



WINTER REGISTRATION STARTS NOVEMBER 17 AT 7:00 AM

Recreator



WINTER 2011/2012  



Register **NOW**: Winter Sports

at Northern Colorado's Largest **INDOOR** Sports Center

Daytime Pre-School Sports

Boys & Girls • Ages 3 - 5 • Call for days & times
New sessions every six weeks • Join anytime, cost pro-rated

Kinder Kickers Soccer • **First Baseball**
Quick Start Tennis • **First Football**
First Golf



Instructional Soccer Leagues

Girls & Boys • Ages U5-U11
Six-week sessions start: 11/2, 1/9, 2/14

Multi-Sport Day Camps

Explore & learn the basics of four different sports per day • Girls & Boys • Grades K - 6

- On All PSD School Days Off
- "Black Friday" 11/25
- "Drop & Shop" Camps 12/19-23
- New Year's Week Camps 1/2-6

2012 Sports Clinics

- **Baseball** w/ College Coaches
Grades: 5-12 1/21-22
- **Baseball** Small Group Hitting
Grades: 1-8 Six weeks starts 1/9
- **Baseball** Level-III Pre-Tryout
Ages: 8-12 2/20-23
- **Volleyball** "School's Out" Clinics
Grades: 3-6 1/16 & 2/20
- **Volleyball** Middle School Pre-Tryout
Grades 6-8: 2/13-17

2011 Sports Clinics

- **Baseball** w/ College Hitting Coaches
Grades 5-12 11/26-27
- **Daily Baseball Instruction**
w/ Fort Collins Foxes
Grades K-8 12/17-1/14

Winter Break Camps

- **Baseball** w/ Fort Collins Foxes
Grades PK-8 12/28-30
- **Recreational Softball**
Grades K-8 12/28-30
- **Volleyball**
Grades 3-8 12/28-30
- **Boys Lacrosse**
Grades 1-8 1/4 - 6
- **Girls Lacrosse**
Grades 1-8 1/4 - 6
- **Junior Golf** w/ Hanrahan Golf
Ages 6 - 12+ 1/4 - 6

Strength & Conditioning Programs - NEW!!!

- Get to the next level of performance!
- For HS & Middle School Athletes
- Experienced Collegiate-Level Coaches
- Available Year-round

Indoor Soccer Leagues

Boys & Girls

- **U11 - High School** Jan - Feb
- **U5-U9 & U10** Intermediate March

Adult Boot Camp - NEW!!

- Work out for just a couple of days per week and get some serious results!
- No membership fees - Pay as you go
- Free classes for consistent workouts!

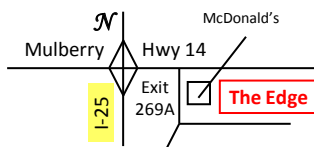


Locally owned & Operated by Phil & Pat Ebersole

For Details & Registration
edgesportscenter.com
970.472.0048



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EASY ACCESS at I-25 & Highway 14
4450 Denrose Ct. Fort Collins

Sponsored by:



POUDRE VALLEY
HEALTH SYSTEM

BIRTHDAY PARTIES • **BATTING CAGES** • **BASEBALL & SOFTBALL INSTRUCTION** • **FIELD TRIPS** • **MEETING ROOM**

Another Day in **PARADISE**

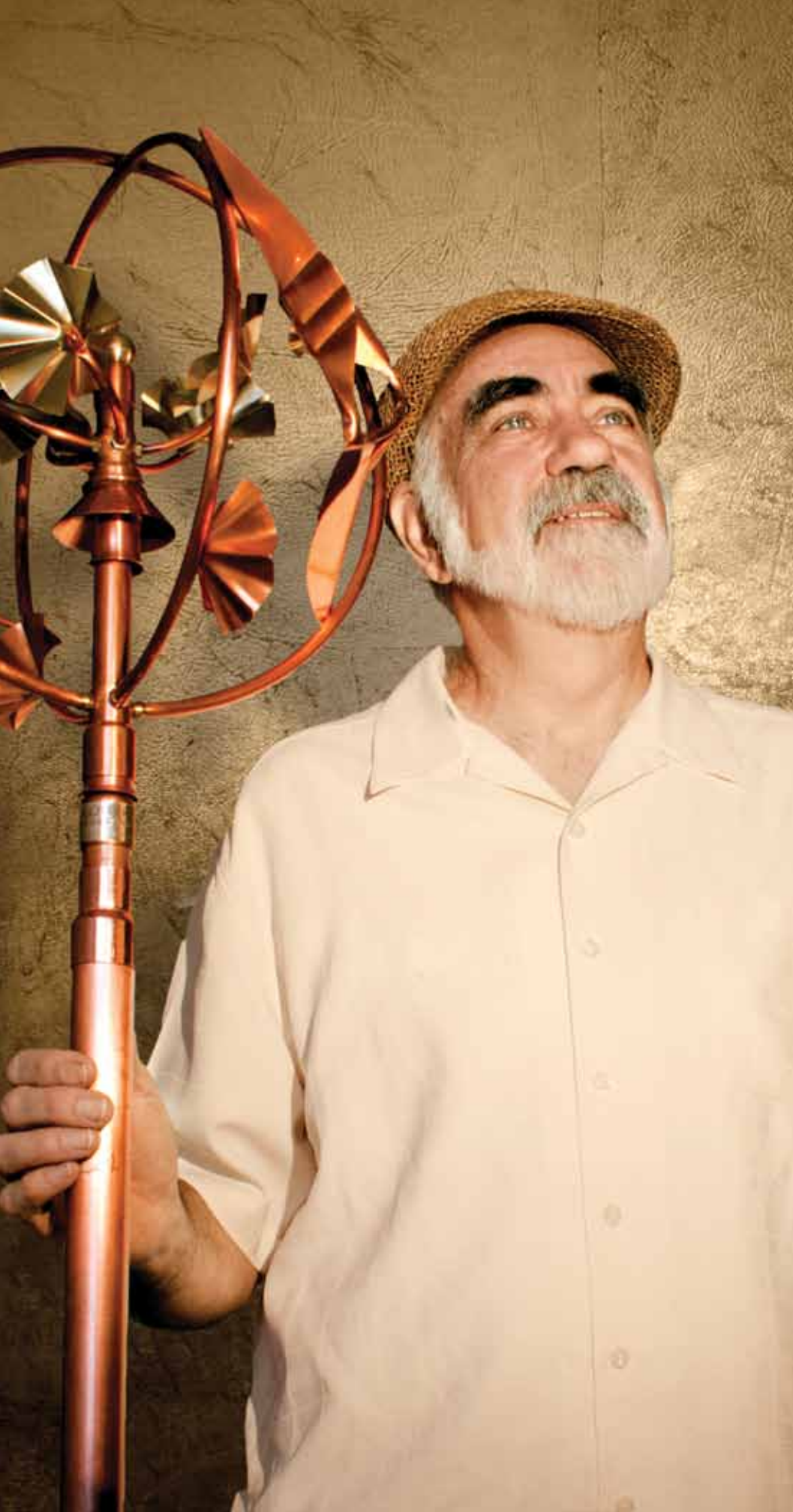
QUALITY BRANDS YOU CAN TRUST



1200 N College Ave • Fort Collins • (970) 221-0544 • www.jaxgoods.com

Grown-Up And Still Having FUN!





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FROM THE RECREATION DIRECTOR



Fellow Recreators,

In my first three months as the Recreation Department's new Director, I have been extremely impressed with the quality and diversity of our services and offerings. Your Recreation Department works hard to offer you thousands of life enriching programs while maintaining several impressive facilities throughout the community. I am proud to be a member of this team and I look forward to meeting more participants and learning about your recreational needs and expectations. As we look forward to a bright and fun future, please feel free to contact me with any questions or comments.

As you explore the following pages I am certain you will find something that interests you and your family. From youth activities to senior events and programs, you'll discover a variety of fun winter-time adventures. Recreation's facilities offer you a warm and friendly place to workout, swim and meet new friends. The opportunities for cold-weather fun and fitness are endless and they all start right here with the Recreator.

While holiday shopping this season I encourage you to consider offering family or friends the "gift of wellness" with one of our convenient, flexible and affordable Superpasses. More information can be found throughout the "Recreator" or online at fcgov.com/superpass.

Thank you for allowing me the opportunity to serve you in my new role as Recreation Director. I will work hard to uphold your expectations while pursuing new and innovative recreational programs, concepts and services.

Wishing you a cheerful, healthy and active holiday season,



Bob Adams
Recreation Director

ON THE COVER

Alisa Matsuura, Ice Skater and Recreator, Krista Nero, Swimmer and Recreator, and Robert Howard, Artist and Recreator.

OPPOSITE PAGE

Robert Howard, Artist and Recreator.
All photos by Ryan Burke



City of Fort Collins Parks and Recreation Board

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Mike McDonnell

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The Farm

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Aquatics

Renee Lee
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Sports and Youth Programs

Barb Schoenberger
Adult Programs

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Ice Skating

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Community Relations and Marketing

Jill Walusis
Public Relations and Communications

Contact Information

Registration and Programs
970.221.6655
recreation@fcgov.com

Advertising, Partnerships and Sponsorships
970.221.6875
recreator@fcgov.com

The **Recreator** is published quarterly by the City of Fort Collins Recreation Department, 215 North Mason, Third Floor, PO Box 580, Fort Collins, Colorado, 80522. For subscription information please visit fcgov.com/recreator.

 **Online**

Online registration begins at **7:00 AM on November 17**. 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 **November 17** 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 **November 17 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.

970.221.6256 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 November 17. 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 EPIC 970.221.6683 ext. 3, and for all other activity cancellations/transfers, please call Recreation (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.

Convenient care for people on the go.

You shouldn't have to put your life on hold for a doctor's appointment. Our fully staffed offices, Urgent Care clinic, on-site labs and instant electronic records system are designed to provide timely, convenient healthcare for patients of all ages. Because wellness is important, and illness won't wait, our priority is to schedule appointments at your convenience.

With seven full-service offices in Northern Colorado, we're in your neighborhood — close to home, close to work and close to play.

www.afmfc.com



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

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

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

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

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

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

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

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

(managed by AFM for PVHS)



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	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 & up	\$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

Lap Swim and Recreational Swim

November 8 - February 29

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 will begin practices November 11. Practices are held daily 5:30-7:00 AM and 3:15-5:15 PM. Meets are held on Tuesdays and Thursdays. No lanes will be available after 3:00 PM on those days. Swim meet days and lane availability posted at www.fcgov.com/epic.

Ice Arena

November 8 - February 29

M-F	9:00 - 11:00 AM
M	3:30 - 5:15 PM
Tu, Th	7:30 - 9:00 PM
F	5:15 - 7:00 PM
Sa	12:15 - 1:45 PM 4:30 - 6:30 PM
Su	12:15 - 2:00 PM

Holiday Hours

December 21 - January 6

M-F	9:00 - 11:00 AM 1:15-3:15 PM 6:00-8:00 PM
Sa*	12:15-1:45 PM 4:30-6:30 PM
*December 24 Only: 11:30 AM-1:00 PM	
Su	12:15-2:00 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 & up	\$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

November 8 - February 29, 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:** 11/23, 11/24, 11/25, 11/28, 12/22-1/8, 1/16, 2/20.

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. Please check at the front desk for closure times.

Closures

Entire Facility

November 24	December 24, Close at 1:00 PM	December 25	December 31, Close at 3:00 PM	January 1, 2012
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Entire Pool

December 9, Close at 3:00 PM	December 10 & 11	January 6, Close at 3:00 PM	January 7 & 8	February 10, Close at Noon	February 11
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Ice Arena

November 15-19	December 1, 7:30-9:00 PM only	December 15, 7:30-9:00 PM only	December 16, 5:15-7:00 PM	December 17 & 18
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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 (April - October)
- The Farm Store
- Special events

Fees and Admission

Age	Single Admission	10 Admissions	25 Admissions
Under 2	No Fee		
Attendant	No Fee		
Ages 2 & up	\$2.50*	\$20.00	\$50.00

*Beginning January 1, 2012, the fee will be \$3.00.

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.

Hours

November - April 1

W-Sa 10:00 AM-4:00 PM
Su Noon-4:00 PM

Farm Closures

November 24
December 25-January 1

Pony Riding will be back April 2012!

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 a 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.



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 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

Pottery classes

There are classes to meet almost any age range. Classes are available for 3 years and up. See pages 32 and 34.

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 Steve Dietemann 970.224.6028.

Closures

The Pottery Studio will be closed on November 24 & 25 and December 14 through January 9.



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, a Rock Garden 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.

<p>Facility Profile</p> <ul style="list-style-type: none"> ▪ Display gardens ▪ Community events ▪ Adult & youth gardening programs ▪ Garden & room rentals 	<p>Fees and Admission</p> <p>General admission to The Gardens on Spring Creek is free to the public. \$2 per person or \$5 per family suggested donation is appreciated. Programs and/ or special events may have a fee.</p>	<p>Friends of the Gardens on Spring Creek</p> <p>The Friends is a non-profit 501(c)3 whose mission is to increase community awareness of and active involvement in the Gardens on Spring Creek.</p>												
<p>Hours</p> <p>M-F 9:00 AM – 5:00 PM Sa 9:00 AM – 4:00 PM Su Closed</p> <p>Special Hours</p> <p>11/24 Closed 12/24 Open 9:00 AM-2:00 PM 12/25 Closed 12/31 Open 9:00 AM-2:00 PM 1/3, 1/16, 2/20 Closed</p>	<p>More Information on page 62</p> <p>For more information on The Gardens please see The Gardens section in this issue of the <i>Recreator</i> on page 62. Visit fcgov.com/gardens or call 970.416.2486 for updated information, schedules and event details.</p>	<p>Membership Benefits</p> <p>Discount on classes at The Gardens Discount on select merchandise 10% discount at participating nurseries</p> <p>Membership Levels</p> <table border="0"> <tr> <td>Individual</td> <td>\$35</td> <td>Supporting</td> <td>\$100</td> </tr> <tr> <td>Family</td> <td>\$60</td> <td>Contributing</td> <td>\$250</td> </tr> <tr> <td>Student</td> <td>\$20</td> <td>Sustaining</td> <td>\$500</td> </tr> </table>	Individual	\$35	Supporting	\$100	Family	\$60	Contributing	\$250	Student	\$20	Sustaining	\$500
Individual	\$35	Supporting	\$100											
Family	\$60	Contributing	\$250											
Student	\$20	Sustaining	\$500											

RECREATION FACILITIES / GOLF COURSES



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.

- 9 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.

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

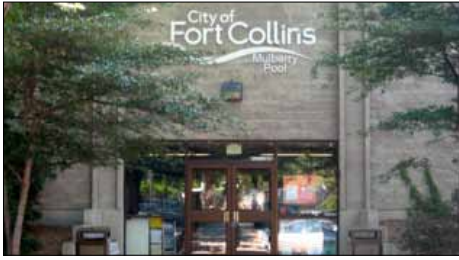


SouthRidge Golf Club

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
- 6,690 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. Mulberry Pool is popular with lap swimmers looking for an early morning or mid-day workout and is the home of the Vortex Swim Club.

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
November 7 - December 8**

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

December 9 - January 15

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

January 16 - February 29

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

Please Note

High School swim teams will begin practices November 11. Practices are held M-F 5:30-6:45 AM and 3:15-5:15 PM. For lane availability please call or visit www.fcgov.com/mulberrypool.

Closures

November 24
December 24, 25
December 31, Close at 3:00 PM
January 1, 2012

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.

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.

Fees and Admission

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

Towel rental available for 50 cents per towel.

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.

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

November 8 - February 29, 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:** 11/23, 11/24, 11/25, 11/28, 12/22-1/8, 1/16, 2/20.

Two Buck Sundays

Admission is just \$2 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 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 \$50/hour plus swimmers at \$2.75/person OR the balcony birthday area for \$40/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.



Northside Aztlan Center | 112 E. Willow | 970.221.6256 | 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

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 call 970.221.6353.

Special Hours

November 23	Closed at 5:00 PM
December 31	Closed at 1:00 PM

Closures

- November 24
- December 24, 25
- January 1

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. Call 970.221.6723 for more information.

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	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 & up	\$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 & up	\$27.00	\$66.00	\$300.00	✓ Mulberry Pool
				✓ Northside Aztlan
				✓ Senior Center

Have your next birthday party at Northside!

Choose from an active indoor gym party or an exciting themed party. Party hosts are available to lead your group in craft and/or cooking activities making for a stress free day for you! For more information please call 970.221.6723. Parties age appropriate for 3-10 year olds. Special requests will be considered.

Youth Nights

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

Grade: 1-12

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 970.221.6256 for more information.

Dinner: Ongoing	M-F	5:00-6:00 PM	Free (\$2 per adult)
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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, Th	Noon	Suggested Donation \$2.50
Senior Center	M, Tu, Th, F	Noon	Suggested Donation \$2.50



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

The Senior Center was recognized 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 10:00 AM - 9:00 PM

Swim and Lap Hours

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

Special Hours

November 23 Closed at 5:00 PM
 November 25-26 Closed for drop-in
 December 31 Closed at 3:00 PM

Closures

November 24 Thanksgiving
 December 24, 25 Christmas
 January 1 New Year's Day

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.

Fitness Fees and Admission

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

Please Note

In 2012 we will eliminate 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 - Fitness Drop-in

Age	10 Admissions	25 Admissions	Annual Pass
Adult 18-54	\$33.00	\$81.00	\$450.00
Older Adult 55 & up	\$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 beginning at a minimum of \$25, and 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 73.

Members Only Information in Recreator

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.

Index of Senior Activities, Programs & Events in the Recreator

Aqua Fitness	26	Fitness	56	Services	76
Arts & Crafts	29	Gardening	62	Events	79
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Dance	35	Outdoor Recreation	70	Trips & Travel	81
Education	45	Clubs/Organizations	75	Calendar of Events	15

Senior Center Staff

Bill Borland	Maintenance	970.224.6079
Peggy Bowers	Recreation Manager	970.221.6357
Greg Daley	Volunteer, Outreach & Marketing	970.224.6136
Steve Dietemann	Arts & Crafts, Pottery	970.224.6028
Christian Hecker	Administration	970.224.6025
Jennifer Kaylor	Outdoor Recreation	970.416.2267
Pat Moore	Dance, Special Events & Social Opportunities	970.224.6033
Kelly Meyer	Rentals	970.224.6113
John Pfeiffenberger	Travel & Marketing	970.224.6030
Greg Roberts	Facility Assistant	970.224.6007
Barbara Schoenberger	Adult Programs	970.224.6026
Katie Stieber	Education, Fitness, Wellness	970.224.6029



Old Town Ice Rink

19 Old Town Square (Walnut & Linden)
970.221.6683
fcgov.com/recreation

The Old Town Ice Rink is just one of several enhancements to the downtown atmosphere this holiday season. The rink was provided through a partnership between the City of Fort Collins, the Downtown Development Authority, and the Downtown Business Association.

For information on private rentals please call 970.221.6203.

Old Town Ice Rink Fees & Admission

Age	Single Admission	Skate Rental
All Ages	\$2.00	\$1.00

Hours

November 19-December 21 *

M-F	4:00-7:00 PM
Sat	11:00 AM-7:00 PM
Sun	Noon-5:00 PM

December 22-January 6 *

M-Sat	Noon-7:00 PM
Sun	Noon-5:00 PM

January 7-January 29 *

Fri	4:00-6:00 PM
Sat	Noon-6:00 PM
Sun	1:00 - 5:00 PM

***Special Hours**

November 23	Noon-6:00 PM
December 24	11:00 AM-3:00 PM
December 31	Noon-10:00 PM
January 16	Noon-5:00 PM

Closed

November 24
December 25
January 1

Adult Skate (18 years & up)

12/2, 12/16	7:00-9:00 PM
1/6, 1/20	6:00-8:00 PM



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.



City Park Pool

1599 City Park Drive
fcgov.com/cityparkpoolandtrain

The leisure pool will open May 26, 2012. If you are interested in renting City Park Pool, please call 970.221.6202.



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.

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/Club Tico	970.224.6113	Youth Activity Center	970.221.6309
Northside Aztlan	970.221.6256	Parks/Park Shelters	970.221.6660
EPIC	970.221.6683	Lincoln Center	970.221.6735
Mulberry Pool	970.221.6657	Museum	970.221.6738
The Farm	970.221.6665	The Gardens	970.416.2486

Special Events

Adult

A Seasonal Celebration with Nat King Cole 

Celebrate the holidays with fine wine, a three-course dinner, and music made memorable by the famous Nat King Cole. Stroll down memory lane with favorites such as "Mona Lisa," "Unforgettable," and "The Christmas Song." Leonard E. Bartlett, Denver actor and singer will cover the songs of Nat King Cole in this dynamic performance.

Note: Cash bar Transportation available upon request 970.221.6644.
12/13 Tu 6:00-8:30 PM \$16 member/\$20 non-member

Home for the Holidays

SOAP (Slightly Older Adult Players) Troupe will present their annual holiday show. Happy Holidays with vignettes from USO Shows and White Christmas. Tickets are available in advance at the front desk of the Senior Center or at show times.

Age: All

Location: Senior Center

12/2	F	1:30-2:30 PM	\$5
12/2	F	7:00-9:00 PM	\$5
12/3	Sa	2:00-4:00 PM	\$5

Historical Cafe: Molly Brown

Margaret "Molly" Brown's story has been so muddled with myth and romantic notion that she wouldn't recognize some of the depictions of her life. Margaret Brown was a feminist and reformer who spent a great deal of her life working for social and labor reform. She had no idea that the ocean liner Titanic was going to sink and that her part in the tragedy would make her famous. She used that notoriety to further her other work. Margaret Brown was indeed unsinkable in so many ways. Mary Jane Bradbury, the performer, notes "My portrayals of women in history combine my passion for history, teaching and speaking." Titanic lunch included.

Age: 50 years & up

Location: Senior Center

Note: Door-to-Door transportation available upon request.

1/25 W 11:30 AM-1:30 PM \$16 member/\$20 non-member

Winter Whimsy

Designed especially for women, this event will feature a lively place for ladies of all ages to enjoy the music, dancing, prizes, auctions, food, drink, friends and a whole lot of fun. The band performing at the event is "She Groovez" playing R & B and fusion music.

Age: 18 years & up

Location: Senior Center

Note: Tickets in advance \$45, \$50 at the door.

1/20 F 6:00-10:00 PM \$45 advance
\$50 at the door

Moonlight & Roses: Memories

Come celebrate your anniversary with a memorable evening. This evening will also provide a chance to specifically honor those celebrating their Golden "50" year anniversary and above. Attendees will have the opportunity to share stories of their love over a three-course meal with wine. Come and dance the evening away with your friends and family.

2/19 Su 4:00-6:00 PM \$12

Teen

ACTIVE TEENS Ice Social 

You're invited to an Ice Skating Social with Adaptive Recreation Opportunities and the CSU TGIF program. It will be a festive, fun night!

Age: 13-18 years

Location: Edora Pool Ice Center

Note: TGIF members can also pay the drop in fee at the door. Contact Renee to RSVP or for information, 970.224.6027, rlee@fcgov.com
12/2 F 5:00-7:00 PM \$8 14627-01

Teen Trips & Events Email List

It's free info all year. Our trips and events are sometimes sporadic and unpredictable like your teen. Sign up to get on our email list so you will be the first to know about an upcoming trip or event. This is a great way to make sure you are up to date on all events!

Age: 12-18 years

Location: Northside Aztlan Center

Note: Make sure you have a valid email address and phone number!
Ongoing No Fee 15801-01

Snow Tubing Trips

Join us for a day tubing up near Red Feather! Tube and lift ticket are included so dress for the weather!

Age: All

Location: Northside Aztlan Center

12/17	Sa	9:00 AM-4:00 PM	\$38	15806-01
12/28	W	9:00 AM-4:00 PM	\$38	15806-02
2/4	Sa	9:00 AM-4:00 PM	\$38	15806-03
2/20	M	9:00 AM-4:00 PM	\$38	15806-04

Youth Night

Every Thursday is your night! Arena Football, Dodgeball, Indoor Soccer, Ping Pong, Dance, Fitness, Madden Tournaments, Food, Prizes, Field Trips and much more! All free, all night!

Age: All

Location: Northside Aztlan Center

Note: Planned activities start at 6:00 PM.

12/1-2/23 Th 3:00-9:00 PM No Fee 15854-01

Ski & Snowboard Trips

Grab your friends and join us for a full day of skiing or snowboarding at Winter Park. Participants are responsible for bringing their own gear and clothing. Lift ticket is included in the trip fee. Already have a Winter Park pass? Call 970.224.6032 to register for transportation.

Grade: 5-12

Location: Northside Aztlan Center

Note: Parents must sign a waiver before participants are allowed to board the bus to the ski resort. Fifth graders can use their Ski Colorado Pass, but must bring a paying adult chaperone for every two fifth graders. Please bring a lunch and snacks or money to buy them. Partially discountable.

1/6	F	6:00 AM-6:00 PM	\$60	15730-01
12/17	Sa	6:00 AM-6:00 PM	\$60	15730-02
1/21	Sa	6:00 AM-6:00 PM	\$60	15730-03
2/25	Sa	6:00 AM-6:00 PM	\$60	15730-04

Transportation Only

12/17-2/25	Sa	6:00 AM-6:00 PM	\$24	15730-05
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Hip Hop Expo

Step it up and get down with your moves at the Hip Hop Expo 2012! Convention style demos, performances, teaching, team competitions, live street art, food, and more fun will highlight the night! Co-sponsored by Poudre School District, Team Fort Collins, and the City of Fort Collins Recreation Department.

Age: All

Location: Northside Aztlan Center

Note: For more information call 970.221.6729.

3/3 Sa 6:00-10:00 PM TBA at the door

Youth

Club 45 @ The Qdoba Events Center

Kids! Come and join us for the greatest night out ever! This series of night out events are especially geared toward kids in 4th and 5th grades. Fun, safe and supervised; kids will be entertained by a variety of fun and challenging activities which will include games, sports, contests (with prizes) and playing on inflatables. Don't forget to bring money for concessions. Limited transportation may be available for an additional fee. Please call 970.221.6256 or 970.416.2528 for more information. Pre-registration required.

Grade: 4-5

Location: Qdoba Events Center (formerly OD's Sports Crossing)

Note: Class not discountable.

1/14	Sa	6:00-9:00 PM	\$10	15688-01
2/11	Sa	6:00-9:00 PM	\$10	15688-02
3/10	Sa	6:00-9:00 PM	\$10	15688-03

Club 68 @ The Qdoba Events Center

This series of night-out events are designed exclusively for Middle School students (grades 6-8) The Qdoba Events Center offers the perfect venue to hang out with friends! Music, disco ball dancing, games, sports, contests (with prizes!) and inflatable challenges are all part of the fun. Don't forget money for concessions. Limited transportation may be available for an additional fee. Please call 970.221.6256 or 970.416.2528 for more information. Pre-registration required.

Grade: 6-8

Location: Qdoba Events Center (formerly OD's Sports Crossing)

Note: Class not discountable.

1/28	Sa	7:00-10:00 PM	\$10	15689-01
2/25	Sa	7:00-10:00 PM	\$10	15689-02
3/24	Sa	7:00-10:00 PM	\$10	15689-03

Toys for Kids



This free holiday program is only open for reduced fee participants. Your child will attend a holiday party at Northside (3-5 year old) on December 16 or at Cinema Saver (Kindergarten to 6th grade) at December 17 and receive a present. You must register your child at Northside.

Age: 3-12 years

Registration Number: 15899



Wagz Pet Market
Pet Supplies, Food, and More!

20% OFF Entire Purchase

*Valid thru 1/31/2012 Limit one per customer.
Not valid for food purchases.

Your Best Friend's Supply Store

132 North College | (970) 482-9249 | www.wagzpetmarket.com

COMING SOON
the LINCOLN center

Visit Lctix.com

THE WIZARD OF OZ

NATIONAL TOUR - Nov. 27 at 2 p.m. and 7:30 p.m.

There truly is no place like home as the greatest family musical of all time, the wonderful Wizard of Oz, twists its way across the country!

A CHRISTMAS CAROL

Dec. 22 at 7:30 p.m.

Journey to 19th century London with the national tour of a Christmas Carol and see Dickens' fable of redemption come to life.

MUFARO'S BEAUTIFUL DAUGHTERS

Jan. 28, at 2 & 6 p.m.

An African Cinderella tale with majestic choreography and thrilling original music.

CHRIS PERONDI'S STUNT DOG EXPERIENCE

Mar. 24, at 2 & 6 p.m.

America's favorite canine stunt dogs soar, spin, jump and fly!

RHYTHM OF THE DANCE

Apr. 12-14 at 7:30 p.m. | Matinee Apr. 14 at 2 p.m.

Don't miss the official National Dance Company of Ireland featuring 15 dancers, 3 tenors and 7 instrumentalists.

STUART LITTLE

Apr. 21, at 2 & 6 p.m.

Adopted to human parents in New York City, this tiny mouse tries to cope in a big world.



REFRESHED. RENEWED. REMARKABLE.

BOX OFFICE: 970-221-6730 • 12-6 PM, TUES-SAT • 417 W. MAGNOLIA ST.

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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 970.224.6027.

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. Furthermore, attendants may need to register separately and note whom they will be assisting for certain trips, outings or ticketed events.

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! Contact Jenna Van Fossan, CTRS, 970.224.6125, jvanfossan@fcgov.com.

Thank You!

A huge thank you to our many students and volunteers who help make our programs and services possible. We wouldn't be able to do it without them!

Check out our webpage: www.fcgov.com/aro

For more information, please contact the ARO staff.

Renee Lee, CTRS
970.224.6027
rlee@fcgov.com

ARO Leaders
970.416.2024
aro@fcgov.com

Jenna Van Fossan, CTRS
970.224.6125
jvanfossan@fcgov.com

ARO Interns
970.224.6034
aro@fcgov.com

Area Recreation Opportunities

Adaptive Climbing

Chad O'Connor
970.416.9357
chadoconnor@p-o-group.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 Student Leadership, Involvement and Community Engagement (SLICE) office at Colorado State University matches volunteers with individuals with disabilities to provide one-on-one recreational and leisure swimming opportunities.
970.491.2321
specialneedsswim@gmail.com

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
www.ridewithfree.org

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:

Adult Unified Basketball
Jenna Van Fossan
970.224.6124

Youth/Teen Unified Basketball
Renee Lee
970.224.6027

Alpine and Nordic Skiing
Renee Lee
970.224.6027

Other ARO Activities in Recreator:

Aquatics		Outdoor Recreation	
Adaptive Swim Lessons	22	Ignite Adaptive Snow Skiing	70
		Keystone Adaptive Ski Trips	70
Aquatic Fitness		Special Events	
MS Aqua	26	Active Teens Ice Skating	15
Twinges-In-The-Hinges	27		
Twinges Plus	27		
Arts & Crafts		Sports	
Artistic Abilities Art Class	30	Wheelchair Rugby	86
		Unified Basketball	88
Fitness			
Chair Yoga	60		
Gentle Yoga For All	61		
MS Dryland Exercise	57		
Workout Partners	56		
Ice Skating			
Adaptive Skate Lessons	65		

Alternative Programs

All Alternative Programs are for ages 18 years & up unless otherwise noted.

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 Program 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; please pre-register at no fee. Class partially discountable. Please report any food allergies to Jenna Van Fossan at 970.224.6125 or jvanfossan@fcgov.com.

2/15-2/22	W	6:30-8:00 PM	\$18	14701-01
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RECREATOR PICK!

Crafts

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

Location: Senior Center

Note: Attendants welcome; please pre-register at no fee. Class partially discountable.

Season Scrapbooking

12/14	W	5:45-7:00 PM	\$16	14704-01
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Miscellaneous Crafts

1/19	Th	5:45-7:00 PM	\$16	14704-02
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Making Masks

2/23	Th	5:45-7:00 PM	\$16	14704-03
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Movie Night

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: Bring \$5 (cash only) for ticket and money for a snack, if desired. Attendants welcome; please pre-register at no fee. Class not discountable.

1/30	M	6:00-9:00 PM	\$5	14708-01
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2/29	W	6:00-9:00 PM	\$5	14708-02
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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; please pre-register at no fee. Class not discountable.

1/25	W	5:30-8:00 PM	\$5	14709-01
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2/16	Th	5:30-8:00 PM	\$5	14709-02
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Special Events

Holiday Ball



Come celebrate the holiday season and dance the night away with music from a live band called the Astrobeats.

Location: Senior Center

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

12/16	F	6:00-8:00 PM	\$1	
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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.

Snowflake Ball

1/27 F 6:00-8:00 PM \$3

Masquerade Ball

2/24 F 6:00-8:00 PM \$3

Pool Tournament

Get together with friends to play pool and enjoy a night of fun. You'll be paired up with another player during the competition.

Location: Senior Center

Note: Attendants welcome; please pre-register at no fee. Class not discountable.

2/10 F 6:00-8:00 PM \$5 14737-01

Trips & Outings

Saturday Brunch

Let's explore Fort Collins and enjoy a delicious brunch out on the town.

Location: Senior Center

Note: Bring approximately \$15 cash to cover your meal and a tip. Attendants welcome; please pre-register at no fee. Class not discountable.

12/10 Sa 10:30 AM-1:00 PM \$5 14706-01

Winter Wishes Ice Show

Don't miss the annual ice show performance featuring local talent.

Location: Edora Pool Ice Center

Note: No refund given unless your ticket can be resold. Attendants welcome; please pre-register separately. Class not discountable.

12/17 Sa 12:30-3:30 PM \$20 14710-01

Sports & Fitness

Adaptive Swim Lessons



See page 22.

Unified Basketball

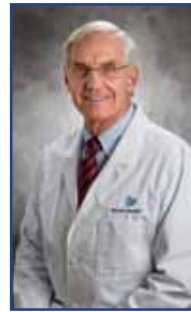


See page 88.

Workout Partners



See page 56.



William G. Culver, MD



Anna Kujawska, MD



Daniel J. Laszlo, MD

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Aquatics

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.

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 \$20/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 Tests Sa, 8:00 AM-Noon
 W, 4:00-7:00 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 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.

Adaptive Swim Lessons



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

Age: 5 years & up

Location: Edora Pool Ice Center

Note: Previous participants will be put on waiting list and matched as available. Bring an attendant if you need personal assistance outside of water. For information or to volunteer, call Jenna at 970.224.6125. Class partially discountable.

3/20-5/8	Tu	4:15-4:45 PM	\$25	14602-01
3/20-5/8	Tu	4:50-5:20 PM	\$25	14602-02

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

Location: Edora Pool Ice Center

Note: Please have your child wear plastic pants or swim diaper under bathing suit. Class partially discountable.

1/16-2/8	M,W	4:30-5:00 PM	\$35	13350-01
1/17-2/9	Tu,Th	9:30-10:00 AM	\$35	13350-02
2/13-3/7	M,W	4:30-5:00 PM	\$35	13350-03
2/13-3/7	M,W	5:50-6:20 PM	\$35	13350-04
2/14-3/8	Tu,Th	10:10-10:40 AM	\$35	13350-05

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 plastic pants or swim diaper under bathing suit. Class partially discountable.

Location: Mulberry Pool

1/14-2/11	Sa	9:00-9:30 AM	\$26	12360-01
1/14-2/11	Sa	11:00-11:30 AM	\$26	12360-02
1/15-2/12	Su	3:15-3:45 PM	\$26	12360-03
1/17-2/9	Tu,Th	5:50-6:20 PM	\$35	12360-04
2/14-3/8	Tu,Th	5:10-5:40 PM	\$35	12360-05
2/18-3/10	Sa	9:40-10:10 AM	\$23	12360-06
2/18-3/10	Sa	11:40 AM-12:10 PM	\$23	12360-07
2/19-3/11	Su	3:15-3:45 PM	\$23	12360-08
2/19-3/11	Su	4:35-5:05 PM	\$23	12360-09

Location: Edora Pool Ice Center

1/16-2/8	M,W	5:10-5:40 PM	\$35	13360-01
1/16-2/8	M,W	5:50-6:20 PM	\$35	13360-02
1/17-2/9	Tu,Th	10:10-10:40 AM	\$35	13360-03
2/13-3/7	M,W	5:10-5:40 PM	\$35	13360-04
2/13-3/7	M,W	6:30-7:00 PM	\$35	13360-05
2/14-3/8	Tu,Th	10:50-11:20 AM	\$35	13360-06

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Tadfish

This is a **parent participation** class for children who have completed Advanced Guppy or fit age requirement. Class will build upon skills and prepare child to move on to classes without a parent.

Age: 2-4 years

Note: Please have your child wear plastic pants or swim diaper under bathing suit. Class partially discountable.

Location: Mulberry Pool

1/14-2/11	Sa	9:40-10:10 AM	\$26	12370-01
1/14-2/11	Sa	10:20-10:50 AM	\$26	12370-02
1/15-2/12	Su	3:55-4:25 PM	\$26	12370-03
1/15-2/12	Su	5:15-5:45 PM	\$26	12370-04
1/17-2/9	Tu,Th	6:30-7:00 PM	\$35	12370-05
2/14-3/8	Tu,Th	5:50-6:20 PM	\$35	12370-06
2/18-3/10	Sa	9:00-9:30 AM	\$23	12370-07
2/18-3/10	Sa	10:20-10:50 AM	\$23	12370-08
2/19-3/11	Su	3:55-4:25 PM	\$23	12370-09
2/19-3/11	Su	5:15-5:45 PM	\$23	12370-10

Location: Edora Pool Ice Center

1/16-2/8	M,W	4:30-5:00 PM	\$35	13370-01
1/16-2/8	M,W	5:50-6:20 PM	\$35	13370-02
1/17-2/9	Tu,Th	10:50-11:20 AM	\$35	13370-03
2/13-3/7	M,W	5:50-6:20 PM	\$35	13370-04

Preschool 1

Participants should be comfortable getting in/moving through water and be willing to put face in the water. Children should be able to use arm and leg movements while being supported.

Age: 3-5 years

Note: Class partially discountable.

Location: Mulberry Pool

1/14-2/11	Sa	9:00-9:30 AM	\$26	12390-01
1/14-2/11	Sa	9:40-10:10 AM	\$26	12390-02
1/14-2/11	Sa	11:40 AM-12:10 PM	\$26	12390-03
1/15-2/12	Su	3:15-3:45 PM	\$26	12390-04
1/15-2/12	Su	4:35-5:05 PM	\$26	12390-05
1/17-2/9	Tu,Th	4:30-5:00 PM	\$35	12390-06
1/17-2/9	Tu,Th	5:10-5:40 PM	\$35	12390-07
2/14-3/8	Tu,Th	4:30-5:00 PM	\$35	12390-08
2/14-3/8	Tu,Th	5:50-6:20 PM	\$35	12390-09
2/14-3/8	Tu,Th	6:30-7:00 PM	\$35	12390-10
2/18-3/10	Sa	9:00-9:30 AM	\$23	12390-11
2/18-3/10	Sa	9:40-10:10 AM	\$23	12390-12
2/18-3/10	Sa	11:00-11:30 AM	\$23	12390-13
2/19-3/11	Su	4:35-5:05 PM	\$23	12390-14
2/19-3/11	Su	5:15-5:45 PM	\$23	12390-15

Location: Edora Pool Ice Center

1/16-2/8	M,W	4:30-5:00 PM	\$35	13390-01
1/16-2/8	M,W	5:10-5:40 PM	\$35	13390-02
1/16-2/8	M,W	6:30-7:00 PM	\$35	13390-03
1/17-2/9	Tu,Th	11:30 AM-Noon	\$35	13390-04
2/13-3/7	M,W	4:30-5:00 PM	\$35	13390-05
2/13-3/7	M,W	6:30-7:00 PM	\$35	13390-06
2/14-3/8	Tu,Th	11:30 AM-Noon	\$35	13390-07

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Preschool 2

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

Age: 3-5 years

Note: Class partially discountable.

Location: Mulberry Pool

1/14-2/11	Sa	11:00-11:30 AM	\$26	12400-01
1/14-2/11	Sa	11:40 AM-12:10 PM	\$26	12400-02
1/15-2/12	Su	3:55-4:25 PM	\$26	12400-03
1/15-2/12	Su	5:15-5:45 PM	\$26	12400-04
1/17-2/9	Tu,Th	5:10-5:40 PM	\$35	12400-05
1/17-2/9	Tu,Th	6:30-7:00 PM	\$35	12400-06
2/14-3/8	Tu,Th	4:30-5:00 PM	\$35	12400-07
2/14-3/8	Tu,Th	5:50-6:20 PM	\$35	12400-08
2/18-3/10	Sa	9:00-9:30 AM	\$23	12400-09
2/18-3/10	Sa	10:20-10:50 AM	\$23	12400-10
2/18-3/10	Sa	11:40 AM-12:10 PM	\$23	12400-11
2/19-3/11	Su	3:15-3:45 PM	\$23	12400-12
2/19-3/11	Su	3:55-4:25 PM	\$23	12400-13

Location: Edora Pool Ice Center

1/16-2/8	M,W	5:10-5:40 PM	\$35	13400-01
1/16-2/8	M,W	5:50-6:20 PM	\$35	13400-02
2/13-3/7	M,W	5:10-5:40 PM	\$35	13400-03
2/13-3/7	M,W	5:50-6:20 PM	\$35	13400-04
2/14-3/8	Tu,Th	9:30-10:00 AM	\$35	13400-05

Preschool 3

At the completion, 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.

Location: Mulberry Pool

1/14-2/11	Sa	9:00-9:30 AM	\$26	12410-01
1/14-2/11	Sa	11:40 AM-12:10 PM	\$26	12410-02
1/15-2/12	Su	3:15-3:45 PM	\$26	12410-03
1/15-2/12	Su	4:35-5:05 PM	\$26	12410-04
1/17-2/9	Tu,Th	4:30-5:00 PM	\$35	12410-05
1/17-2/9	Tu,Th	5:50-6:20 PM	\$35	12410-06
2/14-3/8	Tu,Th	5:10-5:40 PM	\$35	12410-07
2/14-3/8	Tu,Th	6:30-7:00 PM	\$35	12410-08
2/18-3/10	Sa	10:20-10:50 AM	\$23	12410-09
2/18-3/10	Sa	11:00-11:30 AM	\$23	12410-10
2/19-3/11	Su	3:15-3:45 PM	\$23	12410-11

Location: Edora Pool Ice Center

1/16-2/8	M,W	4:30-5:00 PM	\$35	13410-01
1/16-2/8	M,W	5:10-5:40 PM	\$35	13410-02
2/13-3/7	M,W	4:30-5:00 PM	\$35	13410-03
2/13-3/7	M,W	5:10-5:40 PM	\$35	13410-04

Level 1

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

Age: 6-12 years

Note: Class partially discountable.

Location: Mulberry Pool

1/14-2/11	Sa	9:00-9:30 AM	\$26	12420-01
1/14-2/11	Sa	11:00-11:30 AM	\$26	12420-02
1/15-2/12	Su	3:55-4:25 PM	\$26	12420-03
1/15-2/12	Su	5:15-5:45 PM	\$26	12420-04
1/17-2/9	Tu,Th	4:30-5:00 PM	\$35	12420-05
1/17-2/9	Tu,Th	6:30-7:00 PM	\$35	12420-06
2/14-3/8	Tu,Th	4:30-5:00 PM	\$35	12420-07
2/14-3/8	Tu,Th	5:50-6:20 PM	\$35	12420-08
2/18-3/10	Sa	9:40-10:10 AM	\$23	12420-09
2/18-3/10	Sa	11:40 AM-12:10 PM	\$23	12420-10
2/19-3/11	Su	3:55-4:25 PM	\$23	12420-11
2/19-3/11	Su	5:15-5:45 PM	\$23	12420-12

Location: Edora Pool Ice Center

1/16-2/8	M,W	4:30-5:00 PM	\$35	13420-01
1/16-2/8	M,W	5:50-6:20 PM	\$35	13420-02
2/13-3/7	M,W	4:30-5:00 PM	\$35	13420-03
2/13-3/7	M,W	5:50-6:20 PM	\$35	13420-04

Level 2

At the completion, 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.

Location: Mulberry Pool

1/14-2/11	Sa	10:20-10:50 AM	\$26	12430-01
1/14-2/11	Sa	11:40 AM-12:10 PM	\$26	12430-02
1/15-2/12	Su	3:15-3:45 PM	\$26	12430-03
1/15-2/12	Su	4:35-5:05 PM	\$26	12430-04
1/17-2/9	Tu,Th	4:30-5:00 PM	\$35	12430-05
1/17-2/9	Tu,Th	5:50-6:20 PM	\$35	12430-06
2/14-3/8	Tu,Th	4:30-5:00 PM	\$35	12430-07
2/14-3/8	Tu,Th	5:10-5:40 PM	\$35	12430-08
2/18-3/10	Sa	9:00-9:30 AM	\$23	12430-09
2/18-3/10	Sa	11:00-11:30 AM	\$23	12430-10
2/19-3/11	Su	3:15-3:45 PM	\$23	12430-11
2/19-3/11	Su	4:35-5:05 PM	\$23	12430-12

Location: Edora Pool Ice Center

1/16-2/8	M,W	5:10-5:40 PM	\$35	13430-01
1/16-2/8	M,W	6:30-7:00 PM	\$35	13430-02
2/13-3/7	M,W	4:30-5:00 PM	\$35	13430-03
2/13-3/7	M,W	5:10-5:40 PM	\$35	13430-04
2/13-3/7	M,W	6:30-7:00 PM	\$35	13430-05

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.

Location: Mulberry Pool

1/14-2/11	Sa	9:40-10:25 AM	\$35	12440-01
1/14-2/11	Sa	11:00-11:45 AM	\$35	12440-02
1/15-2/12	Su	3:55-4:40 PM	\$35	12440-03
1/17-2/9	Tu,Th	5:10-5:55 PM	\$49	12440-04
1/17-2/9	Tu,Th	6:30-7:15 PM	\$49	12440-05
2/14-3/8	Tu,Th	4:30-5:15 PM	\$49	12440-06
2/14-3/8	Tu,Th	6:30-7:15 PM	\$49	12440-07
2/18-3/10	Sa	10:20-11:05 AM	\$30	12440-08
2/18-3/10	Sa	11:40 AM-12:25 PM	\$30	12440-09
2/19-3/11	Su	3:15-4:00 PM	\$30	12440-10
2/19-3/11	Su	5:15-6:00 PM	\$30	12440-11

Location: Edora Pool Ice Center

1/16-2/8	M,W	5:50-6:35 PM	\$49	13440-01
1/16-2/8	M,W	6:30-7:15 PM	\$49	13440-02
2/13-3/7	M,W	5:50-6:35 PM	\$49	13440-03

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.

Location: Mulberry Pool

1/14-2/11	Sa	9:00-9:45 AM	\$35	12450-01
1/14-2/11	Sa	10:20-11:05 AM	\$35	12450-02
1/15-2/12	Su	3:15-4:00 PM	\$35	12450-03
1/15-2/12	Su	4:35-5:20 PM	\$35	12450-04
1/17-2/9	Tu,Th	4:30-5:15 PM	\$49	12450-05
1/17-2/9	Tu,Th	6:30-7:15 PM	\$49	12450-06
2/14-3/8	Tu,Th	5:10-5:55 PM	\$49	12450-07
2/14-3/8	Tu,Th	6:30-7:15 PM	\$49	12450-08
2/18-3/10	Sa	9:40-10:25 AM	\$30	12450-09
2/19-3/11	Su	4:35-5:20 PM	\$30	12450-10

Location: Edora Pool Ice Center

1/16-2/8	M,W	4:30-5:15 PM	\$49	13450-01
1/16-2/8	M,W	6:30-7:15 PM	\$49	13450-02
2/13-3/7	M,W	5:10-5:55 PM	\$49	13450-03
2/13-3/7	M,W	6:30-7:15 PM	\$49	13450-04



Learn-To-Swim: Get your little swimmer to enhance their skills.

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.

Location: Mulberry Pool

1/14-2/11	Sa	9:40-10:25 AM	\$35	12460-01
1/15-2/12	Su	5:15-6:00 PM	\$35	12460-02
1/17-2/9	Tu,Th	5:10-5:55 PM	\$49	12460-03
2/14-3/8	Tu,Th	6:30-7:15 PM	\$49	12460-04
2/18-3/10	Sa	9:00-9:45 AM	\$30	12460-05
2/18-3/10	Sa	11:00-11:45 AM	\$30	12460-06
2/19-3/11	Su	3:55-4:40 PM	\$30	12460-07

Location: Edora Pool Ice Center

1/16-2/8	M,W	5:50-5:55 PM	\$49	13460-01
2/13-3/7	M,W	4:30-5:15 PM	\$49	13460-02
2/13-3/7	M,W	6:30-7:15 PM	\$49	13460-03

Lifeguard Training

Lifeguard Training

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

Age: 15 years & up (on or before start of class)

Location: Edora Pool Ice Center

Note: Participants must attend all classes. Skills will be tested at the first class and continuation of class will depend upon passing. Downloadable books, certifications 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.

12/26-1/6	M,Tu,W,Th,F	9:00 AM-12:30 PM	\$150	13540-01
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Synchronized Swimming: Learn basic synchro skills and a short routine!

Adult Swim

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: 15 years & up

Location: Edora Pool Ice Center

1/16-2/6	M	7:00-7:45 PM	\$35	13580-01
2/13-3/5	M	7:00-7:45 PM	\$35	13580-02

Synchronized Swimming

Intro to Synchronized Swimming

This class is for you if you love swimming and artistic expression. The class will include basic synchronized swimming skills, a short routine to music and a fun new way to enjoy swimming in the "deep".

Age: 8-16 years

Location: Edora Pool Ice Center

Note: Participants must be comfortable in deep water.

1/2-1/6	M-F	10:00-11:00 AM	\$45	13560-01
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Diving

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.

Age: 5-12 years

1/16-2/8	M,W	6:00-6:45 PM	\$40	13490-01
2/13-3/7	M,W	6:00-6:45 PM	\$40	13490-02

Age: 13-17 years

1/16-2/8	M,W	5:00-5:45 PM	\$40	13490-03
2/13-3/7	M,W	5:00-5:45 PM	\$40	13490-04

Aqua-Fitness

Classes are for ages 18 years & up unless otherwise noted.

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 days remaining. There are no make-up classes for missed aqua fitness classes.

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. If the class minimum is not met, the class will be canceled and there will be no drop-in.

Aqua Personal Training

See page 56 for details.

Low Intensity

MS Aqua



This class is designed for people with multiple sclerosis or other neuromuscular disorders, but open to all. 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 with personal care out of the water. Fee is for a 16 punch pass. Class partially discountable. To join or volunteer, contact Jenna at 970.224.6125 or jvanfossan@fcgov.com. Class will not be held on 11/22, 11/24, 5/24, 5/29.

11/1-12/15	Tu,Th	9:30-10:30 AM	\$43
1/3-3/8	Tu,Th	9:30-10:30 AM	\$43
3/20-5/31	Tu,Th	9:30-10:30 AM	\$43

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

11/28-12/16	M,W,F	8:30-9:15 AM	\$25.25	17620-01
1/2-1/27	M,W,F	8:30-9:15 AM	\$32	17620-02
1/30-2/24	M,W,F	8:30-9:15 AM	\$32	17620-03

Basic H2O Workout

Get started in water exercise! This class is 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

11/28-12/16	M,W,F	6:15-7:00 PM	\$25.25	17630-01
1/2-1/27	M,W,F	6:15-7:00 PM	\$32	17630-02
1/30-2/24	M,W,F	6:15-7:00 PM	\$32	17630-03



The Classics: Aerobics, toning and stretching in the water.

Twinges-In-The-Hinges



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

Location: Edora Pool Ice Center

11/28-12/16	M,W,F	7:30-8:30 AM	\$25.25	13600-01
1/2-1/27	M,W,F	7:30-8:30 AM	\$32	13600-02
1/30-2/24	M,W,F	7:30-8:30 AM	\$32	13600-03
11/28-12/16	M,W,F	9:30-10:30 AM	\$25.25	13600-04
1/2-1/27	M,W,F	9:30-10:30 AM	\$32	13600-05
1/30-2/24	M,W,F	9:30-10:30 AM	\$32	13600-06
11/29-12/15	Tu,Th	1:30-2:30 PM	\$17	13600-07
1/3-1/26	Tu,Th	1:30-2:30 PM	\$21	13600-08
1/31-2/23	Tu,Th	1:30-2:30 PM	\$21	13600-09

Twinges Plus



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

Location: Senior Center

11/28-12/16	M,W,F	12:15-1:15 PM	\$25.25	17610-01
1/2-1/27	M,W,F	12:15-1:15 PM	\$32	17610-02
1/30-2/24	M,W,F	12:15-1:15 PM	\$32	17610-03
11/28-12/16	M,W,F	1:30-2:30 PM	\$25.25	17610-04
1/2-1/27	M,W,F	1:30-2:30 PM	\$32	17610-05
1/30-2/24	M,W,F	1:30-2:30 PM	\$32	17610-06

Medium Intensity

Classics

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!

Location: Mulberry Pool

11/28-12/16	M,W,F	7:30-8:30 AM	\$25.25	12640-01
1/2-1/27	M,W,F	7:30-8:30 AM	\$32	12640-02
1/30-2/24	M,W,F	7:30-8:30 AM	\$32	12640-03

Location: Edora Pool Ice Center

11/28-12/16	M,W,F	7:30-8:30 AM	\$25.25	13640-01
1/2-1/27	M,W,F	7:30-8:30 AM	\$32	13640-02
1/30-2/24	M,W,F	7:30-8:30 AM	\$32	13640-03

Location: Senior Center

11/28-12/16	M,W,F	6:30-7:30 AM	\$25.25	17640-01
1/2-1/27	M,W,F	6:30-7:30 AM	\$32	17640-02
1/30-2/24	M,W,F	6:30-7:30 AM	\$32	17640-03

11/28-12/16	M,W,F	9:30-10:30 AM	\$25.25	17640-04
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1/2-1/27	M,W,F	9:30-10:30 AM	\$32	17640-05
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1/30-2/24	M,W,F	9:30-10:30 AM	\$32	17640-06
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11/28-12/16	M,W,F	5:15-6:15 PM	\$25.25	17640-07
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1/2-1/27	M,W,F	5:15-6:15 PM	\$32	17640-08
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1/30-2/24	M,W,F	5:15-6:15 PM	\$32	17640-09
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11/29-12/15	Tu,Th	6:15-7:15 AM	\$17	17640-10
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1/3-1/26	Tu,Th	6:15-7:15 AM	\$21	17640-11
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1/31-2/23	Tu,Th	6:15-7:15 AM	\$21	17640-12
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11/29-12/15	Tu,Th	8:00-9:00 AM	\$17	17640-13
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1/3-1/26	Tu,Th	8:00-9:00 AM	\$21	17640-14
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1/31-2/23	Tu,Th	8:00-9:00 AM	\$21	17640-15
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11/29-12/15	Tu,Th	9:00-10:00 AM	\$17	17640-16
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1/3-1/26	Tu,Th	9:00-10:00 AM	\$21	17640-17
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1/31-2/23	Tu,Th	9:00-10:00 AM	\$21	17640-18
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11/29-12/15	Tu,Th	10:00-11:00 AM	\$17	17640-19
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1/3-1/26	Tu,Th	10:00-11:00 AM	\$21	17640-20
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1/31-2/23	Tu,Th	10:00-11:00 AM	\$21	17640-21
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11/29-12/15	Tu,Th	4:00-5:00 PM	\$17	17640-22
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1/3-1/26	Tu,Th	4:00-5:00 PM	\$21	17640-23
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1/31-2/23	Tu,Th	4:00-5:00 PM	\$21	17640-24
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11/29-12/15	Tu,Th	7:00-8:00 PM	\$17	17640-25
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1/3-1/26	Tu,Th	7:00-8:00 PM	\$21	17640-26
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1/31-2/23	Tu,Th	7:00-8:00 PM	\$21	17640-27
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Fitness & Fun

This class combines the traditional water workout with water volleyball and other fun games.

Location: Senior Center

11/28-12/16	M,W,F	7:30-8:30 AM	\$25.25	17645-01
1/2-1/27	M,W,F	7:30-8:30 AM	\$32	17645-02
1/30-2/24	M,W,F	7:30-8:30 AM	\$32	17645-03

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.

Location: Senior Center

11/28-12/16	M,W,F	4:15-5:15 PM	\$25.25	17650-01
1/2-1/27	M,W,F	4:15-5:15 PM	\$32	17650-02
1/30-2/24	M,W,F	4:15-5:15 PM	\$32	17650-03
11/28-12/14	M,W	7:00-8:00 PM	\$17	17650-04
1/2-1/25	M,W	7:00-8:00 PM	\$21	17650-05
1/30-2/22	M,W	7:00-8:00 PM	\$21	17650-06

High Intensity

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

11/29-12/15	Tu,Th	5:30-6:30 PM	\$17	17670-01
1/3-1/26	Tu,Th	5:30-6:30 PM	\$21	17670-02
1/31-2/23	Tu,Th	5:30-6:30 PM	\$21	17670-03

Deep H2O

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

Location: Mulberry Pool

11/28-12/16	M,W,F	12:15-1:00 PM	\$25.25	12660-01
1/2-1/27	M,W,F	12:15-1:00 PM	\$32	12660-02
1/30-2/24	M,W,F	12:15-1:00 PM	\$32	12660-03

Location: Edora Pool Ice Center

11/29-12/15	Tu,Th	5:25-6:25 PM	\$17	13660-01
1/3-1/26	Tu,Th	5:25-6:25 PM	\$21	13660-02
1/31-2/23	Tu,Th	5:25-6:25 PM	\$21	13660-03



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Arts & Crafts

Request for Submission for Photo Display

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 Senior Center Visual Arts Committee has an open call for artists, crafters or collectors who are interested in displaying their items in a show. Its exhibitions also highlight works by art faculty, students and patrons as well as emerging and established artists. For details, contact Steve Dietemann 970.224.6028 or sdietemann@fcgov.com.

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?

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 teaching, contact Steve Dietemann at 970.224.6028 or sdietemann@fcgov.com.

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Drawing



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Learn how to draw your own cartoon strip or comic book. Develop your own style of drawing whether it is doodles, stick figures or super heroes. Learn to draw cartoony people, places and animals. Turn your own characters and concepts into finished comics or gag cartoons.

Age: 18 years & up

Instructor: Jesse Bonifazi

Location: Senior Center

Note: Bring drawing paper, pencil, eraser, and ruler to first class. Supply list available at registration.

1/11-2/15 W 6:30-8:30 PM \$54 14107-01

Drawing From the Right Side of the Brain

Awaken your creativity and improve your drawing skills. This intensive class is aimed at those who have little or no drawing experience. The class will guide you through basic perceptual skills to put you in touch with the creative side of your brain and learn new "seeing" and drawing skills.

Age: 18 years & up

Instructor: Julianne Schempf

Location: Senior Center

Note: Supply list available at registration (approximate cost \$50-\$75). Class partially discountable.

1/9-2/27 M 5:00-7:30 PM \$114 14114-01



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Fiber Arts

Knitting, Don't Sweat The Socks

Prerequisite: Basic knit and purl stitches.

If you know how to knit and purl now is the time to learn a basic sock pattern. You will be able to adapt it for all sizes, adults and children. Join with other knitters and have fun in this "no sweat" class.

Age: 16 years & up

Instructor: Susan Wood

Location: Senior Center

Note: Supply list available at registration (approximate cost \$10-\$15). Class partially discountable.

1/25-2/15	W	3:30-5:30 PM	\$48	14133-01
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Sewing, Beginning

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: 13 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. Class partially discountable

1/19-2/9	Th	6:00-8:30 PM	\$61	14183-01
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Needle Felted Dolls

Learn to hand craft figures, dolls, animals from wool roving by needle felting. Make storybook figures or simple creatures.

Age: 16 years & up

Instructor: Mary Elizabeth Lenahan, OT

Location: Senior Center

Note: All supplies provided. Class partially discountable.

2/18	Sa	9:00 AM-Noon	\$26	14189-01
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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.

Age: 18 years & up

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.

12/2-2/24	F	1:00-3:00 PM	No Fee	
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General Arts

Soap Making



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. You'll leave with several soaps to use right away.

Age: 18 years & up

Instructor: Liz Moncrief

Location: Senior Center

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

1/21	Sa	8:30 AM-12:30 PM	\$54	14150-01
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Lotions & Potions, Total Body Care

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.

Age: 18 years & up

Instructor: Liz Moncrief

Location: Senior Center

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

12/10	Sa	8:00 AM-Noon	\$54	14152-02
2/25	Sa	8:00 AM-Noon	\$54	14152-01

Open Shop

Many tools available for jewelry, stained glass, and woodworking. Also available are scroll saws, wood lathes, other wood related tools and basic tools for mechanical repairs. A shop attendant is on duty.

Age: 18 years & up

Location: Senior Center

Note: For persons not currently enrolled in a class, a Senior Center membership and drop-in fee is required. Program not discountable

12/6-2/28	Tu	8:00 AM-Noon	\$2	
12/7-2/29	W	1:00-5:00 PM	\$2	
12/8-2/23	Th	6:00-10:00 PM	\$2	

Artistic Abilities 3-D Art

Participants will learn techniques with a variety of materials 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: Colorado State University, Visual Arts Building, Room F113

Note: See www.artisticabilities.org for information. Class partially discountable.

2/8-3/7	W	4:00-6:00 PM	\$30	14616-01
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C.H.A.T. (Crafts Hobbies Arts Time)

Open for scrapbooks, crochet, watercolor, knitting, or some other hobby. This group meets weekly to work on projects and share ideas and techniques.

Age: 18 years & up

Location: Senior Center

Note: No instructor provided. However you can learn from others as you discuss the many aspects of different art related hobbies and crafts. No fee, but must be a Senior Center member.

12/7-2/29	W	1:00-3:00 PM	No Fee	
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Jewelry

Jewelry Casting

Concentration will be given to wax carving and forming, spruing, casting of the investment, burning out, and centrifugal casting. Also attention to the finishing and surface treatment techniques will be covered to create exquisitely finished cast pieces.

Age: 18 years & up

Instructor: Mark Ruby

Location: Senior Center

Note: Some supplies provided. Supply list available at registration. Supplies and supply cost vary (approximate cost \$20-\$85). Class partially discountable. Class will not be held on 2/14.

1/10-2/28	Tu	7:45-9:45 PM	\$100	14119-01
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Jewelry, Beginning

In this class concentration on cutting and piercing with a jeweler's saw, filing, soldering, as well as the proper techniques for polishing and finishing will be covered.

Age: 18 years & up

Instructor: Mark Ruby

Location: Senior Center

Note: Tools and some supplies provided. Supply list available at registration (approximate cost \$55-\$80). Class partially discountable. Class will not be held on 2/14.

1/10-2/28	Tu	5:30-7:30 PM	\$95	14186-01
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Painting**Bob Ross Painting**

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

Age: 18 years & up

Instructor: Peggy Hunt

Location: Senior Center

Note: 1-hour lunch break (on your own). Please bring a roll of paper towels and wear old clothes. One month prior to the start of class an example can be seen at the Senior Center. Class not discountable.

1/12	Th	9:00 AM-3:30 PM	\$60	14127-01
2/9	Th	9:00 AM-3:30 PM	\$60	14127-02

Watercolor, Beginning

The basics of composition, painting techniques and special effects will be covered as well as setting up a palette, types of papers, using the color wheel and color theory. Design principles and techniques for handling this wonderful medium will be covered.

Age: 18 years & up

Instructor: Julianne Schempf

Location: Senior Center

Note: Supply list available at registration (approximate cost \$50-\$75). Class partially discountable.

1/12-2/16	Th	1:00-3:00 PM	\$64	14180-01
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Watercolor, Intermediate

Prerequisite: Beginning Watercolor

More emphasis on observation and various brush techniques will be covered.

Age: 18 years & up

Instructor: Julianne Schempf

Location: Senior Center

Note: Supply list available at registration (approximate cost is \$50-\$100). Class partially discountable.

1/13-2/17	F	1:00-3:00 PM	\$68	14181-01
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Porcelain Painting, Beginning

Students will learn proper painting techniques that include the use of oils, thinners, wiping tools and specialty brushes.

Age: 18 years & up

Instructor: Jackie Mosman

Location: Senior Center

Note: All supplies included. Firing of work is included in fee. Reduced fee when using your own supplies. Class partially discountable.

12/2-12/16	F	1:00-3:30 PM	\$37	14170-01
1/6-1/27	F	1:00-3:30 PM	\$47	14170-02
2/3-2/24	F	1:00-3:30 PM	\$47	14170-03

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.

Age: 18 years & up

Instructor: Jackie Mosman

Location: Senior Center

Note: Firing of your work is included in the course fee. You provide the painting supplies.

12/7-12/28	W	9:00-11:30 AM	\$42	14171-01
1/4-1/25	W	9:00-11:30 AM	\$42	14171-02
2/1-2/29	W	9:00-11:30 AM	\$51	14171-03

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.

Age: 18 years & up

Instructor: Jackie Mosman

Location: Senior Center

Note: Firing of your work is included in the course fee. You provide the painting supplies.

12/7-12/28	W	1:00-4:00 PM	\$48	14172-01
1/4-1/25	W	1:00-4:00 PM	\$48	14172-02
2/1-2/29	W	1:00-4:00 PM	\$62	14172-03

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 photoproducts 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.

1/5-2/2	Th	6:00-9:00 PM	\$47	14130-01
1/7	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 to class.

2/9-2/23	Th	6:00-9:00 PM	\$39	14131-01
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Woodworking

Woodworking, Beginning

Learn the use of basic woodworking tools and their proper setup and maintenance. Create a basic project that requires the use of the special skills you have learned. Class gives knowledge and basics so you can work in the open shop.

Age: 18 years & up

Instructor: Leroy Wilson

Location: Senior Center

Note: Some supplies provided. Supply list available first day of class (approximate cost \$20-\$30). Class partially discountable.

1/18-2/22	W	7:00-9:00 PM	\$90	14190-01
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Woodworking, Intermediate

Prerequisite: Beginning Woodworking

Advanced techniques and concepts will be taught. Further exploration into varied tools will be available. Projects designed with the instructor's assistance and approval to include the use of traditional joinery techniques like mortise, tenon, dovetail and rabbet.

Age: 18 years & up

Instructor: Leroy Wilson

Location: Senior Center

Note: Some supplies provided; others discussed at first class (approximate cost relative to project). Class partially discountable.

3/21-4/25	W	7:00-9:00 PM	\$90	14191-01
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Pottery

All pottery classes are held at the Pottery Studio, 1541 W. Oak Street. Adult pottery classes are for ages 18 years & up unless otherwise noted.

Note: This is a recreational and educational facility. All work must be accomplished at the studio. Production work is not permitted.

Private Pottery Instruction

Private lessons are available for all levels. Fees vary depending on the program chosen. Instruction not discountable. Contact Steve Dietemann at 970.224.6028 or sdietemann@fcgov.com.

Pottery, Beginning Wheel & Handbuilding

Learn about clay, tools, and glazing plus more. Learn basic skills, techniques and principles in pottery. Primary emphasis for the class is on using the potter's wheel as a tool.

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

1/9-3/12	M	9:00-11:00 AM	\$139	14060-01
1/9-3/12	M	5:45-7:45 PM	\$139	14060-02
1/11-3/14	M	8:00-10:00 PM	\$139	14060-03

Pottery, Beginning Plus Wheel & Handbuilding

Prerequisite: One or more sessions of Beginning Wheel/Handbuilding
This class is paced for students who are acquainted with the basic techniques involved in wheel throwing. Excellent for students not feeling comfortable with clay and wish to hone their skills.

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

1/9-3/12	M	8:00-10:00 PM	\$139	14061-01
1/11-3/14	W	5:30-7:30 PM	\$139	14061-02
1/12-3/15	Th	9:00-11:00 AM	\$139	14061-03

Pottery, Intermediate Wheel & Handbuilding

Prerequisite: Beginning Wheel & Handbuilding or equivalent

The 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. All tools and supplies provided, 25 pounds of clay included in the fee. Class partially discountable.

1/10-3/13	Tu	5:30-7:30 PM	\$139	14062-01
1/11-3/14	W	9:00-11:00 AM	\$139	14062-02

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. All tools and supplies provided, 25 pounds of clay included in the fee. Class partially discountable.

1/12-3/15	Th	5:30-7:30 PM	\$139	14063-01
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Holiday Pottery

Make personal and unique holiday decorations. You will make items such as Santa centerpieces, holly hotplates, holiday candleholders and much more. Projects will be finished in fun, bright colors and will be ready for you to enjoy in your home or give as gifts!

Note: No previous experience necessary. Tools and supplies provided, 25 pounds of basic clay included in the fee. Class partially discountable.

11/29-12/8	Tu,Th	6:00-9:00 PM	\$75	14068-01
12/3-12/10	Sa	9:00 AM-Noon		

Pottery Lab

Anyone currently enrolled in an adult pottery class (sampler excluded) may utilize the lab. Staff is in attendance but no formal instruction is provided. Anyone who has taken classes may register as a lab student.

Note: 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.

1/9-3/15	M,W,Th	11:00 AM-2:00 PM	\$139	14066-01
1/10-3/15	Tu,Th	7:30-10:00 PM		
1/10-3/17	Tu,Sa	9:00 AM-Noon		

Pottery, Handbuilding Expressions

Students will explore 3-D 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. This class meets upstairs in the Pottery Studio. Tools and supplies provided, 25 pounds of clay, glazes and all firings. Lab time is also included in the fee. No previous experience necessary. Class partially discountable.

1/11-3/14	W	5:00-7:00 PM	\$139	14067-01
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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.

1/14-2/11	Sa	12:15-2:15 PM	\$49	14069-01
2/18-3/17	Sa	12:15-2:15 PM	\$49	14069-02

Pottery, Construction Techniques

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: Lab for 5 weeks only is included with this class. All tools and supplies provided, 25 pounds of clay included in the fee. Class partially discountable.

1/13-2/10	F	5:30-7:30 PM	\$69	14070-01
2/17-3/16	F	5:30-7:30 PM	\$69	14070-02

Youth Arts & Crafts

Valentine's Day Crafts

Parents and kids together will create artsy Valentines cards and crafts for the special sweethearts in their lives. Come ready for a mess full of glitter and sparkle!

Instructor: Sara M. Bachraty

Location: Youth Activity Center

Note: This is a parent with child class

Age: 3-6 years

2/4	Sa	1:00-2:30 PM	\$16	15517-01
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Age: 7-11 years

2/4	Sa	3:00-4:30 PM	\$16	15517-02
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Art Studio

Discover your inner artist! For this winter's studio we will focus on different mediums and themes or you may create at your will with various materials provided. This can be a messy class!

Age: 7-12 years

Instructor: Julie Gillen, C.E.T.

Location: Youth Activity Center

Note: Class not discountable. \$10/day if you pre-register, \$15/day drop-in. There is a 15 student limit. Please wear your grubbies

Pop Art

1/19-1/26	Th	4:30-6:00 PM	\$20	15504-01
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Clay

2/2	Th	4:30-6:00 PM	\$10	15504-02
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Valentines

2/9	Th	4:30-6:00 PM	\$10	15504-03
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Painting

2/16-2/23	Th	4:30-6:00 PM	\$20	15504-04
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Collage

3/1-3/8	Th	4:30-6:00 PM	\$20	15504-05
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Art Studio for Preschoolers

Discover your inner artist! For this winter's studio we will focus on different mediums and themes. Or you may create at your will with various materials provided. This can be a messy class!

Age: 3-6 years

Instructor: Julie Gillen, C.E.T.

Location: Youth Activity Center

Note: Class not discountable. \$10 day if you pre-register, \$15/day drop-in. There is a 10 student limit. Please wear your grubbies.

Pop Art

1/19-1/26	Th	1:00-2:30 PM	\$20	15505-01
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Clay

2/2	Th	1:00-2:30 PM	\$10	15505-02
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Valentines

2/9	Th	1:00-2:30 PM	\$10	15505-03
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Painting

2/16-2/23	Th	1:00-2:30 PM	\$20	15505-04
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Collage

3/1-3/8	Th	1:00-2:30 PM	\$20	15505-05
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Intro 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.

Instructor: Sara M. Bachraty

Location: Youth Activity Center

Age: 5-7 years

1/7-1/28	Sa	1:00-2:30 PM	\$50	15511-01
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2/11-3/3	Sa	1:00-2:30 PM	\$50	15511-02
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Age: 8-11 years

1/7-1/28	Sa	3:00-4:30 PM	\$50	15511-03
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2/11-3/3	Sa	3:00-4:30 PM	\$50	15511-04
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Ooey Goopy Goop

It is messy, it is gooeey! Come make all kinds of clays, doughs and mystery mixtures.

Age: 3-5 years

Instructor: Julie Gillen, C.E.T.

Location: Northside Aztlan Center

Note: Please wear grubbies.

1/10-1/31	Tu	1:00-2:30 PM	\$37	15515-01
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RECREATOR PICK!

Holiday Cards

Parents and kids alike will have fun cutting, pasting and gluing creative holiday cards. Your loved ones will love receiving your creations in the mail. Come ready for a holly jolly mess!

Instructor: Sara M. Bachraty

Location: Youth Activity Center

Note: Class partially discountable. This is a child with adult class.

Age: 3-6 years

12/10	Sa	1:00-2:30 PM	\$21	15524-01
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Age: 7-11 years

12/10	Sa	3:00-4:30 PM	\$21	15524-02
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Holiday Ornaments

Parents and kids, come and create your very own holiday decorations and ornaments. Your home will be filled with holiday spirit with your cheery creations!

Instructor: Sara M. Bachraty

Location: Youth Activity Center

Note: Class partially discountable. This is a child with parent class

Age: 3-6 years

12/17	Sa	1:00-2:30 PM	\$21	15525-01
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Age: 7-11 years

12/17	Sa	3:00-4:30 PM	\$21	15525-02
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Hair Accessories

In this class you will learn how to create fun, fashionable flower and feather hair clips, pins and headbands.

Age: 9-12 years

Location: Northside Aztlan Center

1/14	Sa	1:00-2:30 PM	\$20	15549-01
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Youth & Teen Pottery

All pottery classes are held at the Pottery Studio, 1541 W. Oak.

Parents or Grandparents & Children Together

Among the many classes 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.

Birthday Parties

The kids will enjoy working in clay and will make a creation of their very own. 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 an object. Parties last about 90 minutes and can be tailored to your needs. Cost is \$12 per child (5 children minimum, with 10+ kids, birthday child is free). 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. They will create a piece that they can personalize with their own creativity, which will be fired and glazed. Cost is \$12 per child (5 children minimum). Not discountable. Contact Steve Dietemann at 970.224.6028 or sdietemann@fcgov.com.

Pottery, Parent, Teen & Youth 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.

1/13-2/10	F	5:45-7:15 PM	\$89	14052-01
2/17-3/16	F	5:45-7:15 PM	\$89	14052-02

Pottery, Teen Wheel & Handbuilding

Participants enrolled in this program will learn basic potter's wheel skills and 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.

1/10-2/7	Tu	3:45-5:15 PM	\$48	14057-01
2/14-3/13	Tu	3:45-5:15 PM	\$48	14057-02

Pottery, Parent & Tot Mud Handbuilding

Parent and child combine their talents in this unique pottery class. The projects are constantly being varied so it is possible to reregister for 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.

1/10-2/7	Tu	12:30-1:30 PM	\$34	14050-01
1/11-2/8	W	2:45-3:45 PM	\$34	14050-02
1/14-2/11	Sa	2:30-3:30 PM	\$34	14050-03
2/14-3/13	Tu	12:30-1:30 PM	\$34	14050-04
2/15-3/14	W	2:45-3:45 PM	\$34	14050-05
2/18-3/17	Sa	2:30-3:30 PM	\$34	14050-06

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.

1/14-2/11	Sa	3:45-5:15 PM	\$89	14051-01
2/18-3/17	Sa	3:45-5:15 PM	\$89	14051-02

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 reregister for 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.

1/9-2/6	M	4:00-5:30 PM	\$48	14053-01
1/11-2/8	W	4:00-5:30 PM	\$48	14053-02
2/13-3/12	M	4:00-5:30 PM	\$48	14053-03
2/15-3/14	W	4:00-5:30 PM	\$48	14053-04

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 all tools and materials. Lab time not included. Class partially discountable.

1/12-3/15	Th	3:45-5:15 PM	\$89	14055-01
1/13-2/10	F	3:45-5:15 PM	\$48	14055-02
2/17-3/16	F	3:45-5:15 PM	\$48	14055-03

Dance & Movement

Adult dance classes are for ages 18 years & up unless otherwise noted.

General

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 and \$5 for each additional person. Payment can be made at the Senior Center.



RECREATOR PICK!

Hula Hoop Dance Fusion

Tone your core and learn some new dance moves in this exciting new class! This is for anyone 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.

Instructor: Leah McDaniel

Location: Club Tico

Note: Ages 13-17 allowed with instructor permission.

1/9-2/27 M 8:15-9:15 PM \$60 14240-01

Jazz, Beginning

Learn the basics of contemporary jazz dance or refine your dance skills. This class explores and incorporates jazz techniques that may include the styles of Fosse, Robbins, and post modern movement. This class is for adult beginners and anyone interested in this movement.

Instructor: Leah McDaniel

Location: Northside Aztlan Center

Note: 13-17 allowed with instructor permission.

1/5-2/23 Th 5:00-6:30 PM \$60 14241-01

Ballet

Ballet, Beginning

Introduction to classical barre, positions and steps.

Instructor: Sarah Manno

Location: Club Tico

Note: Ages 13-17 allowed with instructor approval.

1/24-3/6 Tu 6:45-7:45 PM \$46 14201-01

Low & Intermediate Ballet

Continuing work on basic technique.

Instructor: Sarah Manno

Location: Empire Grange

Note: Ages 13-17 allowed with instructor approval.

1/23-3/5 M 5:30-6:45 PM \$56 14202-01

Ballet, Intermediate

A more challenging, ongoing class for experienced dancers.

Instructor: Sarah Manno

Location: Club Tico

Note: Ages 13-17 allowed with instructor approval.

1/26-3/8 Th 5:25-6:40 PM \$56 14203-01

Belly Dancing

Belly Dancing, Beginning

Get a great workout as you learn an ancient dance form, belly dance! 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.

1/19-2/23 Th 6:30-8:00 PM \$60 14204-01

Belly Dancing, Intermediate

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

Take your belly dancing to a new level! Polish what you already know and learn more complex material as well.

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 recommended.

1/19-2/23 Th 8:00-9:30 PM \$60 14205-01

Dancing with Don

Dancing with Don classes are taught by Don Roberts.

Ballroom & Latin American Dance

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: Club Tico

1/18-2/1 W 6:00-7:20 PM \$31 14215-02

2/8-2/22 W 6:00-7:20 PM \$31 14215-03

Location: Senior Center

1/17-1/31 Tu 7:30-8:30 PM \$24 14215-01

Level 2

Location: Club Tico

2/29-3/14 W 6:00-7:20 PM \$31 14216-01

Jitterbug & East Coast Swing

Jitterbug is the single time form of swing and East Coast is the triple time.

Age: 13 years & up

Location: Club Tico

Note: Class not discountable.

1/18-2/1 W 7:20-8:40 PM \$31 14227-01

2/8-2/22 W 7:20-8:40 PM \$31 14227-02

2/29-3/14 W 7:20-8:40 PM \$31 14227-03

DANCE & MOVEMENT / TAP / LINE DANCE

Salsa

Learn to Salsa, the basics and some exciting turns.

Age: 13 years & up

Location: Senior Center

Note: Class not discountable.

1/17-1/31	Tu	8:30-9:30 PM	\$24	14232-01
2/14-2/28	Tu	7:30-8:30 PM	\$24	14232-02

West Coast Swing

West Coast Swing is dance with a touch of Latin motion and is a favorite of the Country, Ballroom, and Swing dancers.

Age: 14 years & up

Note: Class not discountable.

Location: Club Tico

12/7-12/14	W	6:15-7:45 PM	\$24	14236-01
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Location: Senior Center

2/14-2/28	Tu	6:30-7:30 PM	\$24	14236-02
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Country Western Dance

Learn the basics in each of the western dances and tie yourself up in knots learning the basics and the Pretzel in Country Swing.

Age: 13 years & up

Note: Class not discountable.

Location: Club Tico

1/18-2/1	W	8:40-10:00 PM	\$31	14222-02
2/8-2/22	W	8:40-10:00 PM	\$31	14222-03
2/29-3/14	W	8:40-10:00 PM	\$31	14222-04

Location: Senior Center

1/17-1/31	Tu	6:30-7:30 PM	\$24	14222-05
2/14-2/28	Tu	8:30-9:30 PM	\$24	14222-01

Tap Dance

Tap Intermediate

Extensive experience required for all dancers. Blend Rhythm Tap with traditional Jazz moves using challenging footwork and rhythms.

Instructor: Diane Montgomery

Location: Club Tico

Note: Ages 14-17 accepted with instructor's permission.

1/9-2/27	M	6:45-8:00 PM	\$64	14210-01
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Line Dance

Participants can pay a drop-in fee prior to the class at \$4.25 per class.

Line Dance, Beginning

Start with the basic steps, then progress to easy-to-follow dances.

Instructor: Blanche Adams

Location: Senior Center

12/6-12/13	Tu	1:00-2:15 PM	\$11	14250-01
1/10-1/31	Tu	1:00-2:15 PM	\$18	14250-02
2/7-2/28	Tu	1:00-2:15 PM	\$18	14250-03

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VENDORS CONTACT: [Elizabeth Sink](mailto:Elizabeth.Sink@MothersCenterFC@gmail.com), MothersCenterFC@gmail.com

Line Dance, Beginning II

Start with the basic steps, then progress to easy-to-follow dances.

Instructor: Blanche Adams

Location: Senior Center

12/5-12/12	M	1:00-2:15 PM	\$11	14251-01
1/9-1/30	M	1:00-2:15 PM	\$18	14251-02
2/6-2/27	M	1:00-2:15 PM	\$18	14251-03

Line Dance, Intermediate

This class is designed for the more experienced dancer.

Instructor: Blanche Adams

Location: Senior Center

12/5-12/12	M	2:15-3:30 PM	\$11	14252-01
1/9-1/30	M	2:15-3:30 PM	\$18	14252-02
2/6-2/27	M	2:15-3:30 PM	\$18	14252-03

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.

1/24-3/6	Tu	5:25-6:25 PM	\$46	14208-01
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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.

1/24-3/6	Tu	5:25-6:40 PM	\$56	14209-01
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Youth Dance & Movement

Tappin' Dumplin's

Participants 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 encouraged.

Age: 4-5 years

1/10-1/31	Tu	4:15-5:15 PM	\$44	15561-01
1/13-2/3	F	11:15 AM-12:15 PM	\$44	15561-02
2/7-3/6	Tu	4:15-5:15 PM	\$54	15561-03
2/10-3/9	F	11:15 AM-12:15 PM	\$54	15561-04

Age: 5-7 years

1/11-2/1	W	5:30-6:30 PM	\$44	15561-05
2/8-3/7	W	5:30-6:30 PM	\$54	15561-06

Youth Ride Free!

Transfort

221-6620

fcgov.com/transfort



* Youth trips provided thanks to a grant from the Bohemian Foundation. Must be 17 years of age or younger. No bus pass required.



Dancin' Dumplin's

This class for preschoolers will introduce your child to dance rhythms, movement, tumbling and creativity while building confidence.

Instructor: Marsha Portelance

Location: Mulberry Pool

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

Age: 3 years

1/11-2/1	W	10:15-11:00 AM	\$34	15556-01
1/11-2/1	W	11:15 AM-Noon	\$34	15556-02
1/13-2/3	F	10:15-11:00 AM	\$34	15556-03
2/8-3/7	W	10:15-11:00 AM	\$42	15556-04
2/8-3/7	W	11:15 AM-Noon	\$42	15556-05
2/10-3/9	F	10:15-11:00 AM	\$42	15556-06

Age: 4-5 years

1/10-1/31	Tu	5:30-6:30 PM	\$44	15556-07
1/11-2/1	W	9:00-9:55 AM	\$44	15556-08
1/13-2/3	F	9:00-9:55 AM	\$44	15556-09
2/7-3/6	Tu	5:30-6:30 PM	\$54	15556-10
2/8-3/7	W	9:00-9:55 AM	\$54	15556-11
2/10-3/9	F	9:00-9:55 AM	\$54	15556-12

Age: 5-7 years

1/11-2/1	W	4:15-5:15 PM	\$44	15556-13
2/8-3/7	W	4:15-5:15 PM	\$54	15556-14

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

Note: Class will not be held on 3/15.

1/12-2/16	Th	5:45-6:45 PM	\$64	15559-01
2/23-4/5	Th	5:45-6:45 PM	\$64	15559-02

Tumble Bumbles

Individual attention is paid to learning basic tumbling skills (somersault, cartwheel, and push-up bridge) and how to use the equipment. Flexibility, balance, coordination and self-confidence are developed.

Instructor: Marsha Portelance

Location: Mulberry Pool

Note: Appropriate attire is required: leotard and tights, or T-shirts and shorts. No jeans are allowed. Class will not be held on 3/12, 3/15.

Age: 4-5 years

1/9-2/13	M	4:15-5:15 PM	\$64	15562-01
2/27-4/2	M	4:15-5:15 PM	\$54	15562-02

Age: 5-6 years

1/9-2/13	M	5:30-6:30 PM	\$64	15562-03
2/27-4/2	M	5:30-6:30 PM	\$54	15562-04

Age: 6-7 years

1/12-2/16	Th	4:15-5:15 PM	\$64	15562-05
2/23-4/5	Th	4:15-5:15 PM	\$74	15562-06

Petite Ballerinas

Young dancers will learn pre-ballet and locomotor moves in this imaginative class.

Instructor: Kidz Explore

Note: This is a child without parent class.

Age: 3-4 years

Location: Club Tico

1/13-2/3	F	9:30-10:15 AM	\$44	15574-01
2/10-3/2	F	9:30-10:15 AM	\$44	15574-03

Location: Northside Aztlan Center

1/14-2/4	Sa	9:00-9:45 AM	\$44	15574-02
2/11-3/3	Sa	9:00-9:45 AM	\$44	15574-04

Age: 4-5 years

Location: Club Tico

1/13-2/3	F	10:15-11:00 AM	\$44	15574-05
2/10-3/2	F	10:15-11:00 AM	\$44	15574-06

Age: 5-6 years

Location: Northside Aztlan Center

1/14-2/4	Sa	9:45-10:30 AM	\$44	15574-07
2/11-3/3	Sa	9:45-10:30 AM	\$44	15574-08

Age: 7-10 years

Location: Northside Aztlan Center

1/14-2/4	Sa	10:30-11:15 AM	\$44	15574-09
2/11-3/3	Sa	10:30-11:15 AM	\$44	15574-10

Hip Hop & Break Dance

Join Choice City Breakerz to learn popular hip hop and break dance moves from a certified instructor. Participants will work on choreographed dances that they will perform throughout the year.

Grade: Kindergarten-3

Location: Northside Aztlan Center

Note: Class runs month to month from November-May. Participants wear tennis shoes and comfortable clothing. Class not discountable.

11/28-12/19	M	4:00-5:00 PM	\$34	15737-01
1/9-1/30	M	4:00-5:00 PM	\$34	15737-02
2/6-2/27	M	4:00-5:00 PM	\$34	15737-03

Hula Hoop Dance Fusion

Tone your core and learn some new dance moves in this exciting new class! We will learn basic hooping techniques and tricks, while incorporating basic modern dance, with jazz technique.

Age: 8-12 years

Location: Northside Aztlan Center

Note: Class not discountable.

1/5-1/26	Th	4:00-5:00 PM	\$28	15739-01
2/2-2/23	Th	4:00-5:00 PM	\$28	15739-02

Ballet & Modern

This class 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: Club Tico

1/26-3/1	Th	4:15-5:15 PM	\$49	14207-01
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Early Learning

Marvelous Mondays

Moms, caregivers and kids, Start your week and your New Year out right! Kids will have fun with arts and crafts, learning games, story time and gym play. Moms/caregivers can use this class to get their work out in or errands completed.

Age: 3-6 years

Location: Northside Aztlan Center

Note: If your child has a food allergy, please tell the registration staff when you register.

1/23	M	12:30-2:30 PM	\$10	15583-01
1/30	M	12:30-2:30 PM	\$10	15583-02
2/6	M	12:30-2:30 PM	\$10	15583-03
2/13	M	12:30-2:30 PM	\$10	15583-04
2/27	M	12:30-2:30 PM	\$10	15583-05
3/5	M	12:30-2:30 PM	\$10	15583-06

Curious Twos

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

Age: 2 years

Instructor: Emily C. Jennings

Location: Youth Activity Center

Note: If your child has a food allergy, please tell the registration staff when you register. This is a class for the child without the parents. Class will not be held on 1/16, 2/20.

1/9-2/1	M,W	9:30-10:30 AM	\$39	15585-01
1/9-2/1	M,W	11:00 AM-Noon	\$39	15585-02
1/10-2/2	Tu,Th	9:30-10:30 AM	\$44	15585-03
2/6-3/7	M,W	9:30-10:30 AM	\$49	15585-04
2/6-3/7	M,W	11:00 AM-Noon	\$49	15585-05
2/7-3/8	Tu,Th	9:30-10:30 AM	\$54	15585-06

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 1/2 day Kindergarten programs.

Age: 4-6 years

Instructor: Lisa Dachel

Location: Youth Activity Center

Note: Must have turned 4 by 9/15/2011. Class will not be held on 3/9, 3/12, 3/14, 3/16.

Exploring Art				
1/18-2/3	M,W,F	Noon-2:00 PM	\$84	15586-01
Basic Spanish				
2/6-2/24	M,W,F	Noon-2:00 PM	\$84	15586-02
Snacks and Treats				
2/27-3/23	M,W,F	Noon-2:00 PM	\$84	15586-03
Science				
3/26-4/11	M,W,F	Noon-2:00 PM	\$84	15586-04
Camping				
4/18-5/4	M,W,F	Noon-2:00 PM	\$84	15586-05

Alphabet Soup

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. Please note food allergies at registration.

1/10-2/9	Tu,Th	9:30-11:30 AM	\$124	15587-01
2/14-3/8	Tu,Th	9:30-11:30 AM	\$104	15587-02

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.

Age: 3-6 years

Location: Northside Aztlan Center

Ocean				
1/12	Th	9:30-11:00 AM	\$17	15589-01
Vet Medicine				
1/19	Th	9:30-11:00 AM	\$17	15589-02
Concoctions				
1/26	Th	9:30-11:00 AM	\$17	15589-03
Mammals				
2/9	Th	9:30-11:00 AM	\$17	15589-04
Astronomy				
2/16	Th	9:30-11:00 AM	\$17	15589-05
Entomology				
2/23	Th	9:30-11:00 AM	\$17	15589-06

Funtime for Preschoolers

Arts & crafts, storytelling, science, math, pre-reading, creative play/dramatics, and gym play are only part of the fun your child will experience in this class! Previous class experience recommended. Must be toilet trained. Please note food allergies at the time of registration.

Instructor: Lisa Dachel

Location: Youth Activity Center

Note: Funtime closures/holidays correspond to the Poudre School District schedule unless otherwise notified in class. Funtime DOES NOT follow PSD weather closures. Aging date for the 10:15 am class is 9/15/2011. Children in the 9am class must be 2 1/2 by the first day of class. Class partially discountable. Class will not be held on 3/9, 3/12, 3/13, 3/14, 3/15, 3/16.

Age: 2½-3 years				
1/17-2/23	Tu,Th	9:00-10:00 AM	\$64	15590-01
2/28-4/12	Tu,Th	9:00-10:00 AM	\$64	15590-02
4/17-5/24	Tu,Th	9:00-10:00 AM	\$64	15590-03
Age: 3-4 years				
1/17-2/23	Tu,Th	10:15 AM-12:15 PM	\$124	15590-04
2/28-4/12	Tu,Th	10:15 AM-12:15 PM	\$124	15590-05
4/17-5/24	Tu,Th	10:15 AM-12:15 PM	\$124	15590-06

EARLY LEARNING

Funtime Pre-K

Children will develop and refine fundamental skills in a stimulating environment. 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: Please note food allergies at the time of registration. Funtime closures/holidays correspond to the Poudre School district schedule unless otherwise notified in class. Funtime DOES NOT follow PSD weather closures. Children must have turned 4 by 9/15/2011. Class partially discountable. Class will not be held on 2/20, 3/9, 3/12, 3/13, 3/14, 3/15, 3/16, 5/11.

1/18-2/24	M,W,F	9:30 AM-Noon	\$204	15600-01
2/27-4/11	M,W,F	9:30 AM-Noon	\$204	15600-02
4/18-5/25	M,W,F	9:30 AM-Noon	\$204	15600-03

Mother Goose Adventure

Explore the world of Mother Goose! Learn more about your favorite characters through crafts, stories, fun and games.

Age: 2-3 years

Location: Northside Aztlan Center

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

1/11-2/1	W	11:00 AM-Noon	\$20	15596-01
2/8-2/29	W	11:00 AM-Noon	\$20	15596-02
3/21-4/11	W	11:00 AM-Noon	\$20	15596-03

Busy Builders

Does your child enjoy stacking, gluing and creating? Come join us for a class that encompasses just that! This spin-off from our popular "Tool Time" class will have your child building towers, bridges, and other structures.

Age: 3-6 years

Instructor: Emily C. Jennings

Location: Youth Activity Center

2/6-2/13 M 1:00-2:30 PM \$20 15658-01

Little Yogis

Let your little ones come play yoga! We'll explore movement through animated poses, games, art, music and breathing exercises that help to strengthen coordination and build body awareness. We'll bark in downward dog, hiss in cobra, flutter our wings in butterfly and take a yoga journey your child will never forget!

Age: 3-6 years

Instructor: Amy Norris

Location: KidsCrave Yoga 4021B S College

Note: All sessions will be different so sign up for as many as you like. Class partially discountable.

12/1-12/22	Th	11:00-11:45 AM	\$36	15634-01
12/1-12/22	Th	1:00-1:45 PM	\$36	15634-02
1/10-1/31	Tu	9:30-10:15 AM	\$36	15634-03
1/13-2/3	F	11:00-11:45 AM	\$36	15634-04
2/7-2/28	Tu	9:30-10:15 AM	\$36	15634-05
2/10-3/2	F	11:00-11:45 AM	\$36	15634-06

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GET AHEAD OF THE GAME

Sign up for these spring youth sports on Feb. 16!

Flag Football – Grades 3-8

\$59 For 6 Games PLUS an end of season Rattlesnake Rumble Tournament
2 practices per week

Ultimate Football – Grades 1-2

\$49 For 6 Games
1 Practice per week

Volleyball

Elementary 3, 4, and 5th Grade
\$59 For 6 Matches
Middle School 6, 7 and 8th Grade
\$59 For 6 Matches including an end of season tournament

Register at a Recreation Center near you or at fcgov.com/recreator or by calling 970.221.6655



Tool Time

This class is designed for the little do-it-yourselfer. Children will learn about safety, tools and their uses; and will have the opportunity to use real hammers, nails and screw drivers in a highly supervised environment.

Age: 3-6 years

Instructor: Emily C. Jennings

Location: Youth Activity Center

1/18-2/1 W 1:00-2:30 PM \$28 15591-01

Those Amazing Dinosaurs

Learn about your favorite dinosaurs. Hunt for fossils, classify by characteristics, and maybe create your own dinosaur.

Age: 3-5 years

Location: Northside Aztlan Center

Note: If your child has a food allergy, please tell the registration staff when you register.

2/15-2/29 W 1:00-2:30 PM \$27 15593-01

Hospital Helpers

A class specifically for those who love to help! In this class we will simulate what it is like to be a doctor or nurse. We will learn how to take care of minor cuts, scrapes, and bruises.

Age: 3-6 years

Instructor: Emily C. Jennings

Location: Youth Activity Center

2/8-2/22 W 1:00-2:30 PM \$26 15659-01

Ultimate Fort Making

Blankets, towels, parachutes, boxes, hula hoops, floor mats and anything else we can think of will be used to make and create fun forts for an ultimate afternoon of building!

Age: 3-6 years

Instructor: Emily C. Jennings

Location: Youth Activity Center

Note: If your child has a food allergy, please tell the registration staff when you register.

1/23-1/30 M 1:00-2:30 PM \$12 15697-01

EPIC Adventures

Basic ice skating, art, pool fun, indoor/outdoor games, story time and snack included. Your child will receive an ice skating lesson conducted by an EPIC skate pro each day of EPIC adventures. There will be one day of recreational swimming per week. This class serves as a great complement to preschool or kindergarten.

Age: 4-7 years

Instructor: Emily C. Jennings

Location: Edora Pool Ice Center

Note: If your child has a food allergy, please tell the registration staff when you register. Clothing for skating and swimming is needed. Please arrive 15 minutes early to help your child put on his/her ice skates. Warm clothing needed Tuesdays and Thursdays. Swimsuits needed for Thursdays.

1/10-2/2 Tu,Th 12:30-3:00 PM \$104 15598-01

2/7-3/8 Tu,Th 12:30-3:00 PM \$129 15598-02

WINTER 2012 Whimsy

6PM, FRIDAY, JANUARY 20

Fort Collins Senior Center, 1200 Raintree Drive

Live entertainment by R&B/Funk band "SHE GROOVEZ"

Tickets: \$45 in advance, \$50 at the door

Includes 3 drink tickets, food, entertainment, & eligibility for door prize

Tickets available at City Recreation facilities, or contact Peggy Bowers at (970) 221-6357 or pbowers@fcgov.com

This ladies' night out gathering benefits the Expansion Initiative of the Fort Collins Senior Center



Silent Auction • Adventure Live Auction
Entertainment • Music • Beautiful Jewelry Door Prize

Thanks to: Allnutt Funeral Service • Bob Sanderson State Farm Insurance • Bowers Farm • Poudre Valley Health System • Wattle & Daub Contractors

Building On Books

Laying the foundation for getting ready to read is more than ABC's! Preschoolers will focus on the development of early literacy skills by exploring children's literature through arts and crafts, music, drama, and storytelling.

Age: 4-5 years

Location: Northside Aztlan Center

Note: This is a child without parent class.

1/18-2/1 W 1:00-2:30 PM \$29 15595-01

Parent With Child

Baby Gym

Now a special gym time just for babies to crawl on mats and through tunnels, play with balls and blocks or challenge themselves on the soft obstacle course. Children must be accompanied by an adult.

Age: 0-18 months

Location: Northside Aztlan Center

1/13-3/2 F 10:30 AM-Noon \$2.50 15673-01

Tot Gym

Bring the little ones in for some fun gym time! Balls, blocks, a mini obstacle course and other activities will be set up for you and your youngsters to enjoy together! No need to register, just come on in! Children must be accompanied by an adult.

Age: 0-6 years

Location: Northside Aztlan Center

1/10-3/7 Tu,W 10:00 AM-Noon \$2.50 15674-01

Shake, Rattle & Roll

Come and shake, rattle and roll! We will have fun with singing, playing simple games, finger plays and instrument play.

Instructor: Saja Butler

Location: Northside Aztlan Center

Age: 12-24 months

Shake, Rattle & Roll: Holiday Edition

12/9-12/16 F 9:00-9:45 AM \$18 15650-01

Shake, Rattle & Roll

1/13-1/27 F 9:00-9:45 AM \$25 15650-03

2/3-2/17 F 9:00-9:45 AM \$25 15650-05

Age: 24-36 months

Shake, Rattle & Roll: Holiday Edition

12/9-12/16 F 10:00-10:45 AM \$18 15650-02

Shake, Rattle & Roll

1/13-1/27 F 10:00-10:45 AM \$25 15650-04

2/3-2/17 F 10:00-10:45 AM \$25 15650-06

Little Explorers

From science and music to arts and crafts an movement, curious toddlers and their parents will experience a new class each week.

Age: 2 years

Location: Northside Aztlan Center

Note: If your child has a food allergy, please tell the registration staff when you register. This is a child with parent class.

1/11-2/1 W 9:30-10:30 AM \$24 15597-01

2/8-2/29 W 9:30-10:30 AM \$24 15597-02

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I Can Do It Myself

This series of classes is aimed at the young toddler who, along with a parent, can enjoy a number of different activities including arts and crafts, movement, making new friends and more.

Age: 15-24 months

Instructor: Julie Gillen, C.E.T.

Location: Northside Aztlan Center

Indoor Snowman

1/21	Sa	9:30-10:15 AM	\$10	15642-01
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Valentines

2/4	Sa	9:30-10:15 AM	\$10	15642-02
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Jungle

3/3	Sa	9:30-10:15 AM	\$10	15642-03
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I Can Do It, Too

These classes are for the toddler who is "not quite ready" to take a class by himself/herself. Enjoy different activities together.

Age: 2-3 years

Instructor: Julie Gillen, C.E.T.

Location: Northside Aztlan Center

Note: Please note food allergies at registration.

Indoor Snowman

1/21	Sa	10:30-11:30 AM	\$10	15643-01
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Valentines

2/4	Sa	10:30-11:30 AM	\$10	15643-02
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Jungle

3/3	Sa	10:30-11:30 AM	\$10	15643-03
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Artist Cafe

Come with your child to explore the world of art. We will play with all different mediums and materials. This is a very messy class. Please wear your grubbies and bring a bag to carry your projects home.

Age: 2-4 years

Instructor: Julie Gillen, C.E.T.

Location: Northside Aztlan Center

Note: You are welcome to bring a lunch or snack!

1/10-1/31	Tu	11:30 AM-12:30 PM	\$29	15640-01
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2/7-2/28	Tu	11:30 AM-12:30 PM	\$29	15640-02
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Cookin' & Crafts with Kids

This class is designed for toddlers to explore simple cooking and craft experiences around a single theme. Stirring, spreading, mixing, tasting, painting, gluing, do-it-yourself fun.

Age: 2 years

Location: Northside Aztlan Center

Note: Please note food allergies at the time of registration. This is a parent with child class

Holiday Treats

12/9	F	10:00-11:30 AM	\$19	15657-01
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Winter Treats

1/20	F	10:00-11:30 AM	\$19	15657-02
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Valentine Treats

2/17	F	10:00-11:30 AM	\$19	15657-03
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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 bars, parallel bars and a mini 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.

Age: 2 years

1/9-1/30	M	10:00-10:45 AM	\$34	15649-01
1/9-1/30	M	11:05-11:50 AM	\$34	15649-02
1/10-1/31	Tu	11:00-11:45 AM	\$34	15649-03
2/6-3/5	M	10:00-10:45 AM	\$42	15649-04
2/6-3/5	M	11:05-11:50 AM	\$42	15649-05
2/7-3/6	Tu	11:00-11:45 AM	\$42	15649-06

Age: 3 years

1/9-1/30	M	9:00-9:45 AM	\$34	15649-07
1/12-2/2	Th	11:00-11:45 AM	\$34	15649-08
2/6-3/5	M	9:00-9:45 AM	\$42	15649-09
2/9-3/8	Th	11:00-11:45 AM	\$42	15649-10

Mom & Tot Science

Would your child like to make concoctions in the bath tub? Come explore with your little one. Make and do fun science experiments.

Age: 2 years

Location: Northside Aztlan Center

Note: This is a parent participation class.

1/10-1/24	Tu	11:00 AM-Noon	\$26	15651-01
2/7-2/21	Tu	11:00 AM-Noon	\$26	15651-02

Toddler time

This class will focus on your child’s creativity and imagination. With a combination of fitness games, activities, stories, crafts and movement.

Age: 18-24 months

Location: Northside Aztlan Center

Note: This is a child with parent class. Class will not be held on 1/16, 2/20.

1/9-1/30	M	9:30-10:30 AM	\$20	15665-01
2/6-2/27	M	9:30-10:30 AM	\$20	15665-02

Baby & Me Yoga

These classes provide an opportunity for you to bond with your baby and connect with other parents. Rediscover, reshape and strengthen your core and back muscles.

Age: 0-12 months

Instructor: Amy Norris

Location: Kids Crave Yoga 4021B S College

Note: Class partially discountable. Bring a baby blanket and your sense of humor! For newborns (6 weeks) until your baby is crawling.

12/1-12/22	Th	11:50 AM-12:50 PM	\$56	15662-03
1/10-1/31	Tu	10:30-11:30 AM	\$56	15662-01
2/7-2/28	Tu	10:30-11:30 AM	\$56	15662-02

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Education

Adult education classes are for ages 18 & up unless otherwise noted.

Computer

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

1/3-1/6 Tu-F 10:00 AM-Noon \$16 14502-01
\$28 non-member



RECREATOR PICK!

Craigslist

More people are turning to Craigslist to sell unwanted items or purchase things they need. It is a FREE, quick and easy online service. No bidding, packing, or shipping just a straight forward classified service. You will learn how to setup an account, handle inquiries, how to make money and much more!

Instructor: Carol Parker

Location: Senior Center

1/14 Sa 9:00-11:30 AM \$14 14503-01

Excel

Prerequisite: Computer Basics class/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.

12/17 Sa 8:30 AM-12:30 PM \$14 14504-01

Facebook for Beginners

Facebook is a great tool for keeping in touch with friends and sharing messages, photos, and videos. But it can be intimidating if you don't know who sees what you're sharing. Learn the nuts & bolts, including privacy control, to comfortably and safely network with family, friends, celebs, and more.

Instructor: Mike Morris

Location: Senior Center

12/27-1/24 Tu 7:30-8:30 PM \$44 14505-01

Internet Email

Prerequisite: Introduction to the Internet or equivalent

This class will teach you different addressing modes in e-mail. 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.

1/7 Sa 8:30 AM-12:30 PM \$14 14506-01

Internet Part 1

Prerequisite: Computer Basics class/ 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.

12/3 Sa 8:30 AM-12:30 PM \$10 14507-01
\$15 non-member

Internet Part 2

Prerequisite: Internet, Introduction

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.

12/10 Sa 8:30 AM-12:30 PM \$10 14508-01
\$15 non-member

Microsoft Word, Beginning Part 1 & 2

Prerequisite: Basic computer knowledge/computer basics class.

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

Location: Columbine Health Computer Lab

Note: Instructor provided by the Front Range PC Users Group.

1/14-1/21 Sa 8:30 AM-12:30 PM \$16 14509-01

Microsoft Word, Beyond the Basics

Prerequisite: The two-week Microsoft Word, Beginning class

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, an index and much more.

Instructor: Mike Morris

Location: Columbine Health Computer Lab

Note: Instructor provided by the Front Range PC Users Group.

1/28 Sa 8:30 AM-12:30 PM \$14 14510-01

Quicken

Prerequisite: Computer Basics class or basic computer knowledge.

This class starts with the basics of creating and managing files and accounts. The hands-on exercise includes creating both a checking and savings account, reconciling a bank statement, creating reports, and more.

Instructor: Al Van Nice, Don Anderson, Mike Meyer

Location: Senior Center

Note: Instructors provided by Front Range PC Users Group

1/21 Sa 8:30 AM-12:30 PM \$14 14511-01

Using Windows 7

This 3-session class covers the basic terms and tools of Windows 7. Included are hands-on exercises that demonstrate working with windows, menus, and files, plus how to customize. Also a brief, non-technical description of the computer and simple maintenance tasks suitable for even the most inexperienced user.

Instructor: Mike Morris

Location: Columbine Health Computer Lab

2/4-2/18 Sa 8:30 AM-12:30 PM \$29 14515-01

Skype

Learn how to find Skype software, type of camera you need, set up an account and add contacts. You will be part of a step by step video call and see just how easy it is to use. Free calls mean you can take your time and have a proper conversation. Good for beginners or for those with questions.

Instructor: Carol Parker

Location: Senior Center

2/11 Sa 9:00-11:30 AM \$14 14512-01

Social Media for Business

Home businesses & large companies use social media for promotion & to monitor their industry. Facebook, YouTube, blogs, & others are becoming standard business tools. Learn strategies to connect with their community and develop leadership in their market. Experience with current social media accounts is helpful.

Instructor: Brett Manges

Location: Senior Center

1/10-2/7 Tu 6:15-7:15 PM \$44 14513-01

Getting Started with Social Media MS

Feeling left out of the social media world? This class is an overview of common social media tools such as Twitter, Facebook, LinkedIn, Google+, and blogging. You will create your own accounts, and then learn how to find information, connect with friends, and create personal and professional online networks.

Instructor: Brett Manges

Location: Senior Center

Note: Class not discountable.

12/6-1/3 Tu 6:15-7:15 PM \$34 14514-01
\$44 non-member

Blogging for Passion or Profit

Want to know what the blogging buzz is all about? Would you like to get started with building a new website or updating an old site using blogging tools? Whether your message is political, professional, poetic, or personal, a blog can help you spread your message and build a community.

Instructor: Brett Manges

Location: Senior Center

Note: Class not discountable

1/31-2/28 Tu 7:30-8:30 PM \$44 14501-01

ADVENTURE  **CINEMA**

at the Fort Collins Senior Center
(moved from the Lincoln Center)



Sunday, January 22, 7:00 PM
"Hello Louisiana"
with Monty and Marcia Brown

Join the Browns for a trip around this exotic "third world country", where the Caribbean and Spanish flags flew over a steaming land of cotton and sugar cane. Dinner after this show will be a Cajun Boil with sausage, shrimp, crab legs, corn, potatoes all cooked up together and served family style.

Tickets are \$20 in advance
for film and dinner,
\$25 at the door or
\$8.00 for the film only
Tickets available at the Senior Center.







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Courses offered through the Division of Continuing Education

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Moonlight & Roses: *Memories*

Sunday, February 19

4:00-6:00 PM

Senior Center

1200 Raintree Drive

Cost: \$12

Celebrate and honor golden anniversaries with a memorable evening with friends and family. Share your love story over a three-course meal and wine.

Come and dance the evening away with your friends.

For more information, call 970.221.6644.



Cooking

Cooking Around the World

Would you like to go around the world in 3 weeks? I've been everywhere (well, almost!) Come hungry and we'll take a vote on menus and learn different foods! All supplies are included and purchased locally. It's a meal you can cook on a week-day. I have a lot of short cuts so your family will enjoy very easy meals.

Instructor: Sharmila Rajopadhye

Location: Senior Center

Note: Class partially discountable.

2/14-2/28 Tu 6:00-8:30 PM \$49 14522-01

Homemade Indian Flatbreads

Impress your family and friends with some exotic and fantastic breads this holiday season. Menu includes: Spicy Spinach Parantha/Bread; Garbanzo Bean Curry; Poori (deep fried whole wheat bread); Potato-Stuffed Parantha; Chai Tea.

Instructor: Sapna Von Reich

Location: Senior Center

Note: Class partially discountable.

12/1 Th 6:00-8:30 PM \$29 14523-01

Dal 101 Indian Style Lentils

Dal, a Sanskrit name that refers to all pulses, legumes, & their food derivatives, still forms the mainstay of the protein supply to the largely vegetarian billion odd people in the Indian subcontinent. Besides being high in protein, lentils also contain a copious amount of essential dietary fiber, vitamins, and minerals.

Instructor: Sapna Von Reich

Location: Senior Center

Note: Class partially discountable. Menu includes a popular lentil appetizer, a soup, Spinach and Lentil Curry (Saag), and a Lentil Stew served over Basmati Rice. Class partially discountable.

1/11 W 6:00-8:30 PM \$29 14524-01

Homemade Crepes & Indian Chutney

Learn how to make these awesome, simple (and VEGAN) creations at home! Pair them with the perfect chutneys and you've got a meal everyone will talk about! Menu includes: Mung Bean Crepe with Coconut Chutney; Semolina Crepe with Tomato Chutney; Garbanzo Bean Flour Crepe with Mint - Cilantro Chutney; Cardmom Chai.

Instructor: Sapna Von Reich

Location: Senior Center

2/7 Tu 6:00-8:30 PM \$29 14525-01

Thai Cooking 1st Course



Learn to cook curries, tasty soups, spicy salads, desserts and stir fry. Choosing quality ingredients; cooking tips & tricks, and restaurant time saving techniques usable at home. Mixed vegetables with ginger & oyster sauce, Green curry beef with coconut milk, Phrik nam pla sauce (multi-use chili sauce), Thai ice tea.

Instructor: Sim Suinn

Location: Senior Center

Note: Class partially discountable.

12/8 Th 6:00-8:30 PM \$35 14527-01

Thai Cooking 2nd Course

Stir fried bay scallops with curry powder, Tom Kha coconut chicken soup with fresh mushrooms, Yum Kai Dao: spicy fried egg salad and Thai tea.

Instructor: Sim Suinn

Location: Senior Center

Note: Class partially discountable.

1/12 Th 6:00-8:30 PM \$35 14528-01

Thai Cooking 3rd Course

Fresh rolls with Thai dipping sauce, Yellow curry chicken with coconut milk, Cucumber salad, Mango with sticky rice.

Instructor: Sim Suinn

Location: Senior Center

Note: Class partially discountable.

2/2 Th 6:00-8:30 PM \$35 14529-01

Mexican Cooking

Age: 16 years & up

Location: Northside Aztlan Center

Note: Bring an apron to your class.

Fajitas & Rice

1/30 M 6:30-8:00 PM \$15 15849-01

Burritos & Frijoles

2/13 M 6:30-8:00 PM \$15 15849-02

Enchiladas & Sauces

2/27 M 6:30-8:00 PM \$15 15849-03

CPR & First Aid

CPR & First Aid



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.

12/10 Sa 9:00 AM-5:00 PM \$67 14531-01

1/14 Sa 9:00 AM-5:00 PM \$67 14531-02

2/11 Sa 9:00 AM-5:00 PM \$67 14531-03

CPR Professional

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 6pm and re-certifications will begin at 7pm. Class not discountable.

12/21 W 6:00-10:00 PM \$67 14532-01

1/18 W 6:00-10:00 PM \$67 14532-02

2/22 W 6:00-10:00 PM \$67 14532-03

General

Explore Success

Instructor Mary Elizabeth Lenahan, OT, explores various self-help paradigms for personal growth and success. We will discuss published information from Deepak Chopra, Anthony Robbins, Lynne Twist, Jack Canfield, and Vincent Roazzi and experiment with hands on exercises in a workshop format.

Instructor: Mary Elizabeth Lenahan, OT

Location: Senior Center

1/21-2/25 Sa 1:00-2:30 PM \$30 14562-01

Jigsaw Puzzles



This course is based on the instructional booklet, "Guide to Faster and Easier Jigsaw Puzzling". You will learn ideas and techniques developed using rotating puzzle tables and an organized approach to assembling puzzles. Also information on saving and mounting the finished puzzle for framing.

Instructor: Darrell Maruska

Location: Senior Center

2/4 Sa 9:00 AM-4:00 PM \$12 14564-01
\$18 non-member

Story Keeping



Social networking may have a place in our advanced technological culture, but the need for storytelling is stronger than ever. We make sense of our lives through story, not text messaging. We become wiser, healthier and more intimately connected. "Storytelling is in our genes!" Be surprised and have fun!

Instructor: Dale Mary Grenfell

Location: Senior Center

2/11 Sa 9:00 AM-Noon \$10 14569-01
\$17 non-member



Music



RECREATOR PICK!

Just Once Guitar Online Webinar

This crash course will teach you some basic chords and get you playing along with your favorite songs right away. All you need to take this class is a computer, a webcam, a microphone, a high speed internet connection and a guitar. Fee includes a workbook and practice DVD.

Instructor: Craig Coffman

Location: TBA

Note: Book and DVD will be mailed immediately after class.

2/26 Su 5:00-7:30 PM \$54 14565-01

Just Once Piano Online Webinar

Begin learning the chord method professional piano players use in the ONE session. All you need to participate is a computer with a web cam, microphone, high speed internet connection and a piano or keyboard. Over 250,000 students have already attended this class!

Instructor: Craig Coffman

Location: TBA

Note: Book & DVD will be mailed immediately after class.

2/19 Su 5:00-8:00 PM \$54 14566-01

Adult Guitar, Holiday Edition

This is not a Beginning guitar class, all participants must know basic chords in the open position. Holiday songs for Christmas, Hannukah, Ramadan.

Instructor: Saja Butler

Location: Northside Aztlan Center

Note: You must bring your own guitar.

12/5-12/19 M 6:45-8:00 PM \$31 15696-01

Adult Guitar, Beginner

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, tablatures, tuning, and basic music theory will be incorporated. Participants may bring an acoustic, classical, or electric guitar.

Instructor: Saja Butler

Location: Northside Aztlan Center

Note: Must bring your own guitar. Class will not be held on 1/16.

1/9-2/6 M 6:45-8:00 PM \$39 15704-01

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, tablatures, tuning, and basic music theory will be incorporated. Participants may bring an acoustic, classical, or electric guitar.

Instructor: Saja Butler

Location: Northside Aztlan Center

Note: Must bring your own guitar.

2/13-3/5 M 6:45-8:00 PM \$39 15707-01

Travel

Fly, Stay & Travel Cheap

Find the lowest fares, 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 \$25 material fee for a companion book. Class not discountable.

12/7	W	6:00-8:00 PM	\$25	14576-01
2/1	W	6:00-8:00 PM	\$25	14576-02

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.ronsterntravel.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.

12/4	Su	6:00-9:00 PM	\$29	14577-01
1/4	W	6:00-9:00 PM	\$29	14577-02

Travel Photography

Travel photojournalist Ron Stern (www.ronsternimages.com) will show you how to take great travel photos. After learning some basics, we will go outside and practice what we have learned. Bring your point and shoot or DSLR camera.

Instructor: Ron Stern

Location: Senior Center

Note: There is an optional \$15 material fee for a companion book. Class not discountable.

2/4	Sa	9:00-11:00 AM	\$25	14578-01
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Wellness

Powerful Tools for Caregivers

Designed to help caregivers take care of themselves while caring for a relative or friend. Learn tools to reduce stress; family communication tools that work for doctors and others; reduce guilt, anger and depression; make tough decisions; set goals and problem-solve.

Location: Senior Center

Note: Must RSVP to attend to Katie Stieber 970.224.6029.

1/12-2/16	Th	9:30-11:00 AM	No Fee	14567-01
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Aspen "Laughter" Club

Enjoy laughter exercises and activities as developed by the World Laughter Tour. The benefits of laughter and how it enhances your health will be shared, BUT, truly, be ready to get up, move around and say HA HA HO HO HO! This session is led by Certified Laughter Leader and PVHS Aspen Club Manager, Jill Taylor.

Age: 50 years & up

Location: Senior Center

1/24	Tu	2:00-3:30 PM	No Fee
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What Does House Mean To You?

Planning for retirement or retired already? Experts will share thoughts on an article written by Personal Finance Expert Jane Bryant Quinn. Her message is one size does not fit all during this time. Options may include: preparing your mortgage; refinancing; buying smaller; selling & renting; reverse mortgages; & more.

Age: 50 years & up

Location: Senior Center

Note: Register by calling the Aspen Club at 970.495.8561.

2/21 Tu 6:30-8:00 PM No Fee

Body, Sensation & Emotion

You will learn to get invaluable guidance through your own physical awareness. We'll explore how to use the power of non-verbal communication, how to set healthy boundaries, ways to improve your style of managing conflict, and recent scientific discoveries which can improve your relationships.

Age: All

Instructor: Paul Chubbuck, Pia Jansen

Location: Senior Center

2/6-2/27 M 7:00-8:30 PM \$26 14585-01

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.

Age: 18 years & up

Instructor: Suzanne Rouge

Location: Senior Center

1/28 Sa 10:00 AM-Noon \$24 14588-01

Yoga Perspective on Anxiety & Depression

We will explore the origins of stress, anxiety & depression. We will discuss duality, the source of all conflict, both inward and outward. Learn the meaning of "Sankhya" as taught by the great yoga masters, and how it relates to anxiety. Learn 8 steps to overcome and control anxiety and depression, caused by stress.

Age: 18 years & up

Instructor: Jim Vassallo

Location: Northside Aztlan Center

2/4 Sa 10:00 AM-1:00 PM \$28 14589-01



RECREATOR PICK!

Be Well Colorado

Is high blood pressure, diabetes or heart disease taking control of your life? Learn to deal with pain and fatigue, discover better nutrition and exercise choices. Learn to talk to your doctor and family about your health. Based on a proven national model to reduce symptoms and led by local Health Educators.

Age: 50 years & up

Location: Northside Aztlan Center

Note: Register by calling 970.221.6256. Also, participants are asked to come to all 6 classes. Includes free workbooks.

1/12-2/16 Th 1:00-3:30 PM No Fee 15848-01

Youth & Teen

Girls Valentine Spa Day

Girls, come enjoy this wonderful opportunity to pamper and treat yourself for an entire day! Participants will start off at Northside Aztlan Community Center with a yoga class, take a trip to the spa, bake cookies, watch a movie, and make great friends. Transportation will be provided to and from the spa.

Age: 12-16 years

Location: Northside Aztlan Center

Note: Class fee includes trip to the spa for a pedicure. Class partially discountable.

2/11 Sa Noon-5:00 PM \$50 15729-01

Camp Hollywood

Write, edit and direct your own film with your friends at Camp Hollywood! We'll catch the latest Hollywood blockbuster on the silver screen on Thursday and then you'll get to walk the red carpet to your own premiere on Friday.

Age: 11-16 years

Location: Northside Aztlan Center

Note: Please bring a lunch and snacks each day to camp. Camp partially reducible. Morning drop-off is from 8:00-9:00 a.m. Afternoon pick-up is from 4:00 - 5:00 p.m.

12/22-12/23 Th,F 8:00 AM-5:00 PM \$70 15731-01

Chessmates Chess Club

Want to play the game that has been played through the centuries? CHESS! Come learn and play as Chessmates chess club comes to the Northside Aztlan Center. Learn the basics of moving pieces all the way to thinking many moves ahead! Be the master of En passant, Fianchetto and Zugzwang. Check out ChessmatesFC.com.

Age: 8-14 years

Location: Northside Aztlan Center

Note: All supplies provided. Not discountable. Class will not be held on 12/23, 12/30, 1/6.

12/2-1/27 F 5:00-6:30 PM \$29 15736-01

School's Out: Fun In the Fort

If you like bowling, roller skating, laser tag, movies and dodge ball, then this one day camp is for you. We'll be out on the town most of the day, so get ready for some fun!

Age: 11-16 years

Location: Northside Aztlan Center

Note: Please bring a lunch and snacks and appropriate clothing for the weather. Morning drop-off is from 8:00-9:00 a.m., pick-up is from 4:00-5:00 p.m. Partially reducible.

2/20 M 8:00 AM-5:00 PM \$36 15738-01

Girls Day Out

Schools out! Spend the day with your girlfriends. Movies, manicures, make your own snacks, and arts and crafts. Pool time included.

Grade: 1-6

Location: Edora Pool Ice Center

Note: Please note food allergies at the time of registration. Bring a sack lunch, bathing suit and towel. Class is partially discountable.

1/16 M 9:00 AM-3:00 PM \$40 15576-01

Schools Out Adventure

This is a one-day down-sized version of our popular Summer Adventure Camp. Let us keep your child busy on this School's Out day. Along with crafts and games, we will be swimming and skating.

Grade: 1-6

Location: Edora Pool Ice Center

Note: Please bring a sack lunch and a water bottle. Bring clothes for swimming and skating

2/20 M 8:00 AM-5:00 PM \$42 15578-01

Lego Crazy School's Out Day Camp

Lego enthusiasts, spend your schools out day with other lego fanatics! Along with all day lego construction, kids will enjoy other fun activities such as arts & crafts, a movie, snacks and swim time!

Grade: 1-6

Location: Edora Pool Ice Center

Note: Class partially discountable. Please bring a sack lunch, bathing suit and towel.

1/16 M 8:00 AM-5:00 PM \$42 15580-01

Kids On-the-Go Winter Break Camp

Let us keep your child busy and entertained during winter break! Gym play, swimming, skating field trips, arts and crafts, outdoor play and more.

Age: 6-11 years

Instructor: Emily C. Jennings

Location: Youth Activity Center

Note: Please note food allergies at the time of registration. Please bring a sack lunch and a water bottle everyday. An itinerary will be given out on the first day of class.

1/3-1/6 Tu-F 9:00 AM-3:00 PM \$92 15584-01

"Fun"tastical Fridays

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

Age: 3-6 years

Location: Northside Aztlan Center

Note: Please note food allergies at the time of registration.

Rudolph & Friends

12/9 F 1:00-2:30 PM \$16 15599-01

Reindeer Games

12/16 F 1:00-2:30 PM \$16 15599-02

Fairies

1/20 F 1:00-2:30 PM \$16 15599-03

Pirates

2/3 F 1:00-2:30 PM \$16 15599-04

Kings & Queens

2/17 F 1:00-2:30 PM \$16 15599-05

Ugly Bug

3/2 F 1:00-2:30 PM \$16 15599-06

Lego Club

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

Age: 6-10 years

Location: Youth Activity Center

Note: Please note food allergies at the time of registration.

2/1-2/15 W 4:30-6:00 PM \$20 15627-01

Legomania

Lego enthusiasts will work with and learn from each other while creating a master city with a wide variety of legos. Bring your creativity with you and join us for a fun afternoon of construction. Snack provided.

Age: 6-10 years

Location: Northside Aztlan Center

Note: Please note food allergies at the time of registration.

2/18 Sa 1:00-3:00 PM \$16 15628-01

Kids Yoga

Help your kids stay active this winter! Let them unleash their imaginations and discover a winter wonderland. We'll swim with polar bears, snowboard down the highest hills and even swing with monkeys! Yoga helps our kids stay focused, fill up with vital energy and build confidence.

Grade: 1-5

Instructor: Amy Norris

Location: KidsCrave Yoga 4021B S College

Note: All sessions will be different so sign up for as many as you like!

1/7-1/28 Sa 9:00-10:00 AM \$38 15635-01

1/9-1/30 M 4:30-5:30 PM \$38 15635-02

2/4-2/25 Sa 9:00-10:00 AM \$38 15635-03

2/6-2/27 M 4:30-5:30 PM \$38 15635-04

Math Magic

Math Wizards or Math Apprentices come to learn some fun exciting games and tricks to wow your friends with your math skills! These games will help with memory for learning skills as well as fast tricks to addition, subtraction, multiplication, and division!

Age: 8-12 years

Instructor: Kidz Explore

Location: Northside Aztlan Center

Note: Class partially discountable.

1/9-1/30 M 4:45-5:45 PM \$39 15639-01

2/6-2/27 M 4:45-5:45 PM \$39 15639-02

Gingerbread House-Family Edition

This is a family edition of our popular gingerbread house decorating classes. Families will get one gingerbread house (and yard) to decorate together. We will provide the house and fixin's, you supply the creativity. Start a new family tradition!

Age: All

Location: Northside Aztlan Center

Note: Cost of class is a flat rate for up to 4 family members. Additional family members may join in the fun for \$5 each payable the day of class.

12/11 Su 1:00-3:00 PM \$32 15683-01

12/11 Su 4:00-6:00 PM \$32 15683-02

Snow Camp

Snow camp will be full of powder, ice, slush and fun! We'll go tubing, snowshoeing, ice skating and will ski or snowboard at Winter Park on Friday. Drop-off is 8:00-9:00 a.m. and pick-up is 4:00-5:00 p.m. T-Th.

Age: 12-16 years

Location: Northside Aztlan Center

Note: Please bring a sack lunch and snacks. Camp partially discountable. Campers bring all of their own ski and snowboard gear Friday. Camp will meet at 6:00 a.m. on Friday. Registration fee includes ski ticket.

1/3-1/6 Tu-F 8:00 AM-5:00 PM \$165 15725-01

School's Out Days

Schools out so let's enjoy the days in Denver!

Grade: Kindergarten-5

Location: Northside Aztlan Center

Note: Bring a sack lunch.

Museum

1/16 M 9:00 AM-5:00 PM \$30 15819-01

Denver Zoo

2/20 M 9:00 AM-5:00 PM \$30 15819-02

Jedi Knights

Jedis in training, learn the ways of the Force! Create a light saber and practice your tiefighting skills.

Age: 6-10 years

Location: Northside Aztlan Center

1/21 Sa 1:00-3:00 PM \$19 15680-01

After-School Enrichment

After-School Enrichment provides homework help, games, crafts, computers, sports, field trips, and more.

Grade: Kindergarten-5

Location: Northside Aztlan Center

Note: Limited transportation is provided from select schools. Register at Northside Aztlan Center only.

11/29-12/2	Tu-F	3:30-6:00 PM	\$20	15820-01
12/5-12/9	M-F	3:30-6:00 PM	\$20	15820-02
12/12-12/16	M-F	3:30-6:00 PM	\$20	15820-03
12/19-12/21	M-W	3:30-6:00 PM	\$20	15820-04
1/9-1/13	M-F	3:30-6:00 PM	\$21	15820-05
1/17-1/20	Tu-F	3:30-6:00 PM	\$21	15820-06
1/23-1/27	M-F	3:30-6:00 PM	\$21	15820-07
1/30-2/3	M-F	3:30-6:00 PM	\$21	15820-08
2/6-2/10	M-F	3:30-6:00 PM	\$21	15820-09
2/13-2/17	M-F	3:30-6:00 PM	\$21	15820-10
2/21-2/24	Tu-F	3:30-6:00 PM	\$21	15820-11

School's Out Spa Day

Pamper yourself! We'll take a yoga class, get pedicures, go out to lunch and do some shopping. Bring extra money.

Age: 11-16 years

Location: Northside Aztlan Center

Note: Pedicure and lunch included. Class partially discountable.

1/16 M 9:00 AM-3:00 PM \$40 15724-01



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Babysitting Bootcamp

Class topics: business practices, decision making, problem solving, disciplining, communication skills, diapering, feeding/food preparation, safe play, preventing accidents, breathing and cardiac emergencies, choking procedures and Citizen CPR.

Age: 11-15 years

Location: Northside Aztlan Center

Note: Please bring a sack lunch and snacks. Class partially discountable.

1/16	M	Noon-8:00 PM	\$75	15850-01
2/20	M	Noon-8:00 PM	\$75	15850-02

Kids Night In

Kids enjoy a night in while parents enjoy a well deserved night out! Pizza, movies, gym time and arts & crafts will all be part of the fun!

Age: 5-11 years

Location: Northside Aztlan Center

Note: Kids Night In dates coincide with First Friday Gallery Walk.

12/2	F	5:00-9:00 PM	\$21	15694-01
1/6	F	5:00-9:00 PM	\$21	15694-02
2/3	F	5:00-9:00 PM	\$21	15694-03

Chocolate Valentines

We'll make truffels, candied hearts, fudge and more.

Age: 11-16 years

Location: Northside Aztlan Center

Note: Please note any food allergies at the time of registration. Class partially discountable.

2/11	Sa	2:00-5:00 PM	\$24	15721-01
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Cooking

Saturday Chefs

Have a blast in the kitchen learning to create fun menu items!

Age: 7-10 years

Location: Northside Aztlan Center

Note: Please note food allergies at the time of registration.

Cute Cupcakes

1/21	Sa	10:00 AM-Noon	\$26	15553-01
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Dinner

2/25	Sa	10:00 AM-Noon	\$26	15553-02
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Holiday Teen Chef Camp

This camp will ramp up your culinary skills in cake decorating, international delicacies and more! Field trips to local bakeries and eateries included.

Age: 11-15 years

Location: Northside Aztlan Center

Note: Please note any food allergies at the time of registration. Camp partially discountable.

12/27-12/30	Tu-F	8:00 AM-5:00 PM	\$139	15726-01
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Cookies for the Season

In this two week class we will create and bake fabulous cookies for the holiday season.

Age: 7-10 years

Location: Northside Aztlan Center

Note: Please note food allergies at the time of registration.

12/3-12/10	Sa	10:00 AM-Noon	\$34	15554-01
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Give Recreation Year-Round.

Donate to the Scholarship or Adaptive Recreation Programs.

Your donation will help a person who otherwise wouldn't have access to Recreation's opportunities.

Add activity number 99999-99 to your cart and then choose Scholarship or Adaptive for \$5 or \$10.

Questions?
Call 970.221.6655.



**NOW ENROLLING for Kids Clubs, Adult Classes & TOP Chef Birthday Bashes!*

Become a **foodies!** apprentice!

* Holiday Cooking & Baking is just around the corner! Don't miss our Adult Classes each Tuesday featuring varietal, seasonal, local, sustainable cuisine and varied cooking methods & techniques-call today to register. Impress your guests - learn, hone or master your cooking skills!

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[in the Hobby Lobby Shopping Center]
foodiescca.com * or call us @ 970.GAN.COOK
email: foodies.chefkathy@hotmail.com

Parent/Child # TEEN CUISCENE # kindercooksclub # foodies!afterschool # iCOOK Jr. Masters

Holiday Cookie Exchange

Buttery sugar cookies, raspberry -truffle brownies, eggnog cheesecake streusel bars, macaroons, frosting and more! We'll bake up a storm.

Age: 12-16 years

Location: Northside Aztlan Center

Note: Please note any food allergies at the time of registration. Class partially discountable.

12/3-12/17 Sa Noon-2:00 PM \$30 15728-01

Little Chefs Cooking Club

Leave your preschooler with us to get creative in the kitchen. These classes are all hands on.

Age: 3-6 years

Location: Northside Aztlan Center

Note: Please note food allergies at the time of registration.

Holiday Treats

12/16 F 10:00-11:30 AM \$21 15552-01

Valentine Treats

2/3 F 10:00-11:30 AM \$21 15552-02

Spring Treats

3/2 F 10:00-11:30 AM \$21 15552-03

Music & Theatre

Teen Guitar, Beginner

In just four lessons, students will learn the fundamental chords and basic tablature skills needed to play many of their favorite songs. Chords, tuning, and basic music theory will be incorporated.

Age: 13-18 years

Instructor: Saja Butler

Location: Northside Aztlan Center

Note: Must bring acoustic, classical, or electric guitar. Class will not be held on 1/16.

1/9-2/6 M 5:15-6:30 PM \$32 15703-01

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: 13-17 years

Instructor: Saja Butler

Location: Northside Aztlan Center

Note: Must bring own guitar.

2/13-3/5 M 5:15-6:30 PM \$32 15706-01

Teen Guitar, Holiday Edition

This is not a Beginning guitar class, all participants must know basic chords in the open position. Songs for Christmas, Hannukah, Ramadan.

Age: 13-17 years

Instructor: Saja Butler

Location: Northside Aztlan Center

Note: You must bring your own guitar.

12/5-12/19 M 5:15-6:30 PM \$25 15695-01

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.

Age: 9-12 years

Instructor: Saja Butler

Location: Northside Aztlan Center

Note: Students must bring their acoustic, classical, or electric guitar. Class will not be held on 1/16.

1/9-2/6 M 4:00-5:00 PM \$32 15701-01



RECREATOR PICK!

Youth Guitar, Holiday Edition

This is not a Beginning guitar class, all participants must know basic chords in the open position. Songs for Christmas, Hannukah, Ramadan.

Age: 9-12 years

Instructor: Saja Butler

Location: Northside Aztlan Center

Note: You must bring your own guitar.

12/5-12/19 M 4:00-5:00 PM \$25 15702-01

Youth 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: 9-12 years

Instructor: Saja Butler

Location: Northside Aztlan Center

Note: Must bring own guitar.

2/13-3/5 M 4:00-5:00 PM \$32 15705-01

Stage Right to Drama

Come to our workshops and learn about how to develop your character, costume your character, stage your character, and most importantly, BE your character! We will perform a variety of skits or scenes from various plays on our 4th and final day! So audience, come see what we can do in 3 days of workshops!

Age: 7-12 years

Instructor: Kidz Explore

Location: Northside Aztlan Center

Note: Class partially discountable.

1/9-1/30 M 6:00-7:30 PM \$49 15618-01

2/6-2/27 M 6:00-7:30 PM \$49 15618-02

Fairytales Come to Life!

Come into the Land of Make-Believe as your little actor or actress plays out different fairy tales with costumes and all! Our last day is always a performance!

Age: 3-6 years

Instructor: Kidz Explore

Location: Northside Aztlan Center

Note: Class partially discountable.

1/9-1/30 M 1:00-1:45 PM \$44 15619-01

2/6-2/27 M 1:00-1:45 PM \$44 15619-02

The Farm

All Farm classes are held at The Farm, 600 N. Sherwood, unless otherwise noted.

Adopt An Animal

Anyone can adopt an animal at The Farm and become its "parent". As an adoptive parent, you are helping to provide for the 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", because we do appreciate your support.

Adopt before December 2, and you and your family (up to 4 people) will be invited to a special "Jingle Bell Times" at The Farm. This invite only event will be held on Friday December 2 from 5:30 – 7:30 p.m. The evening will include: hayrides, make a gift, hot dogs, make your own s'mores and musical entertainment provided by Liz Masterson and the Cactus Crooners. This evening is sure to get you into the holiday spirit! Adopt soon!

Birthday Parties

Celebrate your child's birthday with a farm flair! Meeting the animals, riding a pony (April-October) 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. Party package includes pony rides or hayride, lemonade, table settings, a bandana for each child, and of course a visit with the animals. For more information, contact The Farm at 970.221.6665 or visit us online at fcgov.com/recreation/thefarm.

The Farm Store

Looking for a unique farm-related gift? The Farm Store is the place to shop. We are stocked with farm toys, puzzles, T-shirts, and novelties. Great place for holiday gift buying. Open during open hours of The Farm.

The Farm Museum

Take a walk through yesteryear's farm era. Displays depict farming from the turn of the century to the early 1930's. Guess what the "mystery tool" is and how it was used. Then test your "farm strength" by lifting a bale of hay with and without the aid of a pulley system.

Tractors Galore

If your child likes tractors, sign them up for this all-tractor class. We will play with tractors, read stories, learn about how tractors work, and even make a tractor book of our very own.

Age: 3-5 years
 2/9-2/23 Th 9:00-10:00 AM \$23 15412-01

Dandy Candy Houses

Kids love the holidays and they love candy houses, too. The afternoon reward is a completed miniature candy house to take home.

Age: 6-10 years
 12/7 W 4:00-5:00 PM \$9 15423-01



RECREATOR PICK!

Breakfast with Santa

Join us for breakfast with the jolly elf himself - Santa Claus! After he reads the list of good boys and girls, everyone will enjoy a light breakfast. There will be time for children to sit on Santa's lap so bring your camera. A gift from Santa will highlight the morning. Each child must have a paid adult in attendance.

Age: 3-5 years

12/9	F	9:00-10:00 AM	\$9	15422-01
12/9	F	11:00 AM-Noon	\$9	15422-03
12/10	Sa	9:00-10:00 AM	\$9	15422-05
12/10	Sa	11:00 AM-Noon	\$9	15422-07

Age: 16 years & up

12/9	F	9:00-10:00 AM	\$9	15422-02
12/9	F	11:00 AM-Noon	\$9	15422-04
12/10	Sa	9:00-10:00 AM	\$9	15422-06
12/10	Sa	11:00 AM-Noon	\$9	15422-08

Tea with Mrs. C

Mrs. Claus will join you and your child at The Farm for a very festive holiday tea party! Get dressed up in your fanciest clothes and join Mrs. C. for an afternoon of delicious finger foods, pictures, and of course, several kinds of tea or hot chocolate.

Note: Each child must be accompanied by paying adult.

Age: 3-7 years

12/3	Sa	1:30-3:00 PM	\$14	15427-01
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Age: 16 years & up

12/3	Sa	1:30-3:00 PM	\$14	15427-02
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Farmer Round Up

The Farm is a great place to visit even in the winter. We will explore and learn about the hayloft, chicken house, and barn. Farmers will not only visit these places on The Farm, but also read and tell stories and make craft projects to take home.

Age: 3-5 years
 2/9-2/23 Th 10:30-11:30 AM \$23 15428-01

Jingle Bell Times

Join us for some holiday festivities. Traditional fun includes free hayrides and hot chocolate, and visiting the animals with holiday lights to guide your way. If you would like to enhance your visit even more you can purchase tickets for \$1 and make your own s'mores. Gift making and hot dogs will also be available.

Age: All
 12/3-12/4 Sa,Su 4:30-7:00 PM No Fee 15429-01

Fitness

All fitness classes are for ages 18 years & 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:

- Participants may register for an entire class session.
- For late registrants, session fees can be prorated for the days remaining in a session (at \$4/class rounded up)
- Participants may pay a drop-in fee of \$4/class, except for Aikido, Karate.
- SuperPass: The 10 and 25 admission SuperPass can be used to drop in to land and aqua fitness classes except Aikido and karate. The SuperPass is good at all major facilities.
- Reduced fee drop in cards

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, and 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. Further information can be obtained by contacting 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.

Badminton

If you enjoy the fast-paced game of badminton, or would like to learn to play, join the group for a morning of fun games. All skill levels welcome. Rackets and plastic shuttles available.

Location: Senior Center

Ongoing M,W,F 8:00-10:00 AM Drop-in fees apply

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 one of our four certified personal trainers. They will help you to develop an exercise program that meets your personal goals and needs. Further information can be obtained by contacting 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 Laney at 970.581.9017, Talisa Gula-Yeast at 970.302.8414, Dominick Jones at 970.481.2416, Deborah Knobel at 970.493.7377. Small group rates available! (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.

Sports Club

Love to play sports and work out with others? See page 75 for further information.

General

Work Out Partners



Workout partners with and without disabilities will be matched to meet weekly at a time and day that works in both partners' schedules for 10 weeks. Strength training, cardiovascular equipment and aquatic exercise are all available to create the workout best for you.

Age: 16 years & up

Location: Northside Aztlan Center

Note: Participants responsible for drop in fee after initial consultation. Previous participants put on a waiting list and matched as available. For information, contact Renee at 970.224.6027 or rlee@fcgov.com.
2/9 Th 5:00-6:00 PM \$20 14609-01

Cancer Fit

This is a six-month exercise program designed for adult cancer survivors to aid in recovery and general fitness during and after treatment. Program includes flexibility, cardiovascular & strength training. Also included is a pre and post fitness assessment.

Age: 16 years & up

Fee: \$299

Instructor: Deborah Knobel, Walter Lamia

Location: Northside Aztlan Center

Note: To register call 970.224.6029. Monthly payments available.

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

12/2-12/30	M,W,F	9:30-10:30 AM	\$40	14413-01
1/2-1/30	M,W,F	9:30-10:30 AM	\$40	14413-02
2/1-2/29	M,W,F	9:30-10:30 AM	\$40	14413-03

Nia

Non-impact, aerobic, fun fusion of dance, healing and martial arts, connecting body, mind, emotions and spirit. Sensory-based movement practice leading to health, wellness and fitness for people of all shapes, sizes, and fitness levels.

Age: 14 years & up

Instructor: Jana Knezovich

Location: Club Tico

12/5-12/19	M	5:30-6:30 PM	\$10	14414-01
1/2-1/30	M	5:30-6:30 PM	\$14	14414-02
2/6-2/27	M	5:30-6:30 PM	\$12	14414-03
12/1-12/29	Th	7:00-8:00 PM	\$14	14414-04
1/5-1/26	Th	7:00-8:00 PM	\$12	14414-05
2/2-2/23	Th	7:00-8:00 PM	\$12	14414-06

Total Body On the Ball

Work your upper body, lower body and core while also improving your balance with this challenging and fun ball class.

Instructor: Roberta Mecklenburg

Location: Northside Aztlan Center

12/5-12/28	M,W	12:15-1:00 PM	\$24	14415-01
1/2-1/30	M,W	12:15-1:00 PM	\$27	14415-02
2/1-2/29	M,W	12:15-1:00 PM	\$27	14415-03

Tri Planar 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

12/1-12/29	Tu,Th	1:00-2:00 PM	\$31	14416-01
1/3-1/31	Tu,Th	1:00-2:00 PM	\$31	14416-02
2/2-2/28	Tu,Th	1:00-2:00 PM	\$28	14416-03

Tri Planar Pilates Advanced

Advanced level exercises.

Instructor: Matthew Deal

Location: Northside Aztlan Center

12/7-12/28	W	5:15-6:00 PM	\$16	14417-01
1/4-1/25	W	5:15-6:00 PM	\$16	14417-02
2/1-2/29	W	5:15-6:00 PM	\$19	14417-03

Zumba

Do you enjoy dancing and want to get a low impact cardio workout? Intimidated to try new classes? Instructor will explain each move and breakdown exercise routines and we will learn the moves together.

Instructor: Maureen Plotnicki

Location: Senior Center

12/5-12/26	M	4:45-5:40 PM	\$12	14418-01
1/2-1/30	M	4:45-5:40 PM	\$14	14418-02
2/6-2/27	M	4:45-5:40 PM	\$12	14418-03

Back & Body Strength Training

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

12/2-12/21	M,W,F	9:00-10:00 AM	\$27	14441-01
1/2-1/30	M,W,F	9:00-10:00 AM	\$43	14441-02
2/1-2/29	M,W,F	9:00-10:00 AM	\$43	14441-03

MS Dryland Exercise



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. For more information, call the MS Society at 970.482.4807.

Instructor: Jan Orecchio

Location: Senior Center

12/5-12/21	M,W	11:00-11:55 AM	\$22	14442-01
1/2-1/30	M,W	11:00-11:55 AM	\$31	14442-02
2/1-2/29	M,W	11:00-11:55 AM	\$31	14442-03

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

12/1-12/29	Tu,Th	11:00-11:45 AM	\$22	14445-01
1/3-1/31	Tu,Th	11:00-11:45 AM	\$22	14445-02
2/2-2/28	Tu,Th	11:00-11:45 AM	\$20	14445-03

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

12/2-12/21	M,W,F	10:00-10:55 AM	\$22	14446-01
1/2-1/30	M,W,F	10:00-10:55 AM	\$30	14446-02
2/1-2/29	M,W,F	10:00-10:55 AM	\$30	14446-03

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.

Instructor: Mary Elizabeth Lenahan, OT

Location: Senior Center

12/1-12/29	Th	4:00-5:00 PM	\$19	14448-01
1/5-1/26	Th	4:00-5:00 PM	\$16	14448-02
2/2-2/23	Th	4:00-5:00 PM	\$16	14448-03

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

12/5-12/28	M,W	12:10-12:55 PM	\$24	14456-01
1/2-1/30	M,W	12:10-12:55 PM	\$27	14456-02
2/1-2/29	M,W	12:10-12:55 PM	\$27	14456-03

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

Location: Northside Aztlan Center

Instructor: Colleen Townsend				
12/5-12/28	M,W	5:30-6:30 PM	\$28	14457-01
1/2-1/30	M,W	5:30-6:30 PM	\$31	14457-02
2/1-2/29	M,W	5:30-6:30 PM	\$31	14457-03

Instructor: Tallisa Gulla				
12/1-12/29	Tu,Th	6:15-7:15 AM	\$31	14458-01
1/3-1/31	Tu,Th	6:15-7:15 AM	\$31	14458-02
2/2-2/28	Tu,Th	6:15-7:15 AM	\$28	14458-03

AOA Basketball

Still got game? Suit-up and get on the court for some hoops!

Location: Northside Aztlan Center

12/1-2/28	M,W,F	8:00-10:00 AM	Drop-In Fee
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AOA Badminton

If you enjoy the energetic fast-paced game of badminton, join the group of Active Older Adults that play!

Location: Northside Aztlan Center

12/1-2/28	Tu,Th	8:00-10:00 AM	Drop-In Fee
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Indoor Family Duathlon

Stay fit over the winter months by participating in our Indoor Duathlon Series. Sign up yourself, or your whole family. Participants will bike 6 miles, run 3 and bike 6 more miles. Kids under 12 will bike 3 miles, run 1, and bike 3 more. Sign up for all 3 races and save!

Location: Northside Aztlan Center

Age: 6-12 years

12/10	Sa	9:00-10:00 AM	\$12	15733-03
1/14	Sa	9:00-10:00 AM	\$12	15733-06
2/11	Sa	9:00-10:00 AM	\$12	15733-09

Series

12/10	Sa	9:00-10:00 AM	\$31	15733-12
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Age: 13-17 years

12/10	Sa	9:00-10:00 AM	\$15	15733-02
1/14	Sa	9:00-10:00 AM	\$15	15733-05
2/11	Sa	9:00-10:00 AM	\$15	15733-08

Series

12/10	Sa	9:00-10:00 AM	\$40	15733-11
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Age: 18 years & up

12/10	Sa	9:00-10:00 AM	\$15	15733-01
1/14	Sa	9:00-10:00 AM	\$15	15733-04
2/11	Sa	9:00-10:00 AM	\$15	15733-07

Series

12/10	Sa	9:00-10:00 AM	\$40	15733-10
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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.

Age: 14 years & up

Location: Northside Aztlan Center

Note: Drop-in only.

12/5-2/27	M	9:00-10:00 AM	\$2
12/7-2/29	W	9:00-10:00 AM	\$2
12/7-2/29	W	6:15-7:15 PM	\$2
12/1-2/23	Th	6:15-7:15 PM	\$2
12/4-2/26	Su	3:30-4:30 PM	\$2

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

12/1-2/29 M-F Noon-2:00 PM Drop-In Fee

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

12/1-12/29	Tu,Th	9:00-10:00 AM	\$31	14402-01
1/3-1/31	Tu,Th	9:00-10:00 AM	\$31	14402-02
2/2-2/28	Tu,Th	9:00-10:00 AM	\$28	14402-03

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 on 12/23.

12/2-12/28	W,F	7:30-8:30 AM	\$20	14403-01
1/4-1/27	W,F	7:30-8:30 AM	\$20	14403-02
2/1-2/29	W,F	7:30-8:30 AM	\$22	14403-03

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

12/1-12/29	Tu,Th	5:30-6:25 PM	\$31	14404-01
1/3-1/31	Tu,Th	5:30-6:25 PM	\$31	14404-02
2/2-2/28	Tu,Th	5:30-6:25 PM	\$28	14404-03



Get online. Get out of line.



Strength Training



RECREATOR PICK!

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

12/1-12/29	Tu,Th	12:10-12:55 PM	\$27	14466-01
1/3-1/31	Tu,Th	12:10-12:55 PM	\$27	14466-02
2/2-2/28	Tu,Th	12:10-12:55 PM	\$24	14466-03

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

12/5-12/28	M,W	8:30-9:30 AM	\$28	14467-01
1/2-1/30	M,W	8:30-9:30 AM	\$31	14467-02
2/1-2/29	M,W	8:30-9:30 AM	\$31	14467-03
12/1-12/29	Tu,Th	9:15-10:10 AM	\$31	14467-04
1/3-1/31	Tu,Th	9:15-10:10 AM	\$31	14467-05
2/2-2/28	Tu,Th	9:15-10:10 AM	\$28	14467-06

Martial Arts

Aikido

Aikido is a traditional Japanese martial art that improves not only physical conditioning-strength, stamina, flexibility, and coordination, but also mental conditioning, self-confidence, concentration, intuitiveness, alertness, and concern for others.

Instructor: Victor Hung

Location: Northside Aztlan Center

Note: Traditional Japanese martial art www.aikidoofco.com

12/5-12/28	M,W	6:30-8:30 PM	\$36	14426-01
1/2-1/30	M,W	6:30-8:30 PM	\$40	14426-02
2/1-2/29	M,W	6:30-8:30 PM	\$40	14426-03

Aikido

Age: 8-17 years

Location: Northside Aztlan Center

Note: Gi uniform not included in price and must be purchased before 1st day of class. For information call 970.221.6729.

Age: 8-11 years

1/5-1/26	Th	6:30-7:30 PM	\$24	15883-01
2/2-2/23	Th	6:30-7:30 PM	\$24	15883-02

Age: 12-17 years

1/5-1/26	Th	7:30-8:30 PM	\$24	15883-03
2/2-2/23	Th	7:30-8:30 PM	\$24	15883-04

Karate Beginners

Designed to introduce Shotokan Karate to individuals who may be interested in this Japanese Martial art form. Students may be divided into groups depending on ability. Adults are welcome to participate with their children. The beginner class is getting the students ready for yellow belt level.

Age: 6 years & up

Instructor: Dennis Bower

Location: Senior Center

12/3-12/17	Sa	9:30-10:30 AM	\$15	14427-01
1/7-1/21	Sa	9:30-10:30 AM	\$15	14427-02
2/4-2/25	Sa	9:30-10:30 AM	\$18	14427-03

Karate Color Belts

Prerequisite: Beginning Karate and tested into class.

The physical and mental benefits of karate are numerous. Some physical benefits are enhanced physical condition, increased stamina, and coordination. Some mental benefits include increased confidence, self-esteem, discipline and concentration.

Age: 6 years & up

Instructor: Dennis Bower

Location: Bauder Elementary School & Senior Center

Note: Saturday at Senior Center, M,W at Bauder. Class will not be held on 1/16, 1/23, 2/20.

12/7-12/21	M,W	6:15-7:15 PM	\$28	14428-01
1/4-1/30	M,W	6:15-7:15 PM	\$33	14428-02
2/1-2/29	M,W	6:15-7:15 PM	\$42	14428-03
12/5-12/21	M,W	6:15-7:15 PM	\$43	14430-01
	Sa	8:30-9:30 AM		
1/4-1/30	M,W	6:15-7:15 PM	\$52	14430-02
	Sa	8:30-9:30 AM		
2/1-2/29	M,W	6:15-7:15 PM	\$61	14430-03
	Sa	8:30-9:30 AM		

Karate Brown Black Belts

Prerequisite: Beginning Karate and tested into class.

Age: 6 years & up

Instructor: Dennis Bower

Location: Bauder Elementary School & Senior Center

Note: Saturday at Senior Center, M,W at Bauder. Class will not be held on 1/16, 1/23, 2/20, 12/5, 1/16, 1/23, 1/28, 2/20.

12/7-12/21	M,W	7:15-8:15 PM	\$28	14429-01
1/4-1/30	M,W	7:15-8:15 PM	\$37	14429-02
2/1-2/29	M,W	7:15-8:15 PM	\$42	14429-03
12/3-12/21	M,W	6:15-7:15 PM	\$43	14431-01
	Sa	8:30-9:30 AM		
1/4-1/30	M,W	7:15-8:15 PM	\$52	14431-02
	Sa	8:30-9:30 AM		
2/1-2/29	M,W	7:15-8:15 PM	\$61	14431-03
	Sa	8:30-9:30 AM		



Yoga: Improve your health, stress management and flexibility.

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

12/3-12/17	Sa	3:15-4:15 PM	\$13	14432-01
1/7-1/28	Sa	3:15-4:15 PM	\$16	14432-02
2/4-2/25	Sa	3:15-4:15 PM	\$16	14432-03

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

12/3-12/17	Sa	2:00-3:00 PM	\$13	14433-01
1/7-1/28	Sa	2:00-3:00 PM	\$16	14433-02
2/4-2/25	Sa	2:00-3:00 PM	\$16	14433-03

Tai Chi, Continuing

Additional Tai Chi concepts and training. 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

12/3-12/17	Sa	12:45-1:45 PM	\$13	14434-01
1/7-1/28	Sa	12:45-1:45 PM	\$16	14434-02
2/4-2/25	Sa	12:45-1:45 PM	\$16	14434-03

Yoga

Slow Flow Hatha Yoga

Nurturing, fun, non-competitive session to improve balance, strength & flexibility. Poses will be linked together slowly, with attention to breath. Philosophy & stress management techniques will be touched on. Advanced beginner level, modifications offered, so class is suitable for beginning & intermediate students.

Age: 16 years & up

Instructor: Nina Kunze, Jennie Valdez

Location: Northside Aztlan Center

12/6-12/20	Tu	5:00-6:00 PM	\$13	14476-01
1/10-1/31	Tu	5:00-6:00 PM	\$16	14476-02
2/7-2/28	Tu	5:00-6:00 PM	\$16	14476-03
12/7-12/28	W	4:00-5:00 PM	\$16	14476-04
1/4-1/25	W	4:00-5:00 PM	\$16	14476-05
2/1-2/29	W	4:00-5:00 PM	\$19	14476-06

Yoga, Beginning

By practicing yoga breathing & physical exercises, students gain physical strength, tone, flexibility and stamina.

Age: 18 years & up

Instructor: Mareye Bullock, Norma Glad, Chetana White

Location: Senior Center

12/1-12/29	Tu,Th	2:45-3:45 PM	\$31	14477-01
1/3-1/31	Tu,Th	2:45-3:45 PM	\$31	14477-02
2/2-2/28	Tu,Th	2:45-3:45 PM	\$28	14477-03
12/1-12/29	Tu,Th	4:00-5:00 PM	\$31	14477-04
1/3-1/31	Tu,Th	4:00-5:00 PM	\$31	14477-05
2/2-2/28	Tu,Th	4:00-5:00 PM	\$28	14477-06
12/1-12/29	Tu,Th	5:15-6:15 PM	\$31	14477-07
1/3-1/31	Tu,Th	5:15-6:15 PM	\$31	14477-08
2/2-2/28	Tu,Th	5:15-6:15 PM	\$28	14477-09
12/6-12/27	Tu	6:30-7:30 PM	\$16	14477-10
1/3-1/31	Tu	6:30-7:30 PM	\$19	14477-11
2/7-2/28	Tu	6:30-7:30 PM	\$16	14477-12

Yoga, Chair



Improve your health through an amazing form of adaptive exercise. You’re supported by a chair to receive healing and restorative benefits.

Age: 18 years & up

Instructor: Norma Glad

Location: Senior Center

12/5-12/19	M	8:30-9:30 AM	\$10	14478-01
1/2-1/30	M	8:30-9:30 AM	\$14	14478-02
2/6-2/27	M	8:30-9:30 AM	\$12	14478-03

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.

Age: 3 years & up

Instructor: Betsy Perna

Location: Northside Aztlan Center

Note: Price is flat rate for up to 4 immediate family members. Fully discountable.

12/1-12/22	Th	6:30-7:30 PM	\$45	15735-01
1/12-1/26	Th	6:30-7:30 PM	\$35	15735-02
2/2-2/23	Th	6:30-7:30 PM	\$45	15735-03

Gentle Yoga for All



You will learn a variety of Yoga postures that can be practiced from a chair, standing or seated on the floor. Specifically designed to be adapted for people of all physical abilities and to help you incorporate Yoga principals into everyday life.

Age: 18 years & up

Instructor: Faith Brandt

Location: Northside Aztlan Center

Note: Bring an attendant if personal assistance is needed. Drop-in rate is \$8 per class. Class partially discountable.

12/2-12/16	F	8:45-10:00 AM	\$21	14626-01
1/6-1/27	F	8:45-10:00 AM	\$28	14626-02
2/3-2/24	F	8:45-10:00 AM	\$28	14626-03

Youth

Jump N Rope

This energetic class will get your kid's heart pumping with a fun and challenging environment. Learn single rope skills, double-dutch and Chinese wheel. With over 10,000 tricks, your kids are guaranteed to never have a dull moment!

Age: 7-16 years

Location: Northside Aztlan Center

Note: Please wear proper tennis shoes and comfortable clothing. Jump rope is provided. For more information please visit www.jumpNrope.com or email MollyMetz@jumpNrope.com. Class not discountable.

12/6-12/27	Tu	5:00-6:00 PM	\$36	15716-01
1/10-1/31	Tu	5:00-6:00 PM	\$36	15716-02
2/7-2/28	Tu	5:00-6:00 PM	\$36	15716-03

Jump N Rope Mini-Camp

This energetic mini-camp will get your kid's heart pumping in a fun and challenging environment. Practice single rope skills, double dutch, and Chinese wheel! Free jump rope with registration!

Age: 7-16 years

Location: Northside Aztlan Center

Note: Please wear proper tennis shoes and comfortable clothing. Jump rope is provided. For more information please visit www.jumpNrope.com or email MollyMetz@jumpNrope.com. Camp fully discountable.

12/10	Sa	1:00-4:00 PM	\$19	15717-01
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The Gardens on Spring Creek

Classes are for ages 18 years & up unless otherwise noted. Classes held at The Gardens on Spring Creek unless otherwise noted. If you are a Gardens on Spring Creek member, in order to receive your discount, you must register at the Gardens on Spring Creek. **The Gardens on Spring Creek does not participate in the Reduced Fee Program.**

Special Events

Garden of Lights

Stroll through the whimsically decorated and twinkling Gardens lit by thousands of LED lights. See the flower beds and our favorite koi, Kobe, in his blue LED pond—all created entirely from holiday lights! Visit with Santa, listen to holiday music, see the Sugar Plum Hairies (canine fairies), and enjoy warm drinks and sweet treats.
12/2-12/31 F-S 5:00-9:00 PM \$2 Suggested donation

Gifts from the Gardens

Pick up your holiday gifts at our annual gift and plant sale! Select from handmade items crafted by local artisans, and plants grown and nurtured in our greenhouse—poinsettias, amaryllis, ornamental peppers, herb baskets, and rosemary topiaries.

12/2	F	3:00-5:00 PM	Members Only
12/2	F	5:00-8:00 PM	Open to Public
12/3	Sa	5:00-8:00 PM	Open to Public

Gardening On the Cutting Edge

Marcia Tatroe, author of Cutting Edge Gardening in the Intermountain West presents "Four Seasons in the Xeric Garden" and Dan Johnson, Curator of Native Plants at Denver Botanic Gardens, presents "Meet the Natives: Bridging the Gap Between Trail and Garden". Held at the Drake Centre. Breakfast buffet included.

Proceeds from this event will benefit the design and installation of The Undaunted Garden at the Gardens on Spring Creek. The Undaunted Garden will be designed by Lauren Springer Ogden.

1/28	Sa	8:00 AM-12:30 PM	\$40 Members
1/28	Sa	8:00 AM-12:30 PM	\$45 Non-Members

Adult

Designing Edible Landscapes

Learn the basics of how to establish an edible landscape by integrating veggies, fruiting shrubs and trees, vines, and berries with the rest of your plantings. Plant selection, design aspects, and cultural requirements will be covered.

Instructor: Robyn Dolgin
1/14 Sa 10:00 AM-Noon \$18 19801-01

Sketching 101: Forms & Textures of Nature

Do you want to paint gardens, flowers, and nature scenes but don't know how to start? This is the class for you because you have to know how to draw before you can paint. Learn basic techniques of shading, perspective, creating texture, and line drawings with graphite pencils.

Instructor: Joanie Schneider
Note: This class is for novice sketchers.
1/11-2/15 W 1:00-3:00 PM \$90 19802-01

Making Of A Prairie Xeriscape Garden

Front Range gardeners will gain invaluable insights from Celia Tannehill about how she gardens successfully in her prairie garden outside of Severance, CO. You'll learn about native and old time favorite plants that are adaptable and tough as well as how to do battle with grasshoppers and rabbits.

Instructor: Celia Tannehill
1/21 Sa 10:00-11:30 AM \$15 19803-01

Designing & Building Raised Beds

You'll learn the advantages and disadvantages of growing plants in raised beds, how to size, design, and build raised beds from wood timbers and concrete blocks, and what plants grow best in raised beds.

Instructor: Dave Doyle
2/4 Sa 9:30-10:30 AM \$12 19804-01

Grow Your Own Veggies!

Learn how to create your own food-producing gardens at home. Get tips on garden size, container possibilities, selection of seeds and transplants, as well as the how and when of planting, tending and harvesting in your own yard!

Instructor: Mary Miller
2/4 Sa 2:00-4:00 PM \$18 19805-01



Tomatoes, Potatoes, Peppers & More!

In this class you'll learn which varieties of tomatoes, potatoes, peppers and other popular garden-grown veggies are reliable producers, which mature early and which finish the season strongly. You'll also discover tasty heirloom varieties to try.

Instructor: Mary Miller

2/11 Sa 1:00-3:00 PM \$18 19806-01

Enhance Your Landscape with Water-Wise Features

Landscape features such as dry creek beds, terrace walls and rock gardens can serve dual functions in the landscape-providing beauty and conserving water by directing water to your plants. You'll learn how to create and place these water-wise features in your landscape and how to avoid common blunders.

Instructor: Loretta Mannix

2/11 Sa 10:00-11:30 AM \$15 19807-01

Successfully Starting Seeds Indoors

Learn the secrets to successfully starting seeds indoors so you can enjoy the satisfaction of getting a head start on your spring garden. Bring along a seed packet and we'll supply a 4-pack, soil, and the horticulturists to help you plant your first seeds.

Instructor: Ted Schaaf

2/18 Sa 9:00-10:30 AM \$15 19808-01

Propagation Made Simple

Are you ready to move beyond simply growing plants from seed? In this class students will learn basic propagation techniques such as division of plants and propagation of cuttings. Participants will get hands on experience during this class.

Instructor: Ted Schaaf

2/18 Sa 11:00 AM-12:30 PM \$15 19809-01

Build Timber Retaining Walls & Steps

Find out how to use landscape timbers to build walls and steps as an inexpensive option to stone or concrete. Timbers are easy to handle, customize, and build. You'll learn about the tools and skills required for basic wall and step installations.

Instructor: Dave Doyle

2/4 Sa 11:00 AM-Noon \$12 19810-01

High Plains Landscape Workshop

Featured speaker: Mary Ann Newcomer on "Pioneer Plants for the 21st Century Garden" and "Creating Beautiful Garden Tapestries". Other speakers: Kirk Fieseler on "Water Smart Rock Gardening" and Curtis Utlej on "Vines for Colorado Gardens". See fcgov.com/highplains for details.

Location: Drake Centre, 802 W. Drake Road

Note: Registration 8:30-9:00 AM. \$10 late fee applies after 2/15/12.

2/25 Sa 8:30 AM-3:30 PM \$39 19811-01


Landscaping with Stone

Learn how to use both natural and manufactured stone to build retaining walls and patios. This class will cover design considerations, limitations, applications, the pros and cons of different material, and basic how to build guidelines.

Instructor: Dave Doyle

2/4 Sa 12:30-1:30 PM \$12 19814-01



 **Ready! Set! Grow!**: Introduce your child to nature and gardening.

Youth**Read & Seed**

Story time plus an educational and fun hands-on activity. An excellent preparation for pre-school! Parents or caregivers are asked to participate.

Age: 2-4 years

Ongoing	M	10:00-10:45 AM	\$3 at the door
Ongoing	M	11:00-11:45 AM	\$3 at the door
Ongoing	Tu	10:00-10:45 AM	\$3 at the door
Ongoing	Tu	11:00-11:45 AM	\$3 at the door

Family Fun Night at the Gardens

Join us the second Friday of the month for an evening of fun for families.

Age: All

Note: No fun night on 12/9.

Sun & Snow

1/13 F 6:30-8:00 PM \$5 per family

Bottle Cap Lockets

2/10 F 6:30-8:00 PM \$5 per family

Ready! Set! Grow!

Introduce your child to nature, gardening, and the four seasons with hands-on projects, crafts, and books. Parents need not attend. See fcgov.com/gardens for weekly activities.

Age: 4-5 years

Note: Class will not be held on 12/30.

12/2-12/23	F	9:30-11:00 AM	\$40	19812-01
1/6-1/27	F	9:30-11:00 AM	\$40	19812-02
2/3-2/24	F	9:30-11:00 AM	\$40	19812-03

Winter Break Camp

Four fun-filled days of garden-centric projects, crafts, books, and entertainment.

Age: 6-11 years

Note: \$10 discount available with a Family Membership.

1/3-1/6 Tu-F 9:00 AM-Noon \$100 19813-01

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. Lessons are taught by Certified P.S.A instructors and follow guidelines of the US Figure Skating Association.

- Parents may observe lessons from the upstairs bleachers. It is distracting for skaters and coaches to have parents at the gate, and 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.com

Youth Hockey

Northern Co. Youth Hockey
ncyh.org

College Hockey

Colorado State University
csuhockey.com

Figure Skating

Fort Collins Figure Skating Club
fortcollinsfsc.org

High School Hockey

High Plains Hockey
highplainshockey.com

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 call 970.416.2770 to make arrangements for your Troop.

Special Event

Winter Wishes Ice Show

Skaters from our Learn-to-Skate program will be featured in the 24th annual "Winter Wishes" Ice Show, December 17-18. Call 970.221.6683 for times and ticket information. Ticket sales will begin Monday, November 21 at 7:00 AM (EPIC only) or by phone. Bring one canned good for \$1 off ticket price (one canned good per ticket). No internet sales.

Drop-In

Speed Skating Drop-In

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 of all types of skating. Come prepared wearing warm-up pants, long sleeved shirt, and speed skates (Intermediate & Advanced). Program developed by 1998 and 2002 Olympic speed skater, Jondon Trevena.

Age: 7 years & up

Note: Session not discountable. Class will not be held on 12/14, 12/16, 12/30, 1/6.

Speed Skate Beginning

12/7-2/29	W	4:45-5:30 PM	\$12	13000-01
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Speed Skating Intermediate

12/2-2/24	F	4:30-5:15 PM	\$12	13000-02
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Speed Skating Advanced

12/7-2/29	W	5:45-6:45 PM	\$15	13000-03
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Senior Coffee Club Drop-In

This program takes place during regular recreational skate sessions and is for older adults interested in social skating. Regular fees apply.

Age: All

Note: Class will not be held on 12/14.

12/7-2/29	W	9:00-10:45 AM	\$4	13001-01
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Drop-In Hockey

This open practice session is for hockey players who want to sharpen their skating and shooting skills. Full equipment required. Sign up at the front desk beginning at 6:00 AM. Payment must be made when signing up unless a hockey punch pass in on file for phone-ins.

Age: 16 years & up

Note: 10- or 30-admission punch passes may be purchased at the \$4/punch rate. Rental skates are \$2.50. Limited to 30 players. Session not discountable. Class will not be held on 12/15, 12/16.

12/1-3/1 M-F 11:15 AM-12:45 PM \$4/session

Fitness Skate Drop-In

Intermediate to advanced skaters will benefit from this aerobic exercise.

Age: 16 years & up

Note: 10- or 30-admission punch passes may be purchased at the \$5.50/punch rate. Rental skates are \$2.50. Session not discountable. Class will not be held on 12/13, 12/14, 1/16, 2/3.

12/1-2/29 M-F 11:15 AM-12:45 PM \$5.50/session

Stick & Puck Drop-In

This open session requires helmet, gloves, stick, and shin guards; full equipment is recommended for younger skaters. Open to all ages. Session not discountable.

Age: All

Note: Rental skates are \$2.50. Class will not be held on 12/17, 12/24, 12/18, 12/25, 1/1.

12/3-2/25 Sa 2:00-3:00 PM \$4/session

12/4-2/26 Su 2:15-3:15 PM \$4/session

12/21-1/5 M-Th,Su 4:45-5:45 PM \$4/session

Figure Skating

Intensive Ice Skating Clinic

Spend Winter Break at EPIC ice arena for a week long Intensive Skating Clinic. This program is open to all Basic 1-Free Skate 6 skaters (must have completed basic 1). Classes will be arranged by combined levels. Each day skaters will get intensive work on specific skating skills for 40 minutes along with 20 minutes extra practice time and instruction on how to practice effectively. Each day will build upon previous lesson.

Age: 5-15 years

1/2-1/5 M-Th 1:00-2:00 PM \$20 13115-01

Adaptive Skating



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.

1/7-2/4 Sa 9:45-10:15 AM \$40 13260-01

2/11-3/10 Sa 9:45-10:15 AM \$40 13260-02

Adult Beginning Skate

These classes are for the person with little or no previous experience on ice. See Basic 1 & 2.

Age: 16 years & up

1/12-2/2 Th 6:15-6:45 PM \$33 13210-01

2/16-3/8 Th 6:15-6:45 PM \$33 13210-02



Drop-in Hockey: Open practice to sharpen skills.

Adult Intermediate Skate

Better skaters needing to strengthen basic skills should enroll in the intermediate level. See Basic 3 & 4.

Age: 16 years & up

1/12-2/2 Th 6:15-6:45 PM \$33 13220-01

2/16-3/8 Th 6:15-6:45 PM \$33 13220-02

Adult Advanced Skate

Good skaters wishing to learn new skills may take the advanced level. See Basic 5 & 6.

Age: 16 years & up

1/12-2/2 Th 6:15-6:45 PM \$33 13230-01

2/16-3/8 Th 6:15-6:45 PM \$33 13230-02

Adult Free Skate

Half jumps and basic spin positions will be taught.

Age: 16 years & up

1/12-2/2 Th 6:15-6:45 PM \$33 13240-01

2/16-3/8 Th 6:15-6:45 PM \$33 13240-02

Learn-To-Skate

Tot 1 Skate

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 satisfactorily 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.

1/10-2/2 Tu,Th 4:45-5:15 PM \$53 13010-01

1/12-2/2 Th 9:30-10:00 AM \$29 13010-02

1/7-2/4 Sa 10:30-11:00 AM \$35 13010-03

2/14-3/8 Tu,Th 4:45-5:15 PM \$53 13010-04

2/16-3/8 Th 9:30-10:00 AM \$29 13010-05

2/11-3/10 Sa 10:30-11:00 AM \$35 13010-06

Tot 2 Skate

Participants must have successfully completed Tot 1. At the completion of this level participants will be able to satisfactorily 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.

1/10-2/2	Tu,Th	4:45-5:15 PM	\$53	13020-01
1/12-2/2	Th	9:30-10:00 AM	\$29	13020-02
1/7-2/4	Sa	10:30-11:00 AM	\$35	13020-03
2/14-3/8	Tu,Th	4:45-5:15 PM	\$53	13020-04
2/16-3/8	Th	9:30-10:00 AM	\$29	13020-05
2/11-3/10	Sa	10:30-11:00 AM	\$35	13020-06

Basic 1 Skate

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 introduction to forward one-foot glide.

Age: 5-9 years

1/10-2/2	Tu,Th	4:45-5:15 PM	\$57	13030-01
1/12-2/2	Th	10:00-10:30 AM	\$31	13030-02
1/7-2/4	Sa	10:30-11:00 AM	\$38	13030-03
2/14-3/8	Tu,Th	4:45-5:15 PM	\$57	13030-04
2/16-3/8	Th	10:00-10:30 AM	\$31	13030-05
2/11-3/10	Sa	10:30-11:00 AM	\$38	13030-06

Basic 2 Skate

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

1/10-2/2	Tu,Th	4:45-5:15 PM	\$57	13040-01
1/12-2/2	Th	10:00-10:30 AM	\$31	13040-02
1/7-2/4	Sa	10:30-11:00 AM	\$38	13040-03
2/14-3/8	Tu,Th	4:45-5:15 PM	\$57	13040-04
2/16-3/8	Th	10:00-10:30 AM	\$31	13040-05
2/11-3/10	Sa	10:30-11:00 AM	\$38	13040-06

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Fort Collins
Recreation

Basic 3 Skate

Participants must have successfully completed Basic 2. At the completion of this level participants will be able to satisfactorily 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

1/10-2/2	Tu,Th	4:45-5:15 PM	\$57	13050-01
1/12-2/2	Th	10:30-11:00 AM	\$31	13050-02
1/7-2/4	Sa	11:15-11:45 AM	\$38	13050-03
2/14-3/8	Tu,Th	4:45-5:15 PM	\$57	13050-04
2/16-3/8	Th	10:30-11:00 AM	\$31	13050-05
2/11-3/10	Sa	11:15-11:45 AM	\$38	13050-06

Basic 4 Skate

Participants must have successfully completed Basic 3. At the completion of this level participants will be able to satisfactorily 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

1/10-2/2	Tu,Th	4:45-5:15 PM	\$57	13060-01
1/12-2/2	Th	10:30-11:00 AM	\$31	13060-02
1/7-2/4	Sa	10:30-11:00 AM	\$38	13060-03
2/14-3/8	Tu,Th	4:45-5:15 PM	\$57	13060-04
2/16-3/8	Th	10:30-11:00 AM	\$31	13060-05
2/11-3/10	Sa	10:30-11:00 AM	\$38	13060-06

Basic 5 Skate

Participants must have successfully completed Basic 4. At the completion of this level participants will be able to satisfactorily 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

1/10-2/2	Tu,Th	5:30-6:00 PM	\$57	13070-01
1/7-2/4	Sa	11:15-11:45 AM	\$38	13070-02
2/14-3/8	Tu,Th	5:30-6:00 PM	\$57	13070-03
2/11-3/10	Sa	11:15-11:45 AM	\$38	13070-04

Basic 6 Skate

Participants must have successfully completed Basic 5. At the completion of this level participants will be able to satisfactorily 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

1/10-2/2	Tu,Th	5:30-6:00 PM	\$57	13080-01
1/7-2/4	Sa	11:15-11:45 AM	\$38	13080-02
2/14-3/8	Tu,Th	5:30-6:00 PM	\$57	13080-03
2/11-3/10	Sa	11:15-11:45 AM	\$38	13080-04

WINTER 2012 Whimsy

6PM, FRIDAY, JANUARY 20

Fort Collins Senior Center, 1200 Raintree Drive

Live entertainment by R&B/Funk band "SHE GROOVEZ"

Tickets: \$45 in advance, \$50 at the door

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Basic 7 Skate

Participants must have successfully completed Basic 6. At the completion of this level participants will be able to satisfactorily 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

1/7-2/4	Sa	11:15-11:45 AM	\$38	13090-01
2/11-3/10	Sa	11:15-11:45 AM	\$38	13090-02

Basic 7 & 8

Please see individual class descriptions under Basic 7 and Basic 8.

Age: 5-15 years

1/10-2/2	Tu,Th	5:30-6:00 PM	\$57	13095-01
2/14-3/8	Tu,Th	5:30-6:00 PM	\$57	13095-02

Basic 8 Skate

Participants must have successfully completed Basic 7. At the completion of this level participants will be able to satisfactorily 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

1/7-2/4	Sa	11:15-11:45 AM	\$38	13100-01
2/11-3/10	Sa	11:15-11:45 AM	\$38	13100-02

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: 5-15 years

1/12-2/2	Th	6:15-6:45 PM	\$33	13110-01
2/16-3/8	Th	6:15-6:45 PM	\$33	13110-02



RECREATOR PICK!

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

1/10-2/2	Tu,Th	5:15-6:00 PM	\$90	13120-01
1/7-2/4	Sa	9:30-10:15 AM	\$58	13120-02
2/14-3/8	Tu,Th	5:15-6:00 PM	\$90	13120-03
2/11-3/10	Sa	9:30-10:15 AM	\$58	13120-04

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 tur

Age: 5-15 years

1/10-2/2	Tu,Th	5:15-6:00 PM	\$90	13130-01
1/7-2/4	Sa	9:30-10:15 AM	\$58	13130-02
2/14-3/8	Tu,Th	5:15-6:00 PM	\$90	13130-03
2/11-3/10	Sa	9:30-10:15 AM	\$58	13130-04



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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

1/10-2/2	Tu,Th	5:15-6:00 PM	\$90	13140-01
1/7-2/4	Sa	9:30-10:15 AM	\$58	13140-02
2/14-3/8	Tu,Th	5:15-6:00 PM	\$90	13140-03
2/11-3/10	Sa	9:30-10:15 AM	\$58	13140-04

Hockey

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

1/7-2/4	Sa	11:15-11:45 AM	\$38	13035-01
2/11-3/10	Sa	11:15-11:45 AM	\$38	13035-02

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

1/7-2/4	Sa	10:30-11:00 AM	\$38	13045-01
2/11-3/10	Sa	10:30-11:00 AM	\$38	13045-02

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).

Equipment Handout: W, 1/11 5:00-7:00 PM or Sa, 1/14 10:00 AM-Noon

Age: 4-7 years

1/16-3/7	M	5:15-6:00 PM	\$142	13330-01
	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 Handout: W, 1/11 5:00-7:00 PM or Sa, 1/14 10:00 AM-Noon

Age: 8-10 years

Location: Edora Pool Ice Center

1/16-3/7	M	6:00-6:45 PM	\$142	13335-01
	W	5:30-6:15 PM		

Synchronized Skating

Synchronized Introduction

Prerequisite: Basic 7

Learn unison team skating in formations.

Age: 6-12 years

Location: Edora Pool Ice Center

1/12-2/2	Th	6:15-6:45 PM	\$33	13150-01
3/25-4/15	Th	6:15-6:45 PM	\$33	13150-03



Get online. Get out of line.



Outdoor Recreation

Classes are for ages 18 years & up unless otherwise noted.

Cancellation Policy

Trips may be cancelled or destinations may be changed due to weather conditions that are deemed hazardous or unsafe for driving/ transportation or activity. We regret any such cancellation, but we are committed to safe programming.

Adaptive

Ignite Adaptive Skiing 

Formerly Eldora Special Recreation Program, (ESRP), Ignite Adaptive offers adaptive instruction and equipment for skiers with disabilities at Eldora Mountain Resort. Individual volunteer ski instruction, lift ticket and adapted equipment will be provided.

Age: 12 years & up

Location: Senior Center

Note: We will send an informational letter to all registered participants with program date confirmation. Attendants welcome; please register at no fee. For more information, contact Renee Lee at 224.6027 or rlee@fcgov.com. Class partially discountable.

Downhill/Snowboard

1/15-1/29	Su	7:30 AM-5:30 PM	\$310	14601-01
2/12-2/26	Su	7:30 AM-5:30 PM	\$310	14601-02

Bi-Ski Lessons

1/15-1/22	Su	7:30 AM-5:30 PM	\$210	14601-03
1/29 & 2/12	Su	7:30 AM-5:30 PM	\$210	14601-04
2/19-2/26	Su	7:30 AM-5:30 PM	\$210	14601-05

Nordic Ski/ Snowshoe

1/15-1/29	Su	7:30 AM-5:30 PM	\$170	14601-07
2/12-2/26	Su	7:30 AM-5:30 PM	\$170	14601-06

Downhill Skiing 

Motorcoach trips are made to various Colorado ski resorts. Cross-country skiers and shoppers are welcome on the Breckenridge trips. Participants are responsible for their own equipment, lift ticket and lunch. **Cancellation must be made by 10:00 AM Monday prior to the trip for a refund or credit.**

Date	Day	Location	Time	Activity #	Non-member	Member
12/7	W	Loveland	7:00 AM- 7:00 PM	14904-01	\$39	\$35
12/14	W	Winter Park	7:00 AM- 7:00 PM	14904-02	\$39	\$35
12/21	W	Copper Mtn.	7:00 AM- 7:00 PM	14904-03	\$39	\$35
12/28	W	Keystone	7:00 AM- 7:00 PM	14904-04	\$39	\$35
1/4	W	A-Basin	7:00 AM- 7:00 PM	14904-05	\$39	\$35
1/11	W	Breckenridge	7:00 AM- 7:00 PM	14904-06	\$39	\$35
1/18	W	Copper Mtn.	7:00 AM- 7:00 PM	14904-07	\$39	\$35
1/25	W	Vail	6:00 AM- 7:30 PM	14904-08	\$45	\$41
2/1	W	Winter Park	7:00 AM- 7:00 PM	14904-09	\$39	\$35
2/8	W	Copper Mtn.	7:00 AM- 7:00 PM	14904-10	\$39	\$35
2/15	W	Breckenridge	7:00 AM- 7:00 PM	14904-11	\$39	\$35
2/22	W	Keystone	7:00 AM- 7:00 PM	14904-12	\$39	\$35
2/29	W	Copper Mtn.	7:00 AM- 7:00 PM	14904-13	\$39	\$35

Keystone Adaptive Ski Trip 

Ski at Keystone Resort with Breckenridge Outdoor Education Center, a nationally known adaptive ski program! They provide individual volunteer instructors, adapted ski and snowboard equipment for stand up or sit ski skiers with disabilities. This ski trip is offered to people with physical disabilities or visual impairments.

Age: 14 years & up

Location: Senior Center

Note: Door to door pick up service is available for an additional \$2 per person and must be requested one week in advance. Attendants welcome, please register at no fee. For information, contact Renee Lee, 970.224.6027, rlee@fcgov.com. Class partially discountable.

2/4	Sa	5:45 AM-7:30 PM	\$100	14633-01
3/4	Sa	5:45 AM-7:30 PM	\$100	14633-02

Adult

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.

12/15-12/16	Th,F	6:00-7:00 PM	\$25	14901-01
2/9-2/16	Th	6:30-7:30 PM	\$25	14901-02

Mountaineering Museum In Golden

Nestled at the base of the Rocky Mountains in Golden, sits the Bradford Washburn American Mountaineering Museum. The museum is one-of-a-kind facility that will allow you to live the ascent of the world's most inspiring mountains. Followed by lunch in Golden.

Location: Senior Center

Note: Fee includes escort, museum fee, transportation and lunch.

Registration, cancellation deadline is 12/4. Trip not discountable.

12/15	Th	9:00 AM-4:00 PM	\$39	14905-01
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Backcountry Trips

Come and enjoy the company of other cross-country skiers and snowshoers without formal instruction. Some trips are in the backcountry of the Poudre Canyon without an available Nordic Center. Trips made to RMNP require a parks pass, Golden Age pass or \$20. Snow Mountain Ranch, Devil's Thumb, Eldora, Frisco and Breckenridge have an additional day use fee for which you are responsible. **Cancellation must be made by 10:00 AM two (2) days prior to trip for refund or credit.**

Date	Day	Time	Location	This Trail is Best For...	Difficulty	Activity #	Price
12/8	Th	8:00 AM-4:00 PM	Blue Lake	Forested trail in the Poudre Canyon	Moderate	14903-01	\$25
12/13	T	8:00 AM-4:00 PM	Laramie River Rd.*	Wide open trail	Moderate	14903-02	\$25
12/19	M	7:30 AM-5:30 PM	Breckenridge Nordic Center*	Various trail lengths	Easy-mod	14903-03	\$30
12/29	Th	8:00 AM-4:00 PM	Michigan Ditch*	Views of the Nokhu Crags	Mod-difficult	14903-04	\$25
1/3	T	8:00 AM-4:00 PM	Eldora*	Various trail lengths	Moderate	14903-05	\$25
1/13	F	8:00 AM-4:00 PM	Sawmill Creek	Forested trail, nice drive	Difficult	14903-06	\$25
1/19	Th	7:30 AM-5:30 PM	Snow Mtn. Ranch*	Various trail lengths	Easy-mod	14903-07	\$30
1/23	M	8:00 AM-4:00 PM	Glacier Gorge (RMNP)	Amazing views	Moderate	14903-08	\$25
1/31	T	8:00 AM-4:30 PM	Gould*	Quiet trails and shelter	Easy-mod	14903-09	\$25
1/10	F	8:00 AM-4:00 PM	Bierstadt Lake (RMNP)	Explore RMNP trails	Mod-difficult	14903-10	\$25
1/14	T	8:00 AM-4:00 PM	Cameron Connection	Views of the Nokhu Crags	Mod-difficult	14903-11	\$25
2/23	Th	7:30 AM-5:30 PM	Devil's Thumb Ranch*	Various trail lengths	Easy-mod	14903-12	\$30
2/27	M	7:30 AM-5:30 PM	Frisco Nordic Center*	Various trail lengths	Easy-mod	14903-13	\$30

*Appropriate for both cross-country skiing and snowshoeing

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.



RECREATOR PICK!

Steamboat Ski Trip



Travel by charter bus to Steamboat Springs Ski Resort where we will stay at The Ptarmigan Inn hotel where you have ski in/ski out access to the slopes. The Steamboat city bus is available to travel to the city for shopping or additional meal options.

Cost: \$599 Single Occupancy, \$499 Double Occupancy

Location: Senior Center parking lot

Note: Registration and cancellation deadline is Dec. 18.

Includes transportation, lodging and escort. Meals are on your own. Trip is not discountable.

1/15-1/17 M,Tu,Su 6:00 AM-7:00 PM 14906-01

Sleigh Ride

Have you ever wanted to experience a sleigh ride in the Colorado mountains? Now is your chance! Travel to Breckenridge and take an hour long sleigh ride, then have lunch in town which is included in your cost.

Location: Senior Center

Note: Registration and cancellation deadline is Feb. 5. No experience is required, wear warm clothes and bring water. Trip not discountable.

2/13 M 8:30 AM-5:00 PM \$70 14907-01

Youth

Snow Tubing Trips

Join us for a day tubing up near Red Feather! Tube and lift ticket are included so dress for the weather!

Age: All

Location: Northside Aztlan Center

12/17	Sa	9:00 AM-4:00 PM	\$38	15806-01
12/28	W	9:00 AM-4:00 PM	\$38	15806-02
2/4	Sa	9:00 AM-4:00 PM	\$38	15806-03
2/20	M	9:00 AM-4:00 PM	\$38	15806-04

Ski & Snowboard Trips

Grab your friends and join us for a full day of skiing or snowboarding. Participants are responsible for bringing their own gear and clothing.

Grade: 5-12

Location: Northside Aztlan Center

Note: Parents must sign a waiver before participants are allowed to board the bus to the ski resort. Fifth graders can use their Ski Colorado Pass, but must bring a paying adult chaperone for every two fifth graders. Bring a lunch and snacks or money to buy them. Lift ticket is included in the trip fee. Partially discountable.

1/6	F	6:00 AM-6:00 PM	\$60	15730-01
12/17	Sa	6:00 AM-6:00 PM	\$60	15730-02
1/21	Sa	6:00 AM-6:00 PM	\$60	15730-03
2/25	Sa	6:00 AM-6:00 PM	\$60	15730-04

Transportation Only

12/17-2/25	Sa	6:00 AM-6:00 PM	\$24	15730-05
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40 Years of Caring for Seniors!



Independent Living

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Home Care
Medical Home Care
Columbine Therapy Services
Lifestyle Centre
Health Club
Market Centre
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& Supplies
Market Centre
Rehabilitation Services
Poudre Infusion Therapy



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 Greg Daley at 970.224.6136 or by email at gdaley@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

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.

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



Between 2000 and 2010, the group of residents ages 60-64 in our community grew nearly 110 percent, becoming the single fastest growing age group in Larimer County. Within the next 10 years, the city of Fort Collins will be facing a real "Silver Tsunami," that is, a rapidly growing population of emerging seniors as Baby Boomers enter retirement. Currently over 63,000 residents in Larimer County (24%) are over age 50, and this group is expected to grow to more than 85,000 by the year 2020.

Did You Know? People everywhere recognize that Fort Collins is a great place to live in retirement:

2011	Top Place for Boomers to Retire	AARP Magazine/CNBC
2010	America's Safest Drive City of Fort Collins	
2010	Best Places to Retire	Money Magazine
2010	Great Place to Retire	Where to Retire Magazine
2009	Affordable Places to Retire	Where to Retire Magazine
2009	Places to Thrive	Best Boomer Towns
2009	Great Places for Entrepreneurs to Retire	Forbes
2009	Quality of Life	bizjournals.com
2008	100 Best Places to Live	Money Magazine

And the list goes on! Our senior population will grow over 140% during the next 20 years. Help us meet the need by joining the effort to expand the Senior Center!

Annual Meeting:

You are invited to join the celebration. The meeting will be held on Thursday, December 1 at 5:00 p.m. at the Senior Center. Refreshments will be served. RSVP to Barbara Schoenberger at 970.224.6026 or bschoenberger@fcgov.com.

Volunteer Opportunities:

The Board of Directors is recruiting new members who serve a three-year term. Contact President Linda Hopkins at linda@frii.com if you are interested. The Expansion Committee hosts a number of events throughout the year and needs volunteer assistance for many projects. If you would like to get involved, contact Volunteer Chair Bonnie Markstrom at bdmarkstrom303@yahoo.com.

Presentations:

A speaker's bureau is available to give presentations about the role of the Senior Center in our community and need for the expansion to address the challenges of the "Silver Tsunami." If you would like someone to give a presentation to your organization, neighborhood group, or service club, please contact community outreach coordinator Maggie Dennis at maggiedennis@storyforgeonline.com.

Tours:

Perhaps the best way to learn about the need for the Expansion is to take a tour of the Senior Center. We invite citizens of Fort Collins to come see for themselves seniors in action, from the wide variety of programs we offer to the extensive daily use of our facility. Let us show you around and tell you why we are proud of what we do best - taking care of the social, physical, and psychological needs of seniors in our community. While you're here, we would love to listen to your ideas of how we can best expand our facility to meet the needs of seniors in the 21st century. Contact Katie Stieber at 970.224.6029 or kstieber@fcgov.com.

Event: Winter Whimsy

Designed especially for women, this event will feature a lively place for ladies of all ages to enjoy the music, dancing, prizes, auctions, food, drink, friends and a whole lot of fun. The band performing at the event is "She Groovez" playing R & B and fusion music. Tickets are \$45 (and are available at City Recreation facilities); \$50 at the door.

2011 Board of Directors

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Linda Hopkins, linda@frii.com

Vice-President

Eric Biedermann, bied3@comcast.net

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Ann Leffler, ann.leffler1@gmail.com

Bonnie Markstrom, bdmarkstrom303@yahoo.com

Robert W. Phillips, rwpnbp@Q.com

Mary Shultz, shultzmary@gmail.com

Stan Ulrich, sulrich2@msn.com

Steve Vessey, vesseyreager@gmail.com

Senior Center Staff Liaisons:

Barbara Schoenberger

Katie Stieber

Peggy Bowers

What do the icons or symbols mean?

- MO** Senior Center members only
- MS** 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 **MO**

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) **MO**

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 **MO**

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 **MO**

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: (Call 970.221.6644 to verify current schedule.)

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
Beginners	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 **MO**

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	Karen Burgess	970.484.2906
	Rich Larson	970.221.5190
Table Tennis	Clarence Elbert	970.221.0269
Basketball	Fritz Kitowski	970.282.1626
Tennis	Fritz Kitowski	970.282.1626
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. 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. For more information call Katie Stieber at 970.224.6029.

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.

Location: Senior Center

Practice Mondays, 8:30-11:00 AM (except 3rd Monday)

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 work and occasionally write on a topic selected by all. No registration necessary; new participants always welcome.

Location: Senior Center

Ongoing T 10:00 AM-Noon

Fort Collins Badminton Club

Our players range from elementary school to age 70+, and come from diverse parts of the world. We welcome players of any skill level and provide competitive games for all players. Club membership, \$20 annually, allows for reduced, feather shuttle fee and many play time options. For details, schedule changes and updates visit www.fcbadminton.org.

Location: Northside Aztlan Center

Ongoing Tu,Th 8:00-10:00 AM drop-in fees apply

Ongoing Sa 2:00-5:00 PM drop-in fees apply

Location: Senior Center

Ongoing M,W 6:45-9:00 PM drop-in fees apply

Index of 50+ Programs in the Recreator

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Members Register Early, November 15!

Fort Collins Senior Center members can take advantage of early registration for Senior Center programs and classes. Senior Center members can register on **November 15** 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

12/12, 1/9, 2/13 M 11:30 AM-1:30 PM No Fee

Blood Pressure Checks

MO

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

12/19, 1/16, 2/20 M 10:00 AM-Noon No Fee

Legal Services

MO

Free half-hour sessions every first Thursday of the month provided by Marla Hehn. Please call the Senior Center at 970.221.6644 to schedule an appointment. No fee.

Location: Senior Center

12/1, 1/16, 2/20 Th 1:00-5:00 PM No Fee

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

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

12/6, 1/3, 2/7	Tu	8:30-10:30 AM	Sliding Fee
12/15, 1/19, 2/16	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

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 and reservations.

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

Audiology Screens



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: Brenna Whittey

1/11 W 8:30-9:30 AM

Reiki

Try a relaxing and healing Reiki session that will soothe your body, reduce pain, tension and stress, support your immune system and more. Appointments must be made in advance.

Reiki Master: Julie Bleau, 970.484.2392.

Location: Senior Center

Note: Cancellation must be made 24 hours in advance in order to receive a refund.

One Hour

Ongoing W, F 12:30-5:00 PM \$44 member
\$48 non-member

Half Hour

Ongoing W, F 12:30-5:00 PM \$44 member
\$48 non-member

MEMBERS REGISTER EARLY, NOVEMBER 15!

Fort Collins Senior Center members can take advantage of early registration for Senior Center programs and classes. Senior Center members can register on **November 15** 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.

Social Opportunities

Classes are for those ages 50 years & up and are located at the Senior Center, 1200 Raintree Drive, unless otherwise noted.

Cards

Bridge Mentoring

MO

Mentoring instruction is based on Standard American Bridge. Nila Hobbs will help you with working through the play of the hands.

12/12	M	6:30-8:30 PM
1/9	M	6:30-8:30 PM
1/23	M	6:30-8:30 PM
2/13	M	6:30-8:30 PM
2/27	M	6:30-8:30 PM

Cards & Games

MO

Drop-in cards and games for members Cards and board games including canasta, mahjonn, scrabble, and cribbage.

Ongoing	M	9:00 AM-Noon
Ongoing	W	1:00-4:00 PM

Party Bridge & Pinochle

MO

Drop-in cards and games for members Party Bridge Tuesdays Members Only

Ongoing	Th	6:00-9:00 PM
Ongoing	Tu	1:00-4:00 PM

Duplicate Bridge

MS

Ongoing F 11:30 AM-4:00 PM \$2.80/\$3.50

Games

BINGO

MO

Drop-in cards for members The Senior Center members compete against each other and play for prizes.

12/12	M	1:00-2:00 PM
1/9	M	1:00-2:00 PM
2/13	M	1:00-2:00 PM

General

New Release Movies

MO

Join us for new release movies! Schedule of the movie titles are available at registration desk.

12/9	F	1:00-4:00 PM
12/16	F	1:00-4:00 PM
1/6	F	1:00-4:00 PM
1/20	F	1:00-4:00 PM
2/3	F	1:00-4:00 PM
2/17	F	1:00-4:00 PM

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*Must be 60 or older to qualify for senior pass

*A Seasonal Celebration with
Nat King Cole*

DECEMBER 13, 2011
FORT COLLINS SENIOR CENTER
6:30 - 8:30 PM

Celebrate the holidays with fine wine, a three-course dinner, and music made memorable by Nat King Cole. Stroll down memory lane with favorites such as "Mona Lisa," "Unforgettable," and "The Christmas Song." Leonard E. Bartlett, Denver actor and singer will cover the songs of Nat King Cole in this dynamic performance.

\$16 MEMBERS \$20 NON-MEMBERS

CALL 970.221.6644 FOR MORE INFORMATION.

Nat King Cole

Donut It Make You Wonder? **MO**

Ongoing topical discussions with donuts and coffee.

12/2-12/16	F	10:00-11:30 AM	No Fee
1/6-1/27	F	10:00-11:30 AM	No Fee
2/3-2/24	F	10:00-11:30 AM	No Fee

Celebrations **MO**

Celebrate October, November and December birthdays and anniversaries of the Senior Center members with cake, gifts and entertainment by Lark Radio Theatre.

12/15 Th 1:30-3:30 PM

Moonlight Melody Dances

Brad Lindsey			
12/5	M	7:00-10:00 PM	\$4
Colorado Sunshine			
12/19	M	7:00-10:00 PM	\$4
C.C. Collier			
1/2	M	7:00-10:00 PM	\$4
Jim Erlich			
1/16	M	7:00-10:00 PM	\$4
Darrell Sullivan			
1/30	M	7:00-10:00 PM	\$4
Jim Ehrlich			
2/6	M	7:00-10:00 PM	\$4
Harris & Harris			
2/20	M	7:00-10:00 PM	\$4

Events

Events are for ages 50 years & up and are located at the Senior Center unless otherwise noted.

December

A Seasonal Celebration with Nat King Cole **MS**

Celebrate the holidays with fine wine, a 3-course dinner, and music made memorable by the famous Nat King Cole. Stroll down memory lane with favorites such as "Mona Lisa," "Unforgettable," and "The Christmas Song." Leonard E. Bartlett, Denver actor and singer will cover the songs of Nat King Cole in this dynamic performance.

Note: Cash bar. Transportation available upon request 970.221.6644.

12/13 Tu 6:00-8:30 PM \$16/\$20

Home for the Holidays

SOAP (Slightly Oder Adult Players) Troupe will present their annual holiday show. Happy Holidays with vignettes from USO Shows and White Christmas.

Age: All

12/2	F	1:30-2:30 PM	\$5	15055-01
12/2	F	7:00-9:00 PM	\$5	15055-02
12/3	Sa	2:00-4:00 PM	\$5	15055-03



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Grown-Up And Still Having FUN

January

Historical Cafe: Molly Brown

Margaret "Molly" Brown's story has been so muddled with myth and romantic notion that she wouldn't recognize some of the depictions of her life. Margaret Brown was a feminist and reformer who spent a great deal of her life working for social and labor reform. She had no idea that the ocean liner Titanic was going to sink and that her part in the tragedy would make her famous. She used that notoriety to further her other work. Margaret Brown was indeed unsinkable in so many ways. Mary Jane Bradbury, the performer, notes "My portrayals of women in history combine my passion for history, teaching and speaking." Titanic lunch included.

Note: Door-to-Door transportation available upon request.

1/25 W 11:30 AM-1:30 PM \$16 15016-01
\$20 non-member

Winter Whimsy

Designed especially for women, this event will feature a lively place for ladies of all ages to enjoy the music, dancing, prizes, auctions, food, drink, friends and a whole lot of fun. The band performing at the event is "She Groovez" playing R & B and fusion music.

Age: 18 years & up

Note: Tickets in advance \$45, \$50 at the door.

1/20 F 6:00-10:00 PM \$45 advance
\$50 at the door

Annual Membership Meeting

Find out what is current at the Fort Collins Senior Center and provide input. We need your help to maintain the high level of customer satisfaction and life enrichment for which the Fort Collins Senior Center has been nationally recognized. RSVP at the registration desk at the Senior Center in person or by phone at 970.221.6644. Brunch will be provided. All members of the Fort Collins Senior Center are invited to attend.

1/27 F 11:00 AM

February

Moonlight & Roses: Memories

Come celebrate your anniversary with a memorable evening. This evening will also provide a chance to specifically honor those celebrating their Golden "50" year anniversary and above. Attendees will have the opportunity to share stories of their love over a three-course meal with wine. Come and dance the evening away with your friends and family.

2/19 Su 4:00-6:00 PM \$12

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9 a.m. to 5 p.m., Monday - Friday

HUMANA

GHA082LES

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 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.

Georgetown Christmas

The 51st annual Georgetown Christmas Market features an outdoor European type marketplace, holiday entertainment, horse-drawn wagon rides, wassail walk, St. Nicholas and more. This historic town near the I-70 twin tunnels is a winter wonderland each holiday season.

Note: Georgetown is about 8,500 feet. Dress appropriately for the season including footwear with good grips. Fee includes transportation and escort. Trip fee is not discountable.

12/3	Sa	8:00 AM-5:00 PM	\$34	14801-01
			\$39	non-member



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4:00pm | Every second and last Friday of each month

Nature and Gardening Experience

10:00am | Third Tuesday of each month

Mad Hatters - Knitting for Therapy and Charity

1:00pm | Every Friday of each month

A Brush with Watercolor

3:15pm | Every first and third Monday of each month

Marvelous Minds

9:00am | Every Wednesday of each month

Sunday Out to Lunch



Travel with us to an area restaurant to enjoy a day out of the house. We won't tell you where we are going because that's half the fun. It's a mystery.

12/4 Su Noon-4:00 PM \$8 14802-01

Air Force Academy Band



This concert at the U.S. Air Force Academy Concert Band is a holiday favorite for Northern Colorado. The band will perform your favorite holiday music at Greeley's Union Colony Civic Center.

Note: Fee includes van transportation, concert and escort. Trip not discountable.

12/5 M 12:45-5:30 PM \$12 14803-01

Out to Lunch



The Double Tree Inn Restaurant in Platteville is our destination for this month. The Tuesday favorite is krautbergers. Meal costs are on your own.

Note: Fee includes van transportation and escort. Trip not discountable.

12/6 Tu 11:00 AM-2:30 PM \$10 14804-01

'Scrooge' at Candlelight Dinner Playhouse



This ideal Christmas treat is the timeless tale of Ebenezer Scrooge at the Candlelight Dinner Playhouse. Don't miss Ebenezer, Bob Crachit, Tiny Tim, the ghosts of Christmas past, present and future and an Academy Award-winning score including "Thank You Very Much," "A Better Life" and "A Christmas Carol".

Note: Fee includes van transportation, dinner, show, gratuity and escort. Trip not discountable.

12/11 Su Noon-6:00 PM \$58 14805-01

Dallas Brass



One of America's foremost musical ensembles performs with a unique blend of traditional brass instruments and a full complement of drums and percussion. The group's repertoire includes classical masterpieces, Dixieland, swing, Broadway and more. This concert is at the Lincoln Center.

Note: Fee includes van transportation, ticket and escort. Trip not discountable.

12/14 W 6:45-10:00 PM \$26 14806-01

The Renaissance Project



This chorus that specializes in Renaissance motets and other Renaissance and a cappella music of a similar aesthetic. The ensemble rehearses without accompaniment and often sings in the round in mixed formation with the result that each member of the group feels more like a soloist. The group draws on the talent of amateur singers from Boulder and surrounding cities. This performance is at the Longmont Senior Center. We stop for lunch prior to the concert.

Note: Fee includes van transportation, ticket and escort. Trip not discountable.

12/16 F 11:00 AM-6:00 PM \$25 14807-01

Holiday Lights



We will tour the best of Fort Collins outdoor holiday lights then come back to the Senior Center for cookies and hot chocolate.

Note: Fee includes transportation, snacks and escort. Trip not discountable.

12/20 Tu 6:00-9:00 PM \$10 14808-01

'A Christmas Carol'



This national tour of 'A Christmas Carol' artfully recreates 19th century London and features a magical set and a spirited ensemble of 28 performers who bring Dickens' fable of redemption to life. This performance is at the Lincoln Center.

Note: Fee includes transportation, ticket and escort. Trip not discountable.

12/22 Th 6:45-10:00 PM \$35 14809-01

Traveling Gourmet



Our destination this month is Mama Rose's in Estes Park. Meal costs are on your own.

Note: Fee includes van transportation and escort. Trip not discountable.

12/28 W 4:00-8:00 PM \$10 14810-01

Bull Durham Casino



Enjoy New Year's Eve at noon at the Bull Durham Casino in Black Hawk. Celebrate at noon and you'll be home to watch the Times Square ball drop at 10:00 pm (our time).

Location: Rolland Moore Park

Note: Casino trips leave from Rolland Moore Park. Fee includes transportation, casino package and escort. Trip not discountable.

12/30 F 8:00 AM-5:00 PM \$18 14811-01

Sunday Out to Lunch



Travel with us to an area restaurant to enjoy a day out of the house We won't tell you where we are going because that's half the fun. It's a mystery.

Note: Fee includes transportation and escort.

1/8 Su Noon-4:00 PM \$8 14812-01

Out to Lunch



It's all you can eat at this Cinzzetti's Italian marketplace in Northglenn. Lunch is included on this trip.

Note: Fee includes van transportation, lunch and escort. Trip not discountable.

1/10 Tu 11:00 AM-2:30 PM \$25 14813-01

'Phantom' at Boulder Dinner Theatre



This Maury Yeston and Arthur Kopit production of "Phantom" has raw emotional power that will sweep you up in the romance and suspense of 1880's Paris. The Boulder Dinner Theatre production features songs such as "Paris is a Tomb," "This Place in Mine" and "My True Love".

Note: Please be aware that this is NOT the Andrew Lloyd Webber show "The Phantom of the Opera." Fee includes van transportation, dinner, show, gratuity and escort. Trip not discountable.

1/15 Su 11:15 AM-6:00 PM \$60 14814-01



National Western Stock Show: See the rodeo up close and personal!

National Western Stock Show

This annual trip to Denver’s historic National Western Stock Show is always popular and entertaining. View all the fascinating animals on exhibit, commercial booths and find lunch on your own. Then the professional rodeo will thrill you from great seats up close and personal.

Note: Fee includes van transportation, escort, stock show and rodeo. Trip not discountable.

1/17 Tu 9:00 AM-6:00 PM \$41 14815-01
\$46 non-member

Dexter Payne Quartet

Always tasteful, often breathtaking, the Dexter Payne Quartet is an event by itself. The sound ranges from classical, to jazz, to the vibrant pulse of bossa nova and samba. This concert is at the Longmont Senior Center and presented by the Longmont Council of the Arts. We will have lunch with costs on your own before the concert.

Note: Fee includes van transportation, ticket and escort. Trip not discountable.

1/20 F 1:00-6:00 PM \$25 14816-01

Hearing Dogs & Lunch

The fascinating trip to the International Hearing Dog center in Henderson is well worth your time. You will learn how the dogs are trained and matched with those with hearing difficulties. You will also see a short video and watch dogs in action. Following the tour, we will have lunch before returning home.

Note: Fee includes van transportation, tour, lunch and escort. Trip not discountable.

1/24 Tu 9:00 AM-3:30 PM \$34 14817-01

Lady Luck Casino

Lady Luck Casino in Black Hawk is our destination this month. **Location:** Rolland Moore Park

Note: Casino trips leave from Rolland Moore Park. Fee includes transportation, casino package and escort. Trip not discountable.

1/26 Th 8:00 AM-5:00 PM \$12 14818-01

Adventure Cinema

“Hello Louisiana” with Monty and Marcia Brown. Join the Browns for a trip around this exotic “third world country”, where the Caribbean and Spanish flags flew over a steaming land of cotton and sugar cane. It’s cypress trees and Spanish moss and poetry. Visit the oldest European town in Louisiana Purchase and the Big Easy, too, where Carnival thrives all year long! And that’s just skimming the surface. Dinner after this show will be a Cajun Boil with sausage, shrimp, crab legs, corn, potatoes all cooked up together and served family style. This is a fun meal.

1/22 Su 3:00-7:00 PM \$25 14832-01

Breckenridge Snow Sculptures

This annual Breckenridge International Snow Sculptures show will feature unbelievable creations. You will have plenty of time to see the dozens of sculptures and have lunch on your own in Breckenridge.

Note: Breckenridge is at about 9,600 feet. Dress appropriately for the season including footwear with good grips. Fee includes transportation and escort. Trip not discountable.

1/28 Sa 8:00 AM-5:00 PM \$34 14819-01
\$39 non-member

Colorado Symphony

Mei-Ann Chen debuts in a feminine-inspired program. Rossini’s effervescent overture The Italian Girl in Algiers is the perfect opening to this concert that also highlights the virtuosity of Colorado Symphony harpist Courtney Hershey Bress. Other works include Oberthur’s Concertino for Harp and Chamber Orchestra and Saint-Saens Symphony No. 3, ‘Organ Symphony.’ The concert is in Denver.

Note: Fee includes van transportation, ticket and escort. Trip not discountable.

1/29 Su Noon-6:00 PM \$60 14833-01
\$65 non-member

Members Register Early, November 15!

Fort Collins Senior Center members can take advantage of early registration for Senior Center programs and classes. Senior Center members can register on **November 15** 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.

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Independent, Assisted Living
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National Seed Storage Tour ☒

Touring the National Seed Storage facility on the CSU campus is more interesting than you can expect. The mission of the National Center for Genetic Resources Preservation (NCGRP) is to acquire, evaluate, preserve, and provide a national collection of genetic resources.

Note: Fee includes van transportation, tour and escort. Trip not discountable.

2/3	F	9:30-11:30 AM	\$8	14820-01
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'Anything Goes' ☒

This Cole Porter Tony Award-winning play is a nautical tale of boy-meets-girl and the hilarious complications. The terrific score includes 'It's De-Lovely,' 'I Get a Kick Out of You' and 'You're the Top'. This production is at the Candlelight Dinner Playhouse.

Note: Fee includes van transportation, dinner, show, gratuity and escort. Trip not discountable.

2/5	Su	Noon-6:00 PM	\$58	14821-01
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Out to Lunch ☒

We will have lunch at Wellington's Chocolate Rose, a fine little café and coffee house. They can only take small groups of 10.

Location: Senior Center

Note: Fee includes van transportation and escort. Trip not discountable.

2/7	Tu	10:30 AM-1:30 PM	\$10	14822-01
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2/8	W	10:30 AM-1:30 PM	\$10	14822-02
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'Mama Mia the Musical' ☒

The great music of the Swedish group ABBA is the music for this heartwarming and funny production at the Greeley Union Colony Civic Center. This smash hit has been enjoyed by 45 million people around the world. The title song, 'Dancing Queen,' and other Abba music will keep you smiling.

Note: Fee includes van transportation, ticket and escort. Trip not discountable.

2/12	Su	5:45-11:00 PM	\$56	14823-01
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9 News Tour ☒

We are offering a tour of the 9News TV operation. You will see the behind-the-scenes happenings. The first hour is a walking tour around the building and the last half hour is the opportunity to watch a live noon newscast from their studio. After the tour, we will have lunch in Denver.

Note: Fee includes van transportation, tour, lunch and escort. Trip not discountable.

2/13	M	9:30 AM-2:30 PM	\$34	14824-01
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Celtic Nights ☒

Featuring the finest voices, expert stepdancers and what the "London Times" called "a perfect mix of traditional and contemporary Irish pieces," this glittering production is a stirring celebration of the Celtic experience.

Note: This performance is at the Lincoln Center. Fee includes van transportation, ticket and escort. Trip not discountable.

2/16	Th	6:45-11:00 PM	\$31	14825-01
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World Renowned Storyteller ☒

Bill Mooney will present stories from his life as an actor for over 35 years in New York City. Involving people he has known and worked with and some stories about national commercials he has filmed. Mooney has appeared on and off-Broadway, in movies, and on television shows. He starred for 13 years as Paul Martin on the ABC daytime serial "All My Children" and is a two-time Emmy nominee.

Note: Fee includes van transportation, ticket and escort. Trip not discountable.

2/17	F	11:30 AM-6:00 PM	\$25	14826-01
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Sunday Out to Lunch ☒

Travel with us to an area restaurant to enjoy a day out of the house. We won't tell you where we are going because that's half the fun. It's a mystery.

Note: Fee includes van transportation and escort.

2/19	Su	Noon-4:00 PM	\$8	14827-01
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Art, Tea & Lunch ☒

The Leaning Tree Museum in Boulder is an outstanding collection of western art. It contains 300 paintings and 90 impressive bronze sculptures. The artwork is incredible. We will also tour the Celestial Seasonings Tea factory in Boulder. The aroma alone will take your breath away. We'll have lunch (costs on your own) at the cafeteria.

Note: Fee includes van transportation, tours and escort. Trip not discountable.

2/21	Tu	8:15 AM-3:00 PM	\$18	14828-01
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Doc Holidays Casino ☒

Doc Holidays Casino in Central City is our destination.

Location: Rolland Moore Park

Note: Fee includes motorcoach transportation, casino package and escort. Trip not discountable.

2/23	Th	8:00 AM-5:00 PM	\$12	14829-01
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Colorado Symphony MS ☒

A sparkling Mozart Serenade No. 6 and Franck's Symphony in D minor frame this program led by world-renowned conductor Claus Peter Flor. Concertmaster Yumi Hwang-Williams and principal cellist Silver Ainomae team up in Brahms' powerful concerto, a star-studded combination. No meal stop included on this trip.

Note: Fee includes van transportation, ticket and escort. Trip not discountable.

2/26	Su	Noon-6:00 PM	\$60	14830-01
			\$65 non-member	

Traveling Gourmet ☒

Our destination this month is Tutti's in Lafayette, "a restaurant for everyone". Tutti's offers you portion choices – saucer, plate or platter prices to fit your appetite. This was the mystery restaurant we visited last August and everyone enjoyed it. Now you'll know where we are going. Meal costs are on your own.

Note: Fee includes van transportation and escort.

2/29	W	4:00-7:30 PM	\$12	14831-01
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Sports

Adult / General

Archery

See page 70 for details.

Wheelchair Rugby



This action packed sport is played in a gym and is a cross between basketball, football and rugby. All abilities welcome. Extra sport chairs available.

Age: 14 years & up

Location: Northside Aztlan Center

Note: Contact Renee Lee for information, 970.224.6027, rlee@fcgov.com. Class will not be held on 2/20.

2/6-3/5 M 6:30-8:00 PM \$8 14619-01

Fort Collins Badminton Club

FCBC is the largest badminton club in northern Colorado, sponsored by the City of Fort Collins. Our players range from elementary school to age 70+, and come from diverse parts of the world. We welcome players of any skill level and provide competitive games for all players. Club membership, \$20 annually, allows for a reduced, feather shuttle fee and many play time options. For further details, schedule changes and updates visit www.fcbadminton.org.

Location: Northside Aztlan Center

Ongoing	T,Th	8:00-10:00 AM	Drop-In Fee
Ongoing	Sa	2:00-5:00 PM	Drop-In Fee

Coed Dodgeball

Play an American classic - dodgeball. Form your team and come out to have some fun playing a game invented on the playground. The league is coed recreational; 7 games scheduled, 7 games guaranteed, 6 on the court at all times. Games last 30 minutes.

Registration: Deadline 12/30

Age: 16 years & up

Location: Northside Aztlan Center

Note: Rosters are unlimited (Participants age 16 & 17 need parent signature on roster prior to participation). League not discountable. 3 Men and 3 Women on the court at all times! Substitutes are recommended.

1/13-2/24 F 6:00-10:00 PM \$234 15885-01

Indoor Ultimate Frisbee

5-on-5 Ultimate Frisbee is being offered at the Edge Sports Center. Register in teams of 12. Minimum of 4 women on the roster, with 2 women and 3 men on the field at all times. Registration begins 1/23, ends 2/10 or when league fills. League begins the week of 2/28, 6 games scheduled.

Age: 16 years & up

Location: The Edge

Note: Rosters are unlimited (Participants age 16 & 17 need parent signature on roster prior to participation). League not discountable. Class will not be held on 3/12, 3/13, 3/14, 3/15.

2/28-4/12 Tu,Th 6:15-9:15 PM \$439 16130-01

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\$20.00 Off Birthday Party
Registration required. With coupon only. One coupon per event. Not valid with any other offers. Expires 02/28/12

FREE PASS
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- Not valid for Friday Nights, private parties, school out skates, or special events.
- With coupon only. 1 coupon per person per visit. Not valid with any other offer.
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Tennis

General Information

For Full Program Information visit www.lewistennis.com or call 970.493.7000.

Outdoor Winter Adult Classes

Beginner Lessons **M,W** **6:00-7:30 PM**

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 **Tu,Th** **6:00-7:30 PM**

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

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.

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.

Indoor Winter Adult

Classes at The Edge Sports Center

Beginner	M	6:30-8:00 PM
Intermediate	W	6:30-8:30 PM

Additional program times are available before 4:00 PM weekdays, call 970.493.7000 for information.

Class Schedule

All lesson programs are held at Rolland Moore Park. Winter sessions run for four weeks.

Session 1	11/14-12/17	Session 4	3/5-3/31
Session 2	1/9-2/4	Session 5	4/2-4/28
Session 3	2/6-3/3	Session 6	4/30-5/26

To check availability of open City courts visit www.Lewistennis.com.



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Basketball

Winter Adult Basketball

Men's, women's, and coed leagues will be offered. Teams will sign up for their level/playing night preference on a first come basis. 8 games scheduled.

Registration: Begins 11/28, ends 12/16 or when leagues fill

League Begins: Week of 1/2

Cost: \$448

Age: 16 years & up

Note: Rosters are unlimited (Participants age 16 & 17 need parent signature on roster prior to participation). League not discountable.

Location: Northside Aztlan Center

Men

Monday Comp	16110-01	Monday Rec	16110-02
Wed Rec	16110-03		

Women

Wed Comp	16110-04	Wed Recreational	16110-05
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Location: Youth Activity Center

Sunday: Coed		Recreational	16110-06
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Volleyball

Winter Adult Volleyball

Coed and women's leagues will be offered for 6-person and 4-person indoor leagues. Teams will sign up for their level/playing night preference on a first come basis. Level A - Competitive, BB - Intermediate, B - Recreational. 8 games scheduled.

Registration: Begins 11/28, ends 12/16 or when leagues fill

League Begins: Week of 1/2

Cost: \$274/6-person, \$174/4-person

Age: 16 years & up

Note: Rosters are unlimited (Participants age 16 & 17 need parent signature on roster prior to participation). League not discountable.

Location: Northside Aztlan Center

Coed

Tuesday A	16121-03	Tuesday BB	16121-04
Friday A/BB Fours	16121-07		

Location: Senior Center

Monday Coed B	16121-01	Monday Coed BB	16121-02
Wed Women A	16121-05		

Unified Sports

Adult Basketball



Integrated basketball teams will be formed to compete in a league and a Northeast Area Special Olympics Tournament. Practices are scheduled for the first few weeks, then games take place, and the season ends with a pot luck/awards ceremony.

Dates: Saturdays, 1/7-3/10

Cost: \$25

Age: 16 years & up

Location: Youth Activity Center

Note: Teams will have practices/games for 1 hour. Game schedule will be distributed after the 3rd practice. Contact Jenna Van Fossan at 224.6125 or jvanfossan@fcgov.com for more information. Class partially discountable.

Men's Upper Division	14628-01
Women Only League	14628-02
Co-ed Recreational	14628-03

Junior Basketball



Integrated basketball teams will be formed to practice, play games and compete in the Northeast Area Special Olympics Tournament.

Dates: 1/17-3/6, Tuesdays, 6:00-8:30 PM

Age: 8-21 years

Location: Northside Aztlan Center

Note: For information, contact Renee Lee at 970.224.6027. Class partially discountable. Teams will be scheduled for a one hour practice. Game schedules will be distributed after the first practice. Class partially discountable.

Child	\$22	14629-01
Family	\$36	14629-02
Individual Skills	\$19	14629-1A

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.

1/6-2/24	F	4:30-6:00 PM	\$64	15870-01
1/7-2/25	Sa	9:00-10:30 AM	\$64	15870-02



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.

1/7-2/25	Sa	11:00 AM-12:30 PM	\$64	15871-02
1/9-2/27	M	5:30-7:00 PM	\$64	15871-01

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.

1/6-1/27	F	6:15-8:15 PM	\$32	15872-01
2/3-2/24	F	6:15-8:15 PM	\$32	15872-02

Youth Sports**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. No experience needed.

Age: 8 years & up

Location: Northside Aztlan Center

Note: Class Partially Discountable

11/28-12/21	M,W	6:30-7:30 PM	\$48	15880-01
1/9-2/1	M,W	6:30-7:30 PM	\$48	15880-02
2/6-2/29	M,W	6:30-7:30 PM	\$48	15880-03
11/28-12/21	M,W	7:30-8:30 PM	\$48	15880-04
1/9-2/1	M,W	7:30-8:30 PM	\$48	15880-05
2/6-2/29	M,W	7:30-8:30 PM	\$48	15880-06

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 Dr.

Note: Equipment is provided.

12/15-12/16	Th,F	4:15-5:30 PM	\$30	15875-01
2/9-2/16	Th	4:15-5:30 PM	\$30	15875-02

Pre-Season Boys Hoops Camp

Get ready for the Boys Basketball season! This mini camp will cover the fundamentals (with an emphasis on offense) of basketball through drills and fun activities.

Location: Youth Activity Center

Grade: 2-3

1/16-1/18	M,W	5:30-6:45 PM	\$24	16301-01
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Grade: 4-5

1/16-1/18	M,W	7:00-8:15 PM	\$24	16301-02
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Baton Twirling is Catching

Here's your opportunity to perform in parades and shows, including the upcoming Fort Collins St. Patrick's Day parade! Yvonne Pedersen, a nationally renowned twirl instructor, is proud to introduce twirling to the Front Range! Build self-esteem, self-discipline, and teamwork skills while enhancing coordination, rhythm and grace. Classes focus on twirling skills, dance, and drilling.

Age: 5-14 years

Note: Professional ABC baton required and available for purchase from instructor for an additional \$25. Class partially discountable. Intro Level I is for first-time twirlers who have never twirled with this program. Levels II, III, IV, V are for more advanced twirlers and are admitted to class by instructor assignment/invitation only. Pre-registration required. Class will not be held on 3/23, 3/25, 3/21.

Location: Youth Activity Center

Intro Level I

1/13-2/17	F	4:30-5:30 PM	\$69	15620-01
2/24-4/6	F	4:30-5:30 PM	\$69	15620-02
1/15-2/19	Su	2:00-3:00 PM	\$69	15620-03
2/26-4/8	Su	2:00-3:00 PM	\$69	15620-04

Location: Shepardson Elementary School

Level II

1/11-2/15	W	5:00-6:00 PM	\$69	15620-05
2/22-4/4	W	5:00-6:00 PM	\$69	15620-06

Location: Shepardson Elementary School

Level III

1/11-2/15	W	6:00-7:00 PM	\$69	15620-07
2/22-4/4	W	6:00-7:00 PM	\$69	15620-08

Location: Youth Activity Center

Level IV

1/13-2/17	F	5:30-6:30 PM	\$69	15620-09
2/24-4/6	F	5:30-6:30 PM	\$69	15620-10

Amazing Athletes

Our action packed sports program is specifically designed to enhance your child's learning experience through movement. Your child will learn the basic fundamentals and mechanics of 9 ball sports while also building self-confidence, practicing teamwork and improving their fine and gross motor skills. Coaches are trained to work with every child at their own developmental level in a non-competitive, learning based environment. Each class incorporates activities proven to increase your child's overall cardiovascular fitness, muscle tone, hand-eye coordination, and reaction time!

Location: Youth Activity Center

Note: Class will not be held on 3/12, 3/15.

Age: 2½-3½ years

1/9-2/13	M	9:00-9:30 AM	\$45	16386-01
1/12-2/16	Th	9:00-9:30 AM	\$45	16386-02
2/27-4/2	M	9:00-9:30 AM	\$37	16386-03
3/1-4/5	Th	9:00-9:30 AM	\$37	16386-04

Age: 3½-5 years

1/9-2/13	M	9:45-10:30 AM	\$45	16387-01
1/12-2/16	Th	9:45-10:30 AM	\$45	16387-02
2/27-4/2	M	9:45-10:30 AM	\$37	16387-03
3/1-4/5	Th	9:45-10:30 AM	\$37	16387-04

Youngsters

Sporties for Shorties

Let's explore the world of sports in this fun-filled class. Learn the fundamentals of sports with throwing, kicking, and catching.

Age: 3-5 years

Location: Youth Activity Center

Note: Parents/guardians will not be allowed as spectators. Players will demonstrate what they learned the last 10 minutes of each class.

1/11-1/25	W	10:00-10:45 AM	\$25	16308-01
1/31-2/14	Tu	10:00-10:45 AM	\$25	16308-02

Basketball For Shorties

We will work on large and small motor skills as they relate to shooting, dribbling, and passing. Learn the basics in this fun and exciting class!

Age: 4-5 years

Location: Youth Activity Center

Note: Parents/guardians will not be allowed as spectators. Players will demonstrate what they learned the last 10 minutes of each class.

1/10-1/24	Tu	10:00-10:45 AM	\$25	16309-01
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Baseball For Shorties

We will work on the fundamentals of throwing, hitting and catching. Come play ball with us! Learn the basics in this fun and exciting class!

Age: 4-5 years

Location: Youth Activity Center

Note: Parents/guardians will not be allowed as spectators. Players will demonstrate what they learned the last 10 minutes of each class.

2/1-2/15	W	10:00-10:45 AM	\$25	16311-01
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BE A FOSTER PARENT...BE A SUPERHERO

Youth Team Sports

Boys Basketball

Develop a sense of team play where participation, fun, skills, and sportsmanship are stressed; winning is secondary. Teams are formed by school attended. Teams are randomly formed in the sports office and not by when the players registered. Teams are randomly selected and not by school but by practice location (NACC or YAC). Special requests are not guaranteed. Leagues are 2nd and 3rd and 4th and 5th.

League Begins: Week of 1/23

Cost: \$59 (green and gold reversible jersey, additional \$15, if needed)

Note: 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.

Grade: 2-3

Northside Aztlan	16302-01
YAC	16302-10

Grade: 4-5

Bauder	16304-04
Beattie	16304-07
Bennett	16304-10
Bethke	16304-13
CLP	16304-16
Dunn	16304-19
Eystone	16304-22
Harris	16304-25
Heritage	16304-24
Irish	16304-28
Johnson	16304-31
Kruse	16304-34
Laurel	16304-37
Linton	16304-40
Lopez	16304-43
McGraw	16304-46
Bacon	16304-01
O'dea	16304-49
Olander	16304-52
Putnam	16304-55
Rice	16304-58
Riffenburgh	16304-61
Shepardson	16304-64
Tavelli	16304-67
Timnath	16304-70
Traut	16304-73
Zach	16304-79

Boys 6th, 7th & 8th Grade Basketball

Players will be able to show off their school spirit by receiving a T-shirt with the colors of their middle school. Sign up for teams based on practice location. The focus of this program is on team play where participation, fun, skills, and sportsmanship are stressed and winning is secondary. Teams are randomly formed in the sports office and not determined by when the player registers. Special requests are not guaranteed.

League Begins: Week of 1/23

Cost: \$59

Note: Practice dates and times are determined by coach and will therefore vary, and may go as late as 8:30 PM. Two practices (sometimes one depending on availability of facilities) are scheduled per week (usually after 6:00 PM). Practices will not be held during school holidays or closures. Most games are played on Saturday mornings. 6th graders only. Coaches will call the week before the program with practice days and times.

Grade: 6		Grade: 7-8	
Blevins	16306-01	Blevins	16307-01
Boltz	16306-03	Boltz	16307-03
CLP	16306-06	CLP	16307-06
Kinard	16306-08	Kinard	16307-09
Leshner	16306-12	Leshner	16307-12
Lincoln	16306-15	Lincoln	16307-15
Preston	16306-17	Preston	16307-18
Webber	16306-21	Webber	16307-21
Wellington	16306-25	Wellington	16307-24

Tennis

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.

Winter Programs are held at Rolland Moore Park and The Edge Sports Center. For Full Program Information visit www.lewistennis.com or call 970.493.7000.

Outdoor Winter Junior Classes

10 & Under Quickstart

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.

Lobber	Age: 4-6 years	Sa	1:00-1:45 PM
Future Star	Age: 7-8 years	M,W	4:30-6:00 PM
		Sa	9:00-10:30 AM
Aces	Age: 9-10 years	M,W	4:30-6:00 PM
		Sa	9:00-10:30 AM

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Summer Recreation Leagues
 Boys and Girls Current Grade
 2011-2012 Pre-K (5 by 9/15/12) to 11th Grade

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www.fortcollinsbaseballclub.org

REGISTRATION BEGINS JANUARY 15!

For On-Line Registration & Forms visit:
www.fortcollinsbaseballclub.org
970-484-3368

Fort Collins Baseball Club
 211 S. Bryan Ave.
 (by City Park) • P.O. box 1031
 Fort Collins • 80522
 Director@fcbcm.com

Middle School Excellence Age: 11-13 years

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 players	Tu,Th	4:00-6:00 PM
		Sa	10:30 AM-12:30 PM
Competitive	Intermediate	Tu,Th	4:00-6:00 PM
		Sa	10:30 AM-12:30 PM

High School Academy Age: 14-18 years

High School players get ready to have some fun and develop your tennis games! Whether your goal is to play on your high school team or learn the best game, this is the class for you.

Wimbledon	New players	Tu,Th	4:00-6:00 PM
		Sa	10:30 AM-12:30 PM
Grand Slam	Intermediate to Advanced	Tu,Th	4:00-6:00 PM
		Sa	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. Call Pro Shop for times 970.493.7000.

Indoor Junior Classes (Classes held at The Edge Sports Center.)**10 & Under Quickstart**

Future Star	Age: 7-8 years	W	5:00-6:30 PM
Aces	Age: 9-10 years	M	5:00-6:30 PM

Middle School Excellence Age: 11-13 years

Challenger	New players	Sa	8:00-9:30 AM
Competitive	Intermediate	M	3:30-5:00 PM

High School Academy Age: 14-18 years

Wimbledon	New players	Sa	8:00-9:30 AM
Grand Slam	Age: 14-18 years	Intermediate & Advanced	
Session #3	Sa	11:00 AM-12:30 PM	
Session #4	Sa	9:30-11:00 AM	

Performance Training

Singles	M	6:30-8:30 PM
Doubles	W	3:30-5:00 PM
Mixed	Sa	9:30 AM-Noon

10 & Under Winter Tournaments

Please call 970.493.7000 for the tournament schedule.

Class Schedule

Indoor Classes are held at The Edge for sessions 1, 2, 3. Winter sessions run for four weeks.

Session 1	11/14-12/17	Session 4	3/5-3/31
Session 2	1/9-2/4	Session 5	4/2-4/28
Session 3	2/6-3/3	Session 6	4/30-5/26

GET AHEAD OF THE GAME

Sign up for these spring youth sports on Feb. 16!

Flag Football – Grades 3-8

\$59 For 6 Games PLUS an end of season Rattlesnake Rumble Tournament
2 practices per week

Ultimate Football – Grades 1-2

\$49 For 6 Games
1 Practice per week

Volleyball

Elementary 3, 4, and 5th Grade
\$59 For 6 Matches
Middle School 6, 7 and 8th Grade
\$59 For 6 Matches including an end of season tournament

Register at a Recreation Center near you or at fcgov.com/recreator or by calling 970.221.6655



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Next time you're eating out...

In the spirit of health and maintaining a healthy heart, think about your portion size. Take some time to chew your food and savor the different and tasty flavors. Your brain can take up to 20 minutes to register that you are full. When you eat slowly, you will feel full on less food.

Give your heart a break, try taking half your meal home and enjoy the rest at another time when you are truly hungry and savor it all over again.



MEDICAL CENTER
OF THE ROCKIES

Foundation

RESEARCH AND EDUCATION

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0-12 months	
Baby & Me Yoga	44
Baby Gym	42
Tot Gym	42
6-12 months	
Learn-To-Swim	22
12-18 months	
Baby Gym	42
12-24 months	
Learn-To-Swim	22
Shake, Rattle & Roll	42
15-24 months	
I Can Do It Myself	43
18-24 months	
Toddler Time	44
2 years	
Shake, Rattle & Roll	42
Amazing Athletes	90
Artist Café	43
Cookin' & Crafts with Kids	43
Curious Twos	39
Funtime for Preschoolers	39
I Can Do It, Too	43
Little Explorers	42
Mom & Tot Science	44
Mother Goose Adventure	40
Read & Seed	63
Roly Polys	44
Tot Gym	42
3 years	
Alphabet Soup	39
Amazing Athletes	90
Art Studio for Preschoolers	33
Artist Café	43
Breakfast with Santa	55
Busy Builders	40
Dancin' Dumplin's	38
Fairytales Come to Life!	54
Family Yoga	61
Farmer Round Up	55
Funtastical Fridays	51
Funtime for Preschoolers	39
Holiday Cards	33
Holiday Ornaments	34
Hospital Helpers	41
I Can Do It, Too	43
I Want To Be A Scientist	39
Jingle Bell Times	55
Learn-To-Swim	22
Little Chefs Cooking Club	54
Little Yogis	40
Marvelous Mondays	39
Mother Goose Adventure	40
Ooey Goey Goop	33
Petite Ballerinas	38
Pottery	34
Read & Seed	63
Roly Polys	44
Sporties for Shorties	90
Tea with Mrs. C	55
Those Amazing Dinosaurs	41
Tool Time	41
Tot Gym	42
Toys for Kids	16
Tractors Galore	55
Tumble Bumbles	38
Ultimate Fort Making	41
Valentine's Day Crafts	33

Tot Gym	42
Toys for Kids	16
Tractors Galore	55
Ultimate Fort Making	41
Valentine's Day Crafts	33
4 years	
Alphabet Soup	39
Amazing Athletes	90
Art Studio for Preschoolers	33
Artist Café	43
Baseball for Shorties	90
Basketball for Shorties	90
Breakfast with Santa	55
Building On Books	42
Busy Builders	40
Dancin' Dumplin's	38
EPIC Adventures	41
Fairytales Come to Life!	54
Family Yoga	61
Farmer Round Up	55
Funtastical Fridays	51
Funtime for Preschoolers	39
Funtime Pre-K	40
Holiday Cards	33
Holiday Ornaments	34
Hospital Helpers	41
I Want To Be A Scientist	39
Jingle Bell Times	55
Learn-To-Swim	22
Little Chefs Cooking Club	54
Little Yogis	40
Lunch Bunch Enrichment	39
Marvelous Mondays	39
Ooey Goey Goop	33
Petite Ballerinas	38
Pottery	34
Read & Seed	63
Ready! Set! Grow!	63
Sporties for Shorties	90
Tappin' Dumplin's	37
Tea with Mrs. C	55
Tennis	92
Those Amazing Dinosaurs	41
Tool Time	41
Tot Gym	42
Toys for Kids	16
Tractors Galore	55
Tumble Bumbles	38
Ultimate Fort Making	41
Valentine's Day Crafts	33
5 years	
Adaptive Swim <ARO>	22
After-School Enrichment	52
Alphabet Soup	39
Amazing Athletes	90
Art Studio for Preschoolers	33
Baseball for Shorties	90
Basketball for Shorties	90
Baton Twirling	89
Breakfast with Santa	55
Building On Books	42
Busy Builders	40

Dancin' Dumplin's	38
Diving	26
EPIC Adventures	41
Fairytales Come to Life!	54
Family Fun Night	63
Family Yoga	61
Farmer Round Up	55
Free Skate	68
Funtastical Fridays	51
Funtime Pre-K	40
Hip Hop & Break Dance	38
Hockey	69
Holiday Cards	33
Holiday Ornaments	34
Hospital Helpers	41
I Want To Be A Scientist	39
Intro to Painting	33
Jingle Bell Times	55
Kids Night In	53
Learn-To-Skate	65
Learn-To-Swim	22
Little Chefs Cooking Club	54
Little Yogis	40
Lunch Bunch Enrichment	39
Marvelous Mondays	39
Ooey Goey Goop	33
Petite Ballerinas	38
Pottery	34
Ready! Set! Grow!	63
School's Out Days	52
Sporties for Shorties	90
Tappin' Dumplin's	37
Tea with Mrs. C	55
Tennis	92
Those Amazing Dinosaurs	41
Tool Time	41
Tot Gym	42
Toys for Kids	16
Tractors Galore	55
Tumble Bumbles	38
Ultimate Fort Making	41
Valentine's Day Crafts	33
6 years	
Adaptive Swim <ARO>	22
After-School Enrichment	52
Art Studio for Preschoolers	33
Ballet & Modern	38
Baton Twirling	89
Busy Builders	40
Dancin' Dumplin's	38
Dandy Candy Houses	55
Diving	26
EPIC Adventures	41
Fairytales Come to Life!	54
Family Fun Night	63
Family Yoga	61
Free Skate	68
Funtastical Fridays	51
Funtime Pre-K	40
Girls Day Out	50
Hip Hop & Break Dance	38
Hockey	69

Holiday Cards	33
Holiday Ornaments	34
Hospital Helpers	41
I Want To Be A Scientist	39
Indoor Family Duathlon	58
Intro to Painting	33
Jedi Knights	52
Jingle Bell Times	55
Karate	59
Kids Night In	53
Kids Yoga	51
Kids-On-the-Go Winter Break Camp	51
Learn-To-Skate	65
Learn-To-Swim	22
Lego Club	51
Lego School's Out Daycamp	51
Legomania	51
Little Chefs Cooking Club	54
Little Yogis	40
Lunch Bunch Enrichment	39
Marvelous Mondays	39
Petite Ballerinas	38
Pottery	34
School's Out Adventure	51
School's Out Days	52
Synchronized Skating	69
Tappin' Dumplin's	37
Tea with Mrs. C	55
Tennis	92
Tot Gym	42
Toys for Kids	16
Tumble Bumbles	38
Ultimate Fort Making	41
Valentine's Day Crafts	33
Winter Break Camp	63
7 years	
Adaptive Swim <ARO>	22
After-School Enrichment	52
Art Studio	33
Ballet & Modern	38
Baton Twirling	89
Boys Basketball	91
Cookies for the Season	53
Dancin' Dumplin's	38
Dandy Candy Houses	55
Diving	26
EPIC Adventures	41
Family Fun Night	63
Family Yoga	61
Free Skate	68
Girls Day Out	50
Hip Hop & Break Dance	38
Hockey	69
Holiday Cards	33
Holiday Ornaments	34
Indoor Family Duathlon	58
Intro to Painting	33
Jedi Knights	52
Jingle Bell Times	55
Jump N Rope	61
Jump N Rope Mini Camp	61

Just Tumbling	38	Learn-To-Skate	65	Petite Ballerinas	38	Ski & Snowboard Trips	15	Tennis	92
Karate	59	Learn-To-Swim	22	Pottery	34	Speed Skating Drop In	64	Toys for Kids	16
Kids Night In	53	Lego Club	51	Boys Hoops Camp	89	Stage Right to Drama	54	Junior Basketball <ARO>	88
Kids Yoga	51	Lego School's Out Daycamp	51	Saturday Chefs	53	Synchronized Skating	69	Valentine's Day Crafts	33
Kids-On-the-Go Winter Break Camp	51	Legomania	51	School's Out Adventure	51	Tennis	92	Winter Break Camp	63
Learn-To-Skate	65	Math Magic	51	School's Out Days	52	Toys for Kids	16	Youth Guitar	54
Learn-To-Swim	22	Petite Ballerinas	38	Speed Skating Drop In	64	Junior Basketball <ARO>	88	12 years	
Lego Club	51	Pottery	34	Stage Right to Drama	54	Valentine's Day Crafts	33	Adaptive Ice Skating <ARO>	65
Lego School's Out Daycamp	51	Boys Hoops Camp	89	Synchronized Skating	69	Winter Break Camp	63	Adaptive Swim <ARO>	22
Legomania	51	Saturday Chefs	53	Tennis	92	Youth Guitar	54	Aikido	59
Petite Ballerinas	38	School's Out Adventure	51	Toys for Kids	16	11 years		Archery	89
Pottery	34	School's Out Days	52	Junior Basketball <ARO>	88	Adaptive Ice Skating <ARO>	65	Art Studio	33
Boys Hoops Camp	89	Speed Skating Drop In	64	Valentine's Day Crafts	33	Adaptive Swim <ARO>	22	Babysitting Bootcamp	53
Saturday Chefs	53	Stage Right to Drama	54	Winter Break Camp	63	After-School Enrichment	52	Baton Twirling	89
School's Out Adventure	51	Synchronized Skating	69	Youth Guitar	54	Aikido	59	Belly Dancing	35
School's Out Days	52	Tennis	92	10 years		Archery	89	Boxing	89
Speed Skating Drop In	64	Toys for Kids	16	Adaptive Ice Skating <ARO>	65	Art Studio	33	Boys Basketball	92
Stage Right to Drama	54	Junior Basketball <ARO>	88	Adaptive Swim <ARO>	22	Babysitting Bootcamp	53	Camp Hollywood	50
Synchronized Skating	69	Valentine's Day Crafts	33	After-School Enrichment	52	Baton Twirling	89	Chessmates Chess Club	50
Tappin' Dumplin's	37	Winter Break Camp	63	Aikido	59	Boxing	89	Chocolate Valentines	53
Tea with Mrs. C	55	9 years		Archery	89	Boys Basketball	91	Club 48	16
Tennis	92	Adaptive Ice Skating <ARO>	65	Art Studio	33	Boys Basketball	92	Club 69	16
Toys for Kids	16	Adaptive Swim <ARO>	22	Baton Twirling	89	Camp Hollywood	50	Diving	26
Tumble Bumbles	38	After-School Enrichment	52	Boxing	89	Chessmates Chess Club	50	Family Fun Night	63
Valentine's Day Crafts	33	Aikido	59	Boys Basketball	91	Chocolate Valentines	53	Family Yoga	61
Winter Break Camp	63	Archery	89	Chessmates Chess Club	50	Club 47	16	Fencing	88
8 years		Art Studio	33	Club 46	16	Club 68	16	Free Skate	68
Adaptive Ice Skating <ARO>	65	Ballet & Modern	38	Cookies for the Season	53	Diving	26	Gingerbread House: Family	51
Adaptive Swim <ARO>	22	Baton Twirling	89	Dandy Candy Houses	55	Family Fun Night	63	Girls Day Out	50
After-School Enrichment	52	Boxing	89	Diving	26	Family Yoga	61	Girls Valentine Spa Day	50
Aikido	59	Boys Basketball	91	Family Fun Night	63	Fencing	88	Hair Accessories	34
Archery	89	Chessmates Chess Club	50	Family Yoga	61	Free Skate	68	Hip Hop Expo	16
Art Studio	33	Club 45	16	Fencing	88	Gingerbread House: Family	51	Holiday Cookie Exchange	54
Ballet & Modern	38	Cookies for the Season	53	Free Skate	68	Girls Day Out	50	Holiday Teen Chef Camp	53
Baton Twirling	89	Dandy Candy Houses	55	Gingerbread House: Family	51	Hair Accessories	34	Hula Hoop Dance Fusion	38
Boxing	89	Diving	26	Girls Day Out	50	Holiday Cards	33	Adaptive Skiing <ARO>	70
Boys Basketball	91	Family Fun Night	63	Hair Accessories	34	Holiday Ornaments	34	Indoor Family Duathlon	58
Chessmates Chess Club	50	Family Yoga	61	Hockey	69	Holiday Teen Chef Camp	53	Synchronized Swimming	26
Cookies for the Season	53	Free Skate	68	Holiday Cards	33	Hula Hoop Dance Fusion	38	Jingle Bell Times	55
Dandy Candy Houses	55	Gingerbread House: Family	51	Holiday Ornaments	34	Indoor Family Duathlon	58	Jump N Rope	61
Diving	26	Girls Day Out	50	Hula Hoop Dance Fusion	38	Intro to Painting	33	Jump N Rope Mini Camp	61
Family Fun Night	63	Hair Accessories	34	Indoor Family Duathlon	58	Synchronized Swimming	26	Karate	59
Family Yoga	61	Hip Hop & Break Dance	38	Intro to Painting	33	Jingle Bell Times	55	Learn-To-Skate	65
Free Skate	68	Hockey	69	Synchronized Swimming	26	Jump N Rope	61	Learn-To-Swim	22
Gingerbread House: Family	51	Holiday Cards	33	Jedi Knights	52	Jump N Rope Mini Camp	61	Lego School's Out Daycamp	51
Girls Day Out	50	Holiday Ornaments	34	Jingle Bell Times	55	Karate	59	Math Magic	51
Hip Hop & Break Dance	38	Hula Hoop Dance Fusion	38	Jump N Rope	61	Kids Night In	53	Pottery	34
Hockey	69	Indoor Family Duathlon	58	Jump N Rope Mini Camp	61	Kids Yoga	51	School's Out Adventure	51
Holiday Cards	33	Intro to Painting	33	Karate	59	Kids-On-the-Go Winter Break Camp	51	School's Out Spa Day	52
Holiday Ornaments	34	Synchronized Swimming	26	Kids Night In	53	Learn-To-Skate	65	School's Out: Fun In the Fort	50
Hula Hoop Dance Fusion	38	Jedi Knights	52	Kids Yoga	51	Learn-To-Swim	22	Ski & Snowboard Trips	15
Indoor Family Duathlon	58	Jingle Bell Times	55	Kids-On-the-Go Winter Break Camp	51	Lego School's Out Daycamp	51	Snow Camp	52
Intro to Painting	33	Jump N Rope	61	Learn-To-Skate	65	Math Magic	51	Snow Tubing Trips	15
Synchronized Swimming	26	Jump N Rope Mini Camp	61	Learn-To-Swim	22	Pottery	34	Speed Skating Drop In	64
Jedi Knights	52	Karate	59	Lego Club	51	Boys Hoops Camp	89	Stage Right to Drama	54
Jingle Bell Times	55	Kids Night In	53	Lego School's Out Daycamp	51	School's Out Adventure	51	Synchronized Skating	69
Jump N Rope	61	Kids Yoga	51	Legomania	51	School's Out Days	52	Teen Email List	15
Jump N Rope Mini Camp	61	Kids-On-the-Go Winter Break Camp	51	Math Magic	51	School's Out Spa Day	52	Tennis	92
Just Tumbling	38	Learn-To-Skate	65	Petite Ballerinas	38	School's Out: Fun In the Fort	50	Toys for Kids	16
Karate	59	Learn-To-Swim	22	Pottery	34	Ski & Snowboard Trips	15	Junior Basketball <ARO>	88
Kids Night In	53	Lego Club	51	Boys Hoops Camp	89	Speed Skating Drop In	64	Youth Guitar	54
Kids Yoga	51	Lego School's Out Daycamp	51	Saturday Chefs	53	Stage Right to Drama	54	Youth Night	15
Kids-On-the-Go Winter Break Camp	51	Legomania	51	School's Out Adventure	51	Synchronized Skating	69	13 years	
		Math Magic	51	School's Out Days	52			Active Teens Social <ARO>	15

Adaptive Ice Skating <ARO>	65	Chessmates Chess Club	50	Hip Hop Expo	16	Adaptive Ski Trip <ARO>	70	Sewing, Beginning	30
Adaptive Swim <ARO>	22	Chocolate Valentines Club 71	53	Holiday Cookie Exchange	54	Knitting	30	Ski & Snowboard Trips	15
Aikido	59	Country Western Dance	16	Holiday Teen Chef Camp	53	Learn-To-Skate	65	Slow Flow Hatha Yoga	60
Archery	89	Diving	36	Adaptive Skiing <ARO>	70	Lifeguard Training	25	Snow Tubing Trips	15
Artistic Abilities <ARO>	30	Family Fun Night	26	Indoor Family Duathlon	58	Mexican Cooking	48	Speed Skating Drop In	64
Babysitting Bootcamp	53	Family Yoga	63	Synchronized Swimming	26	Needle Felted Dolls	30	Spin	57
Ballroom & Latin Dance	35	Family Fun Night	61	Jitterbug & Swing	35	Nia	56	Spin & Tone	57
Baton Twirling	89	Fencing	89	Jump N Rope	61	Photography	31	Step Aerobics	58
Belly Dancing	35	Free Skate	68	Jump N Rope Mini Camp	61	Pottery	34	Teen Guitar	54
Boxing	89	Gingerbread House: Family	51	Karate	59	Salsa	36	Teen Email List	15
Boys Basketball	92	Girls Valentine Spa Day	50	Adaptive Ski Trip <ARO>	70	School's Out Spa Day	52	Tennis	92
Camp Hollywood	50	Hip Hop Expo	16	Learn-To-Skate	65	School's Out: Fun In the Fort	50	Unified Basketball <ARO>	88
Chessmates Chess Club	50	Holiday Cookie Exchange	54	Lifeguard Training	25	Sewing, Beginning	30	Junior Basketball <ARO>	88
Chocolate Valentines Club 70	53	Holiday Teen Chef Camp	53	Nia	56	Ski & Snowboard Trips	15	West Coast Swing	36
Country Western Dance	36	Adaptive Skiing <ARO>	70	Pottery	34	Slow Flow Hatha Yoga	60	Wheelchair Rugby <ARO>	86
Diving	26	Indoor Family Duathlon	58	Salsa	36	Snow Camp	52	Work-Out Partners	56
Family Fun Night	63	Synchronized Swimming	26	School's Out Spa Day	52	Snow Tubing Trips	50	Youth Night	15
Family Yoga	61	Jitterbug & Swing	35	School's Out: Fun In the Fort	50	Speed Skating Drop In	64	Zumba	58
Fencing	89	Jitterbug & Swing	35	School's Out: Fun In the Fort	50	Spin	57	Adult (18 years & up)	
Free Skate	68	Jump N Rope	61	School's Out: Fun In the Fort	50	Spin & Tone	15	Alternative Programs	
Gingerbread House: Family	51	Jump N Rope Mini Camp	61	School's Out: Fun In the Fort	50	Step Aerobics	58	Cooking <ARO>	19
Girls Valentine Spa Day	50	Karate	59	School's Out: Fun In the Fort	50	Teen Guitar	54	Crafts <ARO>	19
Hip Hop Expo	16	Adaptive Ski Trip <ARO>	70	School's Out: Fun In the Fort	50	Teen Email List	15	Holiday Ball <ARO>	19
Holiday Cookie Exchange	54	Learn-To-Skate	65	School's Out: Fun In the Fort	50	Tennis	92	Monthly Dances <ARO>	20
Holiday Teen Chef Camp	53	Nia	56	School's Out: Fun In the Fort	50	Unified Basketball <ARO>	88	Movie Night <ARO>	19
Adaptive Skiing <ARO>	70	Pottery	34	School's Out: Fun In the Fort	50	Junior Basketball <ARO>	88	Pool Tournament <ARO>	20
Indoor Family Duathlon	58	Salsa	36	School's Out: Fun In the Fort	50	West Coast Swing	36	Restaurant Night <ARO>	19
Synchronized Swimming	26	School's Out Spa Day	52	School's Out: Fun In the Fort	50	Wheelchair Rugby <ARO>	86	Saturday Brunch <ARO>	20
Jingle Bell Times	55	School's Out: Fun In the Fort	50	School's Out: Fun In the Fort	50	Work-Out Partners	56	Winter Wishes <ARO>	20
Jitterbug & Swing	35	Sewing, Beginning	30	School's Out: Fun In the Fort	50	Youth Night	15	Aqua Fitness	
Jump N Rope	61	Ski & Snowboard Trips	15	School's Out: Fun In the Fort	50	Zumba	86	Aqua Box	28
Jump N Rope Mini Camp	61	Snow Camp	52	School's Out: Fun In the Fort	50	Active Teens Social <ARO>	15	Aqua Natal	28
Karate	59	Snow Tubing Trips	15	School's Out: Fun In the Fort	50	Adaptive Ice Skating <ARO>	65	Basic H2O Workout	26
Learn-To-Skate	65	Speed Skating Drop In	64	School's Out: Fun In the Fort	50	Adaptive Swim <ARO>	22	Classics	27
Pottery	34	Spin	57	School's Out: Fun In the Fort	50	Aikido	59	Deep H2O	28
Salsa	36	Spin & Tone	57	School's Out: Fun In the Fort	50	Artistic Abilities <ARO>	30	Fitness & Fun	28
School's Out Spa Day	52	Teen Guitar	54	School's Out: Fun In the Fort	50	Ballroom & Latin Dance	35	MS Aqua <ARO>	26
School's Out: Fun In the Fort	50	Teen Email List	15	School's Out: Fun In the Fort	50	Belly Dancing	89	Stretch & Tone	26
Sewing, Beginning	30	Tennis	92	School's Out: Fun In the Fort	50	Boxing	89	Twinges Plus <ARO>	27
Ski & Snowboard Trips	15	Junior Basketball <ARO>	88	School's Out: Fun In the Fort	50	Cancer Fit	35	Twinges <ARO>	27
Snow Camp	52	West Coast Swing	36	School's Out: Fun In the Fort	50	Coed Dodgeball	35	Ataatics	89
Snow Tubing Trips	15	Wheelchair Rugby <ARO>	86	School's Out: Fun In the Fort	50	Country Western Dance	89	Adaptive Swim <ARO>	22
Speed Skating Drop In	64	Youth Night	15	School's Out: Fun In the Fort	50	Diving	26	Adult Swim Instruction	26
Teen Guitar	54	Zumba	58	School's Out: Fun In the Fort	50	Family Fun Night	56	Lifeguard Training	25
Teen Email List	15	15 years		School's Out: Fun In the Fort	50	Family Yoga	61	Arts & Crafts	
Tennis	92	Active Teens Social <ARO>	15	School's Out: Fun In the Fort	50	Fencing	89	Artistic Abilities <ARO>	30
Junior Basketball <ARO>	88	Adaptive Ice Skating <ARO>	65	School's Out: Fun In the Fort	50	Gingerbread House: Family	51	Bob Ross Painting	31
Youth Night	15	Adaptive Swim <ARO>	22	School's Out: Fun In the Fort	50	Hip Hop Expo	16	C.H.A.T.	30
14 years		Aikido	59	School's Out: Fun In the Fort	50	Adaptive Skiing <ARO>	70	Cartooning	29
Active Teens Social <ARO>	15	Archery	89	School's Out: Fun In the Fort	50	Indoor Family Duathlon	61	Drawing from the Right Side Brain	29
Adaptive Ice Skating <ARO>	65	Artistic Abilities <ARO>	30	School's Out: Fun In the Fort	50	Indoor Ultimate Frisbee	86	Jewelry Beginning	31
Adaptive Swim <ARO>	22	Babysitting Bootcamp	53	School's Out: Fun In the Fort	50	Jitterbug & Swing	51	Jewelry Casting	30
Aikido	59	Ballroom & Latin Dance	35	School's Out: Fun In the Fort	50	Karate	59	Knitting	30
Archery	89	Belly Dancing	86	School's Out: Fun In the Fort	50	Adaptive Ski Trip <ARO>	70	Lotion & Potions	30
Artistic Abilities <ARO>	30	Boxing	89	School's Out: Fun In the Fort	50	Knitting	30	Needle Felted Dolls	30
Babysitting Bootcamp	53	Camp Hollywood	50	School's Out: Fun In the Fort	50	Learn-To-Skate	65	Open Shop	30
Ballroom & Latin Dance	35	Chocolate Valentines	53	School's Out: Fun In the Fort	50	Lifeguard Training	25	Photography	31
Baton Twirling	89	Country Western Dance	36	School's Out: Fun In the Fort	50	Mexican Cooking	48	Porcelain Painting	31
Belly Dancing	35	Diving	26	School's Out: Fun In the Fort	50	Needle Felted Dolls	30	Pottery	34
Boxing	89	Family Fun Night	63	School's Out: Fun In the Fort	50	Nia	35	Quilting Quorum	30
Boys Basketball	92	Family Yoga	61	School's Out: Fun In the Fort	50	Photography	61	Sewing, Beginning	30
Camp Hollywood	50	Fencing	89	School's Out: Fun In the Fort	50	Pottery	61	Soap Making	30
		Free Skate	68	School's Out: Fun In the Fort	50	Salsa	59	Watercolor, Beginning	31
		Gingerbread House: Family	51	School's Out: Fun In the Fort	50			Watercolor, Intermediate	31
		Girls Valentine Spa Day	50	School's Out: Fun In the Fort	50				

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SAME DAY SICK APPOINTMENTS & OPEN WEEKENDS!

This winter, rest assured that your child will be well taken care of when you visit the Youth Clinic. Our providers have been Northern Colorado's premiere specialists in the treatment of infants, children and young adults for the past 40 years. Our medical home has grown to a medical staff of 10 Pediatricians, 7 Physician Assistants, 1 Pediatric Nurse Practitioner, 1 Pediatric Psychologist, 1 Pediatric Speech/Language Pathologist, 1 Occupational Therapist and 1 Registered Dietician.

So no matter what is going on with your child, the Youth Clinic will help you out so your family can get back to enjoying all the fun activities Colorado has to offer this time of year!

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