



»Learn basic jumps, tumbling, cheers/chants and dances at Cheerleading Camp. And make some new friends while you're there!

### Cheerleading Camp

Get ready for fall cheerleading or just come out for a fun-filled week that will emphasize basic jumps, tumbling and cheers/chants along with various formations and dances. Participants will receive a T-shirt and merit award. Please enter through the gym.

**GRADE:** 3-6

**LOCATION:** Youth Activity Center

DATE	DAY	TIME	FEE	CLASS #
7/27-7/31	M-F	9:00-10:30 AM	\$42	85621-01

### Youth Fencing

Learn fundamental skills and rules of this fast, fun and intense sport. Practice footwork, body position, blade control, offense and defense. Instruction is simple and each class is lively, building on the skills learned in the previous class.

**AGE:** 10-12 years

**LOCATION:** Northside Aztlan Center

**NOTE:** Equipment provided. Wear athletic shoes, T-shirt and long loose pants. Class will not be held on 7/3.

DATE	DAY	TIME	FEE	CLASS #
6/5-7/31	F	4:30-6:00 PM	\$55	85718-01

### Teen/Adult Fencing

Learn fundamental skills and rules of this fast, fun and intense sport. Practice footwork, body position, blade control, offense and defense. Instruction is simple and each class is lively, building on the skills learned in the previous class.

**AGE:** 13 years & up

**LOCATION:** Northside Aztlan Center

**NOTE:** Equipment provided. Wear athletic shoes, T-shirt and long loose pants.

DATE	DAY	TIME	FEE	CLASS #
6/9-7/28	Tu	5:30-7:00 PM	\$55	85719-01

### Teen/Adult Sparring

Enjoy fencing with fellow students and working with a coach to develop a diverse technical and tactical repertoire while working toward competitive performance. Improve your overall athletic readiness, speed, strength and stamina.

**AGE:** 13 years & up

**LOCATION:** Northside Aztlan Center

**NOTE:** Participants must have prior fencing experience. Wear athletic shoes, T-shirt, and long loose pants. Equipment provided.

DATE	DAY	TIME	FEE	CLASS #
6/5-6/26	F	6:15-8:15 PM	\$28	85720-01
7/10-7/31	F	6:15-8:15 PM	\$28	85720-02

### Handball Clinics, Beginning

These clinics will introduce your child to the basic components, rules, and fundamental skills of playing handball. The clinics will be held at the new outdoor handball courts

**AGE:** 10 years & up

**LOCATION:** Northside Aztlan Center

**NOTE:** Equipment will be provided. The class will conclude with an in-class tournament! Attend every day and take home all the equipment free!

DATE	DAY	TIME	FEE	CLASS #
6/6-6/27	Sa	10:00-11:30 AM	\$8	85876-01
7/11-8/1	Sa	10:00-11:30 AM	\$8	85876-02

### BMX Track Clinics

Bring your child to the newly-remodeled EPIC BMX track! These awesome clinics will focus on basic skills of learning how to jump out of the gate to maneuvering around turns! By the end of the clinics your child could be ready to join the ABA races on Thursday and Saturdays!

**AGE:** 5-16 years

**LOCATION:** Edora Pool Ice Center BMX Track

**NOTE:** Please bring your own bike and helmet! Wear pants and long sleeves!

DATE	DAY	TIME	FEE	CLASS #
6/27	Sa	Noon-2:00 PM	\$7	85878-01
7/25	Sa	Noon-2:00 PM	\$7	85878-02

### C.A.R.A. Track

The basic techniques of track will be 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.

**AGE:** 5-16 years

**LOCATION:** Fort Collins High School, 3400 Lambkin Way

**NOTE:** Class will not be held on 7/3, 7/4.

**AGE:** 5-10 years

DATE	DAY	TIME	FEE	CLASS #
6/8-7/25	M,W,F	9:00-10:15 AM	\$73	86350-01

**AGE:** 11-16 years

DATE	DAY	TIME	FEE	CLASS #
6/8-7/25	M,W,F	10:30 AM-Noon	\$73	86350-02

### Hershey's FastTrack To Sports

Get ready for the Hershey's Track & Field Games on June 6 or come out just to get involved in healthy activities. FastTrack to Sports is a physical education program that teaches running, jumping and throwing skills in a fun environment of challenging activities and team based competition.

**AGE:** 9-14 years

**LOCATION:** Northside Aztlan Center

DATE	DAY	TIME	FEE	CLASS #
5/5-5/28	Tu,Th	6:00-7:15 PM	\$43	86351-01

### Hershey's Track & Field Games

For 32 years, Hershey's Track & Field Games have put fun into fitness for kids. Each meet includes basic running, jumping and throwing events designed to make every player feel like a winner.

To register at the meet bring a copy of birth certificate and track shoes without spikes. Registration begins at 8:30 AM. For additional meet information call Marc Rademacher at 970.221.6309 or visit [www.hersheystrackandfield.com](http://www.hersheystrackandfield.com)

**AGE:** 9-14 years (as of 12/31/09)

**LOCATION:** Fort Collins High School, 3400 Lambkin Way

DATE	DAY	TIME	FEE
6/6	Sa	9:00 AM	No fee