Emphasis is on equal participation; winning is secondary. Practices are held twice per week with games on Saturday mornings. 6 games plus tournament. Official NFL FLAG jersey included.

Cost: \$84

Date: 4/1–5/13

Grade Kindergarten–1

Blevins Park        214012-32    Greenbriar Park    214012-14

City Park            214012-01    Harmony Park       214012-17

Edora Park          214012-03    Spring Canyon Park 214012-21

English Ranch Park 214012-07    Troutman Park      214012-25

Fossil Creek Park   214012-11    Warren Park         214012-29

Grade 2–3

Beattie Park        214013-01    Greenbriar Park    214013-11

Blevins Park        214013-03    Harmony Park       214013-13

Stew Case Park     214013-05    Rolland Moore Park 214013-19

City Park            214013-31    Spring Canyon Park 214013-21

Edora Park          214013-07    Troutman Park      214013-23

Fossil Creek Park   214013-29    Warren Park         214013-25

Grade 4–5

City Park            214014-03    Harmony Park       214014-11

Edora Park          214014-05    Rolland Moore Park 214014-13

Fossil Creek Park   214014-21    Spring Canyon Park 214014-17

Blevins Park        214014-07    Troutman Park      214014-23

Greenbriar Park    214014-08    Warren Park         214014-25

Grade 6–8

Blevins              214015-01    Lincoln               214015-11

Boltz                 214015-03    Preston               214015-13

CLP                  214015-05    Webber               214015-15

Kinard               214015-07    Wellington          214015-17

Leshar               214015-09

Grade 9–12

Fort Collins         214016-01    Fossil Ridge         214016-05

Poudre               214016-09    Rocky Mountain    214016-15

**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

Age: 5–8 years

4/11–5/16	Tu	5:00–6:05 PM	\$76	214737-01
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5/23–6/27	Tu	5:00–6:05 PM	\$76	214737-03
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Age: 8–14 years

4/11–5/16	Tu	6:10–7:20 PM	\$76	214737-02
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5/23–6/27	Tu	6:10–7:20 PM	\$76	214737-04
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**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

4/11–5/2	Tu	4:15–5:00 PM	\$54	214738-01
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5/9–5/30	Tu	4:15–5:00 PM	\$54	214738-02
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**Video Gaming Free Play**

TEG Arena promotes sportsmanship, communication, teamwork, and strategic thinking. Teams face off weekly for one hour in regular season play leading up to an end of season tournament. 8 consoles, 24" HDTV displays, headsets, controllers, and games with mobile battle stations.

Age: 13 years & up

Location: Northside Aztlan Center

COD Black Ops 3/NBA2K7

3/2	Th	6:00–8:00 PM	No Fee	115571-02
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**Video Gaming Leagues**

TEG Arena promotes sportsmanship, communication, teamwork, and strategic thinking. Teams face off weekly for one hour on Wednesday nights in regular season play, leading up to an end of season tournament. 8 consoles, 24" HDTV displays, headsets, controllers, and games with mobile battle stations.

Age: 13 years & up

Location: Northside Aztlan Center

4/5–5/3	W	5:00–9:00 PM	\$61	215571-01
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**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](http://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

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

**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
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**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, but a focus on fun and important life skills such as team-building and leadership.

Age: 5–9 years

Location: Foothills Activity Center

6/12–6/16	M–F	9:00 AM–Noon	\$125	314071-01
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**Skyhawks Sports 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. 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
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Location: Miramont Park

7/31–8/4	M–F	9:00 AM–Noon	\$125	314071-15
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**Indoor Basketball**

A camp for beginner and intermediate players focuses on the whole player. Using 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
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Age: 7–12 years

7/24–7/28	M–F	9:00 AM–Noon	\$125	314071-14
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**Soccer**

Skyhawks was founded as a soccer club in 1979. We remain the number one choice for introducing children to the fundamentals of soccer. Designed for beginner and intermediate players, progressive curriculum teaches 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
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**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
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**Baseball**

A camp designed for beginner and intermediate players. Using a progressive curriculum we teach 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
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**Beginning Golf**

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 provided.

Age: 5–8 years

Location: Cottonwood Glen Park

7/10–7/14	M–F	9:00 AM–Noon	\$125	314071-10
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# Register **NOW**: Winter-Spring Sports at Northern Colorado's Largest **INDOOR** Sports Center

## Daytime Pre-School Sports

Boys & Girls • New sessions every six weeks  
Call for days & times

**Kinder Kicker Soccer**

**Ages 3 - 5**  
**First Baseball**  
**First Football**  
**First Basketball**

**Ages 4 - 5**  
**First Tennis**  
**Little Laxer Lacrosse**



## Instructional Leagues

Boys & Girls - Beginning & Intermediate Players  
Learn, practice & play in the same day!  
The focus is on learning & having FUN!

### • Soccer

U7 - U11	Tuesdays	2/21 - 3/28
U9 - U11	PDL/Advanced Tues	2/21 - 3/28
U5 - U6	Tuesdays	2/21 - 3/28

### • Lacrosse

<b>BOYS</b>	Gr K - 8	Mondays	3/20 - 5/15
<b>GIRLS</b>	Gr 1 - 8	Tuesdays	4/4 - 5/16

### • Volleyball

Gr 3 - 8	Thursdays	3/23 - 5/18
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### • Flag Football

Gr K - 5	Saturdays	3/25 - 5/20
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### • Baseball

Gr K - 2	Tuesdays	4/4 - 5/9
Gr PK - 8	Wednesdays	3/22 - 5/10

### • Basketball

Gr K - 2	Tuesdays	2/21 - 4/4
		4/11 - 5/16
Gr K - 2	Fridays	2/24 - 4/7
		4/14 - 5/19
Gr K - 2	Saturdays	2/25 - 4/8
		4/15 - 5/20



## Sports Camps & Clinics

### • Baseball

**FCBC Intermediate BB Pre-Tryout Camp**

Ages 8 - 14 Mo, Tu, We, Sa 2/27-28, 3/1 & 4

### • Tennis - Small Group Lessons

Gr K - 6	Fridays	3/24 - 4/28
Gr K - 6	Fridays	5/5 - 5/26

## Multi-Sport Day Camps

Explore & learn the basics of four or more different sports per day. Your kids will go home tired and happy!

Girls & Boys - Grades K - 5

(Full-Day: 9am - 4 pm or Half-Day: 9am - noon)

On All PSD School Days Off, including

- Teacher Work Day 2/17
- Presidents' Day 2/20
- PSD Spring Break 3/13 - 17
- Teacher Work Day 4/7

## Sports-themed Birthday Parties for all Ages!

You pick the sport!  
Football, Baseball,  
Kickball, Soccer,  
Basketball, & more



## "Perpetual Motion" Program

This program was designed by a local pediatric occupational therapist to help kids who "don't fit" in the typical youth athletic stereotype.

The premise is simply to give every child an opportunity to use all their body muscles in a fun, exploratory setting using a structured, "perpetual motion" circuit. Children need only to be able to walk and to independently follow an 'obstacle course' activity format. Preschool & Gr K - 5 classes



Classes after school  
Wednesdays & Fridays

## Family Open Play!

Quality play time with your preschool children **INDOORS** at The Edge!



We provide the space, lights, and sports equipment. You bring the kids & provide the supervision!

Weekdays - call for times - \$5 per family!



**EASY ACCESS at I-25 & Highway 14**  
4450 Denrose Ct. Fort Collins

**For Details & Registration**  
[edgesportscenter.com](http://edgesportscenter.com)  
**970.472.0048**

Locally owned & Operated by Phil & Pat Ebersole

**BIRTHDAY PARTIES • BATTING CAGES • BASEBALL & LACROSSE INSTRUCTION • FIELD TRIPS • MEETING ROOM**



**Lacrosse**

Learn the fundamentals of stick handling, cradling, passing, and shooting in a fun, non-checking environment. Campers also learn respect, teamwork, and discipline. Skyhawks ensures athletes gain a deep understanding of the game and its traditions.

Age: 6–12 years

Location: Cottonwood Glen Park

7/17–7/21	M–F	9:00 AM–Noon	\$125	314071-09
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**Challenger British Soccer Camp**

High-level soccer coaching provided from a team of international experts. Receive the appropriate level of curriculum and a culture/educational experience. Practice foot skills, technical drills, tactical drills, small-sided games, scrimmages, and daily tournament.

**Note:** Includes t-shirt, ball, and graduation party. Register at [challengersports.com](http://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

**Youngsters****Amazing Athletes**

Learn the basics of nine different ball sports including volleyball, basketball, tennis, football, lacrosse, golf, hockey, soccer, and baseball in a fun, non-competitive, learning based environment. Includes kid-friendly cardio, muscle terminology, motor skills, speed, and agility.

Location: Foothills Activity Center

Ages: 18 months–2.5 years

2/9–3/9	Th	10:35–11:00 AM	\$45	114782-03
2/10–3/10	F	10:35–11:00 AM	\$45	114782-04
3/23–4/20	Th	10:35–11:00 AM	\$45	114782-05

*Amazing Athletes continued*

Ages: 2.5–3.5 years

2/9–3/9	Th	9:00–9:30 AM	\$45	114774-03
2/10–3/10	F	9:00–9:30 AM	\$45	114774-04
3/23–4/20	Th	9:00–9:30 AM	\$45	114774-05
3/24–4/21	F	9:00–9:30 AM	\$45	114774-06

Ages: 3.5 years–5 years

2/9–3/9	Th	9:45–10:30 AM	\$45	114775-03
2/10–3/10	F	9:45–10:30 AM	\$45	114775-04
3/23–4/20	Th	9:45–10:30 AM	\$45	114775-05
3/24–4/21	F	9:45–10:30 AM	\$45	114775-06

**Mighty Kicks Classic Program**

Fun high energy introduction to soccer. Each 45-minute session focuses on developing basic soccer, motor, and life skills using age-appropriate curriculum in a non-competitive environment.

Cost: \$91

Age: 3 years

Location: City Park

3/31–5/19	F	9:00–9:45 AM	214972-01
3/31–5/19	F	3:30–4:15 PM	214972-02

Location: Edora Park

3/27–5/15	M	9:00–9:45 AM	214972-15
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Location: Greenbriar Park

3/30–5/18	Th	9:00–9:45 AM	214972-13
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Location: Harmony Park

3/28–5/16	Tu	9:00–9:45 AM	214972-05
3/28–5/16	Tu	3:30–4:15 PM	214972-06

Location: Troutman Park

3/29–5/17	W	9:00–9:45 AM	214972-09
3/29–5/17	W	3:30–4:15 PM	214972-10

Age: 4–5 years

Location: City Park

3/31–5/19	F	10:00–10:45 AM	214972-03
3/31–5/1	F	4:30–5:15 PM	214972-04

Location: Edora Park

3/27–5/15	M	10:00–10:45 AM	214972-16
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Location: Greenbriar Park

3/30–5/18	Th	10:00–10:45 AM	214972-14
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Location: Harmony Park

3/28–5/16	Tu	10:00–10:45 AM	214972-07
3/28–5/16	Tu	4:30–5:15 PM	214972-08

Location: Troutman Park

3/29–5/17	W	10:00–10:45 AM	214972-11
3/29–5/17	W	4:30–5:15 PM	214972-12

**Mighty Kicks Advanced Program**

Recommended for 5 and 6 year olds who have previously participated in the Mighty Kicks Classic program. Each session is one hour and utilizes a more advance curriculum that also includes 3v3 scrimmage time.

Age: 5–6 years

Cost: \$101

Location: City Park

3/31–5/19	F	11:00 AM–Noon	214973-04
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Location: Greenbriar Park

3/30–5/18	Th	4:30–5:30 PM	214973-03
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Location: Troutman Park

3/29–5/17	W	11:00 AM–Noon	214973-01
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Location: City Park

3/31–5/19	F	5:30–6:30 PM	214973-05
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Location: Troutman Park

3/29–5/17	W	5:30–6:30 PM	214973-02
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**Sporties for Shorties**

Work on the fundamentals of sports as they relate to throwing, kicking, and catching. Each session highlights different skills and different sports along with teamwork.

Age: 3–5 years

Location: Northside Aztlan Center

2/22–3/8	W	10:00–10:45 AM	\$29	214776-04
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3/21–4/4	Tu	10:00–10:45 AM	\$29	214776-05
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4/12–4/26	W	10:00–10:45 AM	\$29	214776-06
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**Basketball for Shorties**

Learn the basketball basics and work on large and small motor skills as they relate to shooting, dribbling, and passing. **Note:** Parents/guardians are not allowed as spectators in the gym in order to provide a more efficient class. Players demonstrate what they learned last class.

Age: 4–6 years

Location: Foothills Activity Center

2/2–3/7	Tu	10:00–10:45 AM	\$29	214777-01
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**Football for Shorties**

Learn the basics of football and work on large and small motor skills as they relate to throwing, kicking, and catching.

Age: 4–5 years

Location: Northside Aztlan Center

3/22–4/5	W	10:00–10:45 AM	\$29	214778-02
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**SNAG Golf for Shorties**

Explore SNAG (Starting New at Golf) by working on the fundamentals of golf. All equipment provided.

Age: 4–5 years

Location: City Park

5/16–5/30	Tu	10:00–10:45 AM	\$33	314092-01
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5/17–5/31	W	10:00–10:45 AM	\$33	314092-02
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## 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	12	Gardens on Spring Creek	58
Aqua Fitness	17	Heath & Wellness	61
Aquatics	19	Ice Skating	68
Arts & Crafts	24	Outdoor Recreation	73
Bicycling	30	Pottery	27
Dance & Movement	32	Special Events	75
Education	44	Sports	77
Fitness	50	Trips & Travel	93
Fitness 50+	91		

### Senior Center Membership

Membership 50+ is \$25 annually with scholarships available. Programs that offer a free or discounted fee are indicated throughout the Recreator with an **M**. Benefits include:

- \$3 per month discount for fitness passes and full access passes, or \$1 off daily fitness admissions
- Free admission to drop-in programs including Pool Room, Open Shop, Library & Media Center, BINGO, and Cards & Games at the Senior Center
- 2-day advance registration to Recreator programs
- Member discounts on select services and activities
- Membership in member-only clubs
- Member celebrations
- Free limited legal counseling
- Notary service
- Health & Wellness services

### New Member Orientations

Get a tour of the Senior Center and learn about the resources and opportunities available to you. Ask questions and begin a relationship with the people at the Senior Center. Tours are monthly.

First Friday	9:00–10:00 AM	No Fee
Third Tuesday	5:30–6:30 PM	No Fee

## Clubs and Organizations

### C.H.A.T. Crafts Hobbies and Arts Time **M**

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

Age: 50 years & up

Location: Senior Center

3/1–5/31	W	1:00–3:00 PM	No Fee Member	203496-01
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### Donut Make U Wonder **M**

A group that engages in local, national, and global topical discussions with donuts and coffee.

Ongoing	F	10:00–11:30 AM	No Fee Member
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### Front Range Forum **M**

Front Range Forum serves the residents of Northern Colorado's Front Range who are intellectually curious and dedicated to enriching their daily lives through life-long learning. Members facilitate classes for each other; participants take part in short presentations and informal discussions. Subjects have varied from the Vikings to the stories of Chekov and Jewett; from the Civil War to ethics; and from Van Gogh to Broadway musicals. In addition, the Forum sponsors lectures, a summer arts program, and offers programs - FRF Travels and FRF Goes to the Movies. Membership is \$20 per year. For more information, including our newsletter, visit [fronrangeforum.org](http://fronrangeforum.org).

### Harmonettes **M**

Practice and perform seasonal and themed programs of popular music from years past for local assisted living facilities and for special events. No choral experience required, but ability to read music is helpful. Contact Ashley Ruffer at 970.224.6033, [aruffer@fcgov.com](mailto:aruffer@fcgov.com) for more information.

Location: Senior Center

Practice	M	9:30–11:00 AM	(Except 3rd Monday)
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### Older Gay Lesbian Bisexual Transgender (OGLBT)

A social networking group for persons that are OGLBT and ages 50 years & up. Contact Katie Stieber at 970.224.6029, [kstieber@fcgov.com](mailto:kstieber@fcgov.com), or visit our partner, [NoCoPride.org](http://NoCoPride.org), for more information.

**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: 50 years & up

Location: Senior Center

3/3–5/26	F	1:00–3:00 PM	No Fee Member	203498-01
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**Senior Bowling Leagues**

Bowling leagues are open to league members and substitutes ages 50 years & up. Leagues play at Chippers Lanes on Horsetooth; league fees apply. Contact Karen Burgess at 970.484.2906 for information about leagues at 1 p.m. on Tuesdays and Thursdays.

**Senior Advisory Board**

Advise City Council on issues related to older adults. The board is comprised of individuals of all ages who share a concern for the aging members of our community and consists of 11 members; 9 members are appointed by City Council, and 2 members are appointed from the Senior Center Council. The Senior Advisory Board meets the 2nd Wednesday of each month at 11:30 a.m. Guests are welcome.

**Senior Center Council** M

Assist and advise the administrative staff in matters regarding the operation of the Senior Center. Members are elected representatives from senior membership. Elected representatives meet the 3rd Monday of each month at 1:30 p.m. Members are invited to attend.

**SOAP Troupe (Slightly Older Adult Players)** M

SOAP Troupe produces two major shows per year featuring a variety of acts/short skits, monologues, stand-up comedy, song, dance or instrumental performances, a short play, and usually a melodrama or short comedy. Whether you are experienced or a beginner, your talent can be used to act, pound nails, sew, sing, and/or write. SOAP meets at 1:30 p.m. on the 4th Tuesday of each month. Contact Ashley Ruffer at 970.224.6033, [aruffer@fcgov.com](mailto:aruffer@fcgov.com) for more information.

**The Writers Group** M

Express yourself through writing in any manner you choose regardless of content, genre, or skill. Gather weekly to share work and occasionally write on a topic selected by all. New participants welcome. Contact Ashley Ruffer at 970.224.6033, [aruffer@fcgov.com](mailto:aruffer@fcgov.com) for more information.

Ongoing	Tu	10:00 AM–Noon	No Fee Member
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**Cards & Games****Bridge****Duplicate Bridge** M

Weekly duplicate bridge skill development and companionable play.

Age: 18 years & up

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

**Bridge Mentoring** M

Half hour review of one topic followed by Bridge play. Mentor assists with bidding and playing questions per the 21st Century Standard American Bridge system.

3/13, 3/27, 4/10, 4/24, 5/8, 5/22	M	6:00–8:30 PM	\$3.25
			No Fee Member

**Party Bridge, Pinochle, and Mahjong** M

Drop-in bridge, pinochle, and mahjong games

Age: 18 years & up

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

**Practice Duplicate Bridge Game** M

Designed for beginners. Quarterly drop-in game to develop skills and have companionable play in preparation for the weekly Friday Duplicate Bridge game. Mentor partners available. Prerequisite: Can play a bridge hand in 7 minutes.

4/19	W	5:30–8:30 PM	\$3.50
			\$2.50 Member

**Bridge 5, Commonly Used Convent** M

Build upon Bridge 3 and 4 skills by adding more bidding and playing skills as outlined in the ACBL Commonly Used Conventions in the 21st Century Course Book. Price includes supplies. Prerequisite: Bridge 3 or instructor approval. **Note:** Non-refundable program fees are \$10.

4/5–5/31	W	5:30–8:30 PM	\$101	212459-01
			\$87.50 Member	

**Bridge P2, Play of the Hand “Play” Course M**

Practice Bridge 3 playing and bidding concepts using structured play as outlined in the ACBL Play of the Hand “Play” Course Manual. Price includes supplies. Prerequisite: Bridge 3 or instructor approval. **Note:** Non-refundable program fees are \$5.

3/6, 3/20, 4/3, 4/17	M	5:30–8:30 PM	\$46	212461-01
\$40 Member				

**Bridge P3, Defense “Play” Course M**

Practice Bridge 4 playing and bidding concepts as outlined in the ACBL Defense “Play” Course Manual. Prerequisite: Bridge 3 or instructor approval. **Note:** Non-refundable program fees are \$5.

5/1, 5/15, 6/5, 6/19	M	5:30–8:30 PM	\$46	212462-01
\$40 Member				

**Bridge R1, Beginning Party Bridge M**

Introduction to basic bridge playing and bidding concepts. Become familiar with rubber bridge scoring, needed for play in Party Bridge groups.

3/6–4/24	M	2:00–5:00 PM	\$81	212463-01
\$67 Member				

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**General Games**

**Bingo M**

Compete in BINGO for prizes.

3/13, 4/10, 5/8	M	1:00–2:00 PM	No Fee	Member
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**Cards & Games M**

Cards and board games such as canasta, mahjong, scrabble, and cribbage, are played.

Ongoing	M	9:00 AM–Noon	No Fee	Member
Ongoing	W	12:30–4:00 PM	No Fee	Member

**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.

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

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

The fitness classes listed below are specific for ages 50 years & up. See page 50 for information about additional fitness classes, as well as information about personal training services.

**Bicycling**

**Silver Spokes Ride**

Ride 8–10 miles on local recreational trails and low stress routes with Bicycle Ambassadors to guide you. **Note:** Bikes and helmets required, but can be provided if needed. Call 970.221.6987 to request.

5/23	Tu	10:00–11:30 AM	No Fee	230922-01
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you're family.*

*We welcome  
your family  
to join ours.*



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## Land 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.

3/14–4/11	Tu	11:00–11:50 AM	\$21	209436-01
4/18–5/16	Tu	11:00–11:50 AM	\$21	209436-02

### 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.

3/13–4/14	M,W,F	8:50–9:50 AM	\$61	209437-01
4/17–5/19	M,W,F	8:50–9:50 AM	\$61	209437-02
3/13–4/12	M,W	8:50–9:50 AM	\$41	209437-1A
3/13–4/10	M	8:50–9:50 AM	\$21	209437-1B
4/17–5/17	M,W	8:50–9:50 AM	\$41	209437-2A
4/17–5/15	M	8:50–9:50 AM	\$21	209437-2B

### Body & Mind in Motion

Perform a variety of arm and leg movements while sitting in a chair. Designed for adults with physical limitations.

3/13–4/14	M,W,F	10:00–10:55 AM	\$61	209442-01
4/17–5/19	M,W,F	10:00–10:55 AM	\$61	209442-02
3/13–4/12	M,W	10:00–10:55 AM	\$41	209442-1A
3/13–4/10	M	10:00–10:55 AM	\$21	209442-1B
4/17–5/17	M,W	10:00–10:55 AM	\$41	209442-2A
4/17–5/15	M	10:00–10:55 AM	\$21	209442-2B

### 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.

4/24–6/14	M,W	2:30–3:30 PM	No Fee	209439-01
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### Balance 201

Just like strength improves with practice, so can balance. Practice techniques and work to develop body awareness, methods, and confidence in facing challenging balance issues.

3/16–4/13	Th	12:30–1:30 PM	\$21	209448-01
4/20–5/18	Th	12:30–1:30 PM	\$21	209448-02

### Parklane Fitness

Receive instruction while sitting in a chair to improve flexibility, strength, coordination, and cardiovascular fitness.

Location: Parklane Towers North, 415 N. Howes St.

3/14–4/13	Tu,Th	9:30–10:30 AM	\$41	209440-01
4/18–5/18	Tu,Th	9:30–10:30 AM	\$41	209440-02

### 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.

3/17–4/14	F	11:00–11:45 AM	\$16	209441-01
4/21–5/19	F	11:00–11:45 AM	\$16	209441-02

### Swiss Theraball

Enjoy gentle, effective, low-impact exercise on a Theraball to improve balance, endurance, flexibility, and strength with this relaxing routine.

3/16–4/13	Th	4:00–5:00 PM	\$21	209443-01
4/20–5/18	Th	4:00–5:00 PM	\$21	209443-02

### Tai Chi 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.

3/17–4/14	F	3:00–4:00 PM	\$21	209431-01
4/21–5/19	F	3:00–4:00 PM	\$21	209431-02

### Yoga, Chair

Adaptive exercise practiced in a chair. Relax the body and mind, improve musculoskeletal fitness and flexibility, and receive healing and restorative benefits.

3/13–4/10	M	8:30–9:30 AM	\$21	209466-01
4/17–5/15	M	8:30–9:30 AM	\$21	209466-02

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This spring, become immersed in Chinese culture through a cultural series of programs and events.

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- UNRAVEL YIN & YANG
- PLAY MAHJONG
- DINE ON TRADITIONAL CUISINE
- PAINT CHINESE BRUSH

For more information, see page ?? or visit [fcgov.com/seniorcenter](http://fcgov.com/seniorcenter).

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## SilverSneakers

Do you want to learn more about SilverSneakers? Inquire at the front desk of Senior Center or Northside. **Note:** SilverSneakers nonmembers may attend by paying the drop-in rate or register for the session.

### Classic Silver Sneakers

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a small ball are offered for resistance, and a chair is used for seated or standing support.

Location: Senior Center

3/14–4/13	Tu,Th	10:10–10:55 AM	\$31	209444-01
4/18–5/18	Tu,Th	10:10–10:55 AM	\$31	209444-02
3/18–4/15	Sa	10:30–11:15 AM	\$16	209444-03
4/22–5/20	Sa	10:30–11:15 AM	\$16	209444-04

Location: Northside Aztlan Center

3/13–4/12	M,W	11:00–11:45 AM	\$31	209545-01
4/17–5/17	M,W	11:00–11:45 AM	\$31	209545-02

### Circuit Silver Sneakers

Move through a series of exercises in a circuit format to improve cardiovascular endurance and muscular strength and endurance.

Location: Senior Center

3/13–4/14	M,W,F	1:00–1:45 PM	\$46	209446-01
4/17–5/19	M,W,F	1:00–1:45 PM	\$46	209446-02

### Splash Silver Sneakers

Fun shallow-water moves that improve agility, flexibility, and cardiovascular endurance. No swimming ability required. A special SilverSneakers kickboard is used to develop strength, balance, and coordination.

Location: Mulberry Pool

3/13–4/12	M,W	9:30–10:30 AM	\$41	209247-01
4/17–5/17	M,W	9:30–10:30 AM	\$41	209247-02

Location: Edora Pool Ice Center

3/14–4/13	Tu,Th	1:30–2:30 PM	\$41	209347-01
4/18–5/18	Tu,Th	1:30–2:30 PM	\$41	209347-02

Location: Senior Center

3/14–4/13	Tu,Th	12:15–1:10 PM	\$41	209447-01
4/18–5/18	Tu,Th	12:15–1:10 PM	\$41	209447-02
3/14–4/13	Tu,Th	1:15–2:10 PM	\$41	209447-03
4/18–5/18	Tu,Th	1:15–2:10 PM	\$41	209447-04

## Yoga Silver Sneakers

Focus on poses and postures to improve joint range of movement, muscular strength, endurance, and balance. Static and dynamic movements are presented with a chair for seated and standing support.

3/13–4/12	M,W	4:10–4:55 PM	\$31	209467-01
4/17–5/17	M,W	4:10–4:55 PM	\$31	209467-02
3/14–4/13	Tu,Th	11:10–11:55 AM	\$31	209467-03
4/18–5/18	Tu,Th	11:10–11:55 AM	\$31	209467-04
3/18–4/15	Sa	11:15 AM–Noon	\$16	209467-05
4/22–5/20	Sa	11:15 AM–Noon	\$16	209467-06

## General

### Emergency Preparedness for Seniors

Learn from the experts about what to do if a large-scale disaster like a tornado, flood, or wildfire threatened the community. Find out how to prepare and react in an emergency. Also, explore concerns such as limited mobility, pets, or hard to find medication. Provider: Fort Collins Office of Emergency Management.

5/1	M	11:00 AM–Noon	No Fee	207478-01
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### Fall Prevention

The majority of falls are preventable. Learn what hazards exist in the home, how to be safe and avoid falls, and the best way to get up in case of a fall. Provider: Poudre Fire Authority.

4/3	M	11:00 AM–Noon	No Fee	207479-01
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### Fire Safe Seniors

Be fire safe with information about new fire prevention technology and techniques, as well as reliable standby's such as smoke alarms and extinguishers. Provider: Poudre Fire Authority.

3/6	M	11:00 AM–Noon	No Fee	207480-01
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### Fraud Prevention

Learn how to stay safe from fraud prevention. Discuss current scams in Colorado; how to recognize, refuse and report scams; how to outsmart investment fraud; prevent identity theft; and identify technology and sweepstakes scams. Provider: AARP Foundation

3/8	W	10:00–11:30 AM	No Fee	207482-01
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## Health & Wellness

### Brain & Balance **H**

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. Provider: Diane Horak, Columbine Health Systems.

Age: 18 years & up

3/9–3/30	Th	1:30–2:00 PM	\$15	225438-01
4/6–4/27	Th	1:30–2:00 PM	\$15	225438-02
5/4–5/25	Th	1:30–2:00 PM	\$15	225438-03

## Sports

### AOA Badminton

Active Older Adults play drop-in badminton. **Note:** Drop-in fees apply.

Age: 18 years & up

Location: Northside Aztlan Center

3/2–5/25	Tu,Th	8:00–10:00 AM
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### AOA Basketball

Active Older Adults suit-up and play hoops on the court during this pick-up game. **Note:** Drop-in fees apply.

Age: 18 years & up

Location: Northside Aztlan Center

3/1–5/31	M,W,F	8:00–10:00 AM
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### Senior Travel Softball

Travel to games in other cities, as far as Colorado Springs, and in Fort Collins. Registration begins 2/2, ends 3/17; 28 league games plus a season ending tournament–32 games total.

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

Age: 50 years & up

Location: TBA

Date: 4/26–8/16	313026-01	\$76
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## Resources

### Legal Services **M**

Free 30-minute sessions every 1st Thursday of the month. Contact the Senior Center to schedule an appointment.

3/2	Th	1:00–5:00 PM	No Fee Member
4/6	Th	1:00–5:00 PM	No Fee Member
5/4	Th	1:00–5:00 PM	No Fee Member

### 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 the daily drop-in rate. Additionally, users may contribute to the maintenance of the facility by making a donation in the donation box located in the room.

### VOA Senior Nutrition Program

Volunteers of America and the City of Fort Collins Recreation Department host the Senior Nutrition Program to provide hot lunch at Northside Aztlan Community Center and the Senior Center. There is no charge for ages 60 years & up (and their spouses). Reservations required; contact 970.472.9630 by 1:30 p.m. one business day prior.

Location: Senior Center

Ongoing	M,Tu,Th,F	Noon	\$2.50 suggested donation
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Location: Northside Aztlan Center

Ongoing	Tu,W,Th	Noon	\$2.50 suggested donation
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### Volunteers

We strive to provide our trained volunteers with quality opportunities that meet their expectations, align with their skills and needs, and capitalize on the many talents they possess. Our volunteers gain new skills, forge new friendships, interact with fellow community members, enrich their community through purposeful activity, utilize their life experiences to enhance the lives of others, learn new things about themselves, set and achieve personal goals, and make a positive difference in the lives of others.

Volunteers may choose from one-time special events to longer term commitments in a variety of areas. For more information, visit [fcgov.com/recreation/](http://fcgov.com/recreation/) join us or contact Betsy Emond at 970.224.6030, [bemond@fcgov.com](mailto:bemond@fcgov.com).

## Social Programs & Special Events

See a list of Special Events available for all ages on page 75.

### Cultural Series

The focus of this season's cultural series is China. Experience Chinese culture first-hand from sights and sounds to taste and health. For information about upcoming programs and events in the Cultural Series, see page 75.

### Social Programs

#### Afternoon at the Movies, New Releases and Classics **M**

Movie showings of new releases and classics with popcorn. Schedule of movie titles available at the front desk.

3/3, 3/17, 4/7, 4/21, 5/5, 5/19 F 1:00–3:00 PM No Fee Member

#### Coffee with Bob

Grab a cup of coffee with Recreation Director, Bob Adams. We'll provide the coffee, you provide the topic. No registration required.

3/29	W	9:00–10:00 AM	No Fee
4/26	W	8:30–9:30 AM	No Fee
5/24	W	9:00–10:00 AM	No Fee

#### Prairie Sage Dances – NW

Dance to live music. Refreshments served.

(Singing the Blues)

3/6	M	7:00–10:00 PM	\$5	Ray Cox
3/20	M	7:00–10:00 PM	\$5	H & H

Theory (1950s)

4/3	M	7:00–10:00 PM	\$5	Jim Ehrlich
4/17	M	7:00–10:00 PM	\$5	Big Twang

Pink Flamingo

5/1	M	7:00–10:00 PM	\$5	Pepie
5/15	M	7:00–10:00 PM	\$5	Ray Cox

#### Rec On Record

Monthly talk show hosted and recorded onsite at the Fort Collins Senior Center. Host welcomes guests to discuss hot topics in Recreation and the City of Fort Collins. The public is invited to join in the live studio audience.

Age: 18 years & up

Location: Twinberry Auditorium, Senior Center

3/17	Th	11:00 AM–Noon	No Fee
4/21	Th	11:00 AM–Noon	No Fee
5/18	Th	11:00 AM–Noon	No Fee

## THERE'S A BETTER WAY

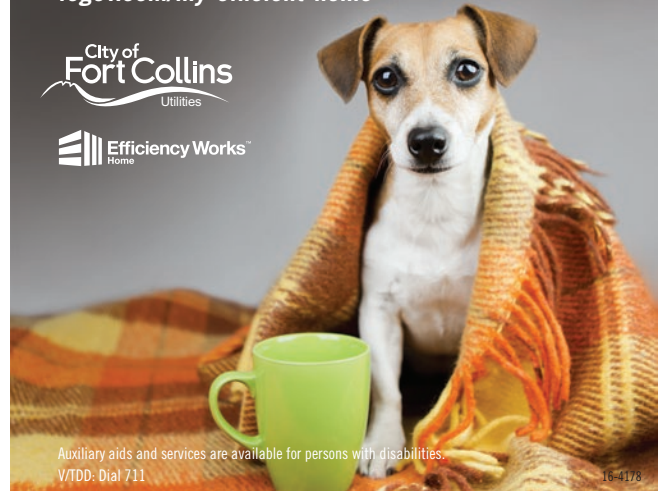
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### Special Events

#### Celebrations **M**

Celebrate January, February, and March birthdays and anniversaries with cake, gifts, and entertainment.

3/23 Th 1:30–3:00 PM No Fee Member 212410-01

#### Historical Café **M**

The Confucius Institute at Colorado State University shares Chinese philosophy and the guqin (goo'cheen), a Chinese stringed instrument with a long history. Lunch is served. Please note dietary restrictions when registering.

Age: 18 years & up

Location: Senior Center

3/15	W	11:30 AM–1:30 PM	\$23	212440-01
			\$19.70 Member	

#### Historical Café **M**

Mac McNeil, local historian, journeys back in time with photos and stories to when the first automobile was introduced in Fort Collins. Lunch included. Please note dietary restrictions when registering.

Age: 18 years & up

4/19	W	11:30 AM–1:30 PM	\$23.00	212441-01
			\$19.70 Member	

## Trips & Travel

Senior Center trips are for ages 50 years & up unless otherwise noted.

### Registration

Pre-registration is required for all trips. Some ticketed events have an early registration deadline. Register online at *webtrac.fcgov.com* or call 970.221.6644.

### Refunds/Cancellation

Ticketed trip sales are considered final after the deadline printed for each activity and non-refundable. No refunds are given unless we resell that ticket. Ticketed trips include but are not limited to shows, special events, and sports games. Full refunds are available for overnight trips until the final payment deadline 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 when listed. Additional discounts do not apply.

### Departure

All trips leave from the Fort Collins Senior Center unless otherwise noted. We recommend you arrive at least 15 minutes prior to departure. Out of respect for the other participants, we do not wait for late arrivals; trips leave promptly at the posted trip time.

### Return Times

All return times are approximate. Please do not schedule appointments close to return times in case delays occur.

### What's Included

All trip prices include transportation and escort, unless otherwise noted. Many trips include more amenities depending on the trip. See trip details for more information.

### Accommodations

Individuals who are not independent in daily living activities or are in need of extra supervision are encouraged to register and participate with a personal care attendant. At time of registration, please inform us of any accommodation needed.

There is no transportation fee for the personal care attendant providing assistance but he/she must pay for ticket and meal expenses if those are part of the trip fees. Attendants must register separately from individuals they are assisting in order to ensure that we provide necessary seating, meals, tickets, etc.

### Smoking

Trips are smoke-free whenever possible. Smoking is not allowed on vans or buses.

### Door-to-Door Transportation

Round trip transportation to and from your home is available for most trips if you reside within the Fort Collins city limits (with some exceptions). 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

### Colorado Springs – May 2017

Head to Colorado Springs for an action packed two days of sightseeing. Visit the Cheyenne Mountain Zoo and the Pioneer Museum before spending a restful night at the Mining Exchange in downtown. Next, take a trip on the Pikes Peak Cog Railway, the easiest way to the top of this famous 14er. Finish the trip with an insight into world class athletes at the U.S. Olympic Training Center. **Note:** 2 Days/1 Night. Fee includes lodging, admission fees, and some meals. Non-refundable after final payment deadline 4/7/17.

#### Single Occupancy, per person

5/10–5/11	W,Th	\$400	205991-01
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#### Double Occupancy, per person

5/10–5/11	W,Th	\$300	205991-01
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**Canadian Harbourlife – July 2017**

Two countries, one cruise ship, unlimited sights. The waters of the Pacific Northwest contain hundreds of islands, some a little more than rocky reefs; others rise to nearly 2,500 ft. Visit the San Juan Islands, considered to be the loveliest, and experience breathtaking rolling pastures, rocky shorelines, and thickly forested ridges. Cruise with guided tours from Mt. Rainier National Park outside of Seattle to the Butchart Gardens in Victoria, British Columbia. **Note:** 8 days/7 nights. Fee includes lodging, guides, some meals, and admissions. Non-refundable after final payment deadline 3/31/17.

## Single Occupancy, per person

6/15–6/26	\$4,849	305996-01
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## Double Occupancy, per person

6/15–6/26	\$3,399	305996-01
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**Trains, Peaches, and Arches – August 2017**

Ride an Amtrak train to Glenwood Hot Springs to soak the night away and then through the picturesque beauty of the Colorado National Monument on our way to Moab to tour Arches National Park and Red Cliffs Lodge. Wine and dine on a cruise along the Colorado River and tour High Country Peaches. **Note:** 4 day/3 nights. Includes lodging, meals, admissions, hot springs, and tours. Non-refundable after final payment deadline 3/26/17.

## Single Occupancy, per person

8/29–9/1	\$900	305992-01
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## Double Occupancy, per person

8/29–9/1	\$700	305992-01
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**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
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## Double Occupancy, per person

8/27–9/4	\$1,947	305997-01
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**America's Great Train Journey – September 2017**

Travel through the history of the west by train and sleep soundly in hotels at night. 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
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## Double Occupancy, per person

9/8–9/15	\$2,600	405994-01
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**El Camino, Spain – October 2017**

The Camino de Santiago is a journey of the soul and spirit, drawing people today as it has for more than a thousand years. Walk in the footsteps of St. Francis of Assisi and Pope John Paul to the tomb of St. James. Experience the pleasing rhythm of your staff hitting the ground, the road unrolling before you in the rain-washed landscape of Galicia, continue footstep after footstep through ancient villages. **Note:** 10 days/9 nights. Fee includes local guides, most meals, flights, and lodging. Non-refundable after final payment deadline of 5/5/17.

## Single Occupancy, per person

10/3–10/13	\$5,900	405992-01
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## Double Occupancy, per person

10/3–10/13	\$5,100	405992-01
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**Cruising Hawaii's Paradise – December 2017**

Sail through the breathtaking scenery of the Hawaiian Islands. The highlight 6 of this Hawaii tour is a 7-night cruise around the Hawaiian Islands aboard Norwegian Cruise Line's Pride of America. On this Hawaii cruise, 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
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## Double Occupancy, per person

12/6–12/16	\$4,301	105990-01
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## Ongoing Trips

### Casino Trips

A day in the mountains at the Mardi Gras Blackhawk. **Note:** Fee includes casino package and a coupon for lunch.

Location: Rolland Moore Park

3/14	Tu	8:00 AM–5:30 PM	\$11	205910-01
3/28	Tu	8:00 AM–5:30 PM	\$11	205910-02
4/11	Tu	8:00 AM–5:30 PM	\$11	205910-03
4/25	Tu	8:00 AM–5:30 PM	\$11	205910-04
5/9	Tu	8:00 AM–5:30 PM	\$11	205910-05
5/23	Tu	8:00 AM–5:30 PM	\$11	205910-06

### Outdoor Strolls

These short, easy level strolls in scenic areas are 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 and weather gear required. **Note:** Bring your own lunch, snacks, and water. See page 72 for information about additional hiking and outdoor activities.

#### Pawnee Buttes

4/27	Th	9:00 AM–3:00 PM	\$21	211902-01
				\$18 Member

#### Rocky Mountain Arsenal

5/11	Th	9:00 AM–3:00 PM	\$21	211902-02
				\$18 Member

#### Gateway Natural Area

5/25	Th	9:00 AM–3:00 PM	\$21	211902-03
				\$18 Member

### Rockies Games

Enjoy a game from the shaded seats at Denver's Coors Field.

**Note:** Fee includes Club level ticket. Non-refundable after two weeks prior to each game day.

#### vs Nationals

4/27	Th	10:30 AM–6:00 PM	\$38	205901-01
				\$32.45 Member

#### vs Dodgers

5/14	Su	11:30 AM–7:00 PM	\$38	205901-02
				\$32.45 Member

#### vs Mariners

5/29	M	10:30 AM–6:00 PM	\$38	205901-03
				\$32.45 Member

### Out to Lunch

Join friends for a trip out to lunch. **Note:** Lunch cost is on your own.

#### Conor O'Neills

Join us for an authentic St. Patrick's Day lunch.

3/13	M	10:30 AM–3:30 PM	\$21	205930-01
				\$18 Member
3/14	Tu	10:30 AM–3:30 PM	\$21	205930-02
				\$18 Member

#### Canton Palace

Voted best Chinese restaurant in Northern Colorado, Canton Palace is known for its modern interpretation of classic Chinese dishes and its insistence on only using high quality fresh ingredients.

4/11	Tu	11:00 AM–2:30 PM	\$21	205930-03
				\$18 Member
4/20	Th	11:00 AM–2:30 PM	\$21	205930-04
				\$18 Member

#### Village Tavern

Enjoy the simple philosophy of Village Tavern: serve the best possible food, at affordable prices, using only the finest freshest ingredients.

5/23	Tu	10:30 AM–3:30 PM	\$21	205930-05
				\$18 Member

### Sunday Out to Lunch

Head somewhere in the specified area for lunch to enjoy a day out of the house. We don't tell you which restaurant because the mystery is half the fun. A scenic ride home tops it off. **Note:** Lunch is on your own.

#### Niwot

3/19	Su	11:00 AM–3:00 PM	\$11	205932-01
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#### Brighton

4/23	Su	11:00 AM–3:00 PM	\$11	205932-02
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#### Windsor

5/28	Su	11:30 AM–2:30 PM	\$11	205932-03
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**Traveling Gourmet** 

Get fancy for dinner and try gourmet Colorado cuisines. **Note:** Dinner cost on your own.

**Sugarbeet**

A wonderful spot for an incredible meal in an intimate, yet casual atmosphere. The menu items are carefully crafted with local ingredients that are sure to please. Price range: \$40–65.

3/7	Tu	4:30–9:30 PM	\$26	205940-01
\$22.25 Member				

**Chimney Park Bistro**

Merging the refined elements of fine dining with a feeling of accessibility and simplicity, owner and chef, Jason Shaeffer, and staff, pride themselves on relationships with local producers and the ability to provide delicious dishes using only the freshest, seasonal ingredients. Price range: \$50–75.

4/4	Tu	4:30–9:30 PM	\$26	205940-02
\$22.25 Member				

**The Boulder Cork**

A fine dining tradition in Boulder for more than 30 years, providing a casual, yet attentive atmosphere, and most importantly, the fresh ingredients.

5/2	Tu	4:30–9:30 PM	\$26	205940-03
\$22.25 Member				

**March****Air Traffic Control, Longmont** 

Take a peek behind the curtain on this guided tour. The Longmont branch of the Federal Aviation Administration's Air Traffic Control covers approximately 285,000 square miles of the Western United States. Learn how it handles more than 1.5 million airplanes and one of the top ten busiest airports safely and expeditiously. **Note:** Fee includes guided tour. You go through airport security and need to bring a photo ID. Lunch cost is on your own at Long's Peak Pub & Taphouse which only accepts cash.

3/2	Th	9:00 AM–3:30 PM	\$21	205950-01
\$18 Member				
3/3	F	9:00 AM–3:30 PM	\$21	205950-02
\$18 Member				

**Continental Sausage Company, Denver** 

The Colorado based team proudly honors their Swiss family's four generations of artisanship, offering an array of traditional, authentic, old-world, European-style charcuterie. Tour the facility to learn about the craft of smoking, curing, or drying meats, sausages, pâtés, bacons, pastramis, frankfurters, and confits using only all-natural, family-farmed meats. **Note:** Fee includes tour. Lunch cost is on your own at Etai's Bakery and Café.

3/9	Th	8:30 AM–3:30 PM	\$21	205951-01
\$18 Member				

**Duke Ellington Orchestra, Greeley**

The Duke Ellington Orchestra is perhaps the greatest of all jazz bands and one of the originators of the big-band jazz era. Ellington and his group stayed together over 50 years and have been performing worldwide for the past 88 years, under the guidance of three generations of the Ellington family. **Note:** Fee includes ticket; non-refundable after 2/17/17.

Location: Union Colony Civic Center.

3/10	F	6:00–11:00 PM	\$73	205920-01
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**Disenchanted, Boulder**

The original fairy tale princesses are none too happy with the exploitation they've suffered in today's films, books, and dolls. This is a musical comedy satire that gives fairy tales the bird. Disenchanted was nominated for a 2015 Outer Critics Circle Award for Outstanding Off-Broadway Musical. **Note:** Fee includes ticket and lunch; non-refundable after 2/17/17.

Location: Boulder Dinner Theater.

3/12	Su	11:00 AM–6:30 PM	\$76	205921-01
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**Wolf Robotics & Walker Industry, Fort Collins** 

Named by the Smithsonian as a place of invention, Fort Collins is home to some very interesting industry leaders. Head to Walker Manufacturing to explore the world of lawn mowers. What began on a farm in the 1950s is now a family legacy that focuses on innovation. Then off to Wolf Robotics to learn about robotic engineering and welding to produce real world solutions in metal working. **Note:** Fee includes guided tours. Lots of walking. Lunch cost is on your own at Freddy's.

3/16	Th	9:30 AM–3:30 PM	\$21	205952-01
\$18 Member				

## Become a Master Naturalist volunteer!

Share your love of natural areas with the community by leading educational field trips.

Apply at [fcgov.com/naturalareas](http://fcgov.com/naturalareas)



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Auxiliary aids and services are available for persons with disabilities.

16-4177

### Kinky Boots, Denver

Winner of six Tony Awards including Best Musical, Best Score, and Best Choreography. Kinky Boots is Broadway's huge-hearted, high-heeled hit. Songs by Grammy and Tony winning pop icon Cyndi Lauper, this musical celebration is about discovering friendships, and the belief that you can change the world when you change your mind. **Note:** Fee includes ticket; non-refundable after 2/21/17.

Location: Buell Theater.

3/21	Tu	5:30–11:30 PM	\$111	205922-01
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### Eagles Hockey, Loveland

Be welcomed by the Eagles with a pre-game party on the VIP Balcony, complete with a wide selection of snacks and appetizers to lead up to the game. The Eagles vs. Rapid City Rush. **Note:** Price includes round-trip transportation, pre-game party and food, and a lower section seat with ADA Accessible option; non-refundable after 3/05/2017.

3/22	W	4:00–10:00 PM	\$61	205904-01
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### Wings Over the Rockies Air & Space Museum, Denver **M**

The Wings over the Rockies' mission is to educate and inspire people of all ages about aviation and space endeavors. Celebrate flight and its significance to our way of life: past, present, and future. **Note:** Fee includes tour. Lunch cost is on your own at Nonna's Italian.

3/23	Th	8:30 AM–3:30 PM	\$38	205953-01
			\$32.45 Member	

### Nature & Music, Boulder

A medley of music and aerial dance, the Boulder Symphony and Frequent Flyers Aerial Dance ensemble bring together their artistry to celebrate nature. The concert showcases nature photography from Rocky Mountain National Park, to commemorate the 100th Anniversary of the National Park Service before moving through pieces to celebrate the Appalachian mountains. **Note:** Fee includes ticket; non-refundable after 2/24/17.

Location: Boulder Symphony Concert Hall.

3/25	Sa	6:00–10:00 PM	\$73	205923-01
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### Coors & Mountaineering Museum, Golden **M**

Coors Brewery is the world's largest single-site brewery. See and taste traditional brewing at the foot of the Rocky Mountains. Since 1873, the Coors brewery has thrived on a legacy of quality and innovation. Finish the day with a visit to the Bradford Washburn American Mountaineering Museum which is the first and only museum in the nation dedicated to mountaineering history. **Note:** Fee includes tours. Due to security no bags or purses are allowed inside the brewery, but please bring a photo ID. Lunch cost is on your own in downtown Golden.

3/30	Th	8:30 AM–4:00 PM	\$36	205954-01
			\$30.75 Member	

## April

### 42nd Street, Johnstown

The quintessential backstage musical comedy classic, 42nd Street is a song and dance fable of Broadway with an American Dream story that includes some of the greatest songs ever written, such as "We're In The Money", "Lullaby of Broadway", "Shuffle Off To Buffalo", "I Only Have Eyes For You", and of course, "42nd Street." **Note:** Fee includes ticket and dinner; non-refundable after 3/06/17.

Location: Candelight Dinner Playhouse.

4/2	Su	12:00 PM–6:00 PM	\$76	205924-01
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**PBS Station Channel 6 Tour, Denver** 

Rocky Mountain Public Broadcasting station is celebrating 60 years of service. Join us to see the daily operations of a public television company. Learn how television programs are scheduled and presented. Please consider bringing a gently used children's book to donate to the station. **Note:** Fee includes guided tour. Lunch cost on your own around the Denver Art Museum.

4/5	W	8:30 AM–3:30 PM	\$21	205961-01
\$18 Member				
4/6	Th	8:30 AM–3:30 PM	\$21	205961-02
\$18 Member				

**Mozart, Denver**

Principal Clarinetist Jason Shafer makes his debut as soloist performing Wolfgang Amadeus Mozart's beloved Clarinet Concerto. This work provides a showcase for the talents of Shafer, who joined the Symphony at the beginning of the 2013/14 season. One of Mozart's last works, it highlights the interplay between the orchestra and the clarinet soloist. **Note:** Fee includes ticket; non-refundable after 3/10/17.

Location: Boettcher Concert Hall.

4/7	F	5:30–11:00 PM	\$76	205925-01
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**Jesus Christ Superstar, Arvada**

Sensational or sacrilegious... definitely controversial. The first rock opera created at the end of the turbulent '60s centers on a social and political rebel. Jesus Christ Superstar illuminates the transcendent power of the human spirit with a passion that goes straight to the heart. Enjoy an after performance social hour with the cast. **Note:** Fee includes ticket; non-refundable after 3/10/17.

Location: Arvada Center Main Stage.

4/9	Su	11:30 AM–7:00 PM	\$66	205926-01
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**Denver Mob Tour, Denver** 

Join mob historian Tom Hackett on this exciting new bus tour through North Denver's Little Italy. Explore former social clubs, and homes and haunts of some of Denver's most influential mobsters while uncovering the truth behind many of these legends. Afterwards, have an Italian lunch at a former mob-run restaurant. **Note:** Fee includes guided tour. Lunch cost is on your own at Gaetano's.

4/13	Th	8:30 AM–3:30 PM	\$49	205956-01
\$41.80 Member				

**Agricultural Research & Resource Tour, Fort Collins** 

Visit two of the foremost agricultural research areas in Colorado: the Center for Agricultural Resources Research and the Agricultural Research, Development, and Education Center (ARDEC). Part of the United States Department of Agriculture and Colorado State University, these facilities lead the country in many different agricultural related projects and research activities. **Note:** Fee includes guided tour. For security purposes no bags or purses are allowed inside the facility. Bring a photo ID, a warm jacket, and comfortable shoes. Lunch cost is on your own in Fort Collins.

4/18	T	9:30 AM–4:00 PM	\$21	205959-01
\$18 Member				

**Coors Field & Baseball Museum, Denver** 

Tour Coors Field, home of the Rockies. See the "back of the house" including the dugout, visitor's clubhouse, press center, and club level concourse. Areas subject to change based on stadium events. Also visit the Baseball Museum. **Note:** Fee includes guided tour and admission. Lunch cost on your own at LoDo's Bar and Grill.

4/21	F	8:30 AM–4:00 PM	\$41	205958-01
\$35 Member				

**Boettcher Mansion & Buffalo Bill Museum, Boulder** 

A rare combination of historic authenticity, modern amenities, and Wild West history from its secluded setting inside the Lookout Mountain Nature Preserve. Built as a summer home and seasonal hunting lodge for Charles Boettcher, the mansion is celebrating its 100th Anniversary. Next door, visit the Buffalo Bill Museum for a look into his storied life and visit his gravesite for some spectacular views of the Rockies. **Note:** Fee includes guided tour. Lunch cost is on your own at Pahaska Tepee Cafe. Wear comfortable, sturdy footwear as there is no elevator and it could still be icy on the mountain.

4/26	W	8:00 AM–4:30 PM	\$41	205955-01
\$35 Member				

**May****Little Valley Nursery, Brighton** 

It's springtime and everything is blooming at one of the largest wholesale nurseries in Colorado. Take a walking tour to see the more than 140 acres of perennials, shrubs, and trees; over half are grown on site. **Note:** Fee includes guided tour. Lunch cost on your own at Wholly Stromboli in Fort Lupton.

5/4	Th	8:30 AM–3:00 PM	\$21	205960-01
\$18 Member				



**Bach, Denver**

Johann Sebastian Bach's St. Matthew Passion, first performed on Good Friday 1727, is widely considered one of the crowning artistic achievements of Western Civilization. Bach's masterful musical interpretation of the Last Supper and the crucifixion of Jesus Christ puts Chapters 26 and 27 of the Gospel of Matthew to music. **Note:** Dinner cost on your own at Cinzetti's. Fee includes ticket; non-refundable after 4/10/17.

Location: Boettcher Concert Hall.

5/7	Su	11:00 AM–7:00 PM	\$76	205927-01
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**Lucia di Lammermoor, Denver**

In Donizetti's dark dramatic opera, young Lucia is caught in the middle of a feud between her family and the man she loves. Forced by her brother to forsake her love and marry for money, she loses more than her happiness; she loses her mind. After she kills her bridegroom, Lucia plunges headlong into madness in one of opera's most horrifying and musically gorgeous scenes. A stunning evening of grand opera in the traditional style. **Note:** Fee includes ticket; Non-refundable after 4/14/17.

Location: Ellie Caulkins Opera House.

5/12	F	5:30–11:00 PM	\$111	205928-01
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**Lucky Three Ranch, Loveland** 

The beautiful, 127 acre, "Lucky Three Ranch" is a haven for the promotion and preservation of mules and donkeys. Our tour begins with an introductory film that covers the history of mules and the ranch. Then, visit with the mules and donkeys, and tour the unique sculptures dispersed throughout the ranch. **Note:** Fees include guided tour. Lunch cost is on your own at Henry's Pub in Loveland.

5/16	Tu	9:30 AM–3:30 PM	\$36	205962-01
			\$30.75 Member	

**Waiting for Godot, Arvada**

Vladimir fusses with his hat. Estragon struggles with his boots. Sitting under a tree on a lonely road, they argue and make up, perform vaudeville routines, contemplate suicide, eat a radish, and wait for Godot. Somehow, within this simple plot, Samuel Beckett's great tragicomedy explores the most profound questions of human existence. Described as one of the most noble and moving plays of the 20th century, Godot celebrates the human spirit's ability to persevere. **Note:** Dinner on your own after the show at Steuben's. Fee includes ticket, pre-performance lecture, and an after performance discussion with the cast and crew; non-refundable after 04/19/17.

Location: Arvada Center Black Box.

5/17	W	11:00 AM–7:00 PM	\$63	205929-01
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**Bee Squared, Berthoud** 

Bees are responsible for 1/3 of what you eat. Yet, most of us know little about them. Visit Beth Conrey, President of the Colorado State Beekeepers Association & owner of Bee Squared Apiary, for a talk about bees and a tour of a working bee yard to find out more about this fascinating insect we depend on. **Note:** Fee includes guided tour. Lunch cost is on your own at Derby Grill.

5/19	F	9:00 AM–3:00 PM	\$21	205963-01
			\$18 Member	

**Joseph & the Amazing Technicolor Dream Coat, Boulder**

The Biblical saga of Joseph and his coat of many colors comes to vibrant life in this musical parable. Set to a cornucopia of musical styles from country-western and calypso to bubble-gum pop and rock 'n' roll (lyrics by Tim Rice and music by Andrew Lloyd Webber), this Old Testament tale emerges both timely and timeless. **Note:** Fee includes ticket and lunch; non-refundable after 4/21/17.

Location: Boulder Dinner Theater.

5/21	Su	11:00 AM–6:30 PM	\$76	205931-01
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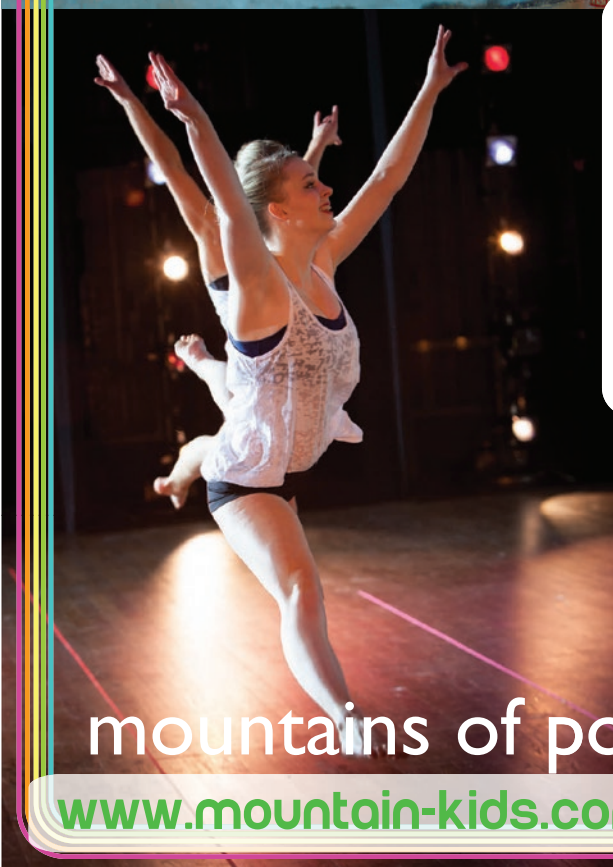
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