

SUMMER REGISTRATION STARTS ON MAY 12 AT 7:00 AM

RECREATOR



SUMMER 2011  



SOAK UP THE SUMMER

also inside

ADAPTIVE RECREATION • AQUATICS • AQUA FITNESS • ARTS & CRAFTS • DANCE • POTTERY • EARLY LEARNING • THE FARM • FITNESS
EDUCATION • ENRICHMENT • ICE SKATING • OUTDOOR RECREATION • SENIOR CENTER • 50 PLUS • ADULT SPORTS • YOUTH SPORTS

SUMMER SPORTS CAMPS

Get Out of the Sun & into the FUN!

at Northern Colorado's Largest Indoor Sports Center

Safe · Clean · Friendly · Locally Owned & Operated · Ample Parking

Sport Camps

Boys & Girls · 1-3 Hours per Day

• Volleyball

Camp I Grades 3-8 6/20-24
Camp II Grades 3-8 7/11-15

• Lacrosse

Boys Grades 1-8 6/27-7/1
Girls Grades 1-8 6/6-10

• Tackle Football

Grades 4-8 8/1-5

• Softball (Rec)

Grades K-8 7/18-22

• Baseball w/ Fort Collins Foxes

Camp I (Rec only) Ages 5-14 6/27-7/1
Camp II (All levels) Ages 5-14 7/5-8
Camp III (Comp only) Ages 9-14 7/11-7/15

Daily Instruction All Ages M-F

• Soccer GoalKeeper/Striker

U8-U18 7/25-29

• Golf w/ Hanrahan Golf School

Saturdays Ages 6-14 7/23-8/27

Travel Team Pre-Tryout Camps

• **Baseball** Ages 9-14 7/25-29

• **Fastpitch SB** Ages 9-14 7/18-22



Multi-Sport Camps

Girls & Boys · Grades K-5

Explore & learn basics of up to 10 different sports!

Full Day Camps · Mon. - Fri. · 9 am - 4 pm

Sessions Start: 6/13, 8/1, 8/8 & 8/15

Youth Instructional Leagues

Boys & Girls · Grades K-5

Learn, Practice & Play in the Same Day!

• Flag Football

Sat. Sessions 6/4-7/9 & 7/16-8/20

• Soccer

Weds. Sessions 6/1-7/6 & 7/13-8/17

Sat. Sessions 7/16-8/20

Volleyball Leagues

Girls & Boys · Grades 6-8

Practice: Tuesdays · Matches: Thursdays

Sessions Start: 6/7 & 7/12 (5 week leagues)

Daytime Pre-School Sports

New Sessions Start: 5/16 & 8/22 (6 week sessions)

Boys & Girls · Ages 3-5

Kinder Kickers Soccer

First Football · First Baseball

Girls & Boys · Ages 4-5

Quick Start Tennis · First Golf

the Edge
sports center, LLC

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For Details & Registration:
edgesportscenter.com
970.472.0048

BIRTHDAY PARTIES
TEAM PARTIES
FAMILY PARTIES
COMPANY BBQ & GAMES
FIELD TRIPS
BATTING CAGES
MEETING ROOM



POUDRE VALLEY
HEALTH SYSTEM

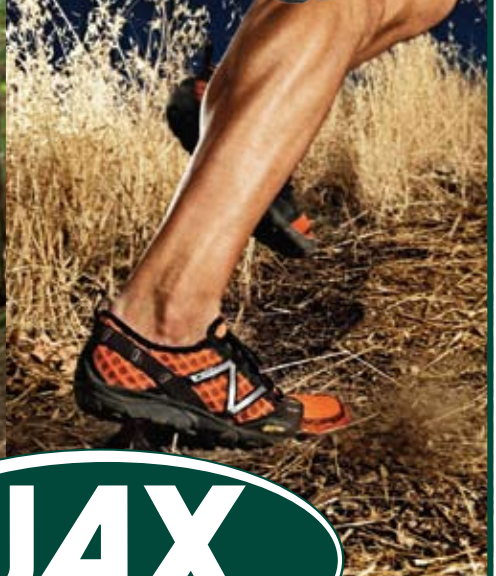


EASY ACCESS at I-25 & Highway 14
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Locally Owned & Operated by Phil & Pat Ebersole

running trekking yoga travel fitness water sports
Discover the BAREFOOT Revolution
fitness running trekking travel fitness water sports
running trekking yoga travel fitness water sports

strengthen your leg and foot muscles
increase agility and balance
naturally RUN WALK HIKE PLAY



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Grown-Up And Still Having FUN!



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Fellow Recreators,

Summer is nature's way of nudging us outdoors to embrace all the amazing opportunities that exist in this great community. The warm summer sun beckons our inner-adventurer to explore new, sun soaked activities. The bright, calm mornings help us rekindle our enthusiasm for some of our favorite passions that have been tucked away in the garage for the last few months. I have always been thankful for the incredible access Fort Collins offers to exceptional recreational opportunities and facilities.

As you flip through the summer "Recreator" I am sure you'll realize that the resources provided within this publication are as diverse as they are wide-ranging. The contents of the "Recreator" truly offer something for everyone regardless of age, ability or skill level. From aquatics and archery to tai chi and tennis it's all in here. The City of Fort Collins Recreation Department prides itself on being a comprehensive, community-wide recreational resource. We believe everyone should have an opportunity to seek out ways to enrich their lives with fun and healthy activities, program and events. This summer I invite you to join me and explore new opportunities while discovering a bit more about yourself.

Listen to summer's call and respond by taking advantage of Recreation's wide variety of offerings this season. I promise you'll find something in the "Recreator" that appeals to you while enriching your life. Soak up the summer, be well and thank you for picking up a copy of the "Recreator."

Have a great summer!

Marty Heffernan
Executive Director
Culture, Parks, Recreation and Environment

ON THE COVER

Hikers, Recreators, Foothills Trail overlooking Horsetooth

OPPOSITE PAGE

Skateboarder at Edora Skate Park
All Photos by Ryan Burke

RECREATOR



Parks and Recreation Board

- Rob Cagen
- Brian Carroll
- Michael Chalona
- Shirley Christian
- Bruce Henderson
- Greg Miller
- Danna Ortiz
- Selena Paulsen
- Dawn Theis
- Kelly Ohlson - City Council Liaison

Recreation Staff

Executive Director
Culture, Parks, Recreation & Environment
Marty Heffernan

Recreation Managers

- Peggy Bowers
- Steve Budner
- Mike McDonnell

Program Supervisors

- Bridget Brownell
The Farm
- Debra Bueno
Teen Programs
- Suzy Danford
Aquatics
- Renee Lee
Adaptive Recreation Opportunities
- Marc Rademacher
Sports and Youth Programs
- Barb Schoenberger
Adult Programs
- Katie Stieber
Fitness, Dance & Adult Education
- Paul Thibert
Ice Skating

Community Relations

- John Litel
Community Relations & Marketing
- Jill Walusis
Public Relations & Communications

Contact

Registration and Programs
970.221.6655
recreation@fcgov.com

Advertising and Sponsorships
970.221.6875
recreator@fcgov.com

STAY CONNECTED



 **Online**

Online registration begins at **7:00 AM on May 12**. Before starting your online registration session make sure you have the following:

1. Credit card or debit card
2. Your household ID number

Forgot your household ID? Please call 970.221.6655, or email recreation@fcgov.com. Once you arrive at **fcgov.com/recreator**:

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

 **Recreation Centers**

Walk-in registration begins **May 12** at these locations. Registration starts at 7:00 AM.

Fort Collins Senior Center 1200 Raintree Drive M-F 6:00 AM - 9:00 PM Sat 8:00 AM - 5:00 PM Sun 10:00 AM - 9:00PM	Northside Aztlan Center 112 East Willow M-F 6:00 AM - 9:00 PM Sat 8:00 AM - 5:00 PM Sun Noon - 5:00 PM
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Edora Pool Ice Center (EPIC) 1801 Riverside M-F 5:30 AM - 9:00 PM Sat 8:00 AM - 6:00 PM Sun Noon - 5:30 PM	New Location! Council Tree Library 2733 Council Tree Ave. 7:00 AM-Noon
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 **Phone**

Phone registration begins on **May 12 at 7:00 AM**. Please have your credit card (Master Card, VISA, Discover) or debit card information available. Call any of the phone numbers listed below.

970.221.6655 970.221.6683 970.221.6644

 **Fax**

Download, print and complete the registration form found at fcgov.com/recreator. Include credit/debit card information, and fax to **970.221.6586**.

 **Mail**

Download, print and complete the registration form found at fcgov.com/recreator. Include credit/debit card information, or mail to the listed address enclosing payment and a self-addressed stamped envelope. Any mailed or faxed registration forms received prior to the first day of registration will not be processed until May 12. Any registration forms sent thereafter will be processed when received.

City of Fort Collins, Recreation Administration
215 North Mason
Third Floor
PO Box 580
Fort Collins, CO 80522

Additional Information

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.

Activity Discounts

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. Activities that are not discountable or partially discountable are noted as such. To utilize the reduced fee program, please register in person or by phone/ Online discounted activity registration is not currently available.

Cancellations/Transfers

When you register for a class, we depend on your enrollment for a successful class. Please plan carefully to avoid cancellations.

If you must cancel (or transfer) from a youth or teen activity, you must notify staff at least two business days (8:00 AM-5:00 PM, Monday-Friday at 970.221.6655) before the activity begins to receive a full refund or credit. Later requests will be denied. This policy does not apply to Aquatics and Ice Skating.





If you must cancel (or transfer) from any aquatics, ice skating or adult activities, please notify staff before the first class to receive a full refund. A 75% refund will be issued if the activity is canceled after the first class and before the second class begins. Later requests for cancellation or transfer will be denied.

Refunds/Credit

For Learn-to-Swim and Learn-to-Skate activity cancellations (or transfers), please contact Mulberry Pool (970.221.6657), and for all other activity cancellations/transfers, please call Northside Aztlan Community Center (970.221.6655). Please submit cancellation requests as early as possible to aid in staff planning.

In accordance with Recreation policy, if the activity you wish to cancel was purchased with a credit card, the refund must be reimbursed directly to the same credit card used for the original activity registration. If the activity was originally paid with cash or check, you may choose between a refund from Finance, or if you prefer, a household credit which will remain in your account for future Recreation use.

What do the icons or symbols mean?

-  Denotes program/activity is for Senior Center members only.
-  Denotes program/activity has member special.
-  Denotes that online registration not available for program.
-  Denotes Adaptive Recreation Opportunity program.



**City Park Pool | 1599 City Park Drive | fcgov.com/cityparkpoolandtrain
Weather Line | 970.416.2489 x5169.**

City Park Pool and Railway are located in City Park. Enjoy the park surroundings and Sheldon Lake for fishing and an outdoor pool. City Park Pool is the best place to be during those hot summer days in Fort Collins. City Park Pool provides you with a water park experience right in your own backyard.

Facility Profile

- Outdoor pool
- 30-foot drop slide
- Open curly slide
- Lazy river, shallow water, geysers
- Large play structure
- Picnic area
- Located next to Sheldon Lake

Hours

May 26

Th 3:00-7:00 PM

May 27-August 21

M-F 10:00 AM-8:00 PM

Sa,Su 10:00 AM-5:30 PM

August 21-September 4

M-F 10:00 AM-1:00 PM

4:00-7:00 PM

Sa,Su 10:00 AM-5:30 PM

Drop-In Adult Water Fitness

May 30-September 2

M-F 9:00-10:00 AM

Paddle Boats

Fee: \$2.50/person, 4 persons/boat, NO PETS

May 26-September 4

M-F 3:00-7:00 PM

Sa,Su 10:00 AM-5:00 PM

September 5

M 10:00 AM-3:30 PM

Pool & Paddle Boats

Age	Single Admission	Group	10-Adm	25-Adm	Twilight Swim*	Paddle Boats
Under 2 & over 85	No Fee					
Attendant	No Fee					
Youth 2-17	\$5.00	\$4.50	\$43.50	\$95.00	\$4.50	\$2.50
Adult 18-54	\$6.00	\$5.50	\$52.00	\$114.00	\$4.50	\$2.50
Older Adult 55-84	\$5.00	\$4.50	\$43.50	\$95.00	\$4.50	\$2.50

Special Events

First Days of Summer

Thursday, May 26 from 3:00-7:00 PM & Friday, May 27 from 10:00 AM-8:00 PM

\$4.50/person (no age restriction)

Join us for the kick-off weekend for City Park Pool. Swim for \$4.50 regardless of age.

* Twilight Swim

May 28-September 5, daily, 4:30 PM to Close

\$4.50/person

All children must be accompanied by a paying adult. Twilight admission will be charged daily after 4:30 PM until close. No other discounts will be honored during this swim time.

Splash Drive-In

June 10, Fridays, Movies begin at 8:30 PM

Join us for movie night at City Park Pool. Movies will be shown on the patio. Finish your swim, dry off and then join us for the movie. There is no cost for movies, however entry into the pool area must be done before 7:30 PM.

Pooch Plunge

See page 15 for details.

Splash Pack - \$30.00

Includes four Swim admissions, four paddle boat rides and four sno-cones at City Park Professor Munchies.

City Park Pool Rental & Birthday Parties

Having a reunion, block party or just want to invite your best friends for a summer evening? Rent City Park Pool for a Saturday or Sunday evening. Rental times are from 6:00-8:00 PM. Birthday party rentals with designated table and swimming for up to 8 children and 2 adults. Reserve 48 hours in advance. Call for prices and availability, 970.221.6202.

Refunds

No cash refunds will be given once the facility opens. If the facility needs to close due to inclement weather or a maintenance issue before 1:00 PM, a pass (for use at City Park Pool only) will be issued for use at a later date. No passes will be given after 1:00 PM.

Weather Closures

City Park Pool will not open if the temperature has not reached 60 degrees by 9:30 AM. The closure will be re-evaluated at Noon for a late opening at 1:00 PM. Anytime lightning is visible within 10 miles or a storm warning has been issued for the City Park area, the pool area will be cleared and closed for a minimum of 30 minutes. The refund policy will apply at all times.

City Park Pool Passes

City Park Pool passes can be purchased at EPIC or Mulberry Pool. EPIC and Mulberry Pool passes cannot be used at City Park. Passes available for purchase beginning April 1.



City Park Train

Closed for 2011

The City Park Train will be closed in 2011. Please check our Winter Recreator (November, 2011) for information about 2012.



Edora Pool Ice Center | 1801 Riverside | 970.221.6683 | fcgov.com/epic

Edora Pool Ice Center, also known as EPIC, is the region's premier ice and aquatics facility. EPIC serves the entire community with a variety of ice skating and aquatics programs, classes, events and activities. EPIC experiences over one million visits per year. EPIC is home to the CSU Hockey team, CSU Water Polo team, Fort Collins Area Swim Team and Fort Collins Figure Skating Club.



Facility Profile

- Indoor 50-meter x 25-yard pool
- Two 3-meter diving boards
- Two 1-meter diving boards
- Warm water therapy pool
- Wading pool
- 2 indoor 200' x 85' ice surfaces
- Spectator seating
- Cardio/weight room
- Concessions
- Multi-purpose room
- Skate service room
- Skate sharpening
- Free WiFi

Fees and Admission

Pool & Exercise Room			Ice Rinks	
Age	Single Admission	Group*	Single Admission	Group*
Under 2 & over 85	No Fee		No Fee	
Attendant	No Fee		No Fee	
Youth 2-17	\$3.25	\$2.75	\$3.50	\$3.00
Adult 18-54	\$4.00	\$3.50	\$4.50	\$4.00
Older Adult 55-84	\$3.25	\$2.75	\$4.00	\$3.50

Towel rental available for 50 cents per towel.

Skate rental available for \$2.50 per pair.

Group Rate*

These single admission fees are for groups. A group must consist of at least 10 participants, and a 48-hour pre-registration notice is required. Groups over 50 people must provide one week's notice. Group admission does not include skate rental. This is not a reservation and does not guarantee space for your group. For instance, if the capacity of the ice arena has been reached when your group arrives, they will be unable to skate.

Please Note

In 2012 we will be eliminating the 85 plus free programs. Anyone born in 1927 and earlier will be grand fathered in and remain free. This is true for both the drop-in and aqua-fitness class. In 2012 all reduced fees will be based on ability to pay.

Pool Hours

Through August 15

M-F	5:30 AM - 8:00 PM
Sa	8:00 AM - 6:00 PM
Su	Noon - 5:30 PM

Please Note

High School Swim Teams practices are held daily 5:30-7:00 AM and 3:15-5:15 PM through 5/20. Meets are held on Tuesdays and Thursdays. No lanes will be available after 3:00 on those days. Please see schedule for meet days and lane availability posted at the facility or on the website www.fcgov.com/recreation/epic.

Ice Arena

Through May 29

M-F	9:00 - 11:00 AM
M	3:30 - 5:15 PM
Tu, Th	7:30 - 9:00 PM
F	5:30 - 7:00 PM
Sa	12:15 - 1:45 PM 5:15 - 7:15 PM
Su	12:15 - 2:30 PM

May 31-August 21

M-F	9:30 - 11:00 AM
M,W,F	1:00-2:30 PM
M,Tu,Th,F	7:30-9:00 PM
Sa	Noon-4:00 PM
Su	1:00-4:00 PM

Exercise Room

M-F	5:30 AM - 7:45 PM
Sa	8:00 AM-5:45 PM
Su	Noon-5:15 PM

SuperPass

The Recreation SuperPass gives you access to EPIC, Senior Center, Mulberry Pool, and Northside Aztlan Community Center, and The Farm. Choose from a 10-admission or a 25-Admission SuperPass. You can also use your SuperPass to "drop-in" to adult fitness classes (except Aikido or Tai Chi).

Age	10 Admissions	25 Admissions	Annual Pass	
Youth 2-17	\$27.00	\$66.00	\$300.00	<input checked="" type="checkbox"/> EPIC
Adult 18-54	\$33.00	\$81.00	\$450.00	<input checked="" type="checkbox"/> The Farm
Older Adult 55-84	\$27.00	\$66.00	\$300.00	<input checked="" type="checkbox"/> Mulberry Pool
				<input checked="" type="checkbox"/> Northside Aztlan
				<input checked="" type="checkbox"/> Senior Center

Not-So-Prime-Time Discount

Through May 26, Monday-Friday, 1:00-3:00 PM

During non-prime swim hours, discounted swim fees are available. No passes will be sold for this special time; however pass holders can use their passes to swim during these hours. **No discount:** 5/13.

Adult Supervision

Children under the age of **8** must be accompanied by a responsible adult in the pool. The adult must pay admission, be wearing a swimsuit, and actively participating in the water with the child and must be within an arm's reach of the child or children. Children under 13 years of age must be accompanied by a responsible adult in the warm water pool and must be within an arm's reach of that adult.

Children under 13 years of age must be accompanied by a responsible adult in the warm water pool and must be within an arm's reach of that adult. **The warm water pool will be closed to drop-in Mondays and Wednesdays beginning May 31 through August 4 from 8:30-11:30 AM due to class scheduling.** Please check at the front desk for closure times.

Closures

Entire Pool		Diving Well Only		Ice Arena	
May 20	Close at Noon	M,W,F	6:00-7:00 AM	May 30	Memorial Day
May 21		M,W	3:30-6:30 PM	July 4	Independence Day
May 30		(through 5/20)		August 13	Tournament
June 24-26		Tu,Th	5:30-6:30 PM	August 14	Tournament
July 4		Th	6:30-8:00 PM		
July 9		Sa	3:00-6:00 PM		
September 5-9					


The Farm | 600 North Sherwood | 970.221.6665 | fcgov.com/thefarm

The Farm at Lee Martinez Park has provided hands-on family fun since 1985. The Farm serves as an educational and interactive experience for Fort Collins residents and visitors. Your visit to The Farm will be an adventure for all ages. You can learn more about the industry that shaped this region, have interactive, hands-on farm fun, and introduce your child to agriculture and farm life while visiting.

Facility Profile

- Farm animals
- Hands-on experiences
- Interactive family fun
- Birthday party rentals
- Museum
- Hayrides (schedule in advance)
- Pony rides
- The Farm Store
- Special events

Hours
Through June 5

W-Sa 10:00 AM-5:00 PM
Su Noon-5:00 PM

June 7 - August 21

Tu-Sa 10:00 AM-5:00 PM
Su Noon-5:00 PM
July 4 Closed

Pony Ride Hours (weather permitting)
Through October 23

Sa 11:00 AM-4:00 PM
Su 1:00-4:00 PM

Pony rides are \$5 per rider. Tokens are purchased in The Farm Store.

Fees and Admission

Age	Single Admission	10 Admissions	25 Admissions
Under 2 & over 85	No Fee		
Attendant	No Fee		
Ages 2 - 84	\$2.50	\$20.00	\$50.00

Please Note

In 2012 we will be eliminating the 85 plus free programs. Anyone born in 1927 and earlier will be grand fathered in and remain free. This is true for both the drop-in and aqua-fitness class. In 2012 all reduced fees will be based on ability to pay.

Barnyard Buddy Pass - Family Pass
\$50.00 Per Year
Includes:

- Unlimited visits, up to 4 people a visit (additional guests ages 2-84 pay half admission)
- Invitation to Jingle Bell Times at The Farm

Commercial and Home Daycare Barnyard Buddy Passes also available. Please call The Farm for more information, 970.221.6665.

Birthday Parties

Celebrate a birthday with a farm flair! Meeting the animals, riding pony or going on a hayride create a very unique party for your 3 to 9 year old. Call The Farm or stop by during open hours to reserve your date. A minimum charge is due at time of reservation. Your hostess will take care of all the details to ensure a stress-free day for you.

RECREATION FACILITIES / FORT COLLINS POTTERY STUDIO


Pottery Studio | 1541 West Oak | 970.221.6644 | fcgov.com/potterystudio

The Pottery Studio is located in the northwest corner of City Park. It has provided interactive experiences and education since approximately 1971. The Pottery Studio serves as an educational and recreational facility that offers broad and diverse opportunities and adventures for students of all ages. Including classes where you can share in the experiences with your children or spouse.

Facility Profile

- 23 Potters Wheels
- 7 kilns
- 200 square feet of work surface
- 10 different clays in stock
- Clay pug mill
- Slab-roller. 30 inch wide
- Compressor with vented spray booth
- Power 10 inch grinder
- 2 Clay Extruders with many different dies

Hours

Open variable hours.

Pottery classes

There are classes to meet almost any age range. Classes are available for 3 years and up. See pages 36 and 40.

Lab Time

For people currently enrolled in class or lab during the spring session there are 18 hours per week where the Pottery Studio is open for working on projects.

Pottery Pals

This is a group of people who generously donate their time and talents to help with special events and help with certain studio activities. If you are interested, please contact Pat Dietemann 970.221.6204.



Gardens on Spring Creek | 2145 Centre Ave. | 970.416.2486 | fcgov.com/gardens

The Gardens on Spring Creek is your community botanic garden. Our display gardens include a Children’s Garden, a Plant Select® demonstration garden, the Xeric Parkway Strip and the Garden of Eatin’. The Gardens offer a multitude of gardening classes for adults and youth, community events, and a beautiful setting for all to enjoy. Explore your community botanic garden...Take root. Grow. Flourish.

Facility Profile

- Display gardens
- Community events
- Adult & youth gardening programs
- Garden & room rentals

Hours

M-F 9:00 AM – 5:00 PM
 Sa 9:00 AM – 5:00 PM
 Su Closed through April
 After May 1: Noon-5:00 PM

Closures

7/4 Open 10:00 AM-2:00 PM

Fees and Admission

General admission to The Gardens on Spring Creek is free to the public. Although a \$2.00 per person or \$5.00 per family suggested donation is appreciated. Programs and/or special events may have a fee.

More Information on page 72

For more information on The Gardens please see The Gardens section in this issue of the *Recreator* on page 72. Visit fcgov.com/gardens or call 970.416.2486 for updated information, schedules and event details.

Friends of the Gardens on Spring Creek

The Friends is a non-profit 501 (c)3 organization whose mission is to increase public awareness of the Gardens on Spring Creek and to generate financial and other support to insure its’ success.

Membership Benefits

Discount on classes at The Gardens
 Discount on select merchandise
 10% discount at participating nurseries

Membership Levels

Individual \$35.00
 Family \$60.00
 Student \$20.00



City Park Nine Golf Course

411 South Bryan Avenue
 970.221.6650
 fcgov.com/golf

City Park Nine is a regulation length 9 hole municipal golf course that offers enjoyment and challenges for players of all ages and abilities. The course features tight fairways, small greens, and mature trees and is consistently recognized as one of the “Best Nine Hole Golf Courses” in Colorado.

- Nine Holes
- 6,424 yards
- Par 36
- Driving Range
- Practice chipping and putting greens
- Pro shop
- Clubhouse
- Food and beverages



Collindale Golf Course

1441 East Horsetooth Road
 970.221.6651
 fcgov.com/golf

Collindale Golf Course is a championship length, 18 hole golf course situated on 160 acres in southeast Fort Collins. Consistently recognized as having some of the best (and fastest) greens in the state, it is the home of local U.S. Open Qualifying and a perennial favorite for many State amateur events.

- 18 holes
- 7,157 yards
- Par 71
- Driving Range
- Practice chipping and putting greens
- Pro shop
- Clubhouse
- C.B & Potts Restaurant
- Patio and lounge



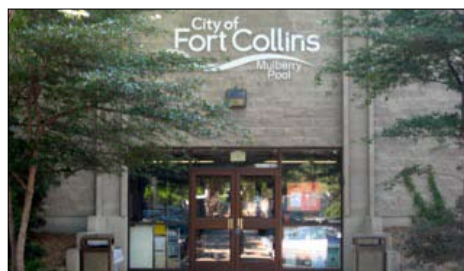
SouthRidge Golf Club

5750 South Lemay Avenue
 970.416.2828
 fcgov.com/golf

Southridge Golf Course is an 18 hole golf course situated on 128 acres in southeast Fort Collins. Offering scenic views and challenging tee shots from multiple tee boxes, Southridge is ideal for players of all levels and ages.



- 18 holes
- 6,666 yards
- Par 71
- Driving Range
- Practice chipping and putting greens
- Pro shop
- Clubhouse
- Mackenzie’s Pub & Grill
- Patio and lounge



Mulberry Pool | 424 West Mulberry | 970.221.6657 | fcgov.com/mulberrypool

Mulberry Pool, located near Downtown Fort Collins, is one of three indoor aquatic facilities operated by the City of Fort Collins Recreation Department. The pool is open year-round and includes a large “child friendly” interactive play area with slides and other fun water features. Mulberry Pool is a favorite for birthday parties and other celebrations. The pool is also popular with lap swimmers looking for an early morning or mid-day workout.

Facility Profile

- Indoor 25-yard pool
- 1-meter diving board
- Large shallow interactive play area
- Separate 7-person spa
- Birthday party room
- Spectator seating
- Zero entry pool

Hours

Lap Swim/Recreational Swim/Aerobic Room

Through May 4

M, W, F	5:30 AM-8:00 PM
T, Th	5:30 AM-4:00 PM
Sa	12:30-5:30 PM
Su	Noon-3:00 PM

May 5 - June 3

M - F	5:30 AM-8:00 PM
Sa	12:30-5:30 PM
Su	Noon-3:00 PM

June 4-August 7

M, W, F	5:30 AM-8:00 PM
T, Th	5:30 AM-3:30 PM
Sa	12:30-5:30 PM
Su	Noon-3:00 PM

Closures

- May 15
- May 30
- July 4
- August 15-September 5

Please Note

High School Swim Teams practice daily 5:30-6:45 AM and 3:30-5:30 PM through 5/20. Please call for lane availability or visit www.fcgov.com/recreation/mulberry

Adult Supervision

Children under **8** years of age must be accompanied by a responsible adult in the pool. The adult must pay admission, be wearing a swimsuit and actively participating (within arm’s reach) with the child.

Birthday Party Notice

Space for birthday parties will **not** be allowed in the lobbies or spectator areas at EPIC or Mulberry Pool. Space is available for a fee for refreshments and present opening. Please contact the facility where you wish to hold your party for more information.

Fees and Admission

Age	Single Admission	Group*
Under 2 & 85	No Fee	
Attendant	No Fee	
Youth 2-17	\$3.25	\$2.75
Adult 18-54	\$4.00	\$3.50
Older Adult 55-84	\$3.25	\$2.75

Group Rate*

These single admission fees are for groups only and are available to non-profit and community organizations. A group must consist of at least 10 participants, and a 48-hour pre-registration notice is required. Groups over 50 people must provide one week’s notice.

Towel rental available for 50 cents per towel.

Please Note

In 2012 we will be eliminating the 85 plus free programs. Anyone born in 1927 and earlier will be grandfathered in and remain free. This is true for both the drop-in and aqua-fitness class. In 2012 all reduced fees will be based on ability to pay.

SuperPass

The Recreation SuperPass gives you access to EPIC, Senior Center, Mulberry Pool, and Northside Aztlan Community Center, and The Farm. Choose from a 10-admission or a 25-Admission SuperPass. You can also use your SuperPass to “drop-in” to adult fitness classes (except Aikido or Tai Chi).

Age	10 Admissions	25 Admissions	Annual Pass	
Youth 2-17	\$27.00	\$66.00	\$300.00	✓ EPIC
Adult 18-54	\$33.00	\$81.00	\$450.00	✓ The Farm
Older Adult 55-84	\$27.00	\$66.00	\$300.00	✓ Mulberry Pool
				✓ Northside Aztlan
				✓ Senior Center

Not-So-Prime-Time Discount

Through May 26, Monday-Friday, 1:00-3:00 PM

During non-prime swim hours, discounted swim fees are available. No passes will be sold for this special time; however pass holders can use their passes to swim during these hours. **No discount:** 5/13.

Two Buck Sundays

Admission is just \$2.00 on Sundays. Enjoy a throw back in admission costs on Sunday from noon to 3:00 PM. This special price is per person and available to any age. Enjoy some fun-soaked Sundays at Mulberry Pool this summer.

Birthdays at Mulberry Pool

Celebrate your next birthday with us....

Celebrate your child’s birthday the Mulberry Pool way! Have your next birthday party at Mulberry Pool and enjoy our pool, aquatic play features and our bouldering wall in the party room for \$45/hour plus swimmers at \$2.75/person OR the balcony birthday area for \$35/hour plus swimmers at \$2.75/person as part of your birthday event. Space is limited; reservations are required. Call 970.221.6203 to make your reservations.

Aerobics Room

While your child is in lessons or visiting Mulberry Pool for a birthday party, you can work out in our aerobics room overlooking the pool where there are two Expresso bikes and a treadmill. The room is open during recreational swim hours as well as on Saturday mornings during lessons. \$2/30-minute session.



Northside Aztlan Center | 112 E. Willow | 970.221.6655 | fcgov.com/north

This facility contains a triple gymnasium, locker rooms, kitchen, lounge, game room, computer lab, activity rooms, classrooms, indoor elevated track, and fitness center. The Center is home to a wide variety of activities, classes, programs, sports and special events. The Northside Aztlan Community Center continues to provide beneficial community programs as well as new and exciting opportunities. Visit the facility and see what's new!



Facility Profile

- 50,000 square feet
- Triple gymnasium complex
- Elevated running track
- Locker rooms
- Fitness areas
- Weight room with Cardio Theater
- Classrooms
- Activity rooms
- Kitchen
- Playground
- Skate park
- Handball courts
- Free WiFi

Hours

Through August 31

M-F	6:00 AM-9:00 PM
Sa	8:00 AM-5:00 PM
Su	Noon -5:00 PM*

For specific drop-in hours please call 970.221.6655. *The weight room is open 8:00 AM-5:00 PM.

Special Hours

May 30	Closed at 3:00 PM
September 5	Closed at 3:00 PM

Closures

July 4	Closed
August 8-15	Annual Maintenance

Facility Rentals

Various meeting and event spaces are available for rent. Northside Aztlan Community Center is equipped for small private business meetings of 7 to 15 people or large special events, weddings and receptions up to 400 people.

Outdoor Amenities

Outdoor amenities include a playground with a climbing structure, a state-of-the-art skate park and outdoor handball courts.

Special Events

Check out the calendar of special events in this issue of recreator for some great family activities at this facility.

Fees and Admission

Drop-in		Youth Passes		
Age	Single Admission	Age	10 Admission	25 Admission
Under 2 & over 85*	No Fee	2-15	\$9.00	\$20.00
Attendant	No Fee	16,17,18 with H.S. ID	\$18.00	\$40.00
2-15	\$1.00	Youth passes good at Northside Aztlan only.		
16,17,18 w/ H.S. ID	\$2.00			
18-54	\$4.00			
55-84	\$3.25			

Please Note

In 2012 we will be eliminating the 85 plus free programs. Anyone born in 1927 and earlier will be grand fathered in and remain free. This is true for both the drop-in and aqua-fitness class. In 2012 all reduced fees will be based on ability to pay.

SuperPass

The Recreation SuperPass gives you access to EPIC, Senior Center, Mulberry Pool, and Northside Aztlan Community Center, and The Farm. Choose from a 10-admission or a 25-Admission SuperPass. You can also use your SuperPass to "drop-in" to adult fitness classes (except Aikido or Tai Chi).

Age	10 Admissions	25 Admissions	Annual Pass	
Youth 2-17	\$27.00	\$66.00	\$300.00	✓ EPIC
Adult 18-54	\$33.00	\$81.00	\$450.00	✓ The Farm
Older Adult 55-84	\$27.00	\$66.00	\$300.00	✓ Mulberry Pool
				✓ Northside Aztlan
				✓ Senior Center

Youth Nights

Every Thursday is your night! Arena football, dodgeball, indoor soccer, ping pong tournaments, Madden tournaments, teen weights, field trips, dance, fitness, food, prizes and much much more!

Age: 12-18 years

Ongoing	Th	3:00-9:00 PM	Free
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Kids Café

The Food Bank of Larimer County Kids Cafe program provides children ages 3-18 who are at risk of hunger access to a nutritious meal. The Northside Aztlan Community Center will offer a free weekday dinner. Meals are available to accompanying parents at a charge of \$2 per meal. Call 970.221.6655 for more information.

Breakfast: Ongoing	M-F	8:15-9:00 AM	Free (\$2.00 per adult)
Lunch: Ongoing	M-F	12:15-1:00 PM	Free (\$2.00 per adult)

Senior VOA Meals

Senior nutrition is a service of Volunteers of America in cooperation with the City of Fort Collins Recreation Department. A hot lunch is provided at Northside Aztlan Center and the Senior Center. A suggested donation of \$2.50 is requested. Call 970.472.9630 for more information.

Northside Aztlan Center	Tu, W	Noon	Suggested Donation \$2.50
Senior Center	M, Tu, Th,F	Noon	Suggested Donation \$2.50

Lounge Drop-In

Come enjoy the fun! With pool tables, ping pong tables, play station and computers, we put together a variety of different activities throughout the night! Kids age 12-18 get in free!

Ongoing	M-F	10:00 AM-3:00 PM & 6:00-9:00 PM	Free
Ongoing	Sa,Su	Noon-5:00 PM	Free



Senior Center | 1200 Raintree Drive | 970.221.6644 | fcgov.com/seniorcenter

The Senior Center was recognized in the top 12 by the National Council on Aging and the National Institute of Senior Centers for 2008 and 2009. The center was awarded National Accreditation in 2003 and 2009. Of 15,000 centers in the U.S., fewer than 200 receive this distinction; the Senior Center is one of only two in Colorado. The Senior Center provides a focal point for programs and services for aging adults and their families.



Facility Profile

- 25-yard, 4-lane pool
- 10-person spa
- Jog/walk track
- Gymnasium
- Multi-use area with stage
- Classrooms
- Pool/snooker
- Art rooms
- Kitchen and lounge
- Media center/library
- Community gardens

Hours

M-F 6:00 AM - 9:00 PM
 Sa 8:00 AM - 5:00 PM
 Su Noon to 5:00 PM

Swim and Lap Hours

M-F 6:00 AM - 8:00 PM
 Sa 9:00 AM - 3:00 PM
 Su Closed

Closures

May 30 All Day
 July 4 All Day
 August 8-14 Maintenance
 July 31-August 7 Pool and Locker Room
 August 15-21 Pool and Locker Room

Adult Focused

The Senior Center is a community focal point for programs and services for those 50 and older and their families. Many programs and activities are open to adults (18+).

Rentals

Personal, non-profit, or commercial rentals available. Amenities include chairs, tables, bar service, full service kitchen/pantry, linens, audio-visual equipment, and decorations. Call 970.224.6113 to plan your next event.

Fees and Admission

Age	Single Admission
Over 85	No Fee
Attendant	No Fee (must be pre-certified)
18-54	\$4.00
55-84	\$3.25

Please Note

In 2012 we will be eliminating the 85 plus free programs. Anyone born in 1927 and earlier will be grand fathered in and remain free. This is true for both the drop-in and aqua-fitness class. In 2012 all reduced fees will be based on ability to pay.

SuperPass - Fitness Drop-in

Age	10 Admissions	25 Admissions	Annual Pass
Adult 18-54	\$33.00	\$81.00	\$450.00
Older Adult 55-84	\$27.00	\$66.00	\$300.00

ALL ACCESS!

- ✓ EPIC
- ✓ The Farm
- ✓ Mulberry Pool
- ✓ Northside Aztlan
- ✓ Senior Center

Senior Center Membership

Many services at the Senior Center are limited to members only, so join today! Memberships are available for a minimum of \$25, are good for a 12-month period and can be purchased at any time. Scholarships are available, contact the Senior Center at 970.221.6644 for more information. Learn more about memberships on page 85.

Members Only Information

Programs, activities and events marked with an **MO** are those with member only benefits. Programs, activities and events marked with an **MS** denotes that a program has a membership special price.

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Senior Center Staff

Bill Borland	Maintenance	970.224.6079
Peggy Bowers	Recreation Manager	970.221.6357
Steve Dietemann	Arts & Crafts	970.224.6028
Jennifer Mayan	Outdoor Recreation	970.416.2267
Pat Moore	Special Events & Social Opportunities	970.224.6033
Kelly Meyer	Rentals	970.224.6113
John Pfeiffenberger	Travel & Marketing	970.224.6030
Greg Roberts	Facility Attendant	970.224.6007
Barbara Schoenberger	Adult Programs	970.224.6026
Katie Stieber	Dance, Education, Fitness, Wellness	970.224.6029



Natural Areas

970.416.2815
 naturalareas@fcgov.com

Over 40 natural areas are yours to explore and treasure! Visit www.fcgov.com/naturalareas to find a natural area near you, see what activities are available, find out about upcoming events, see trail conditions and much more. It's all possible thanks to voters! Your citizen-initiated city and county sales taxes conserve natural areas and provide visitor services.



Rolland Moore Racquet Complex

2201 South Shields
 970.493.7000

This facility consists of 8 lighted tennis courts, 3 outdoor handball/racquetball courts, 2 platform tennis courts, sand volleyball, and full-service pro shop.



Youth Activity Center

415 East Monroe
 970.221.6655 or 970.221.6309

The Youth Activity Center Gym is open for programs and rentals. Located next to Foothills Mall, it is the perfect central location for your next event.



Lincoln Center

417 W. Magnolia
 970.221.6735

The Lincoln Center is Fort Collins' home for theatre, dance, music, visual arts and children's programs. The facility will re-open in the spring of 2011. Join us on Facebook at Lincoln Center for the Performing and Visual Arts, Fort Collins.



Fort Collins Museum and Discovery Science Center

200 Mathews Street
 970.221.6738

Enjoy a variety of hands-on science and history exhibits that ignite your curiosity and make learning fun for the entire family! The Fort Collins Museum & Discovery Science Center is located in Library Park, just blocks from historic Old Town Square. For more information and a list of our current programs and activities, visit our website at www.fcmdsc.org.



Club Tico

1599 City Park Drive
 970.221.6646

Since the 1920's Club Tico has been a community gathering place. Recently renovated, Club Tico is a great venue for receptions and large gatherings. Call 970.224.6113 for more information.

Facility Rental

The City of Fort Collins Culture, Parks, Recreation and Environment Division has several facilities that can be rented for a minimal fee. Whether it's a business luncheon, wedding, birthday party or family reunion, the City of Fort Collins has community centers, banquet rooms, parks and pavilions available for your event. Please contact the appropriate department for more information.

Facility Rental Contact Information

Senior Center	970.224.6113	Club Tico	970.224.6113
Northside Aztlan	970.221.6655	Parks/Park Shelters	970.221.6660
EPIC & Mulberry	970.221.6657	Lincoln Center	970.221.6735
The Farm	970.221.6665	Museum	970.221.6738
Youth Activity Center	970.221.6309	The Gardens	970.416.2486

JUNE 2011

6.4.2011

First Saturdays: PERFORM in The Gardens Gardens on Spring Creek

Age: All ages

The first Saturday of the month, June through October, will offer something new, fresh, and exciting at The Gardens! Stay tuned for details.

More info? 970.416.2486.

6.8.2011

Hershey's Track & Field Games

French Field

Age: 9-14

Fee: Free

For 34 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 your birth certificate and shoes without spikes. Registration begins at 5:00 PM. **More info?** 970.221.6309.

6.10.2011 (Fridays)

Splash Drive-In

City Park Pool

Time: Movies begin at 8:30 PM

Fee: Entry to pool (before 7:30 PM)

See page 8 for details. **More info?** 970.221.6644

6.11.2011

National Get Outdoors Day Celebration Spring Canyon Community Park

Time: Noon to 4:00 PM

Age: All

Fee: Free

Bring your friends and family out to learn about our outdoor surroundings and try popular outdoor activities such as fly fishing, rock climbing, mountain biking and more! **More info?** 970.221.6655.

6.12.2011

ARTculture: Celebrating Art in the Garden Gardens on Spring Creek

The third annual sculpture-on-loan program brings new sculptures by Colorado artists to enrich the beauty of our display gardens and inspire visitors to consider how art can enhance their own gardens. **More info?** 970.416.2486.

6.19.2011

Father's Day 5K

Old Town Fort Collins

Celebrate Dad! Run in the 14th annual Father's Day 5K in Old Town. Father and son and father and daughter teams are available as well as individuals. Register today! **More info?** 970.221.6337.

6.22.2011

Mary Todd Lincoln



Senior Center

Time: 11:30 AM to 2:00 PM

Age: 18 years & up

Fee: \$12 members/\$16 non-members

Code: 75087-01

See page 90 for details. **More info?** 970.221.6644.

JULY 2011

7.1.2011

All American Picnic Senior Center

Time: 6:00 to 9:00 PM (Doors open at 5:30)

Age: All ages

Fee: Adult: \$15, Ages 7-17: \$8 (+\$2 at door)
Lively music, great food and a apple pie contest. The Senior Center and the Optimist Club are proud to present the 6th Annual All American Picnic and Apple Pie Baking Contest. See page 90 for details. **More info?** 970.221.6644.

7.2.2011

First Saturdays: PLAY in The Gardens Gardens on Spring Creek

Age: All ages

The first Saturday of the month, June through October, will offer something new, fresh, and exciting at The Gardens! Stay tuned for details.

More info? 970.416.2486.

7.4.2011

Fourth of July

City Park

Age: All ages

Come out to City Park to celebrate Independence Day in Fort Collins! Check the web for details.

More info? 970.221.6660.

7.17.2011

Mother & Son Amazing Race Challenge Northside Aztlan Center

Time: 1:00 to 5:00 PM

Age: Kindergarten-5

Fee: \$30

Code: Grades K-1: 75675-01

Grades 2-3: 75675-02

Grades 4-5: 75675-03

Mother with 2 sons: 75675-04 \$40

Mothers and sons come and join us for this special event Designed especially for you! Inspired by the Amazing Race TV show, Mother and son teams will compete in a series of fun challenges that they must complete together. The race will end in a fun BBQ for all! Prizes will be award to the first mother/son team in their age group/category to cross the finish line. All teams will receive a commemorative T-shirt. **More info?** 970.221.6655.

7.20.2011

Forever & A Day



Senior Center

Time: 11:30 AM to 2:00 PM

Age: 18 years & up

Fee: \$12 members/\$16 non-members

See page 90 for details. **More info?** 970.221.6644.

7.25.2011 - 7.28.2011

Ice Theatre of Fort Collins

EPIC

Time: 6:00 to 7:00 PM

Age: All ages

Tickets: Available at EPIC beginning 7.11.2011

Four new productions will be performed on a frozen stage in an intimate theatre setting. **More info?** 970.221.6683 x3.

AUGUST 2011

8.1.2011

Fall Recreator Release

8.3.2011

Colorado Day Celebration Senior Center



Time: 5:30-8:00 PM

Age: 18 years & up

Fee: \$16 members/\$20 non-members

See page 90 for details. **More info?** 970.221.6644.

8.6.2011

Bank of Choice Tribute Series: Beach Boys & Surf Music Tribute Concert Senior Center

Time: 7:00-8:30 PM (Doors open at 5:30 PM)

Age: All ages

Cost: Pre-purchase: \$15, Door: \$18

Kahuna Beach Party presents all the songs of the beloved 1960's beach era. It's a top-down cruise through all the big harmonies and twangy guitars.

More info? 970.221.6644.

8.6.2011

First Saturdays: LISTEN in The Gardens Gardens on Spring Creek

Age: All ages

The first Saturday of the month, June through October, will offer something new, fresh, and exciting at The Gardens! Stay tuned for details.

More info? 970.416.2486.

8.17.2011

Summer Fest The Farm

Time: 11:00 AM to 2:00 PM

Age: 50 years & up

Spend a day at The Farm with cows, horses, pigs, chickens and a very friendly cat. There will be food and western music. **More info?** 970.221.6644.

8.18.2011

Fall Recreator Registration

Time: 7:00 AM

SEPTEMBER 2011

9.5.2011

Pooch Plunge City Park Pool

Time: 4:00-7:00 PM

Cost: \$5.00 per dog

Bring your four-footed furry friend for a swim at City Park to end the summer! Tickets go on sale August 1 at City Park Pool. **More info?** 970.221.6335.

9.17.2011

Cemetery Stroll: Valuing Our Veterans Service & Sacrifice Grandview Cemetery

Time: Performances at 10:00 AM & 1:30 PM

Cost: \$6 per ticket

Grandview Cemetery is the resting place for over 2,600 veterans who have sacrificed for their country. The Cemetery Stroll will honor Fort Collins veterans who devoted their lives to serve as guardians of world peace. **More info?** 970.221.6644.

Take Steps to Prevent Type 2 Diabetes

You may be at risk for developing type 2 diabetes if you:

- Are overweight
- Exercise less than 3 times a week
- Have had gestational diabetes (diabetes during pregnancy)
- Are over 45 years old
- Have high blood pressure or cholesterol
- Have a parent, brother, or sister with diabetes

It pays to prevent diabetes.

You can do a lot to prevent or delay getting type 2 diabetes, including:

Maintain a normal weight

Becoming overweight happens over time when the energy we take in from food is not in balance with the energy we burn from physical activity.

Eat healthy foods

Choose foods low in fat, cholesterol, and salt.

Include fresh fruits and vegetables in your daily diet.

Eat more foods that are high in fiber, like oatmeal, oat bran, beans, and lentils

Be active

Aim for 2 hours and 30 minutes a week of moderate aerobic activity, like walking fast or biking.

If you have a health condition, be as active as your doctor advises you to be. Your doctor can help you choose the best activities for you.

Control your blood pressure and cholesterol

Starting at age 18, have your blood pressure checked every 2 years.

If you are over 40 years old, it's important to get your blood pressure checked more often.

High cholesterol doesn't have any outward signs or symptoms. Adults age 20 and older should get their cholesterol checked with a simple blood test at least once every 5 years

Want more information?

The Center for Diabetes at Poudre Valley Hospital offers individual appointments and group classes. Registration is required. Call the PVH Center for Diabetes Service: 970.495.8205 or visit <http://pvhs.org/body.cfm?id=471>


Contributed by Poudre Valley Health System

Source: U.S. Department of Health & Human Services: Quick Guide to Healthy Living. Available from: <http://www.healthfinder.gov/prevention/default.aspx>

Your Guide to Free Natural Area Activities June–October 2011

TRACKS & TRAILS

Available in May




Health Mailer: www.indimail.net

City of Fort Collins
Natural Areas Program

naturally yours

fcgov.com/naturalareas



Does your diet need an overhaul?

With Healthy Weighs, you'll learn to make delicious and nutritious food choices for you and your family. Not a fad diet, but a lifelong approach to eating that promotes a healthy weight and good health. Now in its 13th year *with 100% satisfaction.*

Morning & evening classes start May 3.
Space is limited. Call 224-5209.

Health District
OF NORTHERN LARIMER COUNTY
healthdistrict.org/nutrition

Adaptive Recreation Opportunities

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


Inclusion

Do you need assistance to fully participate in activities listed throughout the *Recreator*? The City of Fort Collins welcomes individuals of all abilities into our classes and programs. If you are interested in participation support, please indicate any special needs you may have when you register. **Please note:** Requests should be made at least two weeks before the class begins. Contact Renee Lee, CTRS, 970.224.6027, rlee@fcgov.com.

Transition

If you need more assistance in making your recreation and leisure choices, but want to be as independent as possible, the Transition program might be right for you. Explore new experiences, learn about exciting recreation opportunities and meet new people. A therapeutic professional will help you develop your personal Passport to *Recreation Profile* and discuss your needs, strengths, and interests. Call Alison Cope, MS, OTR 970.416.2024, ext 1.

Specialized Programs

These programs are designed to meet the unique needs of individuals with physical, mental, and/or emotional disabilities. They can be found in the *Recreator* identified by the  symbol. The **Alternative Programs** are designed for adults with intellectual disabilities and focus on community activities and social outings. Program descriptions can be found in the *Recreator* in the Alternative Programs section and include monthly dances, outings, cooking, bowling, crafts and more!

Attendants

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

Volunteers Needed

Volunteers are always needed, whether assisting with a few events or being a weekly support partner. No experience is necessary; training is provided. Join us for fun and adventure! Call Jenna Van Fossan, CTRS, 970.224.6125.

Thank You!

A huge thank you to our Spring Intern, (Elisha) and Fieldwork students, plus the many volunteers who help make our programs and services possible. We wouldn't be able to do it without them!

Visit us online at www.fcgov.com/aro.

For additional information, please contact the ARO staff.

Renee Lee, CTRS 970.224.6027 rlee@fcgov.com	Alison Cope, MS,OTR 970.416.2024 ext.1 acope@fcgov.com
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Jenna Van Fossan, CTRS 970.224.6125 jvanfossan@fcgov.com	ARO Leaders & Interns 970.416.2024 ext. 2 aro@fcgov.com
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Area Recreation Opportunities

Adaptive Climbing

Chad O'Connor
970.416.9357
chadoconnor@live.com

Dance Express

Modern dance training and performance opportunities for people with and without disabilities.
Mary Elizabeth Lenahan
970.493.2113
danceexpress@juno.com

Special Needs Swim

The SLICE office at CSU matches volunteers with individuals with disabilities to provide one-on-one recreational swimming opportunities.
970.491.2321
specialneedsswim@gmail.com

Transportation

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

Transfort	970.221.6620	SAINT	970.223.8645
Dial-A-Ride	970.224.6066	Larimer Lift	970.498.7541

Special Olympics

Please contact the following coordinators or coaches for season information or to volunteer:

Youth Baseball
Adult Unified Softball
Renee Lee
970.224.6027

Other ARO Activities in Recreator:

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Trips & Tours for People with Special Needs

Just for the Fun of It
Joan Handley
970.532.4032

Club Bunches

This social club includes people of all abilities who participate in weekday activities.
Christine Barrett
970.282.0695

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

Therapeutic horseback riding program.
Sherry Butler
970.221.0646
ridewithfree.org

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Alternative Programs

All Alternative Programs are for ages 18 & up unless otherwise noted. Registration for classes that are reducible in this section is not available via WebTrac.

General Information

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 and 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 must register separately and note whom they will be assisting so that staff can appropriately provide seating, space, and assistance in the class.

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

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

For more information about any Alternative Programs or to volunteer, please contact Jenna Van Fossan, CTRS and Therapeutic Recreation Coordinator at 970.224.6125 or jvanfossan@fcgov.com.

Cooking

Learn how to cook tasty foods while gaining positive eating habits. We will help you with the cooking and setting the table, and then we will all sit down to sample the finished products.

Instructor: Rick Aulino

Location: Senior Center

Note: Attendants welcome at no cost. Class partially discountable. Please report any food allergies to Jenna Van Fossan at 970.224.6125 or jvanfossan@fcgov.com.

Tapas

6/22-6/29	W	6:30-8:00 PM	\$18	74701-01
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Mexican

8/17-8/24	W	6:30-8:00 PM	\$18	74701-02
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Crafts

Discover the artist within yourself. Express your creative skills while you enhance your artistic abilities by creating a variety of fun crafts.

Instructor: Alison Cope

Location: Senior Center

Note: Attendants welcome at no cost. Class partially discountable.

Beading

6/16	Th	5:15-6:30 PM	\$16	74704-01
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Tie Dying

7/14	Th	5:15-6:30 PM	\$16	74704-02
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Painting Projects

8/4	Th	5:15-6:30 PM	\$16	74704-03
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Movie Nights

Travel with a group to Cinema Saver 6 to watch a movie on the big screen. Meet new friends and see Hollywood's finest flicks!

Location: Senior Center

Note: Please bring \$3 cash to pay for your personal ticket and additional cash for snacks if desired. Attendants welcome at no cost, except for price of \$3 ticket. Class not discountable.

6/28	Tu	6:00-9:00 PM	\$5	74708-01
7/26	Tu	6:00-9:00 PM	\$5	74708-02
8/23	Tu	6:00-9:00 PM	\$5	74708-03

Restaurant Night

Explore different restaurants in town while hanging out with a great group of friends!

Location: Senior Center

Note: Bring approximately \$15 cash to cover your meal and a tip. Attendants welcome at no cost. Class not discountable.

6/15	W	5:30-8:00 PM	\$5	74709-01
7/20	W	5:30-8:00 PM	\$5	74709-02
8/11	Th	5:30-8:00 PM	\$5	74709-03

Outdoor Recreation

Park Games

Play in the park with friends! Each week a different park game will be targeted. Games include but are not limited to bocce, croquet, horseshoes and badminton. No experience necessary. Instruction and equipment will be provided.

Location: Senior Center

Note: Please dress for the weather, wear comfortable walking shoes and bring a water bottle. We will meet at the Senior Center and walk to Rolland Moore Park. If the weather is bad, we will play gym games inside. Attendants welcome at no cost. Class not discountable.

7/27-8/10	W	4:30-6:00 PM	\$5	74730-01
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Sports & Fitness

Adaptive Swim Lessons

See page 21.

Adult Unified Softball

See page 97.

Bowling

This program is designed for any skill level and emphasizes FUN!

Location: Chipper's Lanes North

Note: Class not discountable.

7/30-8/20	Sa	12:30-2:00 PM	\$32	74719-01
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Special Events

Bingo/Ice Cream Social

Start your summer off with friends by playing BINGO and eating ice cream!

Location: Senior Center

Note: Attendants welcome at no cost. Class not discountable.

6/8	W	6:30-8:00 PM	\$10	74703-01
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Monthly Themed Dances



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

Location: Senior Center

Note: No pre-registration; tickets will be sold at the door. Attendants welcome at no cost. Class not discountable.

Oldies

6/24	F	6:00-8:00 PM	\$3
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70's Disco

7/29	F	6:00-8:00 PM	\$3
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Summer Luau

8/26	F	6:00-8:00 PM	\$3
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End of Softball Celebration

Let's celebrate the end of the fun-filled adult unified softball season with a picnic at the ballpark! This event is open to anyone but free for athletes, coaches and partners. All others please pre-register. For more information contact Renee Lee at 970.224.6027 or rlee@fcgov.com.

Age: All

Location: Rolland Moore Park

Note: Please bring a potluck item to share. Those involved with an ARO softball team do not need to pre-register. Class partially discountable.

8/15	M	5:30-8:00 PM	\$5	74725-01
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Trips & Outings

Denver Zoo

Located in Denver's City Park, the Zoo is a wonderful attraction. We're going to check out a large variety of animals, treat ourselves to lunch while we're there and spend a fun-filled day with friends!

Location: Senior Center

Note: Please wear comfortable walking shoes and dress for the weather. Bring cash for lunch and/or souvenirs. Attendants must pre-register separately for \$15 (#74711-1A). Class not discountable.

7/16	Sa	9:00 AM-4:00 PM	\$30	74711-01
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7/16	Sa	9:00 AM-4:00 PM	\$15	74711-1A
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Gateway Park

Get outdoors and join us for an afternoon of fishing and hiking at Gateway Park in Poudre Canyon.

Location: Senior Center

Note: Please dress for the weather and wear comfortable walking shoes. Bring a water bottle, sack lunch and snacks. Attendants must pre-register separately at no cost (#74720-1A). Class not discountable.

7/22	F	10:00 AM-4:00 PM	\$15	74720-01
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7/22	F	10:00 AM-4:00 PM	No Fee	74720-1A
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Rockies Game

Join us rain or shine while we cheer on the home team!

Location: Senior Center

Note: Please dress appropriately for the weather and bring cash for snacks and souvenirs if desired. No refunds will be given unless your ticket can be resold. Attendants must pre-register separately for \$22 (#74721-1A). Class not discountable.

8/7	Su	10:30 AM-6:30 PM	\$30	74721-01
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8/7	Su	10:30 AM-6:30 PM	\$22	74721-1A
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Beach Party

Cool off on a hot summer afternoon at Boyd Lake. Activities will include swimming, floating, volleyball, park games and a picnic.

Location: Senior Center

Note: Please bring a bathing suit, towel, sun screen, bug spray, water bottle, sack lunch, snacks and extra layers. Attendants must pre-register separately at no cost (#74736-1A). Class not discountable.

6/17	F	2:00-6:00 PM	\$15	74736-01
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6/17	F	2:00-6:00 PM	No Fee	74736-1A
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Aquatics Policies

- **Children under the age of 8 must be accompanied by an adult. The adult must pay admission, be wearing a swimsuit, and be actively participating in the water with the child.**
- **Clothing appropriate for swimming is required. No cutoffs or thongs will be allowed in any pool. T-shirts are allowed, but they must be white. All patrons must shower before entering 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 private lesson must pay the drop-in fee.
- Locker rooms will close 15 minutes after the pool closes. Parents must have children picked up when locker rooms are closed
- **Children 6 and older are required to use the appropriate locker room, or they must be accompanied by a parent or guardian in the family locker room.**
- Please bring a lock; the City of Fort Collins is not responsible for lost or stolen items. Lockers are for use while utilizing the facility. 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 under 8* according to the following ratios:

Group Size	Adult Supervisors
1 - 6 Children	1
7 - 12 Children	2
13 - 18 Children	3
19 - 24 Children	4

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

Scout Water Badges

Fee: \$30/group for each instructional hour (for up to 10 participants). Each additional participant is \$3. There is no charge for adult leaders. Call 970.221.6202 for more information.

Underwater Hockey

Ongoing M 8:00-9:30 PM \$6 per day
Underwater Hockey is a coed non-contact sport that is played on the bottom of a swimming pool. Players wear snorkel gear and hold a 7-inch wooden stick in one hand. Two teams of 6 players compete by attempting to score goals by pushing a weighted puck into their opponent's goal. Participants will learn the basics of underwater hockey. Masks, fins, snorkel and a hockey stick will be provided.

Age: 14+

Note: Punch passes are available at a discount. No class on 5/30, 7/4.

Private Swim Instructions

Private swim instruction is available for all ability levels. Interested persons can leave their information with a cashier at each of the facilities. Fee is \$18/half-hour for one student. Semi-private lessons are also available for an additional \$2 charge. Not Discountable. Patrons swimming recreationally before or after a private swim lesson must pay the drop-in fee.

Learn-to-Swim Policies

The Learn-to-Swim program is based on the guidelines set up by the American Red Cross. We have grouped the ages for the classes based upon our knowledge of abilities of young swimmers. Although your child may have passed all of the preschool classes, they will not be allowed into the higher Level classes until age 6. One of the many differences in skills between Preschool and Level classes is distance/endurance and stroke development. Most preschoolers are not able to swim the required distances in the Level classes. We suggest that even though your child has completed the Preschool classes, he/she should continue to take the highest Level class or work on your own with them to increase endurance/distance in the various strokes. Requirements for Preschool distance is 5 yards and the distance for the Level classes is 15 yards.

Edora Pool Ice Center (EPIC) 1801 Riverside
Mulberry Pool (MP) 424 West Mulberry

Drop-In Swim Test

Swim testing allows swim staff to evaluate your child (age 6+) on their swimming ability for proper swim level placement.

Mulberry Pool Wednesday 4:00-8:00 PM
EPIC Saturday Noon-5:00 PM.

- Prior to registration, we encourage you to have your child tested for proper placement (see schedule above)
- If the class you wish to register for is filled, you may place your name on a **paid waiting list no later than one week prior to the start of the class.** Every attempt is made to accommodate the demand for swim lessons.
- Parents are allowed on the pool deck for the last day of class only.
- Progress cards that are not picked up on the last day of class will be held for only one week at the lesson facility.
- At the discretion of the lesson manager, if it is evident that a child is not water ready by the third lesson, the manager will contact the parent, and issue a full refund will be issued for the class.
- Patrons recreationally swimming before or after a class must pay the drop-in fee.
- Make-up lessons are **NOT** available.

Class Maximums

American Red Cross guidelines to ensure a safe experience.

Class	Class Maximum
Guppy - Tadfish	10
Preschool I - III	6
Levels 1 - 3	6
Level 4	8
Levels 5 - 6	10
Diving	10

Minimum for all classes based on cost efficiency is 4.

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No prior synchro experience necessary.



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NORTHERN COLORADO SYNCHRONIZED SWIMMING

Adaptive Swim Lessons

→ARO

Basic swimming skills are introduced and/or enhanced for individuals with special needs.

Age: 5 years & up

Instructor: Marcia Bedford

Location: Edora Pool Ice Center

Note: Previous participants will be put on a waiting list and matched as volunteers are available. Please bring an attendant if you need personal assistance outside of the water. For more information or to volunteer, contact Jenna Van Fossan at 970.224.6125 or jvanfossan@fcgov.com. Class partially discountable.

6/21-7/12	Tu	4:15-4:45 PM	\$25	74602-01
6/21-7/12	Tu	4:50-5:20 PM	\$25	74602-02
7/19-8/9	Tu	4:15-4:45 PM	\$25	74602-03
7/19-8/9	Tu	4:50-5:20 PM	\$25	74602-04

Learn-to-Swim

Guppy

This class will help develop swimming readiness by leading parents and their children in water exploration activities with the objective of having FUN and becoming comfortable in, on, and around water. Parent participation required.

Age: 6-18 months

Note: Please have your child wear rubber pants or swim diaper under bathing suit. Class is partially discountable. Class will not be held 7/4.

Location: Edora Pool Ice Center

5/31-6/9	M-Th	10:40-11:10 AM	\$30	73350-01
5/31-6/9	M-Th	11:20-11:50 AM	\$30	73350-02
6/6-6/29	M,W	4:30-5:00 PM	\$33	73350-03
6/6-6/29	M,W	6:30-7:00 PM	\$33	73350-04
6/13-6/23	M-Th	10:40-11:10 AM	\$33	73350-05
6/13-6/23	M-Th	11:20-11:50 AM	\$33	73350-06
6/27-7/7	M-Th	10:40-11:10 AM	\$30	73350-07
6/27-7/7	M-Th	Noon-12:30 PM	\$30	73350-08
7/11-7/21	M-Th	10:40-11:10 AM	\$33	73350-09
7/11-7/21	M-Th	Noon-12:30 PM	\$33	73350-10
7/11-8/3	M,W	4:30-5:00 PM	\$33	73350-11
7/11-8/3	M,W	5:10-5:40 PM	\$33	73350-12
7/25-8/4	M-Th	10:00-10:30 AM	\$33	73350-13
7/25-8/4	M-Th	11:20-11:50 AM	\$33	73350-14

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970-493-8562



SCUBA LESSONS Ages 8-Adult – Details at HighPlainsScuba.com

Advanced Guppy

Parent participation class for children who are walking. Designed to introduce your child to deep water and to the wading pool at EPIC and shallow end at Mulberry Pool while introducing beginning swimming skills.

Age: 10 months-2 years

Note: Please have your child wear rubber pants or swim diaper under bathing suit. Class is partially discountable. Class will not be held 7/4.

Location: Mulberry Pool

6/4-6/25	Sa	9:00-9:30 AM	\$20	72360-01
6/4-6/25	Sa	10:20-10:50 AM	\$20	72360-02
6/5-6/26	Su	3:30-4:00 PM	\$20	72360-03
6/5-6/26	Su	5:30-6:00 PM	\$20	72360-04
6/7-6/30	Tu,Th	4:00-4:30 PM	\$33	72360-05
6/7-6/30	Tu,Th	6:00-6:30 PM	\$33	72360-06
7/9-8/6	Sa	9:40-10:10 AM	\$24	72360-07
7/9-8/6	Sa	11:40 AM-12:10 PM	\$24	72360-08
7/10-8/7	Su	4:50-5:20 PM	\$24	72360-09
7/10-8/7	Su	6:10-6:40 PM	\$24	72360-10
7/12-8/4	Tu,Th	4:40-5:10 PM	\$33	72360-11
7/12-8/4	Tu,Th	6:00-6:30 PM	\$33	72360-12

Location: Edora Pool Ice Center

5/31-6/9	M-Th	11:20-11:50 AM	\$30	73360-01
5/31-6/9	M-Th	Noon-12:30 PM	\$30	73360-02
6/6-6/29	M,W	5:10-5:40 PM	\$33	73360-03
6/6-6/29	M,W	5:50-6:20 PM	\$33	73360-04
6/13-6/23	M-Th	11:20-11:50 AM	\$33	73360-05
6/13-6/23	M-Th	Noon-12:30 PM	\$33	73360-06
6/27-7/7	M-Th	10:00-10:30 AM	\$30	73360-07
6/27-7/7	M-Th	11:20-11:50 AM	\$30	73360-08
6/27-7/7	M-Th	Noon-12:30 PM	\$30	73360-09
7/11-7/21	M-Th	8:30-9:00 AM	\$33	73360-10
7/11-7/21	M-Th	11:20-11:50 AM	\$33	73360-11
7/11-8/3	M,W	5:10-5:40 PM	\$33	73360-12
7/11-8/3	M,W	5:50-6:20 PM	\$33	73360-13
7/25-8/4	M-Th	10:40-11:10 AM	\$33	73360-14
7/25-8/4	M-Th	Noon-12:30 PM	\$33	73360-15

Tadfish

This is a parent participation class for children who have completed the Advanced Guppy class or fit the age requirement. This class will build upon previous learned skills and prepare children to move on to classes without a parent. This class is for those youngsters not yet ready to take a class without mom or dad.

Age: 2-4 years

Note: Please have your child wear rubber pants or swim diaper under bathing suit. Class partially discountable. Class will not be held 7/4.

Location: Mulberry Pool

6/4-6/25	Sa	9:40-10:10 AM	\$20	72370-01
6/4-6/25	Sa	11:40 AM-12:10 PM	\$20	72370-02
6/5-6/26	Su	4:10-4:40 PM	\$20	72370-03
6/5-6/26	Su	4:50-5:20 PM	\$20	72370-04
6/7-6/30	Tu,Th	5:20-5:50 PM	\$33	72370-05
6/7-6/30	Tu,Th	6:40-7:10 PM	\$33	72370-06
7/9-8/6	Sa	9:00-9:30 AM	\$24	72370-07
7/9-8/6	Sa	9:40-10:10 AM	\$24	72370-08
7/10-8/7	Su	3:30-4:00 PM	\$24	72370-09
7/10-8/7	Su	5:30-6:00 PM	\$24	72370-10
7/12-8/4	Tu,Th	4:00-4:30 PM	\$33	72370-11
7/12-8/4	Tu,Th	5:20-5:50 PM	\$33	72370-12

Location: Edora Pool Ice Center

5/31-6/9	M-Th	10:40-11:10 AM	\$30	73370-01
5/31-6/9	M-Th	Noon-12:30 PM	\$30	73370-02
6/6-6/29	M,W	4:30-5:00 PM	\$33	73370-03
6/6-6/29	M,W	5:50-6:20 PM	\$33	73370-04
6/13-6/23	M-Th	8:30-9:00 AM	\$33	73370-05
6/13-6/23	M-Th	10:00-10:30 AM	\$33	73370-06
6/13-6/23	M-Th	Noon-12:30 PM	\$33	73370-07
6/27-7/7	M-Th	8:30-9:00 AM	\$30	73370-08
6/27-7/7	M-Th	10:00-10:30 AM	\$30	73370-09
6/27-7/7	M-Th	10:40-11:10 AM	\$30	73370-10
7/11-7/21	M-Th	10:00-10:30 AM	\$33	73370-11
7/11-7/21	M-Th	Noon-12:30 PM	\$33	73370-12
7/11-8/3	M,W	4:30-5:00 PM	\$33	73370-13
7/11-8/3	M,W	6:30-7:00 PM	\$33	73370-14
7/25-8/4	M-Th	10:00-10:30 AM	\$33	73370-15
7/25-8/4	M-Th	11:20-11:50 AM	\$33	73370-16
7/25-8/4	M-Th	Noon-12:30 PM	\$33	73370-17

Preschool 1

At the completion of Preschool 1, participants should be comfortable getting in and moving through the water and be willing to put their face in the water. Children should also be able to use arm and leg movements while being supported.

Age: 3-5 years

Note: Class is partially discountable. Class will not be held 7/4.

Location: Mulberry Pool

6/4-6/25	Sa	9:00-9:30 AM	\$20	72390-01
6/4-6/25	Sa	10:20-11:50 AM	\$20	72390-02
6/5-6/26	Su	4:10-4:40 PM	\$20	72390-03
6/5-6/26	Su	4:50-5:20 PM	\$20	72390-04
6/5-6/26	Su	6:10-6:40 PM	\$20	72390-05
6/7-6/30	Tu,Th	4:00-4:30 PM	\$33	72390-06
6/7-6/30	Tu,Th	4:40-5:10 PM	\$33	72390-07
7/9-8/6	Sa	9:40-10:10 AM	\$24	72390-08
7/9-8/6	Sa	10:20-11:50 AM	\$24	72390-09
7/9-8/6	Sa	11:40 AM-12:10 PM	\$24	72390-10
7/10-8/7	Su	3:30-4:00 PM	\$24	72390-11
7/10-8/7	Su	4:10-4:40 PM	\$24	72390-12
7/10-8/7	Su	4:50-5:20 PM	\$24	72390-13
7/12-8/4	Tu,Th	5:20-5:50 PM	\$33	72390-14
7/12-8/4	Tu,Th	6:40-7:10 PM	\$33	72390-15

Location: Edora Pool Ice Center

5/31-6/9	M-Th	8:30-9:00 AM	\$30	73390-01
5/31-6/9	M-Th	10:00-10:30 AM	\$30	73390-02
5/31-6/9	M-Th	10:40-11:10 AM	\$30	73390-03
5/31-6/9	M-Th	11:20-11:50 AM	\$30	73390-04
5/31-6/9	M-Th	Noon-12:30 PM	\$30	73390-05
6/6-6/29	M,W	5:10-5:40 PM	\$33	73390-06
6/6-6/29	M,W	6:30-7:00 PM	\$33	73390-07
6/13-6/23	M-Th	8:30-9:00 AM	\$33	73390-08
6/13-6/23	M-Th	10:00-10:30 AM	\$33	73390-09
6/13-6/23	M-Th	10:40 AM-11:10 PM	\$33	73390-10
6/13-6/23	M-Th	11:20-11:50 AM	\$33	73390-11
6/27-7/7	M-Th	10:00-10:30 AM	\$30	73390-12
6/27-7/7	M-Th	11:20-11:50 AM	\$30	73390-13
6/27-7/7	M-Th	Noon-12:30 PM	\$30	73390-14
7/11-7/21	M-Th	8:30-9:00 AM	\$33	73390-15
7/11-7/21	M-Th	10:00-10:30 AM	\$33	73390-16
7/11-7/21	M-Th	10:40-11:10 AM	\$33	73390-17
7/11-7/21	M-Th	11:20-11:50 AM	\$33	73390-18
7/11-7/21	M-Th	Noon-12:30 PM	\$33	73390-19
7/11-8/3	M,W	4:30-5:00 PM	\$33	73390-20
7/11-8/3	M,W	5:50-6:20 PM	\$33	73390-21
7/25-8/4	M-Th	8:30-9:00 AM	\$33	73390-22
7/25-8/4	M-Th	10:00-10:30 AM	\$33	73390-23
7/25-8/4	M-Th	10:40-11:10 AM	\$33	73390-24
7/25-8/4	M-Th	11:20-11:50 AM	\$33	73390-25

Preschool 2

At the completion of Preschool 2, participants should be gaining confidence in the water and should be willing to fully submerge. Children should also be able to use arm and leg movements with assistance as needed.

Age: 3-5 years

Note: Class is partially discountable. Class will not be held 7/4.

Location: Mulberry Pool

6/4-6/25	Sa	9:40-10:10 AM	\$20	72400-01
6/4-6/25	Sa	11:00-11:30 AM	\$20	72400-02
6/5-6/26	Su	3:30-4:00 PM	\$20	72400-03
6/5-6/26	Su	5:30-6:00 PM	\$20	72400-04
6/7-6/30	Tu,Th	4:00-4:30 PM	\$33	72400-05
6/7-6/30	Tu,Th	5:20-5:50 PM	\$33	72400-06
6/7-6/30	Tu,Th	6:00-6:30 PM	\$33	72400-07
7/9-8/6	Sa	9:00-9:30 AM	\$24	72400-08
7/9-8/6	Sa	10:20-10:50 AM	\$24	72400-09
7/9-8/6	Sa	11:00-11:30 AM	\$24	72400-10
7/10-8/7	Su	3:30-4:00 PM	\$24	72400-11
7/10-8/7	Su	4:10-4:40 PM	\$24	72400-12
7/12-8/4	Tu,Th	4:00-4:30 PM	\$33	72400-13
7/12-8/4	Tu,Th	6:00-6:30 PM	\$33	72400-14
7/12-8/4	Tu,Th	6:40-7:10 PM	\$33	72400-15

Location: Edora Pool Ice Center

5/31-6/9	M-Th	8:30-9:00 AM	\$30	73400-01
5/31-6/9	M-Th	10:00-10:30 AM	\$30	73400-02
5/31-6/9	M-Th	10:40-11:10 AM	\$30	73400-03
5/31-6/9	M-Th	11:20-11:50 AM	\$30	73400-04
6/6-6/29	M,W	4:30-5:00 PM	\$33	73400-05
6/6-6/29	M,W	5:50-6:20 PM	\$33	73400-06
6/13-6/23	M-Th	8:30-9:00 AM	\$33	73400-07
6/13-6/23	M-Th	10:00-10:30 AM	\$33	73400-08
6/13-6/23	M-Th	11:20-11:50 AM	\$33	73400-09
6/13-6/23	M-Th	Noon-12:30 PM	\$33	73400-10
6/27-7/7	M-Th	8:30-9:00 AM	\$30	73400-11
6/27-7/7	M-Th	10:00-10:30 AM	\$30	73400-12
6/27-7/7	M-Th	10:40-11:10 AM	\$30	73400-13
7/11-7/21	M-Th	8:30-9:00 AM	\$33	73400-14
7/11-7/21	M-Th	10:00-10:30 AM	\$33	73400-15
7/11-7/21	M-Th	11:20-11:50 AM	\$33	73400-16
7/11-8/3	M,W	5:10-5:40 PM	\$33	73400-17
7/11-8/3	M,W	6:30-7:00 PM	\$33	73400-18
7/25-8/4	M-Th	8:30-9:00 AM	\$33	73400-19
7/25-8/4	M-Th	10:00-10:30 AM	\$33	73400-20
7/25-8/4	M-Th	10:40-11:10 AM	\$33	73400-21
7/25-8/4	M-Th	11:20-11:50 AM	\$33	73400-22
7/25-8/4	M-Th	Noon-12:30 PM	\$33	73400-23

Preschool 3

At the completion of Preschool 3, participants should be increasingly confident in the water. Participants are starting to swim independently using arm and leg movements, but may still need assistance when taking a breath.

Age: 3-5 years

Note: Class partially discountable. Class will not be held 7/4.

Location: Mulberry Pool

6/4-6/25	Sa	9:00-9:30 AM	\$20	72410-01
6/4-6/25	Sa	10:20-10:50 AM	\$20	72410-02
6/4-6/25	Sa	11:40 AM-12:10 PM	\$20	72410-03
6/5-6/26	Su	3:30-4:00 PM	\$20	72410-04
6/5-6/26	Su	4:10-4:40 PM	\$20	72410-05
6/5-6/26	Su	6:10-6:40 PM	\$20	72410-06
6/7-6/30	Tu,Th	4:00-4:30 PM	\$33	72410-07
6/7-6/30	Tu,Th	4:40-5:10 PM	\$33	72410-08
6/7-6/30	Tu,Th	6:40-7:10 PM	\$33	72410-09
7/9-8/6	Sa	9:00-9:30 AM	\$24	72410-10
7/9-8/6	Sa	11:00-11:30 AM	\$24	72410-11
7/10-8/7	Su	3:30-4:00 PM	\$24	72410-12
7/10-8/7	Su	5:30-6:00 PM	\$24	72410-13
7/10-8/7	Su	6:10-6:40 PM	\$24	72410-14
7/12-8/4	Tu,Th	4:00-4:30 PM	\$33	72410-15
7/12-8/4	Tu,Th	4:40-5:10 PM	\$33	72410-16
7/12-8/4	Tu,Th	6:00-6:30 PM	\$33	72410-17

Location: Edora Pool Ice Center

5/31-6/9	M-Th	8:30-9:00 AM	\$30	73410-01
5/31-6/9	M-Th	10:00-10:30 AM	\$30	73410-02
5/31-6/9	M-Th	11:20-11:50 AM	\$30	73410-03
6/6-6/29	M,W	5:10-5:40 PM	\$33	73410-04
6/13-6/23	M-Th	10:00-10:30 AM	\$33	73410-05
6/13-6/23	M-Th	10:40-11:10 AM	\$33	73410-06
6/13-6/23	M-Th	11:20-11:50 AM	\$33	73410-07
6/27-7/7	M-Th	8:30-9:00 AM	\$30	73410-08
6/27-7/7	M-Th	10:00-10:30 AM	\$30	73410-09
6/27-7/7	M-Th	10:40-11:10 AM	\$30	73410-10
6/27-7/7	M-Th	11:20-11:50 AM	\$30	73410-11
7/11-7/21	M-Th	8:30-9:00 AM	\$33	73410-12
7/11-7/21	M-Th	10:00-10:30 AM	\$33	73410-13
7/11-7/21	M-Th	11:20-11:50 AM	\$33	73410-14
7/11-8/3	M,W	4:30-5:00 PM	\$33	73410-15
7/11-8/3	M,W	6:30-7:00 PM	\$33	73410-16
7/25-8/4	M-Th	8:30-9:00 AM	\$33	73410-17
7/25-8/4	M-Th	11:20-11:50 AM	\$33	73410-18
7/25-8/4	M-Th	10:00-10:30 AM	\$33	73410-19
7/25-8/4	M-Th	Noon-12:30 PM	\$33	73410-20

14th ANNUAL 2011

5K FATHER'S DAY
FORT COLLINS
SUNDAY, JUNE 19th

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City of Fort Collins Recreation

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NORTHSIDE AZTLAN CENTER

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THE RACE ENDS WITH A BBQ AND PRIZES.
ALL TEAMS RECEIVE A T-SHIRT!

GRADES K-5
SEE PAGE 15 FOR DETAILS

City of Fort Collins Recreation

MORE INFO? 970.221.6655

Level 1

At the completion of Level 1, participants should be comfortable getting in and moving through the water and be willing to put their faces in the water repeatedly. Participants should also be able to use arm and leg movements while supported.

Age: 6-12 years

Note: Class partially discountable. Class will not be held 7/4.

Location: Mulberry Pool

6/4-6/25	Sa	9:40-10:10 AM	\$20	72420-01
6/4-6/25	Sa	11:00-11:30 AM	\$20	72420-02
6/5-6/26	Su	3:30-4:00 PM	\$20	72420-03
6/5-6/26	Su	4:50-5:20 PM	\$20	72420-04
6/5-6/26	Su	5:30-6:00 PM	\$20	72420-05
6/7-6/30	Tu,Th	4:00-4:30 PM	\$33	72420-06
6/7-6/30	Tu,Th	6:00-6:30 PM	\$33	72420-07
7/9-8/6	Sa	9:00-9:30 AM	\$24	72420-08
7/9-8/6	Sa	11:40 AM-12:10 PM	\$24	72420-09
7/10-8/7	Su	3:30-4:00 PM	\$24	72420-10
7/10-8/7	Su	4:10-4:40 PM	\$24	72420-11
7/10-8/7	Su	6:10-6:40 PM	\$24	72420-12
7/12-8/4	Tu,Th	4:00-4:30 PM	\$33	72420-13
7/12-8/4	Tu,Th	5:20-5:50 PM	\$33	72420-14
7/12-8/4	Tu,Th	6:40-7:10 PM	\$33	72420-15

Location: Edora Pool Ice Center

5/31-6/9	M-Th	8:30-9:00 AM	\$30	73420-01
5/31-6/9	M-Th	10:00-10:30 AM	\$30	73420-02
5/31-6/9	M-Th	11:20-11:50 AM	\$30	73420-03
5/31-6/9	M-Th	Noon-12:30 PM	\$30	73420-04
6/6-6/29	M,W	4:30-5:00 PM	\$33	73420-05
6/13-6/23	M-Th	8:30-9:00 AM	\$33	73420-06
6/13-6/23	M-Th	10:00-10:30 AM	\$33	73420-07
6/13-6/23	M-Th	10:40-11:10 AM	\$33	73420-08
6/13-6/23	M-Th	11:20-11:50 AM	\$33	73420-09
6/13-6/23	M-Th	Noon-12:30 PM	\$33	73420-10
6/27-7/7	M-Th	8:30-9:00 AM	\$30	73420-11
6/27-7/7	M-Th	10:00-10:30 AM	\$30	73420-12
6/27-7/7	M-Th	Noon-12:30 PM	\$30	73420-13
7/11-7/21	M-Th	10:00-10:30 AM	\$33	73420-14
7/11-7/21	M-Th	10:40-11:10 AM	\$33	73420-15
7/11-7/21	M-Th	11:20-11:50 AM	\$33	73420-16
7/11-7/21	M-Th	Noon-12:30 PM	\$33	73420-17
7/11-8/3	M,W	5:10-5:40 PM	\$33	73420-18
7/11-8/3	M,W	5:50-6:20 PM	\$33	73420-19
7/25-8/4	M-Th	8:30-9:00 AM	\$33	73420-20
7/25-8/4	M-Th	10:00-10:30 AM	\$33	73420-21
7/25-8/4	M-Th	10:40-11:10 AM	\$33	73420-22
7/25-8/4	M-Th	11:20-11:50 AM	\$33	73420-23

Second Place Team - 2011 State Championships!

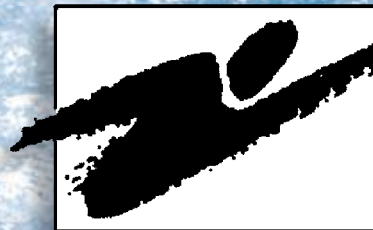


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Level 2

At the completion of Level 2, participants should be increasingly confident in the water. Participants are starting to swim independently using arm and leg movements, but may still need assistance when taking a breath.

Age: 6-12 years

Note: Class partially discountable. Class will not be held 7/4.

Location: Mulberry Pool

6/4-6/25	Sa	9:00-9:30 AM	\$20	72430-01
6/4-6/25	Sa	10:20-10:50 AM	\$20	72430-02
6/5-6/26	Su	3:30-4:00 PM	\$20	72430-03
6/5-6/26	Su	5:30-6:00 PM	\$20	72430-04
6/7-6/30	Tu,Th	4:40-5:10 PM	\$33	72430-05
6/7-6/30	Tu,Th	5:20-5:50 PM	\$33	72430-06
7/9-8/6	Sa	9:00-9:30 AM	\$24	72430-07
7/9-8/6	Sa	11:00 AM-11:30 PM	\$24	72430-08
7/10-8/7	Su	4:50-5:20 PM	\$24	72430-09
7/10-8/7	Su	5:30-6:00 PM	\$24	72430-10
7/12-8/4	Tu,Th	4:40-5:10 PM	\$33	72430-11
7/12-8/4	Tu,Th	5:20-5:50 PM	\$33	72430-12
7/12-8/4	Tu,Th	6:00-6:30 PM	\$33	72430-13

Location: Edora Pool Ice Center

5/31-6/9	M-Th	8:30-9:00 AM	\$30	73430-01
5/31-6/9	M-Th	10:00-10:30 AM	\$30	73430-02
5/31-6/9	M-Th	11:20-11:50 AM	\$30	73430-03
5/31-6/9	M-Th	Noon-12:30 PM	\$30	73430-04
6/6-6/29	M,W	5:10-5:40 PM	\$33	73430-05
6/13-6/23	M-Th	8:30-9:00 AM	\$33	73430-06
6/13-6/23	M-Th	10:00-10:30 AM	\$33	73430-07
6/13-6/23	M-Th	10:40-11:10 AM	\$33	73430-08
6/13-6/23	M-Th	11:20-11:50 AM	\$33	73430-09
6/13-6/23	M-Th	Noon-12:30 PM	\$33	73430-10
6/27-7/7	M-Th	8:30-9:00 AM	\$30	73430-11
6/27-7/7	M-Th	10:00-10:30 AM	\$30	73430-12
6/27-7/7	M-Th	10:40-11:10 AM	\$30	73430-13
6/27-7/7	M-Th	11:20-11:50 AM	\$30	73430-14
7/11-7/21	M-Th	8:30-9:00 AM	\$33	73430-15
7/11-7/21	M-Th	10:00-10:30 AM	\$33	73430-16
7/11-7/21	M-Th	10:40-11:10 AM	\$33	73430-17
7/11-7/21	M-Th	11:20-11:50 AM	\$33	73430-18
7/11-8/3	M,W	4:30-5:00 PM	\$33	73430-19
7/11-8/3	M,W	5:50-6:20 PM	\$33	73430-20
7/25-8/4	M-Th	8:30-9:00 AM	\$33	73430-21
7/25-8/4	M-Th	10:00-10:30 AM	\$33	73430-22
7/25-8/4	M-Th	10:40-11:10 AM	\$33	73430-23
7/25-8/4	M-Th	Noon-12:30 PM	\$33	73430-24

Level 3

At the completion of Level 3, participants are starting to show stroke proficiency in the front crawl and elementary backstroke. They demonstrate comfort in deep water and can enter the water headfirst from both sitting and kneeling positions.

Age: 6-12 years

Note: Class partially discountable. Class will not be held 7/4.

Location: Mulberry Pool

6/4-6/25	Sa	9:00-9:45 AM	\$29	72440-01
6/4-6/25	Sa	11:00-11:45 AM	\$29	72440-02
6/5-6/26	Su	4:10-4:55 PM	\$29	72440-03
6/5-6/26	Su	6:10-6:55 PM	\$29	72440-04
6/7-6/30	Tu,Th	4:40-5:25 PM	\$47	72440-05
6/7-6/30	Tu,Th	6:00-6:45 PM	\$47	72440-06
7/9-8/6	Sa	10:20-11:05 AM	\$33	72440-07
7/9-8/6	Sa	11:40 AM-12:25 PM	\$33	72440-08
7/10-8/7	Su	4:50-5:35 PM	\$33	72440-09
7/10-8/7	Su	5:30-6:15 PM	\$33	72440-10
7/12-8/4	Tu,Th	4:00-4:45 PM	\$47	72440-11
7/12-8/4	Tu,Th	6:00-6:45 PM	\$47	72440-12

Location: Edora Pool Ice Center

5/31-6/9	M-Th	10:00-10:45 AM	\$43	73440-01
5/31-6/9	M-Th	10:40-11:25 AM	\$43	73440-02
5/31-6/9	M-Th	Noon-12:45 PM	\$43	73440-03
6/6-6/29	M,W	4:30-5:15 PM	\$47	73440-04
6/6-6/29	M,W	5:50-6:35 PM	\$47	73440-05
6/13-6/23	M-Th	10:00-10:45 AM	\$47	73440-06
6/13-6/23	M-Th	Noon-12:45 PM	\$47	73440-07
6/27-7/7	M-Th	10:00-10:45 AM	\$43	73440-08
6/27-7/7	M-Th	10:40-11:25 AM	\$43	73440-09
6/27-7/7	M-Th	11:20 AM-12:05 PM	\$43	73440-10
7/11-7/21	M-Th	10:00-10:45 AM	\$47	73440-11
7/11-7/21	M-Th	11:20 AM-12:05 PM	\$47	73440-12
7/11-7/21	M-Th	Noon-12:45 PM	\$47	73440-13
7/11-8/3	M,W	6:30-7:15 PM	\$47	73440-14
7/25-8/4	M-Th	10:00-10:45 AM	\$47	73440-15
7/25-8/4	M-Th	10:40-11:25 AM	\$47	73440-16
7/25-8/4	M-Th	Noon-12:45 PM	\$47	73440-17

Level 4

At the completion of Level 4, participants are starting to demonstrate effective and efficient strokes in the front crawl and elementary backstrokes and are starting to show stroke proficiency in the breaststroke, back crawl, butterfly and sidestroke. Participants can enter the water headfirst from both compact and stride positions.

Age: 6-12 years

Note: Class partially discountable. Class will not be held 7/4.

Location: Mulberry Pool

6/4-6/25	Sa	9:40-10:25 AM	\$29	72450-01
6/4-6/25	Sa	11:00-11:45 AM	\$29	72450-02
6/5-6/26	Su	3:30-4:15 PM	\$29	72450-03
6/5-6/26	Su	6:10-6:55 PM	\$29	72450-04
6/7-6/30	Tu,Th	4:00-4:45 PM	\$47	72450-05
6/7-6/30	Tu,Th	5:20-6:05 PM	\$47	72450-06
7/9-8/6	Sa	9:40-10:25 AM	\$33	72450-07
7/9-8/6	Sa	11:40 AM-12:25 PM	\$33	72450-08
7/10-8/7	Su	4:10-4:55 PM	\$33	72450-09
7/10-8/7	Su	6:10-6:55 PM	\$33	72450-10
7/12-8/4	Tu,Th	4:40-5:25 PM	\$47	72450-11

Location: Edora Pool Ice Center

5/31-6/9	M-Th	10:00-10:45 AM	\$43	73450-01
5/31-6/9	M-Th	11:20 AM-12:05 PM	\$43	73450-02
6/6-6/29	M,W	6:30-7:15 PM	\$47	73450-03
6/13-6/23	M-Th	10:00-10:45 AM	\$43	73450-04
6/13-6/23	M-Th	11:20 AM-12:05 PM	\$47	73450-05
6/27-7/7	M-Th	10:40-11:25 AM	\$43	73450-06
6/27-7/7	M-Th	Noon-12:45 PM	\$43	73450-07
7/11-7/21	M-Th	10:00-10:45 AM	\$47	73450-08
7/11-7/21	M-Th	10:40-11:25 AM	\$47	73450-09
7/11-7/21	M-Th	Noon-12:45 PM	\$47	73450-10
7/11-8/3	M,W	5:50-6:35 PM	\$47	73450-11
7/25-8/4	M-Th	11:20 AM-12:05 PM	\$47	73450-12
7/25-8/4	M-Th	Noon-12:45 PM	\$47	73450-13

Level 5

At the completion of Level 5, participants are starting to demonstrate effectiveness and efficiency in all strokes. Participants are starting to work on endurance through longer swims that require using open and flip turns. Swimmers will be able to enter the water using the shallow-angle dive and can then continue swimming.

Age: 6-12 years

Note: Class partially discountable. Class will not be held 7/4.

Location: Mulberry Pool

6/4-6/25	Sa	9:00-9:45 AM	\$29	72460-01
6/4-6/25	Sa	10:20-11:05 AM	\$29	72460-02
6/5-6/26	Su	4:10-4:55 PM	\$29	72460-03
6/5-6/26	Su	6:10-6:55 PM	\$29	72460-04
6/7-6/30	Tu,Th	4:40-5:25 PM	\$47	72460-05
6/7-6/30	Tu,Th	6:40-7:25 PM	\$47	72460-06
7/9-8/6	Sa	9:00-9:45 AM	\$33	72460-07
7/9-8/6	Sa	11:00-11:45 AM	\$33	72460-08
7/10-8/7	Su	3:30-4:15 PM	\$33	72460-09
7/12-8/4	Tu,Th	4:00-4:45 PM	\$47	72460-10
7/12-8/4	Tu,Th	6:40-7:25 PM	\$47	72460-11

Location: Edora Pool Ice Center

5/31-6/9	M-Th	10:00-10:45 AM	\$43	73460-01
5/31-6/9	M-Th	Noon-12:45 PM	\$43	73460-02
6/6-6/29	M,W	5:50-6:35 PM	\$47	73460-03
6/13-6/23	M-Th	10:00-10:45 AM	\$47	73460-04
6/13-6/23	M-Th	Noon-12:45 PM	\$47	73460-05
6/27-7/7	M-Th	10:00-10:45 AM	\$43	73460-06
6/27-7/7	M-Th	11:20 AM-12:05 PM	\$43	73460-07
6/27-7/7	M-Th	Noon-12:45 PM	\$43	73460-08
7/11-7/21	M-Th	10:00-10:45 AM	\$47	73460-09
7/11-7/21	M-Th	11:20 AM-12:05 PM	\$47	73460-10
7/11-7/21	M-Th	Noon-12:45 PM	\$47	73460-11
7/11-8/3	M,W	5:10-5:55 PM	\$47	73460-12
7/25-8/4	M-Th	10:00-10:45 AM	\$47	73460-13
7/25-8/4	M-Th	11:20 AM-12:05 PM	\$47	73460-14

REACH RECREATORS. CONNECT WITH CUSTOMERS.

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 Lifeguard Training: Train to become a lifeguard this summer, see page 29.

Level 6 - Fitness

At the completion of this class, participants will demonstrate effectiveness and efficiency in all strokes. They will be able to swim continuously while using the appropriate turns for the stroke. They will also have a solid understanding of how to be safe in, on and around the water. Participants will improve their level of fitness by swimming 500 yards continuously using any 3 strokes of choice and performing the Cooper 12-minute swim test.

Age: 6-14 years

Note: Class partially discountable. Class will not be held 7/4.

Location: Mulberry Pool

6/4-6/25	Sa	11:00-11:45 AM	\$29	72470-01
6/5-6/26	Su	4:50-5:35 PM	\$29	72470-02
6/7-6/30	Tu,Th	6:00-6:45 PM	\$47	72470-03
7/9-8/6	Sa	9:40-10:25 AM	\$33	72470-04
7/10-8/7	Su	4:10-4:55 PM	\$33	72470-05
7/12-8/4	Tu,Th	5:20-6:05 PM	\$47	72470-06

Location: Edora Pool Ice Center

5/31-6/9	M-Th	10:00-10:45 AM	\$43	73470-01
5/31-6/9	M-Th	11:20 AM-12:05 PM	\$43	73470-02
6/6-6/29	M,W	4:30-5:15 PM	\$47	73470-03
6/13-6/23	M-Th	10:40-11:25 AM	\$47	73470-04
6/13-6/23	M-Th	Noon-12:45 PM	\$47	73470-05
6/27-7/7	M-Th	Noon-12:45 PM	\$43	73470-06
7/11-7/21	M-Th	10:00-10:45 AM	\$47	73470-07
7/11-7/21	M-Th	Noon-12:45 PM	\$47	73470-08
7/11-8/3	M,W	6:30-7:15 PM	\$47	73470-09
7/25-8/4	M-Th	10:40-11:25 AM	\$47	73470-10

Level 6-Personal Water Safety

Participants will demonstrate effective and efficient strokes. To pass the class they will swim 500 yards continuously using any 3 strokes of their choice, swimming at least 50 yards of each stroke, jump into deep water, perform a survival float for 5 minutes, roll on their back and perform a back float for 5 min., swim 20 yards, perform a feet first surface dive, retrieve an object from the bottom of the pool at a depth of 7-10 feet, return to the surface and swim back to the starting position. Safety topics to be covered include Think so you don't sink, swim with a buddy in a supervised area and learn about boating before you go floating.

Age: 6-12 years

Note: Class partially discountable. Class will not be held 7/4.

Location: Mulberry Pool

6/4-6/25	Sa	11:40 AM-12:25 PM	\$29	72471-01
6/5-6/26	Su	5:30-6:15 PM	\$29	72471-02
6/7-6/30	Tu,Th	6:40-7:25 PM	\$47	72471-03
7/9-8/6	Sa	10:20-11:05 AM	\$33	72471-04
7/10-8/7	Su	6:10-6:55 PM	\$33	72471-05
7/12-8/4	Tu,Th	6:40-7:25 PM	\$47	72471-06

Location: Edora Pool Ice Center

5/31-6/9	M-Th	10:00-10:45 AM	\$43	73471-01
5/31-6/9	M-Th	Noon-12:45 PM	\$43	73471-02
6/6-6/29	M,W	5:50-6:35 PM	\$47	73471-03
6/13-6/23	M-Th	10:00-10:45 AM	\$47	73471-04
6/13-6/23	M-Th	11:20 AM-12:05 PM	\$47	73471-05
6/27-7/7	M-Th	10:00-10:45 AM	\$43	73471-06
6/27-7/7	M-Th	11:20 AM-12:05 PM	\$43	73471-07
7/11-7/21	M-Th	10:40-11:25 AM	\$47	73471-08
7/11-8/3	M,W	4:30-5:15 PM	\$47	73471-09
7/25-8/4	M-Th	10:00-10:45 AM	\$47	73471-10
7/25-8/4	M-Th	Noon-12:45 PM	\$47	73471-11

Adult Swim Instruction

This course is geared toward individual goals of the participants. It will involve reducing fears and anxieties and also improving strokes. Small class sizes. If you have always wanted to learn to swim and/or improve your strokes, this is the class for you.

Age: 16 years & up

Location: Mulberry Pool

6/1-6/29	W	7:00-7:45 PM	\$33	72570-01
7/13-8/10	W	7:00-7:45 PM	\$33	72570-02

Diving

Beginning Diving

No prior diving experience necessary. Participants must be able to swim at least 25 yards using the front crawl which will be tested at the first class and continuation of class will depend upon passing. Students will learn approaches, forward and backward dives and basic dives off the 1-meter board.

Age: 5-17 years

Location: Edora Pool Ice Center

Note: Class partially discountable.

6/6-6/29	M,W	9:15-10:00 AM	\$35	73490-01
7/11-8/3	M,W	9:15-10:00 AM	\$35	73490-02

Intermediate Diving

Participants must be able to swim at least 25 yards using the front crawl stroke which will be tested the first class and continuation will depend upon passing. Prerequisite: Students must pass beginning diving or have the ability to meet the beginning diving standards. Students learn somersaults and work on perfecting high board and beginning dives.

Age: 5-17 years

Location: Edora Pool Ice Center

Note: Class partially discountable.

6/6-6/29	M,W	8:30-9:15 AM	\$35	73500-01
7/11-8/3	M,W	8:30-9:15 AM	\$35	73500-02

Lifeguard Training

Basic Water Rescue

This course provides individuals with the knowledge and skills necessary to prevent, recognize and respond to aquatic emergencies. Participants will learn how to protect themselves while assisting others in aquatic emergencies. Basic Water Rescue does not provide participants with all the knowledge and skills needed to be certified as a lifeguard. This course is a prerequisite for Water Safety Aide.

Age: 10-15 years

Location: Edora Pool Ice Center

Note: Students need to bring swimsuits and towels to each class. Class not discountable.

6/2-6/3	Th,F	Noon-2:00 PM	\$34	73510-01
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Water Safety Aide

Prerequisite: Basic Water Rescue course and Level V or better swimming ability.

The Water Safety Instructor Aide course is designed to train participants to assist Water Safety Instructors to teach water safety, six levels of the Learn to Swim and Parent and Child Aquatics programs. As part of the course a group lesson requirement must be completed by the end of the summer swim lesson season and may be at EPIC or Mulberry Pool. Students will be assigned to lessons according to their availability.

Age: 11-15 years

Note: Students need to bring swimsuits and towels to class. Class not discountable.

Location: Edora Pool Ice Center

6/6-6/9	M-Th	Noon-2:00 PM	\$41	73520-01
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Guardstart

American Red Cross GuardStart: Lifeguarding tomorrow is a program for youth that provides a foundation of aquatic and leadership knowledge, attitudes, and skills for future successful completion of the American Red Cross Lifeguard Training course upon turning 15 years old. The GuardStart program does not give participants the information and skills they need to be certified in First Aid, CPR and AED or as a lifeguard. There are no certifications gained in this class. Upon completion, participants will be eligible to volunteer with the City as Assistant Lifeguards.

Age: 11-15 years

Location: Edora Pool Ice Center

Note: Skills will be tested at the first class and continuation of class will depend upon passing. Participants must be able to complete the following: 1) swim front crawl continuously for 25 yards while breathing to the front or side, 2) tread water for 1 minute using arms and legs, and 3) submerge and swim a distance of 10 feet under water. Book is included in fee. Students need to bring swimsuits and towels to class. Class not discountable.

6/13-6/16	M-Th	Noon-2:00 PM	\$51	73530-01
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Lifeguard Training

Participants will be required to complete a 300 yard continuous swim using the following strokes in order: 100 yard of front crawl using rhythmic breathing and a stabilizing, propellant kick, 100 yard of breaststroke using a pull, breath, kick and glide sequence and 100 yard of front crawl or breaststroke. Participants will also have to complete a timed 20 yard swim using front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10 pound object, return to the surface, swim 20 yard back to starting point with object and exit water without using ladder or steps, within 1 minute, 40 seconds.




Age: 15 years & up

Location: Edora Pool Ice Center

Note: Participants must attend all classes - no exceptions. Must be 15 years on or before start of class. Skills will be tested at the first class and continuation of class will depend upon passing. Books and pocket mask are included in fee. Upon successful completion of this class, participants will receive American Red Cross certificates for Lifeguard Training, CPR-PR, AED, and Standard First Aid. Class not discountable.

6/13-6/17	M-F	1:00-7:00 PM	\$155	73540-01
7/18-7/22	M-F	1:00-7:00 PM	\$155	73540-02

What do the icons or symbols mean?

-  Denotes program/activity is for Senior Center members only.
-  Denotes program/activity has member special.
-  Denotes that online registration not available for program.
-  Denotes Adaptive Recreation Opportunity program.

Aqua Fitness

Classes are for ages 18 & up unless otherwise noted.

Please check in at the front desk. **Classes with fewer than 5 people registered by the end of the first day of class will be canceled for that session.** Drop-in/SuperPass patrons do not count in registration numbers. Participants may attend only the class for which they are registered, and may register for the entire session or the weeks remaining.

Drop-In

Patrons may drop-in to aqua fitness classes for \$4.25/class visit if space is available. If the class minimum is not met, the class will be canceled and there will be no drop-in. Reduced rates do not apply.

SuperPass

The 10 and 25 admission SuperPass can also be used to drop-in to aqua fitness classes.

Aqua Personal Training

See page 66 for details.

Low Intensity

MS Aqua



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

Location: Mulberry Pool

Note: Bring an attendant if you need assistance out of the water. Fee is for a 16 visit punch pass. Class partially discountable. To join or volunteer assist, contact Jenna at 970.224.6125 or jvanfossan@fcgov.com.

6/7-8/11	Tu,Th	9:30-10:30 AM	\$43	74617-01
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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!

Location: Senior Center

6/6-7/1	M,W,F	8:30-9:15 AM	\$32	77620-01
7/6-7/29	M,W,F	8:30-9:15 AM	\$29.75	77620-02
8/22-9/2	M,W,F	8:30-9:15 AM	\$18.50	77620-03

Basic H2O

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

Location: Senior Center

6/6-7/1	M,W,F	6:15-7:00 PM	\$32	77630-01
7/6-7/29	M,W,F	6:15-7:00 PM	\$29.75	77630-02
8/22-9/2	M,W,F	6:15-7:00 PM	\$18.50	77630-03

Twinges in the Hinges



People with arthritis can exercise! Certified instructors lead the class through gentle, no-impact movements. The warm water may help relieve pain and stiffness. The water's buoyancy and resistance provides support and help to maintain joint flexibility.

Location: Edora Pool Ice Center

Note: Class will not be held 6/24.

6/6-7/1	M,W,F	7:30-8:30 AM	\$29.75	73600-01
7/6-7/29	M,W,F	7:30-8:30 AM	\$29.75	73600-02
8/1-9/2	M,W,F	7:30-8:30 AM	\$38.75	73600-03
6/6-7/1	M,W,F	9:30-10:30 AM	\$29.75	73600-04
7/6-7/29	M,W,F	9:30-10:30 AM	\$29.75	73600-05
8/1-9/2	M,W,F	9:30-10:30 AM	\$38.75	73600-06
6/7-6/30	Tu,Th	1:30-2:30 PM	\$21	73600-07
7/5-7/28	Tu,Th	1:30-2:30 PM	\$21	73600-08
8/2-9/1	Tu,Th	1:30-2:30 PM	\$25	73600-09

Twinges Plus

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

Location: Senior Center

6/6-7/1	M,W,F	12:15-1:15 PM	\$32	77610-01
7/6-7/29	M,W,F	12:15-1:15 PM	\$29.75	77610-02
8/22-9/2	M,W,F	12:15-1:15 PM	\$18.50	77610-03
6/6-7/1	M,W,F	1:30-2:30 PM	\$32	77610-04
7/6-7/29	M,W,F	1:30-2:30 PM	\$29.75	77610-05
8/22-9/2	M,W,F	1:30-2:30 PM	\$18.50	77610-06

Medium Intensity

Fitness & Fun

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

Location: Senior Center

6/6-7/1	M,W,F	7:30-8:30 AM	\$32	77645-01
7/6-7/29	M,W,F	7:30-8:30 AM	\$29.75	77645-02
8/22-9/2	M,W,F	7:30-8:30 AM	\$18.50	77645-03

Aqua Natal

For women during or after pregnancy! Low and medium impact exercises will maintain muscle tone and cardiovascular fitness. The water may also ease the pressure of the pregnancy or build muscle to help you support your newborn's weight. Take off that excess weight after delivery!

Location: Senior Center

6/6-7/1	M,W,F	4:15-5:15 PM	\$32	77650-01
7/6-7/29	M,W,F	4:15-5:15 PM	\$29.75	77650-02
8/22-9/2	M,W,F	4:15-5:15 PM	\$18.50	77650-03
6/6-6/29	M,W	7:00-8:00 PM	\$21	77650-04
7/6-7/27	M,W	7:00-8:00 PM	\$19	77650-05
8/22-8/31	M,W	7:00-8:00 PM	\$13	77650-06

Classics

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

Note: Class will not be held 6/24.

Location: Mulberry Pool

6/6-7/1	M,W,F	7:30-8:30 AM	\$32	72640-01
7/6-7/29	M,W,F	7:30-8:30 AM	\$29.75	72640-02
8/1-8/12	M,W,F	7:30-8:30 AM	\$18.50	72640-03

Location: Edora Pool Ice Center

6/6-7/1	M,W,F	7:30-8:30 AM	\$29.75	73640-01
7/6-7/29	M,W,F	7:30-8:30 AM	\$29.75	73640-02
8/1-9/2	M,W,F	7:30-8:30 AM	\$38.75	73640-03

Location: Senior Center

6/6-7/1	M,W,F	6:30-7:30 AM	\$32	77640-01
7/6-7/29	M,W,F	6:30-7:30 AM	\$29.75	77640-02
8/22-9/2	M,W,F	6:30-7:30 AM	\$18.50	77640-03
6/6-7/1	M,W,F	9:30-10:30 AM	\$32	77640-04
7/6-7/29	M,W,F	9:30-10:30 AM	\$29.75	77640-05
8/22-9/2	M,W,F	9:30-10:30 AM	\$18.50	77640-06
6/6-7/1	M,W,F	5:15-6:15 PM	\$32	77640-07
7/6-7/29	M,W,F	5:15-6:15 PM	\$29.75	77640-08
8/22-9/2	M,W,F	5:15-6:15 PM	\$18.50	77640-09
6/7-6/30	Tu,Th	6:15-7:15 AM	\$21	77640-10
7/5-7/28	Tu,Th	6:15-7:15 AM	\$21	77640-11
8/23-9/1	Tu,Th	6:15-7:15 AM	\$13	77640-12
6/7-6/30	Tu,Th	8:00-9:00 AM	\$21	77640-13
7/5-7/28	Tu,Th	8:00-9:00 AM	\$21	77640-14
8/23-9/1	Tu,Th	8:00-9:00 AM	\$13	77640-15
6/7-6/30	Tu,Th	9:00-10:00 AM	\$21	77640-16
7/5-7/28	Tu,Th	9:00-10:00 AM	\$21	77640-17
8/23-9/1	Tu,Th	9:00-10:00 AM	\$13	77640-18
6/7-6/30	Tu,Th	10:00-11:00 AM	\$21	77640-19
7/5-7/28	Tu,Th	10:00-11:00 AM	\$21	77640-20
8/23-9/1	Tu,Th	10:00-11:00 AM	\$13	77640-21
6/7-6/30	Tu,Th	4:00-5:00 PM	\$21	77640-22
7/5-7/28	Tu,Th	4:00-5:00 PM	\$21	77640-23
8/23-9/1	Tu,Th	4:00-5:00 PM	\$13	77640-24
6/7-6/30	Tu,Th	7:00-8:00 PM	\$21	77640-25
7/5-7/28	Tu,Th	7:00-8:00 PM	\$21	77640-26
8/23-9/1	Tu,Th	7:00-8:00 PM	\$13	77640-27



← Low, Medium or High Intensity: Choose the work out that is right for you.

High Intensity

Deep H2O Plus

This class combines the traditional aspects of Deep H2O with more of an emphasis on cardio training. Water confidence and some swimming skills are recommended.

Location: Edora Pool Ice Center

6/6-6/29	M,W	6:00-7:00 AM	\$21	73661-01
7/6-7/27	M,W	6:00-7:00 AM	\$19	73661-02
8/1-8/31	M,W	6:00-7:00 AM	\$25	73661-03

Aqua Box

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

Location: Senior Center

6/7-6/30	Tu,Th	5:30-6:30 PM	\$21	77670-01
7/5-7/28	Tu,Th	5:30-6:30 PM	\$21	77670-02
8/23-9/1	Tu,Th	5:30-6:30 PM	\$13	77670-03

Deep H2O Workout

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 are recommended.

Location: Mulberry Pool

6/6-7/1	M,W,F	12:15-1:00 PM	\$32	72660-01
7/6-7/29	M,W,F	12:15-1:00 PM	\$29.75	72660-02
8/1-8/12	M,W,F	12:15-1:00 PM	\$18.50	72660-03

Location: Edora Pool Ice Center

6/7-6/30	Tu,Th	5:25-6:25 PM	\$21	73660-01
7/5-7/28	Tu,Th	5:25-6:25 PM	\$21	73660-02
8/2-9/1	Tu,Th	5:25-6:25 PM	\$25	73660-03

Arts & Crafts

Visual Arts Committee

Volunteers needed to serve on the Visual Arts Committee. For more information about the committee's mission and duties, contact Steve Dietemann at 970.224.6028 or sdietemann@fcgov.com.

Teachers?

Do you have a special talent and want to share it with others? New proposals for arts and crafts programs are always welcome. If you are a skilled, competent instructor, contact Steve Dietemann at 970.224.6028 or sdietemann@fcgov.com.

Volunteers Wanted

Volunteers are needed to help oversee the operation of a wood shop and general arts and crafts studio. If you are interested in volunteering or even teaching a class, contact Steve Dietemann at 970.224.6028 or sdietemann@fcgov.com.

Request for Photo Display Submissions

The Fort Collins Senior Center Visual Arts Committee is looking for regional photos for consideration for display on the walk jog track. Photos are enlarged and presented on a rotational basis. For details, contact Steve Dietemann 970.224.6028 or sdietemann@fcgov.com.

Request for Exhibits

The Fort Collins Senior Center Visual Arts Committee has an open call for artists, crafters or collectors who are interested in displaying their items in a show. The Senior Center showcases both historical and contemporary artworks by local, regional, national and international artists. Its exhibitions also highlight works by art faculty, students and patrons as well as emerging and established artists. The shows represent a great diversity and change regularly. Exhibits are open to the public and free of charge. Work may be for sale. For details, contact Steve Dietemann 970.224.6028 or sdietemann@fcgov.com.

Adult

For ages 18 years & up unless otherwise noted.

Artistic Abilities ~~400~~

Participants will learn a variety of techniques and skills to create unique pieces of art. This class is open to people of all abilities, with emphasis on accommodations for various challenges and disabilities.

Age: 13 years & up

Location: CSU, Visual Arts Building, Room F113

Note: For more information contact Alison Cope at 970.416.2024, ext. 1 or acope@fcgov.com. Class partially discountable.

5/18-6/8 W 4:00-6:00 PM \$24 74616-01

Senior Center Members register early on May 10!

Fort Collins Senior Center members can take advantage of early registration for Senior Center programs and classes. Senior Center members can register on **May 10** at the Fort Collins Senior Center, 1200 Raintree Drive. Walk-in registration begins at 8:00 AM and phone-in registration starts at 10:00 AM.

Visual Arts & Crafts Show

Return of art from the show will be in the Senior Center Studio
Pick up: Art will be returned to the artists Friday, June 3, 1:00-5:00 PM and Saturday, June 4, 9:00 AM-Noon.

Art Studio Tour

The Studio Tour is a self-guided tour of private artist studios, plus the City Pottery Studio and Senior Center Arts & Crafts Studios. People can meet the artists in their studios, see art demonstrations, and buy original art directly from the artists. Maps available at City Recreation facilities, Poudre River Public Library branches and other locations. Everyone is welcome!

6/25, 6/26 Sa, Su 10:00 AM-5:00 PM No fee

Indoor/Outdoor Sketching

You will have the opportunity to enjoy the beautiful Colorado outdoors, while at the same time learning about architectural and natural perspective. An emphasis on artistic expression as well as art concepts and rules will be stressed. This is a basic class open to all levels.

Age: 16 years & up

Instructor: Joan Deines

Location: Senior Center, Lobby

Note: Supply list available at registration (approx cost \$10-15).

6/18-7/30 Sa 9:30-11:00 AM \$50 74102-01

Hardcover Binding

Make your own hardcover book that can become your journal or sketchbook. Emphasis will be placed on the basic process, individual creativity and practical applications. This class will lead you through how to sew, glue, and create an artistic hard cover book.

Age: 16 years & up

Instructor: Sylvia Godsey

Location: Senior Center

Note: Some supplies provided. Supply list available at registration (approx. cost \$5-\$10). Class partially discountable.

6/13-7/11 M 6:30-8:30 PM \$45 74108-01

Calligraphy Beginning

Prerequisite: Good handwriting is not a prerequisite!

Learn the art of beautiful writing and add a personal touch to your scrapbooks, journals or notes and invitations. Use a broad edge pen for italic hand writing. Class includes discussion about materials, layout and design, and a brief history of writing.

Age: 16 years & up

Instructor: Sylvia Godsey

Location: Senior Center

Note: Supply list available at registration (approximate cost \$20). Class partially discountable.

6/9-7/14 Th 2:00-4:30 PM \$69 74109-01

Stab Bookbinding Workshop

Participants will learn a variety of stitching patterns and create your own uniquely bound hardcover book album. Perfect for your beautiful scrapbooks and photo albums! These books are bound along one side with decorative stitching. You can enjoy it for years to come!

Age: 16 years & up

Instructor: Sylvia Godsey

Location: Senior Center

Note: There will be a 1-hour lunch break (on your own). Binder board, paper and thread for one book will be provided. Student should bring a pencil, notebook, scissors, and x-acto knife with #11 blades. Class partially discountable.

6/25 Sa 9:00 AM-4:00 PM \$41 74112-01

C.H.A.T. - Crafts Hobbies Arts Time MO

Open for scrapbooks, crochet, watercolor, knitting, or some other hobby. Join the relaxed atmosphere where you can meet new friends and share an enthusiasm for the arts and crafts. This group of creative people meets weekly to work on projects and share ideas and techniques. Learn from others as you discuss the many aspects of different art related hobbies and crafts.

Location: Senior Center

Note: No instructor provided. Must be a Senior Center member. Class will not be held 8/10.

Ongoing W 1:00-3:00 PM No Fee

Open Shop MO

Work with the many tools that are available in areas such as jewelry, stained glass, and woodworking. Also available are scroll saws, wood lathes, other wood related tools and basic tools for mechanical repairs. Users enrolled can utilize the shop to work on projects outside of class. A shop attendant is on duty to assist with questions. Production work or work on items for sale is not permitted.

Location: Senior Center

Note: There is no fee for students currently enrolled in an arts and crafts class; for persons not currently enrolled in a class, a Senior Center membership is required. Program not discountable Class will not be held 8/9, 8/10, 8/11.

Ongoing Tu 8:00 AM-Noon \$2

Quilting Quorum

All levels of quilters are welcome and may work on any projects. You may also work on items for a charity of your choice or the ones the group has adopted, that offers quilts for people in need. Meet other local quilters, swap tips, share techniques, and a common interest in quilting.

Location: Senior Center

Note: There is no instructor. No fee, but must be a Senior Center member. Sewing machines, mats, cutters, and material are available.

6/3-8/26 F 1:00-3:00 PM No Fee

Soap Making MS CA

This workshop features basic soap making, how to safely handle the materials, molding, scenting, and adding designer ingredients. You'll be given a recipe book with instructions to take with you. We'll make 'pioneer' and vegan soaps and will dabble in French-Milling.

Instructor: Liz Moncrief

Location: Senior Center

Note: All supplies provided. Please wear old clothes. Class partially discountable

7/9 Sa 8:30 AM-12:30 PM \$47 non-member 74150-01
\$43 member

Lotions & Potions, Body Care MS CA

We'll make and take home several bath products using items found in your local health food market. Gain a better understanding of your skin's needs, what makes products work, how to add or delete special elixirs and essential oils, and develop an appreciation for the ingredients in your kitchen cupboard.

Instructor: Liz Moncrief

Location: Senior Center

Note: All supplies provided. Please wear old clothes. Class partially discountable.

8/20 Sa 8:30 AM-12:30 PM \$47 74152-01
\$43 member

Drawing

Essential Cartooning

Learn to make your own cartoon strip or comic book? Use your own style of doodles, stick figures, super heroes, or sophisticate. Learn to apply basic dynamic figure drawing, settings, perspective, storyboarding, and panel layout. Turn your own characters and concepts into finished comics.

Instructor: Jesse Bonifazi

Location: Senior Center

Note: Bring drawing paper, pencil, eraser, and ruler to first class. Supply list available at registration. Class will not be held 7/4.

6/13-8/1 M 7:00-9:00 PM \$50 74107-01

Drawing, Animals

Learn to re-create the amazing world of animals, and make them into beautiful art. This class will focus on animal anatomy, including facial features. Students can work from their own or instructor-provided reference material, and will be guided toward improving their skills in creating life-like animal drawings.

Age: 16 years & up

Instructor: Larry Tucci

Location: Senior Center

Note: Supply list available at registration (approximate cost \$30-40).

6/22-7/27 W 6:30-8:30 PM \$48 74145-01

Drawing, Effective Perspective

In art, perspective shapes your visual language and gives your pictures a sense of depth and reality. This beginning level course will focus on visual perspective, and will provide a solid foundation for making pictures that convey a true sense of reality.

Age: 16 years & up

Instructor: Larry Tucci

Location: Senior Center

Note: Supply list available at registration (approximate cost \$30-40).

6/21-7/26 Tu 6:30-8:30 PM \$48 74147-01



Get online. Get out of line.



Fiber Arts

Weaving, Beginning



In this class, students will be given instruction in basic weaving techniques and will be able to finish a summer scarf. Students will have use of rigid heddle looms. This class will give students a taste of weaving on a loom before they make a large investment for their own equipment.

Age: 16 years & up

Instructor: Liz Moncrief

Location: Senior Center

Note: The cost for rental of the looms will be \$20 for the workshop and can be redeemable at the end of the workshop if the student wishes to purchase the loom.

6/21-7/5	Tu	6:30-9:00 PM	\$78 non-member	74115-01
			\$74 member	

Feltmaking - Purse

Create a beautiful purse while learning the amazing wet felting process and techniques. Learn to create the material then shape it into your purse. The second class will focus on adding decoration and finishing touches that include surface designs, sculptural elements and appendages that reflect your sense of style.

Age: 16 years & up

Instructor: Marti Conrad

Location: Senior Center

Note: All supplies provided. Class partially discountable. Children 8-15 years old are welcome to register if accompanied by a parent.

6/9-6/16	Th	9:00 AM-Noon	\$33	74118-01
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Skein Painting & Dyeing



This workshop is just the thing for knitters, weavers, spinners, anyone who loves to work with colorful wool. We will explore the world of kettle dyeing, crock-pots, and skein painting to give outrageous results. All yarns and spinning wool will be provided along with dyes and equipment for a 'color party.'

Age: 16 years & up

Instructor: Liz Moncrief

Location: Senior Center

Note: All supplies provided. Please wear old clothes. Class partially discountable.

8/6	Sa	8:30 AM-12:30 PM	\$53 non-member	74154-01
			\$49 member	

Sewing, Beginning

In this fast paced class you will learn the basics of machine sewing, how to thread the machine wind a bobbin and different stitches and their uses, all while you work on a pillow form, slipcover, apron and a bag.

Age: 16 years & up

Instructor: Lee Hoff

Location: Senior Center

Note: Supply list available first class. (approximate cost \$35-40) First class, material is provided but bring a functional sewing machine, manual and scissors. If you desire a sewing machine, one can be provided.

6/2-6/23	Th	6:00-8:30 PM	\$49	74183-01
6/30-7/21	Th	6:00-8:30 PM	\$49	74183-02

Glass Arts

Fused Glass, Bracelet, Pendant & Earring Set

Do one of each while you learn to cut, stack and design beautiful fused glass jewelry (including dichroic glass). Friends and family will be jealous of your sparkling gems. All glass, hardware and findings included.

Age: 14 years & up

Instructor: Kathi Dougherty

Location: Senior Center

Note: All supplies provided. Class is partially discountable.

7/16	Sa	1:00-3:00 PM	\$46	74137-01
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Fused Glass Pendants

In this class, you will create six beautiful fused glass pendants while learning the basic glass cutting, fusing techniques, and discovering the magic of dichroic glass.

Instructor: Kathi Dougherty

Location: Senior Center

Note: All supplies provided. Bails available for purchase separately.

Class is partially discountable

7/16	Sa	10:00 AM-Noon	\$46	74139-01
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Jewelry

Jewelry Foldforming Workshop

This class is taught by jeweler Mark Ruby and will explore the use of folds on thin metal shapes and giving volume to sculptural metalwork. Preliminary work to be done on 26-30 gauge sheet copper.

Age: 16 years & up

Instructor: Mark Ruby

Location: Senior Center

Note: There will be a 1-hour lunch break (on your own) the first day. Wear old clothes. Supply list available at registration. Supply cost vary with choice (approximate cost \$10-30). Class partially discountable.

6/11	Sa	10:00 AM-4:00 PM	\$49	74111-01
6/12	Su	Noon-3:00 PM		

Jewelry Cold Connections Workshop

Prerequisite: Beginning Jewelry

This class will explore and develop cold connections in jewelry scale work. Rivets, tabs, tubing, ect. will be used to combine different metals and other materials that do not lend themselves to soldering, fusing or any heat based assembly methods.

Age: 16 years & up

Instructor: Mark Ruby

Location: Senior Center

Note: There will be a 1-hour lunch break (on your own) the first day. Wear old clothes. Supply list available at registration. Supply cost vary with project choice (approximate cost \$10-30). Class partially discountable.

6/25	Sa	10:00 AM-4:00 PM	\$49	74114-01
6/26	Su	Noon-3:00 PM		

Senior Center Members register early on May 10!

Fort Collins Senior Center members can take advantage of early registration for Senior Center programs and classes. Senior Center members can register on **May 10** at the Fort Collins Senior Center, 1200 Raintree Drive. Walk-in registration begins at 8:00 AM and phone-in registration starts at 10:00 AM.

Painting

Bob Ross Style Painting

Complete a finished painting in one day using the Bob Ross painting technique while our certified Bob Ross instructor teaches you about the use of different brushes, a palette knife, mixing colors and the manipulation of certain special paints. If you have all of your own Bob Ross supplies, there is a \$15 reduced fee.

Instructor: Peggy Hunt

Location: Senior Center

Note: There will be a 1-hour lunch break (on your own). Please bring a role of paper towels and wear old clothes. Class not discountable.

6/23	Th	9:00 AM-4:00 PM	\$60	74127-01
7/28	Th	9:00 AM-4:00 PM	\$60	74127-02

Painting, Beginning Acrylic

This entry-level course will cover important basics such as choosing and preparing your ground, starting techniques, drawing, color values and composition. If you never painted before and are interested, or if you have emerging skills that you would like to stretch to new levels, this class is for you.

Age: 16 years & up

Instructor: Larry Tucci

Location: Senior Center

Note: Supply list available at registration (approximate cost \$30-50).

6/23-8/4	Th	6:30-8:30 PM	\$55	74146-01
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Porcelain Painting Beginning

This is your chance to try porcelain painting. Students will 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.

Instructor: Jackie Mosman

Location: Senior Center

Note: All supplies included. Firing of your work is included in the course fee. Reduced fee when using your own supplies. Class partially discountable. Class will not be held 8/12.

6/3-6/24	F	1:00-3:30 PM	\$47	74170-01
7/1-7/29	F	1:00-3:30 PM	\$56	74170-02
8/5-8/26	F	1:00-3:30 PM	\$37	74170-03

Porcelain Painting Intermediate

The instructor will demonstrate varied techniques for achieving desired results. The aim is to extend your current skills and knowledge. Learn more about the chemical process of paints, mediums and firing procedure.

Instructor: Jackie Mosman

Location: Senior Center

Note: Firing of your work is included in the course fee. You provide the painting supplies. Class will no be held 8/10.

6/1-6/29	W	9:00-11:30 AM	\$51	74171-01
7/6-7/27	W	9:00-11:30 AM	\$42	74171-02
8/3-8/31	W	9:00-11:30 AM	\$42	74171-03

Porcelain Painting, Advanced

The classes will offer one-on-one hands-on instruction as well as group demonstrations. In the classes, attention will be given to advanced brush techniques, creating the image while observing color, value, and using specific different techniques.

Instructor: Jackie Mosman

Location: Senior Center

Note: Firing of your work is included in the course fee. You provide the painting supplies. Class will not be held 8/10.

6/1-6/29	W	1:00-4:00 PM	\$59	74172-01
7/6-7/27	W	1:00-4:00 PM	\$48	74172-02
8/3-8/31	W	1:00-4:00 PM	\$48	74172-03

Photography

Photography, Beginning

These classes are designed for those that have a high-end digital camera or a 35mm SLR camera with interchangeable lenses and filters. Lectures and demos will teach you about camera operations, lenses, and equipment, also films, filters, depth of field, and bracketing. Composition and photo products will be covered.

Age: 16 years & up

Instructor: Dick Myhre

Location: Senior Center

Note: Bring a functional digital or 35mm SLR camera and its manual to class. A field trip will give you practical experience and will be on Saturday after the start of your class. Class will not be held 6/16, 6/30.

6/9-7/7	Th	6:00-9:00 PM	\$47	74130-01
6/11	Sa	9:00 AM-Noon		

Photography Intermediate to Advanced

Advanced creative techniques will be covered for specific genres including landscape, wildlife, night and close-up photos. Most of the applications and techniques apply to both film and digital photography. You must have an understanding of your camera and the basics of photography, either digital or regular film.

Age: 16 years & up

Instructor: Dick Myhre

Location: Senior Center

Note: Bring a functional digital or 35mm SLR camera and manual.

7/14-7/28	Th	6:00-9:00 PM	\$39	74131-01
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Woodworking

Scroll Saw Projects

You learn the basic operation of the saw while working on projects like a puzzle, silhouette, letter, ornament or intarsia. Then you progress to a more complex project where you will buy the wood and you choose the design. Also included will be discussions about scroll saw setup, blades, maintenance and types of saws.

Instructor: Leroy Wilson

Location: Senior Center

Note: Open to all skill levels. Some supplies provided. Supply list available first day of class (approximate cost \$10-20). Class partially discountable

6/1-7/6	W	7:00-9:00 PM	\$89	74192-01
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Wheel & Handbuilding: Get one-on-one guidance and learn to make pottery.

Pottery

All pottery classes are held at the Pottery Studio. This is a recreational and educational facility. See page 9 for more information.

Private Pottery Instruction

Interested in having that intense one-on-one time to rapidly develop your skills and knowledge? Private lessons are available for all levels. Fees vary depending on the program chosen. Not discountable. Contact Steve Dietemann at 970.224.6028 or sdietemann@fcgov.com.

Pottery Lab

Anyone currently enrolled in an adult pottery class (sampler excluded) may utilize the lab. Staff is in attendance, no formal instruction provided. Lab is for current students to practice or finish work in progress. Anyone who has taken a class at the Pottery Studio may register as a lab student.

Note: This is a recreational and educational facility. Production work is not permitted. Lab fee includes 25 pounds of clay. Lab hours are for adults only. Open lab times are not available for students enrolled in the Sampler Class. Lab partially discountable. Class will not be held 7/4.

6/7-8/13	Tu,Sa	9:00 AM-Noon	\$129	74066-01
	M,Th	11:00 AM-1:00 PM		
	W	11:00 AM-2:00 PM		

Pottery Beginning Wheel & Handbuilding

For those with no experience. Learn about clay, tools, and glazing, plus much more. Included are the basic skills, techniques and principles involved in pottery. Primary emphasis for the class is on creating using the potter's wheel as a tool. Some handbuilding will be covered.

Note: Lab time included. Tools and supplies provided, 25 pounds of clay included in the fee. Class partially discountable. Class will not be held 7/4.

6/6-8/15	M	9:00-11:00 AM	\$129	74060-01
6/6-8/15	M	5:30-7:30 PM	\$129	74060-02
6/8-8/10	W	8:00-10:00 PM	\$129	74060-03

Pottery, Beginning + Wheel & Handbuilding

Prerequisite: One or more of Beginning Wheel & Handbuilding

This class is paced for students who have previously taken a beginning class, and are acquainted with the basic techniques involved in wheel throwing. This class is excellent for students that are not feeling comfortable with the clay and wish to hone their skills before progressing to Intermediate.

Note: Lab time included. All tools and supplies provided, 25 pounds of clay included in the fee. Class partially discountable. Class will not be held 7/4.

6/6-8/15	M	8:00-10:00 PM	\$129	74061-01
6/8-8/10	W	5:30-7:30 PM	\$129	74061-02
6/9-8/11	Th	9:00-11:00 AM	\$129	74061-03

Pottery, Intermediate Wheel & Handbuilding

Prerequisite: One or more of Beginning Wheel & Handbuilding

This class will deal with more complex ceramic/pottery techniques and skills. Expression and exploration of form will be taught. Intermediate students must have had experience working with clay and should know the principles of the wheel.

Note: Lab time included. Tools and supplies provided, 25 pounds of clay included in the fee. Class partially discountable.

6/7-8/9	Tu	5:30-7:30 PM	\$129	74062-01
6/8-8/10	W	9:00-11:00 AM	\$129	74062-02

Pottery, Advanced Wheel & Handbuilding

Prerequisite: Intermediate Wheel/Handbuilding or equivalent

This class looks further into the development of form while honing your high-end techniques. Emphasis is placed on combining your own creativity with conceptual thought into design.

Note: Lab time included. Tools and supplies provided, 25 pounds of basic clay included in the fee. Class partially discountable.

6/9-8/11 Th 5:30-7:30 PM \$129 74063-01

Pottery, Raku Workshop

The first week starts by working in wet clay, and the second week you glaze and finish, by firing the pieces. It will include a hands-on contemporary exploration of the forming and firing process first used by the Japanese potters. Join us for American style of Raku while using hand-building or use the potter's wheel.

Note: No experience necessary. All tools and supplies provided, clay as needed included in the fee.

6/3, 6/10	F	6:00-9:00 PM	\$64	74065-01
6/4, 6/11	Sa	9:00 AM-Noon		

Senior Center Members register early on May 10!

Fort Collins Senior Center members can take advantage of early registration for Senior Center programs and classes. Senior Center members can register on **May 10** at the Fort Collins Senior Center, 1200 Raintree Drive. Walk-in registration begins at 8:00 AM and phone-in registration starts at 10:00 AM.

Pottery, Handbuilding Expressions**Prerequisite:** No previous experience necessary.

Students will 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: This class is for all levels. All tools and supplies provided, 25 pounds of clay, glazes and all firings. Lab time is also included in the fee. Class partially discountable.

6/8-8/10	W	6:00-8:00 PM	\$129	74067-01
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Pottery Sampler

Adults enrolled in this class will be encouraged to create while learning the techniques of clay. You will be introduced to handbuilding and wheel-throwing, as well as, glazing and studio operation. If you have always wanted to know about pottery, join this introductory class.

Note: There is no lab offered with this class. All materials and tools provided. In this class, clay will be provided as needed. Class partially discountable.

6/11-7/9	Sa	12:30-2:30 PM	\$49	74069-01
7/16-8/13	Sa	12:30-2:30 PM	\$49	74069-02

Pottery, Handbuilding

This class will address various imaginative methods of handbuilding while using extruders, slab rollers, various textures and forms. You will push the traditional boundaries of utilitarian clay as well as concentrate with some focus on functionality.

Note: This class is for all levels. All tools and supplies provided, 25 pounds of clay, glazes and all firings are included in the fee. Lab time is included. Class partially discountable.

6/10-8/12	F	9:00-11:00 AM	\$129	74070-01
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Visiting Pottery Artist Demonstrations


In these mini-workshops well-known Front Range potters will be demonstrating their skills. Potters and non-potters will enjoy viewing the diverse process of creating pottery as the visiting artist demonstrate and lecture. Individuals can expand their repertoire of techniques and knowledge of clay.

Age: All**Location:** Pottery Studio, 2nd floor

Note: The visiting artist will be Jim Lorio. He will be demonstrating throwing techniques and how to develop your own clay expression. Please bring sketching materials, pencil and one piece you have made. Fee payable at the door. Workshops are not discountable.


6/18	Sa	1:00-4:00 PM	\$12	
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What do the icons or symbols mean?

 Denotes program/activity is for Senior Center members only.

 Denotes program/activity has member special.

 Denotes that online registration not available for program.

 Denotes Adaptive Recreation Opportunity program.

Youth**Graffiti Art**

Techniques in graffiti style lettering will be taught along with development of personal style. Class focus is on "legal graffiti"

Age: 8-11 years**Instructor:** Staci Schmidt**Location:** Northside Aztlan Center

6/11	Sa	1:00-4:00 PM	\$28	75505-01
7/23	Sa	1:00-4:00 PM	\$28	75505-02

Drawing & Cartooning

In this class we will explore techniques of drawing, including drawing realistically using three-dimensional forms and drawing in perspective. We will also learn how to use basic shapes and adjust normal proportions to create cartoons. Skills taught are ongoing. Sign up for one or both sessions. Please bring 8x12 sketch book.

Instructor: Staci Schmidt**Location:** Youth Activity Center**Age: 5-7 years**

6/6-6/9	M-Th	1:30-3:00 PM	\$50	75507-01
7/11-7/14	M-Th	1:30-3:00 PM	\$50	75507-03

Age: 8-11 years

6/6-6/9	M-Th	3:30-5:00 PM	\$50	75507-02
7/11-7/14	M-Th	3:30-5:00 PM	\$50	75507-04

Introduction to Painting

Students will learn to mix colors and use a variety of tools and paints to create individual works of art. Come dressed for a mess! Skills taught are ongoing. Sign up for one or both sessions.

Age: 5-11 years**Instructor:** Staci Schmidt**Location:** Youth Activity Center**Age: 5-7 years**

6/13-6/16	M-Th	1:30-3:00 PM	\$50	75511-01
7/18-7/21	M-Th	1:30-3:00 PM	\$50	75511-03

Age: 8-11 years

6/13-6/16	M-Th	3:30-5:00 PM	\$50	75511-02
7/18-7/21	M-Th	3:30-5:00 PM	\$50	75511-04

Art Explosion

Come play with paint in messy fun ways! Create using hands, feet, finger paint, shaving cream, balloons, sponges and more!

Age: 5-6 years**Instructor:** Julie Gillen, C.E.T.**Location:** Northside Aztlan Center

6/16-6/30	Th	11:00 AM-Noon	\$29	75513-01
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To Dye for Tie-Dye

We will create colorful clothing when we tie dye t-shirts, socks, hats and bandanas.

Age: 8-10 years**Instructor:** Julie Gillen, C.E.T.**Location:** Northside Aztlan Center**Note:** Art classes can be messy. Please dress accordingly.

7/5-7/19	Tu	1:00-2:00 PM	\$41	75521-01
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Critter Condos

Have fun creating a fancy condo-complex for your favorite small stuffed animal friends. Boxes, fabric, carpet, wallpaper, glue and other materials will be used to decorate and furnish what your imagination creates.

Age: 6-10 years

Location: Youth Activity Center

6/20-6/23	M-Th	1:00-2:30 PM	\$42	75523-01
7/25-7/28	M-Th	1:00-2:30 PM	\$42	75523-02

Outside Art

Using "The Gardens" as an inspiration, children and their favorite adult will have fun being creative and messy outdoors!

Age: 4-6 years

Instructor: Julie Gillen, C.E.T.

Location: The Gardens on Spring Creek

Note: Class will meet on the north patio. This is a child with parent class.

7/12-7/19	Tu	10:00-11:00 AM	\$20	75533-01
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Create on Canvas

Paint with acrylics to create fun, whimsical pictures on canvas.

Age: 8-10 years

Instructor: Julie Gillen, C.E.T.

Location: Northside Aztlan Center

Note: Art classes can be messy. Please dress accordingly.

7/26-8/9	Tu	3:00-4:00 PM	\$29	75535-01
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Creation Station

Kids will be exposed to and use multiple mediums to paint, sculpt, draw, glue and color on both paper and canvas. Bring your imagination!

Age: 8-12 years

Instructor: Julie Gillen, C.E.T.

Location: Northside Aztlan Center

Note: Art classes can be messy. Please dress accordingly.

7/5-7/19	Tu	3:00-4:00 PM	\$29	75530-01
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Water Colors on the Pond

Using City Park as a backdrop, kids will be introduced to and will experiment with water color paints and pencils.

Age: 9-12 years

Instructor: Julie Gillen, C.E.T.

Location: Playground across from City Park Pool

Note: Dress appropriately for the weather. Please bring a water bottle and a blanket or towel to sit on.

6/14	Tu	9:00 AM-Noon	\$29	75532-01
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The Cave Painters

Explore the ancient cave of Lascaux. Mix "prehistoric" cave paint, create murals, cave and rock paintings.

Age: 6-12 years

Instructor: Julie Gillen, C.E.T.

Location: The pavilion at Lee Martinez Park

6/28	Tu	9:00 AM-Noon	\$29	75538-01
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Mural Painting

Kids will create murals in the style Jackson Pollack using a variety of media from squirt guns to darts! Messy art, messy fun!

Age: 9-12 years

Instructor: Julie Gillen, C.E.T.

Location: Lee Martinez Park

Note: Please wear paint clothes.

6/21	Tu	9:00 AM-Noon	\$29	75539-01
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Camp Picasso

This 3-day mini-camp will have you learning about different artists and exploring mediums. Have fun creating your own works of art!

Age: 6-12 years

Instructor: Julie Gillen, C.E.T.

Location: Northside Aztlan Center

Note: Art classes can be messy. Please dress accordingly.

7/7-7/21	Th	1:00-4:00 PM	\$79	75540-01
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Remember
ONLY YOU
 CAN PREVENT WILDFIRES.
 smokeybear.com

Flowers Galore

It is all about flowers! We will use a variety of water colors and acrylics to create pictures and collages on canvas, paper and fabric.

Age: 10-13 years

Instructor: Julie Gillen, C.E.T.

Location: Northside Aztlan Center

Note: Art classes can be messy. Please dress accordingly.

6/14-6/28 Tu 3:00-4:00 PM \$29 75541-01

Art Picnic

Kids will enjoy a morning of art instruction in an outdoor setting.

Age: 6-12 years

Instructor: Julie Gillen, C.E.T.

Location: The Gardens on Spring Creek, north patio

Note: Wear sunscreen, bring a sack lunch and 8x11 sketch book.

7/5 Tu 9:00 AM-Noon \$29 75542-01

Magical Mermaids

Come visit the world where mermaids live! We will make mermaids and play with shells and fish!

Age: 4-6 years

Instructor: Julie Gillen, C.E.T.

Location: Northside Aztlan Center

7/28-8/11 Th 11:00 AM-Noon \$29 75543-01

Robot Recyclables

Create out of this world robots using recyclable materials.

Age: 4-6 years

Instructor: Julie Gillen, C.E.T.

Location: Northside Aztlan Center

8/2-8/9 Tu 10:00-11:00 AM \$20 75549-01

Folded Art

Learn how to interpret origami symbols and understand origami vocabulary. a variety of beginner and intermediate models will be taught including animals, toys, and airplanes. Class will be individualized for all levels based on experience.

Age: 8-11 years

Instructor: Staci Schmidt

Location: Northside Aztlan Center

6/11	Sa	9:00 AM-Noon	\$25	75536-01
7/23	Sa	9:00 AM-Noon	\$25	75536-02

Beautiful Batiks

Using water colors and acrylics kids will create "hope" flags and wall hangings of their own design.

Age: 8-12 years

Instructor: Julie Gillen, C.E.T.

Location: Northside Aztlan Center

Note: Art classes can be messy. Please dress accordingly.

7/7-7/21 Th 11:00 AM-Noon \$29 75545-01

Henna Body Art

Mehndi is the art of applying henna to the body. Participants will learn the cultural history of henna application, how to make the henna paste and will use their imaginations to create beautiful, temporary body artwork.

Age: 12-16 years

Location: Northside Aztlan Center

Note: All supplies will be provided. Please note any skin allergies at the time of registration.

6/20-6/27 M 1:00-3:00 PM \$34 75755-01

Fort Collins
Fore Kids
15th Annual Introductory Youth Golf Clinic
For Girls & Boys ages 7-12

City of Fort Collins Golf

INFORMATION
Further information is available at the City Park Nine, Collindale and SouthRidge ProShops or call 221.6650.

SPONSORED BY THE CITY OF FORT COLLINS GOLF BOARD & THE GOLF DIVISION. CONDUCTED BY PGA GOLF PROFESSIONALS.

Tuesday, June 7 8:15-11:30 AM
Check-In: 7:45 AM

City Park Nine Golf Course
411 South Bryan Avenue 970.221.6650

\$5 Registration Fee
Registration Deadline: May 24
Clubs will be provided and should not be brought to this clinic. Entries will be capped at 120.
Includes a light snack, Walrus Ice Cream and "goodie bag."

Visit over 40 private art studios, meet the artists, and see how the artwork is made.

Amelia Caruso Anne Bossert Kathi Dougherty

Fort Collins Studio Tour
Revealing the Mysteries of Fine Art and Craft

Abbey Rothenbuehler Gwen Hachette Gary Hixon

Saturday & Sunday, June 25 & 26
Pick up a *free* map at the Senior Center, Northside Aztlan Center, and public libraries.
Visit LCTIX.com/galleries or call 416-2737 for more info.

Many thanks to our event sponsors:

Youth & Teen Pottery

Youth and Teen Pottery classes are held at the Pottery Studio.

Parents or Grandparents & Children Together

Among the many class offered are classes specifically geared for a parent or grandparent to work with a child on pottery projects. Interesting clay projects will be completed in these unique classes. The projects are constantly being varied so it is possible to reregister for classes as many times as you wish.

Birthday Parties

The kids will enjoy working in clay and will make a creation of their very own. They will learn the steps and processes that clay goes through and take a short tour. You invite participants and provide the refreshments (cake, ice cream, drinks, etc.) The Pottery staff will provide the "know how", supplies and tools to teach and help them make a precious object that can be treasured for years. Parties last about 90 minutes. We can tailor a birthday package to your needs. Cost is \$9 per child (5 children minimum). Parties are not discountable. Contact Steve Dietemann at 970.224.6028 or sdietemann@fcgov.com.

Boy & Girl Scouts Badge Requirements

Scouts will learn the fundamentals of clay while completing the requirements set by the organization. Scouts will go on a tour and see the workings of a Pottery Studio. They will create a piece that they can personalize with their own creativity, which will be fired and glazed. Cost is \$9 per child (5 children minimum). Not discountable. Contact Steve Dietemann at 970.224.6028 or orsdietemann@fcgov.com.

Pottery, Parent & Child Handbuilding

This class will provide an opportunity for you and your youngster to work together at the Pottery Studio and share a creative experience.

Age: 6-9 years

Note: The fee includes all tools and materials. One parent per youth (each additional youth, \$44.50). Lab time not included. Class partially discountable.

6/11-7/9	Sa	4:30-6:00 PM	\$89	74051-01
7/16-8/13	Sa	4:30-6:00 PM	\$89	74051-02

Pottery, Parent & Tot Mud

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

Age: 3-5 years

Note: The fee includes all tools and materials. One parent per youth. Lab time not included. Class partially discountable.

6/7-7/5	Tu	12:15-1:15 PM	\$34	74050-01
6/8-7/6	W	2:15-3:15 PM	\$34	74050-02
6/11-7/9	Sa	3:00-4:00 PM	\$34	74050-03
7/12-8/9	Tu	12:15-1:15 PM	\$34	74050-04
7/13-8/10	W	2:15-3:15 PM	\$34	74050-05
7/16-8/13	Sa	3:00-4:00 PM	\$34	74050-06

Pottery, Parent & Teen Wheel & Handbuilding

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

Age: 10-17 years

Note: The fee includes all tools and materials. One parent per youth (each additional youth, \$44.50). Lab time not included. Class partially discountable.

6/10-7/8	F	5:30-7:00 PM	\$89	74052-01
7/15-8/12	F	5:30-7:00 PM	\$89	74052-02

Pottery Teen Wheel & Handbuilding

Participants enrolled in this program will learn a variety of handbuilding and ceramic/pottery decorating techniques. They will also learn basic potter's wheel skills.

Age: 13-17 years

Note: The fee includes all tools and materials. Lab time not included. Class partially discountable.

6/7-7/7	Tu,Th	3:30-5:00 PM	\$89	74057-01
7/12-8/11	Tu,Th	3:30-5:00 PM	\$89	74057-02
6/10-7/8	F	3:30-5:00 PM	\$48	74057-03
7/15-8/12	F	3:30-5:00 PM	\$48	74057-04

Pottery, Child Handbuilding

Youngsters will make interesting clay projects while learning various methods of forming and glazing clay. The projects are constantly being varied so it is possible to repeat classes as many times as you wish.

Age: 6-9 years

Note: The fee includes all tools and materials. Lab time not included. Class partially discountable. Class will not be held 7/4.

6/6-7/11	M	1:30-3:00 PM	\$48	74053-01
7/18-8/15	M	1:30-3:00 PM	\$48	74053-02
6/7-7/5	Tu	1:30-3:00 PM	\$48	74053-03
7/12-8/9	Tu	1:30-3:00 PM	\$48	74053-04
6/10-7/8	F	1:30-3:00 PM	\$48	74053-05
7/15-8/12	F	1:30-3:00 PM	\$48	74053-06

Pottery, Youth Wheel & Handbuilding

Emphasis will be on students learning basic potter's wheel skills. Handbuilding as well as other skills and techniques will be taught.

Age: 10-12 years

Note: The fee includes tools and materials. Lab time not included. Class partially discountable. Class will not be held 7/4.

6/6-7/11	M,W	3:30-5:00 PM	\$89	74055-01
7/18-8/15	M,W	3:30-5:00 PM	\$89	74055-02
6/9-7/7	Th	1:30-3:00 PM	\$48	74055-03
7/14-8/11	Th	1:30-3:00 PM	\$48	74055-04

Dance & Movement

Adult

Classes are for ages 18 & up unless otherwise noted.

Private Dance Instruction

Do you want to brush up on your dance steps, prepare for a wedding, or surprise your spouse with your new dancing abilities? Instructor Darrick Hildman can help you with many different types of dances in a private setting. Please call Darrick Hildman at 970.310.7778 to set up an appointment. \$25 for one person/hour, \$35 for two people and \$5 for each additional person. Payment can be made at the Senior Center.

Zumba

Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away! The routines feature interval training sessions where fast and slow rhythms are combined to tone and sculpt your body while burning fat. Zumba is the most fun you will ever have exercising!

Age: 14 years & up

Instructors: Alexandra Hung, Dianne Doddridge, Maureen Plotnicki

Location: Northside Aztlan Center

Ongoing	M	9:00-10:00 AM	\$2 per class, drop-in only
	W	9:00-10:00 AM	
	W	6:15-7:15 PM	
	Th	6:15-7:15 PM	
	Su	3:30-4:30 PM	

Hula Dance Fusion

Tone your core and learn some new dance moves in this exciting new class! This is for any one with an interest or desire to learn more about dance. We will learn basic hooping techniques and tricks, while incorporating basic modern dance vocabulary of Graham and Limon, with jazz technique.

Age: 16 years & up

Instructor: Leah McDaniel

Location: Club Tico

Note: Ages 13-15 allowed with instructor permission. Class will not be held 7/4.

6/27-8/15	M	6:45-7:45 PM	\$60	74240-01
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Jazz, Beginning

Contemporary dance with a hip-hop edge. Learn the basics or refine your dance skills. In this class we will explore different jazz techniques including those of Fosse, Robbins, with some hip-hop and post-modern movement. This class is for adult beginners and anyone interested in this movement.

Instructor: Leah McDaniel

Location: Northside Aztlan Center

Note: Ages 13-17 allowed with instructor permission.

6/23-8/11	Th	5:00-6:30 PM	\$60	74241-01
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Ballet

Ballet, Beginning

Introduction to classical barre, positions and steps.

Age: 18 years & up

Instructor: Sarah Manno

Location: Club Tico

Note: Ages 13-17 with instructor permission.

7/5-7/26	Tu	6:45-7:45 PM	\$28	74201-01
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Ballet, Low Intermediate

Continuing work on basic technique.

Age: 18 years & up

Instructor: Sarah Manno

Location: Empire Grange

Note: Ages 13-17 allowed with instructor permission.

7/11-8/1	M	5:30-6:45 PM	\$34	74202-01
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Ballet, Intermediate

A more challenging, ongoing class for experienced dancers, based on Cecchetti technique.

Age: 18 years & up

Instructor: Sarah Manno

Location: Club Tico

Note: Ages 13-17 allowed with instructor permission.

7/7-7/21	Th	5:25-6:40 PM	\$26	74203-01
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Belly Dancing

Belly Dancing, Beginning

Get a great workout as you learn an ancient dance form! You'll learn fast and slow movements, work with finger cymbals and veils, create mini choreographies and play with all these skills in fun improvisations. Along the way, you'll learn some fascinating tidbits about belly dance and its origin.

Age: 12 years & up

Instructor: Nancy Montgomery

Location: Senior Center

Note: Please wear yoga/exercise gear and a scarf or sash around your hips. Bare feet, yoga mat, water bottle recommended. Class will not be held 8/11.

6/2-7/7	Th	6:30-8:00 PM	\$60	74204-01
7/14-8/25	Th	6:30-8:00 PM	\$60	74204-02

Belly Dancing, Intermediate

Prerequisite: Completed two sessions of Beginning Belly Dance class or instructor approval

Age: 12 years & up

Instructor: Nancy Montgomery

Location: Senior Center

Note: Please wear yoga/exercise gear and a scarf or sash around your hips. Bare feet, yoga mat, water bottle recommended. Class will not be held 8/11.

6/2-7/7	Th	8:00-9:30 PM	\$60	74205-01
7/14-8/25	Th	8:00-9:30 PM	\$60	74205-02

Clogging

Clogging, Beginning

Clogging is a percussive style of tap dance, a combination of rhythm, music and movement performed to a variety of music genres. It's aerobic, stimulating and fun! No partner needed.

Age: 14 years & up

Instructor: Jan Waterman

Location: Northside Aztlan Center

Note: Class will not be held 7/4.

6/13-7/11	M	4:20-5:15 PM	\$28	74261-01
8/22-9/26	M	4:20-5:15 PM	\$34	74261-02

Clogging, Intermediate

Learn a new intermediate level dance and review favorites. Designed for experienced cloggers.

Age: 14 years & up

Instructor: Jan Waterman

Location: Northside Aztlan Center

Note: Class will not be held 7/4.

6/13-7/11	M	5:20-6:15 PM	\$28	74262-01
8/22-9/26	M	5:20-6:15 PM	\$34	74262-02

Dancing with Don

Classes taught by Don "the Dance Man" Roberts.

Salsa

Learn to Salsa, one of the most popular and exciting styles of Latin dancing. Learn the basics and some exciting turns.

Age: 14 years & up

Location: Senior Center

6/21-6/28	Tu	6:30-8:00 PM	\$24	74232-01
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Ballroom/Latin American Dance

This class will make you feel like you are dancing with the stars. The Fred and Ginger style of ballroom dancing will be covered. Class will learn the basics in Fox Trot, Waltz, Polka, Tango/Cha cha and some fun moves to give that polished look of a pro.

Age: 13 years & up

Note: Class not discountable.

Level 1

Location: Senior Center

5/17-5/24	Tu	8:00-9:30 PM	\$24	64215-03
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6/15-6/29	W	7:20-8:40 PM	\$31	74215-01
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7/13-7/27	W	7:20-8:40 PM	\$31	74215-02
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6/21-6/28	Tu	8:00-9:30 PM	\$24	74215-03
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Level 2

Location: Club Tico

7/12-7/19	Tu	8:00-9:30 PM	\$31	74216-01
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8/3-8/17	W	7:20-8:40 PM	\$31	74216-02
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FALL 2011
RECREATOR
OUT
AUGUST 1
REGISTRATION
AUGUST 18

City of Fort Collins Recreation | FCGOV.COM/RECREATOR

HERSHEY'S
TRACK & FIELD GAMES

JUNE 8, 2011
5:30 TO 7:30 PM
FRENCH FIELD

AGES 9-14
RUNNING, JUMPING AND THROWING EVENTS.
TO REGISTER AT THE MEET BRING A COPY OF YOUR BIRTH CERTIFICATE AND SHOES WITHOUT SPIKES.

REGISTRATION BEGINS AT 5:00 PM.

MORE INFO?
CALL MARC RADEMACHER AT 970.221.6309

HEY RECREATORS. WE HAVE A NEW REGISTRATION LOCATION!

SEE YOU AT Council Tree Library
2733 Council Tree Avenue
Front Range Village

ON May 12, 2011
7:00 AM to Noon



**BY GIVING JUST A FEW HOURS OF MY DAY
I HELP CHILDREN PREPARE FOR
A LIFETIME OF LEARNING
BECAUSE I DON'T JUST WEAR THE SHIRT, I LIVE IT.
GIVE. ADVOCATE. VOLUNTEER. LIVE UNITED**



Ruth Rusie is part of United Way's ongoing work to improve the education, income, and health of our communities. To find out how you can help create opportunities for a better life for all, visit LIVEUNITED.ORG



Country Western Dance

Learn the basics in each of the western dances (Texas 2-step, Western Waltz, Triple Step) and tie yourself up in knots learning the basics and the Pretzel in Country Swing. Class will be introduced to the lead/follow technique used in each dance.

Age: 13 years & up

Note: Class not discountable.

Level 1

Location: Senior Center

5/17-5/24 Tu 6:30-8:00 PM \$24 64222-02

6/15-6/29 W 8:40-10:00 PM \$31 74222-01

7/13-7/27 W 8:40-10:00 PM \$31 74222-02

Level 2

Location: Club Tico

8/3-8/17 W 8:40-10:00 PM \$31 74223-01

Jitterbug & East Coast Swing

Jitterbug is the single time form of swing and East Coast is the triple time. Jitterbug is done to faster music from the Big Band Era and East Coast Swing is done to slower music. This class will get you ready for a fun night on the town, wedding, or social event or prepare you for the West Coast swing class.

Age: 13 years & up

Note: Class not discountable.

Level 1

Location: Club Tico

6/15-6/29 W 6:00-7:20 PM \$31 74227-01

7/13-7/27 W 6:00-7:20 PM \$31 74227-02

Location: Senior Center

7/12-7/19 Tu 6:30-8:00 PM \$24 74227-03

Level 2

Location: Club Tico

8/3-8/17 W 6:00-7:20 PM \$31 74228-01

One Night Workshops

The first hour will introduce the basic step and lead/follow techniques used in the dance. The second hour will cover the basic turn and style unique to the dance. The third hour will cover some of the moves that make the dance so popular in today's social settings. Sections -01,-04 Cowboy Cha Cha and Sections -02-06 Night Club 2-Step.

Age: 13 years & up

Location: Club Tico

8/16 Tu 6:30-9:30 PM \$23 74236-02

8/23 Tu 6:30-9:30 PM \$23 74236-03

6/8 W 6:30-9:30 PM \$23 74236-04

7/6 W 6:30-9:30 PM \$23 74236-05

8/24 W 6:30-9:30 PM \$23 74236-06

Location: Senior Center

7/26 Tu 6:30-9:30 PM \$23 74236-01

Line Dance

Participants can pay a drop-in fee prior to attending the class (\$4.25/class).

I. Crooked Lines

Have a great time learning new and exciting line dances. Start with the basic steps, then progress to easy-to-follow dances.

Instructor: Blanche Adams

Location: Senior Center

6/7-6/28	Tu	1:00-2:15 PM	\$19	74250-01
7/5-7/26	Tu	1:00-2:15 PM	\$19	74250-02

II. Country Liners

Have a great time learning new and exciting line dances. Start with the basic steps, then progress to easy-to-follow dances.

Instructor: Blanche Adams

Location: Senior Center

6/6-6/27	M	1:00-2:15 PM	\$19	74251-01
7/11-7/25	M	1:00-2:15 PM	\$15	74251-02

III. Fort Collins Kickers

This class is designed for the more experienced dancer.

Instructor: Blanche Adams

Location: Senior Center

6/6-6/27	M	2:15-3:30 PM	\$19	74252-01
7/11-7/25	M	2:15-3:30 PM	\$15	74252-02

Modern

Modern Dance

Earthy, sometimes jazzy or lyrical movements follow a balanced warm up for stretching, toning, centering and fun.

Instructor: Sarah Manno

Location: Club Tico

Note: Ages 13-17 allowed with instructor permission.

7/5-7/26	Tu	5:25-6:25 PM	\$28	74208-01
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Modern Dance, Intermediate

A more challenging, ongoing class for experienced dancers, which incorporates Pilates, Hawkins, Wigman and Limon techniques.

Instructor: Sarah Manno

Location: Club Tico

Note: Ages 13-17 allowed with instructor's permission.

7/5-7/26	Tu	5:25-6:40 PM	\$34	74209-01
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Youth

Just Tumbling

The emphasis of this class will be on learning all the basic tumbling skills and then incorporating them in a mini-floor exercise routine.

Age: 7-8 years

Instructor: Marsha Portelance

Location: Mulberry Pool

6/2-6/30	Th	5:45-6:45 PM	\$51	75559-01
7/7-8/4	Th	5:45-6:45 PM	\$41	75559-02

Dancin' Dumplings

This class for preschoolers will introduce your child to dance rhythms, movement, tumbling and creativity. Confidence will result from this fun-filled class. Choose from our traditional or themed classes.

Instructor: Marsha Portelance

Location: Mulberry Pool

Note: Appropriate attire is required: leotard and tights, or T-shirts and shorts.

Age: 3 years

Traditional Dancin' Dumplings

6/3-6/17	F	10:10-10:55 AM	\$25	75556-01
6/24-7/8	F	10:10-10:55 AM	\$25	75556-02

Ribbon Dance

7/11-8/1	M	11:15 AM-Noon	\$25	75556-03
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The Magic Wand

7/13-8/3	W	10:10-10:55 AM	\$25	75556-04
7/13-8/3	W	11:15 AM-Noon	\$25	75556-05

Touch of Disney

7/15-8/5	F	10:10-10:55 AM	\$32	75556-06
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Age: 4-5 years

Traditional Dancin' Dumplings

5/31-6/28	Tu	5:30-6:30 PM	\$39	75556-07
6/3-6/17	F	9:00-9:55 AM	\$25	75556-08
6/24-7/8	F	9:00-9:55 AM	\$25	75556-10

Hats Off

7/5-8/2	Tu	5:30-6:30 PM	\$39	75556-09
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Ribbon Dance

7/11-8/1	M	10:10-11:00 AM	\$32	75556-11
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The Magic Wand

7/13-8/3	W	9:00-9:55 AM	\$32	75556-12
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Touch of Disney

7/15-8/5	F	9:00-9:55 AM	\$32	75556-13
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Age: 5-7 years

Traditional Dancin' Dumplings

6/1-6/29	W	4:15-5:15 PM	\$25	75556-14
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Masquerade

7/6-8/3	W	4:15-5:15 PM	\$32	75556-15
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Tappin Dumplins

In this variation of Dancin' Dumplin's, participants will explore tap dancing as well as dance steps, movement, tumbling and creativity.

Instructor: Marsha Portelance

Location: Mulberry Pool

Note: Appropriate attire is required: leotard and tights, or T-shirts and shorts. Tap shoes are also required.

Age: 4-5 years**Tappin' Dumplin's**

6/3-6/17	F	11:15 AM-Noon	\$27	75561-01
5/31-6/28	Tu	5:30-6:30 PM	\$42	75561-02
6/24-7/8	F	11:15 AM-Noon	\$27	75561-03

Teddy Bear Tap

7/5-8/2	Tu	5:30-6:30 PM	\$42	75561-04
7/15-8/5	F	11:15 AM-Noon	\$34	75561-06

Ribbon Dance

7/11-8/1	M	9:00-9:55 AM	\$34	75561-05
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Age: 5-7 years**Tappin' Dumplin's**

6/1-6/29	W	5:30-6:30 PM	\$27	75561-07
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On Broadway

7/6-8/3	W	5:30-6:30 PM	\$42	75561-08
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Tumble Bumble

Individual attention is paid to learning basic tumbling skills (somersault, cartwheel, and push-up bridge) as well as learning how to use the various pieces of equipment. As a result, flexibility, balance, coordination and self-confidence are developed. Age appropriate skills will be taught.

Instructor: Marsha Portelance

Location: Mulberry Pool

Note: Appropriate attire is required: leotard and tights, or T-shirts and shorts. No jeans are allowed.

Age: 4-5 years

6/1-6/15	W	9:00-9:55 AM	\$32	75562-01
6/6-6/27	M	9:00-9:55 AM	\$41	75562-02
6/6-6/27	M	4:00-5:15 PM	\$41	75562-03
6/22-7/6	W	9:00-9:55 AM	\$32	75562-04
7/11-8/1	M	9:00-9:55 AM	\$41	75562-05
7/11-8/1	M	4:15-5:15 PM	\$41	75562-06

Age: 5-6 years

6/6-6/27	M	5:30-6:30 PM	\$41	75562-07
7/11-8/1	M	5:30-6:30 PM	\$32	75562-08

Age: 6-7 years

6/2-6/30	Th	4:15-5:15 PM	\$50	75562-09
7/7-8/4	Th	4:15-5:15 PM	\$32	75562-10

Fairy Ballerinas

Flutter to fairy land and learn pre-ballet skills as little fairies sprinkle fairy dust on their gardens, making flowers grow and turning caterpillars to butterflies. This class will help develop gross motor skills and creativity.

Age: 3-6 years

Location: Club Tico

Note: Class partially discountable. This is a child only class.

7/18-7/21	M-Th	11:30 AM-12:15 PM	\$44	75572-01
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Princess Ballerinas

Little Princesses will enter a world of make-believe, pretending to perform at the Royal Ball. Through structured play, students will rehearse and learn basic ballet terms and introductory technique. At the end of the week parents will be invited to the Royal Ball to see their Lil' Princess grace the dance floor!

Age: 3-6 years

Location: Club Tico

Note: Class partially discountable. This is a child only class. Class will not be held 6/9.

6/6-6/10	M-W,F	11:30 AM-12:15 PM	\$44	75571-01
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Petite Ballerinas

Little Ballerinas, come learn pre-ballet and locomotor moves in this imaginative class. You will gain the dance skills you need for future dance classes while developing a love for dance through both structure and fun.

Instructor: Kidz Explore

Location: Club Tico

Note: Child only class. Class partially discountable. Class will not be held 8/16.

Age: 3-4 years

6/7-6/28	Tu	9:00-9:45 AM	\$44	75574-01
7/5-7/26	Tu	9:00-9:45 AM	\$34	75574-03
8/2-8/30	Tu	9:00-9:45 AM	\$44	75574-05

Age: 5-6 years

6/7-6/28	Tu	9:45-10:30 AM	\$44	75574-02
7/5-7/26	Tu	9:45-10:30 AM	\$34	75574-04
8/2-8/30	Tu	9:45-10:30 AM	\$44	75574-06

Hula Fusion

Designed to combine dance movement with hula hooping. We'll fuse together contemporary jazz and ballet and incorporate hula hooping into the mix. Learn hula hooping skills and tricks along the way!

Age: 8-12 years

Location: Northside Aztlan Center

6/23-7/21	Th	3:45-4:45 PM	\$38	75753-01
7/28-8/18	Th	3:45-4:45 PM	\$38	75753-02

Hip Hop Dance

Is your child walking into the house and turning on MTV to listen to some hip hop? Sign them up for a class to learn some new moves!

Age: 7-11 years

Location: Northside Aztlan Center

Note: No gum. Wear loose workout clothes and tennis shoes.

6/7-7/19	Tu	5:00-6:00 PM	\$40	75865-01
6/9-7/21	Th	5:00-6:00 PM	\$40	75865-02

Ballet & Modern

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

Grade: 1-3

Instructor: Sarah Manno

Location: Grange, 2306 W. Mulberry

7/11-8/1	M	4:15-5:15 PM	\$34	74207-01
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Day Camps

Summer Garden Camp 2011

Age: 6-11 years

Location: The Gardens on Spring Creek

Note: Discount available with a family membership to The Gardens. Please bring a snack, water bottle, and sunscreen. Dress for the weather.

Plant-O-Rama

6/6-6/10	M-F	9:00 AM-Noon	\$125	69813-01
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Art in the Garden

6/13-6/17	M-F	9:00 AM-Noon	\$125	69813-02
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Interesting Insects

6/20-6/24	M-F	9:00 AM-Noon	\$125	69813-03
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Gardeners and Chefs

6/27-7/1	M-F	9:00 AM-Noon	\$125	69813-04
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Feathered Friends

7/11-7/15	M-F	9:00 AM-Noon	\$125	69813-05
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Buzz about Bees

7/18-7/22	M-F	9:00 AM-Noon	\$125	69813-06
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Kid-ologist

7/25-7/29	M-F	9:00 AM-Noon	\$125	69813-07
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Nature Detectives

8/1-8/5	M-F	9:00 AM-Noon	\$125	69813-08
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EPIC Mini Camp-Summer Fun!

All the fun of our regular EPIC Adventures class wrapped up in a one-week mini-camp. Activities include basic ice skating instruction, arts and crafts, pool fun, indoor/outdoor games, music and storytime. Fridays are swim days, Tuesday and Thursday are skate days.

Age: 4-7 years

Location: Edora Pool Ice Center

Note: Class partially discountable. Clothing for swimming/skating needed, bike helmet for skating. Wear sunscreen, bring water bottle.

6/6-6/10	M-F	9:00 AM-Noon	\$75	75575-01
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6/6-6/10	M-F	1:00-4:00 PM	\$75	75575-02
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6/13-6/17	M-F	9:00 AM-Noon	\$75	75575-03
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6/13-6/17	M-F	1:00-4:00 PM	\$75	75575-04
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6/20-6/24	M-F	9:00 AM-Noon	\$75	75575-05
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6/20-6/24	M-F	1:00-4:00 PM	\$75	75575-06
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6/27-6/30	M-Th	9:00 AM-Noon	\$61	75575-07
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6/27-6/30	M-Th	1:00-4:00 PM	\$61	75575-08
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7/5-7/8	Tu-F	9:00 AM-Noon	\$61	75575-09
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7/5-7/8	Tu-F	1:00-4:00 PM	\$61	75575-10
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7/11-7/15	M-F	9:00 AM-Noon	\$75	75575-11
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7/11-7/15	M-F	1:00-4:00 PM	\$75	75575-12
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7/18-7/22	M-F	9:00 AM-Noon	\$75	75575-13
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7/18-7/22	M-F	1:00-4:00 PM	\$75	75575-14
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7/25-7/29	M-F	9:00 AM-Noon	\$75	75575-15
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7/25-7/29	M-F	1:00-4:00 PM	\$75	75575-16
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8/1-8/5	M-F	9:00 AM-Noon	\$75	75575-17
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8/1-8/5	M-F	1:00-4:00 PM	\$75	75575-18
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Go Kart Camp

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

Age: 8-12 years

Location: Fort Fun

Note: Class partially discountable. Students must be 8-12 years old AND be at least 50" tall. In case of inclement weather we will call you with a make-up date. If classes are full, please put your name on a wait list. We will do our best to accommodate you.

6/4	Sa	8:00-10:00 AM	\$26	75629-01
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6/6	M	8:00-10:00 AM	\$26	75629-02
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6/8	W	8:00-10:00 AM	\$26	75629-03
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6/18	Sa	8:00-10:00 AM	\$26	75629-04
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6/20	M	8:00-10:00 AM	\$26	75629-05
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6/22	W	8:00-10:00 AM	\$26	75629-06
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7/9	Sa	8:00-10:00 AM	\$26	75629-07
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7/13	W	8:00-10:00 AM	\$26	75629-08
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7/23	Sa	8:00-10:00 AM	\$26	75629-09
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7/25	M	8:00-10:00 AM	\$26	75629-10
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7/27	W	8:00-10:00 AM	\$26	75629-11
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Survival in the Woods

Learn what to do if you ever get lost in the woods. This class will address shelter building, water safety, edible forest foods, basic camping skills and more. Fridays include a field trip to a local hiking trail. We'll also make a survival kit for your future trips.

Age: 8-12 years

Location: Lee Martinez Park

Note: Class partially discountable. Bring a sack lunch, jacket, water bottle and wear sunscreen.

6/6-6/10	M-F	9:00 AM-3:00 PM	\$150	75579-01
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6/13-6/17	M-F	9:00 AM-3:00 PM	\$150	75579-02
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6/20-6/24	M-F	9:00 AM-3:00 PM	\$150	75579-03
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6/27-6/30	M-Th	9:00 AM-3:00 PM	\$120	75579-04
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7/5-7/8	Tu-F	9:00 AM-3:00 PM	\$120	75579-05
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7/11-7/15	M-F	9:00 AM-3:00 PM	\$150	75579-06
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7/18-7/22	M-F	9:00 AM-3:00 PM	\$150	75579-07
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7/25-7/29	M-F	9:00 AM-3:00 PM	\$150	75579-08
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8/1-8/5	M-F	9:00 AM-3:00 PM	\$150	75579-09
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Summer Playgrounds

Get ready for some fun with games, fitness, crafts, field trips, swimming and more! Open only to participants who qualify for our Reduced Fee Program.

Grade: Kindergarten-6

Location: Northside Aztlan Center

Note: Tuesday we swim at City Park Pool (bring a suit, towel, and sunscreen). Breakfast and lunch will be provided daily. Fill out parent information sheet before first class.

6/13-8/5	M-F	8:30 AM-12:30 PM	\$60	75812-01
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Tot Lots

This summer camp for preschoolers will be filled with games, crafts, fitness, songs, and more! Open only to participants who qualify for our Reduced Fee Program.

Age: 3-5 years

Location: Northside Aztlan Center

Note: Tuesday's we swim at City Park Pool (bring a suit, towel, and sunscreen). Breakfast and lunch will be provided daily. Fill out parent information sheet before first class.

6/13-8/5 M-F 8:30 AM-12:30 PM \$60 75813-01

Kids On-the-Go Half Day Camp

This series of half day camps is a perfect way to break up summer boredom. Campers will get to know each other while swimming, hiking, cooking and going on field trips. Weekly itinerary given out on first day of camp.

Grade: 1-6

Location: Northside Aztlan Center

Note: Class partially discountable. Drop off time 1:00-1:30 PM, pick up time 5:00-6:00 PM. Campers should bring a water bottle, wear sunscreen and dress for the weather. Campers will go outside daily (weather permitting). Snack is provided.

6/13-6/17	M-F	1:00-6:00 PM	\$96	75577-01
6/20-6/24	M-F	1:00-6:00 PM	\$96	75577-02
6/27-6/30	M-Th	1:00-6:00 PM	\$77	75577-03
7/18-7/22	M-F	1:00-6:00 PM	\$96	75577-04
7/25-7/29	M-F	1:00-6:00 PM	\$96	75577-05
8/1-8/5	M-F	1:00-6:00 PM	\$96	75577-06
8/8-8/12	M-F	1:00-6:00 PM	\$96	75577-07

Summer Adventure

This fun-filled camp is sure to keep you coming back for more! We're going to do it all! Outdoor play, cooking, crafts, games, and theater are just some of the awesome activities you'll enjoy. We will swim at EPIC every Tuesday and at City Park Pool every Friday. You will be notified in advance about field trips.

Age: 7-12 years

Location: Edora Pool Ice Center

Note: Class partially discountable. Please bring swimming attire and a backpack with a lunch and water bottle. Don't forget to wear sunscreen!

6/6-6/10	M-F	8:00 AM-5:00 PM	\$142	75578-01
6/13-6/17	M-F	8:00 AM-5:00 PM	\$142	75578-02
6/20-6/24	M-F	8:00 AM-5:00 PM	\$142	75578-03
6/27-6/30	M-Th	8:00 AM-5:00 PM	\$115	75578-04
7/5-7/8	Tu-F	8:00 AM-5:00 PM	\$115	75578-05
7/11-7/15	M-F	8:00 AM-5:00 PM	\$142	75578-06
7/18-7/22	M-F	8:00 AM-5:00 PM	\$142	75578-07
7/25-7/29	M-F	8:00 AM-5:00 PM	\$142	75578-08
8/1-8/5	M-F	8:00 AM-5:00 PM	\$142	75578-09



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Teen Camp Overnights: Sleep under the stars on an overnight stay.

Teen

Teen Camp Overnights

Finish your teen camp with an overnight stay in the mountains! We'll have a campfire, make some fantastic meals and sleep under the stars.

Age: 12-17 years

Location: Northside Aztlan Center

Note: Participants are asked to bring a backpack, personal toiletries, and a sleeping bag. Food and tents will be provided.

6/24-6/25	F,Sa	5:00-1:00 PM	\$30	75775-01
8/5-8/6	F,Sa	5:00-1:00 PM	\$30	75775-02

Teen Leadership Training

The City of Fort Collins Recreation Department is teaming up with other professionals to design this new program that provides job opportunities while working various programs in the Recreation Department. Fee includes training, training materials, T-shirts, badge, First Aid & CPR Certification.

Age: 14-18 years

Location: Northside Aztlan Center

Note: First week of class will be held in the classroom. Second week will be on site training in programs TBA.

6/6-6/10	M-F	8:00 AM-Noon	\$150	75810-01
7/11-7/15	M-F	8:00 AM-Noon	\$150	75810-02

Teen Supercamp Series

Age: 11-15 years

Location: Northside Aztlan Center

Note: Please bring sack lunch, water bottle, and sunscreen every day. Wear comfortable attire and good walking shoes. We'll be swimming at City Park Pool on Thursday, please bring suit and towel.

Chef Camp I

Let's cook up a storm! Learn proper techniques for preparing and presenting food! Prepare main courses, appetizers, salads, and desserts - best of all, enjoy what you've made! We'll take a field trip to a local restaurant and finish the camp with an Iron Chef Challenge!

6/7-6/10 Tu-F 8:00 AM-5:00 PM \$139 75710-01

Animal Camp

This is the perfect camp for animal lovers! We will take a trip to the zoo, hike to view local wildlife in their natural habitat, visit the Farm and learn about animal care and safety. A few surprises will be thrown in along the way!

6/14-6/17 Tu-F 8:00 AM-5:00 PM \$139 75710-02

Outdoor Adventure

Grab your outdoor gear and get ready for a week of adventure that includes rafting, rock climbing, hiking, orienteering and more! This camp includes an optional overnight camp out in Pingree Park the last day of camp. See below for details.

6/21-6/24 Tu-F 8:00 AM-5:00 PM \$204 75710-03

Art & Photo Camp

Painting, drawing, photography, street art and molding will be explored in this camp. We will visit the Denver Art Museum and check out some local artists and their studios. All art supplies will be provided.

6/28-7/1 Tu-F 8:00 AM-5:00 PM \$139 75710-04

Girls Camp

Discover your inner goddess while you build your self confidence, strength, mind and culinary skills. We will practice yoga, take a trip to the spa, learn self defense, and cook up a storm. Fashion design, sewing, and cake decorating will be included.

7/5-7/8 Tu-F 8:00 AM-5:00 PM \$139 75710-05

Action Camp

This camp will revolve around acting, improv, video production and theater. We'll make our own movie or music video, plan and execute a flash mob, play improv games and catch a Broadway show.

7/12-7/15 Tu-F 8:00 AM-5:00 PM \$139 75710-06

Splash Camp

The summer is heating up, so let's cool off by getting wet! We'll slip & slide, have a water balloon fight, swim, explore the Poudre River and spend Friday at Water World. This is a camp you won't want to miss.

7/19-7/22 Tu-F 8:00 AM-5:00 PM \$139 75710-07

Chef Camp II

Now that you know the basics of cooking, we're going to get serious! Learn how to braise, candy, sear, and caramelize foods for that extra flavor and pizzazz. We'll build some extreme cakes, master the art of grilling, have a visit from a professional chef and take a field trip to see how the pros do it. Prior participation in Chef Camp I is recommended.

7/26-7/29 Tu-F 8:00 AM-5:00 PM \$139 75710-08

Trek Camp

Be adventurous! We will enjoy a ropes course, hiking up to Grey Rock, biking Pineridge Trail, visiting Gem Lake and much more! This camp includes an optional overnight camp out in Pingree Park the last day of camp. See below for details.

8/2-8/5 Tu-F 8:00 AM-5:00 PM \$139 75710-09

Early Learning

Giant Friends Club

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

Age: 4-7 years

Instructor: Renee Lee

Location: Inspiration Playground

Note: For more information contact Renee Lee, 970.224.6027 or rlee@fcgov.com. Class partially discountable.

6/29-8/3	W	10:00 AM-Noon	\$34	74624-01
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Curious Twos

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

Age: 2 years

Location: Youth Activity Center

Note: If your child has a food allergy, please tell the registration staff when you register. This is a child without parent class.

6/6-6/15	M,W	9:30-10:30 AM	\$24	75585-01
6/6-6/15	M,W	11:00 AM-Noon	\$24	75585-02
6/7-6/16	Tu,Th	9:30-10:30 AM	\$24	75585-03
6/20-6/29	M,W	9:30-10:30 AM	\$24	75585-04
6/20-6/29	M,W	11:00 AM-Noon	\$24	75585-05
6/21-6/30	Tu,Th	9:30-10:30 AM	\$24	75585-06
7/11-7/20	M,W	9:30-10:30 AM	\$24	75585-07
7/11-7/20	M,W	11:00 AM-Noon	\$24	75585-08
7/12-7/21	Tu,Th	9:30-10:30 AM	\$24	75585-09
7/25-8/3	M,W	9:30-10:30 AM	\$24	75585-10
7/25-8/3	M,W	11:00 AM-Noon	\$24	75585-11
7/26-8/4	Tu,Th	9:30-10:30 AM	\$24	75585-12

Funtime Express

Join us for the summer version of our popular Funtime class. We will do arts and crafts, storytelling, science, creative play, singing, gym play and more - all geared toward summer fun. Children must meet the age requirement by the first day of class.

Age: 3-5 years

Location: Youth Activity Center

Note: Please note allergies at time of registration. Children must be toilet trained.

6/6-6/15	M,W	9:30-11:30 AM	\$44	75588-01
6/7-6/16	Tu,Th	9:30-11:30 AM	\$44	75588-02
6/20-6/29	M,W	9:30-11:30 AM	\$44	75588-03
6/21-6/30	Tu,Th	9:30-11:30 AM	\$44	75588-04
7/11-7/20	M,W	9:30-11:30 AM	\$44	75588-05
7/12-7/21	Tu,Th	9:30-11:30 AM	\$44	75588-06
7/25-8/3	M,W	9:30-11:30 AM	\$44	75588-07
7/26-8/4	Tu,Th	9:30-11:30 AM	\$44	75588-08

Summer Celebrations

These events will delight your child. Come and explore, learn, create and play! Activities will be centered around a theme and will include games, arts and crafts, refreshments and more. Classes are for children only.

Age: 3-6 years

Location: Youth Activity Center

Note: If your child has a food allergy, please tell the registration staff when you register. Children must be toilet trained.

Space Adventure

6/10	F	10:00-11:30 AM	\$19	75626-01
6/10	F	1:00-2:30 PM	\$19	75626-02

Firefighters

6/17	F	10:00-11:30 AM	\$19	75626-03
6/17	F	1:00-2:30 PM	\$19	75626-04

Lightning McQueen

6/24	F	10:00-11:30 AM	\$19	75626-05
6/24	F	1:00-2:30 PM	\$19	75626-06

Princess Party

7/1	F	10:00-11:30 AM	\$19	75626-07
7/1	F	1:00-2:30 PM	\$19	75626-08

Dragons

7/15	F	10:00-11:30 AM	\$19	75626-09
7/15	F	1:00-2:30 PM	\$19	75626-10

Trains

7/22	F	10:00-11:30 AM	\$19	75626-11
7/22	F	1:00-2:30 PM	\$19	75626-12

Kings & Queens

7/29	F	10:00-11:30 AM	\$19	75626-13
7/29	F	1:00-2:30 PM	\$19	75626-14

Pet Store

8/5	F	10:00-11:30 AM	\$19	75626-15
8/5	F	1:00-2:30 PM	\$19	75626-16

Alphabet Soup

Your child will have fun this summer making new friends through this terrific learning experience. Crafts, songs and games will entertain your child as they work on letter recognition, letter sounds, numbers, shapes and name recognition along with social and motor development. Each session will have new letters and different activities.

Age: 3-5 years

Instructor: Julie Gillen, C.E.T.

Location: Northside Aztlan Center

Note: Must be toilet trained. Note food allergies at registration.

6/14-6/30	Tu,Th	1:00-2:30 PM	\$49	75587-01
8/2-8/18	Tu,Th	1:00-2:30 PM	\$49	75587-02

EARLY LEARNING / YOUTH

Funtime for Preschoolers

Arts and crafts, storytelling, science, math, pre-reading, creative play/dramatics, and gym play are only part of the fun in this class! Previous class experience recommended. Must be toilet trained.

Age: 2½-4 years

Instructor: Lisa Dachel

Location: Youth Activity Center

Note: Class partially discountable. Note food allergies at registration. Funtime closures/holidays correspond to PSD schedule unless otherwise notified in class. Funtime DOES NOT follow PSD weather closures.

Age: 2½-3 years

Must be 2½ by first day of class.

8/30-10/6	Tu,Th	9:00-10:00 AM	\$64	85590-01
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10/11-11/17	Tu,Th	9:00-10:00 AM	\$59	85590-02
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11/29-12/15	Tu,Th	9:00-10:00 AM	\$34	85590-03
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Age: 3-4 years

Must be 3 by 9/15/2011

8/30-10/6	Tu,Th	10:15 AM-12:15 PM	\$124	85590-04
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10/11-11/17	Tu,Th	10:15 AM-12:15 PM	\$114	85590-05
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11/29-12/15	Tu,Th	10:15 AM-12:15 PM	\$84	85590-06
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Funtime Pre-K

Children will develop and refine fundamental skills in a stimulating environment. Weekly curriculum is devised with kindergarten readiness in mind. Continued development of small-motor, literacy, and emerging reading/writing skills, pre-math as well as arts and crafts, movement/physical education, drama, and social skills are central to this class.

Age: 4-6 years

Instructor: Lisa Dachel

Location: Youth Activity Center

Note: Class partially discountable. Note food allergies at registration. Funtime closures/holidays correspond to PSD schedule unless otherwise notified in class. Funtime DOES NOT follow PSD weather closures. Children must have turned 4 by 9/15/2011.

8/29-10/7	M,W,F	9:30 AM-Noon	\$204	85600-01
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10/10-11/18	M,W,F	9:30 AM-Noon	\$216	85600-02
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11/30-12/16	M,W,F	9:30 AM-Noon	\$104	85600-03
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Lunch Bunch Enrichment

Kids! Bring your lunch, make new friends and learn something new! This fun class offers theme-based enrichment opportunities that compliment most Pre-K and ½ day Kindergarten programs.

Age: 4-6 years

Instructor: Lisa Dachel

Location: Youth Activity Center

Note: Please note allergies at time of registration.

Edible Science

Come measure, mix and create new and interesting things to eat.

8/29-9/16	M,W,F	Noon-2:00 PM	\$64	85586-01
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Musical Storytime

This class combines stories with music, arts and crafts.

9/21-10/7	M,W,F	Noon-2:00 PM	\$64	85586-02
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Making Muck

Do you like to get messy? In this class we will use household items to make interesting and gooey things.

10/10-10/28	M,W,F	Noon-2:00 PM	\$64	85586-03
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Mystical Math

Your child will have fun while learning sequencing, patterning, measuring and basic number skills.

10/31-11/18	M,W,F	Noon-2:00 PM	\$64	85586-04
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SUNDAY, JUNE 19th

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Parent with Child

Roly Polys

Take part with your child while he/she discovers the world of gymnastics. Children will work on agility, flexibility, strength, and coordination using balance beams, swing and parallel bars, and a tramp.

Instructor: Marsha Portelance

Location: Mulberry Pool

Note: Please wear appropriate clothing: leotards/footless tights, or T-shirt and shorts/sweats. No jeans or jewelry please. This is a child with parent class (due to classroom space only 1 adult per child).

Age: 2 years

5/31-6/14	Tu	11:00-11:45 AM	\$25	75649-01
6/1-6/15	W	11:15 AM-Noon	\$25	75649-02
6/6-6/27	M	11:15 AM-Noon	\$32	75649-03
6/21-7/5	Tu	11:00-11:45 AM	\$25	75649-04
6/22-7/6	W	11:15 AM-Noon	\$25	75649-05
7/11-8/1	M	11:15 AM-Noon	\$32	75649-06
7/12-8/2	Tu	11:00-11:45 AM	\$32	75649-07

Age: 3 years

6/1-6/15	W	10:10-10:55 AM	\$25	75649-08
6/2-6/16	Th	11:00-11:45 AM	\$25	75649-09
6/6-6/27	M	10:10-10:55 AM	\$25	75649-10
6/22-7/6	W	10:10-10:55 AM	\$25	75649-11
6/23-7/7	Th	11:00-11:45 AM	\$25	75649-12
7/11-8/1	M	10:10-10:55 AM	\$32	75649-13
7/14-8/4	Th	11:00-11:45 AM	\$32	75649-14

Baby Sign Language

Even at an early age, children have an innate desire to communicate. This program helps speed language development in hearing as well as deaf children. Using their hands children can say what they mean and you can understand what they want, reducing frustration for all.

Age: 6 months-2 years

Instructor: Eric Fifer

Location: Northside Aztlan Center

Note: Class partially discountable. Parents must attend with their child.

6/10-6/24	F	11:00 AM-Noon	\$37	75655-01
7/15-7/29	F	11:00 AM-Noon	\$37	75655-02

Cookin' & Crafts with Kids

Designed for toddlers to explore simple cooking and craft experiences around a single theme. Stirring, spreading, mixing, tasting, painting, gluing and do-it-yourself fun.

Age: 2 years

Location: Northside Aztlan Center

Note: Class partially discountable.

Cupcake Cuties

6/10	F	10:00-11:30 AM	\$19	75657-01
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Cookie Monsters

6/17	F	10:00-11:30 AM	\$19	75657-02
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Plenty of Pizza

7/15	F	10:00-11:30 AM	\$19	75657-03
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Breakfast Anytime

7/22	F	10:00-11:30 AM	\$19	75657-04
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Education

Adult

Classes are for ages 18 & up unless otherwise noted.

Computer Classes

Computer Basics

This class will provide basic computer terminology for anyone who has never used a computer. The class will start with a non-technical discussion of basic computer use, and include writing letters, using email, and using the Internet to listen to music and watch movies.

Instructor: Mike Morris, Mike Loughlin

Location: Columbine Health Computer Lab

Note: Instructor provided by Front Range PC Users Group
6/7-6/10 Tu-F 10:00 AM-Noon \$24 74502-01

Excel, Introduction

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

Instructor: Mike Morris

Location: Columbine Health Computer Lab

Note: Instructor provided by the Front Range PC Users Group.
7/9 Sa 8:30 AM-12:30 PM \$14 74505-01

Internet, Introduction

Prerequisite: Computer Basics class or basic computer knowledge
This class introduces the internet, including some history of its development into the world wide web, descriptions of selected types of programs used to connect to the internet, the language used in those programs, and hands-on exercises that will provide practice in safely using the internet.

Instructor: Charles McJilton

Location: Columbine Health Computer Lab

Note: Instructor provided by the Front Range PC Users Group.
6/11 Sa 8:30 AM-12:30 PM \$14 74551-01

Internet, Advanced

Prerequisite: Internet, Introduction Class
This class provides descriptions of various search services (search engines, such as Google® and Yahoo®) available on the internet and how to use them. You are provided with resources that, with practical exercises, will demonstrate how to effectively search (and how NOT to search) the Internet.

Instructor: Charles McJilton

Location: Columbine Health Computer Lab

Note: Instructor provided by the Front Range PC Users Group.
6/18 Sa 8:30 AM-12:30 PM \$14 74552-01

Internet E-Mail

Prerequisite: Introduction to the Internet class or equivalent.
This class will teach you different addressing modes in email. You will also learn etiquette, finding addresses, attaching files, creating mailing lists, and handling junk mail.

Instructor: Charles McJilton

Location: Columbine Health Computer Lab

Note: Instructor provided by the Front Range PC Users Group.
7/16 Sa 8:30 AM-12:30 PM \$14 74554-01

Windows, Beginning Part 1 & 2

This class covers the basic terms and tools of Windows XP. Included are hands-on exercises that demonstrate working with and managing windows, menus and files; a brief, non-technical description of the computer, simple maintenance tasks suitable for even the least inexperienced user.

Instructor: Mike Morris

Location: Senior Center

Note: Instructor provided by the Front Range PC Users Group.
6/25-7/2 Sa 8:30 AM-12:30 PM \$14 74558-01

Windows, Advanced

Prerequisite: Windows, Beginning class.
This class provides a non-technical look inside the Windows XP® operating system to help you understand what you see happening on your computer. Included is a review, using hands-on exercises, of the basic Windows configuration and the feature called "Properties" (and how to use that feature to your advantage).

Instructor: Rick Mattingly

Location: Senior Center

Note: Instructor provided by the Front Range PC Users Group.
8/20 Sa 8:30 AM-12:30 PM \$14 74559-01

Microsoft Word, Beginning, Part 1 & 2

Prerequisite: Computer Basics class or basic computer knowledge
This two-session class provides an introduction, using hands-on exercises, to word processing basics such as file management and text formatting, and then expands into the lesser known but useful features such as tables, mail merge and more.

Instructor: Mike Morris, Jim Bragonier

Location: Columbine Health Computer Lab

Note: Instructor provided by the Front Range PC Users Group.
7/23-7/30 Sa 8:30 AM-12:30 PM \$16 74572-01

Microsoft Word: Beyond Basics

Prerequisite: Microsoft Word, Beginning or basic familiarity with Microsoft Word
Learn about the word processing features that will make you an expert at work or help you write that book. Hands-on exercises on part of a book chapter will demonstrate such features as styles, creating a table of contents, index and much more.

Instructor: Mike Morris

Location: Columbine Health Computer Lab

Note: Instructor provided by the Front Range PC Users Group.
8/13 Sa 8:30 AM-12:30 PM \$14 74573-01

Cooking

Thai Cooking

Learn to cook Thai curries, flavorful soups, spicy salads, desserts and stir fry dishes. Choosing quality ingredients; cooking tips and tricks, and restaurant time saving techniques usable at home. Week 1 we will prepare several Thai dishes selected by the instructor. Week 2 will be selections from class suggestions.

Instructor: Sim Suinn

Location: Senior Center

Note: Class will not be held 6/9, 8/11.

6/2-6/16	Th	6:00-8:30 PM	\$64	74506-01
8/4-8/18	Th	6:00-8:30 PM	\$64	74506-02

Cooking Around the World

Learn about a new county each week through its cuisine! Recipes are simple, use available ingredients and are designed for convenience. Meals made in 30 minutes. Hands on experience will include cooking a healthy meal. All supplies are included. With exception of the first class the cuisine will be determined by the participants.

Instructor: Sharmila Rajopadhye

Location: Senior Center

Note: Class will not be held 6/14, 8/9.

6/7-6/28	Tu	6:30-7:30 PM	\$49	74515-01
8/2-8/30	Tu	6:30-7:30 PM	\$54	74515-02

CPR & First Aid

First Aid & CPR

This class will prepare you with basic first aid procedures as well as adult, child and infant CPR. This is a great class for daycare providers. Two certificates from the Emergency Care Safety Institute-AAOS will be issued at the end of the class. Book included.

Instructor: Mark Rosoff

Location: Senior Center

Note: Class not discountable.

6/11	Sa	9:00 AM-5:00 PM	\$67	74524-01
7/9	Sa	9:00 AM-5:00 PM	\$67	74524-02

CPR for Professionals

This course teaches the skills of adult, child and infant CPR including barrier device-mask, use of an AED, and relief of foreign body airway obstruction. A two-year American Heart Association Certification will be issued upon successful completion of the course. Appropriate for new certifications and re-certifications

Instructor: Mark Rosoff

Location: Senior Center

Note: Includes AHA student text. New certifications begin at 6:00 PM and re-certifications will begin at 7pm. Class not discountable.

6/15	W	6:00-9:30 PM	\$67	74525-01
7/20	W	6:00-9:30 PM	\$67	74525-02
8/17	W	6:00-9:30 PM	\$67	74525-03

General

Adult Guitar, Intermediate

In just a few short weeks, students will learn the fundamental chords and basic tablature skills needed to play many of their favorite songs. Chords, strum patterns, tablatres, tuning, and basic music theory will be incorporated.

Age: 19 years & up

Instructor: Saja Butler

Location: Northside Aztlan Center

Note: Must bring your own acoustic, classical, or electric guitar.

6/6-6/27	M	6:45-8:00 PM	\$39	75704-01
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Adapted Sign Language

Designed for people with and without disabilities that want to increase their communication more effectively by using sign language.

Age: 16 years & up

Location: Senior Center

Note: Contact Jenna VanFossan for more information 970.224.6125 or jvanfossan@fcgov.com. Class partially discountable.

6/2-7/7	Th	4:00-5:00 PM	\$23	74627-01
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Affordable Care Act

Confused about the new healthcare reform law? AARP will present details on the new Affordable Care Act including time for questions and answers.

Instructor: Renee Cohn Jones

Location: Senior Center

6/8	W	11:00 AM-12:30 PM	No fee	74504-01
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Inherit A Pitchfork

The interactive presentation, Who Would Inherit a Pitchfork, is about dividing possessions based on the book, The Choose Around. It includes a starting point for people in similar situations to begin discussing alternatives while building mutual respect.

Instructor: Marilyn Brown

Location: Senior Center

Note: Register as a single or couple for the same price. Fee includes the book The Choose Around.

7/16	Sa	10:00-11:30 AM	\$19	74508-01
7/28	Th	6:30-8:00 PM	\$19	74508-02

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EDUCATION / ADULT / GENERAL

Just Once Piano for Busy People

You don't need years of lessons to learn piano. Most instructors teach note reading, professionals use chords. If you can find middle C, you can enroll.

Instructor: Benji Goodrich

Location: Senior Center

8/27 Sa 9:00 AM-Noon \$58 74523-01

Phamaly Performance

Physically Handicapped Amateur Musical Actors League, Inc. of Denver is a professional theater group made up of people with physical disabilities. Experience this extraordinary performance "How to Succeed In Business Without Really Trying." This matinee will feature ASL interpretation, audio description and sensory tour.

Age: 16 years & up

Location: Senior Center

Note: For more information contact Alison Cope at 970.416.2024 #1 or acope@fcgov.com. Lunch is included. Class not discountable. Registration deadline 7/15/11.

7/24 Su 9:15 AM-6:00 PM \$30 74614-01

Story Keeping

Storytelling is in our genes! And we all have stories! Storytellers were the first instructors, story was the first "medicine." We are losing our stories – impacting not only this generation, but generations to come. Enjoy becoming re-acquainted with the wisdom, humor, healing, and energy of storykeeping.

Instructor: Dale Mary Grenfell

Location: Senior Center

6/11 Sa 9:00 AM-Noon \$9 74527-01

Afternoon Tea

Enjoy a freshly brewed cup of tea and a hot, delicious scone with jam and cream. The history of tea, tea decor, how to brew a proper pot of tea, and much more will be presented. "Tea time is a treat, without it, life would be much less pleasurable.

Instructor: Nancy Stern

Location: Senior Center

6/12 Su 1:30-3:00 PM \$22 74531-01

Publish Your Memoir, Autobiography, Life Story

Learn techniques to reveal your life's work and capture stories that draw in readers. If you've had a life goal to publish a book, you'll learn to create an ebook to make it permanent and accessible to future generations.

Instructor: Brian Schwartz

Location: Senior Center

Note: Class not discountable. Class will not be held 7/5.

6/21-7/19 Tu 6:00-7:00 PM \$41 74538-01

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**JULY 17, 2012
NORTHSIDE AZTLAN CENTER**

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IN A SERIES OF FUN CHALLENGES!
THE RACE ENDS WITH A BBQ AND PRIZES.
ALL TEAMS RECEIVE A T-SHIRT!**

**GRADES K-5
SEE PAGE 15 FOR DETAILS**



MORE INFO? 970.221.6655

CALL FOR ARTIST



NORTHSIDE AZTLAN SKATEPARK MURAL PROJECT

The City of Fort Collins Art in Public Places program (APP),
The Recreation Department

and TEAM Fort Collins have joined forces to engage
community members who utilize the skatepark in
Old Heritage Park to participate in the development of a
mural to be placed on the skatepark wall located just
north of the Northside Aztlan Community Center.

Community members interested in working with the artist,
selected through the APP selection process,
are requested to contact

Tyler Robertson at 970-221-6729 or
Dawn Nannini at 970-224-9931 x11

to attend an informational meeting to learn more about the
process, design development of the artwork
and timeline for completion.

HEY RECREATORS. WE HAVE A NEW REGISTRATION LOCATION!

SEE YOU AT

Council Tree Library
2733 Council Tree Avenue
Front Range Village

ON

May 12, 2011
7:00 AM to Noon



Financial

These FREE classes are presented by GreenPath (Formerly Consumer Credit Counseling Service) Call to register: 970.494.3307.

Instructor: Kathy Cox

Location: Senior Center

Financial Fitness

Learn the basics of money management in this upbeat course. Create goals and review methods for setting up the strong money plan necessary to make them happen. Useful tips for stretching your dollar are presented as well as information about community resources that can help you save money. We also discuss the wise use of credit: how to choose a card, how to check your credit report, and how to have and maintain good credit. Avoiding identity theft and predatory lending practice precautions will be outlined.

6/7-6/14 Tu 6:30-8:30 PM No fee

Cash in with Coupons and Other Smart Shopping Strategies

Everyone can use help reducing the amount of money spent at the grocery store! Learn how to use coupons effectively along with ads, sales and rebates to spend less. Find out how to plan and carry out your shopping trip.

6/13 M 1:00-2:30 PM No fee

Dollar Stretching Strategies: Back to School Savings

Find out how to get the most for your money as you get your kids ready for school. Review dollar stretching strategies that will help you save! Learn about resources in your community. Discover ways to involve your child or grandchild in the shopping process to help them learn the basics of good money management.

7/11 Mon 1:00-2:30 PM No fee

Why We Buy: The Psychology of Spending

Understanding why we buy is really not that simple. But, once you learn the psychology of spending, you'll be armed with the knowledge to overcome the urge to splurge! In Why We Buy you will learn about the external factors that influence buying behavior and how to overcome the forces that make us spend!

8/15 M 1:00-2:30 PM No fee

Travel

Fly, Stay & Travel Cheap

Did you miss the recently posted \$295 round trip Denver to Moscow flight? If so, this class is for you. Find the lowest airfares, alternative cruises for less, frequent flyer tickets for less than \$1, stay for free around the world, these and many other internet bargains are all here in this exciting class.

Instructor: Ron Stern

Location: Senior Center

Note: There is an optional \$15 material fee for a companion book. Class not discountable.

6/6	M	6:00-8:00 PM	\$25	74535-01
8/2	Tu	6:00-8:00 PM	\$25	74535-02

How To Be A Travel Writer

Travel photojournalist Ron Stern will show you how to write, broadcast or otherwise promote yourself as a travel journalist in this new and changing economy. Learn about alternative outlets such as You Tube or just how a website can be the key to free travel. Visit www.ronstertravel.com to learn more.

Instructor: Ron Stern

Location: Senior Center

Note: There is an optional \$25 material fee for a companion book. Class not discountable.

7/7	Th	6:00-9:00 PM	\$29	74546-01
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Wellness

Reflexology For Self Care

Reflexology is an ancient form of preventative folk medicine. It is simple to learn and apply. Learn the history, how and why it works and simple techniques. Class includes consultation for specific sequences to address an aspect of healing for each person attending.

Instructor: Suzanne Rouge'

Location: Senior Center

6/15	W	10:00 AM-Noon	\$24	74501-01
7/21	Th	10:00 AM-Noon	\$24	74501-02

Be Well Workshop

Are conditions such as arthritis, high blood pressure or heart disease taking control of your life? Do you struggle with being overweight or chronic pain? Learn practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, and find better ways to talk with your doctor and family about your health. Led by PVH Services health educators and peers. Includes free workbooks.

Age: 50 years & up

Location: Northside Aztlan Center

Note: 6th class location TBD

7/12-8/23	Tu	9:00 11:30 AM	No fee	
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Aspen Club Presentations

These presentations are co-sponsored by the City of Fort Collins. Register by calling the Aspen Club, 970.495.8560.

Location: Senior Center

Chi Walking

ChiWalking® combines walking and tai chi movement that improve balance, strength and cognition. It is a fun, new approach to creating health and wellness. Mary Homan, Certified Wellness Coach and Personal Trainer will explain and demonstrate how you can benefit from ChiWalking®.

6/27	M	2:00-3:30 PM	No fee	
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Social Networking-Overload or Blessing?

Learn basic applications to stay connected in today's world such as, Facebook, MySpace, Twitter, You Tube, Groupon, Scribd, Flickr, Pin, and Digg, just to name a few. A discussion about digital devices and their impact, and, "is it time for a digital detox?" will follow.

7/27	W	2:00-3:30 PM	No fee	
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Strong Women, Healthy Hearts

Heart disease has traditionally been considered a man's problem, but every year since 1984, it has killed more women than men in the U.S. The good news is that there is much that women can do to reduce their risk of developing the disease. Learn how to change the course of hear disease in America, one woman at a time!

8/25	Th	2:00-3:30 PM	No fee	
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Teen

Active Teen Club ~~4-ARD~~

We'll prepare picnic food, then travel to watch an outdoor concert and eat our picnic near the lagoon on CSU's campus.

Age: 12-18 years

Location: Northside Aztlan Center

Note: Dress for the weather, feel free to bring a camping chair or blanket. For more information contact Alison at 970.416.2024, ext. 1 or acope@fcgov.com. Class not discountable.

7/13	W	5:00-9:00 PM	\$15	74610-01
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Sign Language for Teens

Learn a new language this summer! This class is designed to teach teens the basics of sign language. Words, phrases and sign language alphabet will be introduced. Skills taught are ongoing.

Age: 11-15 years

Instructor: Eric Fifer

Location: Northside Aztlan Center

6/10-6/24	F	1:00-2:30 PM	\$38	75656-01
7/15-7/29	F	1:00-2:30 PM	\$38	75656-02

Pizza!

Deep dish, hand tossed, thin crust, you name it! We'll experiment with different types of sauces and all the toppings you can handle!

Age: 11-16 years

Location: Northside Aztlan Center

Note: Please note any food allergies at the time of registration.

7/12-7/14	Tu-Th	1:00-3:00 PM	\$34	75723-01
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Outrageous Cupcakes

Take cupcakes to the next level! Learn how to make delicious cupcake fillings, creative decorations and unconventional shapes.

Age: 11-16 years

Location: Northside Aztlan Center

Note: Please note any food allergies at the time of registration.

6/28-6/30	Tu-Th	1:00-3:00 PM	\$34	75727-01
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Delectable Desserts

Learn how to make your favorite desserts from scratch! Pie, brownies, cheese cake, and creme brulee are just a few of the desserts.

Age: 11-16 years

Location: Northside Aztlan Center

Note: Please note any food allergies at the time of registration.

7/26-7/28	Tu-Th	1:00-4:00 PM	\$34	75724-01
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Crazy Cakes

Get ready to bake and design some crazy cakes. We'll experiment with fondant, piping, tiers, fillings and more! All supplies will be provided.

Age: 11-16 years

Location: Northside Aztlan Center

Note: Please note any food allergies at the time of registration.

6/14-6/16	Tu-Th	1:00-4:00 PM	\$44	75722-01
7/19-7/21	Tu-Th	1:00-4:00 PM	\$44	75722-02

Vegan Cooking

Learn how to make your favorite meals and desserts 100% vegan. We'll discuss the differences and benefits of a vegan diet and how to use natural products to add flavor and depth to your traditional recipes.

Age: 13 years & up

Location: Northside Aztlan Center

Note: Please note any food allergies at the time of registration.

6/7-6/9	Tu-Th	1:00-3:00 PM	\$34	75720-01
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Youth

Kids Can Cook

Do you like to cook? Come join us as we get creative in the kitchen! These themed classes will help increase your cooking knowledge!

Age: 7-10 years

Location: Northside Aztlan Center

Note: Class partially discountable. Please note food allergies at registration.

Crazy for Cupcakes

6/6	M	1:00-3:00 PM	\$26	75551-01
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Crazy for Cookies

6/13	M	1:00-3:00 PM	\$26	75551-02
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Mexican

6/20	M	1:00-3:00 PM	\$26	75551-03
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Plenty of Pizza

7/11	M	1:00-3:00 PM	\$26	75551-04
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Treats for Your Pets

7/18	M	1:00-3:00 PM	\$26	75551-05
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Breakfast Anytime

7/25	M	1:00-3:00 PM	\$26	75551-06
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Little Chefs

Let's get creative in the kitchen! These theme-based classes are all hands-on. A craft will be offered to enhance the learning experience.

Age: 3-6 years

Location: Northside Aztlan Center

Note: Class partially discountable.

Crazy for Cupcakes

6/6	M	10:00-11:30 AM	\$21	75552-01
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Crazy for Cookies

6/13	M	10:00-11:30 AM	\$21	75552-02
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Mexican

6/20	M	10:00-11:30 AM	\$21	75552-03
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Plenty of Pizza

7/11	M	10:00-11:30 AM	\$21	75552-04
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Treats for Your Pet

7/18	M	10:00-11:30 AM	\$21	75552-05
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Breakfast Anytime

7/25	M	10:00-11:30 AM	\$21	75552-06
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Once Upon A Time in the Kitchen

Have fun cooking foods featured in your favorite books!

Age: 3-5 years


Location: Northside Aztlan Center

Note: Please note food allergies at registration. Class partially discountable.

6/24-7/1	F	10:00-11:30 AM	\$25	75550-01
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7/29-8/5	F	10:00-11:30 AM	\$25	75550-02
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 Little Chefs: Get creative in the kitchen with these fun classes!

Make It-Take It Cooking Club

Finally, a class for those with discriminating tastes! Students in this all-day class will prepare their own snacks and lunch as well as preparing something special to take home. In addition to cooking, children will create their own recipe book.

Age: 9-12 years

Location: Northside Aztlan Center

Note: Class partially discountable.

6/27	M	9:00 AM-3:00 PM	\$54	75553-01
8/1	M	9:00 AM-3:00 PM	\$54	75553-02

Electricity & Magnetism

Are you a young scientist? Build your own electric motor! See how electricity is used to create magnetism! Learn how to use electricity and magnetism to operate your own electric motor!

Location: Northside Aztlan Center

Note: All supplies will be provided.

Age: 5-8 years

6/6-6/27	M	Noon-1:00 PM	\$69	75740-01
7/8-7/29	F	Noon-1:00 PM	\$69	75740-04

Age: 9-11 years

6/6-6/27	M	1:30-2:30 PM	\$69	75740-02
7/8-7/29	F	1:30-2:30 PM	\$69	75740-05

Age: 12-14 years

6/6-6/27	M	3:00-4:00 PM	\$69	75740-03
7/8-7/29	F	3:00-4:00 PM	\$69	75740-06

B.I.K.E. Camp

Age: 6-10 years

Location: Northside Aztlan Center

Note: Child must bring his/her own bike and a backpack with water bottle, lunch, and sunscreen each day to camp. If your child does not have a bike, call 970.224.6032 and one will be provided.

Beginner

Learn basic road rules, safe riding strategies, emergency skills, bike handling skills and drills, nutrition, hydration and bike maintenance! Recreational riding will be along the Poudre and Spring Creek trails. You'll get your own safety pack and tool kit.

Location: Boys & Girls Club

6/6-6/10 M-F 8:30 AM-12:30 PM \$60 75718-01

Location: Soft Gold Park

6/13-6/17 M-F 8:30 AM-12:30 PM \$60 75718-02

Location: EPIC (East Central)

6/20-6/24 M-F 8:30 AM-12:30 PM \$60 75718-03

Location: Fossil Creek Park

6/27-7/1 M-F 8:30 AM-12:30 PM \$60 75718-04

Location: Spring Canyon Park

7/11-7/15 M-F 8:30 AM-12:30 PM \$60 75718-05

Location: Fossil Ridge High School

7/18-7/22 M-F 8:30 AM-12:30 PM \$60 75718-06

Location: Environmental Learning Center

7/25-7/29 M-F 8:30 AM-12:30 PM \$60 75718-07

Intermediate

Learn more bike handling skills and drills and more about bicycle maintenance, nutrition and hydration, and emergency skills. Participants will practice riding on the road and beginning mountain biking skills. Patch kit and safety packet will be included. We will go for rides on the Poudre and Spring Creek trails.

Location: Boys & Girls Club

6/6-6/10 M-F 8:30 AM-12:30 PM \$60 75719-01

Location: Soft Gold Park

6/13-6/17 M-F 8:30 AM-12:30 PM \$60 75719-02

Location: EPIC

6/20-6/24 M-F 8:30 AM-12:30 PM \$60 75719-03

Location: Fossil Creek Park

6/27-7/1 M-F 8:30 AM-12:30 PM \$60 75719-04

Location: Spring Canyon Park

7/11-7/15 M-F 8:30 AM-12:30 PM \$60 75719-05

Location: Fossil Ridge High School

7/18-7/22 M-F 8:30 AM-12:30 PM \$60 75719-06

Location: Environmental Learning Center

7/25-7/29 M-F 8:30 AM-12:30 PM \$60 75719-07



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It's Only Rocket Science!

Come build your own model rocket! See how energy is used to create thrust! Learn how thrust creates lift and makes a rocket fly! Best of all, Build your very own, very cool model rocket that you get to keep and take home!

Location: Northside Aztlan Center

Note: All supplies will be provided.

Age: 5-8 years

6/9-6/30	Th	Noon-1:00 PM	\$69	75741-01
7/11-8/1	M	Noon-1:00 PM	\$69	75741-04

Age: 9-11 years

6/9-6/30	Th	1:30-2:30 PM	\$69	75741-02
7/11-8/1	M	1:30-2:30 PM	\$69	75741-05

Age: 12-14 years

6/9-6/30	Th	3:00-4:00 PM	\$69	75741-03
7/11-8/1	M	3:00-4:00 PM	\$69	75741-06

Chessmates Chess Club

Want to play the game that has been played through the centuries? Learn the basics of moving pieces all the way to thinking many moves ahead! Be the master of En passant, Fianchetto and Zugzwang.

Age: 8-14 years

Location: Northside Aztlan Center

Note: All supplies provided.

6/16-8/11	Th	3:00-4:00 PM	\$48	75743-01
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Marshmallow Launching Lunacy!

Come build your own marshmallow launcher! See how potential energy is built up and used to launch your camp time treat. You get to build your very own marshmallow launcher that you get to keep!

Location: Northside Aztlan Center

Note: All supplies will be provided.

Age: 5-8 years

6/4-6/25	Sa	9:00-10:00 AM	\$69	75742-01
7/9-7/30	Sa	9:00-10:00 AM	\$69	75742-04

Age: 9-11 years

6/4-6/25	Sa	10:30-11:30 AM	\$69	75742-02
7/9-7/30	Sa	10:30-11:30 AM	\$69	75742-05

Age: 12-14 years

6/4-6/25	Sa	Noon-1:00 PM	\$69	75742-03
7/9-7/30	Sa	Noon-1:00 PM	\$69	75742-06

Princess Tea Party

Wear your prettiest princess dress and join Cinderella for a royal tea party! Bring your favorite doll and tea set to use. We will decorate sugar cookies, enjoy tea and learn proper etiquette.

Age: 3-8 years

Instructor: Kidz Explore

Location: Northside Aztlan Center

Note: Class partially discountable. This is a child only class. \$5 supply fee due to instructor on the day of the tea.

6/6	M	1:00-2:00 PM	\$20	75603-01
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I Want to Be A Scientist

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

Location: Northside Aztlan Center

Note: Please note allergies at the time of registration. Children must be toilet trained.

Age: 3-5 years**Concoctions**

6/7	Tu	9:30-11:00 AM	\$17	75589-01
6/8	W	9:30-11:00 AM	\$17	75589-02

Anatomy

6/14	Tu	9:30-11:00 AM	\$17	75589-04
6/15	W	9:30-11:00 AM	\$17	75589-05

Paleontology

6/21	Tu	9:30-11:00 AM	\$17	75589-07
6/22	W	9:30-11:00 AM	\$17	75589-08

Entomology

6/28	Tu	9:30-11:00 AM	\$17	75589-10
6/29	W	9:30-11:00 AM	\$17	75589-11

Astronomy

7/12	Tu	9:30-11:00 AM	\$17	75589-13
7/13	W	9:30-11:00 AM	\$17	75589-14

Vet Medicine

7/19	Tu	9:30-11:00 AM	\$17	75589-16
7/20	W	9:30-11:00 AM	\$17	75589-17

Oceanography

7/26	Tu	9:30-11:00 AM	\$17	75589-19
7/27	W	9:30-11:00 AM	\$17	75589-20

Reptiles

8/2	Tu	9:30-11:00 AM	\$17	75589-22
8/3	W	9:30-11:00 AM	\$17	75589-23

Age: 6-9 years**Concoctions**

6/9	Th	9:30-11:00 AM	\$17	75589-03
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Anatomy

6/16	Th	9:30-11:00 AM	\$17	75589-06
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Paleontology

6/23	Th	9:30-11:00 AM	\$17	75589-09
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Entomology

6/30	Th	9:30-11:00 AM	\$17	75589-12
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Astronomy

7/14	Th	9:30-11:00 AM	\$17	75589-15
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Vet Medicine

7/21	Th	9:30-11:00 AM	\$17	75589-18
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Oceanography

7/28	Th	9:30-11:00 AM	\$17	75589-21
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Reptiles

8/4	Th	9:30-11:00 AM	\$17	75589-24
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Afternoon Adventure

Moms and Dads, do you need an afternoon to yourself? Wouldn't it be nice to run errands, go out to lunch, play golf or even paint the living room walls without having to worry about what your youngster is getting into? Now you can take care of business while we keep your kids entertained with lots of fun activities!

Age: 3-6 years

Location: Northside Aztlan Center

Note: Please note allergies at the time of registration. Participants should dress for the weather and bring a water bottle. Children must be toilet trained.

6/15	W	1:00-5:00 PM	\$19	75583-01
6/22	W	1:00-5:00 PM	\$19	75583-02
6/29	W	1:00-5:00 PM	\$19	75583-03
7/13	W	1:00-5:00 PM	\$19	75583-04
7/20	W	1:00-5:00 PM	\$19	75583-05
7/27	W	1:00-5:00 PM	\$19	75583-06
8/3	W	1:00-5:00 PM	\$19	75583-07

Balloon Theatre!

Learn the basics of making balloon creatures, design and create a balloon costume, and perform a short play with your costume designs!

Age: 7-12 years

Instructor: Kidz Explore

Note: Class partially discountable. \$5 supply fee due to instructor on the first day of class.

Location: Northside Aztlan Center

6/6-6/9	M-Th	10:00-11:00 AM	\$44	75605-01
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Location: Youth Activity Center

7/5-7/8	Tu-F	9:00-10:00 AM	\$44	75605-02
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Sew What?

This introductory class will teach basic sewing skills including machine mechanics, fabric cutting and following a simple pattern.

Age: 9-12 years

Location: Northside Aztlan Center

Note: Class partially discountable.

Sew an After Bath Wrap

6/15-6/29	W	9:30-11:30 AM	\$59	75632-01
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Sew a Back Pack

7/13-7/27	W	9:30-11:30 AM	\$59	75632-02
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Young Authors

Calling all budding writers! Here's your opportunity to learn how to express your ideas in writing and see them in print! During these workshops you will write a short story or poem, research the market and submit your story to multiple publishers.

Age: 8-12 years

Instructor: Kidz Explore

Note: Class partially discountable. \$5 supply fee payable to instructor on the first day of class.

Location: Northside Aztlan Center

6/6-6/9	M-Th	10:45-11:45 AM	\$44	75630-01
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Location: Youth Activity Center

7/5-7/8	Tu-F	1:00-2:00 PM	\$44	75630-02
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Magic & Illusions

Learn the art of magic and illusion! During this fascinating workshop study famous magicians, learn a variety of magic tricks and make the props to perform your tricks. Kids will go away with new tricks!

Age: 8-12 years

Instructor: Kidz Explore

Note: Class partially discountable. \$5 supply fee payable to instructor on the first day of class.

Location: Northside Aztlan Center

6/6-6/9	M-Th	9:30-10:30 AM	\$44	75631-01
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Location: Youth Activity Center

7/5-7/8	Tu-F	9:00-10:00 AM	\$44	75631-02
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Young Illustrators

Do you love to draw? Would you like to see your masterpiece in print? Come learn from a real artist the proper techniques of illustrating for book and magazine publication. We will use different mediums to create pictures that will be sent in for possible publication.

Age: 8-12 years

Instructor: Kidz Explore

Location: Youth Activity Center

Note: Class partially discountable. \$10 supply fee due to instructor on the first day of class.

7/5-7/8	Tu-F	2:00-3:00 PM	\$44	75639-01
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Get online. Get out of line.



Sign Language for Kids

Learn a new language this summer-Sign Language! This class is designed to teach kids the basics of sign language. Words, phrases and the sign language alphabet will be introduced. Skills taught are ongoing. Sign up for one or both classes!

Age: 6-10 years

Instructor: Eric Fifer

Location: Northside Aztlan Center

Note: Class partially discountable.

6/10-6/24	F	9:30-10:45 AM	\$37	75654-01
7/15-7/29	F	9:30-10:45 AM	\$37	75654-02

Costume Creations

Come learn to create costumes! Our instructor will teach you how to design beautiful costumes inexpensively using your imagination.

Age: 8-12 years

Instructor: Kidz Explore

Note: Class partially discountable. A parent volunteer is greatly appreciated to help supervise the sewing processes! \$5 supply fee due to the instructor on the first day of class.

Location: Northside Aztlan Center

6/6-6/9	M-Th	11:15 AM-12:15 PM	\$44	75687-01
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Location: Youth Activity Center

7/5-7/8	Tu-F	10:30-11:30 AM	\$44	75687-02
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Babysitting Bootcamp

This American Red Cross course will cover everything from the babysitting basics to a certification in infant and child CPR.

Age: 11-15 years

Location: Northside Aztlan Center

Note: Please bring a sack lunch and snacks. Class partially discountable.

6/13	M	Noon-8:00 PM	\$75	75850-01
6/28	Tu	Noon-8:00 PM	\$75	75850-02
7/12-7/14	Tu,Th	4:00-8:00 PM	\$75	75850-03
7/26	Tu	Noon-8:00 PM	\$75	75850-04

Youth Music & Theater

Teen Improv

Experience being a piece of gum or living your life like a desk! Students will participate in a variety of acting exercises and improvisation which will develop their creative expression. We will also work on character building exercises while developing stage presence in a non-threatening, fun environment!

Age: 13-17 years

Instructor: Kidz Explore

Location: Youth Activity Center

Note: Class partially discountable.

7/5-7/8	Tu-F	10:30-11:30 AM	\$44	75688-01
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Teen Guitar, Beginning

In just four lessons, students will learn the fundamental chords and basic tablature skills needed to play many of their favorite songs. Chords, strum patterns, tuning, and basic music theory will be incorporated.

Age: 13-18 years

Instructor: Saja Butler

Location: Club Tico

Note: Must bring own acoustic, classical, or electric guitar.

6/20-6/29	M,W	11:15 AM-12:30 PM	\$32	75702-01
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Teen Guitar, Intermediate

This class will cover new first position chords as well as more advanced chording, finger picking patterns, basic blues progression, notation and advanced tablature, while adding to the student's repertoire.

Age: 13-18 years

Instructor: Saja Butler

Location: Club Tico

Note: Must bring own guitar.

7/25-8/3	M,W	11:15 AM-12:30 PM	\$32	75706-01
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Teen Jam Band

This week long class is all about teenagers who want to rock out band style! Participants will be grouped according to song style and type of instrument they'd love to play in the band. Kids will learn how to play together, set-up a stage, "act" the songs out, and, at the end of the week put on a show!

Age: 11-15 years

Instructor: Saja Butler

Location: Northside Aztlan Center

Note: Class partially discountable. Participants must have experience playing the instrument they choose.

6/6-6/10	M-F	1:00-3:00 PM	\$54	75711-01
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Storybook Theater: Act and sing out your favorite book!

Rockin' in the Park

Have fun playing with music at a park near you! Saja Butler will teach you some new songs and find new ways to 'play' with some old ones. Why walk in the park when you can rock in the park!

Age: 3-8 years

Instructor: Saja Butler

Location: Spring Canyon Park

Note: Accompanying adults and siblings age 2 and under free! Parents are required to stay and play. This class is held outdoors, please dress accordingly.

6/3	F	9:30-10:30 AM	\$5	75611-01
7/29	F	9:30-10:30 AM	\$5	75611-02

Storybook Theater

Using old time favorite stories as a basis, your child will enrich their theater experience through acting, singing, crafts, and make believe.

Age: 3-5 years

Location: Youth Activity Center

Note: Please note food allergies at the time of registration.

6/6-6/9	M-Th	1:00-2:30 PM	\$38	75616-01
7/11-7/14	M-Th	1:00-2:30 PM	\$38	75616-02

Shake Your Sillies

Children will have fun getting silly and playing with music! New songs, instrument play and musical improvisation are all part of this class.

Age: 3-8 years

Instructor: Saja Butler

Location: The Gardens on Spring Creek

Note: Accompanying adults and siblings age 2 and under free! Parents are encouraged to stay and play! This class will be held outside on North Patio.

6/24-7/1	F	9:30-10:30 AM	\$22	75612-01
8/5-8/12	F	9:30-10:30 AM	\$22	75612-02

Lights! Camera! Action!

In this class we will film the children acting out one of their favorite fairytales. Dependent on the story, the kids will make simple costumes and props for their story. On the last day of class parents, siblings and grandparents are invited to watch our movie.

Age: 4-6 years

Location: Youth Activity Center

6/13-6/16	M-Th	1:00-3:00 PM	\$40	75623-01
7/18-7/21	M-Th	1:00-3:00 PM	\$40	75623-02

Stage Right to Drama

You will be a class act after taking this 4 day drama workshop! We will costume up and perform a short drama after learning simple lines. It's amazing what kids can produce in only a few days! Get your tickets now!

Age: 8-12 years

Instructor: Kidz Explore

Location: Club Tico

Note: Class partially discountable. Class will be held at the Northside Aztlan Community Center on 6/8 and at the YAC on 7/6.

6/6-6/9	M-Th	12:30-2:00 PM	\$59	75618-01
7/5-7/8	Tu-F	12:30-2:00 PM	\$59	75618-02

Fairytales Come to Life!

Give your little ones a joyful experience. We will become our favorite characters in best known fairy tales such as Snow White and the Seven Dwarfs and Little Red Riding Hood! We will make simple costumes or props, learn simple lines, songs and dances to make this a musical theater extravaganza!

Age: 4-7 years

Instructor: Kidz Explore

Note: Class partially discountable. Class will be held at the YAC on 7/6.

Location: Club Tico

7/5-7/8	Tu-F	2:15-3:00 PM	\$44	75619-02
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Location: Northside Aztlan Center

6/6-6/9	M-Th	9:00-9:45 AM	\$44	75619-01
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Youth Guitar, Beginning

In just four lessons, students will learn the fundamental chords and basic tablature skills needed to play many of their favorite songs. Chords, strum patterns, tuning, and basic music theory will be incorporated. Participants may bring an acoustic, classical, or electric guitar.

Age: 9-12 years

Instructor: Saja Butler

Location: Club Tico

Note: Students must bring their own guitar.

6/20-6/29	M,W	10:00-11:00 AM	\$32	75701-01
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Singer & Songwriters Camp

Always wanted to write your own song? This camp will help bring out the poet/musician in you. Students will need to bring a guitar and notebook. Manuscript paper and song writing sheets will be provided. Instruction in voice included.

Location: Club Tico

Note: Students need to bring a notebook and a guitar, if available.

Age: 9-12 years

7/11-7/15	M-F	10:00 AM-Noon	\$69	75700-01
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Age: 13-17 years

7/11-7/15	M-F	1:00-3:00 PM	\$69	75700-02
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[Alice and Stella: Visit The Farm to check on Stella's progress.](#)

The Farm

Classes are held at The Farm unless otherwise noted.

Barnbuster Blowout Daycamp

Hot fun in the summertime! Barnbuster is a camp that offers more than a typical Farm day camp. Four action-packed days will be filled up with milking the cow, crafts, games, swimming, a trip to Cheyenne Frontier Days and a visit to local agricultural facility.

Age: 8-12 years

Note: Lunch will be provided.

7/26-7/29	Tu-F	8:30 AM-3:30 PM	\$154	75401-01
	Th	8:00 AM-3:30 PM		

Farm Daycamp

Each session is packed full of games, crafts, barnyard trivia and of course chores. Campers will help take care of the animals by gathering eggs, milking the cow, "slopping" the pigs and so much more. A field trip and an overnight at the Farm highlight the second week.

Age: 8-12 years

Note: The second Thursday of each camp is the overnighter. Campers need to be picked up the next day by 8:30 am. Campers need a lunch and water bottle everyday.

6/7-6/17	Tu-F	8:30 AM-3:30 PM	\$174	75402-01
6/21-7/1	Tu-F	8:30 AM-3:30 PM	\$174	75402-02
7/5-7/15	Tu-F	8:30 AM-3:30 PM	\$174	75402-03

Mini Daycamp

This fun camp involves your child, the animals and hours of activities designed to entertain and educate. Campers explore life as they milk the cow, gather eggs, ride the ponies and go on treasure hunts. Mornings finish up with picnics in the silo or maybe even on a hayride!

Age: 6-7 years

Note: Bring a sack lunch everyday. Water will be provided.

6/7-6/10	Tu-F	8:30 AM-12:30 PM	\$64	75404-01
6/14-6/17	Tu-F	8:30 AM-12:30 PM	\$64	75404-02
6/21-6/24	Tu-F	8:30 AM-12:30 PM	\$64	75404-03
7/26-7/29	Tu-F	8:30 AM-12:30 PM	\$64	75404-04

Not-So-Mini Daycamp

An extended version of Mini Day Camp. Campers can be found doing typical farm chores such as gathering eggs, milking the cow and riding the ponies. Other "chores" include crafts and going on a hayride.

Age: 6-7 years

Note: Bring a sack lunch everyday. Water will be provided.

6/28-7/1	Tu-F	8:30 AM-3:30 PM	\$84	75405-01
7/12-7/15	Tu-F	8:30 AM-3:30 PM	\$84	75405-02
7/19-7/22	Tu-F	8:30 AM-3:30 PM	\$84	75405-03

Pullet Surprise

"Farmers" will learn about the animals as they help take care of them. Gathering eggs, milking the cow, crafts, stories and going on a hayride are all part of the fun.

Age: 3 years

Note: Classes run more smoothly if parents do not stay.

6/21-6/24	Tu-F	9:00-10:00 AM	\$32	75411-01
7/5-7/8	Tu-F	9:00-10:00 AM	\$32	75411-02
8/2-8/5	Tu-F	9:00-10:00 AM	\$32	75411-03

Beginning Pony Camp

Pony campers will learn to groom, saddle and ride a pony during their week at The Farm. Pony chores will be included for our young equestrians and safety is stressed at all times.

Age: 8-12 years

Note: Bring a water bottle. Shoes must be close-toed.

6/7-6/10	Tu-F	8:30-11:00 AM	\$114	75407-01
6/7-6/10	Tu-F	11:45 AM-2:15 PM	\$114	75407-02
6/14-6/17	Tu-F	11:45 AM-2:15 PM	\$114	75407-03
6/21-6/24	Tu-F	8:30-11:00 AM	\$114	75407-04
7/5-7/8	Tu-F	8:30-11:00 AM	\$114	75407-05
7/12-7/15	Tu-F	11:45 AM-2:15 PM	\$114	75407-06
7/19-7/22	Tu-F	8:30-11:00 AM	\$114	75407-07

Advanced Pony Camp

This camp is for the child who has mastered grooming and saddling. The basics of riding will be reviewed and more time will be spent riding.

Age: 8-12 years

Note: Bring a water bottle. Shoes must be close-toed.

6/14-6/17	Tu-F	8:30-11:00 AM	\$114	75408-01
6/21-6/24	Tu-F	11:45 AM-2:15 PM	\$114	75408-02
7/5-7/8	Tu-F	11:45 AM-2:15 PM	\$114	75408-03
7/12-7/15	Tu-F	8:30-11:00 AM	\$114	75408-04
7/19-7/22	Tu-F	11:45 AM-2:15 PM	\$114	75408-05
7/26-7/29	Tu-F	8:30-11:00 AM	\$114	75408-06
7/26-7/29	Tu-F	11:45 AM-2:15 PM	\$114	75408-07

Horsemanship I

Teens will learn to groom, saddle and ride a horse in this four day class. Class size is small, so sign up soon!

Age: 12-18 years

Note: Bring a water bottle. Shoes must be close-toed.

6/6-6/9	M-Th	12:15-2:45 PM	\$114	75416-01
6/20-6/23	M-Th	9:00-11:30 AM	\$114	75416-02
6/27-6/30	M-Th	12:15-2:45 PM	\$114	75416-03
7/11-7/14	M-Th	12:15-2:45 PM	\$114	75416-04

THE FARM

Horsemanship II

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

Age: 12-18 years

Note: Bring a water bottle. Closed toed shoes must be worn.

6/13-6/16	M-Th	12:15-2:45 PM	\$114	75417-01
6/20-6/23	M-Th	12:15-2:45 PM	\$114	75417-02
6/27-6/30	M-Th	9:00-11:30 AM	\$114	75417-03
7/11-7/14	M-Th	9:00-11:30 AM	\$114	75417-04
7/18-7/21	M-Th	9:00-11:30 AM	\$114	75417-05
7/18-7/21	M-Th	12:15-2:45 PM	\$114	75417-06

Farm Camp Out

Join us for the first ever camp out at The Farm! Bring your tent, sleeping bags, and the kids! Dinner is on your own. Horseshoes, hayrides, singing around the campfire, s'mores, and a light breakfast will all be included in the fee! Fee includes one tent and up to 4 people. Additional people are \$5 each at the door.

Age: All

6/24-6/25	F,Sa	6:00 PM-9:00 AM	\$34	75428-01
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Pee Wee Farmers

The Pee Wee Farmer classes have been favorites since The Farm opened in 1985! Your child will learn what life on a farm is like through hands-on-experiences. Milking a cow or goat, gathering eggs, riding the ponies, and learning about baby animals are all part of the fun!

Age: 4-5 years

Note: Parents will be asked to lead their child's pony on the day they ride.

6/7-6/10	Tu-F	1:00-2:30 PM	\$34	75406-01
6/7-6/10	Tu-F	1:00-2:30 PM	\$34	75406-02
6/14-6/17	Tu-F	1:00-2:30 PM	\$34	75406-03
6/14-6/17	Tu-F	1:00-2:30 PM	\$34	75406-04
6/21-6/24	Tu-F	1:00-2:30 PM	\$34	75406-05
6/21-6/24	Tu-F	1:00-2:30 PM	\$34	75406-06
7/5-7/8	Tu-F	8:30-10:00 AM	\$34	75406-07
7/5-7/8	Tu-F	10:30 AM-Noon	\$34	75406-08
7/5-7/8	Tu-F	10:30 AM-Noon	\$34	75406-09
7/5-7/8	Tu-F	1:00-2:30 PM	\$34	75406-10
7/5-7/8	Tu-F	1:00-2:30 PM	\$34	75406-11
7/19-7/22	Tu-F	8:30-10:00 AM	\$34	75406-12
7/19-7/22	Tu-F	8:30-10:00 AM	\$34	75406-13
7/19-7/22	Tu-F	10:30 AM-Noon	\$34	75406-14
7/19-7/22	Tu-F	10:30 AM-Noon	\$34	75406-15
7/19-7/22	Tu-F	1:00-2:30 PM	\$34	75406-16
7/19-7/22	Tu-F	1:00-2:30 PM	\$34	75406-17
7/26-7/29	Tu-F	1:00-2:30 PM	\$34	75406-18
7/26-7/29	Tu-F	1:00-2:30 PM	\$34	75406-19

Li'l Dumplin' Farmers

Mom, Dad (or any other favorite adult), you and your two-year-old can meet the animals and learn about farm life together in this class. Join us in farm chores that will include gathering eggs, and milking a cow or a goat. After the chores are finished, we will enjoy a picnic with the animals. Bring your own lunch.

Age: 2 years

Note: Please bring a sack lunch. A dessert will be provided. Parents are expected to stay with their child.

6/6-6/20	M	11:00 AM-Noon	\$26	75409-01
6/6-6/20	M	11:15 AM-12:15 PM	\$26	75409-02
6/27-7/18	M	11:00 AM-Noon	\$26	75409-03
6/27-7/18	M	11:15 AM-12:15 PM	\$26	75409-04
7/25-8/8	M	11:00 AM-Noon	\$26	75409-05
7/25-8/8	M	11:15 AM-12:15 PM	\$26	75409-06

Little Peepers

Jeepers, creepers! It's time to bring those "little peepers" to The Farm for stories in the hayloft, milking a cow or goat, and many other farm chores. Parents will leave their child for an hour of farm discovery.

Age: 3 years

Note: Parents cannot stay with their little peepers.

6/6-6/20	M	9:00-10:00 AM	\$24	75410-01
6/6-6/20	M	9:15-10:15 AM	\$24	75410-02
6/27-7/18	M	9:00-10:00 AM	\$24	75410-03
6/27-7/18	M	9:15-11:15 AM	\$24	75410-04
7/25-8/8	M	9:00-10:00 AM	\$24	75410-05
7/25-8/8	M	9:15-10:15 AM	\$24	75410-06

Pony Riding Lessons

Round 'em up and bring those cowpokes to The Farm where both you and your child will learn to groom and saddle a pony. Your child's pony will be led by you as the basics of riding are taught. Safety is stressed at all times.

Age: 3-5 years

6/14-6/17	Tu-F	6:00-7:00 PM	\$54	75414-01
8/2-8/5	Tu-F	9:00-10:00 AM	\$54	75414-02

Age: 6-7 years

8/2-8/5	Tu-F	10:30-11:30 AM	\$54	75414-03
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Green Thumbs

Gardening can be a lifelong hobby, get your child started at The Farm. Worm composting, bugs and learning how important plants are to us are all part of the fun. Explore the world of gardening through this hands on class.

Age: 4-6 years

8/2-8/5	Tu-F	10:30-11:30 AM	\$24	75403-01
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Mini-Moo Golf

The Farm will be turned into 18 holes of miniature golf. Special features will include golfing in the hayloft, putting over bridges and through the barn. Each child golfer must be accompanied by a paying adult.

Age: 3 years & up

7/19	Tu	6:00-7:30 PM	\$8	75421-01
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Pony Experience

This pony class is designed for 6 and 7 year olds to work with a partner as they learn about the ponies. Grooming and saddling will be taught with beginner riding skills.

Age: 6-7 years

6/6-6/9	M-Th	9:30-11:30 AM	\$104	75426-01
6/13-6/16	M-Th	9:30-11:30 AM	\$104	75426-02

Milk & Cookies Storytelling

Join us at The Farm for storytelling by local storytellers. The barnyard is a great setting for enjoying stories, sipping milk, and eating a cookie amongst the animals. Our friends at Morning Fresh Dairy provide the milk and help make this a Farm favorite!

Age: All

6/24	F	10:30-11:00 AM	Admission	
7/8	F	10:30-11:00 AM	Admission	
7/22	F	10:30-11:00 AM	Admission	

Barnyard Experience

This class is designed for the kids who only have a little bit of time to experience life on a farm. We will explore different parts of the barnyard, gather eggs, make a snack, and go on a hayride. Join us for some farm fun!

Age: 6-10 years

6/14	Tu	9:30-11:30 AM	\$16	75432-01
6/28	Tu	9:30-11:30 AM	\$16	75432-02
7/12	Tu	9:30-11:30 AM	\$16	75432-03

Adopt an Animal

Anyone can adopt an animal at The Farm and become its "parent." As an adoptive parent, you are helping provide food and care of "your" animal. Of course, your adopted animal stays at The Farm where it is cared for by farm staff. (Note: for all practical purposes, some of the animals are sold when they reach maturity.) 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, his/her name listed at The Farm, and a poster as a thank you.

Pony Club

Calling all pony lovers! Join us in Pony Club where you will get exclusive access to the pony gang during Pony Club hours. You will be on an email list to keep you informed about the ponies and upcoming activities. A monthly fee of \$15 is charged with additional fees for some activities. To be in Pony Club you must have completed at least one of The Farm's Pony Camps (for ages 8-12) or the Horsemanship camps (for 12 years and up). Call The Farm for more details at 970.221.6665

FALL 2011
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AUGUST 18

City of Fort Collins Recreation
 FCGOV.COM/RECREATOR

Quitting Smoking?
Don't do it alone!
 The Health District can help you **Step Free** from tobacco.

- Personal Coaching
- Free nicotine patches/gum
- Sliding fees*

healthdistrict.org/stopsmoking

Health District
 OF NORTHERN LARIMER COUNTY

224-5209
 *Some restrictions apply.

Fitness

Classes are for ages 18 & up unless otherwise noted.

General Information

It is recommended that your physician be consulted before beginning any exercise program.

If you are 45 or older, sedentary or exhibit any of the major coronary risk factors, you should have a maximal treadmill test performed by your doctor prior to participation.

Registration Options

For fitness classes, participation options are available:

1. Participants may register for an entire class session.
2. For late registrants, session fees can be prorated for the days remaining in a session (at **\$4.00/class** rounded up to the nearest dollar)
3. Participants may pay a drop-in fee of **\$4.00/class**, except for Aikido, Karate.
4. SuperPass: The 10 and 25 admission SuperPass can also be used to drop in to land and aqua fitness classes except Aikido and karate. The SuperPass is good at all major facilities – Northside Aztlan Community Center, Senior Center, EPIC, Mulberry Pool and The Farm.
5. Reduced fee drop in cards

Personal Training

Want to get back in shape? Want to fine tune your exercise regime? Want to exercise with your spouse or friends? You can now do that at the Senior Center or Northside Aztlan Community Center with the guidance of Jimmie Laney, ISSA Certified Personal Fitness Trainer or Talissa Gula-Yeast, Certified Personal Fitness Trainer. Either one will help you to develop an exercise program that meets your personal goals and needs.

We now offer small group rates also: (Sessions are approximately one hour) 1 person \$22, 2 people \$40, 3 people \$58, 4 people \$76. Payment must be received in advance for the training at the training facility.

For more information contact Katie Stieber at 970.224.6029, kstieber@fcgov.com or stop by the main desk at Northside or the Senior Center. To schedule an appointment call Jimmie at 970.581.9017 or Talissa at 970.302.8414.

Aqua Personal Training

Get a challenging workout with the most expensive piece of equipment in the gym—the pool! Have an effective workout designed to reach your own fitness goals with a non-swimming, water based personal prescription. You will be encouraged by a certified trainer as you utilize the properties of the water to tone muscles, build endurance, lose body fat, develop core strength, balance and flexibility. Deborah Knobel is a certified Personal Fitness Professional. Rates are \$22 per session and we offer small group rates. Sessions are approximately one hour.

For more information contact Katie Stieber at 970.224.6029, kstieber@fcgov.com or stop by the main desk of the Senior Center. Or to schedule an appointment call Deborah at 970.493.7377.

General Adult Fitness

Back & Body Strength

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.

Instructor: Jan Orecchio

Location: Senior Center

Note: Class will not be held 7/4.

6/1-6/29	M,W,F	9:00-10:00 AM	\$43	74401-01
7/1-7/29	M,W,F	9:00-10:00 AM	\$40	74401-02
8/15-8/31	M,W,F	9:00-10:00 AM	\$28	74401-03

Strength Training

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

Instructor: Dominick Jones

Location: Northside Aztlan Center

Note: Class will not be held 8/15, 8/16, 8/17, 8/18.

6/1-6/29	M,W	8:30-9:30 AM	\$31	74405-01
7/6-7/27	M,W	8:30-9:30 AM	\$25	74405-02
8/1-8/31	M,W	8:30-9:30 AM	\$28	74405-03
6/2-6/30	Tu,Th	9:15-10:10 AM	\$31	74405-04
7/5-7/28	Tu,Th	9:15-10:10 AM	\$28	74405-05
8/2-8/30	Tu,Th	9:15-10:10 AM	\$25	74405-06

Lose To Win

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

Instructor: Dominick Jones

Location: Northside Aztlan Center

Note: Class will not be held 8/15, 8/17, 8/18.

6/1-6/29	M,W,F	9:30-10:30 AM	\$40	74410-01
7/1-7/29	M,W,F	9:30-10:30 AM	\$37	74410-02
8/1-8/31	M,W,F	9:30-10:30 AM	\$34	74410-03

Strength & 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!

Instructor: Walter Lamia

Location: Northside Aztlan Center

Note: Class will not be held 8/16, 8/18.

6/2-6/30	Tu,Th	12:10-12:55 PM	\$22	74414-01
7/5-7/28	Tu,Th	12:10-12:55 PM	\$20	74414-02
8/2-8/30	Tu,Th	12:10-12:55 PM	\$14	74414-03

Buff, Bike, Balance

An express workout combining four-minute intervals of cycling, weights and balance practice for an intense fat-burning cardio and sculpting workout.

Age: 14 years & up

Instructor: Liane Emerson

Location: Northside Aztlan Center

Note: Class will not be held 8/16, 8/18.

6/2-6/30	Tu,Th	Noon-12:45 PM	\$24	74420-01
7/5-7/28	Tu,Th	Noon-12:45 PM	\$22	74420-02
8/2-8/30	Tu,Th	Noon-12:45 PM	\$20	74420-03

On August 21, 2011

Ride Team PVHS

ENGAGE in life

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=



Ride Team PVHS in the Echelon Gran Fondo Charity Ride
for the **Poudre Valley Cancer Center**

Choose from 30, 60, or 90 mile routes

Help us reach our **goal of 500 riders!**

Registration information @ ENGAGEinlife.org



Theraball/Stability Ball

Enjoy gentle, effective low-impact exercises on the Theraball/Fitball. Improve balance, endurance, flexibility, reflexes, and strength in a relaxing routine. Please dress in comfortable fitness or dance attire. Theraballs are provided.

Instructor: MaryElizabeth Lenahan, OT

Location: Senior Center

6/2-6/30	Th	4:00-5:00 PM	\$19	74438-01
7/7-7/28	Th	4:00-5:00 PM	\$16	74438-02

Spin

Bikes are specifically designed to simulate the feel of the road without the bumps and obstacles. Customize to be as challenging as you like.

Age: 14 years & up

Instructor: Liane Emerson

Location: Northside Aztlan Center

Note: Class will not be held 8/15, 8/17.

6/1-6/29	M,W	12:10-12:55 PM	\$27	74424-01
7/6-7/27	M,W	12:10-12:55 PM	\$22	74424-02
8/1-8/31	M,W	12:10-12:55 PM	\$24	74424-03

Lunchtime Basketball

If you're looking for a lunch time workout and want to have fun doing it come at noon and run ball with the "nooners." These group of 18+ year old men run every afternoon at noon.

Location: Northside Aztlan Center

Ongoing M-F Noon-2:00 PM Drop-in fees apply

Spin & Tone

Class includes the same challenging workout as the Spin classes with an additional toning segment at the end of the workout. A great cardiovascular workout and total body strengthening and toning.

Age: 14 years & up

Instructor: Colleen Townsend, Tallisa Gulla

Location: Northside Aztlan Center

Note: Class will not be held 8/15, 8/17.

6/1-6/29	M,W	5:30-6:30 PM	\$31	74425-01
7/6-7/27	M,W	5:30-6:30 PM	\$25	74425-02
8/1-8/31	M,W	5:30-6:30 PM	\$28	74425-03
6/2-6/30	Tu,Th	6:15-7:15 AM	\$31	74428-01
7/5-7/28	Tu,Th	6:15-7:15 AM	\$28	74428-02
8/2-8/30	Tu,Th	6:15-7:15 AM	\$25	74428-03

MS Dryland Exercise -ARD

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

Instructor: Jan Orecchio

Location: Senior Center

6/1-6/29	M,W	11:00-11:55 AM	\$31	74436-01
7/6-7/27	M,W	11:00-11:55 AM	\$25	74436-02
8/15-8/31	M,W	11:00-11:55 AM	\$22	74436-03

ONCE AGAIN IN FORT COLLINS, BACK BY POPULAR DEMAND

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Community Care for Northern Colorado
PRESENTS

Breakfast in the park

Kids Activities • Optional Butterfly Release • Live Music (\$10 donation)

SATURDAY, JULY 23, 8:30-11:00 AM, CITY PARK, FORT COLLINS, CO
TICKETS AVAILABLE JUNE 15 (\$5 Children, \$7 Adult)
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Salsaerobics for Seniors & Beginners

Do you enjoy dancing and want to get a low impact cardio workout? Intimidated to try new classes? This zumba class will explain each move and breakdown the exercise routines and we will learn the moves together. Come enjoy this great Latin/international dance fitness program and get a great workout while having fun!!

Instructor: Maureen Plotnicki

Location: Senior Center

6/1-6/29	M,W	5:25-6:15 PM	\$27	74440-01
7/6-7/27	M,W	5:25-6:15 PM	\$22	74440-02
8/15-8/31	M,W	5:25-6:15 PM	\$19	74440-03

Silver, Strength & Balance

Improve your strength, balance, dexterity and coordination. Also will help to prevent injuries particularly to low back.

Instructor: Walter Lamia

Location: Senior Center

6/2-6/30	Tu,Th	11:00-11:45 AM	\$22	74426-01
7/5-7/28	Tu,Th	11:00-11:45 AM	\$20	74426-02
8/16-8/30	Tu,Th	11:00-11:45 AM	\$14	74426-03

Nia

A non-impact, aerobic fusion of dance, healing and martial arts. Discover joy and have fun while you improve your health and well-being. It's the ultimate body-mind-spirit workout. Classic Nia is for Every Body. Great for all fitness levels. Come be invigorated, refreshed and inspired!

Age: 14 years & up

Instructor: Jana Knezovich

Location: Club Tico

6/6-6/27	M	5:30-6:30 PM	\$12	74443-01
7/11-7/25	M	5:30-6:30 PM	\$10	74443-02
8/1-8/29	M	5:30-6:30 PM	\$14	74443-03
6/2-6/30	Th	7:00-8:00 PM	\$14	74443-04
7/7-7/28	Th	7:00-8:00 PM	\$12	74443-05
8/4-8/25	Th	7:00-8:00 PM	\$12	74443-06

Mommy & Me Shaping

Shape up and tone up with your baby! In this class we will use yoga, Pilates, and calisthenic exercises, while safely playing with baby.

Age: 6-18 months

Location: Northside Aztlan Center

6/23-7/14	Th	9:00-9:45 AM	\$38	75754-01
7/21-8/11	Th	9:00-9:45 AM	\$38	75754-02

Mindful Running For Beginners

Learn to use running as a mindfulness practice. Each class includes a short (beginner) yoga practice, barefoot exercises to develop a biomechanically efficient stride, short group run.

Age: 16 years & up

Instructor: Tori Herazo, Shannon Allstott

Location: Northside Aztlan Center

Note: Class will not be held on 8/20.

6/4-6/25	Sa	10:45 AM-12:15 PM	\$32	74408-01
7/2-7/30	Sa	10:45 AM-12:15 PM	\$32	74408-02
8/6-8/27	Sa	10:45 AM-12:15 PM	\$32	74408-03



Your Choice Aerobics: Low to high impact... it's your choice!

Aerobics

Low Impact Aerobics

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

Instructor: Marsha Portelance

Location: Senior Center

6/2-6/30	Tu,Th	9:00-10:00 AM	\$31	74411-01
7/5-7/28	Tu,Th	9:00-10:00 AM	\$28	74411-02
8/16-8/30	Tu,Th	9:00-10:00 AM	\$19	74411-03

Your Choice Aerobics

Slightly fast-paced with routines designed to work specific muscle groups. Includes floor exercise and weight training. (Low to High Impact...your choice!) Targeted for active, heart-healthy individuals.

Instructor: Janet Meine

Location: Senior Center

Note: Class will not be held 6/23.

6/2-6/30	Tu,Th	5:30-6:25 PM	\$31	74413-01
7/5-7/28	Tu,Th	5:30-6:25 PM	\$28	74413-02
8/16-8/30	Tu,Th	5:30-6:25 PM	\$19	74413-03

Step Aerobics

Stepping is a high energy aerobic workout using a low bench. This class will introduce basic steps and combine them into fun, upbeat choreographed routines. This class is suitable for beginning and experienced steppers.

Age: 16 years & up

Instructor: Walter Lamia

Location: Northside Aztlan Center

Note: Class will not be held 8/17, 8/19.

6/1-6/29	W,F	7:30-8:30 AM	\$22	74421-01
7/1-7/29	W,F	7:30-8:30 AM	\$22	74421-02
8/3-8/31	W,F	7:30-8:30 AM	\$18	74421-03

Pilates

Tri-Planar Method Pilates

Want a leaner, healthier you? Try this new craze. Gain flexibility, tone and build new muscle. You'll look and feel great.

Instructor: Matthew Deal

Location: Northside Aztlan Center

Note: Class will not be held 8/16, 8/18.

6/2-6/30	Tu,Th	1:00-2:00 PM	\$31	74406-01
7/5-7/28	Tu,Th	1:00-2:00 PM	\$28	74406-02
8/2-8/30	Tu,Th	1:00-2:00 PM	\$25	74406-03

Martial Arts

Karate

Benefits are numerous, physical and mental. Enhanced physical condition, increased stamina and coordination. Increased confidence, self-esteem, discipline and concentration.

Age: 6 years & up

Instructor: Dennis Bower

Note: Class will not be held 7/4.

Color Belts

Location: Senior Center

6/1-6/29	M,W	6:15-7:15 PM	\$46	74429-01
7/6-7/27	M,W	6:15-7:15 PM	\$37	74429-02
8/15-8/31	M,W	6:15-7:15 PM	\$33	74429-03
6/1-6/29	M,W	6:15-7:15 PM	\$47	74431-01
	Sa	8:30-9:30 AM		
7/2-7/30	M,W	6:15-7:15 PM	\$61	74431-02
	Sa	8:30-9:30 AM		
8/15-8/31	M,W	6:15-7:15 PM	\$42	74431-03
	Sa	8:30-9:30 AM		

Karate Brown & Black

Location: Senior Center

Note: Class will not be held 7/4.

6/1-6/29	M,W	7:15-8:15 PM	\$46	74430-01
7/6-7/27	M,W	7:15-8:15 PM	\$37	74430-02
8/15-8/31	M,W	7:15-8:15 PM	\$33	74430-03
6/1-6/29	M,W	7:15-8:15 PM	\$47	74432-01
	Sa	8:30-9:30 AM		
7/2-7/30	M,W	7:15-8:15 PM	\$61	74432-02
	Sa	8:30-9:30 AM		
8/6-8/31	M,W	7:15-8:15 PM	\$42	74432-03
	Sa	8:30-9:30 AM		

Karate Beginners

Designed to introduce Shotokan Karate. Students may be divided into groups depending on ability. Adults are welcome to participate with children. Beginner gets students ready for yellow belt level.

Location: Senior Center

6/4-6/25	Sa	9:30-10:30 AM	\$18	74433-01
7/2-7/30	Sa	9:30-10:30 AM	\$22	74433-02
8/20-8/27	Sa	9:30-10:30 AM	\$11	74433-03

Aikido

Traditional martial art in which the essence of all Aikido techniques is spherical motion around a stable, energized center. Increased stamina, flexibility and muscle development occur naturally as a result of training, but the techniques themselves do not depend on strength for effectiveness.

Instructor: Victor Hung

Location: Northside Aztlan Center

Note: Class will not be held 8/15, 8/17, 8/18.

Beginning

Age: 6 years & up

6/2-6/30	Th	6:30-7:30 PM	\$24	74437-04
7/7-7/28	Th	6:30-7:30 PM	\$20	74437-05
8/4-8/25	Th	6:30-7:30 PM	\$16	74437-06

Ongoing

Age: 18 years & up

6/1-6/30	M,W,Th	6:30-8:30 PM	\$60	74437-01
7/6-7/28	M,W,Th	6:30-8:30 PM	\$48	74437-02
8/1-8/31	M,W,Th	6:30-8:30 PM	\$48	74437-03

Tai Chi

Tai Chi, Beginning

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

Instructor: Taylor Reid

Location: Senior Center

6/4-6/25	Sa	2:00-3:00 PM	\$16	74423-01
7/2-7/30	Sa	2:00-3:00 PM	\$19	74423-02

Tai Chi, Continuing

This class is recommended after taking the Beginning Tai Chi class to further your development and understanding and it will cover a small Yang style form sequence called Grasp Sparrow's Tail.

Instructor: Taylor Reid

Location: Senior Center

6/4-6/25	Sa	12:45-1:45 PM	\$16	74441-01
7/2-7/30	Sa	12:45-1:45 PM	\$19	74441-02

Qi Gong

Qi Gong

Literally meaning "energy work," Qi Gong will focus on low-impact, bodily-circuit training movements and developing a feeling of connection and rootedness to the earth. This will be presented in small sequences of "forms" that each train specific internal energetic concepts.

Instructor: Taylor Reid

Location: Senior Center

6/4-6/25	Sa	3:15-4:15 PM	\$16	74442-01
7/2-7/30	Sa	3:15-4:15 PM	\$19	74442-02
8/20-8/27	Sa	3:15-4:15 PM	\$10	74442-03

Stretching

Strictly Stretching

Participants perform a variety of arm and leg movements while sitting in chairs. Class is designed for adults with physical limitations.

Instructor: Jan Orecchio

Location: Senior Center

Note: Class will not be held 7/4.

6/1-6/29	M,W,F	10:00-10:55 AM	\$30	74417-01
7/1-7/29	M,W,F	10:00-10:55 AM	\$28	74417-02
8/15-8/31	M,W,F	10:00-10:55 AM	\$20	74417-03
6/1-6/29	M,W	10:00-10:55 AM	\$22	74417-04
7/6-7/27	M,W	10:00-10:55 AM	\$18	74417-05
8/15-8/31	M,W	10:00-10:55 AM	\$16	74417-06
6/3-6/27	M,F	10:00-10:55 AM	\$20	74417-07
7/1-7/29	M,F	10:00-10:55 AM	\$20	74417-08
8/15-8/29	M,F	10:00-10:55 AM	\$14	74417-09

Yoga

Yoga, Beginning

By practicing yoga breathing & physical exercises, students gain physical strength, tone, flexibility and stamina.

Instructor: Mareye Bullock, Norma Glad, Chetana White

Location: Senior Center

6/2-6/30	Tu,Th	2:45-3:45 PM	\$31	74403-01
7/5-7/28	Tu,Th	2:45-3:45 PM	\$28	74403-02
8/16-8/30	Tu,Th	2:45-3:45 PM	\$19	74403-03
6/2-6/30	Tu,Th	4:00-5:00 PM	\$31	74403-04
7/5-7/28	Tu,Th	4:00-5:00 PM	\$28	74403-05
8/16-8/30	Tu,Th	4:00-5:00 PM	\$19	74403-06
6/2-6/30	Tu,Th	5:15-6:15 PM	\$31	74403-07
7/5-7/28	Tu,Th	5:15-6:15 PM	\$28	74403-08
8/16-8/30	Tu,Th	5:15-6:15 PM	\$20	74403-09
6/7-6/28	Tu	6:30-7:30 PM	\$16	74403-10
7/5-7/26	Tu	6:30-7:30 PM	\$16	74403-11
8/16-8/30	Tu	6:30-7:30 PM	\$13	74403-12

Gentle Stretch & Breathe

Learn a variety of postures and breathwork practiced from a chair, standing or seated. This class is designed for people of all abilities.

Instructor: Alison Cope, 970.416.2024 ext. 1, acope@fcgov.com

Location: Northside Aztlan Center

Note: Drop in rate is \$8. Class not discountable. Class will not be held 8/19.

6/3-6/24	F	9:00-10:00 AM	\$28	74620-01
7/1-7/22	F	9:00-10:00 AM	\$28	74620-02
7/29-8/26	F	9:00-10:00 AM	\$28	74620-03

Slow Flow Hatha Yoga

Nurturing, fun, and non-competitive session that will help improve balance, strength and flexibility. Poses will be linked together and done slowly, with attention to breath.

Instructor: Nina Kunze

Location: Northside Aztlan Center

6/1-6/29 M,W 4:00-5:00 PM \$31 74415-01

Youth Fitness

Family Yoga

Parents and children take this opportunity to explore yoga together! Improve your 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 will create a foundation for health and wellness.

Age: 3 years & up

Instructor: Staci Schmidt

Location: Edora Pool Ice Center

Note: Price is flat rate for up to 4 immediate family members.

6/6-6/15	M-W	6:00-7:00 PM	\$45	75568-01
7/11-7/20	M-W	6:00-7:00 PM	\$45	75568-02

High School Triathlon Camp

Triathlon is currently the fastest growing sport in the United States. This three week long, mornings-only, program is open to all high-schoolers, regardless of previous experience or ability, and will culminate with participation in the Loveland Sprint Triathlon on July 23 (entry fee and insurance included).

Grade: 9-12

Location: Northside Aztlan Center

Note: Required equipment includes a bike in good operating condition, a bike helmet, swim suit, goggles, and running/biking shoes. The program will be directed by Wendy Mader of t2coaching, Kona Ironman women's amateur champion in 2008.

7/5-7/22 M-F 8:00-11:00 AM \$380 75712-01

Jump Rope Mini Camp

This mini-camp will focus on breaking down the areas of jump rope including single rope freestyles, speed and power, double dutch freestyles, performance based travelers, group routines, chinese wheels and long rope. Free jump rope with registration.

Age: 7-16 years

Location: Northside Aztlan Center

Note: Proper tennis shoes and comfortable clothing is recommended. Bring a water bottle and snack.

6/18	Sa	1:00-4:00 PM	\$25	75716-01
7/23	Sa	1:00-4:00 PM	\$25	75716-02
8/11	Th	1:00-4:00 PM	\$25	75716-03

Gardens on Spring Creek

Classes are held at the Gardens on Spring Creek unless otherwise noted. Discounts for select classes are available with a membership to the Gardens on Spring Creek.

Adult

For ages 18 years & up unless otherwise noted. Many classes are held outside, please dress for the weather.

Notable Trees Bike Tour

An easy six mile (one-way) tour featuring a dozen notable trees of Fort Collins. Participants will receive information on over 30 notable trees that are rare, unusual or unique that they can visit on their own.

Location: TBA

Note: Directions will be given after registration. Tour does not start at the Gardens.

6/18 Sa 9:30 AM-Noon \$20 79808-01

Garden Tour: Plant Select Garden & Children's Garden

See these gardens at the height of their bloom! You'll learn about the culture and care of herbaceous and woody plants that flourish in our gardens, including many Plant Select plants, and be inspired to try these plants in your home garden.

Instructor: Ted Schaaf

6/25 Sa 9:30-10:30 AM \$15 79809-01

Super Summer Salads

Students will sample delicious main dish salads perfect for a quick dinner on the patio on a warm summer night. Recipes will feature fresh lettuce, spinach and other greens. Grilled meats and vegetarian sources of protein will make the salads a complete meal.

Instructor: Jenifer Bowman

6/30 Th 6:30-8:00 PM \$25 79801-01

Cooking with Herbs

Fresh or dried herbs are fragrant and flavorful. Students will learn how to enhance hot and cold dishes with a variety of garden-grown herbs to create tasty recipes to tempt the palate.

Instructor: Sarah Morales

7/14 Th 6:30-8:00 PM \$25 79802-01

In Praise of Garlic

Vampires may fear it, but this class teaches you to love garlic and its allium cousins, leeks and onions. Explore how to choose garlic, store it, use it in myriad ways, and even how to minimize its odor. Fun, new tools to try. Yummy dishes to sample. All gluten-free.

Instructor: Gina Mohr-Callahan

7/28 Th 6:30-8:00 PM \$25 79803-01

Mediterranean Cooking

A Mediterranean diet is very heart healthy - the research studies prove it! Students will discuss typical Mediterranean foods and sample easy, delicious recipes. Seasonal vegetables and herbs will be featured along with fish - a key heart healthy ingredient in the Mediterranean Diet.

Instructor: Jenifer Bowman

8/11 Th 6:30-8:00 PM \$25 79804-01

Garden Tour: Garden of Eatin'

See the summer bounty of fruits, vegetables and herbs in this ¾-acre edible garden. You'll also get tips on planting, caring for and harvesting from an edible garden.

Instructor: Mary Miller

8/27 Sa 4:00-5:00 PM \$15 79812-01

A Fiesta of Chiles

From smoky chipotles and full-bodied Poblanos to smoldering Serranos, this class rejoices in the flavors of chiles. Discover how to safely handle them, prepare them, integrate them with other foods, and cool things off when the heat is on. Sizzling dishes to sample. All gluten-free.

Instructor: Gina Mohr-Callahan

8/25 Th 6:30-8:00 PM \$25 79805-01

Garden Fresh Low-Cal Cooking

Students will use a variety of fresh-from-the-vine veggies and herbs to create delicious low-calorie plant-based meals. Recipes will feature garden greens and hearty vegetables, supplemented by whole grains and beans, to make a complete meal that is high on flavor and nutrition, and low on calories.

Instructor: Sarah Morales

9/15 Th 6:30-8:00 PM \$25 79806-01

Celebration of Root Veggies

Beneath the soil of your garden, a goldmine has been gathering all summer: root veggies! Unearth tasty mashes, casseroles, roasts, and stews made with rutabagas, beets, onions, carrots, and more. Hearty fare to sample. All gluten-free.

Instructor: Gina Mohr-Callahan

9/29 Th 6:30-8:00 PM \$25 79807-01

Garden Tour: Trees of the Gardens

Meet the native, adapted, and unusual trees at The Gardens, including one of the world's most massive species - a giant sequoia. Besides learning tree identification and many interesting facts, you'll also get information to help you select the right trees for your yard.

Instructor: Tim Buchanan

7/9 Sa 9:30-10:30 AM \$15 79810-01

Pickling Made Easy

If you love yummy pickles and summer relish, come learn how to make your own. This is a hands-on workshop for making pickles, relishes and chutneys. The workshop will cover the basics of water bath canning to ensure safe preservation of pickled foods.

Instructor: Master Food Safety Advisors

7/23 Sa 10:00 AM-Noon \$25 79813-01

Canning Jams & Jellies

Love the flavors of summer fruits? Learn how you can enjoy the delightful, fresh-picked taste all year long by making jams, jellies, preserves, marmalades, conserves and butters. The workshop will cover the basics of water bath canning to ensure safe preservation.

Instructor: Master Food Safety Advisors

8/27 Sa 10:00 AM-Noon \$25 79814-01

Parent & Child Yoga

If you enjoy yoga, imagine how much fun it would be to do yoga with your child. These classes provide quality time through a shared yoga experience between a parent or caregiver and a child.

Instructor: Rita Schaelicke

Note: For children ages 3-5. Bring a yoga mat and water bottle.

7/20-8/17 W 9:30-10:30 AM \$75 79815-01

Youth

Summer Garden Camp 2011**Age:** 6-11 years**Note:** Bring snack, water bottle, and sunscreen. Dress for the weather.**Plant-O-Rama**

6/6-6/10 M-F 9:00 AM-Noon \$125 69813-01

Art in the Garden

6/13-6/17 M-F 9:00 AM-Noon \$125 69813-02

Interesting Insects

6/20-6/24 M-F 9:00 AM-Noon \$125 69813-03

Gardeners & Chefs

6/27-7/1 M-F 9:00 AM-Noon \$125 69813-04

Feathered Friends

7/11-7/15 M-F 9:00 AM-Noon \$125 69813-05

Buzz About Bees

7/18-7/22 M-F 9:00 AM-Noon \$125 69813-06

Kid-ologist

7/25-7/29 M-F 9:00 AM-Noon \$125 69813-07

Nature Detectives

8/1-8/5 M-F 9:00 AM-Noon \$125 69813-08

Read & Seed

Story time plus an educational and fun hands-on activity. Excellent preparation for pre-school! Parents are asked to participate.

Age: 2-4 years**Note:** Class not discountable

Ongoing	M,Tu	10:00-10:45 AM	\$3 at the door
	Th	11:00-11:45 AM	\$3 at the door

Ready! Set! Grow!

Introduce your child to nature, gardening, and the four seasons with hands-on projects, crafts, and books. Parents need not attend.

Age: 4-5 years**Note:** Dress for the weather. See fcgov.com/gardens for activities.

6/3-6/24	F	9:30-11:00 AM	\$40	79811-01
7/8-7/29	F	9:30-11:00 AM	\$40	79811-02
8/5-8/26	F	9:30-11:00 AM	\$40	79811-03

Twilight Tween Yoga

Join in on this fun yoga series that will help you unwind and relax while re-energizing your body and mind.

Age: 9-12 years**Instructor:** Rita Schaelicke**Note:** Class is held outside. Dress for the weather. Bring a yoga mat and water bottle. No previous yoga experience necessary.

7/20-8/17 W 4:30-5:30 PM \$60 79816-01



JOIN THE LARGEST TENNIS PROGRAM IN NORTHERN COLORADO

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the great game of tennis! 3 USPTA certified pros on staff!

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**Check out lewistennis.com for
more info!**

Complete Program Information & Registration Online at www.Lewistennis.com Pro Shop 970.493.7000



Ice Skating

All Ice Skating classes are held at Edora Pool Ice Center unless otherwise stated.

Welcome to the City of Fort Collins ice skating program!

Please take a few moments to read over these guidelines. Our purpose is to serve you better and make your experience with the City safe and enjoyable. Thank you for participating in our ice skating program.

- Parents may observe lessons from the upstairs bleachers. It is distracting for skaters and coaches to have parents at the gate, and it also creates an obstruction for skaters that are entering or exiting the ice.
- Individuals are not allowed on the ice with their shoes on. However, parents are welcome to skate with their child during the 15-minute practice time; rental skates are available free of charge.
- Our Instructor-to-student ratio is 1:10 students. Any classes with more than 10 students will include an assistant. Minimum for all classes based on cost efficiency is 5. (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. The Instructors have this time in between classes to talk to parents and address their concerns. Free Skate classes are 45 minutes.
- Please be aware that some levels will need to be repeated to master all the skills.
- The first day of each lesson is generally termed as level evaluation day. At this time, the Instructors will evaluate all of the participants in their assigned classes to make certain they have been correctly enrolled. If there is a problem, the Instructor may discuss the best course of action with the parent. Students will be moved if there is space available in the appropriate level of class.
- There are no make-up lessons for missed skating classes.
- If the class you wish to register for is filled, you may place your name on a paid waiting list. We attempt to accommodate the demand for skating lessons by adding new classes, however they may not be at the same time/day as the waiting list class. Classes that do not meet the minimum may be canceled or combined.
- If you are unable to attend the last day of classes for testing, please request a progress card on the last day you attend.

Good ideas for proper clothing include:

- Bicycle helmet (Tot 1 & 2 required)
- Gloves (thin – not ski mittens)
- Fleece or lightweight jacket
- Skating dresses, tights/leggings/pants that are easy to move in.
- Loose or bulky clothing is not recommended

Thank you for taking the time to read these guidelines.

Freestyle

Interested in know more about competitive or recreational figure skating programs? Call 970.221.6683 and ask to speak with one of the professional skate Instructors on staff. Program not discountable.

Conditioning for Skaters

For more information, please see our conditioning information center located in the green rink. Program not discountable.

Private Skating Instruction

Private ice skating instruction is available for all abilities in Figure Skating, Dance, Edges, Style, Choreography, Hockey and Power. Fees vary depending on Instructor. Ice time and skate rental is not included in Instructor fee. Program not discountable.

Ice Skating Organization Contacts

Adult Hockey

Ft. Collins Adult Hockey Assoc.
fcaha.org

Womens Hockey

Flames/Phoenix/Comets
wachockey.org

Youth Hockey

Northern Co. Youth Hockey
ncyh.org

College Hockey

Colorado State University
csuramhockey.org

Fort Collins Figure Skating Club

fcfsc.org

High School Hockey

High Plains Hockey
highplainshockey.com

Drop-In Activities

Senior Coffee Club

This program takes place during regular recreational skate sessions and is for older adults interested in social skating.

Age: 60 years & up

5/31-8/17	W	9:15-11:15 AM	Regular fees apply
8/24-8/31	W	9:00-10:45 AM	Regular fees apply

Drop-In Hockey

This practice session is for hockey players who want to sharpen their skating and shooting skills.

Note: Full equipment required. 10- or 30- admission punch passes may be purchased. Sign up at the front desk beginning at 6:00 AM. Payment must be made when signing up. Limited to 30 players. Session not discountable. Session will not be held 5/30, 7/4, 8/13.

Age: 16 years & up

5/31-8/19	M-F	11:30 AM-1:00 PM	\$4.00/session
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Age: 18 years & up

5/31-8/25	Tu, Th	9:15-10:45 PM	\$4.00/session
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Age: 8-12 years

6/4-8/20	Sa	9:30-11:00 AM	\$4.00/session
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Age: 13-17 years

6/4-8/20	Sa	11:15 AM-12:45 PM	\$4.00/session
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Fitness Skate

Intermediate to advanced skaters will benefit from this aerobic exercise.

Age: 16 years & up

Note: 10- or 30-admission punch passes may be purchased. Session not discountable. No session 7/4.

5/31-8/19	M,W,F	11:15 AM-12:45 PM	\$5.50/session
8/22-8/31	M-F	11:15 AM-1:00 PM	\$5.50/session

Stick & Puck

This session requires helmet, gloves, stick, and shin guards; full equipment is recommended for younger skaters.

Age: All ages

Note: Session not discountable. No session will be held 8/13, 8/14.

6/1-8/21	W	6:00-7:00 PM	\$4.00/session
	F	6:30-7:30 PM	\$4.00/session
	Sa,Su	1:00-2:00 PM	\$5.50/session

Ice Theatre of Fort Collins

Four new productions will be performed on a frozen stage in an intimate theatre setting.

Age: All ages

Note: Tickets available at EPIC July 11. Seating is very limited. For more information call EPIC at 970.221.6683 x3

7/25-7/28 M-Th 6:00-7:00 PM Tickets at EPIC

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 needed. Flexible number of weeks available. Please 970.416.2770 arrangements for your Troop.

Learn-to-Skate**Tot 1**

Tots will be introduced to the ice at a relaxed pace. We require that tots wear protective helmets which are available at the rental room, or they may wear bicycle helmets. Warm clothes including gloves or mittens are needed. We prefer that parents observe from the seating area. At the completion of this level participants will be able to satisfactory perform the following skills: sit on ice and stand up, forward marching in place, standing swizzle, introduced to rocking horse, dip in place, marching forward 8 steps, forward marching with two-foot glide, and introduced to backward wiggles.

Age: 4-5 years

Note: We require that tots wear protective helmets which are available at the rental room, free of charge, or they may wear bicycle helmets. Warm clothes, including gloves or mittens are needed. We prefer that parents observe from the seating area. Class will not be held 9/3.

6/7-6/30	Tu,Th	10:00-10:30 AM	\$52	73010-01
6/7-6/30	Tu,Th	4:45-5:15 PM	\$52	73010-02
7/12-8/4	Tu,Th	10:00-10:30 AM	\$52	73010-03
7/12-8/4	Tu,Th	4:45-5:15 PM	\$52	73010-04
8/30-9/22	Tu,Th	4:45-5:15 PM	\$52	83010-01
9/1-9/22	Th	9:30-10:00 AM	\$28	83010-02
8/20-9/24	Sa	10:30-11:00 AM	\$34	83010-03

Tot 2

Participants must have successfully completed Tot 1. At the completion of this level participants will be able to satisfactory perform the following skills: march forward across ice, forward two-foot glide, dip while moving, rocking horse, forward swizzles, snowplow stop, two foot hop, and backward wiggles.

Age: 4-5 years

Note: We require that tots wear protective helmets which are available at the rental room, free of charge, or they may wear bicycle helmets. Warm clothes, including gloves or mittens are needed. We prefer that parents observe from the seating area. Class will not be held 9/3.

6/7-6/30	Tu,Th	10:30-11:00 AM	\$52	73020-01
6/7-6/30	Tu,Th	4:45-5:15 PM	\$52	73020-02
7/12-8/4	Tu,Th	10:30-11:00 AM	\$52	73020-03
7/12-8/4	Tu,Th	4:45-5:15 PM	\$52	73020-04
8/30-9/22	Tu,Th	4:45-5:15 PM	\$52	83020-01
9/1-9/22	Th	9:30-10:00 AM	\$28	83020-02
8/20-9/24	Sa	10:30-11:00 AM	\$34	83020-03

Basic 1

For skaters who have never skated before. At the completion of this level participants will be able to satisfactory perform the following skills: sit on ice and stand up, march forward across the ice, skate forward and glide on two feet, skate forward and glide with dip, rocking horse, forward two foot swizzles, two foot snowplow stop, two foot Hop On spot, backward wiggles, and introduce forward one foot glide.

Age: 5-9 years

Note: Class will not be held 9/3.

6/7-6/30	Tu,Th	11:15-11:45 AM	\$56	73030-01
6/7-6/30	Tu,Th	Noon-12:30 PM	\$56	73030-02
6/7-6/30	Tu,Th	4:45-5:15 PM	\$56	73030-03
7/12-8/4	Tu,Th	11:15-11:45 AM	\$56	73030-04
7/12-8/4	Tu,Th	Noon-12:30 PM	\$56	73030-05
7/12-8/4	Tu,Th	4:45-5:15 PM	\$56	73030-06
8/30-9/22	Tu,Th	4:45-5:15 PM	\$56	83030-01
9/1-9/22	Th	10:00-10:30 AM	\$30	83030-02
8/20-9/24	Sa	10:30-11:00 AM	\$37	83030-03

Basic 2

Participants must have successfully completed Basic 1 or be between the ages of 10-15 and never skated. At the completion of this level participants will be able to satisfactory perform the following skills: forward one foot glides, forward pumping on a circle, continuous forward slalom, backward two foot swizzles, backward two foot glide, Two foot turn, moving snowplow stop, and T-position.

Age: 5-15 years

Note: Class will not be held 9/3.

6/7-6/30	Tu,Th	11:15-11:45 AM	\$56	73040-01
6/7-6/30	Tu,Th	Noon-12:30 PM	\$56	73040-02
6/7-6/30	Tu,Th	5:30-6:00 PM	\$56	73040-03
7/12-8/4	Tu,Th	11:15 AM-11:45 PM	\$56	73040-04
7/12-8/4	Tu,Th	Noon-12:30 PM	\$56	73040-05
7/12-8/4	Tu,Th	5:30-6:00 PM	\$56	73040-06
8/30-9/22	Tu,Th	4:45-5:15 PM	\$56	83040-01
9/1-9/22	Th	10:00-10:30 AM	\$30	83040-02
8/20-9/24	Sa	10:30-11:00 AM	\$37	83040-03

Basic 3

Participants must have successfully completed Basic 2. At the completion of this level participants will be able to satisfactory perform the following skills: forward stroking, forward pumping on a circle, backward pumping on a circle, continuous backward slalom, moving forward to backward two foot turn, gliding backward on one foot, hold inside edge and outside edge on a circle, and two foot spin.

Age: 5-15 years

Note: Class will not be held 9/3.

6/7-6/30	Tu,Th	11:15-11:45 AM	\$56	73050-01
6/7-6/30	Tu,Th	5:30-6:00 PM	\$56	73050-02
7/12-8/4	Tu,Th	11:15-11:45 AM	\$56	73050-03
7/12-8/4	Tu,Th	5:30-6:00 PM	\$56	73050-04
8/30-9/22	Tu,Th	4:45-5:15 PM	\$56	83050-01
9/1-9/22	Th	10:30-11:00 AM	\$30	83050-02
8/20-9/24	Sa	11:15-11:45 AM	\$37	83050-03

Basic 4

Participants must have successfully completed Basic 3. At the completion of this level participants will be able to satisfactory perform the following skills: forward stroking with power, backward one foot glide, forward inside edge on an axis, forward Outside edge on an axis, forward crossovers, forward outside three turn right and left, and moving backward snowplow stop.

Age: 5-15 years

Note: Class will not be held 9/3.

6/7-6/30	Tu,Th	Noon-12:30 PM	\$56	73060-01
6/7-6/30	Tu,Th	5:30-6:00 PM	\$56	73060-02
7/12-8/4	Tu,Th	Noon-12:30 PM	\$56	73060-03
7/12-8/4	Tu,Th	5:30-6:00 PM	\$56	73060-04
8/30-9/22	Tu,Th	4:45-5:15 PM	\$56	83060-01
9/1-9/22	Th	10:30-11:00 AM	\$30	83060-02
8/20-9/24	Sa	10:30-11:00 AM	\$37	83060-03

Basic 5

Participants must have successfully completed Basic 4. At the completion of this level participants will be able to satisfactory perform the following skills: forward crossovers, hold outside edge on a circle, hold inside edge on a circle, backward crossovers, one foot spin, T-stop, side toe hop, and forward outside three turn.

Age: 5-15 years

Note: Class will not be held 9/3.

6/7-6/30	Tu,Th	11:15-11:45 AM	\$56	73070-01
7/12-8/4	Tu,Th	11:15-11:45 AM	\$56	73070-02
8/30-9/22	Tu,Th	5:30-6:00 PM	\$56	83070-01
8/20-9/24	Sa	11:15-11:45 AM	\$37	83070-02

Basic 6

Participants must have successfully completed Basic 5. At the completion of this level participants will be able to satisfactory perform the following skills: backward crossovers, forward inside three-turn, moving backward to forward two-foot turn, hockey stop, bunny hop, forward straight line spiral, forward lunge, beginning one foot spin.

Age: 5-15 years

Note: Class will not be held 9/3.

6/7-6/30	Tu,Th	11:15-11:45 AM	\$56	73080-01
7/12-8/4	Tu,Th	11:15-11:45 AM	\$56	73080-02
8/30-9/22	Tu,Th	5:30-6:00 PM	\$56	83080-01
8/20-9/24	Sa	11:15-11:45 AM	\$37	83080-02

Basic 5 & 6 Ice Skating

Please see individual class descriptions for Basic 5 and Basic 6.

Age: 5-15 years

6/7-6/30	Tu,Th	5:30-6:00 PM	\$56	73075-01
7/12-8/4	Tu,Th	5:30-6:00 PM	\$56	73075-02

Basic 7

Participants must have successfully completed Basic 6. At the completion of this level participants will be able to satisfactory perform the following skills: moving backward to forward two-foot turn, forward inside open and closed mohawk, backward outside Edge to forward outside edge, ballet jump, backward crossovers to a backward outside edge landing position, one foot spin, and inside forward three turn.

Age: 5-15 years

Note: Class will not be held 9/3.

6/7-6/30	Tu,Th	Noon-12:30 PM	\$56	73090-01
7/12-8/4	Tu,Th	Noon-12:30 PM	\$56	73090-02
8/20-9/24	Sa	11:15-11:45 AM	\$37	83090-01

Basic 8

Participants must have successfully completed Basic 7. At the completion of this level participants will be able to satisfactory perform the following skills: moving forward outside three turn, moving forward inside three turn, stand still waltz jump, mazurka, combination move, forward inside pivot, and backward inside pivot.

Age: 5-15 years

Note: Class will not be held 9/3.

6/7-6/30	Tu,Th	Noon-12:30 PM	\$56	73100-01
7/12-8/4	Tu,Th	Noon-12:30 PM	\$56	73100-02
8/20-9/24	Sa	11:15-11:45 AM	\$37	83100-01

Basic 7 & 8 Ice Skating

Please see individual class descriptions under Basic 7 and Basic 8.

Age: 5-15 years

6/7-6/30	Tu,Th	5:30-6:00 PM	\$56	73095-01
7/12-8/4	Tu,Th	5:30-6:00 PM	\$56	73095-02
8/30-9/22	Tu,Th	5:30-6:00 PM	\$56	83095-01

Field Moves

Participants will learn Pre-preliminary/ Preliminary Moves in the Field. At the completion of this level participants will be able to satisfactorily perform the following skills: stroking with power and full extension, crossovers with power and extension, forward and backward outside consecutive edges, forward and backward inside consecutive edges, waltz eight with power, control, and quickness, straight line spiral, figure eight forward and backward crossovers, right and left power 3 turns, outside and inside consecutive spirals, alternating outside and inside 3 turns.

Age: 5 years & up

6/7-6/30	Tu,Th	5:30-6:00 PM	\$60	73110-01
7/12-8/4	Tu,Th	5:30-6:00 PM	\$60	73110-02
9/1-9/22	Th	6:15-6:45 PM	\$32	83110-01



KEEP UP WITH THE RECREATOR.

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RECREATION NEWS, UPDATES, PROMOTIONS AND MORE.

Beginning Free Skate 1 & 2

Participants must have successfully completed Basic 8. At the completion of this level participants will be able to satisfactorily perform the following skills: advanced forward stroking, forward outside consecutive edges, forward inside consecutive edges, scratch spin, waltz jump, half flip jump, backward outside three turn, and waltz threes. Consecutive backward outside and inside edges, waltz jump- side toe hop - waltz jump sequence, forward outside and forward inside spirals, toe-loop jump, beginning back spin, continuous forward progressive chasse sequence, backward outside three-turn, and scratch spin.

Age: 5-15 years

Note: Class will not be held 9/3.

6/7-6/30	Tu,Th	4:45-5:30 PM	\$88	73120-01
7/12-8/4	Tu,Th	4:45-5:30 PM	\$88	73120-02
8/30-9/22	Tu,Th	5:15-6:00 PM	\$88	83120-01
8/20-9/24	Sa	9:30-10:15 AM	\$57	83120-02

Intermediate Free Skate 3 & 4

Participants must have successfully completed Free Skate 2. At the completion of this level participants will be able to satisfactorily perform the following skills: backward outside three-turn, forward and backward figure eight crossovers, salchow jump, forward consecutive swing rolls, half lutz jump, waltz jump/ toe-loop jump combination, salchow jump /toe-loop jump combination, backward inside three turn, back spin, and waltz eight. Waltz jump/ falling leaf/ toe loop, loop jump, waltz jump/loop jump combination, sit spin, spiral sequence, forward power three turns, continuous backward progressive chasse sequence, and back three

Age: 5-15 years

Note: Class will not be held 9/3.

6/7-6/30	Tu,Th	4:45-5:30 PM	\$88	73130-01
7/12-8/4	Tu,Th	4:45-5:30 PM	\$88	73130-02
8/30-9/22	Tu,Th	5:15-6:00 PM	\$88	83130-01
8/20-9/24	Sa	9:30-10:15 AM	\$57	83130-02

Advanced Free Skate 5 & 6

Participants must have successfully completed Free Skate 4. At the completion of this level participants will be able to satisfactorily perform the following skills: flip jump, loop/loop jump combination, camel spin, forward upright spin to back upright spin, footwork sequence, spiral sequence, and forward outside slide chasse swing roll sequence. Split jump and stag jump, lutz jump, waltz jump/ half-loop/ salchow, camel /sit spin combination, alternating backward crossovers to backward outside edge, alternating five-step mohawk, and a short program consisting of 3 spins and 4 jumps.

Age: 5-15 years

Note: Class will not be held 9/3.

6/7-6/30	Tu,Th	4:45-5:30 PM	\$88	73140-01
7/12-8/4	Tu,Th	4:45-5:30 PM	\$88	73140-02
8/30-9/22	Tu,Th	5:15-6:00 PM	\$88	83140-01
8/20-9/24	Sa	9:30-10:15 AM	\$57	83140-02

Introduction to Pairs Skating

Prerequisite: Basic 7, proficient in back skating and crossovers

Participants will learn the basics of skating with a partner in unison forward and backward, hand in hand killian positions, and basic pair elements. Fee includes a 20 minute off-ice pairs conditioning class which will meet in the green rink conditioning room.

Age: 5-15 years

6/7-6/28	Tu	6:15-6:45 PM	\$44	73145-01
7/12-8/2	Tu	6:15-6:45 PM	\$44	73145-02

Introduction to Ice Dancing

Prerequisite: Basic 6 and above or coach recommendation

This class will teach the basic components of ice dance such as dance steps (progressives, chasses, swing rolls, etc.), dance tempos, (tango, waltz, foxtrot) and presentation. The students will learn dances from the USFS preliminary dance level.

Age: 6 years & up

6/6-7/11	M	6:30-7:00 PM	\$39	73160-01
7/18-8/15	M	6:30-7:00 PM	\$39	73160-02

Ice Dance

Prerequisite: Basic 7 or coach recommendation

Learn USFS Preliminary or Pre Bronze ice dance steps and patterns. Learn how to skate with a partner. Class goal is to prepare for one or more dance tests during the summer test sessions (must be UFSF member).

Age: 5 years & up

Note: Class will not be held 7/2.

6/18-7/30	Sa	8:15-9:15 AM	\$88	73165-01
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Adaptive Skating ~~ARO~~

These lessons are for people with and without disabilities. Basic skills are introduced and adapted for individuals with disabilities. Skill improvement and fun will be the focus; all abilities welcome.

Age: 8 years & up

Note: Please bring an attendant if you need assistance off the ice. Class will not be held 9/3.

6/9-6/30	Th	6:30-7:00 PM	\$32	73260-01
7/14-8/4	Th	6:30-7:00 PM	\$32	73260-02
8/20-9/24	Sa	9:45-10:15 AM	\$39	83260-01

Adult Ice Skating**Beginner**

See Basic 1 & 2.

Age: 16 years & up

6/9-6/30	Th	6:15-7:00 PM	\$46	73210-01
7/14-8/4	Th	6:15-7:00 PM	\$46	73210-02
9/1-9/22	Th	6:15-6:45 PM	\$32	83210-01

Intermediate

See Basic 3 & 4.

Age: 16 years & up

6/9-6/30	Th	6:15-7:00 PM	\$46	73220-01
7/14-8/4	Th	6:15-7:00 PM	\$46	73220-02
9/1-9/22	Th	6:15-6:45 PM	\$32	83220-01

Advanced Skate

See Basic 5 & 6.

Age: 16 years & up

6/9-6/30	Th	6:15-7:00 PM	\$46	73230-01
7/14-8/4	Th	6:15-7:00 PM	\$46	73230-02
9/1-9/22	Th	6:15-6:45 PM	\$32	83230-01

Adult Freestyle

Half jumps and basic spin positions will be taught.

Age: 16 years & up

6/9-6/30	Th	6:15-7:00 PM	\$46	73240-01
7/14-8/4	Th	6:15-7:00 PM	\$46	73240-02
9/1-9/22	Th	6:15-6:45 PM	\$32	83240-01

Synchronized Skating

Synchronized Intro

Prerequisite: Basic 7

Learn unison team skating in formations.

Age: 6-12 years

6/7-6/28	Tu	6:15-7:00 PM	\$46	73150-01
7/12-8/2	Tu	6:15-7:00 PM	\$46	73150-02
9/1-9/22	Th	6:15-6:45 PM	\$32	83150-01

Hockey

Power Skating

Hockey skaters will develop power, agility, and endurance. Program developed and instructed by Olympic speed skater Jondon Trevena.

Age: 9-17 years

Note: Full hockey gear required. TIME and FEE change. Class will meet at 4:30 PM for 45 minutes.

5/31-6/28	Tu	10:15-11:15 AM	\$74	73270-01
7/5-8/2	Tu	10:15-11:15 AM	\$74	73270-02
6/2-6/30	Th	10:15-11:15 AM	\$74	73270-03
7/7-8/4	Th	10:15-11:15 AM	\$74	73270-04

Basic 1 Hockey Skate

Hockey equipment NOT required. For skaters who have never skated before. At the completion of this level participants will be able to satisfactorily perform the following skills: sit on ice and stand up, march forward across the ice, skate forward and glide on two feet, skate forward and glide with dip, rocking horse, forward two foot swizzles, two foot snowplow stop, two foot Hop On spot, backward wiggles, and introduce forward one foot glide.

Age: 5-9 years

Note: Class will not be held 9/3.

8/20-9/24	Sa	11:15-11:45 AM	\$37	83035-01
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Basic 2 Hockey Skate


Hockey equipment NOT required. Participants must have successfully completed Basic 1 or be between the ages of 10-15 and never skated. At the completion of this level participants will be able to satisfactorily perform the following skills: forward one foot glides, forward pumping on a circle, continuous forward slalom, backward two foot swizzles, backward two foot glide, Two foot turn, moving snowplow stop, and T-position.

Age: 5-15 years


Note: Class will not be held 9/3.


8/20-9/24	Sa	10:30-11:00 AM	\$37	83045-01
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What do the icons or symbols mean?

 Denotes program/activity is for Senior Center members only.

 Denotes program/activity has member special.

 Denotes that online registration not available for program.

 Denotes Adaptive Recreation Opportunity program.

Beginner Cub Hockey

Prerequisite: Tot 1 or Basic 1

A 45-minute practice will be held on Mondays where the focus will be on basic hockey skating, passing, and stick handling skills, and a recreational game will be held on Wednesdays. Full equipment can be checked out with a \$150 deposit (deposit check is not cashed unless missing equipment needs to be replaced). Rental skates are included; participants will need to purchase a hockey stick (a junior straight stick is available for purchase at equipment checkout for \$10). Check-in immediately following last game of session.

Age: 4-7 years

Equipment Handout: 6/2, 5:30-7:00 PM

6/6-7/27	M	5:30-6:15 PM	\$136	73330-01
	W	5:00-5:45 PM		

Equipment Handout: 9/7, 5:30-7:00 PM

9/12-11/9	M	5:15-6:00 PM	\$153	83330-01
	W	4:45-5:30 PM		

Intermediate Cub Hockey

Prerequisite: Basic 1

A 45-minute practice will be held on Mondays where the focus will be on basic hockey skating, passing, and stick handling skills, and a recreational game will be held on Wednesdays. Full equipment can be checked out with a \$150 deposit (deposit check is not cashed unless missing equipment needs to be replaced). Rental skates are included; participants will need to purchase a hockey stick (a junior straight stick is available for purchase at equipment checkout for \$10). Equipment check-out: Saturday, September 10th at 8:00 AM - Noon at EPIC. Check-in immediately following last game of session. This class

Age: 8-10 years

Equipment Handout: 9/10, 10:00 AM-Noon

9/12-11/9	M	6:00-6:45 PM	\$153	83335-01
	W	5:30-6:15 PM		

Speed Skating

Introduction to Speed Skating

Previous skating experience is a must. You will gain knowledge of your edges, pushes, balance, and pressure. This class is designed to enhance your skating speed and technique for all types of skating. Come prepared wearing warm-up pants, long-sleeved shirt, and speed skates. Program developed and instructed by 1998 and 2002 Olympic speed skater, Jondon Trevena.

Age: 7 years & up

6/1-7/6	W	5:00-6:00 PM	\$88	73280-01
7/13-8/17	W	5:00-6:00 PM	\$74	73280-02

Intermediate & Advanced Speed Skating

This class is for the more advanced skater focusing on corners, cornering, passing, racing, drills, rules, and etiquette of speed skating. Class is designed for individuals who wish to learn the competitive track of speed skating. Must have own skates.

Age: 7 years & up

6/1-7/6	W	6:15-7:15 PM	\$88	73290-01
7/13-8/17	W	6:15-7:15 PM	\$74	73290-02

Outdoor Recreation

Adaptive Recreation Opportunities

For information, contact Renee at 970.224.6027 or rlee@fcgov.com.

Adaptive Canoe Clinic ~~ARO~~

The National Sports Center for the Disabled will be providing equipment and instruction for a morning of canoeing and nature.

Age: 12 years & up

Location: TBA

Note: Lunch is included. Attendants welcome at no cost. Wear clothes to get wet in, hat, sunglasses, sunscreen and bug spray. Class partially discountable.

6/24	F	10:00 AM-12:30 PM	\$25	74618-01
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Adaptive Cycling Clinic ~~ARO~~

This clinic is during the Fort Collins Cycling Festival. Watch handcyclists race and compete, then get out there and ride! Event will feature handcycles and off road bikes along with experienced Adaptive Adventures staff to make it a successful day for all ages and abilities.

Age: 8 years & up

Location: TBA

Note: Class not discountable.

8/20	Sa	5:00-7:30 PM	\$4	74626-01
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Poudre River Raft Trip ~~ARO~~

Travel down the scenic Poudre River for a fun, six-mile raft trip with Rocky Mountain Adventures. Designed for people with and without disabilities looking for fun and adventure.

Age: 12 years & up

Location: Senior Center

Note: Bring swimsuit, shorts, rain gear, shoes that tie on, hat, sunscreen and sack lunch. Class not discountable. Attendants must pre-register separately for \$49 (#74601-1A).

7/9	Sa	7:30 AM-1:30 PM	\$55	74601-01
7/9	Sa	7:30 AM-1:30 PM	\$49	74601-1A

Adaptive Waterskiing ~~ARO~~

Learn how to waterski or improve your skills at the Boulder Reservoir. Designed for people with physical disabilities and visual impairments only. Try out the newest adaptive skis and equipment.

Age: 12 years & up

Location: Senior Center

Note: Class partially discountable.

6/21, 7/5	Tu	7:00 AM-12:30 PM	\$55	74603-01
7/19, 8/2	Tu	7:00 AM-12:30 PM		

Cabin Camping Trip ~~ARO~~

Enjoy a camping adventure while staying in a rustic cabin or yurt nestled in a dense forest in Golden Gate State Park near Rollinsville. Hiking, cooking, fishing and the great outdoors.

Age: 16 years & up

Location: Northside Aztlan Center

Note: Attendants must pre-register separately for \$60 (#74604-1A). Registration deadline 8/3/11. Class partially discountable.

8/8-8/10	M-W	3:00-2:00 PM	\$100	74604-01
8/8-8/10	M-W	3:00-2:00 PM	\$60	74604-1A

Adult

Classes are for ages 18 & up unless otherwise noted.

Cancellation Policy

Trips may be cancelled or destinations changed due to weather conditions deemed hazardous or unsafe for driving, transportation or activity. We regret any cancellation, but are committed to safe programming.

Archery, Introduction

Participants will learn archery safety, differences between the three styles of bows, warm-up techniques, basic-intermediate shooting form, skills and drills.

Instructor: Brian Ficker

Location: Rocky Mtn. Archery

Note: No experience is required and all equipment is provided. Bring water. Class not discountable.

6/15-6/16	W,Th	6:00-7:00 PM	\$25	74901-01
7/13-7/14	W,Th	6:00-7:00 PM	\$25	74901-02
8/17-8/18	W,Th	6:00-7:00 PM	\$25	74901-03

Buena Vista Rafting Trip

Two nights and three days! Includes a ½ day rafting trip from Buena Vista on the Arkansas River in Brown's Canyon, hiking, visiting Salida with the opportunity to shop, and a visit to the Leadville Mining Museum.

Location: Senior Center

Note: Registration and cancellation deadline is 7/8. Includes transportation, lodging, meals, tickets and escort. Trip not discountable.

Single Occupancy

7/26-7/28	Tu-Th	8:00 AM-5:00 PM	\$479	74903-01
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Double Occupancy

7/26-7/28	Tu-Th	8:00 AM-5:00 PM	\$349	74903-01
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Wildflower Hikes

Wildflowers in Colorado should be plentiful this year. We will hike to meadows and spend the day identifying and discussing wildflowers. Bring reference guides and books to help identify if you like.

Location: Senior Center

Note: Participants should be in good health and capable of moderate levels of activity. Bring a daypack with water, lunch and rain gear.

6/20	M	8:00 AM-3:00 PM	\$19	74906-01
7/8	F	8:00 AM-3:00 PM	\$19	74906-02
8/4	Th	8:00 AM-3:00 PM	\$19	74906-03

Members Register Early, May 10!

Fort Collins Senior Center members can take advantage of early registration for Senior Center programs and classes. Senior Center members can register on **May 10** at the Fort Collins Senior Center, 1200 Raintree Drive. Walk-in registration begins at 8:00 AM and phone-in registration starts at 10:00 AM.

Rock Climbing - Anchor Building

Learn how to build anchors while you improve your rock climbing skills! We are partnering with American Climbing Guides to bring you the best rock climbing experience in Northern Colorado. Location will be decided based on the best weather conditions and will be within 50 miles of Fort Collins. Instructor will contact you with directions.

Age: 16 years & up

Note: All supplies will be provided. Please wear comfortable clothes that will allow you to move freely, bring a water bottle, sunscreen and snacks. Waiver must be signed prior to climbing.

6/12	Su	8:00 AM-Noon	\$89	75728-01
6/26	Su	8:00 AM-Noon	\$89	75728-02
7/10	Su	8:00 AM-Noon	\$89	75728-03
7/24	Su	8:00 AM-Noon	\$89	75728-04
8/14	Su	8:00 AM-Noon	\$89	75728-05
8/28	Su	8:00 AM-Noon	\$89	75728-06

Rafting the Poudre

Enjoy a 2-hour trip on the scenic Poudre River with Wanderlust Adventures in a Class II and III whitewater experience. This is a good first-timers trip.

Location: Senior Center

Note: Registration and cancellation deadline is June 13. Wetsuits are available to rent. Trip not discountable.

6/29	W	9:00 AM-1:30 PM	\$59	74919-01
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Mountain View Picnics



Join us for a scenic drive, an afternoon picnic and enjoy a nature walk. We provide the fixin's and transportation.

Location: Senior Center

Note: Lunch is provided by McKenzie Place. Door-to-door transportation is available. Bring rain gear.

Golden Ponds Park

6/14	Tu	10:00 AM-2:00 PM	\$11 member	74920-01
			\$14 non-member	

Gateway Park

7/19	Tu	10:00 AM-2:00 PM	\$11 member	74920-02
			\$14 non-member	

Viestenez-Smith Park

8/16	Tu	10:00 AM-2:00 PM	\$11 member	74920-03
			\$14 non-member	

Indoor Skydiving

Try indoor skydiving! Travel with us to SkyVenture Colorado in Denver. This includes the training session and all of the flight gear.

Location: Senior Center

Note: Participants can not exceed 250 lbs due to the activity. We will have lunch afterwards, lunch cost is on your own. Trip not discountable.

6/24	F	8:30 AM-2:30 PM	\$70	74902-01
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General

Hunter Education

This course will give students the skills and information necessary to hunt without accidents. Colorado Division of Wildlife certificates will be issued to those completing the course. Saturday's class involves reviewing of class material, written testing and live fire testing.

Age: 12 years & up

Instructor: Jan Manning

Location: The Farm

Note: Attendance at all 5 classes is mandatory (total of 19 hours). All firearms are provided - do not bring them to class. Class not discountable.

8/9-8/18	Tu,Th	7:00-10:00 PM	\$10	74905-01
8/20	Sa	8:00 AM-3:00 PM		

Outdoor Rock Climbing

Bring the family out for a 1/2 day rock climbing adventure. We are partnering with American Climbing Guides to bring you the best rock climbing experience in Northern Colorado. Location will be decided prior to trip based on the best weather conditions, but will be within 50 miles of Fort Collins. Instructor will contact you with directions.

Age: 8 years & up

Note: All supplies will be provided. Please wear comfortable clothes that will allow you to move freely and bring a water bottle, sunscreen and snacks. Waiver must be signed prior to climbing.

6/11	Sa	8:00 AM-Noon	\$89	75730-01
6/25	Sa	8:00 AM-Noon	\$89	75730-02
7/9	Sa	8:00 AM-Noon	\$89	75730-03
7/23	Sa	8:00 AM-Noon	\$89	75730-04
8/13	Sa	8:00 AM-Noon	\$89	75730-05
8/27	Sa	8:00 AM-Noon	\$89	75730-06



Get online. Get out of line.



Hikes

These hikes will provide an opportunity to enjoy the great outdoors. Please keep in mind that hikes can be easy or difficult, depending on what you want to get out of them. These hikes are designed for mid-aged adults.

Location: Senior Center

Note: Trips to RMNP will require a Park Pass or \$20 for entrance. **Cancellation must be made by 10:00 AM two (2) days prior to trip for refund or credit.** Participants should be in good health and capable of moderate levels of activity. Bring a daypack with water, lunch and rain gear.

6/3	F	7:30 AM-1:00 PM	Soapstone Prairie Natural Area	3.1 mile loop on the Towhee Trail	Moderate	\$19	74918-01
6/7	T	7:30 AM-4:00 PM	Bridal Veil Falls	6 miles, wildflowers and waterfall	Mod-difficult	\$19	74918-02
6/9	Th	7:30 AM-1:00 PM	Soapstone Prairie Natural Area	3.1 mile loop on the Towhee Trail	Moderate	\$19	74918-03
6/15	W	8:00 AM-4:00 PM	Blue Lake (Poudre Canyon)	Shaded trail in the Poudre Canyon	Moderate	\$19	74918-04
6/23	Th	7:30 AM-3:30 PM	Calypso Cascade (RMNP)	Cascading waterfalls	Mod-difficult	\$19	74918-05
6/28	T	8:00 AM-4:00 PM	Gould	Colorado State Park	Moderate	\$19	74918-06
7/6	W	8:00 AM-4:00 PM	Michigan Ditch	Flat trail, at 10,249 ft.	Mod-difficult	\$19	74918-07
7/14	Th	8:00 AM-3:00 PM	Hermit Park Open Space	4 mile, Kruger Rock Trail	Difficult	\$19	74918-08
7/22	F	6:30 AM-4:00 PM	Lake Isabelle (Brainard)	Amazing wildflowers, 10,868 ft.	Mod-difficult	\$19	74918-09
8/2	T	6:30 AM-4:00 PM	Mt. Audubon	Hike a 13,233 ft. mountain	Difficult	\$19	74918-10
8/10	W	7:00 AM-4:00 PM	Blue Lake (Brainard)	5.1 mile hike at 11,355 ft.	Difficult	\$19	74918-11
8/15	M	8:00 AM-4:00 PM	Green Ridge	Moose country	Moderate	\$19	74918-12
8/17	W	8:00 AM-3:00 PM	Cub Lake (RMNP)	4.6 mile hike in RMNP	Moderate	\$19	74918-13
8/26	F	7:30 AM-4:00 PM	Ouzel Falls (RMNP)	Cascading waterfalls	Mod-difficult	\$19	74918-14
8/31	W	8:00 AM-3:00 PM	Bierstadt Lake (RMNP)	Amazing views of RMNP	Mod-difficult	\$19	74918-15

Difficulty level as follows:

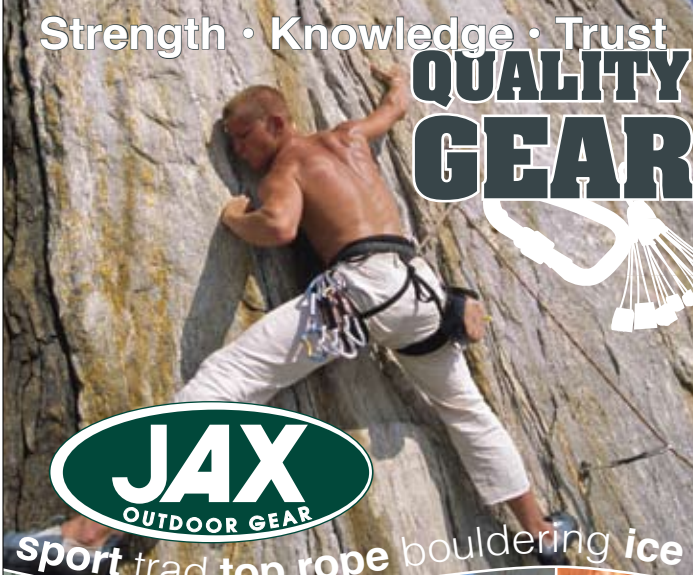
Easy- Distance of less than 4 miles, with little or no elevation gain.

Moderate- Distance of less than 5½ miles with elevation reaching 9,000 feet.

Difficult- Distance of greater than 5½ miles with elevation of over 10,000 feet possible.


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OUR OUTDOOR SURROUNDINGS AND TRY POPULAR
OUTDOOR ACTIVITIES SUCH AS FLY FISHING,
ROCK CLIMBING, MOUNTAIN BIKING AND MORE.

MORE INFO? 970.221.6655



Join us for a **FREE** event encouraging
healthy, active outdoor fun!



Rock Climbing & Camping Trips: Spend a few days in the great outdoors!

Youth & Teen

Backpacking Trips

We have partnered with Longacre Expeditions to bring you over 30 years of experience in guided backpacking trips. You can stand on top of some of the most beautiful mountain regions in the United States. We'll tour the Rockies and find fresh air, breathtaking views and high altitude wildlife.

Age: 12-17 years

Location: Northside Aztlan Center

Note: Participant must bring personal items, hiking shoes and a sleeping bag. All other supplies and food will be provided. An additional waiver must be signed prior to trip.

Never Summer Wilderness

7/31-8/5	M-F,Su	8:00 AM-5:00 PM	\$260	75729-01
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Rocky Mountain National Park

8/8-8/10	M-W	8:00 AM-6:00 PM	\$195	75729-02
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Rock Climbing & Camping Trips

Spend a few days in the great outdoors rock climbing, camping out and having fun. Longacre Expeditions will provide us with certified rock climbing specialists that will guide us up some fantastic rock faces and around some challenging boulders. You won't want to miss this trip!

Age: 12-17 years

Location: Northside Aztlan Center

Note: Participant will need to bring proper clothing, personal items and a sleeping bag. All rock climbing gear, tents and food will be provided. Meet in the Northside Aztlan Center Lobby.

3 Day Vedauwoo Trip

7/18-7/20	M-W	8:00 AM-5:00 PM	\$196	75731-01
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Lory Sate Park & Grey Rock

7/28-7/29	Th,F	8:00 AM-5:00 PM	\$154	75731-02
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Whitewater Rafting Trips

Join us for a half day rafting trip down the Poudre Canyon! Rocky Mountain Adventures will guide us through Class II and III rapids while we paddle through the beautiful scenery and take in a few splashes along the way.

Age: 11-17 years

Location: Northside Aztlan Center

Note: Please wear appropriate clothing and shoes that can get wet. A towel, sunscreen water bottle and snack are recommended. All rafting equipment will be provided.

6/13	M	Noon-4:00 PM	\$59	75732-01
6/25	Sa	7:45-11:45 AM	\$59	75732-02
7/11	M	Noon-4:00 PM	\$59	75732-03
7/23	Sa	7:45-11:45 AM	\$59	75732-04

Ultimate Maine

We are excited to partner with Longacre Expeditions to bring you the ultimate summer vacation. Enjoy white water kayaking, rock climbing, backpacking, multi-day white water rafting trip, summit Mt. Katahdin, leadership development, and eco-service projects in beautiful Maine. Register through Recreation and save!

Age: 14-17 years

Location: Northside Aztlan Center

Note: Most supplies will be provided. Visit www.longacreexpeditions.com for more details.

6/25-7/16	M-Su	8:00 AM-5:00 PM	\$4082	75735-01
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Surf Oregon

We are excited to partner with Longacre Expeditions to bring you an exciting surfing trip to Oregon! Trip includes mountain and road biking, sandboarding, snowboarding/skiing, surfing, white water rafting, and camping. An eco-service project will be included

Age: 13-18 years

Location: Northside Aztlan Center

Note: Most supplies will be included. Visit www.longacreexpeditions.com for more information. Register through Recreation and save!

7/17-8/3	M-Su	8:00 AM-5:30 PM	\$3649	75736-01
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Fishing Trips

Let us borrow your child and teach him/her to fish! We will take them to a variety of different lakes and ponds and teach them how to fish the top or bottom with lures and bait. The fish are jumping, so let's bait up our lines!

Age: 10-14 years

Location: Northside Aztlan Center

Note: Participants must provide their own working fishing rod and reel. Some bait will be provided. Bring a sack lunch. Make sure you send your child with a working fishing pole and dress for the weather.

6/14	Tu	8:30 AM-Noon	\$26	75805-01
6/21	Tu	8:30 AM-Noon	\$26	75805-02
7/12	Tu	8:30 AM-Noon	\$26	75805-03
7/19	Tu	8:30 AM-Noon	\$26	75805-04

THEY SAY 70 IS THE NEW 60.

Expanding the existing Fort Collins Senior Center facility is an essential step in maintaining Fort Collins' reputation as an ideal community for citizens to live, age, and embrace a better quality of life. Please join us in our effort to build a stronger senior by building a stronger Fort Collins Senior Center.

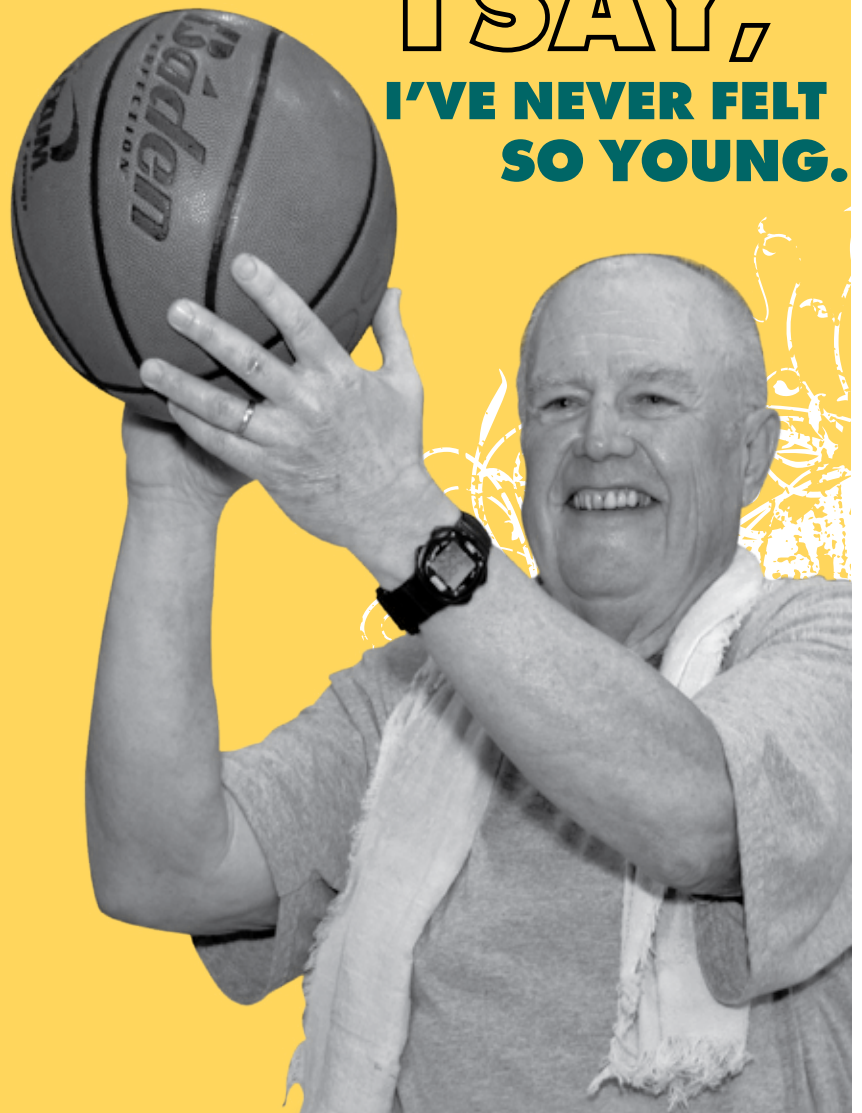
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Fort Collins Senior Center

The Fort Collins Senior Center was recognized in the top 12 by the National Council on Aging and the National Institute of Senior Centers for 2008 and 2009. The center was awarded National Accreditation in 2003 and 2009. Of 15,000 centers in the U.S., fewer than 200 receive this distinction; the Senior Center is one of only two in Colorado. The Senior Center provides a focal point for programs and services for aging adults and their families. For more information call 970.221.6644.

Senior Center Volunteers

Those who donate their time, energy and talents play a vital role in the Senior Center operation. There are opportunities for people with strong customer service, clerical, organizational and leadership skills to contribute to an important community resource. Please contact Pat Moore at 970.224.6033 or by email at pmoore@fcgov.com for more information. Volunteers are needed for the arts and crafts show, special events, hikes, clerical help, library and driving.

Senior Center Membership Information and Benefits

Many services and activities at the Senior Center are limited to members only, so join today. Don't miss your opportunity to access all we have to offer. **Memberships are good for a 12-month period and can be purchased at any time.**

Age 18-49: Minimum donation of \$49 per year

- One guest pass for select fitness and social programs monthly (upon request)
- Use of pool tables, art studio/shop, library/media center
- Opportunity to rent a community garden plot
- Discounted fees on select services, classes and drop in
- Two day advance registration for classes

Age 50+: Minimum donation of \$25 per year

• Everything to the left plus:

- Recreator magazine mailed to your home
- Opportunity to join "member" only clubs
- Join Senior Sports Club and have the opportunity to purchase the Senior Sports Club pass
- Opportunity to purchase discounted Walk/Jog pass
- Member only activities like bingo, cards, and celebrations
- Free notary service
- Brief health chat with Health District nurse and blood pressure check
- Free limited legal counseling
- Opportunity to purchase discounted duplicate bridge pass

Throughout the Recreator Fort Collins Senior Center member only programs are denoted with a **MO** & member specials are denoted with a **MS**.

Scholarships are available. Contact a Recreation registration staff member for information.



Since 1995, the Fort Collins Senior Center has served as a vital gathering space for Fort Collins' adult community, including individuals with special needs. Facing a growing need due to an increasing population, a citizen-led expansion committee is working to raise funds so that the existing Fort Collins Senior Center facility may expand and continue to bring our community together.

All American Picnic – July 1 from 6:00-9:00 PM at the Senior Center - Lively music, great food and an apple pie contest. The Senior Center and the Optimist Club are proud to present the 6th Annual All American Picnic and Apple Pie Baking Contest. Listen to the multi-faceted music of the Jeremy Wendelin Group, while supping on tasty pulled pork sandwiches, cole slaw, chips, and home-made apple pie. Doors open at 5:30 PM. Food service will take place between 6:00 - 8:00 PM with sales of surplus pork and apple pies after the meal. Proceeds will benefit the Optimist Club and the Senior Center Expansion Fund. Entrants for the apple pie contest need to pick up a rules and registration form at the Fort Collins Senior Center.

Presentations

Thousands of people visit and use the existing Senior Center every year, but few seem to know the plans for the expansion. Schedule a presentation for your group so that you not only have the information, but can be part of the planning process. Contact John Pfeiffenberger at **970.224.6030** or **jpfeiffenberger@fcgov.com** to get on the schedule.

Tours

Enjoy a personalized opportunity to find out all about the Fort Collins Senior Center and the plan for the expansion. Tours are individually scheduled. Contact Katie Stieber at **970.224.6029** or **kstieber@fcgov.com**

Visit us at www.seniorcenterexpansion.org.

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Katie Stieber





Index of 50+ Programs

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Members Register Early, May 10!

Fort Collins Senior Center members can take advantage of early registration for Senior Center programs and classes. Senior Center members can register on **May 10** at the Fort Collins Senior Center, 1200 Raintree Drive. Walk-in registration begins at 8:00 AM and phone-in registration starts at 10:00 AM.

What do the icons or symbols mean?

-  Senior Center members only
-  Program/activity has member special pricing
-  Online registration not available for program
-  Adaptive Recreation Opportunity program.

Senior Advisory Board

The Senior Advisory Board advises City Council on issues related to older adults and is comprised of individuals of all ages who share a concern for the aging members of our community. The board consists of 11 members; nine members are appointed by City Council, and two members are appointed from the Senior Center Council. The Senior Advisory Board meets the second Wednesday of each month at 1:30 PM. The first 20 minutes of each meeting is devoted to public participation.

Organizations assisting Senior Center staff

Senior Center Council 

The Fort Collins Senior Center Council assists and advises the administrative staff in matters regarding the operation of the Fort Collins Senior Center and are elected representatives from the senior membership. Council representatives meet the third Monday of each month at 1:30 PM. Members are invited to attend. Written information for the Council to consider can be submitted on comment cards that can be found at the Greeter's Desk.

Clubs & Organizations

Adventure Travel Club

This club meets the second Thursday of each month at 2:30 PM and features IMAX films or other travel films or speakers on travel. There is no fee. We can't print the video titles here, but they are available in the brown brochure rack in the Senior Center lobby.

"AOA" Badminton Players

If you enjoy the energetic, fast-paced game of badminton, join the group of Active Older Adults that play up to five times a week! All abilities are welcome; however it is recommended that individuals who are new to badminton begin participation at the Senior Center and advance to the Northside Aztlan Community Center. Ongoing. Drop-in fees apply.
Northside Aztlan Center Tu/Th 8:00-10:00 AM

C.H.A.T. (Crafts Hobbies Arts Time) 

Participants meet on a weekly basis to present their arts and crafts projects to others in the group. Individuals are encouraged to share new ideas and techniques, all this while they enjoy the camaraderie of other artisans.

Location: Senior Center
Ongoing W 1:00-3:00 PM

Fort Collins Senior Sports Club 

Senior Sports Club is an active group of seniors 50 and older who have a love for playing sports. Take advantage of this opportunity to interact with people who share your same interests both through sport activities and social events. Annual dues are \$5. As a member, you will qualify to participate in the Senior Games and availability of purchasing fitness passes at a reduced rate.

Senior Sports Club Fitness Passes 

Senior Sports Club fitness passes are available for \$50 for 25 visits, which saves you \$22.50, and can be used during the following times:

Badminton	M, W, F	8:00-10:00 AM	Senior Center
Badminton	T, Th	6:30-8:30 PM	Senior Center
Badminton	T, Th	8:00-10:00 AM	NACC
Basketball	M, W, F	8:00-10:00 AM	NACC
Pickle Ball	T	6:30-9:00 PM	Senior Center
Everyone	Th	6:30-9:00 PM	Senior Center
Advanced	Su	12:30-3:15 PM	Senior Center
Table Tennis	T, Th, Sa	3:00-5:00 PM	Senior Center
Tennis	M-F	9:30 AM	Rolland Moore Park
Ice Skating	W	9:00-11:00 AM	EPIC
Swimming	T, F	10:00-11:30 AM	EPIC

Senior Sports Club Meetings 

Senior Sports Club meetings are held every other month on the second Monday with a potluck supper at 5:30 PM at the Senior Center. Each meeting features helpful information on living a healthy and active life. Information is shared about events and activities. All members are asked to bring their own dinnerware and a dish to share. The activities of the Club are guided by a volunteer board with the assistance of a staff liaison. Board meetings are held every 2nd Monday of the even months at 9:30 AM at the Senior Center.

Current list of sport contacts:

Swimming	Kathy Garwood	970.482.5162
Badminton	Doris Taylor	970.221.3335
Bicycling	Robert Manbeck	970.226.3477
Bowling	Rob Seagraves	970.282.9204
Table Tennis	Clarence Elbert	970.221.0269
Basketball	Fritz Kitowski	970.282.1626
Tennis	Fritz Kitowski	970.282.1626
Golf	Open	
Track	Jim Frances	970.225.2902
Pickle Ball	Clarence Elbert	970.221.0269

Front Range Forum**MO**

The Front Range Forum is an organization designed to promote life-long learning. It is meant to be challenging and innovative, and to foster open discussion and social interaction among its members. The Forum depends entirely upon the talents and expertise of its members for administration and instruction. Participants electing to take a course prepare and make assigned presentations in keeping with the topic. Membership for Front Range Forum is \$15 per year. For class information see the In-Former newsletter. You can pick up a copy at the Senior Center or view it online at www.fcgov.com/recreation/frf-index.php. For more information call Katie Stieber at 970.224.6029. Senior Center members 50+ only.

Harmonettes**MO**

This singing band has been together for over 30 years performing at schools, long-term care residences, and special events. No experience is necessary. Senior Center members 50+ only.

Location: Senior Center

Practice Mondays, 8:30-11:00 AM (except 3rd Monday)

Men's Tennis Group

All male enthusiasts 3.0 and above are welcome to participate in an open walk-on each morning, seven days a week. Play begins about 8:00 AM and lasts until the final warriors are exhausted. Summer play is at Lee Martinez Park and fall and winter play at Rolland Moore Park. For further information call Fritz Kitowski at 970.282.1626 or email at fkito@msn.com.

Older Gay Lesbian Bisexual Transgender (OGLBT)

This group meets monthly for breakfast or dinner. The locations and times change monthly. It is a social network for persons that are OGLBT and age 50+. Contact Katie Stieber on her private phone line at 970.224.6029 or kstieber@fcgov.com.

SOAP Troupe (Slightly Older Adult Players)**MO**

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. Monthly programs and activities are planned. Interested persons are encouraged to attend a meeting. SOAP Troupe is only open to Senior Center members who are 50+. Dues are \$10 annually. SOAP meets at 3:00 PM on the fourth Tuesday of each month on the stage of the Senior Center. Contact Katie Stieber at 970.224.6029 for membership information.

The Writers Group**MO**

Express yourself through writing in any manner you choose regardless of content, genre, or skill. Participants gather weekly to share their work and occasionally write on a topic selected by all. No registration necessary; new participants are always welcome. Senior Center members 50+ only.

Location: Senior Center

Ongoing T 10:00 AM-Noon

Three Great Reasons To Live At MacKenzie Place:

There are many many more great reasons to live here, of course. But excuse us while we elaborate on those three a bit. **Number 1:** Leisure Care has been in the business for over 30 years. They have perfected the art of creating retirement communities that are more "resort" than "retirement." **Number 2:** Services, programs, and amenities straight out of a luxury resort? And rents starting at just \$2,950 per month? We think you'll definitely see an amazing value. **Number 3:** Actually, no bragging will be necessary. Everyone will see you living it up and having so much fun. Why rub it in? Call now to schedule your complimentary lunch and tour. And let us show you the other hundred or so reasons you'll love it here. Assisted Living services available, too.

1. It's run by Leisure Care.
2. It's a great value.
3. You can brag to your friends.

Rents Starting From Just \$2,950 Per Month!

4750 Pleasant Oak Drive • Fort Collins
970.207.1939 • www.MacKenziePlace.com

Independent, Assisted Living
& Memory Care Apartments



Members Register Early, May 10!

Fort Collins Senior Center members can take advantage of early registration for Senior Center programs and classes. Senior Center members can register on **May 10** at the Fort Collins Senior Center, 1200 Raintree Drive. Walk-in registration begins at 8:00 AM and phone-in registration starts at 10:00 AM.

Services

Recreation Services Procedures

Payment is required in advance for services. Services will include, but are not limited to, foot care and full body massage. A service reservation must be canceled at least 24 hours in advance. If not, the fee for this service will not be refunded. Following three missed appointments, the participant will no longer be able to schedule that service at the Senior Center.

Arthritis Support Group

This group is designed to offer information and support for those who have arthritis, their family members, friends and/or caregivers. Every meeting provides an opportunity to learn more about arthritis and related resources to meet other people with the condition, network, and share common experiences. Bring your lunch.

Location: Senior Center

No meetings in summer, group will resume in September.

Balance Screens



Free balance screenings will be conducted by Hannah Lamitie, MSPT, Physical Therapist with Alpine Balance and Rehabilitation Center. Hannah has been a P.T. for 16 years and specializes in the rehabilitation of balance and dizziness disorders. Anyone with concerns about declining balance may benefit from this service. You will be provided with written objective information regarding your specific problems and actual risk of falls. You will also receive some suggestions about what might be done to reduce your risk of falling.

Location: Senior Center

7/11, 10/10 M 9:00-10:30 AM No Fee

Blood Pressure Checks



This is an opportunity for seniors to sit down with a registered nurse on a one-to-one basis to get blood pressures taken and ask any health-related questions.

Care Provider: Health District Nurse

Location: Senior Center

6/20, 7/18, 8/15 M 10:00 AM-Noon No Fee

Cholesterol Testing & Blood Pressure

Blood pressure, cholesterol and glucose screenings, along with counseling and recommendations from registered nurses are provided within 15 minutes. Clients are requested to fast 12 hours before the screenings (water and medications can be taken) to get complete results. Appointments are required. Please call the Health District at 970.224.5209.

Care Provider: Health District Nurse

Location: Senior Center

6/7, 8/2	Tu	8:30-10:30 AM	Sliding Fee
7/13	W	8:30-10:30 AM	Sliding Fee
6/16, 7/21, 8/18	Th	8:30-10:30 AM	Sliding Fee

Foot Care Clinics



The visit starts with a foot soak followed by an assessment of your feet. Your nails are then trimmed, corns and/or calluses are addressed, a skin sloughing treatment is given and a light massage concludes the visit.

Location: Senior Center

Care Provider: Erin Sunshine Keefe

Note: Cancellations must be made at least 24 hours in advance.

Ongoing Tu 9:00 AM-4:00 PM \$28 member
\$34 non-member

Legal Services



Free half-hour sessions every first Thursday of the month provided by Elaine Proctor. Please call the Senior Center at 970.221.6644 to schedule an appointment. No fee.

Location: Senior Center

6/2, 7/7, 8/4 Th 1:00-5:00 PM No Fee

Massage Therapy



Swedish, integrative and deep tissue massage.

Therapist: Mareye Bullock, 970.224.4082

Location: Senior Center

Note: Payment due when appointment is made (at least 24 hours in advance). Cancellation must be made 24 hours in advance in order to receive a refund.

One Hour

Ongoing M 12:30-6:30 PM \$45 member
\$50 non-member

Half Hour

Ongoing M 12:30-6:30 PM \$23 member
\$26 non-member

Los Ancianos Unidos

This program is held for seniors. Join them for arts and crafts, quilting, educational programs, field trips and more. For more information call Elaine at 970.221.6723.

Location: Northside Aztlan Center

VOA Senior Nutrition Program

Senior nutrition is a service of Volunteers of America in cooperation with the City of Fort Collins Recreation Department. A hot lunch is provided at the Northside Aztlan Center on Tuesdays, Wednesdays, and Thursdays at Noon and at the Senior Center on Monday, Tuesday, Thursday, and Friday at Noon. A suggested donation of \$2.50 is requested. Call 970.472.9630 for more information.

Mindfulness Meditation**MO**

Learn how to meditate according to the Foundation of Mindfulness. Meditation will teach you how to achieve tranquility and to increase your power of concentration. It will also teach you how to deal with anger, cravings, and other negative emotions. This class is an extension of the Front Range Forum.

Instructor: Bob McCartney**Location:** Senior Center

Ongoing F 10:00-11:00 AM \$2 fee per visit

"AOA" Basketball

Still got game? Suit-up and get on the court for some hoops! These Active Older Adults own the court on Monday, Wednesday, and Friday mornings!

Location: Northside Aztlan Center

Ongoing M,W,F 8:00-11:00 AM Drop-in fee

Audiology Screens**MO**

A certified audiologist from All About Hearing will be available for hearing screenings, cleaning of hearing aids and to check hearing aids and do simple maintenance.

Location: Senior Center**Audiologist:** Rachel White

7/13, 10/12 W 8:30-9:30 AM

Chair Massage

Receive a therapeutic chair massage to increase circulation, reduce stress, and provide relief from muscle tension and fatigue. No clothing removed. Care provider is a certified massage therapist.

Therapist: Marcy Clark**Location:** Senior CenterOngoing Th 9:00 AM-Noon \$8 (10 minutes)
\$15 (20 minutes)**Location:** Northside Aztlan CenterOngoing F 9:00 AM-Noon \$8 (10 minutes)
\$15 (20 minutes)**Social Opportunities****Bingo****MO**

The Senior Center members compete against each other and play for prizes.

Location: Senior Center6/13 M 1:00-2:00 PM No Fee
7/11 M 1:00-2:00 PM No Fee
8/15 M 1:00-2:00 PM No Fee**New Release Movies****MO**

Drop-in cards for members Join us for new movie releases!

Location: Senior Center6/3 F 1:00-4:00 PM No Fee
6/17 F 1:00-4:00 PM No Fee
7/8 F 1:00-4:00 PM No Fee
7/15 F 1:00-4:00 PM No Fee
8/5 F 1:00-4:00 PM No Fee
8/19 F 1:00-4:00 PM No Fee**Card Games****Duplicate Bridge****MS**

Drop-in cards for members Beginning and intermediate level players invited. \$2.80 member, \$3.50 non-member.

Location: Senior Center

Ongoing F 11:30 AM-4:00 PM

Party Bridge**MO**

Party bridge for members on Tuesday afternoon.

Location: Senior CenterOngoing Tu 1:00-4:00 PM No Fee
Ongoing Th 6:00-9:00 PM No Fee**Pinochle****MO**

Pinochle for members.

Location: Senior CenterOngoing Tu 1:00-4:00 PM No Fee
Ongoing Th 6:00-9:00 PM No Fee**Bridge Mentoring****MO**

Drop-in cards for members Mentoring instruction is based on Standard American Bridge. Nila Hobbs will help you with working through the play of the hands.

Location: Senior Center

6/13, 6/20 M 6:30-8:30 PM No Fee

Cards & Games**MO**

Drop-in cards and games for members Cards and board games including canasta, mahjong, scrabble, and cribbage.

Location: Senior CenterOngoing M 9:00-12:00 AM No Fee
Ongoing W 1:00-4:00 PM No Fee**Topical Discussions****Donut It Make You Wonder?****MO**

Drop-in cards for members Ongoing topical discussions with donuts and coffee.

Location: Senior Center

Ongoing F 10:00-11:30 AM No Fee

Social Dance

Moonlight Melody Dances

Social dance to live music. Refreshments served.

Location: Senior Center

Jim Ehrlich

6/6 M 7:00-10:00 PM \$4

Colorado Sunshine

6/20 M 7:00-10:00 PM \$4

C.C. Collier

7/18 M 7:00-10:00 PM \$4

Harris & Harris

8/1 M 7:00-10:00 PM \$4

Darrell Sullivan

8/15 M 7:00-10:00 PM \$4

Jim Ehrlich

8/29 M 7:00-10:00 PM \$4

Special Events

Bank of Choice Tribute Series: Beach Boys & Surf Music

Mixing beach music, comedy and audience participation, Kahuna Beach Party presents all the songs of the beloved 1960's beach era. All songs are performed just like you remember them. It's a top-down cruise through all the big harmonies and twangy guitars. The Kahuna's song list includes "Good Vibrations", "Fun, Fun, Fun", and "Little Deuce Coupe". And the guitar work on "Wipe Out" is fabulous. There will be hoola hoop and surf board contests. Cash bar and food for purchase will be available throughout concert.

LOCATION: Senior Center

NOTE: Tickets at the Senior Center. Door open at 5:30 PM.

8/6 W 7:00-8:30 PM \$15
\$18 at the door

Colorado Day Celebration



Celebrate the 135th anniversary of Colorado's statehood. Known as the Centennial State, Colorado became the 38th state in the Union in 1876. Wayne Sundburg, local historian, will be master of ceremonies. He will have riddles, trivia, and attendees can win prizes. Food will be from a local grower, meat from a Colorado rancher and distributor, and wine from Colorado grapes. Free transportation available upon request.

Location: Senior Center

8/3 W 5:30-8:00 PM \$16 member
\$20 non-member

Forever & A Day



Like many children of the 1940's and 50's, Eric Jensen rarely heard his family's stories of World War II. But after his mother's death, Jensen discovered a box brimming with letters. This treasure trove launched Jensen on a journey to discover his family's connection to the war. Share his story with him. Lunch included. Free transportation available upon request.

Location: Senior Center

7/20 W 11:30 AM-2:00 PM \$12 member
\$16 non-member

Mary Todd Lincoln



Caroline Krandell will portray controversial Mary Todd Lincoln. Mrs. Lincoln will reflect on her life as perhaps the most maligned first lady in American history. She was accused of extravagance, mismanagement of White House funds and being a southern spy. The program covers Mary Todd's life from her childhood until Lincoln's assassination. Period lunch served. Free transportation available upon request.

Location: Senior Center

6/22 W 11:30 AM-2:00 PM \$12 member
\$16 non-member

Summer Fest

No matter your age, everyone enjoys a day out in the fresh air and sunshine. Take this opportunity to spend a day at The Farm. There will be food, bingo, animals and western music. Free transportation available upon request.

Location: The Farm

8/17 W 11:00 AM-2:00 PM \$3 pay at door

All American Picnic

Lively music, great food and an apple pie contest. The Senior Center and the Optimist Club are proud to present the 6th Annual All American Picnic and Apple Pie Baking Contest. Listen to the multi-faceted music of the Jeremy Wendelin Group, while supping on tasty pulled pork sandwiches, cole slaw, chips, and home-made apple pie. Doors open at 5:30 PM. Food service will take place between 6:00 - 8:00 PM with sales of surplus pork and apple pies after the meal. Proceeds will benefit the Optimist Club and the Senior Center Expansion Fund. Entrants for the apple pie contest need to pick up a rules and registration form at the Fort Collins Senior Center. Pies judged prior to the event.

Age: All

Location: Senior Center

Note: Tickets at the door are an additional \$2.

7/1 F 6:00-9:00 PM Adult: \$15
Age 7-17: \$8.00

Cemetery Stroll

Valuing our Veterans: Service & Sacrifice

Grandview Cemetery is the final resting place for over 2,600 veterans from every war who sacrificed for their country. The 2011 Cemetery Stroll is honoring all Fort Collins veterans who have so selflessly devoted their lives to serve as the guardians of world peace. The event will feature seven first-person reenactments by their grave sites. Refreshments are available. Tickets may be purchased at the Senior Center or Grandview Cemetery. For additional information, contact 970.221.6644.

Age: All

Location: Grandview Cemetery

9/17 Sa 10:00 AM \$6.00 per ticket
1:30 PM \$6.00 per ticket

Trips**Trips are for ages 50 & up unless otherwise noted.**

All trips depart from the Senior Center unless otherwise noted.

General Information

- Pre-registration is required for all trips. Some ticketed events will have an early registration deadline. Call 970.221.6644 to register. WebTrac registration is not available for trips.
- Unless otherwise noted, all trips depart from the Fort Collins Senior Center, 1200 Raintree Drive.
- No discounts are allowed for trips.
- Trips are smoke-free whenever possible. No smoking is allowed on vans or buses.
- When you purchase seats for any ticketed event, the sale is considered final. No refunds are given unless we resell that ticket.
- All trip prices include transportation and escort.
- Due to traffic situations, length of show/program or other unknown occurrences, all return times are approximate.
- Individuals who are not independent in daily living activities or in need of extra supervision are encouraged to register and participate with a person care attendant. At time of registration, please inform us of any accommodation needed. There is no transportation fee for the personal care attendant providing assistance but he/she must pay for ticket or meal expenses if those are part of the trip fees. Attendants must register separately from those individuals they are assisting so we can make sure to provide necessary seating, meals, tickets, etc.

Door-to-Door Transportation

Transportation to and from your home is available for most trips if you reside within the Fort Collins city limits (with some exceptions). The cost for this service is \$3/person. Requests must be made at the time you register or at least three days prior to the trip.

Buena Vista Rafting Trip

See page 79 for details.

Say Goodnight Gracie

This one-man show is a hilarious, heart-warming evening with George Burns, one of the world's favorite comedians. Alan Safier brings Burns to life in this tender and life-affirming play based on the real love story of Burns and his wife Gracie Allen. This play is at Greeley's Union Colony Civic Theatre.

Note: Fee includes van transportation, ticket and escort. Trip not discountable.

5/21 Sa 6:15-10:00 PM \$36 64842-01

Bee Family Farm

Bee Family Centennial Farm is the historic preservation of an original homestead founded at the start of development of Northern Colorado. It has been maintained as an active family farm since 1894 and is designated a Centennial Farm by the state of Colorado Department of Agriculture and The Colorado Historical Society. In 2002, the farm was placed on the National Register of Historic Places. We will have lunch in Wellington after the tour.

Note: Fees include van transportation, admission, lunch and escort. Trip not discountable.

6/3 F 9:30 AM-2:00 PM \$32 74802-01

'Cats' at Boulder Dinner Theater

The heartwarming musical 'Cats' will be performed at the Boulder Dinner Theatre with one of Broadway's most moving songs 'Memories.' Enjoy a meal and then a show at this long-time popular theatre.

Note: Fee includes van transportation, dinner and drink, show and escort. Dessert, alcohol and gratuity are extra. Trip not discountable.

6/5 Su 11:15 AM-6:00 PM \$60 74803-01

Out to Lunch

The Black Forest Restaurant in Nederland is a nice German restaurant in a beautiful mountain valley town. Meal costs, which are not included, range from \$8 to \$12.

Note: Fee includes van transportation and escort. Trip not discountable.

6/8 W 10:00 AM-3:00 PM \$12 74804-01

Argo Gold Mine Tour

Tour the historic Argo Gold Mine in Idaho Springs. In 1893 construction of the Argo Tunnel began. It would be 17 years before it would reach Central City more than 4½ miles away. The tunnel would provide water drainage, ventilation and economical transportation of the gold bearing ore from the many mines it would intersect. The mill was constructed to process the gold bearing ore from these mines. When completed, the Argo would be the largest mill of its type in the world and processed over \$100 million of gold ore at the time prices of \$18 to \$35 per ounce and stands today as a memorial to the hard rock miners of the day when gold was king.

Note: Fee includes transportation, tour, lunch and escort. Trip not discountable.

6/10 F 9:30 AM-3:00 PM \$32 74805-01

Casino Trip

Fortune Valley Casino in Central City is our destination.

Location: Rolland Moore Park

Note: Fee includes transportation, casino package and escort. Trip not discountable.

6/14 Tu 8:00 AM-5:00 PM \$16 74806-01

New Mexico Trip



We will visit the Acoma Pueblo also known as Sky City, Albuquerque Old Town, Santa Fe Old Town and ride the Sandia Peak tramway, the longest tramway in the world. Plus much more. Details on flyer at the Senior Center lobby.

Note: Bus leaves at 8:00 AM. Be there by 7:30 AM.

Double Occupancy

6/14-6/18 Tu-Sa 8:00 AM-5:00 PM \$469 74801-01

Single Occupancy

6/14-6/18 Tu-Sa 8:00 AM-5:00 PM \$589 74801-01

Rockies vs. Tigers



The Colorado Rockies play host to the Detroit Tigers in this inter-league game. Enjoy the game from shaded seats in Denver's Coors Field.

Note: Fee includes van transportation, ticket and escort. Trip not discountable.

6/19 Su 11:15 AM-6:00 PM \$30 74807-01

Traveling Gourmet



Travel to the west end of Loveland for a meal at the Aspen Leaf restaurant. Meal costs on your own.

Note: Fee includes van transportation and escort. Trip not discountable.

6/22 W 4:00-7:30 PM \$12 74809-01

Loveland Tour



This is a six-hour tour of west Loveland and the foothills including three early gateways to Estes Park. Also included: Mariano Medina's settlement, important pioneer trails, early irrigation efforts, pioneer graves, Loveland's cherry industry, a forgotten amusement park and the KKK in Northern Colorado. There will be frequent stops and only a little walking.

Note: Fee includes van transportation, tour, lunch and escort. Trip limited to 10 people. Class not discountable.

6/21 Tu 9:00 AM-3:00 PM \$37 74808-01

Alan Jackson



Country star Alan Jackson will sing at the Budweiser Events Center and if you sign up for this trip you will have good seats on the main floor. "I'll Go On Lovin' You," "It's 5 O'clock Somewhere," and "Chattahoochee" are some of Jackson's hits.

Note: Fee includes van transportation, ticket and escort. Trip not discountable.

6/23 Th 5:00-11:00 PM \$68 member 74810-01
\$72 non-member

EXTENDED TRAVEL OPPORTUNITIES

REGISTER NOW FOR THESE GREAT TRIPS:

New Mexico & More, June 14-18

Visit the 900-year-old Acoma Pueblo (known as Sky City), Santa Fe including St. Francis Cathedral, Old Town Albuquerque and ride the Sandia Peak Tramway and more on this 5-day, 4-night bus tour. This trip is filling up quickly. Only \$469 per person double occupancy.

California Trains & Yosemite, October 3-12

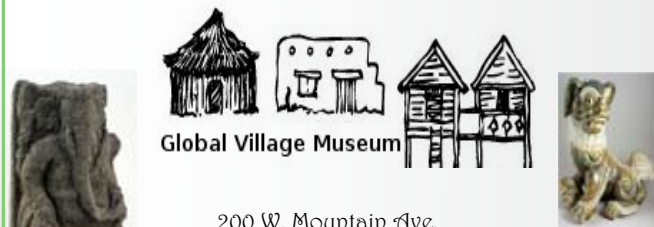
Three historic train rides including the Napa Valley Wine Train, Roaring Camp RR and Skunk Train plus tours of San Francisco, Sacramento, Yosemite National Park and more. \$2,047 per person double occupancy. Price includes air from Denver.

Details and pricing available at Senior Center or by calling 970.224.6030. No membership is required to participate.

For more information contact John at 970.224.6030 or jpfeifferberger@fcgov.com



Hey Fort Collins. Step around the corner into a New World



200 W. Mountain Ave.

April 16—June 25: Splendors of Japan
July 1—Aug. 31: Wonders of West Africa
Sept. 5—Oct. 29: Peoples' Choice, "Art 4 U & Me"
Nov. 5—Dec. 31: Tibet—Rooftop of the World

Tuesday—Saturday 11:00 am—5:00pm

...plus 2 additional galleries:
- Mundoville: Folkart in Miniature
- Village Art from the Emerging World

...plus interactive programs, workshops and forums for adults and children



Come. Learn. Enjoy.

OPENING APRIL 16, 2011



'Rock of Ages'

Tony Award nominee and 'American Idol' finalist, Constantine Maroulis, reprises his acclaimed performance as Drew in the first national tour of the five-time Tony Award nominated smash-hit musical 'Rock of Ages'. In 1987 on the Sunset Strip a small town girl met a big city rocker and in LA's most famous rock club they fell in love to the greatest songs of the 80's. Rock of Ages is an arena-rock love story told through the mind-blowing, face-melting hits of Journey, Night Ranger, Styx, REO Speedwagon, Pat Benatar, and Twisted Sister, Poison, Asia, and many more. This show is at Denver's Buell Theatre.

Note: Fee includes van transportation, ticket and escort. Trip not discountable.

6/25 Sa Noon-6:00 PM \$80 74811-01

'Carmen' in Central City

The 2011 Central City Opera season opens with 'Carmen' Georges Bizet's famous story of love, jealousy, and murder. Set in Seville, Spain, the story follows the romance of the beautiful gypsy, Carmen, and Corporal Don José. It will be performed in French with English supertitles. We will have lunch at Cinzzetti's in Denver on the way.

Note: Fee includes van transportation, lunch, opera and escort. Trip not discountable.

6/29 W 11:00 AM-7:30 PM \$98 member 74812-01
\$105 non-member

Lady Luck Casino

Travel to Black Hawk's Lady Luck Casino for a chance at winning in the mountains.

Note: Fee includes motor coach transportation, casino package and escort. Trip not discountable.

6/30 Th 8:00 AM-5:00 PM \$16 74813-01

Rockies vs. Royals

The Colorado Rockies play hosts to the Kansas City Royals in an inter-league game. Enjoy the game from shaded seats in Denver's Coors Field.

Note: Fee includes van transportation, ticket and escort. Trip not discountable.

7/3 Su 11:15 AM-6:00 PM \$30 74814-01

Out to Lunch

Let's head up Poudre Canyon for a meal at the Glen Echo Restaurant. This is always a lovely drive and meal costs, that are on your own, range from \$8 to \$15.

Note: Fee includes van transportation and escort. Trip not discountable.

7/5 Tu 10:30 AM-2:30 PM \$12 74815-01

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303-773-0300

9 a.m. to 5 p.m., Monday - Friday

HUMANA

Indian Art

Experience one of the world's premier collections of Native American art at the Denver Art Museum. The newly remodeled galleries of American Indian and Northwest Coast art will focus on artists and their creations. The comprehensive collection of American Indian art includes 18,000 artworks, ranging from prehistoric to contemporary. The new galleries host about 700 objects, including current visitor favorites and hundreds of additional American Indian works that will be on view for the first time.

Note: Fee includes van transportation, admission to museum, lunch and escort. Trip not discountable.

7/7 Th 8:30 AM-3:00 PM \$40 member 74816-01
\$45 non-member

Melodrama in Estes

You are invited to enjoy 'Seven Keys to Baldpate' at the Baldpate Inn near Estes Park preceded by dinner. This melodrama is a fun play with lots of laughs. The theatre is outside so dress accordingly. The meal is inside this historic building and is at the soup and salad buffet with two homemade soups, a variety of cheeses, breads, muffins and salads.

Note: Fee includes van transportation, meal and drink, gratuity, show and escort. Bring a light sweater or jacket and umbrella. Trip not discountable.

7/8 F 4:00-9:00 PM \$37 74817-01

'Big River' at the Candlelight

'Big River, the Adventures of Huckleberry Finn' is based on the Mark Twain classic and won the 1985 Tony Award as the best musical. Huck and his friend Jim have heartwarming and sometimes funny experiences along the Mississippi River. The music is by Roger Miller. This production is at the Candlelight Dinner Playhouse.

Note: Fee includes van transportation, meal, drink, gratuity, show and escort. Dessert and alcohol are extra and on your own. Trip not discountable.

7/10 Su Noon-6:00 PM \$58 74818-01

Doc Hollidays Casino

Travel with us and friends to Doc Hollidays Casino in Central City for a day of gaming and fun.

Location: Rolland Moore Park

Note: Fee includes transportation, any casino package and escort. Trip not discountable.

7/11 M 8:00 AM-5:00 PM \$16 74819-01

Traveling Gourmet

Our destination this month is the historic Glen Haven Inn west of Loveland. You have a choice of three menu items. Alcohol and desserts are extra.

Location: Senior Center

Note: Fee includes van transportation, meal, gratuity and escort. Dessert and alcohol are extra and paid on your own. Trip not discountable.

7/19 Tu 4:00-7:30 PM \$39 74820-01

One-Act Operas

'Gianni Schicchi' by Puccini and 'Les Mamelles de Tiresias (The Breasts of Tiresias)' by Poulenc will be performed. 'Gianni Schicchi' is a comedic opera with an Italian libretto by Giovacchino Forzano, based on a story referred to in Dante's 'Divine Comedy'. 'Les Mamelles' by Francis Poulenc is a surrealist comic opera based on a play by Guillaume Apollinaire. The opera is set in the imaginary town of Zanzibar, near Monte Carlo. We will have lunch at Cinzetti's in Denver on the way.

Note: Fee includes van transportation, meal, ticket and escort. Trip not discountable.

7/20 W 11:00 AM-8:00 PM \$98 member 74821-01
\$105 non-member

Rockies vs. Braves

The Colorado Rockies play hosts to the Atlanta Braves. Enjoy the game from shaded seats in Denver's Coors Field.

Note: Fee includes van transportation, ticket and escort. Trip not discountable.

7/21 Th 11:15 AM-6:00 PM \$30 74822-01

Lady Luck Casino

Lady Luck Casino in Black Hawk is our destination this month.

Location: Rolland Moore Park

Note: Fee includes motorcoach transportation, casino package and escort. Trip not discountable.

7/28 Th 8:00 AM-5:00 PM \$16 74823-01

Darius Rucker & Sara Evans

Darius Rucker's first country album 'Learn to Live' debuted at #1 on the Billboard charts following a multi-week #1 debut country single. The former voice of Hootie & The Blowfish will be joined by Sara Evans at this Cheyenne Frontier Days night show.

Note: Fee includes van transportation, ticket and escort. Trip not discountable.

7/28 Th 6:00-11:00 PM \$62 member 74824-01
\$66 non-member

Toby Keith

Country star Toby Keith will sing "I Love This Bar," "As Good As I Once Was," "God Love Her" and all his hits at this Cheyenne Frontier Days evening concert under the stars. The seats are under cover.

Note: Fee includes van transportation, ticket and escort. Trip not discountable.

7/30 Sa 6:00-11:30 PM \$62 member 74825-01
\$66 non-member

Cheyenne Frontier Days

Enjoy the world's largest outdoor rodeo at Cheyenne Frontier Days from undercover seating. Enjoy walking through the Indian village, have lunch and experience the many other attractions before the rodeo.

Note: Fee includes van transportation, rodeo ticket and escort. Trip not discountable.

7/31 Su 11:30 AM-5:30 PM \$34 74826-01

Snowy Range & Lunch

Cowboy up, people, we are heading to ol' Wyoming. Actually we'll go to the Old Corral Restaurant in Centennial which is west of Laramie at the base of the Snowy Range. If the weather is good, we'll make a trip up to the Snowy Rangelts a mini-vacation in the heat of the summer.

Note: Fee includes van transportation, lunch, tour and escort. Trip not discountable.

8/2 Tu 9:30 AM-4:00 PM \$29 74827-01

Rockies vs. Phillies

The Colorado Rockies host the pitcher-rich Philadelphia Phillies. Enjoy the game from shaded seats in Denver's Coors Field.

Note: Fee includes van transportation, ticket and escort. Trip not discountable.

8/3 W 11:15 AM-6:00 PM \$30 74828-01

Eastern Colorado Tour

Travel with us to the Eastern Plains. See the Genoa Tower with a two-headed calf on the way and in Burlington ride the restored carousel, visit the Old Town museum, enjoy a western meal, entertainment and more. The Genoa Tower features "one man's junk" and from the top you can see six states.

Note: Fee includes van transportation, one night's lodging, one breakfast, two lunches, one dinner, admissions and escort. Trip not discountable.

Single Occupancy

8/5-8/6 F,Sa 8:00 AM-5:00 PM \$210 74829-01

Double Occupancy

8/5-8/6 F,Sa 8:00 AM-5:00 PM \$160 74829-01

Fortune Valley Casino

Travel with us to the Fortune Valley Casino in Central City.

Location: Rolland Moore Park

Note: Fee includes transportation, casino package and escort. Class not discountable.

8/9 Tu 8:00 AM-5:00 PM \$16 74830-01

Downtown Denver

Did you ever want a day on your own to walk Denver's 16th Street Mall? Well, here's your chance. We will take you there to walk the mall to eat and shop, visit the Art Museum, the Mint, see the Brown Palace or just have coffee and people watch.

Note: Fee includes van transportation, map of downtown Denver and escort. Trip not discountable.

8/12 F 8:30 AM-5:00 PM \$16 74831-01

Global Museum Tour

Get a personalized tour Fort Collins' Global Village Museum and Learning Center with the founder John Roberts. The main exhibit this summer will be The Wonders of West Africa.

Note: Fee includes van transportation, tour, lunch and escort. Trip not discountable.

8/15 M 9:30 AM-2:30 PM \$29 74832-01

Traveling Gourmet

Our destination this month is a surprise. The menu cost is in the range of \$15-\$25. Take a chance and enjoy the adventure.

Note: Fee includes van transportation and escort. Trip not discountable.

8/24 W 4:00-8:00 PM \$14 74833-01

Doc Hollidays Casino

Travel with us to spend the day at the friendly Bull Durham Casino in Black Hawk.

Note: Fee includes transportation, casino package and escort. Trip not discountable.

8/25 Th 8:00 AM-5:00 PM \$16 74834-01

Larimer County History

Wayne Sundberg, local historian, will lead you on this history tour of Northern Larimer County. Stops include original site of Camp Collins: a buffalo jump: hike on the Overland Trail to see wagon ruts, carvings, etc.: Bingham Hill Cemetery: Virginia Dale stage stop, and more. Box lunch included.

Note: Fee includes van transportation, tour, lunch and escort. Trip limited to those who can walk two miles on uneven ground. Wear study hiking shoes and bring hat, sunscreen and water. Trip not discountable.

8/29 M 8:30 AM-3:00 PM \$50 74835-01

Vail Adventure

A great day awaits you in Vail as we tour the Betty Ford Alpine Gardens and ride the Eagle Bahn Gondola to the top of the Vail Mountain. Lunch is included at a local restaurant before the gondola ride. You will have spectacular views of the Sawatch, New York and Gore Ranges. You will be on top for an hour or so to enjoy a hike, tour the Discovery Center or just relax.

Note: Fee includes van transportation, garden tour, lunch, gondola ride and escort. Bring a hat, sunscreen and a light jacket or sweater for it will be cooler at the top of Vail Mountain. Trip not discountable.

8/30 Tu 7:00 AM-8:00 PM \$60 member 74836-01
\$65 non-member

California Trip

This Cosmos California trip includes three historic railroads, Yosemite National Park, San Francisco, 17-Mile Drive, Napa Valley and more. Air from Denver, lodging, all tours with a professional tour director are included. Hurry. Trip is filling up. See Senior Center lobby for details or call John Pfeiffenberger at 970.224.6030.

Note: Includes air and tour but no transportation to DIA. Final payment.


Single Occupancy

10/3-10/12 M,W \$2487 84801-01

Double Occupancy

10/3-10/12 M,W \$2047 84801-01



 Outdoor Volleyball: Self-officiated, outdoor grass league for doubles and fours.

Sports

Adult

Fall Softball

Continue playing softball after the summer leagues have concluded!

Age: 16 years & up

Registration: Begins 7/25, ends 8/5 or when leagues fill

League Start: Week of 8/21, 8 games guaranteed

Cost: \$439

Location: TBA

Note: Rosters are unlimited (Participants age 16 & 17 need parent signature on roster prior to participation). League not discountable.

Men's		Women	
Sunday III	86154-01	Tuesday III	86160-01
Sunday IV	86154-02	Coed	
Monday III	86155-01	Sunday Rec	86161-01
Monday IV	86155-02	Tuesday Rec	86162-01
Tuesday II	86156-01	Wednesday Comp	86163-01
Tuesday III	86156-02	Wednesday Rec	86163-02
Tuesday IV	86156-03		
Wednesday II	86157-01		
Wednesday III	86157-02		
Wednesday IV	86157-03		
Thursday III	86158-01		
Friday III	86159-01		
Friday IV	86159-02		

Softball Tournament (1-Day)

Games will be played at Rolland Moore Park and other community parks if needed. Play begins 9:00 AM and continues until 10:00 PM (depending on number of entries). Two games guaranteed.

Age: 16 years & up

Registration: Begins 5/16, ends 6/3 or when divisions fill

Tournament Date: 6/11

Cost: \$254

Location: Rolland Moore Park

Note: Rosters are unlimited (Participants 16 & 17 need parent signature on roster prior to participation). Tournament fee not discountable.

Men's		Coed	
II	76185-01	Competitive	76185-04
III	76185-02	Recreation	76185-05
IV	76185-03		

Softball Tournament (2-Day)

Games will be played at Rolland Moore Park and other community parks if needed. Play begins 9:00 AM and continues until 10:00 PM (depending on number of entries). Two games guaranteed.

Age: 16 years & up

Registration: Begins 7/11, ends 8/5 or when divisions fill

Tournament Date: 8/13-8/14

Cost: \$254

Location: Rolland Moore Park

Note: Rosters are unlimited. (Participants 16 & 17 need parent signature on roster prior to participation). Tournament fee not discountable.

Men's		Coed	
II	76186-01	Competitive	76186-04
III	76186-02	Recreation	76186-05
IV	76186-03		

Outdoor Volleyball

This is a self-officiated outdoor grass league with three matches per night. The season is approximately seven weeks long. Individual awards will be given for all league winners.

Age: 16 years & up

Registration: Begins 5/16, ends 6/3 or when leagues fill

League Start: Week of 6/13

Cost: \$44 doubles, \$84 fours

Location: Spring Canyon Park, 2626 W. Horsetooth Road

Note: Rosters are unlimited (Participants 16 & 17 need parent signature on roster prior to participation). League not discountable.

Doubles		Fours	
Mon Coed A	76187-01	Wed Coed A	76187-05
Mon Coed BB	76187-02	Wed Coed BB	76187-06
Tue Women BB	76187-03	Thurs Coed B	76187-08
Tue Women B	76187-04		
Thur Men BB	76187-07		

Summer Basketball

Escape the heat and join the fun! Gather up your co-workers and friends to come and play in this basketball league. Teams will sign up for their level/playing preference on a first come-first serve basis.

Age: 16 years & up

Registration: Begins 4/25, ends 5/20 or when leagues fill

League Start: Week of 6/3, 8 games scheduled

Cost: \$369

Location: Northside Aztlan Center

Note: Rosters are unlimited (Participants age 16 & 17 need parent signature on roster prior to participation). League not discountable.

Friday Competitive	76189-01
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Friday Recreational	76189-02
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Summer Kickball

Play an American Classic - Kickball. Form your team and come out to have some fun playing a game invented on the playground.

Age: 16 years & up

Registration: Begins 5/9, ends 5/20 or when leagues fill

League Start: Week of 6/3, 8 games scheduled

Cost: \$258

Location: Rolland Moore Park

Note: Rosters are unlimited. (Participants age 16 & 17 need parent signature on roster prior to participation). League not discountable.

Coed Recreational	76190-01
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Fall Kickball League

Play an American classic - kickball. Form your team and come out to have some fun playing a game invented on the playground.

Age: 16 years & up

Registration: Begins 7/25, ends 8/5 or when leagues fill

League Start: Week of 8/26, 8 games guaranteed

Cost: \$258

Location: Rolland Moore Park

Note: Rosters are unlimited (Participants age 16 & 17 need parent signature on roster prior to participation). League not discountable.

Coed Recreational	86153-01
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Unified Softball ~~ARO~~

Integrated softball teams made up of players with and without disabilities have been formed to play in a league this summer. Contact Renee Lee at 224.6027 to inquire about any available space

Over the Line ~~ARO~~

This event is an adapted version of wheelchair softball. There will be 3 people per team. The batter and pitcher will be on the same team and the objective is to hit the ball over the line without any of the other team players catching it. Don't miss out on the fun!

Age: 14 years & up

Location: Rolland Moore Park

Note: This event is designed for people with physical disabilities who use wheelchairs. However, able bodied people may join in the fun if extra manual wheelchairs are available. For more information, please contact Jenna Van Fossan at 970.224.6125 or jvanfossan@fcgov.com. Class not discountable.

7/3	Su	5:00-7:00 PM	\$10	74611-01.
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Fall Volleyball

Coed and women's leagues will be offered for 6-person and 4-person teams. Teams will sign up for their level/playing night preference on a first come basis. Levels of Play: A - Competitive, BB - Intermediate, B - Recreational.

Age: 16 years & up

Registration: Begins 7/25, ends 8/12 or when leagues fill

League Start: Week of 8/30, 8 games scheduled

Cost: \$274 / 6-person team, \$174 / 4-person team

Location: Northside Aztlan Center

Note: Rosters are unlimited (Participants age 16 & 17 need parent signature on roster prior to participation). League not discountable.

Coed

Monday BB	86151-01
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Monday B	86151-02
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Tuesday A	86151-03
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Tuesday BB	86151-04
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Friday A/BB 4's	86151-07
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Women's

Wednesday A	86151-05
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Wednesday BB	86151-06
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Flag Football

Leagues will be 8-on-8 non-contact.

Age: 16 years & up

Registration: Begins 7/25, ends 8/5 or when leagues fill

League Start: Week of 8/22, 8 games guaranteed

Cost: \$424

Location: Rolland Moore Park

Note: Rosters are unlimited (Participants age 16 & 17 need parent signature on roster prior to participation). League not discountable.

Recreational

Monday	86152-01
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Tuesday	86152-02
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Competitive

Wednesday	86152-03
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Thursday	86152-04
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HEY RECREATORS, WE HAVE A NEW
REGISTRATION LOCATION!



SEE YOU AT Council Tree Library
2733 Council Tree Avenue

ON May 12 from 7:00 AM to Noon

Tennis

General Information

For Full Program Information, online registration and to check availability of open City courts visit www.Lewistennis.com.

Beginner Lessons

M, W	6:00-7:30 PM	Rolland Moore Park
Tu, Th	6:00-7:30 PM	Fossil Creek Park

Whether you have never played or are getting back into the game after a long hiatus you will learn and develop your fundamentals so you can really enjoy the game. You will learn the correct way to hit forehands, backhands, volleys, overheads, and serves. You will also learn basic rules and strategies as you start competition.

Intermediate Lessons

M, W	7:30-9:00 PM	Rolland Moore Park
Tu, Th	7:30-9:00 PM	Fossil Creek Park

Refine your skills. Learn the "Modern Game". Experience the techniques that are used by the pros. Develop your topspin and slice forehand, backhand and serves. Learn doubles and singles strategies that win! Drills, Strategies and Competition.

League Coaching Programs

These high energy drill sessions will get you in shape while developing advanced technique. Class times are arranged according to demand. Call 970.493.7000 to sign up.

League Coaching Programs

Get your team ready for the USA Tennis Leagues. Professional coaching will improve your team's strategy, technique and mental toughness to enable you to compete at your best. A variety of coaching programs are available. Call 970.493.7000 for information.

Premier Clinics

These clinics are 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. Call 970.493.7000 for information.

Class Schedule

All summer sessions run for two weeks and are held at Rolland Moore and Fossil Creek Parks

Session 1	5/30-6/10	Session 4	7/11-7/22
Session 2	6/13-6/24	Session 5	7/25-8/5
Session 3	6/27-7/8	Session 6	8/8-8/19

Special Events

Round Robins	Th	7:30-9:30PM	
Extravaganza	5/30	Noon-2:00PM	Rolland Moore Park
	7/1	6:00-8:00PM	Rolland Moore Park

Tournaments

Northern Colorado Open	5/22-5/29
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Fencing

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.

6/10-8/5	F	4:30-6:00 PM	\$64	75870-01
6/11-8/6	Sa	9:00-10:30 AM	\$64	75870-02

Teen/Adult Beginning 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: Wear athletic shoes, T-shirt, and long loose pants. Equipment provided.

6/6-8/1	M	5:30-7:00 PM	\$64	75871-01
6/11-8/6	Sa	11:00 AM-12:30 PM	\$64	75871-02

Teen/Adult Sparring

Enjoy sparring with fellow students to develop a diverse technical and tactical repertoire in a low-key atmosphere. Improve your overall athletic readiness, speed, strength and stamina. Footwork and bladework exercises most sessions. Minimal coaching provided.

Age: 13 years & up

Location: Northside Aztlan Center

Note: Participants must have prior fencing experience. Wear athletic shoes, comfortable shirt, and long loose pants. Equipment provided.

6/3-6/24	F	6:15-8:15 PM	\$32	75872-01
7/8-7/29	F	6:15-8:15 PM	\$32	75872-02

Youth

Beginning Golf

Come learn the basic skills, rules and etiquette of golf. Youngsters will learn all basic aspects of the game including pitching, putting and driving. On the final day the class will play a 3-hole mini-round.

Age: 8-12 years

Location: City Park Nine

6/14-6/30	Tu,Th	1:00-2:15 PM	\$38	76300-01
7/5-7/21	Tu,Th	1:00-2:15 PM	\$38	76300-02

Summer Wrestling

Whether you are an experienced wrestler or a first time wrestler this program is for you! We will work on fundamentals and conditioning to keep you "fresh" for next season.

Age: 6-16 years

Location: Youth Activity Center

6/7-7/14	Tu,Th	6:00-7:30 PM	\$45	76370-01
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Aikido for Youth

Traditional martial art in which the essence of all Aikido techniques is spherical motion around a stable, energized center. Increased stamina, flexibility and muscle development occur as a result of training, but the techniques themselves do not depend on strength.

Age: 8-16 years

Location: Northside Aztlan Center

Note: Fee includes the Gi uniform for participants. Call 970.221.6729 for sizing chart information. For other information visit www.aikidoofco.com

5/25-6/29	W	5:00-6:00 PM	\$60	75883-01
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Archery

Archery is a skillful sport requiring balance, poise, accuracy, vision, timing and action! Through this indoor class participants will learn the basic techniques and how to be safe.

Age: 8-16 years

Location: Rocky Mountain Archery, 4518 Innovation Drive

Note: Equipment is provided.

6/15-6/16	W,Th	4:15-5:30 PM	\$30	75876-01
7/13-7/14	W,Th	4:15-5:30 PM	\$30	75876-02
8/17-8/18	W,Th	4:15-5:30 PM	\$30	75876-03

Amazing Athletes

Come try our 6-week session which will allow your child to thoroughly explore all 9 Amazing Athlete sports! Learn basic skills, scoring and terminology for basketball, baseball, soccer, volleyball, football, lacrosse, hockey, tennis and golf. The curriculum is specifically designed to keep children engaged and having FUN!

Location: Cottonwood Glen Park

Age: 2½-3 years

5/23-6/27	M	9:00-9:30 AM	\$31	76330-01
5/26-6/30	Th	9:00-9:30 AM	\$45	76330-02
7/11-8/15	M	9:00-9:30 AM	\$45	76330-06
7/14-8/18	Th	9:00-9:30 AM	\$45	76330-07

Age: 3½-5 years

5/23-6/27	M	9:45-10:30 AM	\$31	76330-03
5/26-6/30	Th	9:45-10:30 AM	\$45	76330-04
7/11-8/15	M	9:45-10:30 AM	\$45	76330-08
7/14-8/18	Th	9:45-10:30 AM	\$45	76330-09

Amazing Athletes Camp

Your child will learn basic rules, scoring and terminology for each sport, and jump right in with lots of age specific drills and games. In this action packed week, your child will explore soccer, volleyball, basketball, football, baseball, hockey, lacrosse, tennis, and golf. Class partially discountable.

Age: 4-6 years

Location: Cottonwood Glen Park

6/27-7/1	M-F	9:00-11:30 AM	\$117	76331-01
7/25-7/29	M-F	9:00-11:30 AM	\$117	76331-03

Location: Youth Activity Center

7/5-7/8	M-F	9:00-11:30 AM	\$97	76331-02
8/8-8/12	M-F	9:00-11:30 AM	\$117	76331-04

CARA 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: TBA

Note: Meet schedules at first practice. Fee includes team shirt, water bottle and fees for track meets.

Age: 5-10 years

6/6-7/23	M,W,F	9:00-10:15 AM	\$80	76350-01
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Age: 11-16 years

6/6-7/23	M,W,F	10:30-11:45 AM	\$80	76350-02
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Hershey's Track & Field Games

For 34 years, Hershey's Track & Field Games have put fun into fitness for kids. No wonder it's the largest youth sports program of its kind in North America! Each meet includes basic running, jumping and throwing events designed to make every player feel like a winner. If you're a kid between 9 and 14 who wants to have fun outdoors, or if you're a parent trying to encourage healthy habits, these Games were made for you. To register at the meet bring a copy of your birth certificate and shoes without spikes. Registration will begin at 5:00 PM. For additional meet information call Marc Rademacher at 970.221.6309.

Age: 9-14 years (age as of 12/31/2011)

Location: French Field

6/8	W	5:30-7:30 PM	No Fee
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Baton Twirling is Catching

Give baton twirling a whirl! Yvonne Pedersen, a national renowned twirl instructor, is well known for bringing out every child's full potential while making learning fun. No experience required for these introductory classes! Build self-esteem, self-discipline, and team work skills while enhancing coordination, rhythm and grace. Classes focus on twirling skills, dance and drilling. Level 2 is for participants that have completed an Intro level class.

Age: 4-12 years

Location: Club Tico

Note: Class partially discountable. Professional ABC baton required and available for purchase from instructor for \$25. For those interested in performing in parades and shows, opportunities may be available through Golden Girls Baton Academy at additional costs.

Age: 4-6 years**Intro PeeWees**

6/8-6/29	W	1:00-2:00 PM	\$48	75620-01
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Age: 7-12 years**Intro Juniors**

6/8-6/29	W	2:00-3:00 PM	\$48	75620-02
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Age: 4-12 years**Intro**

7/6-8/10	W	1:00-2:00 PM	\$59	75620-03
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Level 2

7/6-8/10	W	2:00-3:00 PM	\$59	75620-04
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Skateboarding Camp

Learn basic skateboarding skills, including function of skateboard parts and safety equipment, balance, pushing, proper foot placement, dropping-in and many other fundamental skills. Skatepark etiquette also will be taught.

Age: 7-12 years

Location: Northside Aztlan Center

Note: Kids are required to bring a functional skateboard, water bottle and helmet. Knee, elbow and wrist guards are highly recommended.

6/20-6/24	M-F	9:00-11:00 AM	\$80	75877-01
7/11-7/15	M-F	9:00-11:00 AM	\$80	75877-02
7/25-7/29	M-F	9:00-11:00 AM	\$80	75877-03

BMX Clinics

Come have your child try out the BMX Track near Fossil Ridge! These awesome clinics will focus on basic skills of learning how to jump out of the gate, to maneuvering around turns! Food and T-shirt are provided! For more information call 970.206.1355

Age: 7-12 years

Location: Sabercat Drive

Note: Please bring your own bike and helmet. Wear pants and long sleeves. Parent or guardian must be present on day to sign ABA liability waiver.

6/25	Sa	12:30-3:00 PM	\$32	75878-01
7/16	Sa	12:30-3:00 PM	\$32	75878-02

Paintball

If your child is into paintball, join us! We will head to some of the best paintball arenas in the front range. This trip is designed for beginning and intermediate players to go outdoors and enjoy a full day games. Fee includes all supplies needed and 500 rounds. For more information call 970.221.6729.

Age: 14-18 years

Location: Northside Aztlan Center

Note: Please have your child wear a long sleeved shirt and pants. Have them bring a sack lunch to eat and additional money, if they want more than 500 rounds. There is a \$16 discount for those who own their own gun and paint.

6/16	Th	8:00 AM-4:00 PM	\$50	75879-01
6/23	Th	8:00 AM-4:00 PM	\$50	75879-02
7/21	Th	8:00 AM-4:00 PM	\$50	75879-03
7/28	Th	8:00 AM-4:00 PM	\$50	75879-04

Challenger British Soccer Camps

To register for Challenger British Soccer camps visit www.challengersports.com

British Soccer Camps provide young players with the rare opportunity to receive high-level soccer coaching from a team of international experts right in the heart of Fort Collins. Each British Soccer Camp provides players of all ages and abilities the appropriate program and level of curriculum and a wonderful cultural and educational camp experience!

Each day includes individual foot skills, technical drills, tactical practices, small-sided games, coached scrimmages, and a daily tournament. Equally important, the Challenger coaching staff provides your child with lessons in self-discipline, good sportsmanship and respect for others and for the game. Campers will enjoy a daily program of Camp break activities and an end of camp graduation party! Camps include T-shirt and ball!

Challenger Camps will run July 25-July 27 at City Park.

First Kicks

Age: 3 – 11:00 AM–Noon \$91

Young players are introduced to game basics through fundamental activities, games and fun soccer challenges. Parents are encouraged to join in and help guide their child through this fun learning experience.

Mini Soccer

Age: 4-5 – 9:00-10:30 AM \$108

Fun games, competitions and skill building activities are designed to enlighten and develop budding players.

Half Day

Age: 6-14 – 9:00 AM-Noon \$145

Emphasis is placed upon skill development and mastery of core techniques through individual and small group practices and coached games. This all action camp is our most popular program.

Golden Goal Camp

Age: 6-14 – 1:00-3:00 PM \$51

Special bonus for Half-Day campers includes fun competitions and scrimmages. To receive a free \$40 jersey register before 6/11 at Challengersports.com. To register for Challenger British Soccer camps visit www.challengersports.com



KEEP UP WITH THE RECREATOR.

STAY CONNECTED ALL YEAR.

RECREATION NEWS, UPDATES, PROMOTIONS AND MORE.

Skyhawks Sports Camps

Skyhawks provides a wide variety of fun, safe and positive programs that emphasize critical lessons in sports and life, such as teamwork, respect and sportsmanship. Our programs are designed to give each child a positive introduction into sports while fostering a lifelong love for an active, healthy lifestyle. Our patient and knowledgeable staff use a variety of skill-building games and activities to give each athlete a complete understanding and overview of the sport.

Age: 4-14 years

Note: All participants receive a T-shirt and merit award. The participant-to-coach ratio is no more than 14:1. Participants should bring appropriate clothing, a lunch and snack (for programs over four hours) or two snacks (for programs four hours or less), a water bottle, running shoes and sunscreen.

Basketball

This fun, skill-intensive program is designed for the beginning to intermediate player. Using our progressional curriculum, staff focus on the whole player, teaching respect, teamwork and responsibility. An active week of passing, shooting, dribbling, and rebounding.

Location: Youth Activity Center

Age: 6-10 years

6/27-7/1 M-F 9:00 AM-Noon \$118 76335-07

Age: 7-12 years

7/25-7/29 M-F 1:00-4:00 PM \$118 76335-15

Baseball

Skyhawks baseball staff teach the fundamentals of fielding, catching, throwing, hitting and base running, in a fun, positive environment. Specifically designed for beginning and intermediate players, this program teaches athletes new skills along with vital life lessons.

Note: Participants should also bring a baseball glove.

Age: 6-12 years

Location: Spring Canyon Park

7/18-7/22 M-F 9:00 AM-Noon \$118 76335-13

Beginning Golf

Campers will learn the fundamentals of swinging, putting, and body positioning. Skyhawks has adopted the SNAG (Starting New At Golf) system to its curriculum. SNAG is designed for the entry-level player; SNAG simplifies instruction so that players can make an easy and effective transition onto the golf course. All equipment provided.

Age: 5-8 years

Location: Spring Canyon Park

7/18-7/22 M-F 9:00 AM-Noon \$133 76335-14

Cheerleading

Skyhawks Cheerleading teaches the essential skills to lead crowds and support the team! There is no stunting in this program, just a focus on fun while each cheerleader learns proper hand & body movements and jumping techniques. Concludes with a choreographed performance.

Age: 5-9 years

Location: Youth Activity Center

6/6-6/10 M-F 9:00 AM-Noon \$118 76335-02

Flag Football

Flag Football is the perfect introduction to "America's Game." Campers learn skills on both sides of the football including the core components of passing, catching, and defense – all presented in a fun and positive environment. The week ends with the Skyhawks Sports Bowl!

Age: 6-12 years

Location: Fossil Creek Park

6/13-6/17 M-F 9:00 AM-Noon \$118 76335-04

Lacrosse

Lacrosse combines the basic skills used in soccer, basketball and hockey into one fast-paced, high-scoring game. Athletes will learn all the fundamentals of stick handling, cradling, passing, and shooting in a fun, non-checking environment.

Note: Participants should bring a mouthpiece, protective gloves, a helmet with full mask (or goggles for girls lacrosse), a lacrosse stick in addition to the above. *Limited lacrosse kits available for online rental. Kits include helmet with full mask, lacrosse stick, and protective gloves. Call 800.804.3509 or visit www.skyhawks.com to reserve your kit.

Age: 6-12 years

Location: Spring Canyon Park

7/11-7/15 M-F 9:00 AM-Noon \$118 76335-11

Mini Hawk

This multi-sport program was developed to give 4 to 6 year-olds a positive first step into athletics. Baseball, basketball and soccer are taught in a safe, structured environment filled with encouragement and fun. Through games and activities, campers explore balance, hand/eye coordination, and skill development at their own pace.

Age: 4-7 years

Location: City Park

5/31-6/3 Tu-F 9:00 AM-Noon \$94 76335-01

6/13-6/17 M-F 9:00 AM-Noon \$118 76335-06

8/8-8/12 M-F 9:00 AM-Noon \$118 76335-18

Location: Fossil Creek Park

7/5-7/8 Tu-F 9:00 AM-Noon \$94 76335-09

7/25-7/29 M-F 9:00 AM-Noon \$118 76335-16

Multi Sport – Soccer & Flag Football

Our multi-sport camp is designed to introduce athletes to a variety of different sports in one setting. For this program we combine soccer and flag football into one fun-filled week. Athletes will learn the rules and essential skills of each sport along with vital life lessons.

Note: Participants should also bring a baseball glove.

Age: 6-10 years

Location: City Park

6/6-6/10 M-F 1:00-3:00 PM \$80 76335-03

Age: 6-12 years

Location: City Park

7/11-7/15 M-F 1:00-3:00 PM \$80 76335-12

Location: Fossil Creek Park

8/1-8/5 M-F 9:00 AM-Noon \$80 76335-17

Soccer

This is the number one soccer camp for parents looking to introduce their children to the fundamentals of the world's most popular sport. Your athlete will gain the technical skills and sport knowledge required for that next step into soccer.

Note: Participants should bring shin guards in addition to the above.

Age: 6-12 years

Location: Fossil Creek Park

6/27-7/1 M-F 9:00 AM-Noon \$80 76335-08

Volleyball

All aspects of volleyball are taught through drills and exercises that focus on passing, setting, hitting, and serving. This co-ed, outdoor program is designed for the beginning and intermediate player. Our staff will assist campers in developing fundamental skills through game-speed drills and daily scrimmages aimed at developing the whole player.

Note: Participants should bring knee pads in addition to the above.

Age: 7-14 years

Location: Youth Activity Center

7/11-7/15 M-F 9:00 AM-Noon \$118 76335-10

Boxing

Are you looking for a way to stay motivated and disciplined? Join the Aztlan Boxing Team! Our USA Boxing certified instructors are here to train and condition you or your child for recreation or competition.

Age: 8 years & up

Location: Northside Aztlan Center

6/6-6/29	M,W	6:30-7:30 PM	\$48	75880-01
7/11-8/3	M,W	6:30-7:30 PM	\$48	75880-02

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.

Grade: 3-6

Location: Youth Activity Center

Note: Please enter through the gym. Class partially discountable.

8/1-8/5	M-F	11:00 AM-12:30 PM	\$55	75621-01
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K-2 Cheerleading Camp

This is a cheerleading camp for younger campers. Come join us for a fun filled week that will emphasize age appropriate jumps, tumbling, cheers and chants. Basic formations and dances will be introduced. Participants will receive a T-shirt and merit award.

Grade: Kindergarten-2

Location: Youth Activity Center

Note: Please enter through the gym. Class partially discountable.

8/1-8/5	M-F	9:00-9:55 AM	\$41	75624-01
8/1-8/5	M-F	10:00-10:55 AM	\$41	75624-02

JAA Cheerleading

Basic skills in jumps, tumbling, and cheers/chants will be emphasized. Cheerleaders learn various cheers, formations and dances throughout the season and perform at JAA football games. Fee includes cheerleading uniform.

Grade: 3-6

Location: Youth Activity Center

Note: Class partially discountable. Practices are held on Tuesday evenings; performances are on Saturday mornings at City Park.

8/30-10/18	Tu	6:00-7:30 PM	\$99	85621-01
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Youth Team Sports**Baseball For All**

This integrated baseball league is for children and teens with and without disabilities. Teams will be formed to learn skills, teamwork and play against other integrated teams in the area.

Age: 8-15 years

Location: Beattie Park

Note: For more information contact Renee Lee at 970.224.6027 or rlee@fcgov.com. Class partially discountable.

Child

6/9-8/4	Th	6:00-7:30 PM	\$22	74606-01
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Family

6/9-8/4	Th	6:00-7:30 PM	\$37	74606-02
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Our PGA
Professionals
LOVE teaching
full-time, ensuring
your child gets
THE BEST INSTRUCTION!



COLLINDALE

G O L F A C A D E M Y

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Junior Golf Academy Programs your child can grow with!

New Classes EVERY week! Check website for details!

Packages for under \$100!

Ages 5-6 Beginner Series of 2 - 45 Minute Clinics - \$40

Ages 7-17 Beginner Series of 4 - 60 Minute Lessons - \$79

Ages 7-17 Intermediate Series of 4 - 90 Minute Lessons - \$99

Ages 7-17 Intermediate Series of 2 - 90 Minute Lessons - \$50

**Ages 7-17 Intermediate and Advanced Series of
5 - 2 hour Clinics (10 hours total) - \$175**

10 Hours of PGA instruction • Digital V1 video swing analysis • Take-home CD Prizes • Mini-private lesson • Refreshments • Goodie bag • Graduation Pizza Party

*All Junior Clinics have a 6 to 1 Student/Professional ratio *Golf clubs are provided if needed

Supervised Play
Available this Summer!

- Junior League Wed. Afternoons
- Northern Colorado Junior Golf Tour



Girls 4x4 Outdoor Volleyball League

This is a self-officiated outdoor 4 x 4 girl's grass league with three matches per night. The season is approximately six weeks long with an end of season tournament. Individual awards will be given for all league winners. Register as a team and compete in an organized league. Matches will be played on Thursday nights.

Grade: 6-12 (Based on 2010/2011)

League Start: Week of 6/16, Th

Cost: \$50

Location: Spring Canyon Park

Grade: 6-8 76394-01

Grade: 9-12 76394-02

Girls' Softball

Spend some time this summer learning and improving your slow pitch softball skills and enjoying team competition. One-two practices are held per week (days and times to be announced). Games played Monday or Wednesday nights.

Grade: 1-8 (Based on 2010/2011)

League Start: Week of 5/30

Cost: \$50

Grades 1st, 2nd & 3rd

City Park 76377-01

Fossil Creek Park 76377-03

Fossil Creek Park 76377-04

Rolland Moore Park 76377-05

Spring Canyon Park 76377-07

Grades 4th & 5th

City Park 76378-01

Fossil Creek Park 76378-03

Rolland Moore Park 76378-05

Spring Canyon Park 76378-07

Grades 6th, 7th & 8th

Blevins 76379-01

Boltz 76379-03

CLP 76379-05

Kinard 76379-07

Leshner 76379-09

Lincoln 76379-11

Preston 76379-13

Webber 76379-15

Wellington 76379-17

Summer 2nd & 3rd Grade Basketball

Formation of teams including a coach that passes a background check, 6 scheduled games, NBA/WNBA reversible replica jerseys, one official minimum for games, and a tournament at the end will be provided for this league. Coaches will have the option to hold one or two practices per week. Teams will be randomly selected. Monday night games for 2nd-5th grade, Wednesday night games for middle school.

Grade: 2-8 (Based on 2010/2011)

League Start: Week of 5/30

Cost: \$59

Boys 2nd & 3rd Grade

City Park 76381-11

Fossil Creek Park 76381-01

Lee Martinez Park 76381-13

Rolland Moore 76381-05

Spring Canyon 76381-09

Troutman Park 76381-07

Warren Park 76381-03

NACC 76381-12

Girls 2nd & 3rd Grade

City Park 76382-11

Fossil Creek Park 76382-01

Fossil Creek Park 76382-02

Lee Martinez Park 76382-13

Rolland Moore 76382-05

Spring Canyon 76382-09

Troutman Park 76382-07

Warren Park 76382-03

NACC 76382-12

Boys 4th & 5th Grade

City Park 76383-11

Fossil Creek Park 76383-01

Lee Martinez Park 76383-13

Rolland Moore 76383-05

Spring Canyon 76383-09

Troutman Park 76383-07

Warren Park 76383-03

NACC 76383-12

Girls 4th & 5th Grade

City Park 76384-11

Fossil Creek Park 76384-01

Lee Martinez Park 76384-13

Rolland Moore 76384-05

Spring Canyon 76384-09

Troutman Park 76384-07

Warren Park 76384-03

NACC 76384-12

Boys 6th Grade

City Park 76385-11

Fossil Creek Park 76385-01

Lee Martinez Park 76385-13

Rolland Moore 76385-05

Spring Canyon 76385-09

Troutman Park 76385-07

Warren Park 76385-03

NACC 76385-12

Girls 6th Grade

City Park 76386-11

Fossil Creek Park 76386-01

Lee Martinez Park 76386-13

Rolland Moore 76386-05

Spring Canyon 76386-09

Troutman Park 76386-07

Warren Park 76386-03

NACC 76386-12

Boys 7th & 8th Grade

City Park 76387-11

Fossil Creek Park 76387-01

Lee Martinez Park 76387-13

Rolland Moore 76387-05

Spring Canyon 76387-09

Troutman Park 76387-07

Warren Park 76387-03

NACC 76387-12

Girls 7th & 8th Grade

City Park 76388-11

Fossil Creek Park 76388-01

Lee Martinez Park 76388-13

Rolland Moore 76388-05

Spring Canyon 76388-09

Troutman Park 76388-07

Warren Park 76388-03

NACC 76388-12

Summer High School Basketball

Formation of teams including a coach that passes a background check, scheduled games, NBA/WNBA reversible replica jerseys, six games, one official minimum for games, and a tournament at the end will be provided for this league. Coaches will have the option to hold one or two practices per week. Teams will be randomly selected.

Grade: 9-11 (Based on 2010/2011)

League Start: Week of 6/9, Th

Cost: \$59 per person

Location: Northside Aztlan Center

Boys HS Individual	76391-01
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Girls HS Individual	76391-02
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Basketball Team

This league is set up for pre-formed teams that wish to compete. Season will consist of 6 games plus a single elimination tournament. Teams must provide a qualified coach to be on the bench during the games, and teams must wear same colored jerseys with an identifiable number on the back. Tuesday night games for middle school, Thursday night games for high school.

Grade: 6-12 (Based on 2010/2011)

League Start: Week of 6/7

Cost: \$454 per team

Location: Northside Aztlan Center

Grade: 6-8

Boy	76392-01
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Girl	76392-02
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Grade: 9-12

Boy	76393-01
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Girl	76393-02
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3v3 Summer Basketball League

Can't get enough basketball? Get your friends together for this exciting 3v3 basketball league. Tuesday/Thursday mornings at Spring Canyon Community Park. Teams will check in at the park and be scheduled 2 or 3 games each morning. Teams can have up to 5 players. Coaches not provided (and not recommended).

Grade: 3-12

League Start: Week of 6/14, Tu/Th

Cost: \$120

Location: Spring Canyon Park

Grade: 3-4, 9:00-10:30 AM

Boys	76301-01
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Girls	76301-03
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Grade: 5-6, 9:00-10:00 AM

Boys	76301-02
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Girls	76301-04
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Grade: 7-8, 10:30 AM-Noon

Boys	76301-05
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Girls	76301-06
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Grade: 9-12, 10:30 AM-Noon

Boys	76301-07
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Girls	76301-08
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6th Grade Fall Girls Softball

Start off your middle school softball career the right way by registering for 6th grade softball! Participants will be able to show off their school spirit by receiving a shirt with the colors of their middle school.

Grade: 6

League Start: Week of 8/29

Cost: \$59 per person

Note: 6th graders will register by middle school attended; Week night practices with Saturday morning games. Practice dates and times are determined by coach and will therefore vary. Coaches will call the week before the program with practice days and times.

Blevins Middle School	86300-01
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Boltz Middle School	86300-02
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CLP Middle School	86300-03
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Kinard Middle School	86300-04
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Leshner Middle School	86300-05
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Lincoln Middle School	86300-06
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Preston Middle School	86300-07
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Webber Middle School	86300-08
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Wellington Middle School	86300-09
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Ultimate Football

Introduce your 1st or 2nd grader to the concepts of football by enrolling them in Ultimate Football where every player can be quarterback! This non-contact football program consists of the fundamentals of football while combining the rules of football, soccer, hockey, ultimate Frisbee and basketball. League features one practice per week and games on Saturday mornings.

Grade: 1-2 (Based on 2011/2012)

League Start: Week of 8/29, 8 games scheduled

Cost: \$56 (plus \$15 jersey, if needed)

Note: Participants register by practice location, not by school. You will be notified the week before the program for your practice day and time.

City Park	86313-01
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Harmony Park	86313-05
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Edora Park	86313-02
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Fossil Creek Park	86313-03
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Greenbriar Park	86313-04
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Rolland Moore Park	86313-06
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Spring Canyon Park	86313-07
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Spring Park	86313-08
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Troutman Park	86313-09
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Warren Park	86313-10
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Flag Football

Our flag football program teaches the basic fundamentals of football with no tackling or blocking. The main emphasis will be equal participation with winning being secondary. Practices will be held twice a week with games on Saturday mornings.

Grade: 3-6 (Based on 2011/2012)

League Start: Week of 8/29, 8 games scheduled

Cost: \$56 (plus \$15 jersey, if needed)

Note: Players register by practice location. The week before practices begin, the coach will call you with the practice days and times.

3rd & 4th Grade

Beattie Park	86314-01
Blevins Park	86314-02
Case Park	86314-03
City Park	86314-04
Edora Park	86314-06
English Ranch Park	86314-07
Fossil Creek Park	86314-09
Golden Meadows Park	86314-11
Greenbriar Park	86314-12
Harmony Park	86314-13
Miramont Park	86314-14
Ridgeview Park	86314-15
Rolland Moore Park	86314-16
Rosborough Park	86314-18
Spring Canyon Park	86314-19
Spring Park	86314-21
Troutman Park	86314-22
Warren Park	86314-23

5th & 6th Grade

City Park	86315-01
English Ranch Park	86315-02
Fossil Creek Park	86315-03
Greenbriar Park	86315-04
Rolland Moore Park	86315-05
Spring Canyon Park	86315-06

Tackle Football

This tackle football program will teach youngsters skills and fundamentals. The main emphasis is on sportsmanship and equal participation with winning being secondary. Physicals are highly recommended before competing in this program. Youth Football and the Fort Collins Soccer Club's fall season coincide; youngsters may not participate in both sports. Practice attendance is mandatory; players must attend practices to receive fair playing time in games. Practices are held two to three times per week with most games being played on Saturday mornings.

Grade: 3-6 (Based on 2011/2012)

League Start: Week of 8/27, 8 games scheduled

Cost: \$99

Location: Club Tico

Note: The start date listed on the receipt is the week practice starts, but actual practice times and dates listed on the receipt are approximate. The end date is also approximate and may vary due to the number of teams or the weather. The coach will call with the 1st practice time and date, but not until the week before practice starts. If you registered by phone, please sign the liability waiver and mail it as soon as possible.

Grade: 3

Northeast	86303-01
Northwest	86303-02
Southeast	86303-03
Southwest	86303-04

Grade: 4

Northeast	86304-01
Northwest	86304-02
Southeast	86304-03
Southwest	86304-04

Grade 5

Northeast	86305-01
Northwest	86305-02
Southeast	86305-03
Southwest	86305-04

Grade: 6

Blevins	86306-01
Blotz	86306-02
CLP	86306-03
Kinard	86306-04
Leshner	86306-05
Lincoln	86306-06
Preston	86306-07
Webber	86306-08
Wellington	86306-09

Tackle Football Camps

This popular week long summer football camp is designed to teach skills and prepare tackle players for the 2011 season. Camp will feature instruction by local football players and coaches and will include proper tackling instruction, football fundamentals and character building. Players registered for the fall tackle football program will receive their equipment at this camp and will therefore not have to check-out equipment again in August.

Grade: 3-6

Cost: \$79

Location: Club Tico

Note: Fee includes equipment use, T-shirt and mouthpiece. Contact Tom Zimdahl with questions, 970.221.6385.

Grade: 3

7/11-7/15	M-F	9:00 AM-Noon	\$79	76312-01
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Grade: 4

7/18-7/22	M-F	9:00 AM-Noon	\$79	76312-02
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Grade: 5

7/25-7/29	M-F	9:00 AM-Noon	\$79	76312-03
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Grade: 6

8/1-8/5	M-F	9:00 AM-Noon	\$79	76312-04
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Position Specialty Football Camps

This camp is designed for various skill levels and to prepare tackle players for the 2011 season. All drills and skills are run by experienced football coaches. Each camper will learn the fundamentals and necessary skills to play the position of Running Back.

Grade: 3-6 Based on 2011/2012)

Location: City Park

Running Back Camp

6/9	Th	5:00-6:30 PM	\$15	76311-01
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Linebacker Camp

6/16	Th	5:00-6:30 PM	\$15	76311-02
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Offensive Line Camp

6/23	Th	5:00-6:30 PM	\$15	76311-03
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Defensive Line Camp

6/30	Th	5:00-6:30 PM	\$15	76311-04
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Defensive Back Camp

7/7	Th	5:00-6:30 PM	\$15	76311-05
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Quarterback Camp

7/14	Th	5:00-6:30 PM	\$15	76311-06
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Wide Receiver Camp

7/21	Th	5:00-6:30 PM	\$15	76311-07
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Kickers/Punters Camp

7/28	Th	5:00-6:30 PM	\$15	76311-08
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ALL 8 CAMPS

6/9-7/28	Th	5:00-6:30 PM	\$88	76311-88
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Hanrahan

GOLF SCHOOL

AT THE FORT COLLINS COUNTRY CLUB

Sign Up Today for Junior Golf

Time: Thursday mornings
June 16th, June 23rd, June 30th
July 7th, July 14th and July 21st

Cost: \$120 - Ratio: 4 to 1
Max Enrollment: 8 per age group


Ages: 12 years and up:	8:00am-9:00am
Ages: 9-11:	9:00am-10:00am
Ages: 6-8:	10:00am-11:00pm

Children will learn all aspects of the game of golf: full swing, short game, etiquette, rules and safety. Our junior students at the Hanrahan Golf School enjoy a quality learning environment. If your student is a beginner, intermediate or advanced, the instruction will be tailored to their specific needs due to our low student/teacher ratio.



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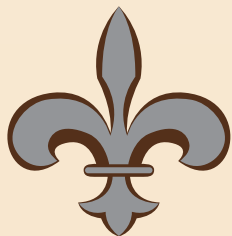
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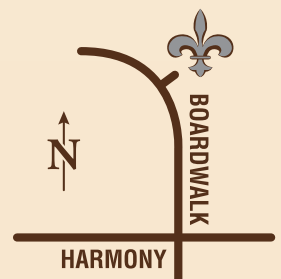
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Rattle Snake Rumble 3v3 Basketball Tournament

All teams will receive a (2) game guarantee in a Double Elimination Bracket- Games will consist of (2) 10 minute halves with a running clock - Games will be played on half court of a regulation basketball court - 1st & 2nd Place teams in each division will receive individual player awards - All players will receive a souvenir tournament T-shirt. Teams may have a maximum of 5 players, rosters are frozen as of start of teams' first game. Official tournament rules will be given prior to the event. Scorekeepers provided, all games are self officiated.

Age: 16 years & up

Tournament Date: 7/9 & 7/10, Begins at 8:00 AM

Cost: \$45

Location: Spring Canyon Park

Men		Women	
Comp	76395-01	Comp	76395-03
Rec	76395-02	Rec	76395-04

Grade: 4-12 (Based on 2011/2012)

Tournament Date: 7/9 & 7/10, Begins at 8:00 AM

Cost: \$45

Location: Spring Canyon Park

Grade: 4-5		Grade: 7-8	
Boys	76396-01	Boys	76396-05
Girls	76396-02	Girls	76396-06
Grade: 6		Grade: 9-12	
Boys	76396-03	Boys	76396-07
Girls	76396-04	Girls	76396-08

Youth Tennis**General Information**

For Full Program Information and for online registration visit www.Lewistennis.com

Lewis Tennis School directs all tennis programs for the City of Fort Collins. With over 40 years of experience in the tennis industry, Lewis Tennis provides quality lessons, programs and tournaments for all levels and ages. USPTA certified professional Larry Lewis has managed five of the top tennis facilities in the United States.

The programs at Lewis Tennis School strive to provide a positive learning environment for players of all ages. Players will learn techniques to become accomplished players and life skills that help them excel and enjoy tennis and other areas in life.

Tournaments

20 USTA sanctioned junior tournaments are offered for novice, intermediate and advanced players. Check www.Lewistennis.com for complete schedule.

Class Schedule

All lesson programs except Performance Training are offered at Rolland Moore, Fossil Creek, Warren, and Fossil Ridge High School. Spring Canyon and Edora Parks are offered if there is interest (call to inquire). Performance Training is offered only at Fossil Creek Park. All summer sessions run for two weeks.

Session 1	May 30-June 10	Session 4	July 11-July 22
Session 2	June 13-June 24	Session 5	July 25-Aug 5
Session 3	June 27-July 8	Session 6	Aug 8-Aug 19

Quickstart Tennis

Quickstart Tennis is an exciting new play format for 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	4-6 years	M/W or Tu/Th	8:15-9:00AM
		Sa	Noon-12:25 PM
Future Star	7-8 years	M-F	9:00-10:30AM
		Sa	9:00-10:30 AM
Aces	9-10 years	M-F	9:00-10:30AM
		Sa	9:00-10:30AM

Middle School Excellence

Just starting the game or a seasoned competitor? Middle School players will 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)	11-13 years	M-F	10:30 AM-12:30 PM
		Sa	10:30 AM-12:30 PM
Competitive (Int/Adv)	11-13 years	M-F	10:30 AM-12:30 PM
		Sa	10:30 AM-12:30 PM

High School Academy

High School players get ready to have fun and develop your tennis games! Whether your goal is to play on your high school team or learn the game to enjoy with your friends, this is the class for you.

Wimbledon (new player)	14-18 years	10:30 AM-12:30 PM
Grand Slam (Int/Adv)	14-18 years	10:30 AM-12:30 PM

Performance Training

This program is for the devoted junior player who has already developed a solid foundation of the game and has shown a high level of commitment. Players typically have goals of state and sectional rankings, high school varsity play and college scholarships. Players must be accepted by Head Pro.

16 & 18 Doubles	M-Th	1:30-3:00 PM
16 & 18 Singles	M-Th	3:00-4:30 PM
14's	M-Th	4:30-6:00 PM

High School Preseason Camp

High School players have used this camp over the past 10 years to prepare for competition on their teams. Stroke production, competitive play, drills, physical conditioning, and mental toughness will get you ready to start the season in tip top shape.

8/1-8/6	M-F	1:00-4:00 PM
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Middle School (6th grade) Fall League

Fort Collins has one of the largest Middle School Leagues in the U.S. Our middle schools only allow 7th and 8th graders to participate in the League, this program fills the gap and gets the 6th graders competing. Sign up deadline August 19.

Special Events

Pizza Round	All levels	Th	1:00-3:00 PM	Rolland Moore
Robins	Quickstart	Th	10:30 AM	Fossil Creek
	Excellence & Academy	Th	12:30 PM	Fossil Creek
Extravaganzas		5/28	Noon-2:00 PM	Rolland Moore
		7/1	6:00-8:00 PM	Rolland Moore

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Home Care

Medical Home Care

Columbine Therapy Services

Lifestyle Centre
Health Club

Market Centre
Medical Equipment
& Supplies

Market Centre
Rehabilitation Services

Poudre Infusion Therapy

6-12 months		Princess Ballerinas	45	Art Picnic	39	Cheerleading	102
Baby Sign Language	51	Princess Tea Party	59	B.I.K.E. Camp	58	Critter Condos	38
Learn-to-Swim	20	Read & Seed	72	Ballet & Modern	45	Dancin' Dumplings	44
		Ready! Set! Grow!	72	Barnyard Experience	65	Diving	29
2 years old		Robot Recyclable	39	Baton Twirling is Catching	99	Drawing, Cartooning	37
Amazing Athletes	99	Rockin' in the Park	62	Camp Picasso	38	Electricity & Magnetism	57
Baby Sign Language	51	Shake Your Sillies	62	CARA Track	99	EPIC Mini Camp	46
Cookin' & Crafts with Kids	51	Skyhawks Sports Camps	101	Cave Painters	38	Fairytales Come to Life	62
Curious Twos	49	Storybook Theater	62	Challenger British Soccer Camps	100	Family Yoga	71
Funtime for Preschoolers	50	Summer Celebrations	49	Cheerleading	102	Farm Camp out	64
Learn-to-Swim	20	Tappin Dumplins	45	Critter Condos	38	Father's Day 5K	15
Li'l Dumplin' Farmers	64	Tennis	98	Dancin' Dumplings	44	Garden Camp	46
Read & Seed	72	Tot Lots	47	Diving	29	Giant Friends Club ARO	49
Roly Polys	51	Tumble Bumble	45	Drawing, Cartooning	37	Girls Softball	103
				Electricity & Magnetism	57	Hip Hop Dance	45
3 years old		5 years old		EPIC Mini Camp	46	I Want To Be A Scientist	59
Afternoon Adventure	60	Adaptive Swim Lessons ARO	21	Fairy Ballerinas	45	Ice Skating Classes	74
Alphabet Soup	49	Afternoon Adventure	60	Fairytales Come to Life	62	Ice Theatre	15
Amazing Athletes	99	Alphabet Soup	49	Family Yoga	71	Introduction to Painting	37
Challenger British Soccer Camps	100	Amazing Athletes	99	Farm Camp out	64	It's Only Rocket Science	59
Dancin' Dumplings	44	Amazing Athletes Camp	99	Father's Day 5K	15	Jump Rope Mini Camp	71
Fairy Ballerinas	45	Amazing Race Challenge	15	Funtime Pre-K	50	Just Tumbling	44
Family Yoga	71	Art Explosion	37	Garden Camp	46	Karate	70
Funtime Express	49	Baton Twirling is Catching	99	Giant Friends Club ARO	49	Kids Can Cook	57
Funtime for Preschoolers	50	Challenger British Soccer Camps	100	Girls Softball	103	Kids on the Go Half Day Camp	47
I Want To Be A Scientist	59	Cheerleading	102	Green Thumbs	64	Learn-to-Swim	20
Learn-to-Swim	20	Dancin' Dumplings	44	I Want To Be A Scientist	59	Marshmallow Launching Lunacy	59
Little Chefs	57	Diving	29	Ice Skating Classes	74	Milk & Cookies Storytelling	65
Little Peepers	64	Drawing, Cartooning	37	Introduction to Painting	37	Mini Daycamp	63
Milk & Cookies Storytelling	65	Electricity & Magnetism	57	It's Only Rocket Science	59	Mini Moo Golf	64
Mini Moo Golf	64	EPIC Mini Camp	46	Karate	70	Not So Mini Daycamp	63
Once Upon A Time in the Kitchen	57	Fairy Ballerinas	45	Kids on the Go Half Day Camp	47	Pony Experience	65
Petite Ballerinas	45	Fairytales Come to Life	62	Learn-to-Swim	20	Pony Riding Lessons	64
Pony Riding Lessons	64	Family Yoga	71	Lights! Camera! Action!	62	Pottery	40
Pottery	40	Farm Camp out	64	Little Chefs	57	Princess Tea Party	59
Princess Ballerinas	45	Father's Day 5K	15	Lunch Brunch Enrichment	50	Rockin' in the Park	62
Princess Tea Party	59	Funtime Express	49	Magical Mermaids	39	Shake Your Sillies	62
Pullet Surprise	63	Funtime Pre-K	50	Marshmallow Launching Lunacy	59	Sign Language for Kids	61
Read & Seed	72	Giant Friends Club ARO	49	Milk & Cookies Storytelling	65	Skateboarding Camp	100
Rockin' in the Park	62	Green Thumbs	64	Mini Daycamp	63	Skyhawks Sports Camps	101
Roly Polys	51	I Want To Be A Scientist	59	Mini Moo Golf	64	Summer Adventure	47
Shake Your Sillies	62	Ice Skating Classes	74	Not So Mini Daycamp	63	Summer Playgrounds	46
Storybook Theater	62	Introduction to Painting	37	Outside Art	38	Tappin Dumplins	45
Summer Celebrations	49	It's Only Rocket Science	59	Petite Ballerinas	45	Tennis	98
Tot Lots	47	Learn-to-Swim	20	Pony Experience	65	Tumble Bumble	45
		Lights! Camera! Action!	62	Pony Riding Lessons	64	Ultimate Football	104
4 years old		Little Chefs	57	Pottery	40	Wrestling	98
Afternoon Adventure	60	Lunch Brunch Enrichment	50	Princess Ballerinas	45		
Alphabet Soup	49	Magical Mermaids	39	Princess Tea Party	59	8 years old	
Amazing Athletes	99	Marshmallow Launching Lunacy	59	Robot Recyclable	39	3v3 Summer Basketball League	104
		Milk & Cookies Storytelling	65	Rockin' in the Park	62	4th of July	15
Amazing Athletes Camp	99	Mini Moo Golf	64	Shake Your Sillies	62	Adaptive Cycling Clinic ARO	79
Baton Twirling is Catching	99	Once Upon A Time in the Kitchen	57	Sign Language for Kids	61	Adaptive Swim Lessons ARO	21
Challenger British Soccer Camps	100	Outside Art	38	Skyhawks Sports Camps	101	Aikido	99
Dancin' Dumplings	44	Pee Wee Farmers	64	Summer Celebrations	49	All American Picnic	15
EPIC Mini Camp	46	Petite Ballerinas	45	Summer Playgrounds	46	Amazing Race Challenge	15
Fairy Ballerinas	45	Pony Riding Lessons	64	Tappin Dumplins	45	Archery	99
Fairytales Come to Life	62	Pottery	40	Tennis	98	Art Picnic	39
Family Yoga	71	Princess Ballerinas	45	Tumble Bumble	45	B.I.K.E. Camp	58
Farm Camp out	64	Princess Tea Party	59	Ultimate Football	104	Ballet & Modern	45
Funtime Express	49	Ready! Set! Grow!	72	Wrestling	98	Balloon Theatre	60
Funtime for Preschoolers	50	Robot Recyclable	39			Barnbuster Blowout Daycamp	63
Funtime Pre-K	50	Rockin' in the Park	62	7 years old		Barnyard Experience	65
Giant Friends Club ARO	49	Shake Your Sillies	62	4th of July	15	Baseball for All ARO	102
Green Thumbs	64	Skyhawks Sports Camps	101	Adaptive Swim Lessons ARO	21	Basketball	103
I Want To Be A Scientist	59	Storybook Theater	62	All American Picnic	15	Baton Twirling is Catching	99
Ice Skating Classes	74	Summer Celebrations	49	Amazing Race Challenge	15	Beautiful Batiks	39
Learn-to-Swim	20	Summer Playgrounds	46	Art Picnic	39	BMX Clinics	100
Lights! Camera! Action!	62	Tappin Dumplins	45	B.I.K.E. Camp	58	Boxing	102
Little Chefs	57	Tennis	98	Ballet & Modern	45	Camp Picasso	38
Lunch Brunch Enrichment	50	Tot Lots	47	Balloon Theatre	60	CARA Track	99
Magical Mermaids	39	Tumble Bumble	45	Barnyard Experience	65	Cave Painters	38
Milk & Cookies Storytelling	65			Basketball	103	Challenger British Soccer Camps	100
Mini Moo Golf	64	6 years old		Baton Twirling is Catching	99	Cheerleading	102
Once Upon A Time in the Kitchen	57	Adaptive Swim Lessons ARO	21	BMX Clinics	100	Chessmates Chess Club	59
Outside Art	38	Afternoon Adventure	60	Camp Picasso	38	Costume Creations	61
Pee Wee Farmers	64	Amazing Athletes Camp	99	CARA Track	99	Create on Canvas	38
Petite Ballerinas	45	Amazing Race Challenge	15	Cave Painters	38	Creation Station	38
Pony Riding Lessons	64	Art Explosion	37	Challenger British Soccer Camps	100	Critter Condos	38
Pottery	40						

Diving	29	Challenger British Soccer Camps	100	Basketball	103	3v3 Summer Basketball League	104
Drawing, Cartooning	37	Cheerleading	102	Baton Twirling is Catching	99	4th of July	15
Electricity & Magnetism	57	Chessmates Chess Club	59	Beautiful Batiks	39	Adaptive Cycling Clinic ARO	79
Family Yoga	71	Costume Creations	61	BMX Clinics	100	Adaptive Swim Lessons ARO	21
Farm Camp out	64	Create on Canvas	38	Boxing	102	Aikido	99
Farm Daycamp	63	Creation Station	38	Camp Picasso	38	All American Picnic	15
Father's Day 5K	15	Critter Condos	38	CARA Track	99	Archery	99
Flag Football	105	Diving	29	Cave Painters	38	Art Picnic	39
Folded Art	39	Drawing, Cartooning	37	Cemetery Stroll	15	Babysitting Bootcamp	61
Garden Camp	46	Electricity & Magnetism	57	Challenger British Soccer Camps	100	Balloon Theatre	60
Girls Softball	103	Family Yoga	71	Cheerleading	102	Barnbuster Blowout Daycamp	63
Go Kart Camp	46	Farm Camp out	64	Chessmates Chess Club	59	Baseball for All ARO	102
Golf	98	Farm Daycamp	63	Costume Creations	61	Basketball	103
Graffiti Art	37	Father's Day 5K	15	Create on Canvas	38	Basketball Team	104
Graffiti Art	37	Flag Football	105	Creation Station	38	Baton Twirling is Catching	99
Guitar	62	Folded Art	39	Critter Condos	38	Beautiful Batiks	39
Hip Hop Dance	45	Garden Camp	46	Diving	29	BMX Clinics	100
Hula Fusion	45	Girls Softball	103	Drawing, Cartooning	37	Boxing	102
I Want To Be A Scientist	59	Go Kart Camp	46	Electricity & Magnetism	57	Camp Picasso	38
Ice Skating Classes	74	Golf	98	Family Yoga	71	CARA Track	99
Ice Theatre	15	Guitar	62	Farm Camp out	64	Cave Painters	38
Introduction to Painting	37	Hershey's Track & Field Games	99	Farm Daycamp	63	Cemetery Stroll	15
It's Only Rocket Science	59	Hip Hop Dance	45	Father's Day 5K	15	Challenger British Soccer Camps	100
Jump Rope Mini Camp	71	Hula Fusion	45	Fencing	98	Cheerleading	102
Just Tumbling	44	I Want To Be A Scientist	59	Fishing Trips	82	Chessmates Chess Club	59
Karate	70	Ice Skating Classes	74	Flag Football	105	Costume Creations	61
Kids Can Cook	57	Ice Theatre	15	Flowers Galore	39	Crazy Cakes	56
Kids on the Go Half Day Camp	47	Introduction to Painting	37	Folded Art	39	Creation Station	38
Learn-to-Swim	20	It's Only Rocket Science	59	Garden Camp	46	Delectable Desserts	56
Magic & Illusions	60	Jump Rope Mini Camp	71	Girls Softball	103	Diving	29
Marshmallow Launching Lunacy	59	Karate	70	Go Kart Camp	46	Drawing, Cartooning	37
Milk & Cookies Storytelling	65	Kids Can Cook	57	Golf	98	Electricity & Magnetism	57
Mini Moo Golf	64	Kids on the Go Half Day Camp	47	Graffiti Art	37	Family Yoga	71
Outdoor Rock Climbing	80	Learn-to-Swim	20	Guitar	62	Farm Camp out	64
Pony Camp	63	Magic & Illusions	60	Hershey's Track & Field Games	99	Farm Daycamp	63
Position Specialty Football Camps	106	Make It-Take It Cooking Club	57	Hip Hop Dance	45	Father's Day 5K	15
Pottery	40	Marshmallow Launching Lunacy	59	Hula Fusion	45	Fencing	98
Princess Tea Party	59	Milk & Cookies Storytelling	65	Ice Skating Classes	74	Fishing Trips	82
Rockin' in the Park	62	Mini Moo Golf	64	Ice Theatre	15	Flag Football	105
Shake Your Sillies	62	Mural Painting	38	Introduction to Painting	37	Flowers Galore	39
Sign Language for Kids	61	Outdoor Rock Climbing	80	It's Only Rocket Science	59	Folded Art	39
Skateboarding Camp	100	Pony Camp	63	Jump Rope Mini Camp	71	Garden Camp	46
Skyhawks Sports Camps	101	Position Specialty Football Camps	106	Karate	70	Girls Outdoor Volleyball	103
Stage Right to Drama	62	Pottery	40	Kids Can Cook	57	Girls Softball	103
Summer Adventure	47	Sew What?	60	Kids on the Go Half Day Camp	47	Girls Softball	104
Summer Playgrounds	46	Sign Language for Kids	61	Learn-to-Swim	20	Go Kart Camp	46
Survival in the Woods	46	Singer & Songwriters Camp	62	Magic & Illusions	60	Golf	98
Tackle Football	105	Skateboarding Camp	100	Make It-Take It Cooking Club	57	Graffiti Art	37
Tackle Football Camps	106	Skyhawks Sports Camps	101	Marshmallow Launching Lunacy	59	Guitar	62
Tennis	98	Stage Right to Drama	62	Milk & Cookies Storytelling	65	Hershey's Track & Field Games	99
To Dye for Tie-Dye	37	Summer Adventure	47	Mini Moo Golf	64	Hip Hop Dance	45
Wrestling	98	Summer Playgrounds	46	Mural Painting	38	Hula Fusion	45
Young Authors	60	Survival in the Woods	46	National Get Outdoors Day	15	Ice Skating Classes	74
Young Illustrators	60	Tackle Football	105	Outdoor Rock Climbing	80	Ice Theatre	15
		Tackle Football Camps	106	Pony Camp	63	Introduction to Painting	37
		Tennis	98	Position Specialty Football Camps	106	It's Only Rocket Science	59
9 years old		To Dye for Tie-Dye	37	Pottery	40	Jump Rope Mini Camp	71
3v3 Basketball Tournament	108	Twilight Tween Yoga	72	Sew What?	60	Karate	70
3v3 Summer Basketball League	104	Water Colors on the Pond	38	Sign Language for Kids	61	Kids on the Go Half Day Camp	47
4th of July	15	Wrestling	98	Singer & Songwriters Camp	62	Learn-to-Swim	20
Adaptive Cycling Clinic ARO	79	Young Authors	60	Skateboarding Camp	100	Magic & Illusions	60
Adaptive Swim Lessons ARO	21	Young Illustrators	60	Skyhawks Sports Camps	101	Make It-Take It Cooking Club	57
Aikido	99			Splash Drive-In	15	Marshmallow Launching Lunacy	59
All American Picnic	15	10 years old		Stage Right to Drama	62	Milk & Cookies Storytelling	65
Amazing Race Challenge	15	3v3 Basketball Tournament	108	Summer Adventure	47	Mini Moo Golf	64
Archery	99	3v3 Summer Basketball League	104	Summer Playgrounds	46	Mural Painting	38
Art Picnic	39	4th of July	15	Survival in the Woods	46	National Get Outdoors Day	15
B.I.K.E. Camp	58	Adaptive Cycling Clinic ARO	79	Tackle Football	105	Outdoor Rock Climbing	80
Balloon Theatre	60	Adaptive Swim Lessons ARO	21	Tackle Football Camps	106	Outrageous Cupcakes	56
Barnbuster Blowout Daycamp	63	Aikido	99	Tennis	98	Pizza!	56
Barnyard Experience	65	All American Picnic	15	To Dye for Tie-Dye	37	Pony Camp	63
Baseball for All ARO	102	Amazing Race Challenge	15	Twilight Tween Yoga	72	Position Specialty Football Camps	106
Basketball	103	Archery	99	Water Colors on the Pond	38	Pottery	40
Baton Twirling is Catching	99	Art Picnic	39	Wrestling	98	Sew What?	60
Beautiful Batiks	39	B.I.K.E. Camp	58	Young Authors	60	Sign Language for Teens	56
BMX Clinics	100	Balloon Theatre	60	Young Illustrators	60	Singer & Songwriters Camp	62
Boxing	102	Barnbuster Blowout Daycamp	63			Skateboarding Camp	100
Camp Picasso	38	Barnyard Experience	65	11 years old		Skyhawks Sports Camps	101
CARA Track	99	Baseball for All ARO	102	3v3 Basketball Tournament	108	Splash Drive-In	15
Cave Painters	38						

Stage Right to Drama	62	Marshmallow Launching Lunacy	59	Learn-to-Swim	20	Outrageous Cupcakes	56
Summer Adventure	47	Milk & Cookies Storytelling	65	Marshmallow Launching Lunacy	59	Over the Line ARO	97
Summer Playgrounds	46	Mini Moo Golf	64	Mini Moo Golf	64	Paintball	100
Survival in the Woods	46	Mural Painting	38	National Get Outdoors Day	15	Pizza!	56
Tackle Football	105	National Get Outdoors Day	15	Outdoor Rock Climbing	80	Pottery	40
Tackle Football Camps	106	Outdoor Rock Climbing	80	Outrageous Cupcakes	56	Poudre River Raft Trip ARO	79
Teen Jam Band	61	Outrageous Cupcakes	56	Pizza!	56	Rock Climbing & Camping Trips	82
Teen Supercamp Series	48	Pizza!	56	Pottery	40	Sign Language for Teens	56
Tennis	98	Pony Camp	63	Poudre River Raft Trip ARO	79	Singer & Songwriters Camp	62
Twilight Tween Yoga	72	Pottery	40	Rock Climbing & Camping Trips	82	Skyhawks Sports Camps	101
Water Colors on the Pond	38	Poudre River Raft Trip ARO	79	Sign Language for Teens	56	Splash Drive-In	15
Whitewater Rafting Trips	82	Rock Climbing & Camping Trips	82	Singer & Songwriters Camp	62	Surf Oregon	82
Wrestling	98	Sew What?	60	Skyhawks Sports Camps	101	Teen Camp Overnights	48
Young Authors	60	Sign Language for Teens	56	Splash Drive-In	15	Teen Improv	61
Young Illustrators	60	Singer & Songwriters Camp	62	Surf Oregon	82	Teen Jam Band	61
		Skateboarding Camp	100	Teen Camp Overnights	48	Teen Leadership Training	48
12 years old		Skyhawks Sports Camps	101	Teen Improv	61	Teen Supercamp Series	48
3v3 Basketball Tournament	108	Splash Drive-In	15	Teen Jam Band	61	Tennis	98
3v3 Summer Basketball League	104	Stage Right to Drama	62	Teen Supercamp Series	48	Ultimate Maine	82
4th of July	15	Summer Adventure	47	Tennis	98	Vegan Cooking	56
Active Teen Club ARO	56	Survival in the Woods	46	Vegan Cooking	56	Whitewater Rafting Trips	82
Adaptive Canoe Clinic ARO	79	Teen Camp Overnights	48	Whitewater Rafting Trips	82	Wrestling	98
Adaptive Cycling Clinic ARO	79	Teen Jam Band	61	Wrestling	98	Zumba	41
Adaptive Swim Lessons ARO	21	Teen Supercamp Series	48				
Adaptive Waterskiing ARO	79	Tennis	98	14 years old		15 years old	
Aikido	99	Twilight Tween Yoga	72	4th of July	15	4th of July	15
All American Picnic	15	Water Colors on the Pond	38	3v3 Basketball Tournament	108	3v3 Basketball Tournament	108
Archery	99	Whitewater Rafting Trips	82	3v3 Summer Basketball League	104	3v3 Summer Basketball League	104
Art Picnic	39	Wrestling	98	Active Teen Club ARO	56	Active Teen Club ARO	56
Babysitting Bootcamp	61	Young Authors	60	Adaptive Canoe Clinic ARO	79	Adaptive Canoe Clinic ARO	79
Backpacking Trips	82	Young Illustrators	60	Adaptive Cycling Clinic ARO	79	Adaptive Cycling Clinic ARO	79
Balloon Theatre	60			Adaptive Swim Lessons ARO	21	Adaptive Swim Lessons ARO	21
Barnbuster Blowout Daycamp	63	13 years old		Adaptive Waterskiing ARO	79	Adaptive Waterskiing ARO	79
Baseball for All ARO	102	4th of July	15	Aikido	99	Aikido	99
Basketball	103	3v3 Basketball Tournament	108	All American Picnic	15	All American Picnic	15
Basketball Team	104	3v3 Summer Basketball League	104	Archery	99	Archery	99
Baton Twirling is Catching	99	Active Teen Club ARO	56	Artistic Abilities ARO	32	Artistic Abilities ARO	32
Beautiful Batiks	39	Adaptive Canoe Clinic ARO	79	Babysitting Bootcamp	61	Babysitting Bootcamp	61
Belly Dancing	41	Adaptive Cycling Clinic ARO	79	Backpacking Trips	82	Backpacking Trips	82
BMX Clinics	100	Adaptive Swim Lessons ARO	21	Baseball for All ARO	102	Baseball for All ARO	102
Boxing	102	Adaptive Waterskiing ARO	79	Basketball Team	104	Basketball Team	104
Camp Picasso	38	Aikido	99	Belly Dancing	41	Belly Dancing	41
CARA Track	99	All American Picnic	15	Boxing	102	Boxing	102
Cave Painters	38	Archery	99	CARA Track	99	CARA Track	99
Cemetery Stroll	15	Artistic Abilities ARO	32	Cemetery Stroll	15	Cemetery Stroll	15
Challenger British Soccer Camps	100	Babysitting Bootcamp	61	Challenger British Soccer Camps	100	Clogging	42
Chessmates Chess Club	59	Backpacking Trips	82	Chessmates Chess Club	59	Crazy Cakes	56
Costume Creations	61	Baseball for All ARO	102	Clogging	42	Dancing with Don	42
Crazy Cakes	56	Basketball	103	Crazy Cakes	56	Delectable Desserts	56
Creation Station	38	Basketball Team	104	Dancing with Don	42	Diving	29
Delectable Desserts	56	Belly Dancing	41	Delectable Desserts	56	Family Yoga	71
Diving	29	Boxing	102	Diving	29	Farm Camp out	64
Electricity & Magnetism	57	CARA Track	99	Electricity & Magnetism	57	Father's Day 5K	15
Family Yoga	71	Cemetery Stroll	15	Family Yoga	71	Fencing	98
Farm Camp out	64	Challenger British Soccer Camps	100	Farm Camp out	64	Fused Glass, Bracelet, Pendant & Earring Set	34
Farm Daycamp	63	Chessmates Chess Club	59	Father's Day 5K	15	Girls Outdoor Volleyball	103
Father's Day 5K	15	Crazy Cakes	56	Fencing	98	Guitar	61
Fencing	98	Delectable Desserts	56	Fishing Trips	82	Henna Body Art	39
Fishing Trips	82	Diving	29	Fused Glass, Bracelet, Pendant & Earring Set	34	High School Basketball	104
Flowers Galore	39	Electricity & Magnetism	57	Girls Outdoor Volleyball	103	High School Triathlon Camp	71
Girls Outdoor Volleyball	103	Family Yoga	71	Guitar	61	Horsemanship	63
Girls Softball	103	Farm Camp out	64	Henna Body Art	39	Hunter Education	80
Go Kart Camp	46	Father's Day 5K	15	Hershey's Track & Field Games	99	Ice Skating Classes	74
Golf	98	Fencing	98	High School Basketball	104	Ice Theatre	15
Guitar	62	Fishing Trips	82	High School Triathlon Camp	71	Jump Rope Mini Camp	71
Henna Body Art	39	Flowers Galore	39	Horsemanship	63	Karate	70
Hershey's Track & Field Games	99	Girls Outdoor Volleyball	103	Hunter Education	80	Learn-to-Swim	20
Horsemanship	63	Girls Softball	103	Ice Skating Classes	74	Lifeguarding	29
Hula Fusion	45	Guitar	61	Ice Theatre	15	Mini Moo Golf	64
Hunter Education	80	Henna Body Art	39	It's Only Rocket Science	59	National Get Outdoors Day	15
Ice Skating Classes	74	Hershey's Track & Field Games	99	Jump Rope Mini Camp	71	Outdoor Rock Climbing	80
Ice Theatre	15	Horsemanship	63	Karate	70	Outrageous Cupcakes	56
It's Only Rocket Science	59	Hunter Education	80	Learn-to-Swim	20	Over the Line ARO	97
Jump Rope Mini Camp	71	Ice Skating Classes	74	Marshmallow Launching Lunacy	59	Paintball	100
Karate	70	Ice Theatre	15	Mini Moo Golf	64	Pizza!	56
Learn-to-Swim	20	It's Only Rocket Science	59	National Get Outdoors Day	15	Pottery	40
Magic & Illusions	60	Jump Rope Mini Camp	71	Outdoor Rock Climbing	80	Poudre River Raft Trip ARO	79
Make It-Take It Cooking Club	57	Karate	70				

Rock Climbing & Camping Trips	82	Over the Line ARO	97	Kickball	97	Dancing with Don	42
Sign Language for Teens	56	Paintball	100	Learn-to-Swim	20	Deep H2O Plus	31
Singer & Songwriters Camp	62	Painting, Beginning Acrylic	35	Lifeguarding	29	Deep H2O Workout	31
Splash Drive-In	15	Phamaly Performance ARO	54	Mini Moo Golf	64	Denver Zoo ARO	19
Surf Oregon	82	Photography, Beginning	35	National Get Outdoors Day	15	Drawing, Animals	33
Teen Camp Overnights	48	Photography, Intermediate to Advanced	35	Outdoor Rock Climbing	80	Drawing, Effective Perspective	33
Teen Improv	61	Pizza!	56	Over the Line ARO	97	End of Softball Celebration ARO	19
Teen Jam Band	61	Pottery	40	Paintball	100	Essential Cartooning	33
Teen Leadership Training	48	Poudre River Raft Trip ARO	79	Painting, Beginning Acrylic	35	Family Yoga	71
Teen Supercamp Series	48	Rock Climbing	80	Phamaly Performance ARO	54	Farm Camp out	64
Tennis	98	Rock Climbing & Camping Trips	82	Photography, Beginning	35	Father's Day 5K	15
Ultimate Maine	82	Sewing, Beginning	34	Photography, Intermediate to Advanced	35	Feltmaking, Purse	34
Vegan Cooking	56	Singer & Songwriters Camp	62	Pottery	40	Fencing	98
Whitewater Rafting Trips	82	Skein Painting & Dyeing	34	Poudre River Raft Trip ARO	79	Financial Classes	55
Wrestling	98	Softball	96	Rock Climbing & Camping Trips	82	First Saturdays	15
Zumba	41	Splash Drive-In	15	Sewing, Beginning	34	Fitness & Fun	30
		Stab Bookbinding Workshop	32	Singer & Songwriters Camp	62	Fitness Classes	66
16 years old		Surf Oregon	82	Skein Painting & Dyeing	34	Flag Football	97
4th of July	15	Teen Camp Overnights	48	Softball	96	Forever & A Day	15
3v3 Basketball Tournament	108	Teen Improv	61	Splash Drive-In	15	Fused Glass Pendants	34
3v3 Summer Basketball League	104	Teen Leadership Training	48	Stab Bookbinding Workshop	32	Fused Glass, Bracelet, Pendant & Earring Set	34
Active Teen Club ARO	56	Tennis	98	Surf Oregon	82	Gardens on Spring Creek Classes	72
Adapted Sign Language ARO	53	Ultimate Maine	82	Teen Camp Overnights	48	Gateway Park ARO	19
Adaptive Canoe Clinic ARO	79	Vegan Cooking	56	Teen Improv	61	Girls Outdoor Volleyball	103
Adaptive Cycling Clinic ARO	79	Volleyball	96	Teen Leadership Training	48	Guitar	53
Adaptive Swim Lessons ARO	21	Weaving, Beginning	34	Tennis	98	Guitar	61
Adaptive Waterskiing ARO	79	Whitewater Rafting Trips	82	Ultimate Maine	82	Hardcover Binding	32
Aikido	99	Wrestling	98	Vegan Cooking	56	High School Basketball	104
All American Picnic	15	Zumba	41	Volleyball	96	High School Triathlon Camp	71
Archery	99			Weaving, Beginning	34	Hikes	81
Artistic Abilities ARO	32	17 years old		Whitewater Rafting Trips	82	Horsemanship	63
Backpacking Trips	82	4th of July	15	Zumba	41	Hula Dance Fusion	41
Basketball	97	3v3 Basketball Tournament	108			Hunter Education	80
Basketball Team	104	3v3 Summer Basketball League	104	18 years old		Ice Skating Classes	74
Belly Dancing	41	Active Teen Club ARO	56	3v3 Basketball Tournament	108	Ice Theatre	15
Boxing	102	Adapted Sign Language ARO	53	3v3 Summer Basketball League	104	Indoor Skydiving	80
Cabin Camping Trip ARO	79	Adaptive Canoe Clinic ARO	79	4th of July	15	Indoor/Outdoor Sketching	32
Calligraphy Beginning	32	Adaptive Cycling Clinic ARO	79	Active Teen Club ARO	56	Inherit A Pitchfork	53
CARA Track	99	Adaptive Swim Lessons ARO	21	Adapted Sign Language ARO	53	Jazz, Beginning	41
Cemetery Stroll	15	Adaptive Swim Lessons ARO	79	Adaptive Canoe Clinic ARO	79	Jewelry Cold Connections Workshop	34
Clogging	42	Adaptive Waterskiing ARO	79	Adaptive Cycling Clinic ARO	79	Jewelry Foldforming Workshop	34
Crazy Cakes	56	All American Picnic	15	Adaptive Swim Lessons ARO	21	Just Once Piano for Busy People	54
Dancing with Don	42	Artistic Abilities ARO	32	Adaptive Swim Lessons ARO	79	Karate	70
Delectable Desserts	56	Backpacking Trips	82	Adaptive Waterskiing ARO	79	Kickball	97
Diving	29	Basketball	97	Aerobics	69	Learn-to-Swim	20
Drawing, Animals	33	Basketball Team	104	Affordable Care Act	53	Lifeguarding	29
Drawing, Effective Perspective	33	Belly Dancing	41	Afternoon Tea	54	Line Dance	44
Family Yoga	71	Boxing	102	All American Picnic	15	Lotions & Potions, Body Care	33
Farm Camp out	64	Cabin Camping Trip ARO	79	Aqua Box	31	Martial Arts	70
Father's Day 5K	15	Calligraphy Beginning	32	Aqua Natal	30	Mary Todd Lincoln	15
Feltmaking, Purse	34	Cemetery Stroll	15	Archery	79	Mini Moo Golf	64
Fencing	98	Clogging	42	ARTiculture	15	Modern Dance	44
Flag Football	97	Dancing with Don	42	Artistic Abilities ARO	32	Monthly Themed Dances ARO	19
Fused Glass, Bracelet, Pendant & Earring Set	34	Diving	29	Aspen Club Presentations	56	Mountain View Picnic	80
Girls Outdoor Volleyball	103	Drawing, Animals	33	Ballet	41	Movie Nights ARO	18
Guitar	61	Drawing, Effective Perspective	33	Basic H2O	30	MS Aqua ARO	30
Hardcover Binding	32	Family Yoga	71	Basketball	97	National Get Outdoors Day	15
Henna Body Art	39	Farm Camp out	64	Basketball Team	104	Open Shop	33
High School Basketball	104	Father's Day 5K	15	Beach Party ARO	19	Outdoor Rock Climbing	80
High School Triathlon Camp	71	Feltmaking, Purse	34	Belly Dancing	41	Over the Line ARO	97
Horsemanship	63	Fencing	98	Bingo/Ice Cream Social ARO	18	Paintball	100
Hula Dance Fusion	41	Flag Football	97	Bob Ross Style Painting	35	Painting, Beginning Acrylic	35
Hunter Education	80	Fused Glass, Bracelet, Pendant & Earring Set	34	Bowling ARO	18	Park Games ARO	18
Ice Skating Classes	74	Girls Outdoor Volleyball	103	Boxing	102	Phamaly Performance ARO	54
Ice Theatre	15	Guitar	61	Buena Vista Rafting Trip	79	Photography, Beginning	35
Indoor/Outdoor Sketching	32	Hardcover Binding	32	C.H.A.T.	33	Photography, Intermediate to Advanced	35
Jewelry Cold Connections Workshop	34	High School Basketball	104	Cabin Camping Trip ARO	79	Pilates	70
Jewelry Foldforming Workshop	34	High School Triathlon Camp	71	Calligraphy Beginning	32	Pooch Plunge	15
Jump Rope Mini Camp	71	Horsemanship	63	Cemetery Stroll	15	Porcelain Painting, Advanced	35
Karate	70	Hula Dance Fusion	41	Classics	31	Porcelain Painting, Beginning	35
Kickball	97	Hunter Education	80	Clogging	42	Porcelain Painting, Intermediate	35
Learn-to-Swim	20	Ice Skating Classes	74	Colorado Day Celebration	15	Pottery	36
Lifeguarding	29	Ice Theatre	15	Computer Classes	52	Poudre River Raft Trip ARO	79
Mini Moo Golf	64	Indoor/Outdoor Sketching	32	Cooking	52	Publish Your Memoir, Autobiography, Life Story	54
National Get Outdoors Day	15	Jewelry Cold Connections Workshop	34	Cooking ARO	18	Qi Gong	70
Outdoor Rock Climbing	80	Jewelry Foldforming Workshop	34	CPR & First Aid	53	Quilting Quorum	33
Outrageous Cupcakes	56	Karate	70	Crafts ARO	18		

Rafting the Poudre	80	Lotions & Potions, Body Care	33	Wildflower Hikes	79	All American Picnic	90
Reflexology	56	Open Shop	33	Special Events		Cemetery Stroll	90
Restaurant Night	18	Painting, Beginning Acrylic	35	4th of July	15	Colorado Day Celebration	90
Rockies Game ARO	19	Photography, Beginning	35	All American Picnic	15	First Saturdays	15
Scroll Saw Projects	35	Photography, Intermediate to Advanced	35	ARTiculture	15	Forever & A Day	90
Sewing, Beginning	34	Porcelain Painting, Advanced	35	Cemetery Stroll	15	Mary Todd Lincoln	90
Skein Painting & Dyeing	34	Porcelain Painting, Beginning	35	Colorado Day Celebration	15	Summer Fest	90
Soap Making	33	Porcelain Painting, Intermediate	35	Father's Day 5K	15	Tribute Series	90
Softball	96	Pottery	36	Forever & A Day	15	Topical Discussions	
Splash Drive-In	15	Quilting Quorum	33	Ice Theatre	15	Donut It Make You Wonder?	89
Stab Bookbinding Workshop	32	Quilting Quorum	33	Mary Todd Lincoln	15	Trips & Travel	
Story Keeping	54	Scroll Saw Projects	35	National Get Outdoors Day	15	Alan Jackson	92
Stretch & Tone	30	Sewing, Beginning	34	Pooch Plunge	15	Argo Gold Mine Tour	91
Stretching	71	Skein Painting & Dyeing	34	Splash Drive-In	15	Bee Family Farm	91
Surf Oregon	82	Soap Making	33	Tribute Series	15	Big River at the Candlelight Dinner Theater	94
Tai Chi	70	Stab Bookbinding Workshop	32	Sports		California Trip	95
Teen Leadership Training	48	Weaving, Beginning	34	3v3 Basketball Tournament	108	Carmen in Central City	93
Tennis	98	Dance & Movement		Basketball	97	Casino Tour	91
Travel Classes	55	Ballet	41	Boxing	102	Cats at Boulder Dinner Theater	91
Tribute Series	15	Belly Dancing	41	Fencing	98	Cheyenne Frontier Days	94
Twinges in the Hinges ARO	30	Clogging	42	Flag Football	97	Darius Rucker & Sara Evans	94
Twinges Plus	30	Dancing with Don	42	Kickball	97	Doc Hollidays Casino	94
Unified Softball ARO	97	Hula Dance Fusion	41	Over the Line ARO	97	Downtown Denver	95
Vegan Cooking	56	Jazz, Beginning	41	Softball	96	Eastern Colorado Tour	95
Volleyball	96	Line Dance	44	Tennis	98	Fortune Valley Casino	95
Weaving, Beginning	34	Modern Dance	44	Unified Softball ARO	97	Global Museum Tour	95
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Yoga	71	Education				Lady Luck Casino	93
Zumba	41	Adapted Sign Language ARO	53	50 years & up		Larimer County History	95
Adult		Affordable Care Act	53	All classes in Adult (19 & up)		Loveland Tour	92
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Aqua Fitness		Aspen Club Presentations	56	Bridge Mentoring	89	New Mexico Trip	92
Aqua Box	31	Computer Classes	52	Cards & Games	89	One-Act Opera	94
Aqua Natal	30	Cooking	52	Duplicate Bridge	89	Out to Lunch	91
Basic H2O	30	CPR & First Aid	53	Party Bridge	89	Rock of Ages	93
Classics	31	Financial Classes	55	Pinochle	89	Rockies v Braves	94
Deep H2O Plus	31	Guitar	53	Clubs & Organizations		Rockies v Phillies	95
Deep H2O Workout	31	Inherit A Pitchfork	53	"AOA" Badminton Players	86	Rockies v Royals	93
Fitness & Fun	30	Just Once Piano for Busy People	54	Adventure Travel Club	86	Rockies v Tigers	92
MS Aqua ARO	30	Phamaly Performance ARO	54	C.H.A.T.	86	Say Goodnight Gracie	91
Stretch & Tone	30	Publish Your Memoir, Autobiography, Life Story	54	Front Range Forum	87	Snowy Range & Lunch	95
Twinges in the Hinges ARO	30	Reflexology	56	Harmonettes	87	Toby Keith	94
Twinges Plus	30	Story Keeping	54	Men's Tennis Group	87	Traveling Gourmet	92
Aquatics		Travel Classes	55	Older Gay Lesbian Bisexual Transgender	87	Vail Adventure	95
Adaptive Swim Lessons ARO	21	Vegan Cooking	56				
Learn-to-Swim	20	Farm					
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ARO		Mini Moo Golf	64				
Beach Party	19	Fitness					
Bingo/Ice Cream Social	18	Aerobics	69				
Bowling	18	Family Yoga	71				
Cooking	18	Fitness	66				
Crafts	18	Karate	70				
Denver Zoo	19	Karate	70				
End of Softball Celebration	19	Martial Arts	70				
Gateway Park	19	Pilates	70				
Monthly Themed Dances	19	Qi Gong	70				
Movie Nights	18	Stretching	71				
Park Games	18	Tai Chi	70				
Restaurant Night	18	Yoga	71				
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Arts & Crafts		Gardens on Spring Creek Classes	72				
Artistic Abilities ARO	32	Ice Skating					
Bob Ross Style Painting	35	Ice Skating Classes	74				
C.H.A.T.	33	Outdoor Recreation					
Calligraphy Beginning	32	Adaptive Canoe Clinic ARO	79				
Drawing, Animals	33	Adaptive Cycling Clinic ARO	79				
Drawing, Effective Perspective	33	Adaptive Waterskiing ARO	79				
Essential Cartooning	33	Archery	79				
Feltmaking, Purse	34	Buena Vista Rafting Trip	79				
Fused Glass Pendants	34	Cabin Camping Trip ARO	79				
Fused Glass, Bracelet, Pendant & Earring Set	34	Hikes	81				
Hardcover Binding	32	Hunter Education	80				
Indoor/Outdoor Sketching	32	Indoor Skydiving	80				
Jewelry Cold Connections Workshop	34	Mountain View Picnic	80				
Jewelry Foldforming Workshop	34	Outdoor Rock Climbing	80				
		Poudre River Raft Trip ARO	79				
		Rafting the Poudre	80				
		Rock Climbing	80				

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