

SUMMER *Registration* STARTS MAY 10 AT 7:00 A.M.

Free!  
SUMMER  
2012

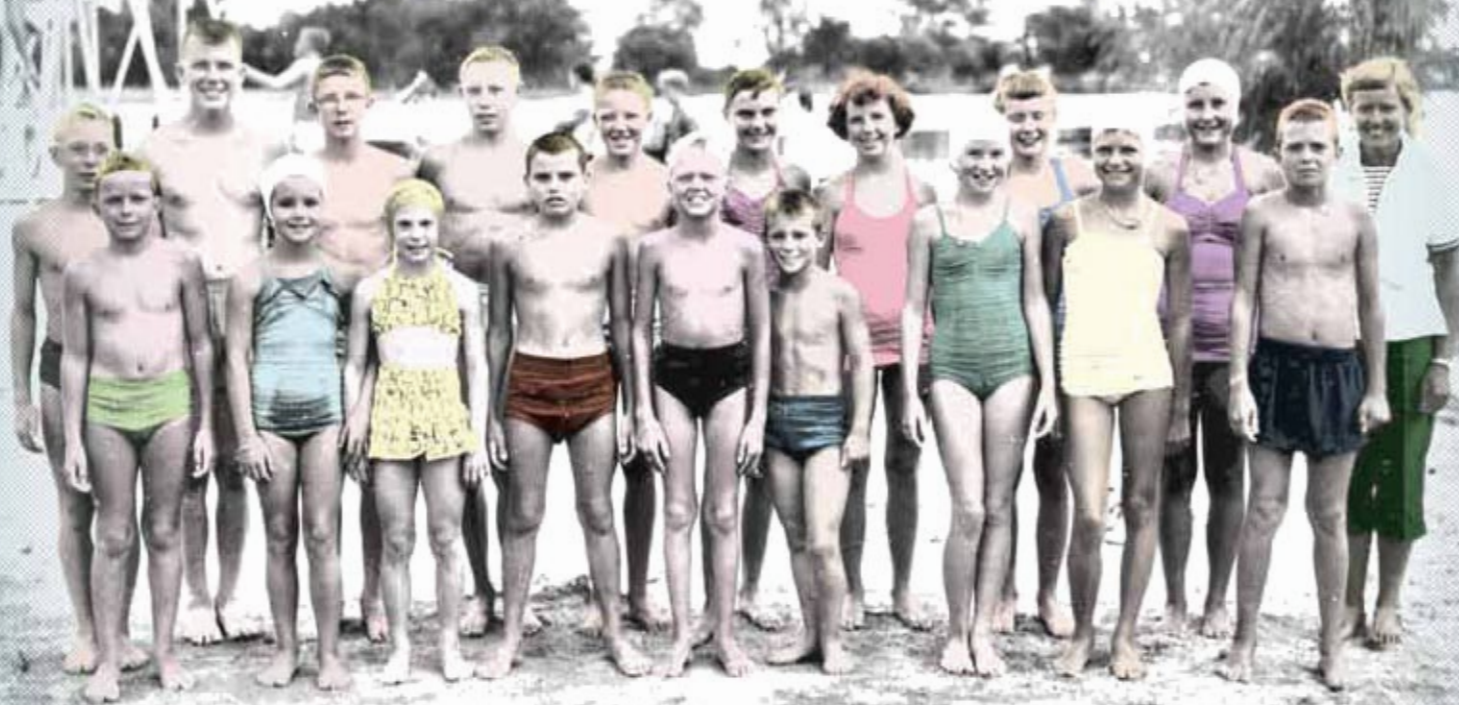
# Recreator

City of  
Fort Collins

THE *Official*  
GUIDE TO Summer fun!

Celebrate  
**SUMMER!**  
*100 Years of City Park*

CITY PARK • CITY PARK POOL • CLUB TICO • POTTERY STUDIO • CITY PARK NINE



*Including!*

ADAPTIVE RECREATION • AQUATICS • ARTS & CRAFTS • DANCE • DAY CAMPS • EARLY LEARNING • THE FARM  
FITNESS • ICE SKATING • OUTDOOR RECREATION • 50 PLUS • SENIOR CENTER • SPORTS

*Plus more!*



# Register **NOW**: Summer Sports Camps

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

## Daytime Pre-School Sports

Boys & Girls • New sessions every six weeks  
Call for days & times

Ages 3 - 5

Ages 4 - 5

**Kinder Kicker Soccer**    **Quick Start Tennis**  
**First Baseball**            **First Golf**  
**First Football**            **Kinder Karate**



## Sports Camps & Clinics

Boys & Girls 1 - 3 hours/day

### • Baseball Camps w/ the FC Foxes

- 2 weeks of camps for all skill levels  
Ages 5 - 14    Mon - Fri    6/18 - 22 & 7/9 - 13
- Daily Baseball Instruction - All Summer long!  
Call just one day ahead for a lesson with a Fox!  
All Ages    Mon - Fri    May 31 - Aug 10

### • Recreational Softball Camps

- Separate camps for beginning & returning players
- Gr K - 8    Mon - Fri    Jul 16 - 20

### • Tackle Football Camp

- Full equipment - Full contact camp
- Gr 3 - 8    Mon - Fri    Aug 6 - 10
- Led by Jim Switzer, Colorado Football Academy

### • Boys Lacrosse Camps

- Gr 1 - 8    Mon - Fri    6/25 - 29 & 7/16 - 20
- Led by Dylan Preble, former CSU Men's Lacrosse 4-year player and captain

### • Girls Lacrosse Camp

- Gr 1 - 8    Mon - Fri    Jun 11 - 15
- Led by former CSU Women's Lacrosse Players

### • Volleyball Camps

- Gr 3 - 8    Mon - Fri    6/25 - 29 & 7/16 - 20

### • Soccer Striker/Keeper Camps

- U8 - U18    Mon - Fri    July 23 - 27
- Instruction by Jeff Benjamin, Net Results Soccer
- Register at [netresultssoccer.com](http://netresultssoccer.com)

### • Junior Golf Instruction

- Ages 6 - 14    Saturdays    6/9 - 23 or 7/14 - 28
- Instruction by Hanrahan Golf School
- Register directly w/Hanrahan: 970-690-4500

## Travel Team Pre-Tryout Camps

### • Soccer

- Ages U10 - 14    Tue/Thu    May 22 & 24
- Led by Jeff Benjamin, Net Results Soccer

### • Baseball

- Ages 8 - 14    Mon - Fri    July 23 - 27
- Led by Skeeter Tiedeman, All Things Baseball

### • Fastpitch Softball

- Ages 9 - 14    Mon - Fri    July 30 - Aug 3

Sponsored by:



POUDRE VALLEY HEALTH SYSTEM

## Instructional Leagues

Boys & Girls - Beginning & Intermediate Players  
Learn, practice & play in the same day!

### • Soccer

U5 - U11    Wednesdays    6/6 - 6/27 & 7/11 - 8/15

### • Flag Football

Gr K - 5    Thursdays    6/7 - 6/28 & 7/12 - 8/16

## Multi-Sport Day Camps

Explore & learn the basics of 15 or more different sports in just one week! Healthy fun for kids! Girls & Boys - Fall Grades 1 - 5

Full Day Camps    Mon - Fri    9am - 4 pm  
Jun 11 - 15; Jul 30 - Aug 3; Aug 6 - 10; Aug 13 - 17

## Strength & Conditioning

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

## Adult Boot Camp

- 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!

For Details & Registration

[edgesportscenter.com](http://edgesportscenter.com)

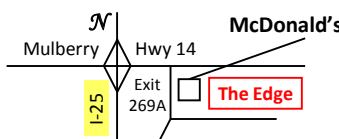
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**BIRTHDAY PARTIES • BATTING CAGES • BASEBALL & SOFTBALL INSTRUCTION • COMPANY PICNICS**

# It's a Great Day

# Go to BOATING

# Let's Go!



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PADDLE GEAR



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CANOES X KAYAKS



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Grown-Up And Still Having FUN!





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FROM THE **RECREATION DIRECTOR**



Fellow Recreators,

We hope you enjoy this Recreator cover. The photo is courtesy of the Fort Collins Local History Archive; when we came across it while researching the past 100 years of City Park we thought it would be a perfect tribute to City Park and summer.

Here are my Top Ten Recreation Picks from the Summer Recreator (in order according to date):

1. City Park Pool Opens! Need I say more? See page 10.
2. Father's Day 5k: A tradition for dad and the family! See page 18.
3. Visiting Artist Demonstration: Sanam Emami. See page 42.
4. Club Tico 100 Years of Community Memories Dance: See page 18.
5. 4th of July: fireworks make me feel like a kid again. See page 18.
6. Amazing Race – Family Edition: See page 20.
7. EPIC's 25th Anniversary Celebration: See page 18.
8. Adaptive Cycling Clinic: See page 19.
9. Moonlight Melody Dance: See page 99.
10. The Pooch Plunge: See page 18.

Honorable Mentions:

Softball Tournaments: 1-day or 2-day: See page 107.  
 Morning of Music at The Farm: See page 73.  
 Ice Theatre: See page 88.

Whether you choose to go to one of these great events or another one listed in the Recreator, definitely flip through and find some amazing summer activities for your family to do.

Now get out there and recreate this summer!



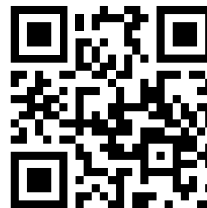
Bob Adams  
 Recreation Director

**ON THE COVER**

Swimmers at City Park Pool, on W. Mulberry, Fort Collins, c. 1952.  
**Photo courtesy of the Fort Collins Local History Archive**

**OPPOSITE PAGE**

100 years of  
 City Park photos



**City of Fort Collins  
 Parks and Recreation Board**

- Ragan Adams
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- Brian Carroll
- Michael Chalona
- Shirley Christian
- Bruce Henderson
- Danna Ortiz
- Selena Paulsen
- Dawn Theis
- Kelly Ohlson - City Council Liaison

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**Recreation Director**  
 Bob Adams

**Recreation Managers**  
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 Steve Budner  
 Mike McDonnell

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 The Farm

Debra Bueno  
 Teen Programs

Suzy Danford  
 Aquatics

Renee Lee  
 Adaptive Recreation Opportunities

Marc Rademacher  
 Sports and Youth Programs

Barb Schoenberger  
 Adult Programs

Katie Stieber  
 Fitness, Dance and Adult Education

Paul Thibert  
 Ice Skating

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 Community Relations and Marketing

Jill Walusis  
 Public Relations and Communications

Craig Powell  
 Graphics

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



 **Online**

Online registration begins at **7:00 AM on May 10**. 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 970.221.6256, or email recreation@fcgov.com. Once you arrive at **fcgov.com/recreator**:

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

 **Recreation Centers**

Walk-in registration begins **May 10** at these locations. Registration starts at 7:00 AM.

Fort Collins Senior Center	Northside Aztlan Center
1200 Raintree Drive	112 East Willow
M-F 6:00 AM - 9:00 PM	M-F 6:00 AM - 9:00 PM
Sat 8:00 AM - 5:00 PM	Sat 8:00 AM - 5:00 PM
Sun 10:00 AM - 9:00PM	Sun Noon - 5:00 PM

Edora Pool Ice Center (EPIC)	<b>New Location!</b>
1801 Riverside	Council Tree Library
M-F 5:30 AM - 9:00 PM	2733 Council Tree Ave.
Sat 8:00 AM - 6:00 PM	7:00 AM-Noon
Sun Noon - 5:30 PM	

 **Phone**

Phone registration begins on **May 10 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.

 **Mail**

**970.221.6256 970.221.6683 970.221.6644**

Download, print and complete the registration form found at [fcgov.com/recreator](http://fcgov.com/recreator). Include credit/debit card information, or mail to the listed address enclosing payment and a self-addressed stamped envelope. Any mailed registration forms received prior to the first day of registration will not be processed until May 10. 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](http://www.afmfc.com)

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

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

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

**West Office**  
2001 S. Shields, Bldg. 1  
(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)*





## The Mason Corridor

### A Community Legacy Project in the Making

Every once in awhile, a project comes along that fundamentally changes our community.

Creating City Park in 1912. Converting the Lincoln Center into a cultural venue in 1978. Establishing Old Town Square in 1985. And now the Mason Corridor project will literally change how the spine of our city looks and functions.

The Mason Corridor is an economic health initiative enabled by transit. When complete, it will combine transit, trails, public infrastructure and private investment to spur redevelopment along the corridor.

At the heart of the Mason Corridor is MAX, Colorado's first bus rapid transit system. MAX service will link major activity centers from Harmony Road to Maple Street including Downtown, Colorado State University, Midtown and South College retail. In total, MAX will have 12 stations along the five mile route.

MAX will travel in a dedicated guideway for much of the route. The rubber-tired buses are powered by compressed natural gas. You'll enter the buses at the station's raised platform, and you can bring your bike, power chair or stroller right on board.

In addition to the Mason Trail and MAX service, the City has put redevelopment tools in place to encourage private investment centered around the transit stops. Imagine shopping, dining, activities, gathering places, and employment along the corridor. Through smart urban planning, economic development and modern transit, the Mason Corridor will have a significant positive impact on our community.

The Adventure Begins! Mason Street in Downtown is under Construction

In preparation for the MAX service in Downtown, Mason Street will be converted to two-way operation this summer. Over the next several months Mason Street will have lane and intersection closures, detours and limited parking.

## "100 Years of City Park" Celebration

On January 3, 1912 City Park officially became "City Park." Shortly after, City Park blossomed and took solid form, the park's future was clear. Sheldon Lake, Firecracker Hill, Club Tico and City Park Pool have all become synonymous with our recreational pursuits and celebrations. A century later and City Park is still an amazing, beautiful place that is open to everyone. City Park's history represents 100 years of our community's perseverance, prosperity and challenges; in 2012 we invite you to celebrate City Park's legacy and longevity.

The City has formed a "100 Years of City Park" committee consisting of community members and staff to develop a



The Burlington Northern Santa Fe Railroad is also replacing their tracks on Mason Street in July. There will be no trains in town while the replacement is occurring. However, Mason Street will be closed during this time to dig out old infrastructure and install new rails. From July 23-29 Mason Street will be closed from Laurel Street to Cherry Street\*. As work progresses, Mulberry Street or Laporte Avenue will reopen. Businesses will remain open in the area—please access them from side streets or nearby alleys.

Two-way operation will begin in early August. Sign up for Mason Construction Alerts at [fcgov.com/mason](http://fcgov.com/mason).

\*Dates are subject to change due to Burlington Northern Santa Fe Railroad schedule changes.

celebration worthy of City Park's historic contribution. At the core of our year-long tribute will be an upgraded 4th of July celebration at City Park. Independence Day 2012 festivities will include live music and a parade featuring 100 years of transportation. As always a fireworks display over Sheldon Lake will cap-off the celebration.

Our goal is to enhance the park's legacy with your personal memories. Please visit the "100 Years of City Park" website complemented by social media resources which will enable you to contribute your memories. Visit [fcgov.com/citypark100](http://fcgov.com/citypark100) or [facebook.com/citypark100](https://www.facebook.com/citypark100) and share your memories.

## Bike Ambassadors Invade Fort Collins

Fort Collins is gaining in dignitaries of the two-wheeled kind. Since the launch of the Bicycle Ambassador Program (BAP), formally trained and equipped volunteers are on the streets and trails offering education, assistance and friendly advice about the rules of the road. The BAP is the bicycle arm of the Bicycle and Pedestrian Education Coalition (BPEC), a grassroots group of bicycling and pedestrian advocates from Fort Collins and Loveland.

In fall 2011, BPEC was asked to help FC Bikes build the Bicycle Ambassador Program.

“The City Council-adopted Bicycle Safety and Education Plan called for the creation of a master cyclist program,” said Molly North, FC Bikes interim coordinator. “Through their involvement in BPEC, FC Bikes was already partnering with other community members to make bicycling safer throughout the region. We felt that strengthening the partnership through jointly developing the ambassador program had many benefits.”

She further explained that “the BAP subcommittee decided to change the name from ‘Master Cyclist’ to ‘Bicycle Ambassador’ for a variety of reasons, but the most important is that we use the League of American Bicyclists (LAB) curriculum for all of our educational outreach and the LAB has a “Master Cyclist” designation for highly trained students – TS 101, League Cycling Instructor and then Master Cyclist. We wanted to avoid any confusion from using the same term.”

BPEC’s Bicycle Ambassador Program has several components to encourage people to ride their bikes and/or to share the road with bicycles lawfully and safely, including:

### Child, Youth & Families

Safe Routes to School in Fort Collins and Loveland, bike rodeos, Safe Kids Larimer County

### Adults

For Seniors – Back on a Bike, Senior Social Cycling Club (FC only), safety presentations. For Businesses – Lunch & Learn presentations, Bicycle Commuter Tax Benefits, Bicycle Friendly Business information. For Motorists – Lunch & Learn presentations

### Colorado State University

Bicycle Advisory Committee, Bicycle Friendly University, Fix-It Station at Green Hall, police department outreach, Facilities and Parking infrastructure improvements

### Neighborhood Open Garages

Monthly Neighborhood Open Garages (in designated Fort Collins and Loveland neighborhoods)

### Community Patrol

Encourage and reward safe cycling behavior, educate using “teachable moments”

To learn more about the Bicycle Ambassador Program, volunteer as an ambassador, or request a Lunch & Learn presentation, bike rodeo or BPEC presence at an event, visit [bicycleambassadorprogram.org](http://bicycleambassadorprogram.org), email [info@bicycleambassadorprogram.org](mailto:info@bicycleambassadorprogram.org) or call 970-495-7503.



## Spring Fever Got You Daydreaming About Launching a Recycling Program at Your Condo, Apartment or Business?

By Ana Arias

We can help you turn that daydream into reality! Thanks to a new municipal program called WRAP (Waste Reduction and Recycling Assistance Program), the City of Fort Collins is offering rebates and know-how to condo complexes, apartments, and even businesses interested in starting a recycling or compost program.

Rebates are available for service charges and start-up costs associated with launching such a program – learn more by visiting [fcgov.com/recycling](http://fcgov.com/recycling). In addition to the financial assistance offered by WRAP, you’ll also have access to free on-site assessments and education assistance. Our staff will make suggestions on efficient program options specific to your site. Whatever barriers are in the way, we’ll partner with you and brainstorm ways to overcome those challenges.

We’ll even help you with program implementation and education through strategies that motivate your residents and staff. In fact, if you like what WRAP does and you refer this public service to your friends and neighbors who live in other apartment complexes or to local businesses, you will be eligible to receive a \$50 Downtown Bucks referral incentive!

Help our community divert more of its waste from the landfill. Fort Collins is aiming to recycle or compost 50% of its waste; in 2010, our community attained a 43% diversion rate. WRAP is a great way to help start recycling programs that will get us all closer to our overall goal. Besides, resident and employee satisfaction goes up when recycling programs are established in apartment or condo complexes and businesses, while also helping them save money on their trash bill.

To get started today, call Environmental Planner Caroline Mitchell at 970-221-6288, or email her at [cmitchell@fcgov.com](mailto:cmitchell@fcgov.com).





**City Park Pool | 1599 City Park Drive | [fcgov.com/cityparkpoolandtrain](http://fcgov.com/cityparkpoolandtrain)  
Weather Line | 970.416.2489 x5169.**

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

**Facility Profile**

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

**Hours**

**May 26 - May 28**

Sa-M 10:00 AM-6:00 PM

**May 29 - June 1**

T-F 4:00 PM-7:00 PM

**June 2 - August 19**

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

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

**August 20 - September 2**

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

4:00 PM-7:00 PM

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

**September 10**

M 10:00 AM-3:00 PM

PLEASE NOTE: Fees will lower during this time frame. \*Slides will not be open during this time.

**Drop-In Adult Water Fitness**

**June 4 - August 31**

M-F 9:00-10:00 AM

**Paddle Boats**

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

**May 26 - May 28**

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

**May 29 - June 1**

T-F 4:00-6:00 PM

**June 2 - August 19**

M-F 3:00-7:00 PM

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

**August 20-September 2**

M-F 4:00-6:00 PM

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

**September 3**

M 10:00 AM-2:30 PM

**Pool & Paddle Boats**

Age	Single Admission	Group	10-Adm	25-Adm	Twilight Swim*	Paddle Boats
Under 2	No Fee					
Attendant	No Fee					
Youth 2-17	\$6.00	\$5.50	\$48	\$120	\$4.50	\$2.50
Adult 18-54	\$7.00	\$6.50	\$56	\$140	\$4.50	\$2.50
Older Adult 55+	\$6.00	\$5.50	\$48	\$120	\$4.50	\$2.50

**Special Events**

**First Days of Summer**

**Saturday, May 26 thru Monday, May 28 from 10:00 AM - 6:00 PM**

\$4.50/person (no age restriction)

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

**\* Twilight Swim**

**May 29-September 2, daily, 4:30 PM to Close**

\$4.50/person

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

**Splash Drive-In**

**June 6, Fridays, Movies begin at 8:30 PM**

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

**Pooch Plunge**

See page 18 for details.

**Family 4-pass - \$30.00**

Includes four Swim admissions and four paddle boat rides

**City Park Pool Rental & Birthday Parties**

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

**Refunds**

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

**Weather Closures**

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

**City Park Pool Passes**

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



**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

**Pool Hours**

**Through August 12**

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

**Please Note**

High School Swim Teams practices are held daily 5:30-7:00 AM and 3:15-5:15 PM through 5/18. Meets are held on Tuesdays and Thursdays. No lanes will be available after 3:00 on those days. Please see schedule for meet days and lane availability posted at the facility or on the website [www.fcgov.com/recreation/epic](http://www.fcgov.com/recreation/epic).

**Ice Arena**

**Through June 3**

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

**June 4 - August 19**

M-F 9:30 - 11:00 AM  
 M,W,F 1:00 - 2:30 PM  
 Tu, Th 3:00 - 4:30 PM  
 M,Tu,Th,F 7:00 - 9:00 PM  
 Sa Noon - 4:00 PM  
 Su 1:00 - 4:00 PM

**Exercise Room**

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

**Fees and Admission**

**Pool & Exercise Room**

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.

**Ice Rinks**

Single Admission	Group*
No Fee	
No Fee	
\$3.50	\$3.00
\$4.50	\$4.00
\$4.00	\$3.50

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**

The 85 plus free program no longer is offered, however anyone born 1927 and earlier will be grandfathered in and remain free. This is true for both the drop-in and aqua-fitness class. 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
Adult 18-54	\$33.00	\$81.00	\$450.00
Older Adult 55 & up	\$27.00	\$66.00	\$300.00

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

**Not-So-Prime-Time Discount**

Through May 31, Monday-Friday, 1:00-3:00 PM

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

**Adult Supervision**

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

Children under 13 years of age must be accompanied by a responsible adult in the warm water pool and must be within an arm's reach of that adult. **The warm water pool will be closed to drop-in Mondays and Wednesdays beginning June 4 through August 9 from 8:30-11:30 AM due to class scheduling.** Please check at the front desk for closure times.

**Closures**

Entire Pool	Diving Well Only	Ice Arena
May 18 Close at Noon	M,W 3:30-6:30 PM	May 28 Memorial Day
May 19	(through 5/20)	July 4 Independence Day
May 28	Tu,Th 5:30-6:30 PM	
June 22, 23 & 24		
July 4		
July 7		
August 13-19		





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

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

**Facility Profile**

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

**Fees and Admission**

Age	Single Admission	10 Admissions	25 Admissions
Under 2	No Fee		
Attendant	No Fee		
Ages 2 & up	\$2.50	\$24.00	\$60.00

**Please Note**

The 85 plus free program no longer is offered, however anyone born 1927 and earlier will be grandfathered in and remain free. This is true for both the drop-in and aqua-fitness class. Reduced fees will be based on ability to pay.

**Hours**

**Through June 3**

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

**June 5 - August 21**

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

**Pony Ride Hours (weather permitting)**

**Through October 1**

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

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

**Barnyard Buddy Pass - Family Pass**

**\$60.00 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 approximately 1971. The Pottery Studio serves as an educational and recreational facility that offers broad and diverse opportunities and adventures for students of all ages. Including classes where you can share in the experiences with your children or spouse.

**Facility Profile**

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

**Pottery classes**

There are classes to meet almost any age range. Classes are available for 3 years and up. See pages 41 and 46.

**Lab Time**

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

**Pottery Pals**

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

**Hours**

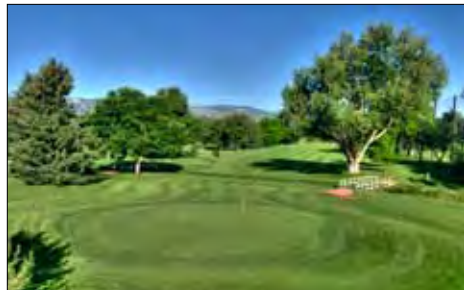
Open variable hours.



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

The Gardens on Spring Creek is your community botanic garden. Our gardens include a Children’s Garden, Plant Select® demonstration garden, Xeric Parkway Strip, 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><b>Facility Profile</b></p> <ul style="list-style-type: none"> <li>▪ Display gardens</li> <li>▪ Community events</li> <li>▪ Adult &amp; youth gardening programs</li> <li>▪ Garden &amp; room rentals</li> </ul>	<p><b>Fees and Admission</b></p> <p>A suggested donation of \$2 per person or \$5 per family is appreciated. Programs and/or special events may have a fee.</p>	<p><b>Friends of the Gardens on Spring Creek</b></p> <p>The Friends is a non-profit 501(c)3 whose mission is to cultivate a world-class botanic garden through fundraising and advocacy.</p>												
<p><b>Hours</b></p> <p>M-F 9:00 AM – 5:00 PM                  Sa 9:00 AM – 4:00 PM                  Su Closed through April                  Su (after May 1) Noon-5:00 PM</p> <p><b>Special Hours</b></p> <p>5/28 10:00 AM-2:00 PM</p>	<p><b>More Information on page 83</b></p> <p>For more information on The Gardens please see The Gardens section in this issue of the <i>Recreator</i> on page 83. Visit fcgov.com/gardens or call 970.416.2486 for updated information, schedules and event details.</p>	<p><b>Membership Benefits</b></p> <p>Discount on classes at The Gardens                  Discount on select merchandise                  10% discount at participating nurseries</p> <p><b>Membership Levels</b></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											



**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. The pool is also popular with lap swimmers looking for an early morning or mid-day workout.

**Facility Profile**

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

**Hours**

**Lap Swim/Recreational Swim/Aerobic Room**

Through May 10

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

May 11 - June 4 & August 3 -19

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

June 5-August 2

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

**Closures**

- May 13
- May 28
- July 4
- August 20-26

**Please Note**

High School Swim Teams practice daily 5:30-6:45 AM and 3:30-5:30 PM through 5/18. Please call for lane availability or visit [www.fcgov.com/recreation/mulberry](http://www.fcgov.com/recreation/mulberry)

**Adult Supervision**

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

**Birthday Party Notice**

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

**Fees and Admission**

Age	Single Admission	Group*
Under 2	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

**Group Rate\***

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

Towel rental available for 50 cents per towel.

**Please Note**

The 85 plus free program no longer is offered, however anyone born 1927 and earlier will be grandfathered in and remain free. This is true for both the drop-in and aqua-fitness class. 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

**Not-So-Prime-Time Discount**

Through May 31, Monday-Friday, 1:00-3:00 PM

During non-prime swim hours, discounted swim fees are available. No passes will be sold for this special time; however pass holders can use their passes to swim during these hours. **No discount:** 5/11.

**Two Buck Sundays**

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

**Birthdays at Mulberry Pool**

Celebrate your next birthday with us....

Celebrate your child’s birthday the Mulberry Pool way! Have your next birthday party at Mulberry Pool and enjoy our pool, aquatic play features and our bouldering wall in the party room for \$52/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 970.221.6657 to make your reservations.

**Aerobics Room**

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



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

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



**Facility Profile**

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

**Hours**

**Through August 31**

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

For specific drop-in hours please call 970.221.6655.

**Special Hours**

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

**Closures**

July 4	Closed
August 19-24	Annual Maintenance

**Facility Rentals**

Various meeting and event spaces are available for rent. Northside Aztlan Community Center is equipped for small private business meetings of 7 to 15 people or large special events, weddings and receptions up to 400 people. Please call 970.221.6723

**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**

The 85 plus free program no longer is offered, however anyone born 1927 and earlier will be grandfathered in and remain free. This is true for both the drop-in and aqua-fitness class. 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

**Youth Nights**

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

**Age:** 12-18 years

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

The Food Bank of Larimer County Kids Cafe program provides children ages 3-18 who are at risk of hunger access to a nutritious meal. The Northside Aztlan Community Center will offer a free weekday breakfast and lunch. Meals are available to accompanying parents at a charge of \$2 per meal. Call 970.221.6256 for more information.

Breakfast: Ongoing	M-F	8:15-9:00 AM	Free
Lunch: Ongoing	M-F	12:15-1:00 PM	Free

**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

**Lounge Drop-In**

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

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





**Senior Center | 1200 Raintree Drive | 970.221.6644 | [fcgov.com/seniorcenter](http://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.



**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
- Personal Training
- Weight
- Cardio
- Free WiFi

**Hours**

M-F 6:00 AM - 9:00 PM  
 Sa 8:00 AM - 5:00 PM  
 Su 10:00 AM - 9:00 PM

**Starting May 27**

M-F 6:00 AM - 9:00 PM  
 Sa 8:00 AM - 5:00 PM  
 Su 12:00 PM - 5:00 PM

**Swim and Lap Hours**

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

**Closures**

May 28 Memorial Day  
 July 4 Independence Day  
 August 5-12 Maintenance

**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**

The 85 plus free program no longer is offered, however anyone born 1927 and earlier will be grandfathered in and remain free. This is true for both the drop-in and aqua-fitness class. 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 92.

**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	<b>35</b>	Fitness	<b>76</b>	Services	<b>97</b>
Arts & Crafts	<b>37</b>	Gardening	<b>83</b>	Events	<b>99</b>
Pottery	<b>41</b>	Ice Skating	<b>85</b>	Social Opportunities	<b>98</b>
Dance	<b>47</b>	Outdoor Recreation	<b>89</b>	Trips & Travel	<b>100</b>
Education	<b>60</b>	Clubs/Organizations	<b>95</b>	Calendar of Events	<b>18</b>

**Senior Center Staff**

Peggy Bowers	Recreation Manager	970.221.6357
Greg Daley	Trips & Travel	970.224.6136
Steve Dietemann	Arts & Crafts, Pottery	970.224.6028
Jeanette Davis	Administration	970.224.6025
Jennifer Kaylor	Outdoor Recreation	970.416.2267
Pat Moore	Dance, Events & Social Opportunities	970.224.6033
Kelly Meyer	Rentals	970.224.6113
Greg Roberts	Facility Assistant	970.224.6007
Barbara Schoenberger	Adult Programs	970.224.6026
Katie Stieber	Education, Fitness, Wellness	970.224.6029



**Natural Areas**

970.416.2815  
 naturalareas@fcgov.com

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



**Lincoln Center**

417 W. Magnolia  
 Admin: 970.221.6735  
 Box Office: 970.221.6730

The Lincoln Center is Northern Colorado's premier cultural arts and conference center. Enjoy an evening of live theater, music, dance or comedy; view an exhibition of acclaimed visual artists in our new Art Gallery or gather for meetings and special occasions in our elegant event spaces. Visit us at [LCtix.com](http://LCtix.com)



**Club Tico**

1599 City Park Drive

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.



**Fort Collins Museum of Discovery**

408 Mason Court  
 970.221.6738

Enjoy a variety of hands-on science and history exhibits that make learning fun for the entire family! The Fort Collins Museum of Discovery is located on Mason Court. For a list of our current programs and activities, visit our website at [www.fcmdsc.org](http://www.fcmdsc.org).



**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  
 970.221.6256 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

### Music in The Gardens

Local cellist and composer Katherine Azari will perform two original compositions, *Voices of the Garden* and *From the Journals of Meriwether Lewis*, as well as other selected works for solo cello. Works feature solo cello and narration by local columnist, Dan MacArthur.

6/24 Su 5:30-7:00 PM \$20/\$25 non-members

### EPIC 25<sup>th</sup> Anniversary Celebration

Join us as we celebrate Edora Pool Ice Center's 25<sup>th</sup> birthday this summer. The ice rink will be open for public skate; you can experience a variety of ice and pool activities, grab an EPIC birthday cupcake and party with us at the City's most popular recreation center.

**Age:** All ages

**Location:** Edora Pool Ice Center

7/29 F Noon-5:00 PM \$1

### 4<sup>th</sup> of July Celebration in City Park

Celebrate the 4<sup>th</sup> with fireworks and a parade. In honor of the 100<sup>th</sup> birthday of City Park there will be a parade to show 100 years of transportation. See [fcgov.com](http://fcgov.com) for more details.

**Age:** All ages

**Location:** City Park

### Club Tico 100 Years of Community Memories Dance

Join us for an evening of dancing and celebrate 100 years of City Park! The Jumpin' Jivecats will host this event and provide a history of dance as well as mini dance lessons.

**Age:** All ages

**Location:** Club Tico

6/29 F 5:00-10:00 PM No Fee

### 15<sup>th</sup> Annual Father's Day 5K Presented by Primrose School

The Father's Day 5k is run in Old Town (Remington and Mountain starting point) and has been a Father's Day tradition for 15 years. Over 40 prizes will be given out including Most Valuable Dad prizes (so you don't have to be the fastest runner to win)!

Register now online at [active.com](http://active.com)! Or stop into Runners Roost or Foot of the Rockies.

**Age:** All ages

6/17 Su 8:00 AM Shotgun Start Fees Vary \$15-60

### ARTiculture: Celebrating Art in the Garden

Opening day of the fourth annual sculpture-on-loan program featuring pieces by local and regional artists displayed throughout The Gardens. New this year: the first annual ARTiculture Fine Arts Festival featuring fine art vendors, entertainment, art workshops, and kids' activities.

8/25 Sa 10:00AM-6:00 PM No Fee

### Pooch Plunge

Bring your four-footed friend for a swim at City Park to end the summer! Tickets go on sale August 1 at City Park Pool. For more information, call 970.221.6335.

**Age:** All ages


**Location:** City Park Pool

9/3 M 4:00-7:00 PM \$5/dog

Your Guide to Free Natural Areas  
Activities June-October 2012

# TRACKS & TRAILS

Look for the next issue in May!



City of Fort Collins  
Naturally Yours  
[fcgov.com/naturalareas](http://fcgov.com/naturalareas)

## Your Online Link to Health and Wellness



**HealthInfoSource** –  
a comprehensive guide to  
local healthcare providers,  
topics and events.

- Includes classes offered by Fort Collins Recreation Department
- Quick and easy searching!
- Free and noncommercial!

healthinfo  
source.com

Sponsored by Health District of Northern Larimer County,  
PVHS & Larimer County Health Dept.

## Adult Special Events

### Pickle Ball Tournament

**Registration Deadline:** 5/17 at 5:00 PM

**Location:** Northside Aztlan Center

**Note:** Registration Form is available online at [www.fcgov.com/sports](http://www.fcgov.com/sports). Tournament play is Round Robin with a single elimination tournament. For more information call 970.221.6256.

5/19 Sa 8:00AM-5:00 PM \$15

### Adaptive Boating Clinic



Experience the freedom and beauty of boating at the spectacular Horsetooth Reservoir. This event will feature canoes, kayaks, sailboats and paddle boards for people with disabilities and their friends. Equipment and expertise provided by NSCD, Nichole Rider, Community Sailing of Colorado, and Baby Seal.

**Age:** 12 years & up

**Location:** Horsetooth Reservoir, South Bay Pavilion

**Note:** Lunch included. Please wear clothes to get wet in, hat, sunglasses, sunscreen and bug spray. Attendants welcome at no cost. For more information, contact Renee Lee at 970.224.6027 or [ree@fcgov.com](mailto:ree@fcgov.com). Class partially discountable.

6/22 F 10:00 AM-1:30 PM \$25 34618-01

### All American Picnic

The 7th annual All American Picnic and Apple Pie Baking Contest will entertain you, satisfy your appetite, and challenge your baking skills. The Senior Center and the Breakfast Optimists Club are again partners in this event to raise money for the Senior Center Expansion effort. A bounty of music and food will be provided. Entrants for the Apple Pie Contest may pick up the rules and registration form at the Fort Collins Senior Center.

**Location:** Senior Center

**Note:** Tickets available at the Senior Center or from members of the Optimist Club.

7/3 Tu 6:00-9:00 PM  
Adults: \$15  
Age 7-17: \$8  
Under 7: Free

### Picnic in the Park

Savor the relaxation of a day in the park with friends and family while enjoying multiple activities. Get away from the daily routine and invite the older people in your lives to join you. Dine on picnic fare, play bingo, listen to music and anticipate the surprises in store for you.

**Location:** City Park

**Note:** Free transportation, special diet and reserved table accommodations for groups of 6 and larger will be made upon request. Call 970.221.6644 to make requests.

8/15 W 11:00 AM-2:00 PM \$3

### Adaptive Cycling Clinic



This clinic will take place during the Fort Collins Cycling Festival. Watch handcyclists race and compete, then get out there and ride yourself! This special event will feature handcycles and off road bikes along with experienced Adaptive Adventures staff.

**Age:** 8 years & up

**Location:** TBA

**Note:** For more information contact Renee Lee at 970.224.6027 or [ree@fcgov.com](mailto:ree@fcgov.com). Class not discountable.

8/18 Sa 4:00-8:00 PM \$5 34626-01

### Cemetery Stroll: Law & Disorder

Some of Fort Collins' most colorful historic characters from both sides of the law will come to life at "Law and Disorder." Watch as actors do graveside portrayals of outlaws, lawmen and others from the city's past at Fort Collins' oldest and largest living history event, which supports programs at the Fort Collins Senior Center. For more information, call 970.221.6644.

9/15 Sa 10:00 AM & 1:30 PM \$6 adults  
\$3 ages 12 & under

## Historical Cafe

### Germans From Russia



Learn about the tradition of the Dutch Hop dance style that was imported to Colorado with the Germans from Russia. A German lunch of butter ball and noodle soup, kraut bieroch and rivel kuchen will be served.

**Location:** Senior Center

**Note:** Free transportation, special diet and reserved tables for groups larger than 6 will be made upon request. Call 970.221.6644.

6/27 W 11:30 AM-1:30 PM \$16/\$20 35044-01

### Separate Lives: The Story of Mary Rippon



Mary Rippon was the University of Colorado's first female professor. Unofficially, she also was its first dean of women, role-modeling and "mothering" her female students. They didn't know, however, that "Miss Rippon," as they called her, was secretly married to one of her male students and had a child.

**Location:** Senior Center

**Note:** Free transportation, special diet and reserved table accommodations for groups of 6 or larger will be made upon request. Call 970.221.6644.

7/18 W 11:30 AM-1:30 PM \$16/\$20 35045-01

### Orson Welles



Gill Moon offers an insightful look at possibly the most prolific, diverse and controversial entertainment figure of the 20th Century. Orson Welles worked extensively in theater, radio and film. His broadcast of "The War of The Worlds" was the most famous in radio history. His "Citizen Kane" is considered by many critics and scholars as the best film of all time. Lunch to follow.

**Location:** Senior Center

**Note:** Free transportation, special diet and reserved table accommodations for groups of 6 and larger will be made upon request. Call 970.221.6644 to make requests.

8/22 W 11:30 AM-1:30 PM \$16/\$20 35046-01

## Youth & Teen Special Events

### Elitch Gardens Trips

Join us for an adventure on the Mind Eraser, Sidewinder, Tower of Doom and more! This is a trip you don't want to miss.

**Age:** 12-17 years

**Location:** Northside Aztlan Center

**Note:** Bring a lunch, snacks, water bottle, good walking shoes and sunscreen. Extra cash is recommended to purchase food or souvenirs. Trip partially discountable.

6/4	M	9:00 AM-6:00 PM	\$40	35765-01
7/16	M	9:00 AM-6:00 PM	\$40	35765-02



**Amazing Race-Family Edition!**

Inspired by the Amazing Race TV show, family teams with children in grades K-8 will compete in a series of fun challenges that they must complete together. Awards will be given to first place finishers in the categories below. All teams will receive commemorative T-shirt & be entered in a drawing for special prizes!

**Grade:** Kindergarten-8

**Location:** Spring Canyon Park

**Note:** Children on teams must be in grades K-8. Grades based on the 2012-2013 school year. Sign up as a 2person, 3person, 4person or more than 4person team. All teams must have at least 1 adult and 1 child, no all adult or all child teams. Come dressed for the weather rain or shine!

<b>2-person team</b>				
7/22	Su	1:00-5:00 PM	\$34	35675-01
<b>3-person team</b>				
7/22	Su	1:00-5:00 PM	\$39	35675-02
<b>4-person team</b>				
7/22	Su	1:00-5:00 PM	\$44	35675-03
<b>4+person team</b>				
7/22	Su	1:00-5:00 PM	\$49	35675-04

**Water World Trip**

It's the hottest month of the summer, so let's cool off at the biggest water park in America: Water World. You'll have all day to swim, surf the waves and ride the rides.

**Age:** 11 years & up

**Location:** Northside Aztlan Center

**Note:** Please bring swim suit and towel, lunch and snacks or money to buy them, water and lots of sunscreen. Trip partially discountable.

8/13	M	9:00 AM-6:00 PM	\$43	35766-01
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**Colorado Rapids Trips**

Come help us support our MLS team! The Colorado Rapids! Champions 14 months ago they are ready to chase another title!

**Age:** 8 years & up

**Location:** Northside Aztlan Center

<b>Rapids vs Timbers</b>				
6/30	Sa	3:00-10:00 PM	\$22	35829-01
<b>Rapids vs Sounders</b>				
7/28	Sa	3:00-10:00 PM	\$22	35829-02

**Bandimere**

Thunder Mountain and Mile High Nationals is here! Have your child join us for a full day of fun! Please have them bring a sack lunch and a water container!

**Age:** 12 years & up

**Location:** Northside Aztlan Center

**Note:** Please have them bring a sack lunch and a water container!

<b>Thunder Mountain</b>				
6/15	F	8:00 AM-6:00 PM	\$22	35831-01
6/16	Sa	8:00 AM-6:00 PM	\$22	35831-02
<b>Mile High Nationals</b>				
7/20	F	8:00 AM-6:00 PM	\$65	35831-03

**Rockies Trips**

TULO! Come join us as we head to Denver to support TULO and the Colorado Rockies!

**Age:** 6 years & up

**Location:** Northside Aztlan Center

<b>Rockies vs Nationals</b>				
6/25	M	4:00-11:00 PM	\$22	35832-01
<b>Rockies vs Phillies</b>				
7/14	Sa	10:00 AM-7:00 PM	\$22	35832-02

**Assassins**

Assassins is the ultimate night game of Jason Borne meets James Bond. Come dressed as a ninja, a sniper, or a special agent but what ever you do, wear black. The target you are after is also after you, so you must be quick and discrete. Bring your friends. This might be the most fun you have all summer!

**Grade:** 9-12

**Note:** Games will be played in Downtown Fort Collins (section 01) and Front Range Village (section 02), but we will start and end at the locations listed. Aftermath party will follow. The winner of each game wins \$50!

<b>Location: Northside Aztlan Center</b>				
6/15	F	7:00-10:00 PM	\$10	35760-01
<b>Location: Council Tree Library</b>				
7/13	F	7:00-10:00 PM	\$10	35760-02



- **Kids Do It All: Summer Theatre for Youth**  
Session dates: June 4 – 9, 11 – 16, 18 – 23, 25 – 30
- **Music Theory Workshop (High School/Pre-College)**  
Session dates: June 11 – 15
- **Marching Band Leadership Camp (High School)**  
Session dates: June 24 – 27
- **CSU Summer Music Camp (Jr. High/High School)**  
Session dates: July 8 – 13; Optional add-on: July 14 – 15

[www.CSUMusic.com](http://www.CSUMusic.com) . [www.CSUTheatre.com](http://www.CSUTheatre.com)  
[mtdinfo@colostate.edu](mailto:mtdinfo@colostate.edu) . (970) 491-5529

## 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.


**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 recreation 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; however, attendants need to register separately and note whom they will be assisting.

### Volunteers Needed

Volunteers are always needed, whether assisting with a few events or being a weekly support partner. No experience is necessary; training is provided. Join us for fun and adventure! Contact Jenna Van Fossan, CTRS, 970. 224.6125 or jvanfossan@fcgov.com .

### Thank You!

A huge thank you to our spring interns, fieldwork students and the many 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](http://www.fcgov.com/aro)

For additional information, please feel free to contact the ARO staff.  
Renee Lee, CTRS, (970) 224.6027, rlee@fcgov.com  
Jenna Van Fossan, CTRS (970) 224.6125, jvanfossan@fcgov.com  
Brenda McDowell and ARO Leaders, (970) 416.2024, aro@fcgov.com  
ARO Interns, (970) 224.6034, aro@fcgov.com

## Area Recreation Opportunities

### Adaptive Climbing

Chad O'Connor (970)416-9357

Email: chadoconnor@p-o-group.com

### Dance Express

Modern dance training and performance opportunities for people with and without disabilities.

Mary Elizabeth Lenahan, 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](http://www.ridewithfree.org)

### Transportation

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

Transfort (city bus)	970.221.6620
Dial-A-Ride	970.224.6066
SAINT	970.223.8645
Larimer Lift	970.498.7541

### Special Olympics

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

### Youth/Teen Integrated Baseball

Brenda McDowell 970.416.2024

### Adult Unified Softball

Renee Lee 970.224.6027 or

Brenda McDowell 970.416.2024

**Other ARO Activities in Recreator:**

**Aqua Fitness**

MS Aqua	35
Twinges in the Hinges	35
Twinges Plus	35

**Aquatics**

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**Outdoor Recreation**

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**Sports**

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**Alternative Programs**

All Alternative Programs are for ages 18 & 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 may be asked to register separately and note whom they will be assisting so that staff can appropriately provide seating, space, and assistance in the class. Please contact Jenna Van Fossan, CTRS and Therapeutic Recreation Coordinator at 970.224.6125 or jvanfossan@fcgov.com for more information.

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.

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

**Crafts**

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

**Location:** Senior Center

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

8/22	W	5:45-7:00 PM	\$16	34704-01
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**Cooking**

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

**Instructor:** Rick Aulino

**Location:** Senior Center

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

**Summer Salads**

6/20-6/27	W	6:30-8:00 PM	\$18	34701-01
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**Mediterranean**

7/18-7/25	W	6:30-8:00 PM	\$18	34701-02
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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 at no cost. Class not discountable.

6/26	Tu	6:00-9:00 PM	\$5	34708-01
7/31	Tu	6:00-9:00 PM	\$5	34708-02
8/28	Tu	6:00-9:00 PM	\$5	34708-03

**Restaurant Night**

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

**Location:** Senior Center

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

6/13	W	5:45-8:00 PM	\$5	34709-01
7/20	F	5:45-8:00 PM	\$5	34709-02
8/14	Tu	5:45-8:00 PM	\$5	34709-03

**Outdoor Recreation**

**Park Games**

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

**Location:** Senior Center

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

8/1-8/15	W	4:30-6:00 PM	\$12	34730-01
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**Sports & Fitness**

**Adaptive Swim Lessons** 

See page 25 for details.

**Unified Softball** 

See page 110 for details.



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**Bowling**

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

**Location:** Chipper's Lanes North

**Note:** Fee includes 2 games per person per week and shoe rental, if needed. Class not discountable.

7/28-8/18    Sa    12:30-1:30 PM    \$34    34719-01

**Special Events**

**Bingo/Ice Cream Social**

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

**Location:** Senior Center

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

6/7    Th    6:30-8:00 PM    \$10    34703-01

**Monthly 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.

**Honky Tonk Hoedown**

6/29    F    6:00-8:00 PM    \$3

**Sunburned Summer (Wear Red)**

7/27    F    6:00-8:00 PM    \$3

**Surf's Up**

8/24    F    6:00-8:00 PM    \$3

**Trips & Outings**

**Rockies Game**

The Rockies are playing Milwaukee at Coors Field at 1:10 PM. Join us rain or shine while we cheer on the home team!

**Location:** Senior Center

**Note:** Please dress appropriately for the weather and bring cash for snacks and souvenirs if desired. No refund can be given unless your ticket can be resold. Attendants must pre-register separately for \$22 (#34721-1A). Class not discountable.

8/5    Su    10:30 AM-6:30 PM    \$30    34721-01

8/5    Su    10:30 AM-6:30 PM    \$22    34721-1A

**Mini Golf & Milk Shakes**

Join us as we play a round of mini golf at Fort Fun and then go get milk shakes!

**Location:** Senior Center

**Note:** Attendants welcome at no cost. Please bring cash for milk shakes or ice cream, if desired.

7/10    Tu    6:00-9:00 PM    \$15    34722-01

## 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 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.

## Healthcare Coverage for Your Family



CHP+ and Medicaid offer full-coverage health insurance for uninsured Colorado families who meet financial requirements. No monthly costs. Low co-pays.

**We make it easy to apply!**  
**Call the CHP+/Medicaid Outreach Project to see if you qualify: 970-472-0444**

**Health District**  
 OF NORTHERN LARIMER COUNTY

in partnership with the Larimer County Department of Human Services

The project described was supported by Grant Number PC-UHA-CCR 12000008 from HRSA. The contents are solely the responsibility of the authors and do not necessarily represent the official views of the State of Colorado, Dept. of Health Care Policy and Financing, HRSA or HHS.

## Pathways Hospice® Presents the 15th Breakfast in the park



Not your ordinary picnic...

Kids Activities • Butterfly Release • Live Music

Saturday, July 21, 8:30-11:00am, City Park, Fort Collins, CO

Tickets available June 8 (\$5 Children, \$7 Adult)

[www.pathways-care.org](http://www.pathways-care.org) or purchase at event

PROCEEDS SUPPORT PATHWAYS HOSPICE PROGRAMS FOR GRIEVING CHILDREN AND TEENS

Heart Sponsors

Gold Sponsors



**Birthday Party Package**

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

**Private Swim Instruction**

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. These private lessons are not discountable.

**Note: 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 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 are 5 yards and the distance for the Level classes are 15 yards.

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

**Drop-in Swim Test**

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

Mulberry Pool	Wednesday	4:00-7:00 PM
EPIC	Saturday	Noon-5:00 PM

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

Class maximums are based on American Red Cross guidelines.

Guppy-Tadfish	Maximum: 10
Preschool 1-3	Maximum: 6
Levels 1-3	Maximum: 6
Level 4	Maximum: 8
Levels 5-6	Maximum: 10
Diving	Maximum: 10

Minimum for all classes based on cost efficiency is 4.

**Underwater Hockey**

Coed non-contact sport that is played on the bottom of a swimming pool. Players wear snorkel gear and hold a 7-inch wooden stick. Two teams of 6 players compete by attempting to score goals by pushing a weighted puck into their opponent's goal.

**Age:** 14 years & up

**Note:** Masks, fins, snorkel and a hockey stick will be provided. Punch passes are available at a discount.

Ongoing	M	8:00-9:30 PM	\$6/day
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**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 a waiting list and matched as volunteers are available. Please bring an attendant if you need personal assistance outside of the water. For more information or to volunteer, contact Jenna Van Fossan at 224.6125 or jvanfossan@fcgov.com. Class partially discountable.

6/19-7/24	Tu	4:15-4:45 PM	\$38	34602-01
6/19-7/24	Tu	4:50-5:20 PM	\$38	34602-02

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**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

6/4-6/25	M	7:00-7:45 PM	\$35	33580-01
7/9-7/30	M	7:00-7:45 PM	\$35	33580-02

**Teen Swim Instruction**

This class is designed for all levels of teen swimmers. Join others your own age in this class which is designed to help not only the beginner swimmer gain swim skills but also the advanced swimmer gain endurance strength in swimming.

**Age:** 13-17 years

**Location:** Edora Pool Ice Center

**Note:** Class partially discountable. Class is partially discountable.

6/4-6/27	M,W	4:30-5:00 PM	\$45	33480-01
7/9-7/19	M-Th	10:00-10:45 AM	\$45	33480-02

**Learn-To-Swim**

**Guppy**

Helps develop swimming readiness by leading parents and their children in water activities with the objective of having FUN and becoming comfortable in, on, and around water.

**Age:** 6-18 months

**Location:** Edora Pool Ice Center

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

6/4-6/14	M-Th	8:30-9:00 AM	\$35	33350-01
6/4-6/14	M-Th	10:40-11:10 AM	\$35	33350-02
6/4-6/27	M,W	4:30-5:00 PM	\$35	33350-03
6/4-6/27	M,W	6:30-7:00 PM	\$35	33350-04
6/18-6/28	M-Th	10:00-10:30 AM	\$35	33350-05
6/18-6/28	M-Th	10:40-11:10 AM	\$35	33350-06
7/9-7/19	M-Th	10:40-11:10 AM	\$35	33350-07
7/9-7/19	M-Th	11:20-11:50 AM	\$35	33350-08
7/9-8/1	M,W	5:10-5:40 PM	\$35	33350-09
7/9-8/1	M,W	6:30-7:00 PM	\$35	33350-10
7/23-8/3	M-Th	8:30-9:00 AM	\$35	33350-11
7/23-8/3	M-Th	10:40-11:10 AM	\$35	33350-12
8/6-8/9	M-Th	8:30-9:00 AM	\$21.50	33350-13
8/6-8/9	M-Th	11:20-11:50 AM	\$21.50	33350-14

**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 is partially discountable.

**Location: Mulberry Pool**

6/2-6/30	Sa	9:00-9:30 AM	\$26	32360-01
6/2-6/30	Sa	9:40-10:10 AM	\$26	32360-02
6/3-7/1	Su	3:15-3:45 PM	\$26	32360-03
6/3-7/1	Su	4:50-5:20 PM	\$26	32360-04
6/5-6/28	Tu,Th	4:30 PM-12:00 AM	\$35	32360-05
7/10-8/2	Tu,Th	5:10-5:40 PM	\$35	32360-06
7/14-8/11	Sa	9:40-10:10 AM	\$26	32360-07
7/14-8/11	Sa	11:40 AM-12:10 PM	\$26	32360-08
7/15-8/12	Su	3:55-4:25 PM	\$26	32360-09
7/15-8/12	Su	5:15-5:45 PM	\$26	32360-10

**Location: Edora Pool Ice Center**

6/4-6/14	M-Th	10:00-10:30 AM	\$35	33360-01
6/4-6/27	M,W	5:10-5:40 PM	\$35	33360-02
6/18-6/28	M-Th	8:30-9:00 AM	\$35	33360-03
6/18-6/28	M-Th	11:20-11:50 AM	\$35	33360-04
7/9-7/19	M-Th	8:30-9:00 AM	\$35	33360-05
7/9-7/19	M-Th	11:20-11:50 AM	\$35	33360-06
7/9-8/1	M,W	4:30-5:00 PM	\$35	33360-07
7/9-8/1	M,W	5:50-6:20 PM	\$35	33360-08
7/23-8/2	M-Th	10:00-10:30 AM	\$35	33360-09
7/23-8/2	M-Th	11:20-11:50 AM	\$35	33360-10
8/6-8/9	M-Th	10:00-10:30 AM	\$21.50	33360-11
8/6-8/9	M-Th	10:40-11:10 AM	\$21.50	33360-12

**Tadfish**

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

**Age:** 2-4 years

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

**Location: Mulberry Pool**

6/2-6/30	Sa	9:40-10:10 AM	\$26	32370-01
6/2-6/30	Sa	11:00-11:30 AM	\$26	32370-02
6/3-7/1	Su	3:55-4:25 PM	\$26	32370-03
6/3-7/1	Su	5:15-5:45 PM	\$26	32370-04
6/3-7/1	Su	5:55-6:25 PM	\$26	32370-05
6/5-6/28	Tu,Th	5:10-5:40 PM	\$35	32370-06
7/10-8/2	Tu,Th	4:30-5:00 PM	\$35	32370-07
7/10-8/2	Tu,Th	5:50-6:20 PM	\$35	32370-08
7/14-8/11	Sa	9:00-9:30 AM	\$26	32370-09
7/14-8/11	Sa	10:20-10:50 AM	\$26	32370-10
7/15-8/12	Su	4:35-5:05 PM	\$26	32370-11

**Location: Edora Pool Ice Center**

6/4-6/14	M-Th	10:40-11:10 AM	\$35	33370-01
6/4-6/14	M-Th	11:20-11:50 AM	\$35	33370-02
6/4-6/27	M,W	5:50-6:20 PM	\$35	33370-03
6/18-6/28	M-Th	10:00-10:30 AM	\$35	33370-04
6/18-6/28	M-Th	10:40-11:10 AM	\$35	33370-05
7/9-7/19	M-Th	10:00-10:30 AM	\$35	33370-06
7/9-7/19	M-Th	10:40-11:10 AM	\$35	33370-07
7/9-8/1	M,W	4:30-5:00 PM	\$35	33370-08
7/9-8/1	M,W	6:30-7:00 PM	\$35	33370-09
7/23-8/2	M-Th	10:00-10:30 AM	\$35	33370-10
7/23-8/2	M-Th	10:40-11:10 AM	\$35	33370-11
8/6-8/9	M-Th	10:00-10:30 AM	\$21.50	33370-12
8/6-8/9	M-Th	11:20-11:50 AM	\$21.50	33370-13



**Tadfish:** Build upon skills already learned in the next level of swim lessons.

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**Preschool 1**

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

**Age:** 3-5 years


**Note:** Class is partially discountable.

**Location: Mulberry Pool**

6/2-6/30	Sa	9:00-9:30 AM	\$26	32390-01
6/2-6/30	Sa	9:40-10:10 AM	\$26	32390-02
6/2-6/30	Sa	10:20-10:50 AM	\$26	32390-03
6/2-6/30	Sa	11:40 AM-12:10 PM	\$26	32390-04
6/3-7/1	Su	3:15-3:45 PM	\$26	32390-05
6/3-7/1	Su	4:35-5:05 PM	\$26	32390-06
6/3-7/1	Su	5:55-6:25 PM	\$26	32390-07
6/5-6/28	Tu,Th	4:30-5:00 PM	\$35	32390-08
6/5-6/28	Tu,Th	5:50-6:20 PM	\$35	32390-09
6/5-6/28	Tu,Th	6:30-7:00 PM	\$35	32390-10
7/10-8/2	Tu,Th	4:30-5:00 PM	\$35	32390-11
7/10-8/2	Tu,Th	5:10-5:40 PM	\$35	32390-12
7/10-8/2	Tu,Th	6:30-7:30 PM	\$35	32390-13
7/14-8/11	Sa	9:00-9:30 AM	\$26	32390-14
7/14-8/11	Sa	9:40-10:10 AM	\$26	32390-15
7/14-8/11	Sa	11:00-11:30 AM	\$26	32390-16
7/15-8/12	Su	3:15-3:45 PM	\$26	32390-17
7/15-8/12	Su	4:10-4:40 PM	\$26	32390-18
7/15-8/12	Su	5:15-5:45 PM	\$26	32390-19
7/15-8/12	Su	5:55-6:25 PM	\$26	32390-20

**Location: Edora Pool Ice Center**



6/4-6/14	M-Th	8:30-9:00 AM	\$35	33390-01
6/4-6/14	M-Th	10:00-10:30 AM	\$35	33390-02
6/4-6/14	M-Th	10:40-11:10 AM	\$35	33390-03
6/4-6/14	M-Th	11:20-11:50 AM	\$35	33390-04
6/4-6/14	M-Th	11:20-11:50 AM	\$35	33390-05
6/4-6/27	M,W	4:30-5:00 PM	\$35	33390-06
6/4-6/27	M-Th	6:30-7:00 PM	\$35	33390-07
6/18-6/28	M-Th	8:30-9:00 AM	\$35	33390-08
6/18-6/28	M-Th	10:00-10:30 AM	\$35	33390-09
6/18-6/28	M-Th	10:40-11:10 AM	\$35	33390-10
6/18-6/28	M-Th	11:20-11:50 AM	\$35	33390-11
6/18-6/28	M-Th	11:20-11:50 AM	\$35	33390-12
7/9-7/19	M-Th	8:30-9:00 AM	\$35	33390-13
7/9-7/19	M-Th	10:00-10:30 AM	\$35	33390-14
7/9-7/19	M-Th	10:40-11:10 AM	\$35	33390-15
7/9-7/19	M-Th	11:20-11:50 AM	\$35	33390-16
7/9-8/1	M,W	4:30-5:00 PM	\$34	33390-17
7/9-8/1	M,W	5:50-6:20 PM	\$34	33390-18
7/9-8/1	M,W	6:30-7:00 PM	\$35	33390-19
7/23-8/2	M-Th	8:30-9:00 AM	\$35	33390-20
7/23-8/2	M-Th	10:00-10:30 AM	\$35	33390-21
7/23-8/2	M-Th	11:20-11:50 AM	\$35	33390-22
8/6-8/9	M-Th	8:30-9:00 AM	\$21.50	33390-23
8/6-8/9	M-Th	10:00-10:30 AM	\$21.50	33390-24
8/6-8/9	M-Th	10:40-11:10 AM	\$21.50	33390-25
8/6-8/9	M-Th	11:20-11:50 AM	\$21.50	33390-26



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**Preschool 2**

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

**Age:** 3-5 years

**Note:** Class is partially discountable.

**Location: Mulberry Pool**

6/2-6/30	Sa	9:00-9:30 AM	\$26	32400-01
6/2-6/30	Sa	11:00-11:30 AM	\$26	32400-02
6/3-7/1	Su	3:55-12:10 PM	\$26	32400-03
6/3-7/1	Su	5:15-5:45 PM	\$26	32400-04
6/3-7/1	Su	5:55-6:25 PM	\$26	32400-05
6/5-6/28	Tu,Th	4:30-5:00 PM	\$35	32400-06
6/5-6/28	Tu,Th	6:30-7:00 PM	\$35	32400-07
7/10-8/2	Tu,Th	5:50-6:20 PM	\$35	32400-08
7/14-8/11	Sa	9:00-9:30 AM	\$26	32400-09
7/14-8/11	Sa	10:20-10:50 AM	\$26	32400-10
7/14-8/11	Sa	11:40 AM-12:10 PM	\$26	32400-11
7/15-8/12	Su	3:15-3:45 PM	\$26	32400-12
7/15-8/12	Su	4:35-5:05 PM	\$26	32400-13
7/15-8/12	Su	5:55-6:25 PM	\$26	32400-14

**Location: Edora Pool Ice Center**

6/4-6/14	M-Th	8:30-9:00 AM	\$35	33400-01
6/4-6/14	M-Th	10:00-10:30 AM	\$35	33400-02
6/4-6/14	M-Th	10:40-11:10 AM	\$35	33400-03
6/4-6/27	M,W	5:10-5:40 PM	\$35	33400-05
6/4-6/27	M,W	5:50-6:20 PM	\$35	33400-06
7/9-8/1	M,W	5:10-6:20 PM	\$35	33400-15
7/23-8/2	M-Th	8:30-9:00 AM	\$34	33400-16
7/23-8/2	M-Th	10:00-10:30 AM	\$35	33400-17
7/23-8/2	M-Th	10:40-11:10 AM	\$35	33400-18
7/23-8/2	M-Th	11:20-11:50 AM	\$35	33400-19
8/6-8/9	M-Th	8:30-9:00 AM	\$21.50	33400-20
8/6-8/9	M-Th	10:00-10:30 AM	\$21.50	33400-21
8/6-8/9	M-Th	10:40-11:10 AM	\$21.50	33400-22
8/6-8/9	M-Th	11:20-11:50 AM	\$21.50	33400-23

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**Preschool 3**

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

**Age:** 3-5 years

**Note:** Class partially discountable.

**Location: Mulberry Pool**

6/2-6/30	Sa	9:00-9:30 AM	\$26	32410-01
6/2-6/30	Sa	10:20-10:50 AM	\$26	32410-02
6/2-6/30	Sa	11:40 AM-12:10 PM	\$26	32410-03
6/3-7/1	Su	3:15-3:45 PM	\$26	32410-04
6/3-7/1	Su	4:35-5:05 PM	\$26	32410-05
6/3-7/1	Su	5:55-6:25 PM	\$26	32410-06
6/5-6/28	Tu,Th	5:50-6:20 PM	\$35	32410-07
6/5-6/28	Tu,Th	6:30-7:00 PM	\$35	32410-08
7/10-8/2	Tu,Th	4:30-5:00 PM	\$35	32410-09
7/10-8/2	Tu,Th	5:10-5:40 PM	\$35	32410-10
7/14-8/11	Sa	9:40-10:10 AM	\$26	32410-11
7/14-8/11	Sa	11:00-11:30 AM	\$26	32410-12
7/14-8/11	Sa	11:40 AM-12:10 PM	\$26	32410-13
7/15-8/12	Su	3:15-3:45 PM	\$26	32410-14
7/15-8/12	Su	3:55-4:25 PM	\$26	32410-15
7/15-8/12	Su	5:15-5:45 PM	\$26	32410-16
7/15-8/12	Su	5:55-6:25 PM	\$26	32410-17

**Location: Edora Pool Ice Center**

6/4-6/14	M-Th	8:30-9:00 AM	\$35	33410-01
6/4-6/14	M-Th	10:00-10:30 AM	\$35	33410-02
6/4-6/14	M-Th	10:00-10:30 AM	\$35	33410-03
6/4-6/14	M-Th	10:40-11:10 AM	\$35	33410-04
6/4-6/27	M,W	4:30-5:00 PM	\$35	33410-05
6/4-6/27	M,W	5:10-5:40 PM	\$35	33410-06
6/4-6/27	M,W	6:30-7:00 PM	\$35	33410-07
6/18-6/28	M-Th	8:30-9:00 AM	\$35	33410-08
6/18-6/28	M-Th	10:00-10:30 AM	\$35	33410-09
6/18-6/28	M-Th	10:00-10:30 AM	\$35	33410-10
6/18-6/28	M-Th	10:40-11:10 AM	\$35	33410-11
6/18-6/28	M-Th	11:20-11:50 AM	\$35	33410-12
7/9-7/19	M-Th	8:30-9:00 AM	\$35	33410-13
7/9-7/19	M-Th	10:00-10:30 AM	\$35	33410-14
7/9-7/19	M-Th	11:20-11:50 AM	\$35	33410-15
7/9-8/1	M,W	4:30-5:00 PM	\$35	33410-16
7/9-8/1	M,W	6:30-7:00 PM	\$31	33410-17
7/23-8/2	M-Th	8:30-9:00 AM	\$35	33410-18
7/23-8/2	M-Th	10:00-10:30 AM	\$35	33410-19
7/23-8/2	M-Th	10:40-11:10 AM	\$35	33410-20
7/23-8/2	M-Th	11:20-11:50 AM	\$35	33410-21
8/6-8/9	M-Th	8:30-9:00 AM	\$21.50	33410-22
8/6-8/9	M-Th	10:00-10:30 AM	\$21.50	33410-23
8/6-8/9	M-Th	10:40-11:10 AM	\$21.50	33410-24
8/6-8/9	M-Th	10:40-11:10 AM	\$21.50	33410-25

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**Level 1**

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

**Age:** 6-12 years

**Note:** Class partially discountable.

**Location: Mulberry Pool**

6/2-6/30	Sa	10:20-10:50 AM	\$26	32420-01
6/2-6/30	Sa	11:00-11:30 AM	\$26	32420-02
6/3-7/1	Su	3:55-4:25 PM	\$26	32420-03
6/3-7/1	Su	5:15-5:45 PM	\$26	32420-04
6/3-7/1	Su	5:55-6:25 PM	\$26	32420-05
6/5-6/28	Tu,Th	5:10-5:40 PM	\$35	32420-06
6/5-6/28	Tu,Th	6:30-7:00 PM	\$35	32420-07
7/10-8/2	Tu,Th	4:30-5:00 PM	\$35	32420-08
7/10-8/2	Tu,Th	5:50-6:20 PM	\$35	32420-09
7/10-8/2	Tu,Th	6:30-7:00 PM	\$35	32420-10
7/14-8/11	Sa	9:00-9:30 AM	\$26	32420-11
7/14-8/11	Sa	10:20-10:50 AM	\$26	32420-12
7/14-8/11	Sa	11:00-11:30 AM	\$26	32420-13
7/14-8/11	Sa	11:40 AM-12:10 PM	\$26	32420-14
7/15-8/12	Su	3:15-3:45 PM	\$26	32420-15
7/15-8/12	Su	4:35-5:05 PM	\$26	32420-16
7/15-8/12	Su	5:55-6:25 PM	\$26	32420-17

**Location: Edora Pool Ice Center**

6/4-6/14	M-Th	8:30-9:00 AM	\$35	33420-01
6/4-6/14	M-Th	10:00-10:30 AM	\$35	33420-02
6/4-6/14	M-Th	10:00-10:30 AM	\$35	33420-03
6/4-6/14	M-Th	11:20-11:50 AM	\$35	33420-04
6/4-6/27	M,W	4:30-5:00 PM	\$35	33420-05
6/4-6/27	M,W	5:50-6:20 PM	\$35	33420-06
6/18-6/28	M-Th	8:30-9:00 AM	\$35	33420-07
6/18-6/28	M-Th	10:00-10:30 AM	\$35	33420-08
6/18-6/28	M-Th	10:40-11:10 AM	\$35	33420-09
6/18-6/28	M-Th	11:20-11:50 AM	\$35	33420-10
7/9-7/19	M-Th	8:30-9:00 AM	\$35	33420-11
7/9-7/19	M-Th	10:00-10:30 AM	\$35	33420-12
7/9-7/19	M-Th	10:40-11:10 AM	\$35	33420-13
7/9-8/1	M,W	5:10-5:40 PM	\$35	33420-14
7/23-8/2	M-Th	8:30-9:00 AM	\$35	33420-15
7/23-8/2	M-Th	10:00-10:30 AM	\$35	33420-16
7/23-8/2	M-Th	10:40-11:10 AM	\$35	33420-17
7/23-8/2	M-Th	11:20-11:50 AM	\$35	33420-18
8/6-8/9	M-Th	8:30-9:00 AM	\$21.50	33420-19
8/6-8/9	M-Th	10:00-10:30 AM	\$21.50	33420-20
8/6-8/9	M-Th	11:20-11:50 AM	\$21.50	33420-21

**Level 2**

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

**Age:** 6-12 years

**Note:** Class partially discountable.

**Location: Mulberry Pool**

6/2-6/30	Sa	9:00-9:30 AM	\$26	32430-01
6/2-6/30	Sa	10:20-10:50 AM	\$26	32430-02
6/2-6/30	Sa	11:00-11:30 AM	\$26	32430-03
6/3-7/1	Su	3:15-3:45 PM	\$26	32430-04
6/3-7/1	Su	4:35-5:05 PM	\$26	32430-05
6/3-7/1	Su	5:15-5:45 PM	\$26	32430-06
6/3-7/1	Su	5:55-6:25 PM	\$26	32430-07
6/5-6/28	Tu,Th	4:30-5:00 PM	\$35	32430-08
7/10-8/2	Tu,Th	4:30-5:00 PM	\$35	32430-09
7/10-8/2	Tu,Th	5:10-5:40 PM	\$35	32430-10
7/10-8/2	Tu,Th	6:30-7:00 PM	\$35	32430-11
7/14-8/11	Sa	9:00-9:30 AM	\$26	32430-12
7/14-8/11	Sa	9:40-10:10 AM	\$26	32430-13
7/15-8/12	Su	3:15-3:45 PM	\$26	32430-14
7/15-8/12	Su	3:55-4:25 PM	\$26	32430-15

**Location: Edora Pool Ice Center**

6/4-6/14	M-Th	8:30-9:00 AM	\$35	33430-01
6/4-6/14	M-Th	10:00-10:30 AM	\$35	33430-02
6/4-6/14	M-Th	10:40-11:10 AM	\$35	33430-03
6/4-6/14	M-Th	11:20-11:50 AM	\$35	33430-04
6/4-6/27	M,W	4:30-5:00 PM	\$35	33430-05
6/4-6/27	M,W	5:10-5:40 PM	\$35	33430-06
6/18-6/28	M-Th	8:30-9:00 AM	\$35	33430-07
6/18-6/28	M-Th	10:00-10:30 AM	\$35	33430-08
6/18-6/28	M-Th	11:20-11:50 AM	\$35	33430-09
7/9-7/19	M-Th	8:30-9:00 AM	\$35	33430-10
7/9-7/19	M-Th	10:00-10:30 AM	\$35	33430-11
7/9-7/19	M-Th	11:20-11:50 AM	\$35	33430-12
7/9-8/1	M,W	4:30-5:00 PM	\$35	33430-13
7/9-8/1	M,W	5:50-6:20 PM	\$35	33430-14
7/23-8/2	M-Th	8:30-9:00 AM	\$35	33430-15
7/23-8/2	M-Th	10:00-10:30 AM	\$35	33430-16
7/23-8/2	M-Th	11:20-11:50 AM	\$35	33430-17
8/6-8/9	M-Th	8:30-9:00 AM	\$21.50	33430-18
8/6-8/9	M-Th	10:00-10:45 AM	\$21.50	33430-19
8/6-8/9	M-Th	10:40-11:10 AM	\$21.50	33430-20
8/6-8/9	M-Th	11:20-11:50 AM	\$21.50	33430-21



**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**

6/2-6/30	Sa	9:40-10:25 AM	\$35	32440-01
6/2-6/30	Sa	11:00-11:45 AM	\$35	32440-02
6/2-6/30	Sa	11:40 AM-12:25 PM	\$35	32440-03
6/3-7/1	Su	3:55-4:40 PM	\$35	32440-04
6/3-7/1	Su	5:15-6:00 PM	\$35	32440-05
6/5-6/28	Tu,Th	4:30-5:15 PM	\$49	32440-06
6/5-6/28	Tu,Th	5:10-5:55 PM	\$49	32440-07
7/10-8/2	Tu,Th	4:30-5:55 PM	\$49	32440-08
7/10-8/2	Tu,Th	5:50-6:35 PM	\$49	32440-09
7/14-8/11	Sa	9:00-9:45 AM	\$35	32440-10
7/14-8/11	Sa	10:20-11:05 AM	\$35	32440-11
7/15-8/12	Su	3:15-4:00 PM	\$35	32440-12
7/15-8/12	Su	4:35-5:20 PM	\$35	32440-13
7/15-8/12	Su	5:15-6:00 PM	\$35	32440-14

**Location: Edora Pool Ice Center**

6/4-6/14	M-Th	10:00-10:45 AM	\$49	33440-01
6/4-6/14	M-Th	10:40-11:25 AM	\$49	33440-02
6/4-6/14	M-Th	11:20 AM-12:05 PM	\$49	33440-03
6/4-6/27	M,W	5:50-6:35 PM	\$49	33440-04
6/18-6/28	M-Th	10:00-10:45 AM	\$49	33440-05
6/18-6/28	M-Th	10:40-11:25 AM	\$49	33440-06
6/18-6/28	M-Th	11:20 AM-12:05 PM	\$49	33440-07
7/9-7/19	M-Th	10:00-10:45 AM	\$49	33440-08
7/9-7/19	M-Th	10:40-11:25 AM	\$49	33440-09
7/9-8/1	M,W	4:30-5:15 PM	\$49	33440-10
7/9-8/1	M,W	6:30-7:15 PM	\$49	33440-11
7/23-8/2	M-Th	10:00-10:45 AM	\$49	33440-12
7/23-8/2	M-Th	10:40-11:25 AM	\$49	33440-13
8/6-8/9	M-Th	10:00-10:45 AM	\$28.50	33440-14
8/6-8/9	M-Th	11:20 AM-12:05 PM	\$28.50	33440-15

**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**

6/2-6/30	Sa	9:00-9:45 AM	\$35	32450-01
6/2-6/30	Sa	11:00-11:45 AM	\$35	32450-02
6/3-7/1	Su	3:15-4:00 PM	\$35	32450-03
6/3-7/1	Su	4:35-5:20 PM	\$35	32450-04
6/5-6/28	Tu,Th	4:30-5:15 PM	\$49	32450-05
6/5-6/28	Tu,Th	5:50-6:35 PM	\$49	32450-06
7/10-8/2	Tu,Th	6:30-7:15 PM	\$49	32450-07
7/14-8/11	Sa	9:40-10:25 AM	\$35	32450-08
7/14-8/11	Sa	11:40 AM-12:25 PM	\$35	32450-09
7/15-8/12	Su	3:55-4:40 PM	\$35	32450-10

**Location: Edora Pool Ice Center**

6/4-6/14	M-Th	11:20 AM-12:05 PM	\$49	33450-01
6/4-6/27	M,W	6:30-7:15 PM	\$49	33450-02
6/18-6/28	M-Th	10:40-11:25 AM	\$49	33450-03
7/9-7/19	M-Th	10:00-10:45 AM	\$49	33450-04
7/9-7/19	M-Th	11:20 AM-12:05 PM	\$49	33450-05
7/9-8/1	M,W	5:10-5:55 PM	\$49	33450-06
7/9-8/1	M,W	5:50-6:35 PM	\$49	33450-07
7/23-8/2	M-Th	10:00-10:45 AM	\$49	33450-08
7/23-8/2	M-Th	10:40-11:25 AM	\$49	33450-09
8/6-8/9	M-Th	10:40-11:25 AM	\$28.50	33450-10
8/6-8/9	M-Th	11:20 AM-12:05 PM	\$28.50	33450-11

**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**

6/2-6/30	Sa	9:40-10:25 AM	\$35	32460-01
6/3-7/1	Su	3:15-4:00 PM	\$35	32460-02
6/5-6/28	Tu,Th	5:10-5:55 PM	\$49	32460-03
7/10-8/2	Tu,Th	5:50-6:35 PM	\$49	32460-04
7/14-8/11	Sa	10:20-11:05 AM	\$35	32460-05
7/15-8/12	Su	4:35-5:20 PM	\$35	32460-06

**Location: Edora Pool Ice Center**

6/4-6/14	M-Th	10:40-11:25 AM	\$49	33460-01
6/4-6/27	M,W	5:50-6:35 PM	\$49	33460-02
6/18-6/28	M-Th	10:00-10:45 AM	\$49	33460-03
7/9-7/19	M-Th	10:40-11:25 AM	\$49	33460-04
7/9-8/1	M,W	5:10-5:55 PM	\$49	33460-05
7/23-8/2	M-Th	10:00-10:45 AM	\$49	33460-06
7/23-8/2	M-Th	11:20 AM-12:05 PM	\$49	33460-07
8/6-8/9	M-Th	10:00-10:45 AM	\$28.50	33460-08
8/6-8/9	M-Th	11:20 AM-12:05 PM	\$28.50	33460-09

**Level 6 - Fitness**

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

**Age:** 6-12 years

**Note:** Class partially discountable. Class is partially discountable.

**Location: Mulberry Pool**

6/2-6/30	Sa	11:40 AM-12:25 PM	\$35	32470-01
6/5-6/28	Tu,Th	5:50-6:35 PM	\$49	32470-02
7/10-8/2	Tu,Th	5:10-5:55 PM	\$49	32470-03
7/14-8/11	Sa	11:00-11:45 AM	\$35	32470-04

**Location: Edora Pool Ice Center**

6/4-6/27	M,W	5:10-5:55 PM	\$49	33470-02
7/9-7/19	M-Th	11:20 AM-12:05 PM	\$49	33470-03
7/23-8/2	M-Th	11:20 AM-12:05 PM	\$49	33470-04
8/6-8/9	M-Th	10:00-10:45 AM	\$28.50	33470-05

**Advanced Aquatics**

**Cyclone Swim Camp**

The camp is designed for young swimmers who can swim 25 continuous yards and are ready to learn/improve their strokes. The camp will teach the competitive strokes of freestyle, backstroke and breaststroke, competitive turns and starts in a positive and fun environment. Games, videos, and stroke drills will help young swimmers learn stroke mechanics. Each day will consist of dryland and swimming sessions, a snack break and instructional videos of their own swimming skills with coach input.

**Age:** 6-9 years

**Location:** Mulberry Pool

**Note:** Class not discountable. Swimmers must be tested prior to registration. Contact Jackie Stiff at coachjackie@teamvortex.org

6/4-6/8	M-F	1:30-4:00 PM	\$98	32490-01
6/18-6/22	M-F	1:30-4:00 PM	\$98	32490-02

**Tsunami Swim Camp**

This camp is designed for swimmers who can swim 25 yds continuously both backstroke and freestyle with side breathing and should have the basic fundamentals of breaststroke. Swimmers will work on competitive strokes of backstroke, freestyle, breaststroke and butterfly as well as starts, turns and finishes. The camp will include use of games, video and drills to learn proper stroke mechanics. Daily session of dryland and swimming, as well as a snack break and coach feedback will highlight the camp.

**Age:** 8-12 years

**Location:** Mulberry Pool

**Note:** Class not discountable. Swimmers need to be tested prior to registration. Please contact Jackie Stiff at coachjackie@teamvortex.org to schedule.

6/11-6/15	M-F	1:30-4:00 PM	\$98	32491-01
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**Stroke Technique Camp**

This camp is for swimmers who have mastered the basic elements of the four competitive strokes and are comfortable swimming 50 yard continuous sets. Swimmers will work on stroke mechanics and efficiency, pacing, starts, turns, and building speed and endurance. Video stroke analysis is an integral component of this camp.

**Age:** 10-14 years

**Location:** Mulberry Pool

**Note:** Class not discountable. Swimmers must be tested prior to registration. Contact Jackie Stiff at coachjackie@teamvortex.org for testing.

6/25-6/29	M-F	1:30-4:00 PM	\$98	32492-01
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**Basic Water Rescue**

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

**Age:** 10-15 years

**Location:** Edora Pool Ice Center

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

6/4-6/7	M-Th	8:50-9:50 AM	\$43	33510-01
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**Water Safety Aide**

**Prerequisite:** Basic Water Rescue course and Level 5 or better swimming ability

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

**Age:** 10-15 years

**Location:** Edora Pool Ice Center

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

7/23-8/2 M-Th 8:50-9:50 AM \$43 33520-01

**Guardstart**

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

**Age:** 11-14 years

**Location:** Edora Pool Ice Center

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

6/4-6/14 M-Th 8:50-9:50 AM \$55 33530-01

**Lifeguard Training**

**Lifeguard Training**

Precourse skills: swim 300 yds continuously using front crawl, breaststroke or combination of both. Tread water for 2 min using only legs, hands under armpits. In addition, complete a timed event within 1 min 40 sec: starting in the water, swim 20 yds (swim goggles not allowed), surface dive, feet-first or head-first, to a depth of 7-10 ft, retrieve a 10 lb object, return to the surface, swim 20 yds on back to return to starting point with both hands holding object and keeping face at or near the surface so they are able to get a breath. Exit the water without using a ladder or steps.

**Age:** 15 years & up

**Location:** Edora Pool Ice Center

**Note:** Participants must attend and participate in all classes - no exceptions. Must be 15 yrs. on or before the final scheduled session of this course. Precourse skills will be tested at the first class and continuation of class will depend upon passing. E-books, certifications and pocket mask are included in fee. Upon successful completion of this class, participants will be emailed American Red Cross certificate for Lifeguarding/First Aid/CPR/AED which is valid for 2 yrs. Class not discountable.

6/11-6/15	M-F	1:00-6:00 PM	\$150	33540-01
7/16-7/20	M-F	1:00-6:00 PM	\$150	33540-02

**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: 5-10 years**

6/4-6/27	M,W	9:30-10:15 AM	\$40	33490-01
6/4-6/27	M,W	6:00-6:45 PM	\$40	33490-02

**Age: 11-17 years**

6/4-6/27	M,W	8:30-9:15 AM	\$40	33490-03
6/4-6/27	M,W	5:00-5:45 PM	\$40	33490-04



Get online. Get out of line.





## Aqua Fitness

Classes are for ages 18 years & up.

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

### 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. Drop-in patrons do not count in registration numbers. 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. SuperPass patrons do not count in registration numbers.

### Aqua Personal Training

See page 24 for details.

### Please Note

The 85 plus free program no longer is offered, however anyone born in 1927 and earlier will be grandfathered in and remain free. This is true for both the drop-in and aqua fitness classes. Reduced fees will be based on ability to pay.

## 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:** Please bring an attendant if you need assistance with personal care out of the water. Fee is for a 16 visit punch pass. Class partially discountable. To join or volunteer assist, contact Jenna Van Fossan at 970.224.6125 or jvanfossan@fcgov.com.

6/5-8/28 Tu,Th 9:30-10:30 AM \$43

### Basic H2O Workout

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

**Note:** Class will not be held on 7/4, 8/6, 8/8, 8/10.

6/4-6/29 M,W,F 6:15-7:15 PM \$32 37630-01

7/2-7/27 M,W,F 6:15-7:15 PM \$29.75 37630-02

7/30-8/24 M,W,F 6:15-7:15 PM \$25.25 37630-03

### Stretch & Tone

Develop strength and flexibility without an aerobic workout. Equipment provides different levels of difficulty.

**Location:** Senior Center

**Note:** Class will not be held on 7/4, 8/6, 8/8, 8/10.

6/4-6/29 M,W,F 8:30-9:30 AM \$32 37620-01

7/2-7/27 M,W,F 8:30-9:30 AM \$29.75 37620-02

7/30-8/24 M,W,F 8:30-9:30 AM \$25.25 37620-03

### Twinges-In-The-Hinges



The warm water may help relieve pain and stiffness. The water's buoyancy and resistance provides support to maintain joint flexibility.

**Location:** Edora Pool Ice Center

**Note:** Class will not be held on 6/22, 7/4, 8/13, 8/15, 8/17.

6/4-6/29 M,W,F 7:30-8:30 AM \$29.75 33600-01

7/2-7/27 M,W,F 7:30-8:30 AM \$29.75 33600-02

7/30-8/24 M,W,F 7:30-8:30 AM \$25.25 33600-03

6/4-6/29 M,W,F 9:30-10:30 AM \$29.75 33600-04

7/2-7/27 M,W,F 9:30-10:30 AM \$29.75 33600-05

7/30-8/24 M,W,F 9:30-10:30 AM \$25.25 33600-06

### Twinges Plus



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

**Location:** Senior Center

**Note:** Class will not be held on 7/4, 8/6, 8/8, 8/10.

6/4-6/29 M,W,F 12:15-1:15 PM \$32 37610-01

7/2-7/27 M,W,F 12:15-1:15 PM \$29.75 37610-02

7/30-8/24 M,W,F 12:15-1:15 PM \$25.25 37610-03

6/4-6/29 M,W,F 1:30-2:30 PM \$32 37610-04

7/2-7/27 M,W,F 1:30-2:30 PM \$29.75 37610-05

7/30-8/24 M,W,F 1:30-2:30 PM \$25.25 37610-06

## Medium Intensity

### Fitness & Fun

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

**Location:** Senior Center

**Note:** Class will not be held on 7/4, 8/6, 8/8, 8/10.

6/4-6/29 M,W,F 7:30-8:30 AM \$32 37645-01

7/2-7/27 M,W,F 7:30-8:30 AM \$29.75 37645-02

7/30-8/24 M,W,F 7:30-8:30 AM \$25.25 37645-03

### Aqua Natal

For women during or after pregnancy! Low and medium impact exercises maintain muscle tone and cardiovascular fitness.

**Location:** Senior Center

**Note:** Class will not be held on 7/4, 8/6, 8/8, 8/10.

6/4-6/29 M,W,F 4:15-5:15 PM \$32 37650-01

7/2-7/27 M,W,F 4:15-5:15 PM \$29.75 37650-02

7/30-8/24 M,W,F 4:15-5:15 PM \$25.25 37650-03

**Classics**

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

**Note:** EPIC class will not be held on 6/22, 7/4, 8/13, 8/15, 8/17. Senior Center class will not be held 7/4, 8/6, 8/7, 8/8, 8/9, 8/10.

**Location: Mulberry Pool**

6/4-6/29	M,W,F	7:30-8:30 AM	\$32	32640-01
7/2-7/27	M,W,F	7:30-8:30 AM	\$29.75	32640-02
7/30-8/17	M,W,F	7:30-8:30 AM	\$25.25	32640-03

**Location: Edora Pool Ice Center**

6/4-6/29	M,W,F	7:30-8:30 AM	\$29.75	33640-01
7/2-7/27	M,W,F	7:30-8:30 AM	\$29.75	33640-02
7/30-8/24	M,W,F	7:30-8:30 AM	\$25.25	33640-03

**Location: Senior Center**

6/4-6/29	M,W,F	6:30-7:30 AM	\$32	37640-01
7/2-7/27	M,W,F	6:30-7:30 AM	\$29.75	37640-02
7/30-8/24	M,W,F	6:30-7:30 AM	\$25.25	37640-03
6/4-6/29	M,W,F	9:30-10:30 AM	\$32	37640-04
7/2-7/27	M,W,F	9:30-10:30 AM	\$29.75	37640-05
7/30-8/24	M,W,F	9:30-10:30 AM	\$25.25	37640-06
6/4-6/29	M,W,F	5:15-6:15 PM	\$32	37640-07
7/2-7/27	M,W,F	5:15-6:15 PM	\$29.75	37640-08
7/30-8/24	M,W,F	5:15-6:15 PM	\$25.25	37640-09
6/5-6/28	Tu,Th	6:15-7:15 AM	\$21	37640-10
7/3-7/26	Tu,Th	6:15-7:15 AM	\$21	37640-11
7/31-8/23	Tu,Th	6:15-7:15 AM	\$17	37640-12
6/5-6/28	Tu,Th	8:00-9:00 AM	\$21	37640-13
7/3-7/26	Tu,Th	8:00-9:00 AM	\$21	37640-14
7/31-8/23	Tu,Th	8:00-9:00 AM	\$17	37640-15
6/5-6/28	Tu,Th	9:00-10:00 AM	\$21	37640-16
7/3-7/26	Tu,Th	9:00-10:00 AM	\$21	37640-17
7/31-8/23	Tu,Th	9:00-10:00 AM	\$17	37640-18
6/5-6/28	Tu,Th	10:00-11:00 AM	\$21	37640-19
7/3-7/26	Tu,Th	10:00-11:00 AM	\$21	37640-20
7/31-8/23	Tu,Th	10:00-11:00 AM	\$17	37640-21
6/5-6/28	Tu,Th	4:00-5:00 PM	\$21	37640-22
7/3-7/26	Tu,Th	4:00-5:00 PM	\$21	37640-23
7/31-8/23	Tu,Th	4:00-5:00 PM	\$17	37640-24
6/5-6/28	Tu,Th	7:00-8:00 PM	\$21	37640-25
7/3-7/26	Tu,Th	7:00-8:00 PM	\$21	37640-26
7/31-8/23	Tu,Th	7:00-8:00 PM	\$17	37640-27

**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

**Note:** Class will not be held on 8/7, 8/9.

6/5-6/28	Tu,Th	5:30-6:30 PM	\$21	37670-01
7/3-7/26	Tu,Th	5:30-6:30 PM	\$21	37670-02
7/31-8/23	Tu,Th	5:30-6:30 PM	\$17	37670-03

**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.

**Note:** Class will not be held on 7/4, 8/14, 8/16.

**Location: Mulberry Pool**

6/4-6/29	M,W,F	12:15-1:00 PM	\$32	32660-01
7/2-7/27	M,W,F	12:15-1:00 PM	\$29.75	32660-02
7/30-8/17	M,W,F	12:15-1:00 PM	\$25.25	32660-03

**Location: Edora Pool Ice Center**

6/5-6/28	Tu,Th	5:25-6:25 PM	\$21	33660-01
7/3-7/26	Tu,Th	5:25-6:25 PM	\$21	33660-02
7/31-8/23	Tu,Th	5:25-6:25 PM	\$17	33660-03

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## Arts & Crafts

### General Information

#### Visual Arts & Crafts Show

Artists and crafters who are 50 and older are showing off their talents by displaying their work. The show will be on display from May 1 - May 30, Monday -Friday 6:00 AM-9:00 PM, Saturday 8:00 AM-5:00 PM, Sunday 10:00 AM-9:00 PM.

**Pick up:** Art will be returned to the artists Friday, June 1, 1:00-5:00 PM and Saturday, June 2, 9:00 AM-Noon.

#### 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](mailto:sdietemann@fcgov.com)

#### Request for Exhibits

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

#### Teachers?

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

#### Volunteers Wanted

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

## Adult Arts & Crafts

Classes are for 18 years & up unless otherwise noted.

### Basketry

#### Weave A Large Bushel-Type Basket

We will make a large bushel-type basket using wicker and basket reed, but students may bring in other easy-to-weave materials such as fresh vines or other fresh or dried vegetation, yarn or other fiber, buttons, bone, antler, or other items to accent your creation

**Instructor:** Liz Moncrief

**Location:** Senior Center

**Note:** Please wear old clothes, Supply list available at registration. Please look to [www.naturacolorado.com](http://www.naturacolorado.com) for ideas in baskets. Also please bring a lunch this is an 7.5 hour class. Class partially discountable.

7/21	Sa	8:30 AM-4:00 PM	\$65	34169-01
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### Drawing

#### Outdoor Sketching

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

**Age:** 16 years & up

**Instructor:** Joan Deines

**Location:** Senior Center

**Note:** Supply list available at registration (approx cost \$10-\$15). Meet the first time in the Senior Center Lobby.

6/16-7/21	Sa	9:30-11:30 AM	\$50	34102-01
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#### Essential Cartooning

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:** 12 years & up

**Instructor:** Jesse Bonifazi

**Location:** Senior Center

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

6/9-7/14	Sa	1:30-3:30 PM	\$54	34107-01
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 **Jewelry:** Learn about and create your own jewelry with high relief designs.

### Drawing, Animals

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

**Age:** 16 years & up

**Instructor:** Larry Tucci

**Location:** Senior Center

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

6/19-7/24 Tu 6:30-8:30 PM \$53 34145-01

### Fiber Arts

#### Needle Felted Dolls

Learn to hand craft figures, dolls, animals from wool roving by needle felting. In this class you will learn the process to make storybook figures or simple creatures while working on roughly 6" figurines..

**Age:** 14 years & up

**Instructor:** Mary Elizabeth Lenahan, OT

**Location:** Senior Center

**Note:** All supplies provided. Class partially discountable.

6/25 M 1:00-4:00 PM \$26 34134-01

#### Dyeing for the Fiber Artist

This class is specifically for those who work with wool: spinning, weaving, knitting, crochet. We will discuss the chemical nature of dyes and how to work with them to achieve perfect results. This class of dye is known as 'acid' dye because it is formulated to work on protein fibers.

**Age:** 16 years & up

**Instructor:** Liz Moncrief

**Location:** Senior Center

**Note:** All materials will be supplied including the dyes, wool roving, yarns and equipment. . Wear old clothes. Please look to [www.naturacolorado.com](http://www.naturacolorado.com) to see what is possible in this class. Class partially discountable.

6/30 Sa 8:30 AM-12:30 PM \$57 34154-01

### General Arts

#### Home-Made Soap Making & French-Milled Soap

Learn to make several different soaps. The process is extremely easy but it should be experienced first in a classroom setting as there are some risks. You will be given the workshop recipe book you used to make soap, 2 bars of cured home-made soap, and 2-3 bars of your own French-milled soap to take home.

**Instructor:** Liz Moncrief

**Location:** Senior Center

**Note:** All supplies provided. Please wear old clothes with full sleeves and long pants, closed-toed shoes. Please look to [www.naturacolorado.com](http://www.naturacolorado.com) to see what is possible in this workshop. Class partially discountable.

8/25 Sa 8:30 AM-12:30 PM \$47 34151-01

#### Lotions & Potions Total Body Care

Students will make and take home with them a minimum of 5 body products along with a class workbook and recipes. Using simple ingredients we will learn what ingredients are healthy and what works for your particular skin type. No preservatives will be used, but we will discuss what you can use to extend shelf life.

**Instructor:** Liz Moncrief

**Location:** Senior Center

**Note:** All supplies provided. Please wear old clothes. Please look to [www.naturacolorado.com](http://www.naturacolorado.com) to see what is possible in this class. Class partially discountable.

6/9 Sa 8:30 AM-12:30 PM \$47 34152-01

#### Artistic Abilities



Participants will learn non-darkroom photographic techniques, ending with a show for their work at the Center for Fine Art Photography. This class is open to people of all abilities, with an emphasis on accommodations for various challenges and disabilities.

**Age:** 13 years & up

**Location:** Colorado State University

**Note:** Class is held at Colorado State University in the Visual Arts Building, Room D102. For more information contact Alison Cope at [acope@frii.com](mailto:acope@frii.com). Class partially discountable.

5/16-6/6 W 4:00-6:00 PM \$26 34616-01

### Jewelry

#### Jewelry, Chasing & Repoussé

**Prerequisite:** Beginning Jewelry

This workshop will explore the fundamentals of moving metal using small tools and hammers to create high relief designs and textures. The process of chasing is often compared to tooling leather, only in metal and with a much more active surface.

**Age:** 16 years & up

**Instructor:** Mark Ruby

**Location:** Senior Center

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

6/9 Sa 10:00 AM-4:00 PM \$67 34185-01

6/10 Su Noon-3:00 PM

**Jewelry, Etching****Prerequisite:** Beginning Jewelry

Create your own unique designs and textures in metal while you master etching basics, learn the chemical removal of metal to produce surface designs and create stunning pieces of jewelry. Safety procedures for using and handling of acids and bases will be covered.

**Age:** 16 years & up**Instructor:** Mark Ruby**Location:** Senior Center

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

6/23	Sa	10:00 AM-4:00 PM	\$67	34186-01
6/24	Su	Noon-3:00 PM		

**Painting****Bob Ross Painting**

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

**Instructor:** Peggy Hunt**Location:** Senior Center

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

6/14	Th	9:00 AM-3:30 PM	\$60	34127-01
7/5	Th	9:00 AM-3:30 PM	\$60	34127-02

**Chinese Brush Painting**

If you are a beginner or have experience, this class will cater to your level. You will learn to use the Chinese Brush on oriental paper; you will study the basic strokes and simple composition for several different styles of designs or advance your current knowledge of the techniques.

**Instructor:** Ann Hartzler**Location:** Senior Center

**Note:** Bring an apron or wear old clothing. Bring a jar and a small dish or white saucer. All other supplies provided. Class partially discountable.

7/11-8/1	W	6:30-8:30 PM	\$60	34137-01
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**Painting, Beginning Acrylic**

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

**Age:** 16 years & up**Instructor:** Larry Tucci**Location:** Senior Center

**Note:** Supply list available at registration (approximate cost \$30-\$50). Class partially discountable. This class is ongoing and meets weekly on a month-to-month basis. Class will not be held on 6/21, 8/9.

6/7-6/28	Th	6:30-8:30 PM	\$29	34146-01
7/5-7/26	Th	6:30-8:30 PM	\$37	34146-02
8/2-8/30	Th	6:30-8:30 PM	\$37	34146-03

**Faux Painting, Metallics, Tuscan, Classic**

Learn a fast, easy, and less expensive way to use paint to replicate Old World stone-like walls and classic looks for a traditional theme. The instructor is a professional decorative painter that can show you how to add bling with metallics, have perfect edges and rescue your walls.

**Instructor:** Linda Coffman**Location:** Senior Center

**Note:** Bring an apron or wear old clothing. A required materials fee of \$29 will be collected at class. This includes a painting kit and a DVD. Class partially discountable.

6/22	F	6:00-8:30 PM	\$25	34156-01
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**Porcelain Painting, Beginning**

This is your chance to try porcelain painting. Students will learn proper painting techniques that include the use of oils, thinners, wiping tools and specialty brushes. Techniques for completion of the finished product takes several weeks. The entire process usually requires several firings to get the desired result.

**Instructor:** Jackie Mosman**Location:** Senior Center

**Note:** All supplies included. Firing of your work is included in the course fee. Reduced fee when using your own supplies. Class partially discountable. Class will not be held on 8/10.

6/1-6/29	F	1:00-3:30 PM	\$56	34170-01
7/6-7/27	F	1:00-3:30 PM	\$47	34170-02
8/3-8/31	F	1:00-3:30 PM	\$47	34170-03



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**Porcelain Painting, Intermediate**

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

**Instructor:** Jackie Mosman

**Location:** Senior Center

**Note:** Firing of your work is included in the course fee. You provide the painting supplies. Class will not be held on 7/4, 8/8.

6/6-6/27	W	9:00-11:30 AM	\$42	34171-01
7/11-7/25	W	9:00-11:30 AM	\$32	34171-02
8/1-8/29	W	9:00-11:30 AM	\$42	34171-03

**Porcelain Painting, Advanced**

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

**Instructor:** Jackie Mosman

**Location:** Senior Center

**Note:** Firing of your work is included in the course fee. You provide the painting supplies. Class will not be held on 7/4, 8/8.

6/6-6/27	W	1:00-4:00 PM	\$48	34172-01
7/11-7/25	W	1:00-4:00 PM	\$37	34172-02
8/1-8/29	W	1:00-4:00 PM	\$48	34172-03

**Paper Arts**

**Hardcover Bookbinding**

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

**Age:** 16 years & up

**Instructor:** Sylvia Godsey

**Location:** Senior Center

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

7/11-8/1	W	6:30-8:30 PM	\$45	34110-01
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**Stab Bookbinding Workshop**

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

**Age:** 16 years & up

**Instructor:** Sylvia Godsey

**Location:** Senior Center

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

7/28	Sa	9:00 AM-4:00 PM	\$41	34111-01
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**Paste Paper**

Learn these unique techniques for making your own beautiful, uniquely decorated papers. It's like finger painting for adults! Uses include scrapbooking, handmade cards, calligraphy and bookbinding.

**Instructor:** Sylvia Godsey

**Location:** Senior Center

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

6/30	Sa	9:00 AM-Noon	\$21	34112-01
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**Suminigashi Paper Marbling**

With this process that makes swirls and twisty designs on paper, learn the basics of paper marbling and create your own decorated stationary, envelopes, wrapping paper, etc. Learn specific techniques and how this spectacular process works to make wonderful end papers for books or scrap booking.

**Instructor:** Sylvia Godsey

**Location:** Senior Center

**Note:** All supplies are provided. But feel free to bring along any papers you would like to try marbling. Class partially discountable.

7/7	Sa	9:00-11:00 AM	\$19	34113-01
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**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. A field trip will be on Saturday after the start of your class.

6/7-6/21	Th	6:00-9:00 PM	\$47	34130-01
6/9	Sa	9:00 AM-Noon		

**Photography, Intermediate & Advanced**

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

**Age:** 16 years & up

**Instructor:** Dick Myhre

**Location:** Senior Center

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

7/12-7/26	Th	6:00-9:00 PM	\$39	34131-01
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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. This class will give you the knowledge and basics so you can work in the open shop. Discussion of the different materials and finishes will be covered.

**Age:** 18 years & up

**Instructor:** Leroy Wilson

**Location:** Senior Center

**Note:** Some supplies provided. Supply list available first day of class (approx. cost \$20-\$30). Class partially discountable. Class will not be held on 7/4.

6/13-7/25	W	7:00-9:00 PM	\$90	34190-01
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## Pottery

All pottery classes are held at the Pottery Studio. See page 12 for details.

### Private Pottery Instruction

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

### Parents or Grandparents & Children Together

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

### Pottery, Beginning Wheel & Handbuilding

This class is for the students who have never had pottery. You will learn about clay, tools, and glazing plus much more. You will learn the basic skills, techniques and principles involved in pottery. Primary emphasis for the class is on creating using the potter's wheel as a tool. Some handbuilding will be covered.

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

6/11-8/13	M	9:00-11:00 AM	\$139	34060-01
6/11-8/13	M	5:30-7:30 PM	\$139	34060-02
6/13-8/22	W	8:00-10:00 PM	\$139	34060-03

### Pottery, Beginning Plus, Wheel & Handbuilding

**Prerequisite:** One or more sessions of Beginning Wheel & Handbuilding

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

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

6/11-8/13	M	8:00-10:00 PM	\$139	34061-01
6/13-8/22	W	5:30-7:30 PM	\$139	34061-02
6/14-8/16	Th	9:00-11:00 AM	\$139	34061-03

### 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. Class will not be held on 7/4.

6/12-8/14	Tu	5:30-7:30 PM	\$139	34062-01
6/13-8/22	W	9:00-11:00 AM	\$139	34062-02



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➔ **Pottery:** Explore three-dimensional form in clay using handbuilding techniques.

### 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.

6/14-8/16 Th 5:30-7:30 PM \$139 34063-01

### Pottery, Raku Workshop

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

**Note:** No previous experience necessary All tools and supplies and 25 pounds of clay are included in the fee. Class partially discountable. All four meeting times are one class.

8/31-9/7 F 6:00-9:00 PM \$64 34065-01

9/1-9/8 Sa 9:00 AM-Noon

### Pottery, Handbuilding Expressions

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

**Note:** This class is for all levels. 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 Class will not be held on 7/4.

6/13-8/22 W 5:00-7:00 PM \$139 34067-01

### 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 at the Pottery Studio may register as a lab student.

**Note:** Production work is not permitted. Lab Fee includes 25 pounds of clay. Lab hours are for adults only. Open lab times are not available for students enrolled in the Sampler Class. Lab partially discountable. Class will not be held on 7/4.

6/11-8/18 M,Th 11:00 AM-1:00 PM \$139 34066-01

6/11-8/18 W 11:00 AM-2:00 PM

6/11-8/18 Tu,Th 7:30-10:00 PM

6/11-8/18 Tu,Sa 9:00 AM-Noon

### 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 time included for the 5 weeks that you are in class. This class is for all levels. All tools and supplies, including 25 pounds of clay, glazes and all firings are provided. This class meets upstairs in the Pottery Studio. Class partially discountable.

6/15-7/13 F 6:00-8:00 PM \$70 34071-01

7/20-8/17 F 6:00-8:00 PM \$70 34071-02

### Visiting Artist Demonstrations

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

**Age:** All

**Note:** Workshops are held on the second floor of the Pottery Studio 1541 W. Oak. The fee of \$15.00 is payable at the door and is not discountable.

#### Sanam Emami

The visiting artist will be Sanam Emami. She will be demonstrating functional pottery pots. See her work at <http://sanamemami.com/>.

6/23 Sa 1:00-4:00 PM

#### William Butler

William Butler will be demonstrating functional and decorative pottery. See his works at <http://www.billbutler.com>.

7/21 Sa 1:00-4:00 PM

### Pottery Sampler

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

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

6/16-7/14 Sa 12:30-2:30 PM \$49 34069-01

7/21-8/18 Sa 12:30-2:30 PM \$49 34069-02

## Youth Arts & Crafts

### Duct Tape Designs

Come learn the latest duct tape designs. This class offers different projects and the latest fashions. Each child will use their creativity to design and make a project that will last forever.

**Age:** 8-12 years

**Location:** Youth Activity Center

**Note:** Class partially discountable.

6/15	F	10:00 AM-Noon	\$29	35500-01
7/13	F	10:00 AM-Noon	\$29	35500-02

### Colorful Collage

Create colorful collage on canvas using recyclable materials and found objects. Participants are encouraged to bring their own items for embellishment.

**Age:** 6-12 years

**Instructor:** Julie Gillen, C.E.T.

**Location:** Northside Aztlan Center

**Note:** Art classes are messy. Please dress appropriately.

7/10-7/17	Tu	9:00-10:00 AM	\$20	35501-01
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### Art Explosion

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

**Age:** 5-6 years

**Instructor:** Julie Gillen, C.E.T.

**Location:** Northside Aztlan Center

6/14-6/28	Th	11:00 AM-Noon	\$29	35519-01
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### Tie Dye Art

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

**Age:** 8-10 years

**Instructor:** Julie Gillen, C.E.T.

**Location:** Northside Aztlan Center

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

7/12-7/26	Th	9:00-10:00 AM	\$41	35521-01
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### Critter Condos

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

**Age:** 6-10 years

**Location:** Youth Activity Center

6/11-6/14	M-Th	1:00-2:30 PM	\$42	35523-01
7/9-7/12	M-Th	1:00-2:30 PM	\$42	35523-02

### Cupcakes & Tea for You & Me

Create colorful, crazy hats to wear during your own tea party with cupcakes you bake and decorate yourself!

**Age:** 6-12 years

**Instructor:** Julie Gillen, C.E.T.

**Location:** Northside Aztlan Center

7/24-7/31	Tu	10:00 AM-Noon	\$20	35526-01
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It's A Charmed Life: Create clay charms for a bracelet using polymer clay!

### Masterpiece Studio

Recreate your own masterpiece using famous Van Gogh, Matisse and Warhol paintings as inspiration.

**Age:** 6-12 years

**Instructor:** Julie Gillen, C.E.T.

**Location:** Northside Aztlan Center

7/31-8/7	Tu	1:00-3:00 PM	\$37	35524-01
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### It's A Charmed Life

Work with polymer clay to create your own midget charms which you will put onto a real bracelet to take home. Look for additional charm making classes offered throughout the year.

**Age:** 8-11 years

**Instructor:** Jodie Hamilton, Julie Gillen, C.E.T.

**Location:** Northside Aztlan Center

6/26	Tu	1:00-3:00 PM	\$30	35508-01
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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!

**Age:** 5-11 years

**Location:** Youth Activity Center

#### Age: 5-7 years

6/9-6/16	Sa	10:00-11:30 AM	\$27	35511-01
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7/28-8/4	Sa	10:00-11:30 AM	\$27	35511-04
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#### Age: 8-11 years

6/9-6/16	Sa	Noon-1:30 PM	\$27	35511-05
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7/28-8/4	Sa	Noon-1:30 PM	\$27	35511-08
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### Creation Station

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

**Age:** 8-12 years

**Instructor:** Julie Gillen, C.E.T.

**Location:** Northside Aztlan Center

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

6/14-6/28	Th	3:00-4:00 PM	\$29	35530-01
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8/2-8/9	Th	3:00-4:00 PM	\$20	35530-02
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**Water Color Picnic**

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

**Age:** 9-12 years

**Instructor:** Julie Gillen, C.E.T.

**Location:** Playground across from City Park Pool

**Note:** Dress for the weather. Please bring a water bottle and a blanket or towel to sit on. Kids encouraged to bring a snack or a lunch.

6/12 Tu 9:00 AM-Noon \$29 35532-01

**Outside Art**

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

**Age:** 4-6 years

**Instructor:** Julie Gillen, C.E.T.

**Location:** The Gardens on Spring Creek, North Patio

**Note:** Child with parent class.

6/14-6/28 Th 9:00-10:00 AM \$29 35533-01

**Super Survival Bracelets**

Come learn how to make these amazing survival bracelets! Learn the techniques used to make friendship bracelets.

**Age:** 8-11 years

**Instructor:** Lisa Dachel

**Location:** Youth Activity Center

**Note:** Class partially discountable.

6/8 F 10:00 AM-Noon \$39 35534-01

8/3 F 10:00 AM-Noon \$29 35534-02

**The Cave Painters**

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

**Age:** 6-12 years

**Instructor:** Julie Gillen, C.E.T.

**Location:** Lee Martinez Park

**Note:** Meet at the pavilion at Lee Martinez Park

6/26 Tu 9:00 AM-Noon \$29 35538-01

**Mural Painting**

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

**Age:** 9-12 years

**Instructor:** Julie Gillen, C.E.T.

**Location:** Lee Martinez Park

**Note:** Please wear paint clothes

6/19 Tu 9:00 AM-Noon \$29 35539-01

**Camp Picasso**

Learn about different artists and exploring various mediums. Have fun creating your own works of art!

**Age:** 6-12 years

**Instructor:** Julie Gillen, C.E.T.

**Location:** Northside Aztlan Center

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

7/12-7/26 Th 1:00-4:00 PM \$79 35540-01

**Flowers Galore**

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

**Age:** 10-13 years

**Instructor:** Julie Gillen, C.E.T.

**Location:** Northside Aztlan Center

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

8/2-8/9 Th 1:00-2:00 PM \$20 35541-01

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The advertisement features a scenic background of a mountain range with a valley. In the foreground, several covers of the 'RECREATOR' magazine are displayed. The covers include:
 

- A cover with a group of people and the text 'RECREATOR'.
- A cover with a blue face and the text 'RECREATOR'.
- A cover with a person in a red helmet and the text 'RECREATOR' and 'DISCOVER YOUR INNER OUTSIDER!'.
- A cover with a person in a red and black outfit and the text 'RECREATOR' and 'WINTERIZED FORT COLLINS'.

**Art Picnic**

Bring your lunch and head to The Gardens. Kids will enjoy a morning of art instruction in an outdoor setting.

**Age:** 6-12 years

**Instructor:** Julie Gillen, C.E.T.

**Location:** The Gardens on Spring Creek

**Note:** Please wear sunscreen, bring a sack lunch and an 8 x 11 sketch book. Class will meet on the north patio.

7/5 Th 9:00 AM-Noon \$29 35542-01

**Magical Mermaids**

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

**Age:** 4-6 years

**Instructor:** Julie Gillen, C.E.T.

**Location:** Northside Aztlan Center

8/9 Th 10:00 AM-Noon \$20 35543-01

**Beautiful Batiks**

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

**Age:** 8-12 years

**Instructor:** Julie Gillen, C.E.T.

**Location:** Northside Aztlan Center

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

7/12-8/2 Th 11:00 AM-Noon \$37 35545-01

**1...2...3..Print!**

In this Introductory Printmaking class we will investigate "ordinary" everyday objects and basic techniques to create fun fine art prints. Be prepared to get messy and have fun!

**Age:** 5-11 years

**Location:** Youth Activity Center

**Note:** Class partially discountable.

**Age: 5-7 years**

7/14 Sa 10:00-11:30 AM \$18 35537-01

**Age: 8-11 years**

7/14 Sa Noon-1:30 PM \$18 35537-02

**Simply Art**

Students will explore how to create art from the simple materials such as paper, twigs, etc. In this class we will encourage thinking outside the box to create a work of art from the raw materials in front of us!

**Age:** 5-11 years

**Location:** Youth Activity Center

**Note:** Art classes are messy. Please dress accordingly.

**Age: 5-7 years**

6/23 Sa 10:00-11:30 AM \$18 35546-01

**Age: 8-11 years**

6/23 Sa Noon-1:30 PM \$18 35546-02

**Robot Recyclables**

Create out of this world robots using recyclable materials.

**Age:** 4-6 years

**Instructor:** Julie Gillen, C.E.T.

**Location:** Northside Aztlan Center

8/2-8/9 Th 9:00-10:00 AM \$29 35549-01

**Mudslingers**

Come experiment and play with clay. We will explore and work with different types of clay in this creative class.

**Age:** 6-12 years

**Instructor:** Julie Gillen, C.E.T.

**Location:** Youth Activity Center

7/10-7/24 Tu 1:00-2:30 PM \$47 35547-01

**Henna Body Art**

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

**Age:** 11-17

**Instructor:** Julie Gillen, C.E.T.

**Location:** Northside Aztlan Center

**Note:** Please note any skin allergies at the time of registration. Class not discountable.

6/12-6/19 Tu 1:00-3:00 PM \$34 35736-01

**Face Painting 101**

Using professional stage make-up and paint, learn the art of disguise. Recreate yourself into an exotic butterfly, zombie or bony pirate skull.

**Age:** 11-17 years

**Instructor:** Julie Gillen, C.E.T.

**Location:** Northside Aztlan Center

**Note:** Please note any skin allergies at the time of registration. Class not discountable.

7/10-7/17 Tu 1:00-2:30 PM \$34 35737-01

**Drawing**

You'll use all forms of drawing media including charcoal, pastels, and pencils to bring your objects to life.

**Grade:** 6-8

**Instructor:** Mary Caraway

**Location:** Northside Aztlan Center

**Middle School**

6/11-7/5 M,Th 1:00-2:30 PM \$94 35745-01

**High School**

6/11-7/5 M,Th 1:00-2:30 PM \$94 35745-02

**Graphic Design**

Have you always wanted to design your own posters or T-shirts? Learn how to go from a concept to a fully designed piece. You'll use all different types of medium to finalize your work including computer software, paint layering and more!

**Grade:** 6-12

**Instructor:** Mary Caraway

**Location:** Northside Aztlan Center

**Note:** All supplies provided.

**Middle School**

7/9-8/2 M,Th 1:00-2:30 PM \$94 35746-01

**High School**

7/9-8/2 M,Th 3:00-4:30 PM \$94 35746-02

## Youth & Teen Pottery

All classes are held at the Pottery Studio unless otherwise noted.

### Birthday Parties

The kids will enjoy working in clay and will make a creation of their own. You invite participants and provide the refreshments. The Pottery staff will provide the "know how", supplies and tools to teach and help make a precious object. Parties last about 90 minutes. Cost is \$12 per child (5 children minimum). Parties are not discountable. With 10 kids or more the birthday child is free. Contact Steve Dietemann at 970.224.6028 or sdietemann@fcgov.com.

### Boy & Girl Scouts Badge Requirements

Scouts will learn the fundamentals of clay while completing the requirements set by the organization. Scouts will create a piece that they can personalize with their 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 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

**Location:** Pottery Studio

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

6/15-7/13	F	5:30-7:00 PM	\$89	34052-01
7/20-8/17	F	5:30-7:00 PM	\$89	34052-02

### Pottery, Parent & Child, Handbuilding

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

**Age:** 6-9 years

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

6/16-7/14	Sa	4:30-6:00 PM	\$89	34051-01
7/21-8/18	Sa	4:30-6:00 PM	\$89	34051-02

### Pottery, Teen Wheel & Handbuilding

Participants enrolled in this program will learn 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

6/12-7/12	Tu,Th	3:30-5:00 PM	\$89	34057-01
6/15-7/13	F	3:30-5:00 PM	\$48	34057-02
7/17-8/16	Tu,Th	3:30-5:00 PM	\$89	34057-03
7/20-8/17	F	3:30-5:00 PM	\$48	34057-04

### Pottery, Parent & Tot Mud

Parent and child combine their talents in this unique pottery class. The projects are constantly being varied so it is possible to 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. Class will not be held on 7/4.

6/12-7/10	Tu	12:15-1:15 PM	\$34	34050-01
6/13-7/11	W	2:15-3:15 PM	\$34	34050-02
6/16-7/14	Sa	3:00-4:00 PM	\$34	34050-03
7/17-8/14	Tu	12:15-1:15 PM	\$34	34050-04
7/18-8/15	W	2:15-3:15 PM	\$34	34050-05
7/21-8/18	Sa	3:00-4:00 PM	\$34	34050-06

### 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

6/11-7/9	M	1:30-3:00 PM	\$48	34053-01
6/12-7/10	Tu	1:30-3:00 PM	\$48	34053-02
6/15-7/13	F	1:30-3:00 PM	\$48	34053-03
7/16-8/13	M	1:30-3:00 PM	\$48	34053-04
7/17-8/14	Tu	1:30-3:00 PM	\$48	34053-05
7/20-8/17	F	1:30-3:00 PM	\$48	34053-06

### Pottery, Youth Wheel/Handbuilding

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

**Age:** 10-12 years

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

6/11-7/11	M,W	3:30-5:00 PM	\$89	34055-01
6/14-7/12	Th	1:30-3:00 PM	\$48	34055-02
7/16-8/15	M,W	3:30-5:00 PM	\$89	34055-03
7/19-8/16	Th	1:30-3:00 PM	\$48	34055-04



## Dance & Movement

### Adult

#### 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.

### Ballet

#### Ballet, Beginning

Introduction to classical barre, positions and steps.

**Age:** 18 years & up

**Instructor:** Sarah Manno

**Location:** Club Tico

**Note:** Ages 13-17 allowed with instructor approval. Class will not be held on 6/26.

6/5-7/3	Tu	6:45-7:45 PM	\$28	34201-01
7/10-7/31	Tu	6:45-7:45 PM	\$33	34201-02

#### Ballet, Low/Intermediate

Continuing work on basic technique.

**Age:** 18 years & up

**Instructor:** Sarah Manno

**Location:** Empire Grange

**Note:** Ages 13-17 allowed with instructor approval. Class will not be held on 6/25.

6/4-7/2	M	5:30-6:45 PM	\$34	34202-01
7/9-7/30	M	5:30-6:45 PM	\$34	34202-02

#### Ballet, Intermediate

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

**Age:** 18 years & up

**Instructor:** Sarah Manno

**Location:** Club Tico

**Note:** Ages 13-17 allowed with instructor approval.

6/7-6/21	Th	5:25-6:40 PM	\$30	34203-01
7/5-7/26	Th	5:25-6:40 PM	\$38	34203-02

### 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:** 18 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. Ages 13-17 allowed with instructor approval.

6/14-7/26	Th	6:30-8:00 PM	\$70	34204-01
8/16-9/27	Th	6:30-8:00 PM	\$70	34204-02

#### Belly Dancing, Intermediate

**Prerequisite:** Two consecutive sessions of Beginning Belly Dance or instructor's approval

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

**Age:** 18 years & up

**Instructor:** Nancy Montgomery

**Location:** Senior Center

**Note:** Please wear yoga/exercise gear and a scarf or sash around your hips. Bare feet, water bottle, and yoga mat recommended. Ages 13-17 allowed with instructor approval.

6/14-7/26	Th	8:00-9:30 PM	\$70	34205-01
8/16-9/27	Th	8:00-9:30 PM	\$70	34205-02

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## Clogging

### Clogging, Beginning

Clogging is a percussive style of tap dance, a combination of rhythm, music and movement performed to a variety of music genres. It's aerobic, stimulating and fun!

**Age:** 18 years & up

**Instructor:** Jan Waterman

**Location:** Northside Aztlan Center

**Note:** Class will not be held on 8/20.

6/4-6/25	M	4:20-5:15 PM	\$29	34261-01
7/2-7/30	M	4:20-5:15 PM	\$34	34261-02
8/6-8/27	M	4:20-5:15 PM	\$24	34261-03

### Clogging, Intermediate

Build on your clogging dance skills in this class that offers more complex and challenging choreography. This is a great aerobic workout.

**Age:** 18 years & up

**Instructor:** Jan Waterman

**Location:** Northside Aztlan Center

**Note:** Class will not be held on 8/20.

6/4-6/25	M	5:20-6:15 PM	\$29	34262-01
7/2-7/30	M	5:20-6:15 PM	\$34	34262-02
8/6-8/27	M	5:20-6:15 PM	\$24	34262-03

## Dancing With Don

### Ballroom & Latin Dance

In this class you will learn the basics of Fox Trot, Waltz, Polka, Tango and Cha Cha. You will work on moves to give your dancing polish and style.

**Age:** 18 years & up

**Instructor:** Don Roberts

**Location:** Club Tico

**Note:** Class not discountable.

6/13-6/27	W	8:40-10:00 PM	\$31	34215-01
7/11-7/25	W	8:40-10:00 PM	\$31	34215-02
8/1-8/15	W	8:40-10:00 PM	\$31	34215-03

### Country Western Dance

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

**Age:** 18 years & up

**Instructor:** Don Roberts

**Location:** Club Tico

**Note:** Class not discountable.

6/13-6/27	W	6:00-7:20 PM	\$31	34222-01
7/11-7/25	W	6:00-7:20 PM	\$31	34222-02
8/1-8/15	W	6:00-7:20 PM	\$31	34222-03

### Jitterbug & East Coast Swing

In this class you will learn the difference of single time and triple time swing dancing. Jitterbug is done to faster music from the Big Band Era and East Coast Swing is done to slower music.

**Age:** 18 years & up

**Instructor:** Don Roberts

**Location:** Club Tico

**Note:** Class not discountable.

6/13-6/27	W	7:20-8:40 PM	\$31	34227-01
7/11-7/25	W	7:20-8:40 PM	\$31	34227-02
8/1-8/15	W	7:20-8:40 PM	\$31	34227-03

## Line Dancing

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

### Line Dance, Beginning I

This class is designed for the person who wants to learn line dancing. Line dance terminology, steps and easy choreography will be taught.

**Location:** Senior Center

6/4-6/25	M	1:00-2:15 PM	\$19	34250-01
7/2-7/30	M	1:00-2:15 PM	\$23	34250-02
8/13-8/27	M	1:00-2:15 PM	\$15	34250-03

### Line Dance, Beginning II

This class is for Line dancers who are familiar with line dancing choreography and terminology. The dances learned in this class are more complicated than the ones learned in beginning class.

**Location:** Senior Center

6/5-6/26	Tu	1:00-2:15 PM	\$19	34251-01
7/3-7/31	Tu	1:00-2:15 PM	\$23	34251-02
8/14-8/28	Tu	1:00-2:15 PM	\$15	34251-03

### Line Dance, Intermediate

This class is designed for the experienced line dancer who thrives on complex choreography.

**Location:** Senior Center

6/5-6/26	Tu	2:15-3:30 PM	\$19	34252-01
7/2-7/30	M	2:15-3:30 PM	\$23	34252-02
8/13-8/27	M	2:15-3:30 PM	\$15	34252-03

## Modern

### Modern Dance

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

**Age:** 18 years & up

**Instructor:** Sarah Manno

**Location:** Club Tico

**Note:** Ages 13-17 allowed with instructor permission. Class will not be held on 6/26.

6/5-7/3	Tu	5:25-6:40 PM	\$34	34208-01
7/10-7/31	Tu	5:25-6:40 PM	\$34	34208-02



**Dancin' Dumplin's:** Dance rhythms, movement, tumbling and creativity!

## Dance Movement Youth

### 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:** Kindergarten-2

**Instructor:** Sarah Manno

**Location:** Club Tico

7/5-7/26 Th 4:15-5:15 PM \$34 34207-01

### Dancin' Dumplin's

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

**Age:** 3-7 years

**Instructor:** Marsha Portelance

**Location:** Mulberry Pool

**Note:** Appropriate attire is required: leotard and tights, or T-shirts and shorts. Class will not be held on 7/6.

#### Age: 3 years

6/8-6/22 F 10:15-11:00 AM \$27 35556-01

6/8-6/22 F 11:15 AM-Noon \$27 35556-02

6/29-7/20 F 10:15-10:55 AM \$27 35556-03

6/29-7/20 F 11:15 AM-Noon \$27 35556-04

#### Age: 4-5 years

6/5-7/3 Tu 5:30-6:30 PM \$54 35556-05

6/8-6/22 F 9:00-9:55 AM \$34 35556-06

6/29-7/20 F 9:00-9:55 AM \$34 35556-07

#### Age: 5-7 years

6/6-6/27 W 4:15-5:15 PM \$44 35556-08

### Dancin' Dumplin's Dancing with Props!

In this variation of our traditional Dancin' Dumplin's class, participants will explore a variety of dance steps, movement, tumbling and creativity using props as inspiration!

**Instructor:** Marsha Portelance

**Location:** Mulberry Pool

#### Age: 3 years

##### Buddy Dance

Dance with Mrs. Marsha's favorite stuffed animals.

7/23-8/6 M 11:15 AM-Noon \$27 35558-01

##### Magic Wand

Dance with wizard, ribbon and princess wands.

7/25-8/8 W 10:15-11:00 AM \$27 35558-02

7/25-8/8 W 11:15 AM-Noon \$27 35558-03

##### Ribbon Dance

All about dancing with a variety of fun, colorful ribbons.

7/27-8/10 F 10:15-11:00 AM \$27 35558-04

7/27-8/10 F 11:15 AM-Noon \$27 35558-05

#### Age: 4-5 years

##### Stardust

Dancing with an assortment of multi-colored and different sized scarves.

7/10-8/7 Tu 5:30-6:30 PM \$54 35558-06

##### Buddy Dance

Dance with Mrs. Marsha's favorite stuffed animals.

7/23-8/6 M 10:15-11:00 AM \$27 35558-07

##### Magic Wand

Dance with wizard, ribbon and princess wands.

7/25-8/8 W 9:00-9:55 AM \$27 35558-08

##### Ribbon Dance

All about dancing with a variety of fun, colorful ribbons.

7/27-8/10 F 9:00-9:55 AM \$34 35558-09

#### Age: 5-7 years

##### Masquerade

Animal, character and phantom masks will be used to enhance our dancing.

7/11-8/8 W 4:15-5:15 PM \$54 35558-10

### Just Tumbling

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

**Age:** 7-8 years

**Instructor:** Marsha Portelance

**Location:** Mulberry Pool

6/7-6/28 Th 5:45-6:45 PM \$44 35559-01

7/12-8/9 Th 5:45-6:45 PM \$54 35559-02





**Tappin' Dumplin's:** Explore the world of tap dancing.

**Tappin' Dumplin's**

In this variation of our traditional Dancin' Dumplin's, participants will explore a little tap dancing as well as dance steps, movement, tumbling and creativity. Choose from traditional or themed classes.

**Age:** 4-7 years

**Instructor:** Marsha Portelance

**Location:** Mulberry Pool

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

**Age: 4-5 years**

6/5-7/3	Tu	4:15-5:15 PM	\$54	35561-01
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**Age: 5-7 years**

6/6-6/27	W	5:30-6:30 PM	\$44	35561-02
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**Tappin' Dumplin's Tappin' with Props!**

In this variation of our traditional Tappin dumplins class, participants will enhance their experience through the use of props.

**Age:** 4-7 years

**Instructor:** Marsha Portelance

**Location:** Mulberry Pool

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

**Age: 4-5 years**

**Hats Off**

Tappin' with a western twist: cowboy hats and tap shoes.

7/10-8/7	Tu	4:15-5:15 PM	\$54	35565-01
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7/23-8/6	M	9:00-9:55 AM	\$34	35565-02
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**Age: 5-7 years**

**A Chorus Line**

Top hats and canes.

7/11-8/8	W	5:30-6:30 PM	\$54	35565-03
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**Tumble Bumbles**

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

**Age:** 4-7 years

**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 7/4.

**Age: 4-5 years**

6/4-6/18	M	9:00-9:55 AM	\$34	35562-01
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6/4-7/2	M	4:15-5:15 PM	\$54	35562-02
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6/6-6/20	W	9:00-9:55 AM	\$34	35562-03
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6/25-7/16	M	9:00-9:55 AM	\$44	35562-04
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7/9-8/6	M	4:15-5:15 PM	\$54	35562-05
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6/27-7/18	W	9:00-9:55 AM	\$34	35562-06
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**Age: 5-6 years**

6/4-7/2	M	5:30-6:30 PM	\$54	35562-07
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7/9-8/6	M	5:30-6:30 PM	\$54	35562-08
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**Age: 6-7 years**

6/7-6/28	Th	4:15-5:15 PM	\$44	35562-09
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7/12-8/9	Th	4:15-5:15 PM	\$54	35562-10
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**Animal Dance Workshop**

Learn how to jump like a frog, strut like a peacock, swim like a seal and move like many other animals! This class is for the young animal fanatic. Bring your favorite stuffed animal and we will learn how to move like each one.

**Age:** 4-6 years

**Instructor:** Kidz Explore

**Location:** Club Tico

**Note:** Class partially discountable. This is a child without parent class.

6/11-6/13	M-W	11:15 AM-Noon	\$37	35566-01
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7/16-7/25	M,W	9:30-10:15 AM	\$49	35566-02
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**I'm A Belieber Workshop**

For the Ultimate Belieber! This two day workshop will focus on all things Justin Bieber! Learn his dance moves, sing along to his songs, make some awesome videos and so much more! On the last day we will have a performance for your friends and family to show off.

**Age:** 7 years & up

**Instructor:** Kidz Explore

**Location:** Club Tico

**Note:** Class partially discountable.

6/15-6/16	F,Sa	10:00 AM-Noon	\$49	35567-01
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**We Rock!**

Songs from our favorite Disney Channel Movies will be incorporated in this class. Kids will learn about the characters, songs and dance moves. On the last day, bring your family and friends to show off!

**Age:** 7-11 years

**Instructor:** Kidz Explore

**Location:** Northside Aztlan Center

**Note:** Class partially discountable.

7/6-7/27	F	10:00-11:00 AM	\$49	35568-01
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**Dance It Up**

Dance along to your favorite songs from artists like Selena Gomez, Big Time Rush and Jonas Brothers. Get ready to dance and have tons of fun! Bring a water bottle and your inner pop star!

**Age:** 7-11 years

**Instructor:** Kidz Explore

**Location:** Club Tico

**Note:** Class partially discountable.

7/30-8/2	M-Th	2:00-3:00 PM	\$49	35569-01
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**Poms**

In this class we will explore three different styles of dance that dance teams perform including Jazz, Hip Hop and Pom. Get ready to have fun and learn what it's like to be a part of a dance team! Bring a water bottle!

**Age:** 8-12 years

**Instructor:** Kidz Explore

**Location:** Northside Aztlan Center

**Note:** Class partially discountable.

7/6-7/27	F	11:30 AM-12:30 PM	\$49	35570-01
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**Hip Hop Workshop**

Join our workshop for the day. It will be a 6 hour workshop with lunch provided for the kids. Learn the latest hip hop and break dance moves from local instructors as well as some from hip hop crew, WormTank. Our instructors have experience teaching people of all ages, particularly young people.

**Grade:** 3 & up

**Location:** Northside Aztlan Center

**Note:** No gum. Wear loose workout clothes and tennis shoes. Class not discountable.

6/23	Sa	10:00 AM-4:00 PM	\$59	35747-01
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**Princess Ballet Workshop**

Come little Princess to our castle and royal grounds! We will ride our steeds, play in the garden, watch the frogs, turtles and mermaids in our pond and chase the bunnies from our garden! We will also get ready for the ball with a grand performance. On the last day we will wear our gowns and invite our guests to the ball.

**Age:** 3-6 years

**Instructor:** Kidz Explore

**Location:** Club Tico

**Note:** Class partially discountable.

8/6-8/9	M-Th	1:00-1:45 PM	\$49	35571-01
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6/18-6/20	M-W	11:15 AM-Noon	\$37	35571-02
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**Fairy Ballet Workshop**

Earn your wings as you help feed the birds, help the snails and bees become friends, plant flowers and maybe ride a unicorn! Imagination and fun is what we'll discover in this pre-ballet workshop. The last day we will invite our guests into our secret fairy forest.

**Age:** 3-6 years

**Location:** Club Tico

**Note:** Class partially discountable. This is a child without parent class.

7/30-8/2	M-Th	1:00-1:45 PM	\$49	35572-01
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**Petite Ballerinas**

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

**Age:** 3-11 years

**Instructor:** Kidz Explore

**Note:** Class partially discountable. This is a child without parent class. Class will not be held on 8/9.

**Age: 3-4 years**

**Petite Ballerinas I**

**Location: Club Tico**

6/7-6/28	Th	9:30-10:15 AM	\$46	35574-01
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8/2-8/30	Th	9:30-10:15 AM	\$46	35574-03
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**Location: Northside Aztlan Center**

7/7-7/28	Sa	9:00-9:45 AM	\$46	35574-02
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**Age: 5-6 years**

**Petite Ballerinas II**

**Location: Club Tico**

6/7-6/28	Th	10:15-11:00 AM	\$46	35574-04
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8/2-8/30	Th	10:15-11:00 AM	\$46	35574-06
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**Location: Northside Aztlan Center**

7/7-7/28	Sa	10:00-10:45 AM	\$46	35574-05
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**Age: 7-11 years**

**Petite Ballerinas III**

**Location: Club Tico**

6/7-6/28	Th	11:00-11:45 AM	\$46	35574-07
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8/2-8/30	Th	11:00-11:45 AM	\$46	35574-09
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**Location: Northside Aztlan Center**

7/7-7/28	Sa	11:00-11:45 AM	\$46	35574-08
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**Day Camps**

**EPIC Adventures Mini-Camp**

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

**Age:** 4-7 years

**Location:** Edora Pool Ice Center

**Note:** Class partially discountable. Clothing for swimming & skating is needed. Please wear sunscreen and bring a water bottle. Bike helmet recommended for skating.

6/4-6/8	M-F	9:00 AM-Noon	\$75	35575-01
6/4-6/8	M-F	1:00-4:00 PM	\$75	35575-02
6/11-6/15	M-F	9:00 AM-Noon	\$75	35575-03
6/11-6/15	M-F	1:00-4:00 PM	\$75	35575-04
6/18-6/22	M-F	9:00 AM-Noon	\$75	35575-05
6/18-6/22	M-F	1:00-4:00 PM	\$75	35575-06
6/25-6/29	M-F	9:00 AM-Noon	\$75	35575-07
6/25-6/29	M-F	1:00-4:00 PM	\$75	35575-08
7/9-7/13	M-F	9:00 AM-Noon	\$75	35575-09
7/9-7/13	M-F	1:00-4:00 PM	\$75	35575-10
7/16-7/20	M-F	9:00 AM-Noon	\$75	35575-11
7/16-7/20	M-F	1:00-4:00 PM	\$75	35575-12
7/23-7/27	M-F	9:00 AM-Noon	\$75	35575-13
7/23-7/27	M-F	1:00-4:00 PM	\$75	35575-14
7/30-8/3	M-F	9:00 AM-Noon	\$75	35575-15
7/30-8/3	M-F	1:00-4:00 PM	\$75	35575-16

**The Gardens Summer Camp 2012**

Opportunities for exploration and investigation of gardening and the natural world - full of garden-centric games, arts and crafts and more.

**Ages:** 6-11

**Note:** \$15 discount with a Family Membership to The Gardens. Camp is held outside so please have your child dressed for the weather. Bring a water bottle and a snack.

6/4-6/8	Art in the Garden I	M-F	9:00 AM-Noon	\$125
6/11-6/15	All About Bees	M-F	9:00 AM-Noon	\$125
6/18-6/22	Nature Detectives	M-F	9:00 AM-Noon	\$125
6/25-6/29	Gardeners and Chefs I	M-F	9:00 AM-Noon	\$125
7/9-7/13	Art in the Garden II	M-F	9:00 AM-Noon	\$125
7/16-7/20	Winged Wonders	M-F	9:00 AM-Noon	\$125
7/23-7/27	Insect Investigations	M-F	9:00 AM-Noon	\$125
7/30-8/3	Backyard Adventures	M-F	9:00 AM-Noon	\$125
8/6-8/10	"Dirt" Camp	M-F	9:00 AM-Noon	\$125
8/13-8/17	Gardeners & Chefs II	M-F	9:00 - Noon	\$125

**Kids On-the-Go Half Day Camp**

This series of half day camps are a perfect way to break up summer boredom. Campers will get to know each other on Monday, Swim at City Park Pool on Tuesday, go on a hike on Wednesday, go on a field trip on Thursday and cook on Friday. Each week's activities will surround a fun theme.

**Grade:** 1-6

**Location:** Northside Aztlan Center

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

6/4-6/8	M-F	1:00-6:00 PM	\$96	35577-01
6/11-6/15	M-F	1:00-6:00 PM	\$96	35577-02
6/18-6/22	M-F	1:00-6:00 PM	\$96	35577-03
6/25-6/29	M-F	1:00-6:00 PM	\$96	35577-04
7/9-7/13	M-F	1:00-6:00 PM	\$96	35577-05
7/16-7/20	M-F	1:00-6:00 PM	\$96	35577-06
7/23-7/27	M-F	1:00-6:00 PM	\$96	35577-07
7/30-8/3	M-F	1:00-6:00 PM	\$96	35577-08



# Summer Camps at Rivendell



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**Summer Adventure**

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

**Age:** 7-12 years

**Location:** Edora Pool Ice Center

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

6/4-6/8	M-F	8:00 AM-5:00 PM	\$142	35578-01
6/11-6/15	M-F	8:00 AM-5:00 PM	\$142	35578-02
6/18-6/21	M-Th	8:00 AM-5:00 PM	\$115	35578-03
6/25-6/29	M-F	8:00 AM-5:00 PM	\$142	35578-04
7/9-7/13	M-F	8:00 AM-5:00 PM	\$142	35578-05
7/16-7/20	M-F	8:00 AM-5:00 PM	\$142	35578-06
7/23-7/26	M-Th	8:00 AM-5:00 PM	\$115	35578-07
7/30-8/3	M-F	8:00 AM-5:00 PM	\$142	35578-08
8/6-8/10	M-F	8:00 AM-5:00 PM	\$142	35578-09

**Survival in Woods Nature Camp**

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

**Age:** 8-12 years

**Location:** Lee Martinez Park

**Note:** Bring a sack lunch, jacket and a water bottle.

6/4-6/8	M-F	9:00 AM-3:00 PM	\$150	35579-01
6/11-6/15	M-F	9:00 AM-3:00 PM	\$150	35579-02
6/18-6/22	M-F	9:00 AM-3:00 PM	\$150	35579-03
6/25-6/29	M-F	9:00 AM-3:00 PM	\$150	35579-04
7/9-7/13	M-F	9:00 AM-3:00 PM	\$150	35579-05
7/16-7/20	M-F	9:00 AM-3:00 PM	\$150	35579-06
7/23-7/27	M-F	9:00 AM-3:00 PM	\$150	35579-07
7/30-8/3	M-F	9:00 AM-3:00 PM	\$150	35579-08

**Afternoon Adventures**

Moms and Dads, do you need an afternoon to yourself? Wouldn't it be nice to run errands without having to worry about what your youngster is getting into? Now you can take care of business while we keep your kids entertained with lots of fun activities!

**Age:** 3-6 years

**Location:** Northside Aztlan Center

**Note:** Please tell front desk staff of allergies at the time of registration. Participants should dress for the weather and bring a water bottle. Children must be toilet trained.

6/6	W	1:00-5:00 PM	\$19	35583-01
6/13	W	1:00-5:00 PM	\$19	35583-02
6/20	W	1:00-5:00 PM	\$19	35583-03
6/27	W	1:00-5:00 PM	\$19	35583-04
7/11	W	1:00-5:00 PM	\$19	35583-05
7/18	W	1:00-5:00 PM	\$19	35583-06
7/25	W	1:00-5:00 PM	\$19	35583-07
8/1	W	1:00-5:00 PM	\$19	35583-08

**Pre-Engineering**

Have your child become a Play-Well Engineer! Students will build cities, bridges, and motorized cars/planes and explore the many creative possibilities of engineering with the LEGO system. With access to over 100,000 pieces of Lego, your child will have the opportunity to build what they have only dreamed of with the support of an experienced Play-Well Engineering instructor to guide them.

**Age:** 5-7 years

**Location:** Youth Activity Center

**Note:** Class not discountable

6/11-6/15	M-F	9:00 AM-Noon	\$149	36375-01
7/16-7/20	M-F	9:00 AM-Noon	\$149	36375-02

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**Engineering FUNdamentals**

Have your child become a Play Well Engineer! Students take on real-life engineering challenges that explore concepts in physics, architecture, mechanical and structural engineering with over 100,000 pieces of LEGO material. From racecars to battletracks, this is a hands-on minds-on camp suitable for LEGO novices to “maniacs.” Designed by engineers, the curriculum challenges both new and returning students to reach the next level of engineering comprehension all while having fun!

**Age:** 7-11 years

**Location:** Youth Activity Center

**Note:** Class not discountable

6/11-6/15	M-F	1:00-4:00 PM	\$149	36376-01
7/16-7/20	M-F	1:00-4:00 PM	\$149	36376-02

**Wings ‘n Wheels**

Become a future aerospace engineer! Have fun learning, building, and experimenting with paper airplanes, helicopters, parachutes, rockets and a wide variety of aerospace designs. This class is both interactive and educational with an emphasis on building and having fun with things that fly.

**Location:** Youth Activity Center

**Note:** Class not discountable

**Age: 8-11 years**

**Flight Club**

6/18-6/22	M-F	9:00 AM-Noon	\$159	36377-01
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**Age: 8-12 years**

**RC Cars and Hobbies**

6/18-6/22	M-F	1:00-4:00 PM	\$149	36377-02
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**Jedi Training**

Young Jedi will explore worlds far, far away and engineering principles right in front of them. Defeat the empire by designing and refining X-Wings, R2-Units, and settlements. Imagination and engineering combine to create motorized and architectural projects such as energy catapults, shield generators and defense turrets. A new offering of original designs for ages 5-6 from Play-Well TEKologies.

**Location:** Youth Activity Center

**Note:** Class not discountable

**Age: 5-7 years**

**Jedi Engineering**

8/6-8/10	M-F	9:00 AM-Noon	\$149	36378-01
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**Age: 8-11 years**

**Jedi Master**

8/6-8/10	M-F	1:00-4:00 PM	\$149	36378-02
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**Teen Camps**

**Teen Supercamp Series**

**Age:** 11-16 years

**Location:** Northside Aztlan Center

**Note:** Please bring sack lunch, water bottle, and sunscreen every day. Wear comfortable attire and good walking shoes. We'll be swimming at City Park Pool on Thursday, please bring suit and towel. Please note any allergies at the time of registration. All Teen Camps are partially reducible.

**Chef Camp I**

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

6/5-6/8 Tu-F 8:00 AM-5:00 PM \$139 35731-01

**Animal Camp**

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

6/12-6/15 Tu-F 8:00 AM-5:00 PM \$139 35731-02

**Outdoor Adventure**

Grab your outdoor gear and get ready for a week of adventure that includes rafting, rock climbing, hiking, orienteering and more! This camp includes an optional overnight camp out in Pingree Park the last day of camp. See page 55 for details.

**Note:** Cost of this camp includes rafting and rock climbing fee.

6/19-6/22 Tu-F 8:00 AM-5:00 PM \$204 35731-03

**Art & Photo Camp**

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

6/26-6/29 Tu-F 8:00 AM-5:00 PM \$139 35731-04

**Hollywood Camp**

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

7/10-7/13 Tu-F 8:00 AM-5:00 PM \$139 35731-06

**Girls Camp**

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

7/17-7/20 Tu-F 8:00 AM-5:00 PM \$139 35731-05

**Guys Camp**

Paintball, fishing, go-carting, batting cages, rock climbing, and explosive experiments are only a few examples of all the fun we'll have at Guys Camp. Grab your buddies and get ready for some serious excitement!

**Note:** Cost of camp includes paintball and rock climbing.

7/17-7/20 Tu-F 8:00 AM-5:00 PM \$159 35731-10

**Splash Camp**

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

7/24-7/27 Tu-F 8:00 AM-5:00 PM \$139 35731-07

**Chef Camp II**

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

7/31-8/3 Tu-F 8:00 AM-5:00 PM \$139 35731-08

**Trek Camp**

Be adventurous! We will enjoy a ropes course, hiking up to Grey Rock, biking Pineridge Trail, visiting Gem Lake and much more! This camp includes an optional overnight camp out in Pingree Park the last day of camp. See page 55 for details.

8/7-8/10 Tu-F 8:00 AM-5:00 PM \$139 35731-09

# Rollerland Skate Center

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- With coupon only. 1 coupon per person per visit. Not valid with any other offer
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**Overnight Camping:** Sleep under the stars with your friends!

### Overnight Camping

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

**Age:** 11-16 years

**Location:** Northside Aztlan Center

**Note:** This trip is open to all teens. Participation in camp is not required in order to go on the trip. Please bring a sleeping bag, pad and personal toiletries. All food and tents will be provided. We will leave at 5:00 PM on Friday and return at Noon on Saturday. Trip not discountable.

6/22-6/23	F,Sa	5:00-Noon	\$20	35767-01
8/10	F,Sa	5:00-Noon	\$20	35767-02

# IllumINate your MIND!

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Program runs through August 5



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221-6740



Early Learning

**Curious Twos**

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

**Age:** 2 years

**Instructor:** Cheyenne Hebert

**Location:** Youth Activity Center

**Note:** Please tell front desk staff of allergies at the time of registration. This is a child without parent class.

6/4-6/13	M,W	9:30-10:30 AM	\$24	35585-01
6/4-6/13	M,W	11:00 AM-Noon	\$24	35585-02
6/5-6/14	Tu,Th	9:30-10:30 AM	\$24	35585-03
6/18-6/27	M,W	9:30-10:30 AM	\$24	35585-04
6/18-6/27	M,W	11:00 AM-Noon	\$24	35585-05
6/19-6/28	Tu,Th	9:30-10:30 AM	\$24	35585-06
7/9-7/18	M,W	9:30-10:30 AM	\$24	35585-07
7/9-7/18	M,W	11:00 AM-Noon	\$24	35585-08
7/10-7/19	Tu,Th	9:30-10:30 AM	\$24	35585-09
7/23-8/1	M,W	9:30-10:30 AM	\$24	35585-10
7/23-8/1	M,W	11:00 AM-Noon	\$24	35585-11
7/24-8/2	Tu,Th	9:30-10:30 AM	\$24	35585-12

**Funtime Express**

Join us for the summer version of our popular Funtime class. We will do arts and crafts, storytelling, science, creative play, singing, gym play and more - all geared toward summer fun. Children must meet the age requirement by the first day of class. This is a child without parent class

**Age:** 3-5 years

**Instructor:** Lisa Dachel

**Location:** Youth Activity Center

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

6/4-6/13	M,W	9:30-11:30 AM	\$44	35588-01
6/5-6/14	Tu,Th	9:30-11:30 AM	\$44	35588-02
6/18-6/27	M,W	9:30-11:30 AM	\$44	35588-03
6/19-6/28	Tu,Th	9:30-11:30 AM	\$44	35588-04
7/9-7/18	M,W	9:30-11:30 AM	\$44	35588-05
7/10-7/19	Tu,Th	9:30-11:30 AM	\$44	35588-06
7/23-8/1	M,W	9:30-11:30 AM	\$44	35588-07
7/24-8/2	Tu,Th	9:30-11:30 AM	\$44	35588-08

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**I Want to Be A Scientist**

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:** 3-9 years

**Location:** Northside Aztlan Center

**Note:** Tell front desk staff of allergies at the time of registration.

Children must be toilet trained.

**Age: 3-5 years****Botany**

6/5	Tu	9:30-11:30 AM	\$17	35589-01
6/6	W	9:30-11:30 AM	\$17	35589-02

**Paleontology**

6/12	Tu	9:30-11:30 AM	\$17	35589-04
6/13	W	9:30-11:30 AM	\$17	35589-05

**Entomology**

6/19	Tu	9:30-11:30 AM	\$17	35589-07
6/20	W	9:30-11:30 AM	\$17	35589-08

**Astronomy**

6/26	Tu	9:30-11:30 AM	\$17	35589-10
6/27	W	9:30-11:30 AM	\$17	35589-11

**Vet Medicine**

7/10	Tu	9:30-11:30 AM	\$17	35589-13
7/11	W	9:30-11:30 AM	\$17	35589-14

**Oceanography**

7/17	Tu	9:30-11:30 AM	\$17	35589-16
7/18	W	9:30-11:30 AM	\$17	35589-17

**Flight**

7/24	Tu	9:30-11:30 AM	\$17	35589-19
7/25	W	9:30-11:30 AM	\$17	35589-20

**Concoctions**

7/31	Tu	9:30-11:30 AM	\$17	35589-22
8/1	W	9:30-11:30 AM	\$17	35589-23

**Age: 6-9 years****Botany**

6/7	Th	9:30-11:30 AM	\$17	35589-03
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**Paleontology**

6/14	Th	9:30-11:30 AM	\$17	35589-06
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**Entomology**

6/21	Th	9:30-11:30 AM	\$17	35589-09
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**Astronomy**

6/28	Th	9:30-11:30 AM	\$17	35589-12
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**Vet Medicine**

7/12	Th	9:30-11:30 AM	\$17	35589-15
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**Oceanography**

7/19	Th	9:30-11:30 AM	\$17	35589-18
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**Flight**

7/26	Th	9:30-11:30 AM	\$17	35589-21
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**Concoctions**

8/2	Th	9:30-11:30 AM	\$17	35589-24
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**Giant Friends Club**

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

**Age:** 4-8 years

**Location:** Inspiration Playground, Spring Canyon Park

**Note:** For more information about the Giant Friends Club, contact Renee Lee at 970.224.6027 or rlee@fcgov.com. Class will not be held on 7/4.

6/27-8/8	W	10:00 AM-Noon	\$34	34624-01
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**Summer Celebrations**

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

**Age:** 3-6 years

**Note:** Please tell front desk staff of allergies at the time of registration. Children must be toilet trained.

**Location: Club Tico****Football Fun**

6/22	F	10:00-11:30 AM	\$19	35626-05
6/22	F	1:00-2:30 PM	\$19	35626-06

**Location: Youth Activity Center****Space Adventure**

6/8	F	10:00-11:30 AM	\$19	35626-01
6/8	F	1:00-2:30 PM	\$19	35626-02

**Firefighters**

6/15	F	10:00-11:30 AM	\$19	35626-03
6/15	F	1:00-2:30 PM	\$19	35626-04

**Princess Party**

6/29	F	10:00-11:30 AM	\$19	35626-07
6/29	F	1:00-2:30 PM	\$19	35626-08

**Dragons**

7/13	F	10:00-11:30 AM	\$19	35626-09
7/13	F	1:00-2:30 PM	\$19	35626-10

**Trains**

7/20	F	10:00-11:30 AM	\$19	35626-11
7/20	F	1:00-2:30 PM	\$19	35626-12

**King & Queen**

7/27	F	10:00-11:30 AM	\$19	35626-13
7/27	F	1:00-2:30 PM	\$19	35626-14

**Birthday Party**

8/3	F	10:00-11:30 AM	\$19	35626-15
8/3	F	1:00-2:30 PM	\$19	35626-16

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

6/5-6/26	Tu	10:15-11:00 AM	\$36	35634-01
7/10-7/31	Tu	10:15-11:00 AM	\$36	35634-02
8/7-8/28	Tu	10:15-11:00 AM	\$36	35634-03

**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! Please note age requirements. Previous class experience recommended. Must be toilet trained.

**Age:** 3-4 years

**Instructor:** Lisa Dachel

**Location:** Youth Activity Center

**Note:** Class partially discountable. 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 3 by 9/15/2012 Class will not be held on 9/3, 10/18.

8/28-10/4	Tu,Th	9:30 AM-Noon	\$164	45590-01
10/9-11/15	Tu,Th	9:30 AM-Noon	\$174	45590-02
11/27-12/13	Tu,Th	9:30 AM-Noon	\$79	45590-03

**Funtime Pre-K**

Children will develop and refine fundamental skills in a stimulating environment. Weekly curriculum is devised with kindergarten readiness in mind. Continued development of small-motor, literacy, and emerging reading/writing skills, pre-math as well as arts and crafts, movement/physical education, drama, and social skills are central to this class.

**Age:** 4-6 years

**Instructor:** Lisa Dachel

**Location:** Youth Activity Center

**Note:** Class partially discountable. 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 9/15/2012. Class will not be held on 9/3, 10/19.

8/27-10/5	M,W,F	9:30 AM-Noon	\$204	45600-01
10/8-11/16	M,W,F	9:30 AM-Noon	\$217	45600-02
11/28-12/14	M,W,F	9:30 AM-Noon	\$104	45600-03

**Funtime Discovery**

Your child will discover arts & crafts, creative play, letter/number recognition and gym time in this fun transitional class. Please note age requirements. Previous class experience recommended. Must be toilet trained.

**Age:** 2½-3½ years

**Instructor:** Cheyenne Hebert

**Location:** Youth Activity Center

**Note:** Class partially discountable. 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.

8/28-9/20	Tu,Th	9:30-11:00 AM	\$64	45604-01
9/25-10/16	Tu,Th	9:30-11:00 AM	\$58	45604-02
10/23-11/15	Tu,Th	9:30-11:00 AM	\$64	45604-03
11/27-12/13	Tu,Th	9:30-11:00 AM	\$49	45604-04

**Parent With Child**

**Roly Polys**

Take part with your child while he/she discovers the world of gymnastics. Children will work on agility, flexibility, strength, and coordination using balance beams, swing bars, parallel bars, and a mini trampoline. Roly Polys is a structured, fun-filled class that includes the parent (due to classroom space only 1 adult per child)

**Instructor:** Marsha Portelance

**Location:** Mulberry Pool

**Note:** Please wear appropriate clothing: leotards/footless tights, or T-shirt and shorts/sweats. No jeans or jewelry please. This is a child with parent class. Class will not be held on 7/4, 7/5.

**Age: 2 years**

6/4-6/18	M	11:15 AM-Noon	\$27	35649-01
6/5-6/19	Tu	11:00-11:45 AM	\$27	35649-02
6/6-6/20	W	11:15 AM-Noon	\$27	35649-03
6/25-7/16	M	11:15 AM-Noon	\$34	35649-04
6/26-7/17	Tu	11:00-11:45 AM	\$34	35649-05
6/27-7/18	W	11:15 AM-Noon	\$27	35649-06
7/24-8/7	Tu	11:00-11:45 AM	\$27	35649-07

**Age: 3 years**

6/4-6/18	M	10:15-11:00 AM	\$27	35649-08
6/6-6/20	W	10:15-11:00 AM	\$27	35649-09
6/7-6/21	Th	11:00-11:45 AM	\$27	35649-10
6/25-7/16	M	10:15-11:00 AM	\$34	35649-11
6/27-7/18	W	10:15-11:00 AM	\$27	35649-12
6/28-7/19	Th	11:00-11:45 AM	\$27	35649-13
7/26-8/9	Th	11:00-11:45 AM	\$27	35649-14



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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 tell front desk staff of allergies at the time of registration. Class partially discountable

#### Cute Cupcakes

6/22 F 10:00-11:30 AM \$19 35657-01

#### Yummy Snacks

6/29 F 10:00-11:30 AM \$19 35657-02

#### Summer Desserts

7/27 F 10:00-11:30 AM \$19 35657-03

#### Tutti Fruitti

8/3 F 10:00-11:30 AM \$19 35657-04

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**Education**

**Adult**

Classes are for 18 years & up unless otherwise noted.

**Computer Classes**

**Blogging for Passion or Profit**

Want to know what the blogging buzz is all about? Come learn how to make a blog (web site) without the need for programming skills. Whether your message is professional, political, poetic, or personal, a blog can help you spread your message and build a community.

**Age:** 16 years & up

**Instructor:** Brett Manges

**Location:** Columbine Health Computer Lab

7/25-8/22 W 7:30-8:30 PM \$44 34501-01

**Computer Basics**



This class will provide basic computer terminology for anyone who has never used a computer. The class will start with a non-technical discussion of basic computer use, and include writing letters, using email, and using the Internet to listen to music and watch movies.

**Instructor:** Mike Morris, Mike Loughlin

**Location:** Columbine Health Computer Lab

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

6/5-6/8 Tu-F 10:00 AM-Noon \$20/\$26 34502-01

**Excel Introduction**

**Prerequisite:** Computer basics class or basic computer knowledge  
This class covers the basics of data entry, formulas, formatting, charts and printing for Excel version 2010.

**Instructor:** Mike Morris

**Location:** Columbine Health Computer Lab

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

6/16 Sa 8:30 AM-12:30 PM \$14 34504-01

**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.

**Age:** 16 years & up

**Instructor:** Mike Morris, Brett Manges

**Location:** Columbine Health Computer Lab

**Note:** Class will not be held 7/4.

6/27-7/18 W 7:30-8:30 PM \$44 34505-01

**Internet Email**

**Prerequisite:** Internet, Introduction class or equivalent

You will learn different addressing modes in e-mail, etiquette, finding addresses, attaching files, creating mailing lists, and handling junk mail.

**Instructor:** Charles McIlton

**Location:** Columbine Health Computer Lab

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

6/23 Sa 8:30 AM-12:30 PM \$20 34506-01

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**Internet Introduction Part 1**



**Prerequisite:** Computer Basics Class or basic computer knowledge  
 This class introduces the internet, including some history of its development into the world wide web, descriptions of selected types of programs used to connect to the internet, the language used in those programs, and hands-on exercises that will provide practice in safely using the internet.

**Instructor:** Charles McJilton

**Location:** Columbine Health Computer Lab

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

6/2 Sa 8:30 AM-12:30 PM \$23 34507-01

**Internet Intro. 2**

**Prerequisite:** Internet Introduction, Part 1

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 the Internet.

**Instructor:** Marilyn Brown, Charles McJilton

**Location:** Columbine Health Computer Lab

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

6/9 Sa 8:30 AM-12:30 PM \$14 34508-01

**Gizmos & Gadgets Galore**

Tablet, smartphone, e-reader. Discover what these gadgets and gizmos offer. This class is a combination of demonstrations, hands-on sessions, and a layman's introduction to the technology you see in all the ads. Time for questions. Handouts will be available.

**Location:** Senior Center

6/30 Sa 9:00 AM-Noon \$14 34516-01

**Word, Beginning**

**Prerequisite:** Computer Basics Class or basic computer knowledge  
 This two-session class provides an introduction, using hands-on exercises, to word processing basics such as file management and text formatting, and then expands into the lesser known but useful features such as tables, mail merge and more.

**Instructor:** Mike Morris

**Location:** Columbine Health Computer Lab

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

7/7-7/14 Sa 8:30 AM-12:30 PM \$24 34509-01

**Word, Beyond Basics**

**Prerequisite:** Computer Basics Class or basic computer knowledge  
 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.

7/21 Sa 8:30 AM-12:30 PM \$14 34510-01

**Quicken**

**Prerequisite:** Computer Basics Class or basic computer knowledge  
 This class starts with the basics of creating and managing files and accounts. Hands-on exercise includes creating a checking and savings account, reconciling a bank statement, creating reports, and more.

**Instructor:** Don Anderson, Al Van Nice, Mike Meyer

**Location:** Senior Center

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

8/18 Sa 8:30 AM-12:30 PM \$14 34511-01



Internet Part 1 & 2: Learn how to surf the net to be in touch with friends.

**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.

**Age:** 16 years & up

**Instructor:** Brett Manges

**Location:** Columbine Health Computer Lab

7/18-8/15 W 6:15-7:15 PM \$44 34513-01

**Getting Started with Social Media**

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.

**Age:** 16 years & up

**Instructor:** Benji Goodrich, Brett Manges

**Location:** Columbine Health Computer Lab

**Note:** Class will not be held on 7/4.

6/6-7/11 W 6:15-7:15 PM \$72 34514-01

**Using Windows 7**

**Prerequisite:** Computer Basics Class or basic computer knowledge  
 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, Chris Ingham

**Location:** Columbine Health Computer Lab

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

7/28-8/11 Sa 8:30 AM-12:30 PM \$24 34515-01



**Cooking Classes**

**Food for Life: Cancer**

Studies have shown that a diet built from plant foods offers the most cancer-fighting protection of any. This 4-class series includes discussion on maintaining a healthy weight and a variety of cancer-related nutrition topics demonstrating how to prepare delicious, simple and healthy meals easily recreated at home.

**Age:** 16 years & up

**Instructor:** Sapna Von Reich

**Location:** Senior Center

**Note:** Introduction to how foods fight cancer. Fueling up on low-fat, high-fiber foods, discovering dairy and meat alternatives. Cancer fighting compounds and healthy weight control.

7/10-7/31 Tu 6:00-8:00 PM \$90 34521-01

**Hearty Indian Pockets & Wraps**

Wraps are widely eaten and getting very popular throughout India. With ingredients ranging from chutneys and pickles to savory spiced vegetables, the Indian wraps are a welcome alternative to any curry. Samosa is a perennial favorite and is well know around the world as well.

**Age:** 16 years & up

**Instructor:** Sapna Von Reich

**Location:** Senior Center

**Note:** Menu will include: potato & green pea samosa, cilantro chutney, curried kidney bean wrap with yogurt sauce, spicy tempeh and red bell pepper samosa, and mushroom kebab wrap.

6/19 Tu 6:00-8:30 PM \$29 34523-01

**Coconut "Cuckoo" Curries**

Learn a couple modern spins on the traditional coconut curry. Coconut has a magic all its own in mutating the average curry into a very flavorful dish to savor. It is used widely across all of south and southeast Asia. These variations on the coconut curries are delicious, vegetarian and very healthy as well.

**Age:** 16 years & up

**Instructor:** Sapna Von Reich

**Location:** Senior Center

**Note:** Menu will include: vegetable stew with brown basmati rice, kale with coconut, beets with coconut, coconut pilaf with spicy pineapple curry.

7/26 Th 6:00-8:30 PM \$29 34524-01

**Street Food of India**

Chaat means "to lick". Traditionally this snack from street vendors was served on a leaf and was so good that one couldn't resist licking the last morsels from the leaf. Chaat is a specific combination of many ingredients. Learn to make all of the above and master the technique of tossing it together to make chaat.

**Age:** 16 years & up

**Instructor:** Sapna Von Reich

**Location:** Senior Center

**Note:** Menu will include: garbanzo bean curry, potato patties, tamarind chutney and mint chutney.

8/14 Tu 6:00-8:30 PM \$29 34525-01

**Thai Cooking 1st Course**



A whole chicken? A Hai Nan chicken meal of course. Khao mun gai is easy to make and can please everyone. This entree served in specialty restaurants in Thailand is made of steamed chicken served with jasmine rice infused with fresh garlic and ginger, a tasty vegetable chicken broth, and a spicy dipping sauce.

**Instructor:** Sim Suinn

**Location:** Senior Center

7/6 F 6:00-8:30 PM \$35 34527-01

**Thai Cooking 2nd Course**



Royal pineapple fried rice with cashew nuts and shrimp. Tom kha chicken (coconut soup with sliced chicken, lemongrass, fresh mushrooms and lime juice). Thai iced tea.

**Instructor:** Sim Suinn

**Location:** Senior Center

8/3 F 6:00-8:30 PM \$35 34528-01

**Mexican Cooking**

This is a full course meal packed into one day. Enchiladas, salsas, burritos and many others meals will be on the menu!

**Age:** 16 years & up

**Location:** Northside Aztlan Center

**Note:** Bring an apron to your class.

6/25 M 5:00-8:00 PM \$28 35849-01

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Woody's Roundup  
Chips Ahoy! Pirates  
Galloping Gourmets

4-11 yrs: 9a - Noon  
12 & up: 2p - 5p  
Tues/Wed/Thurs

**foodies! CULINARY ACADEMY**  
4206 S. College - Fort Collins (in the Hobby Lobby Shopping Center)  
970.CAN.COOK  
foodiescca.com foodies.chefkathy@hotmail.com

Parent/Child \* TEEN CUISINE \* camp iWanna Cook \* Adults-Only

**CPR & First Aid Classes**

**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.

**Age:** 16 years & up

**Instructor:** Mark Rosoff

**Location:** Senior Center

**Note:** Class not discountable.

6/16	Sa	9:00 AM-5:00 PM	\$67	34531-01
7/14	Sa	9:00 AM-5:00 PM	\$67	34531-02
8/4	Sa	9:00 AM-5:00 PM	\$67	34531-03

**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. Class not discountable.

6/20	W	6:00-9:30 PM	\$67	34532-01
7/18	W	6:00-9:30 PM	\$67	34532-02
8/15	W	6:00-9:30 PM	\$67	34532-03

**General Classes**

**Dialogue Part 1**

Communication skills are important for success in the workplace, society and home. In this hands on class, learn communication based on Humanistic theory, develop awareness of self and others, and practice communication skills used in interviewing, counseling, negotiation and everyday conversations.

**Instructor:** Darrick Hildman

**Location:** Senior Center

6/5-6/26	Tu	6:30-8:00 PM	\$49	34561-01
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**Dialogue Part 2**

Conflict skills are important for success in the workplace, society and home. In this hands-on class, learn communication skills based on Humanistic theory, develop awareness of self and others and practice skills used in facilitation, mediation and restorative justice.

**Instructor:** Darrick Hildman

**Location:** Senior Center

7/10-7/31	Tu	6:30-8:00 PM	\$49	34562-01
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**Success Stories**

Explore various self-help paradigms for personal growth and success. Discuss published information and experiment with hands on exercises in a workshop format.

**Instructor:** Mary Elizabe Lenahan, OT

**Location:** Senior Center

6/23-7/14	Sa	9:30-11:00 AM	\$30	34564-01
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**Nature Journaling**

Discover a fun, new way of seeing the world around you by nature journaling. Learn to record your observations, perceptions and feelings about the natural world at Fort Collins very own Salyer Natural Area. Make your very own nature journal. Bring a portable chair. Supplies included.

**Age:** 16 years & up

**Instructor:** Betsy Perna

**Location:** Salyer Natural Area

6/10	Su	1:00-3:00 PM	\$25	34568-01
7/8	Su	1:00-3:00 PM	\$25	34568-02

**Dog Training 101**

Participants will learn how to teach their canine companion new behaviors such as sit, down, recall, door behavior, loose leash walking, and stay as well as gain insight into the mind of a canine.

**Age:** 16 years & up

**Instructor:** Mike Morris

**Location:** Northside Aztlan Center

**Note:** Meet just northeast of Northside in the grassy area by skate park and United Way. Bring a lawn chair. More than one person can attend per dog.

6/2-7/14	Sa	8:30-9:30 AM	\$84	34572-01
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**Colorado's Ghost Town Poet**

Colorado was one of the first states to have a Poet Laureate, Thomas Hornsby Ferril. Some of his best poems were about Colorado ghost towns, the hollow shells of mines and settlements left behind by the gold rush. Dr. James Work, CSU professor emeritus in literature, will lead this introduction to Ferril's work.

**Age:** 50 years & up

**Location:** Senior Center

**Note:** Register with the Aspen Club at (970) 495-8560.

6/18	M	2:00-3:30 PM	No Fee	
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**Music & Theater**

**Instant Guitar for Busy People**

Ever wanted to learn the guitar but find it difficult to find time? In a few hours you will learn enough to give you years of musical enjoyment. This crash course will teach you some basic chords and get you playing along with your favorite songs. Bring your acoustic guitar.

**Age:** 13 years & up

**Instructor:** Craig Coffman

**Location:** Senior Center

**Note:** Required materials fee of \$29 will be collected in class by instructor for workbook and practice DVD.

6/22	F	4:00-6:30 PM	\$30	34565-01
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**Instant Piano**

While regular piano teachers teach note reading, piano professionals use chords. Learn all the chords needed to play any song in this one session. If you can find middle C and know the meaning of Every Good Boy Does Fine, you know enough to enroll.

**Age:** 13 years & up

**Instructor:** Craig Coffman

**Location:** Senior Center

**Note:** Required materials fee of \$29 will be collected in class by instructor for the workbook and practice DVD.

6/22	F	6:40-9:40 PM	\$30	34566-01
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**Phamaly Performance**



Physically Handicapped Actors and Musical Artists is a professional performing arts group made up of people with physical disabilities. Join us to watch this extraordinary performance "The Little Shop of Horrors". This matinee will feature a sensory tour.

**Age:** 16 years & up

**Location:** Senior Center

**Note:** Lunch is included. Class not discountable. Registration deadline 7/10/2012.

7/22	Su	9:15 AM-6:00 PM	\$35	34614-01
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**Adult Guitar**

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.

**Age:** 18 years & up

**Instructor:** Saja Butler

**Location:** Northside Aztlan Center

**Note:** Must bring your own guitar.

**Beginning**

6/4-6/25	M	6:45-8:00 PM	\$39	35704-01
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**Intermediate**

7/9-7/30	M	6:45-8:00 PM	\$39	35707-01
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**Travel**

**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:** Class not discountable. \$5 materials fee payable to instructor at class time.

6/9	Sa	6:00-8:00 PM	\$29	34578-01
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8/3	F	6:00-8:00 PM	\$29	34578-02
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**Wellness**

**Consider the Conversation**

This is a powerful & inspiring film on the American struggle w/ communication & preparation for end-of-life. It opens the door for families & individuals to think about how we want to be treated & the decisions that must be made. Hear personal stories & interviews, along w/ opinions of experts in hospice care.

**Instructor:** Kathy Anderson

**Location:** Senior Center

**Note:** Kathy Anderson, Michele Desnoes and Ginny Crockett-Maillet will lead discussion after the film.

6/21	Th	1:00-3:30 PM	No Fee	
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**Hearing Presentation**

Join us for a brief presentation on hearing loss, hearing aids and more. Audiologists will be on hand to discuss hearing issues and provide hearing screens.

**Instructor:** Christine Russell

**Location:** Senior Center

**Note:** Dr. Christine Russell and Dr. Emily Wakefield are both licensed audiologists with the state of Colorado.

6/14	Th	8:30-11:30 AM	No Fee	
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**Peripheral Neuropathy**

Learn about the various neuropathies including diabetic, chemo related and idiopathic. Hear about the causes and treatment from the perspective of a physical therapist. Also learn about some of the research that has shown good results with light therapy treatment. Time allowed for protective sensation assessments.

**Instructor:** Dr. Susan Kuhling, PT

**Location:** Senior Center

**Note:** Presenter Susan Kuhling, Physical Therapist

6/19	Tu	11:00-11:45 AM	No Fee	
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**Posture To Prevent Back Pain**

Learn how posture is important in performing everyday activities to avoid and control existing pain. You will be taught how to recognize when you are in a balanced posture and how to maintain this while performing daily activities.

**Instructor:** Carol Barclay

**Location:** Senior Center

**Note:** Presenter Carol Barclay, Physical Therapist

7/10	Tu	11:00-11:45 AM	No Fee	
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**Reflexology for Self Care**



Reflexology is an ancient form of preventative folk medicine. It is simple to learn and apply. Learn the history, how and why it works and simple techniques. Class includes consultation for specific sequences to address an aspect of healing for each person attending.

**Instructor:** Suzanne Rouge

**Location:** Senior Center

6/9	Sa	10:00 AM-Noon	\$34	34588-01
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**Wellness with Essential Oils**

Essential oils are concentrated oils from plants (nature's immunity). They can enhance wellness for common ailments such as allergies, depression, colds and even cancer. You will gain knowledge and practical ways to introduce EO into your life and let you sample and experience many of these healing essential oils.

**Instructor:** Ron Stern

**Location:** Senior Center

**Note:** Materials fee of \$15 payable to Ron Stern, author of The Immune Zone: Natural Alternatives to Achieve Optimal Health, at class time.

7/2	M	6:00-8:00 PM	\$37	34589-01
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**Your Child's Eyes**

Babies explore the world with their eyes even before they learn to reach with their hands or crawl. Learn about development of the visual system from infant through school-age, how vision is more than just clarity of sight, and how efficiency of this visual system can affect child development and learning.

**Instructor:** Dr. Chris Eddy

**Location:** Senior Center

6/19 Tu 6:30-7:30 PM No Fee

**Youth & Teen**

**A Tale of Three Authors**

Libby James, Gary Raham, and Clare Rutherford will introduce new books and share their writing journeys to publication. Learn how special muffins transform a boy's life, about your favorite dog's inner wolf and wander Colorado's distant past in fact and fiction. Get autographed books for you and your grandkids!

**Age:** 12 years & up

**Location:** Senior Center

**Note:** Books will be on hand to purchase. Light refreshments served.

6/19 Tu 6:00-8:00 PM No Fee 34591-01

**Active Teens**



Get together with all of your friends at this fun summer BBQ! Teens with and without disabilities will enjoy volleyball, tie dye, games and food!

**Age:** 12-18 years

**Location:** Rolland Moore Park, Shelter #1

**Note:** Fee includes main meal, bring dessert or drinks. For more information contact Alison Cope, [acope@frii.com](mailto:acope@frii.com). Class not discountable.

7/11 W 6:00-8:30 PM \$15 34610-01

**Cool Concoctions**

Get messy with these wild and wacky art concoctions! From gooey gunk to bathtub fingerpaints you'll have a blast creating and concocting without making a mess in Mom's kitchen!

**Age:** 7 years & up

**Location:** Youth Activity Center

**Note:** Please tell front desk staff of allergies at the time of registration.

There is a \$15 supply fee due to Kidz Explore the first day of class.

6/4-6/25 M 4:30-5:30 PM \$46 35625-01

**Young Authors**

Calling all budding writers! Here's your opportunity to learn how to express your ideas in writing and see them in print! During these workshops you will write a short story or poem, research the market and submit your story to multiple publishers.

**Age:** 8-13 years

**Instructor:** Kidz Explore

**Location:** Youth Activity Center

**Note:** \$10 supply fee due to instructor on the first day of class. Class partially discountable.

6/25-6/28 M-Th 3:30-4:30 PM \$49 35630-01

7/30-8/2 M-Th 1:00-2:00 PM \$49 35630-02

**Go-Kart Camp**

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

**Age:** 8-12 years

**Location:** Fort Fun

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

6/6 W 8:00-10:00 AM \$29 35629-01

6/16 Sa 8:00-10:00 AM \$29 35629-02

6/18 M 8:00-10:00 AM \$29 35629-03

6/29 F 8:00-10:00 AM \$29 35629-04

7/11 W 8:00-10:00 AM \$29 35629-05

7/16 M 8:00-10:00 AM \$29 35629-06

7/25 W 8:00-10:00 AM \$29 35629-07

7/28 Sa 8:00-10:00 AM \$29 35629-08

**Magic Illusions**

Learn the art of magic and illusion! During these fascinating workshops we will study famous magicians and learn a variety of magic tricks. Kids will go away with new tricks up their sleeves!

**Age:** 7 years & up

**Instructor:** Kidz Explore

**Location:** Youth Activity Center

**Note:** Class partially discountable. An additional \$15 supply fee is due to the instructor on the first day of class.

6/25-6/28 M-Th 2:00-3:00 PM \$46 35631-01

8/6-8/9 M-Th 2:00-3:00 PM \$46 35631-02

**Hula Hoop Yoga**

Let your kids explore yoga using a hula hoop. First, we'll make our own stylish hula hoop. Next, we'll learn all the amazing ways you can use your hula hoop to do yoga! Come have fun exploring poses, playing games and taking home your own unique hula hoop.

**Age:** 7-11 years

**Instructor:** Amy Norris

**Location:** KidsCrave Yoga 4021B S College

**Note:** Class partially discountable. A \$5 materials fee due to instructor on the 1st day of class.

8/15 W 9:00-11:00 AM \$20 35632-01

**Cool Chemistry**

You are about to be amazed by some of the coolest chemistry experiments that fizz, foam, splatter and ooze! These activities are all about having fun while learning about chemistry.

**Age:** 7 years & up

**Location:** Youth Activity Center

**Note:** There is a \$15 supply fee due the first day of class.

6/25-6/28 M-Th 1:00-2:00 PM \$46 35636-01

8/6-8/9 M-Th 1:00-2:00 PM \$46 35636-02

# 100 Years of City Park

For 100 years City Park has been a center-point for family gatherings, recreation, cultural events and community celebrations. This year the City of Fort Collins will celebrate City Park's historic contribution to our community. City Park's unique and fascinating history reflects the community's character while tightly linking several generations of residents and visitors. City Park's history is tightly woven throughout our community's traditions and culture.

We look forward to sharing "100 Years of City Park" with the you. This year's Fourth of July festivities will focus on City Park and feature an expanded celebration. Please visit [fcgov.com/citypark100](http://fcgov.com/citypark100) for more information. Take a look back at City Park's historic timeline and learn more about this iconic park's remarkable history.

1907

City purchases 62 acres, including Sheldon Lake for \$25,080.

1912

On January 3 the Park Commission officially names "City Park."

1913

City purchases 45 acres including a race track and areas adjacent to property purchased in 1907.



1915

Ten additional acres purchased and added to the south side of Grandview Cemetery.

1946

The Junior All American sports league is established by the Recreation Commission. Several youth sports programs and activities are still held at City Park today.

1940

City Park Nine Golf Course opens to the public on June 16.



1936

The American Legion proposes that the 4th of July fireworks display be held at City Park.

1935

Mr. Lampton sells the community house and all concession rights to the City.

1923

A community house was constructed by Robert Lampton.

1919

A municipal campground opens in City Park. The campground remains open until 1970.

1918

The first playground in City Park is constructed north of Sheldon Lake.

1949

Club Tico moved from junior high school to the City Park pavilion, the Pavilion now became known as Club Tico.



1950

The children's train at City Park was installed

1952

A separate pool was constructed adjacent to Club Tico. Construction was funded by Elks Lodge #804.

1969

Bleachers constructed to the north ball field and two concrete dugouts added to south ball field.

1971

A new Park Maintenance Shop and Fire Station built west of Sheldon Lake

1975

Club Tico closed in City Park after 27 years of operation.

1981

City Council approves the historic trolley route from Mountain Avenue from City Park to Meldrum Street.

2012

City Park celebrates 100 years.

2009

Club Tico undergoes major renovation including a new HVAC, ceiling and lights.

2006

Double water slide installed at City Park Pool

2003

City Park Pool renovated and opened to the public on May 31. City Park Center renamed Club Tico after 33 years.

2000

An aeration system installed in Sheldon Lake and additional lakeshore improvements begin.



1996

City purchases City Park Railway children's train that had operated privately since 1950.

1987

City Park Pool bathhouse/concession stand replaced and dedicated





**B.I.K.E. Camp:** Learn the rules of the road with this fun class!

**Young Illustrators**

Do you love to draw? Would you like to see your masterpiece in print? Come learn from a real artist the proper techniques of illustrating for book and magazine publication. We will use different mediums to create pictures that will be sent in for possible publication.

**Age:** 8-13 years

**Instructor:** Kidz Explore

**Location:** Youth Activity Center

**Note:** Class partially discountable. \$10 supply fee due to instructor on the first day of class.

6/25-6/28	M-F	4:30-5:30 PM	\$46	35639-01
7/30-8/2	M-F	2:00-3:00 PM	\$46	35639-02

**Fairy Tea Party**

You are invited to Fairy Land for a Tea Party! We will make fairy crowns, enjoy cookies & tea while practicing proper etiquette. We will even perform a fairy dance! Bring your favorite tea set to use and wear you prettiest dress. Fairy wings provided!

**Age:** 3-10 years

**Instructor:** Kidz Explore

**Location:** Northside Aztlan Center

**Note:** \$10 supply fee due to instructor on the day of class

7/19	Th	1:00-2:00 PM	\$16	35682-01
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**Princess Tea Party**

Wear your prettiest princess dress and join Cinderella for a royal tea party! Bring your favorite doll and tea set to use. We will decorate sugar cookies, drink tea and learn proper etiquette. Hurry and sign up before the clock strikes midnight!

**Age:** 3-10 years

**Instructor:** Kidz Explore

**Location:** Northside Aztlan Center

**Note:** Class partially discountable. \$10 due to instructor on the day of class.

6/7	Th	1:00-2:00 PM	\$16	35686-01
8/9	Th	1:00-2:00 PM	\$16	35686-02

**Teddy & Me Tea**

You and your Teddy will learn proper etiquette while decorating cupcakes and drinking tea. Kids don't forget to bring your favorite tea set. Moms don't forget your camera!

**Age:** 3-10 years

**Instructor:** Kidz Explore

**Location:** Northside Aztlan Center

**Note:** \$10 supply fee due to instructor on the day of class.

6/21	Th	1:00-2:00 PM	\$16	35687-01
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**B.I.K.E. Camp, Beginner**

Learn basic road rules, safe riding strategies, emergency skills, bike handling skills and drills, nutrition and hydration, and bike maintenance in this fun camp! Recreational riding will take place along the Poudre and Spring Creek trails.

**Age:** 6-10 years

**Note:** Child must bring his/her own bike and a backpack with water bottle, lunch, and sunscreen each day to camp. If your child would like to take the camp, but does not have a bike, please call 970.224.6032 and one will be provided for the camp. Class partially discountable.

**Location: Northside Aztlan Center**

6/4-6/8	M-F	8:30 AM-12:30 PM	\$60	35732-01
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**Location: Edora Pool Ice Center**

6/11-6/15	M-F	8:30 AM-12:30 PM	\$60	35732-02
7/23-7/27	M-F	8:30 AM-12:30 PM	\$60	35732-07

**Location: Spring Canyon Park**

6/18-6/22	M-F	8:30 AM-12:30 PM	\$60	35732-03
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**Location: Fossil Creek Park**

6/25-6/29	M-F	8:30 AM-12:30 PM	\$60	35732-04
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**Location: Boys & Girls Club**

7/9-7/13	M-F	8:30 AM-12:30 PM	\$60	35732-05
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**Location: Fossil Ridge High School**

7/16-7/20	M-F	8:30 AM-12:30 PM	\$60	35732-06
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**Location: Rolland Moore Park**

7/30-8/3	M-F	8:30 AM-12:30 PM	\$60	35732-08
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**B.I.K.E. Camp, Intermediate**

Learn more bike handling skills and drills and more about bicycle maintenance, nutrition and hydration, and emergency skills. Participants will practice riding on the road and beginning mountain biking skills. We will go for rides on Poudre and Spring Creek trails.

**Age:** 11-14 years

**Note:** Child must bring his/her own bike and a backpack with water bottle, lunch, and sunscreen each day to camp. If your child would like to take the camp, but does not have a bike, please call 970.224.6032 and one will be provided for the camp. Class partially discountable.

**Location: Northside Aztlan Center**

6/4-6/8	M-F	8:30 AM-12:30 PM	\$60	35733-01
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**Location: Edora Pool Ice Center**

6/11-6/15	M-F	8:30 AM-12:30 PM	\$60	35733-02
7/23-7/27	M-F	8:30 AM-12:30 PM	\$60	35733-07

**Location: Spring Canyon Park**

6/18-6/22	M-F	8:30 AM-12:30 PM	\$60	35733-03
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**Location: Fossil Creek Park**

6/25-6/29	M-F	8:30 AM-12:30 PM	\$60	35733-04
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**Location: Boys & Girls Club**

7/9-7/13	M-F	8:30 AM-12:30 PM	\$60	35733-05
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**Location: Fossil Ridge High School**

7/16-7/20	M-F	8:30 AM-12:30 PM	\$60	35733-06
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**Location: Rolland Moore Park**

7/30-8/3	M-F	8:30 AM-12:30 PM	\$60	35733-08
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**Build A Model Rocket**

Experience the thrill of launching your very own model rocket. We will learn all about rockets, how they fly and what happens during the flight. Then we will each build our very own rocket that we will launch at the end of the course. Best of all you get to keep the rocket.

**Grade:** 1-8

**Location:** Northside Aztlan Center

**Note:** All supplies provided. Class not reducible.

7/9-7/23	M	1:00-2:00 PM	\$54	35738-01
7/31-8/14	Tu	1:00-2:00 PM	\$54	35738-02

**Build A Real Telescope**

Come build your own telescope! Discover the basic principles of light and lenses. Learn about images and color. Best of all, build your very own, very cool working telescope that you get to keep and take home!

**Grade:** 1-8

**Location:** Northside Aztlan Center

**Note:** All supplies provided. Class not reducible.

7/14-7/28	Sa	10:00-11:00 AM	\$54	35739-01
8/3-8/17	F	10:00-11:00 AM	\$54	35739-02

**Build A Flying Model Airplane**

Launch your airplanes and watch them soar! We will learn about aircraft and basic flight principles. Then we will experiment by building gliders and a rubber band powered, competition style model airplane!

**Grade:** 1-8

**Location:** Northside Aztlan Center

**Note:** All supplies provided. Class not reducible.

7/11-7/25	W	10:00-11:00 AM	\$54	35740-01
8/2-8/16	Th	10:30-11:30 AM	\$54	35740-02

**Catapults & Trebuchets**

Build your catapult and knock down the castle walls! We will learn about energy and the laws of motion. Then we will build our very own gravity powered catapults and test their range, accuracy and ability to topple the castle walls.

**Grade:** 1-8

**Location:** Northside Aztlan Center

**Note:** All supplies provided. Class not reducible.

7/13-7/27	F	10:30-11:30 AM	\$54	35741-01
8/1-8/15	W	10:30-11:30 AM	\$54	35741-02

**Build A Crystal Radio**

Build a real working radio that requires NO batteries! We will learn about radios and radio waves. We will experiment with antennas and tuned circuits. Then we will assemble all the pieces into a very cool radio set that you get to keep and take home.

**Grade:** 1-8

**Location:** Northside Aztlan Center

**Note:** All supplies provided. Class not discountable.

7/10-7/24	Tu	1:00-2:00 PM	\$54	35742-01
7/30-8/13	M	1:00-2:00 PM	\$54	35742-02

**Radio Control Racing Car Club**

Experience the thrill of racing a radio control car with other drivers. We will learn how radio control cars work and how to drive them. Then we will each race three different styles of race car collecting points along the way to see who will be the Blue Shed racing champ!

**Grade:** 3-8

**Location:** Northside Aztlan Center

**Note:** Class not discountable.

6/18-6/22	M-F	10:30-11:30 AM	\$44	35743-01
6/25-6/29	M-F	10:30-11:30 AM	\$44	35743-02
7/12-7/26	Th	10:30-11:30 AM	\$44	35743-03
8/4-8/18	Sa	1:00-2:00 PM	\$44	35743-04

**Food for Life Nutrition**

Help your kids learn how to make meals that are healthy, colorful and fun! Each themed class includes: Bang up Breakfasts, In-betweener Meal and Sweet Deals, Rainbow Lunches and Diggin' these Dinners. All supplies provided.

**Age:** 6-12 years

**Location:** Northside Aztlan Center

**Note:** Each student will receive his/her own program booklet, which includes activities, puzzles, recipes, and room for illustrations. The students will also receive some literature from PCRM including a bookmark and the Nutrition for Your Kids booklet. Please note any food allergies at the time of registration.

6/4-6/25	M	1:00-2:30 PM	\$60	35748-01
7/11-8/1	W	3:30-5:00 PM	\$60	35748-02

**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:** 7-18 years

**Location:** Northside Aztlan Center

**Note:** All supplies provided. Class not discountable.

6/26-7/31	Tu	3:00-4:00 PM	\$44	35757-01
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**Intermediate Film Makers Works**

Lights! Camera! Action! This intermediate level workshop will focus on the art of filmmaking and help teens refine their skills. This workshop will cover how to script, storyboard, light a scene, shoot and edit your own film. Class held at Fort Collins Public Access Network, 200 W. Mountain, Suite B.

**Age:** 12-17 years

**Location:** 200 West Mountain, Suite B

**Note:** Class fee includes the use of FCPAN camera and lighting kits, use of the FCPAN editing bays, and the annual Fort Collins Public Access Network, Channel 97, equipment usage fee. Please bring a lunch and snacks daily.

7/24-7/27	Tu-F	9:00 AM-4:00 PM	\$154	35759-01
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**Babysitting Bootcamp**

Class topics include: Business practices of babysitting, decision making, problem solving, disciplining, communication skills, diapering, feeding/food preparation for infants and children, safe play, preventing accidents, recognizing/responding to 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.

6/4	M	Noon-8:00 PM	\$75	35850-01
6/18	M	Noon-8:00 PM	\$75	35850-02
7/2	M	Noon-8:00 PM	\$75	35850-03
7/16	M	Noon-8:00 PM	\$75	35850-04
7/30	M	Noon-8:00 PM	\$75	35850-05

**Youth & Teen Cooking Classes**

**Once Upon A Time in the Kitchen**

Children will have fun cooking up foods featured in their favorite books!

**Age:** 3-5 years

**Location:** Northside Aztlan Center

**Note:** Please tell front desk staff of allergies at the time of registration. Class partially discountable.

6/8	F	10:00-11:30 AM	\$25	35550-01
6/15	F	10:00-11:30 AM	\$25	35550-02
7/13	F	10:00-11:30 AM	\$25	35550-03
7/20	F	10:00-11:30 AM	\$25	35550-04

**Kids Can Cook**

Do you like to cook? Come join us as we get creative in the kitchen! These themed classes will help increase your cooking knowledge!

**Age:** 7-10 years

**Location:** Northside Aztlan Center

**Note:** Please tell front desk staff of allergies at the time of registration. Class partially discountable.

**Breakfast Anytime**

6/4	M	1:00-3:00 PM	\$26	35551-01
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**Crazy for Cupcakes**

6/18	M	1:00-3:00 PM	\$26	35551-02
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**Treats for Your Pet**

6/25	M	1:00-3:00 PM	\$26	35551-03
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**Around the World**

7/16	M	1:00-3:00 PM	\$26	35551-04
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**Delicious Desserts**

7/23	M	1:00-3:00 PM	\$26	35551-05
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**Lunch**

7/30	M	1:00-3:00 PM	\$26	35551-06
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**Little Chefs Cooking Club**

Let's get creative in the kitchen! These theme-based classes are all hands-on. An occasional craft will be offered to enhance the learning experience.

**Age:** 3-6 years

**Location:** Northside Aztlan Center

**Note:** Class partially discountable.

**Breakfast Anytime**

6/4	M	10:00-11:30 AM	\$21	35552-01
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**Crazy for Cupcakes**

6/18	M	10:00-11:30 AM	\$21	35552-02
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**Treats for Your Pet**

6/25	M	10:00-11:30 AM	\$21	35552-03
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**Around the World**

7/16	M	10:00-11:30 AM	\$21	35552-04
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**Delicious Desserts**

7/23	M	10:00-11:30 AM	\$21	35552-05
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**Lunch**

7/30	M	10:00-11:30 AM	\$21	35552-06
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**Make It-Take It Cooking Camp**  
Finally, a class for those with discriminating tastes! Students in this all-day class will prepare their own snacks and lunch as well as preparing something special to take home. In addition to cooking, children will create their own recipe book.

**Age:** 9-12 years

**Location:** Northside Aztlan Center

**Note:** Please tell front desk staff of allergies at the time of registration. Class partially discountable.

6/11	M	9:00 AM-3:00 PM	\$54	35553-01
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7/9	M	9:00 AM-3:00 PM	\$54	35553-02
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**Saturday Chefs**  
Be prepared to make some excellent summer desserts that are bound to chill you out and satisfy that sweet tooth.

**Age:** 7-10 years

**Location:** Northside Aztlan Center

**Note:** Please tell front desk staff of allergies at the time of registration. Class partially discountable.

6/23	Sa	10:00 AM-Noon	\$26	35554-01
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7/21	Sa	10:00 AM-Noon	\$26	35554-02
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**Chilled Treats**

**Smoothies & Fruit Art**

**Vegan Cooking**  
Learn how to make your favorite meals and desserts 100% vegan. We'll discuss the differences and benefits of a vegan diet and how to use natural products to add flavor and depth to your traditional recipes. All supplies will be provided.

**Age:** 13 years & up

**Location:** Northside Aztlan Center

**Note:** Please note any food allergies at the time of registration. Class not discountable.

6/5-6/7	Tu-Th	1:00-3:00 PM	\$34	35750-01
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**Grill Masters**

Have grill envy no more! We'll teach you the tricks to perfect barbeque chicken, the best burger, and the juiciest steak you've ever had. Plus, learn how to use the grill in the summer to bake, sauté veggies and master french fries!

**Age:** 11-17 years

**Location:** Northside Aztlan Center

**Note:** Please tell front desk staff of allergies at the time of registration. All supplies provided. Class partially discountable.

6/19-6/21 Tu-Th 1:00-3:00 PM \$34 35753-01

**Crazy Cakes**

Get ready to bake and design some crazy cakes. We'll experiment with fondant, piping, tiers, fillings and more! Crazy Cakes II will show you how to work with modeling chocolate, gum paste and more! All supplies will be provided.

**Age:** 12-16 years

**Location:** Northside Aztlan Center

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

**Crazy Cakes**

6/12-6/14 Tu-Th 1:00-4:00 PM \$44 35751-01

**Crazy Cakes II**

7/17-7/19 Tu-Th 1:00-4:00 PM \$44 35751-02

**Delectable Desserts**

Learn how to make your favorite desserts from scratch! Pie, brownies, cheese cake, and crème brulee are just a few of the delectable desserts we will make. Have a dessert you've always wanted to learn how to make? Tell us and we'll teach you how!

**Age:** 11-15 years

**Location:** Northside Aztlan Center

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

6/26-6/28 Tu-Th 1:00-4:00 PM \$34 35752-01

**Cake Pop Pros**

Discover how to wow your friends and family with the new trend in cakes and cupcakes: Cake Pops! We'll make all different flavors, learn how to decorate them for special occasions, and play with different ways to display and serve them.

**Age:** 11-15 years

**Location:** Northside Aztlan Center

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

7/10-7/12 Tu-Th 1:00-3:00 PM \$34 35754-01

**Outrageous Cupcakes**

We'll take cupcakes to the next level! Learn how to make delicious cupcake fillings, creative decoration techniques and unconventional cupcake shapes.

**Age:** 11-16 years

**Location:** Northside Aztlan Center

**Note:** Please note any food allergies. All supplies provided. Class partially discountable.

7/24-7/26 Tu-Th 1:00-3:00 PM \$34 35755-01

**Recipe Makeovers**

This is a parent with teen class. Bring in your favorite family recipes and we'll help you lighten them up. You'll learn how to substitute ingredients to lower calories, fat and sugar without losing any flavor. Mom and Dad, this is a great way to bond with your teen while working toward a healthier lifestyle together.

**Age:** 11 years & up

**Location:** Northside Aztlan Center

**Note:** Please note any food allergies upon registration. All supplies provided. Only one registration per parent/teen couple needed. Class partially discountable.

7/31-8/2 Tu-Th 1:00-3:00 PM \$44 35756-01

**Youth & Teen Music & Theater**

**Singer & Songwriters Camp**

Always wanted to write your own song? This camp will help bring out the poet/musician in you. Students will need to bring a guitar and notebook. Manuscript paper and songwriting sheets will be provided. Instruction in voice included.

**Age:** 12-17 years

**Location:** Club Tico

**Note:** Students need to bring a notebook and a guitar, if available. Friday's performance will be at Spotlight Music, 4606 South Mason Street.

6/4-6/8 M-F 1:00-3:00 PM \$54 35700-01

7/9-7/13 M-F 1:00-3:00 PM \$54 35700-02

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

**Age:** 13-17 years

**Instructor:** Saja Butler

**Location:** Northside Aztlan Center

**Note:** Must bring own guitar.

6/5-6/14 Tu,Th 11:15 AM-12:30 PM \$4 35702-01

**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.

7/10-7/19 Tu,Th 11:15 AM-12:30 PM \$32 35706-01

**Teen Band Jam**

This week long class is all about teenagers who want to rock out band style! Participants will be grouped according to song style and type of instrument they'd love to play in the band. Kids will learn how to play together, set-up a stage, "act" the songs out, and at the end of the week put on a show!

**Age:** 13-17 years

**Instructor:** Saja Butler

**Location:** Club Tico

**Note:** Class partially discountable. Participants must have experience playing the instrument they choose.

6/11-6/15	M-F	1:00-3:00 PM	\$54	35711-01
7/16-7/20	M-F	1:00-3:00 PM	\$54	35711-02

**Rockin' In the Park**

Have fun playing with music at a park near you! Saja Butler will teach you some new songs and find new ways to 'play' with some old ones. Why walk in the park when you can rock in the park!

**Age:** 3-8 years

**Instructor:** Saja Butler

**Location:** Spring Canyon Park

**Note:** Accompanying adults and siblings age 2 and under free! Parents are required to stay and play. This class is held outdoors, please dress accordingly. Meet at Inspiration Playground. Meet at Inspiration playground. Fossil Creek meet at the lake pavillion. Spring Canyon meet by inspiration playground.

6/8	F	9:30-10:30 AM	\$5	35611-01
7/13	F	9:30-10:30 AM	\$5	35611-02

**Shake Your Sillies**

Children will have fun getting silly and playing with music! New songs, instrument play and musical improvisation are all part of this class.

**Age:** 3-8 years

**Instructor:** Saja Butler

**Location:** The Gardens on Spring Creek

**Note:** Accompanying adults and siblings age 2 and under free! Parents are encouraged to stay and play! This class will be held outside on North Patio.

6/15-6/29	F	9:30-10:30 AM	\$25	35612-01
7/20-8/3	F	9:30-10:30 AM	\$25	35612-02

**Stage Right to Drama Workshop**

Kids will learn acting exercises, improvisations and basic elements of character development. They will be encouraged to explore their own creative expressions. They will also learn the basic elements of theatrical design and stage make-up!

**Age:** 7 years & up

**Location:** Youth Activity Center

**Note:** Class partially discountable.

6/4-6/25	M	5:45-6:45 PM	\$49	35614-01
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**Kidz Explore Productions Presents... Ju Jo**

Actors and actresses will bring to life the adventurous story of Ju Jo, a young tribes boy who seeks to prove himself by spending the night in the jungle.

**Age:** 7-12 years

**Location:** Youth Activity Center

**Note:** Class partially discountable. Performance on Friday TBA.

8/6-8/10	M-F	10:00 AM-12:00 PM	\$85	35615-01
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**Storybook Theater**

Using old time favorite stories as a basis, your child will enrich their theater experience through acting, singing, crafts, and make believe.

**Age:** 3-5 years

**Location:** Youth Activity Center

**Note:** Please tell front desk staff of allergies at the time of registration.

6/25-6/28	M-Th	1:00-2:30 PM	\$38	35616-01
7/23-7/26	M-Th	1:00-2:30 PM	\$38	35616-02

**Aesop's Theatre**

Actors/actresses will learn lines, wear exciting costumes, and do fun activities that reinforce the fables. Learn lifelong, valuable lessons through the dramatization of well-known stories. Actors/actresses get ready for your standing ovation!

**Age:** 4-6 years

**Location:** Youth Activity Center

**Note:** Class partially discountable.

8/6-8/9	M-Th	9:00-9:45 AM	\$49	35617-01
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**Lights! Camera! Action!**

In this class we will film the children acting out one of their favorite fairytales. Dependent on the story, the kids will make simple costumes and props for their story. On the last day of class parents, siblings and grandparents are invited to watch our movie.

**Age:** 4-6 years

**Location:** Youth Activity Center

**Note:** Please tell front desk staff of allergies at the time of registration.

6/18-6/21	M-Th	1:00-3:00 PM	\$40	35623-01
7/16-7/19	M-Th	1:00-3:00 PM	\$40	35623-02

**Youth Guitar, Beginning**

In just four lessons, students will learn the fundamental chords and basic tablature skills needed to play many of their favorite songs. Chords, strum patterns, tuning, and basic music theory will be incorporated. Participants may bring an acoustic, classical, or electric guitar.

**Age:** 9-12 years

**Instructor:** Saja Butler

**Location:** Northside Aztlan Center

**Note:** Students must bring their own guitar.

6/5-6/14	Tu,Th	10:00-11:00 AM	\$4	35701-01
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**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.

7/10-7/19	Tu,Th	10:00-11:00 AM	\$32	35705-01
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## The Farm

All 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. All “adoptive parents” will be invited to a special “Jingle Bell Times” at The Farm in December. The date and activities will be announced in the Fall Recreator. 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](http://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. 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.

### Pony Club

Calling all pony lovers! Join us in Pony Club where you will get exclusive access to the pony gang during special Pony Club hours. You will be on an email list to keep you informed about the ponies and upcoming activities. A monthly fee of \$18 is charged with additional fees for some activities. To be in Pony Club you must have completed at least one of The Farm’s Pony Camps or Horsemanship classes and be at least 8 years old. Call The Farm at 970.221.6665 or email Bridget at [bbrownell@fcgov.com](mailto:bbrownell@fcgov.com) for more information.

### Morning of Music

Visit The Farm on Saturday, July 28 from 10:30 AM until Noon and enjoy music performed by the High Country Strings. Pay admission only for a morning filled with folk tunes.



**Pony Club:** Pony lovers, now you have your own club!

### Farm Daycamp

Every summer is new and exciting at day camp! Each session is packed full of games, crafts, barnyard trivia and of course chores. Campers will help take care of the animals by gathering eggs, milking the cow, “slopping” the pigs and so much more. A field trip and an overnight at the Farm highlight the second week.

**Age:** 8-12 years

**Note:** The second Thursday of each camp is the overnighter. Campers need to be picked up the next day by 8:30 am. Campers need a lunch and water bottle everyday.

6/5-6/15	Tu-F	8:30 AM-3:30 PM	\$174	35402-01
6/19-6/29	Tu-F	8:30 AM-3:30 PM	\$174	35402-02
7/2-7/13	M,Tu,Th,F	9:30 AM-3:30 PM	\$174	35402-03

### Green Thumbs

Gardening can be a lifelong hobby, get your child started at The Farm. Worm composting, bugs and learning about the importance of plants are all part of the fun. Explore the world of gardening through this hands-on class.

**Age:** 4-6 years

7/31-8/3	Tu-F	10:30-11:30 AM	\$24	35403-01
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### Mini Daycamp

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

**Age:** 6-7 years

**Note:** Bring a sack lunch everyday. Water will be provided.

6/5-6/8	Tu-F	8:30 AM-12:30 PM	\$64	35404-01
6/12-6/15	Tu-F	8:30 AM-12:30 PM	\$64	35404-02
6/19-6/22	Tu-F	8:30 AM-12:30 PM	\$64	35404-03
7/24-7/27	Tu-F	8:30 AM-12:30 PM	\$64	35404-04



## FARM

### Not-So-Mini Daycamp

An extended version of Mini Day Camp. Campers can be found doing typical farm chores such as gathering eggs, milking the cow and riding the ponies. Other "chores" include crafts and going on a hayride.

**Age:** 6-7 years

**Note:** Bring a sack lunch everyday. Water will be provided.

6/26-6/29	Tu-F	8:30 AM-3:30 PM	\$89	35405-01
7/10-7/13	Tu-F	8:30 AM-3:30 PM	\$89	35405-02
7/17-7/20	Tu-F	8:30 AM-3:30 PM	\$89	35405-03

### Pee Wee Farmers

The Pee Wee Farmer classes have been favorites since The Farm opened. Your child will learn what life on a farm is like through hands-on experience. Milking a cow, gathering eggs, helping make their own snacks and riding the ponies are all part of the fun!

**Age:** 4-5 years

**Note:** Parents are asked to lead their child's pony on day they ride.

6/5-6/8	Tu-F	1:00-2:30 PM	\$38	35406-01
6/5-6/8	Tu-F	1:00-2:30 PM	\$38	35406-02
6/12-6/15	Tu-F	1:00-2:30 PM	\$38	35406-03
6/12-6/15	Tu-F	1:00-2:30 PM	\$38	35406-04
6/19-6/22	Tu-F	1:00-2:30 PM	\$38	35406-05
6/19-6/22	Tu-F	1:00-2:30 PM	\$38	35406-06
7/2-7/6	M,Tu,Th,F	8:30-10:00 AM	\$38	35406-07
7/2-7/6	M,Tu,Th,F	10:30 AM-Noon	\$38	35406-08
7/2-7/6	M,Tu,Th,F	10:30 AM-Noon	\$38	35406-09
7/2-7/6	M,Tu,Th,F	1:00-2:30 PM	\$38	35406-10
7/2-7/6	M,Tu,Th,F	1:00-2:30 PM	\$38	35406-11
7/17-7/20	Tu-F	8:30-10:00 AM	\$38	35406-12
7/17-7/20	Tu-F	8:30-10:00 AM	\$38	35406-13
7/17-7/20	Tu-F	10:30 AM-Noon	\$38	35406-14
7/17-7/20	Tu-F	10:30 AM-Noon	\$38	35406-15
7/17-7/20	Tu-F	1:00-2:30 PM	\$38	35406-16
7/17-7/20	Tu-F	1:00-2:30 PM	\$38	35406-17
7/24-7/27	Tu-F	1:00-2:30 PM	\$38	35406-18
7/24-7/27	Tu-F	1:00-2:30 PM	\$38	35406-19

### Beginning Pony Camp

Pony campers will learn to groom, saddle and ride a pony during their week. Pony chores are included for our equestrians.

**Age:** 8-12 years

**Note:** Bring a water bottle. Shoes worn must be closed toed.

6/5-6/8	Tu-F	8:30-11:00 AM	\$114	35407-01
6/5-6/8	Tu-F	11:45 AM-2:15 PM	\$114	35407-02
6/12-6/15	Tu-F	11:45 AM-2:15 PM	\$114	35407-03
6/19-6/22	Tu-F	8:30-11:00 AM	\$114	35407-04
7/2-7/6	M,Tu,Th,F	8:30-11:00 AM	\$114	35407-05
7/10-7/13	Tu-F	11:45 AM-2:15 PM	\$114	35407-06
7/17-7/20	Tu-F	8:30-11:00 AM	\$114	35407-07

### Advanced Pony Camp

Once your child has mastered grooming and saddling, this camp is for them. The basics of riding will be reviewed and more time will be spent riding.

**Age:** 8-12 years

**Note:** Bring a water bottle. Shoes must be close-toed.

6/12-6/15	Tu-F	8:30-11:00 AM	\$114	35408-01
6/19-6/22	Tu-F	11:45 AM-2:15 PM	\$114	35408-02
7/2-7/6	M,Tu,Th,F	11:45 AM-2:15 PM	\$114	35408-03
7/10-7/13	Tu-F	8:30-11:00 AM	\$114	35408-04
7/17-7/20	Tu-F	11:45 AM-2:15 PM	\$114	35408-05
7/24-7/27	Tu-F	8:30-11:00 AM	\$114	35408-06
7/24-7/27	Tu-F	11:45 AM-2:15 PM	\$114	35408-07

### Li'l Dumplin Farmers

Mom, Dad, or any other favorite adult, you and your two-year-old can meet the animals in this class. Join us in farm chores that include gathering eggs and milking a cow. Learn about life on a farm. After the chores are finished we will enjoy a picnic with the animals.

**Age:** 2 years

**Note:** Everyone will bring their own sack lunch. The Farm staff will provide homemade dessert. Parents are expected to stay with the child.

6/4-6/18	M	11:00 AM-Noon	\$30	35409-01
6/4-6/18	M	11:15 AM-12:15 PM	\$30	35409-02
6/25-7/9	M	11:00 AM-Noon	\$30	35409-03
6/25-7/9	M	11:15 AM-12:15 PM	\$30	35409-04
7/16-7/30	M	11:00 AM-Noon	\$30	35409-05
7/16-7/30	M	11:15 AM-12:15 PM	\$30	35409-06

### Little Peepers

Little Peepers explore the barnyard in each class by gathering eggs, milking a cow, reading stories in the hayloft and so much more! Parents leave their three-year-old for an hour of discovery on The Farm.

**Age:** 3 years

**Note:** Parents cannot stay with their little peepers.

6/4-6/18	M	9:00-10:00 AM	\$29	35410-01
6/4-6/18	M	9:15-10:15 AM	\$29	35410-02
6/25-7/9	M	9:00-10:00 AM	\$29	35410-03
6/25-7/9	M	9:15-10:15 AM	\$29	35410-04
7/16-7/30	M	9:00-10:00 AM	\$29	35410-05
7/16-7/30	M	9:15-10:15 AM	\$29	35410-06

### Pullet Surprise

"Farmers" will learn about the animals as they help take care of them. Gathering eggs, milking the cow, crafts, stories and going on a hayride are all part of the fun.

**Age:** 3 years

**Note:** Classes run more smoothly if parents do not stay. Your cooperation is appreciated.

6/19-6/22	Tu-F	9:00-10:00 AM	\$32	35411-01
7/2-7/6	M,Tu,Th,F	9:00-10:00 AM	\$32	35411-02
7/31-8/3	Tu-F	9:00-10:00 AM	\$32	35411-03

**Pony Riding Lessons**

Round 'em up and bring those cowpokes to The Farm where both you and your child will learn to groom and saddle a pony. You will lead your child's pony as the basics of riding are taught. Safety is stressed at all times.

**Age:** 3-7 years

**Note:** Other children may not attend this class because you are a full time participant with your pony rider.

**Age: 3-5 years**

6/12-6/15 Tu-F 6:00-7:00 PM \$58 35414-01

7/31-8/3 Tu-F 9:00-10:00 AM \$58 35414-02

**Age: 6-7 years**

7/31-8/3 Tu-F 10:30-11:30 AM \$58 35414-03

**Horsemanship I**

Teens will learn to groom, saddle and ride a horse in this four day class. Class size is small, so sign up soon!

**Age:** 12-18 years

**Note:** Bring a water bottle. Closed toed shoes must be worn.

6/4-6/7 M-Th 12:15-2:45 PM \$114 35416-01

6/18-6/21 M-Th 9:00-11:30 AM \$114 35416-02

6/25-6/28 M-Th 12:15-2:45 PM \$114 35416-03

7/9-7/12 M-Th 12:15-2:45 PM \$114 35416-04

**Horsemanship II**

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

**Age:** 12-18 years

**Note:** Bring a water bottle. Closed toed shoes must be worn.

6/11-6/14 M-Th 12:15-2:45 PM \$114 35417-01

6/18-6/21 M-Th 12:15-2:45 PM \$114 35417-02

6/25-6/28 M-Th 9:00-11:30 AM \$114 35417-03

7/9-7/12 M-Th 9:00-11:30 AM \$114 35417-04

7/16-7/19 M-Th 9:00-11:30 AM \$114 35417-05

7/16-7/19 M-Th 12:15-2:45 PM \$114 35417-06

**Pony Experience**

This pony class is designed for 6 and 7 year olds to work with a partner as they learn about the ponies. Grooming and saddling will be taught with beginner riding skills.

**Age:** 6-7 years

6/4-6/7 M-Th 9:30-11:30 AM \$104 35426-01

6/11-6/14 M-Th 9:30-11:30 AM \$104 35426-02

**Farm Camp Out**

Join us for a camp out in the pasture! Bring your tent, sleeping bags, and the kids! The Farm will provide hot dogs, chips and lemonade and a light breakfast. Join us for hayrides, singing around the "campfire" and s'mores. Fee includes one tent and up to 4 people. Additional people are \$5 each at the door.

**Age:** All

6/22-6/23 F,Sa 6:00 PM-9:00 AM \$45 35428-01



**Barnyard Experience:** Learn farm chores and go on a hayride!

**Barnyard Experience**

This class is designed for the kids who only have a little bit of time to experience life on a farm. We will explore different parts of the barnyard, gather eggs, make a snack, and go on a hayride. Join us for some farm fun!

**Age:** 6-10 years

6/12 Tu 9:30-11:30 AM \$16 35432-01

6/26 Tu 9:30-11:30 AM \$16 35432-02

7/10 Tu 9:30-11:30 AM \$16 35432-03

**Milk & Cookies Storytelling**

Join us at The Farm for storytelling by local storytellers. The barnyard is a great setting for enjoying stories, sipping milk and eating a cookie amongst the animals. Our friends at Morning Fresh Dairy provide the milk and help make this a Farm favorite!

**Age:** All

6/22 F 10:30-11:00 AM Admission

7/6 F 10:30-11:00 AM Admission

7/20 F 10:30-11:00 AM Admission

**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 \$4.00/class rounded up to the nearest dollar)

Participants may pay a drop-in fee of \$4.00/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 – Northside Aztlan Community Center, Senior Center, Club Tico, EPIC, Mulberry Pool and The Farm. Reduced fee drop in cards

**Personal Training**

Want to get back in shape? Want to fine tune your exercise regime? Want to exercise with your spouse or friends? You can now do that at the Senior Center or Northside Aztlan Community Center with the guidance of Jimmie Laney, ISSA Certified Personal Fitness Trainer; Talissa Gula-Yeast, Certified Personal Fitness Trainer; Dominick Jones, Certified Personal Fitness Trainer; Deborah Knobel, Certified Personal Fitness Trainer. They will help you to develop an exercise program that meets your personal goals and needs. We now offer small group rates also: (Sessions are approximately one hour) 1 person \$22, 2 people \$40, 3 people \$58, 4 people \$76. Payment must be received in advance for the training at the training facility. Further information can be obtained by contacting Katie Stieber at 970.224.6029, [kstieber@fcgov.com](mailto:kstieber@fcgov.com) or stop by the main desk at Northside or the Senior Center.

**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](mailto:kstieber@fcgov.com) or stop by the main desk of the Senior Center.

**Fit Families on the  
move!**

Healthy Kids Club  
POUDRE VALLEY HEALTH SYSTEM

**For more information  
and to register:  
[www.pvhs.org/healthykidsclub](http://www.pvhs.org/healthykidsclub)**

Fit Families on the Move! is a program sponsored by Healthy Kids Club, Poudre Valley Health System, designed to keep families moving and active during the summer months! Fit Families can participate in a variety of free or low-cost activities all summer long!





## General Fitness

### 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

### Ageless Grace

Ageless Grace (R) teaches 21 Simple Tools for Lifelong Comfort and Ease. Movements come naturally, stimulate the body, and initiate a mind-body link, providing anti-aging exercises that almost anyone can do! Usually practiced in a chair. Take the tools home, benefit from practicing only 10 minutes every day.

**Instructor:** Jana Knezovich

**Location:** Senior Center

**Note:** Ageless Grace flashcards required. Purchase from instructor for \$10.

6/5-6/26	Tu	11:45 AM-12:30 PM	\$12	34411-01
7/3-7/31	Tu	11:45 AM-12:30 PM	\$14	34411-02
8/14-8/28	Tu	11:45 AM-12:30 PM	\$10	34411-03

### Cancer Fit

This exercise program is 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

**Instructor:** Walter Lamia, Deborah Knobel

**Location:** Northside Aztlan Center

**Note:** Must call Katie Stieber to register, 970.224.6029. Monthly payments available.

6/4-6/25	M	8:00-8:01 AM	\$60	34412-01
7/2-7/30	M	8:00-8:01 AM	\$60	34412-02
8/6-8/27	M	8:00-8:01 AM	\$60	34412-03

### Lose to Win

Do you want to lose weight? Do you need help or lack motivation? Here is your chance to join a class designed to help you lose weight. If you have seen the Biggest Loser on TV and wondered if you could do something like that, here is your chance.

**Instructor:** Dominick Jones

**Location:** Northside Aztlan Center

**Note:** Class will not be held on 7/4, 8/20, 8/22, 8/24.

6/1-6/29	M,W,F	9:30-10:30 AM	\$43	34413-01
7/2-7/30	M,W,F	9:30-10:30 AM	\$40	34413-02
8/1-8/31	M,W,F	9:30-10:30 AM	\$37	34413-03

### Nia

Discover joy and pleasure with this sensory-based, non-impact, aerobic fusion of dance, healing and martial arts. Nia connects body, mind, emotions, and spirit for wellness and fitness. For every body and all fitness levels. Every experience can be adapted to individual needs and abilities. [www.NiaNow.com/practice](http://www.NiaNow.com/practice)

**Age:** 14 years & up

**Instructor:** Jana Knezovich

**Location:** Club Tico

6/4-6/25	M	5:30-6:30 PM	\$14	34414-01
7/2-7/30	M	5:30-6:30 PM	\$16	34414-02
8/6-8/27	M	5:30-6:30 PM	\$14	34414-03
6/7-6/28	Th	7:00-8:00 PM	\$14	34414-04
7/5-7/26	Th	7:00-8:00 PM	\$14	34414-05
8/2-8/30	Th	7:00-8:00 PM	\$16	34414-06

### 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, Jolene Buxman

**Location:** Northside Aztlan Center

**Note:** Class will not be held on 7/4, 8/20, 8/22.

6/4-6/27	M,W	12:15-1:00 PM	\$28	34415-01
7/2-7/30	M,W	12:15-1:00 PM	\$28	34415-02
8/1-8/29	M,W	12:15-1:00 PM	\$25	34415-03

### Zumba

Do you enjoy dancing and want to get a low impact cardio workout? Intimidated to try new classes? This zumba class will explain each move and breakdown the exercise routines and we will learn the moves together. Come enjoy this great Latin/international dance fitness program and get a great workout while having fun!!

**Instructor:** Maureen Plotnicki

**Location:** Senior Center

6/4-6/25	M	4:45-5:40 PM	\$12	34418-01
7/2-7/30	M	4:45-5:40 PM	\$14	34418-02
8/13-8/27	M	4:45-5:40 PM	\$10	34418-03

### Zumba Toning

Zumba toning takes zumba to the next level.. Created to emphasize muscle work along with rhythms, this combination of cardio and dynamic resistive exercises is an effective use of progressive lightweight training (with toning sticks or dumbbells) to improve overall performance and muscle tone.

**Instructor:** Maureen Plotnicki

**Location:** Senior Center

**Note:** Class will not be held on 8/11.

6/2-6/30	Sa	9:00-10:00 AM	\$14	34419-01
7/7-7/28	Sa	9:00-10:00 AM	\$12	34419-02
8/4-8/25	Sa	9:00-10:00 AM	\$10	34419-03

**R.I.P.P.E.D.**

Experience this total body “plateau proof fitness formula” workout, using resistance & cardio training, which masterfully combines Resistance, Intervals, Power, Plyometrics, Endurance, and Diet components of R.I.P.P.E.D. to help you attain and maintain your physique in ways that are fun, safe, and extremely effective.

**Age:** 16 years & up

**Instructor:** Maureen Plotnicki

**Location:** Northside Aztlan Center

**Note:** Class will not be held on 8/21.

6/5-6/26	Tu	6:15-7:15 PM	\$16	34420-01
7/3-7/31	Tu	6:15-7:15 PM	\$19	34420-02
8/7-8/28	Tu	6:15-7:15 PM	\$13	34420-03

**Back & Body Strengthening**

Strengthen and stretch the major muscle groups of the body in this class. Physical conditions like back, hip, knee and neck problems can be prevented or alleviated through a holistic training routine.

**Instructor:** Jan Orecchio

**Location:** Senior Center

**Note:** Class will not be held on 7/4, 8/6, 8/8, 8/10.

6/4-6/29	M,W,F	9:00-10:00 AM	\$40	34441-01
7/2-7/30	M,W,F	9:00-10:00 AM	\$40	34441-02
8/13-8/31	M,W,F	9:00-10:00 AM	\$31	34441-03

**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. Classes end with a relaxation session. For more information, call the MS Society at 970.482.4807.

**Instructor:** Jan Orecchio

**Location:** Senior Center

**Note:** Class will not be held on 7/4, 8/6, 8/8.

6/4-6/27	M,W	11:00-11:55 AM	\$28	34442-01
7/2-7/30	M,W	11:00-11:55 AM	\$28	34442-02
8/1-8/29	M,W	11:00-11:55 AM	\$25	34442-03

**Parklane Fitness**

Receive instruction while sitting in a chair to improve flexibility, strength, coordination and cardiovascular fitness.

**Instructor:** Jan Orecchio

**Location:** Parklane Towers North

**Note:** Class will not be held on 8/7, 8/9.

6/5-6/28	Tu,Th	9:30-10:30 AM	\$28	34444-01
7/3-7/31	Tu,Th	9:30-10:30 AM	\$31	34444-02
8/2-8/30	Tu,Th	9:30-10:30 AM	\$25	34444-03

**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

**Note:** You will register one month at a time and pay for only those classes you plan to attend. Class will not be held on 7/4, 8/6, 8/8, 8/10.

6/1-6/29	M,W,F	10:00-10:55 AM	\$30	34446-01
7/2-7/30	M,W,F	10:00-10:55 AM	\$28	34446-02
8/1-8/31	M,W,F	10:00-10:55 AM	\$26	34446-03

**Swiss Theraball/Stability Ball**

Enjoy gentle, effective low-impact exercises on the Theraball/Fitball. Improve balance, endurance, flexibility, reflexes, and strength in a relaxing routine. Please dress in comfortable fitness or dance attire. Theraballs are provided.

**Instructor:** Mary Elizabe Lenahan, OT

**Location:** Senior Center

**Note:** Class will not be held on 8/9.

6/7-6/28	Th	4:00-5:00 PM	\$16	34448-01
7/5-7/26	Th	4:00-5:00 PM	\$16	34448-02
8/2-8/30	Th	4:00-5:00 PM	\$16	34448-03

**MSROM - Silver Sneakers**



Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a small ball are offered for resistance, and a chair is used for seated or standing support.

**Age:** 50 years & up

**Instructor:** Walter Lamia, Sheri Wera

**Note:** Must be Silver Sneakers member.

**Location:** Northside Aztlan Center

6/4-8/29	M,W	11:00-11:45 AM	No Fee
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**Location:** Senior Center

6/5-8/30	Tu,Th	11:00-11:45 AM	No Fee
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**Spin & Tone**

Class includes the same challenging workout as the Spin classes with an additional toning segment at the end of the workout. A great cardiovascular workout and total body strengthening and toning.

**Age:** 14 years & up

**Instructor:** Liane Emerson, Colleen Townsend

**Location:** Northside Aztlan Center

**Note:** Class will not be held on 7/4, 8/20, 8/22.

6/4-6/27	M,W	12:10-1:10 PM	\$31	34456-01
6/4-6/27	M,W	5:30-6:30 PM	\$28	34457-01
7/2-7/30	M,W	5:30-6:30 PM	\$28	34457-02
8/1-8/29	M,W	5:30-6:30 PM	\$25	34457-03

**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

**Instructor:** Tallisa Gulla

**Location:** Northside Aztlan Center

**Note:** Class will not be held on 8/21, 8/23.

6/5-6/28	Tu,Th	6:15-7:15 AM	\$28	34458-01
7/3-7/31	Tu,Th	6:15-7:15 AM	\$31	34458-02
8/2-8/30	Tu,Th	6:15-7:15 AM	\$25	34458-03



**Zumba:** Get exercise and learn to some Latin rhythms at the same time!

**Zumba**

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

**Age:** 14 years & up

**Location:** Northside Aztlan Center

**Note:** Drop-in only. Free child care is offered at the same time as Zumba on Wednesday and Thursday nights at Northside. Class will not be held on 8/20, 8/22, 8/19, 8/26.

6/4-8/27	M	9:00-10:00 AM	\$2	35762-01
6/6-8/29	W	9:00-10:00 AM	\$2	35762-02
6/6-8/29	W	6:15-7:15 PM	\$2	35762-03
6/7-8/30	Th	6:15-7:15 PM	\$2	35762-04
6/3-8/26	Su	3:30-4:30 PM	\$2	35762-05

**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

**Note:** Class will not be held on 8/7, 8/9.

6/5-6/28	Tu,Th	9:00-10:00 AM	\$28	34402-01
7/3-7/31	Tu,Th	9:00-10:00 AM	\$31	34402-02
8/2-8/30	Tu,Th	9:00-10:00 AM	\$25	34402-03

**Your Choice Aerobics**

Slightly fast-paced with routines designed to work specific muscle groups. Includes floor exercise and weight training. (Low to High Impact...your choice!) Targeted for active, heart-healthy individuals.

**Instructor:** Janet Meine

**Location:** Senior Center

**Note:** Class will not be held on 6/12, 6/14, 8/7, 8/9.

6/5-6/28	Tu,Th	5:30-6:25 PM	\$22	34404-01
7/3-7/31	Tu,Th	5:30-6:25 PM	\$31	34404-02
8/2-8/30	Tu,Th	5:30-6:25 PM	\$25	34404-03

**Pilates**

**Tri-Planar Method Pilates**

Want a leaner, healthier you? Try this new craze. Gain flexibility, tone and build new muscle. You'll look and feel great.

**Age:** 16 years & up

**Instructor:** Becca Gray

**Location:** Northside Aztlan Center

**Note:** Class will not be held on 8/21, 8/23.

6/5-6/28	Tu,Th	1:00-2:00 PM	\$28	34416-01
7/3-7/31	Tu,Th	1:00-2:00 PM	\$31	34416-02
8/2-8/30	Tu,Th	1:00-2:00 PM	\$25	34416-03

**Tri-Planar Method Pilates**

Want a leaner, healthier you? Try this new craze. Gain flexibility, tone and build new muscle. You'll look and feel great.

**Age:** 16 years & up

**Instructor:** Becca Gray

**Location:** Northside Aztlan Center

**Note:** Class will not be held on 8/22.

6/6-6/27	W	5:15-6:00 PM	\$16	34417-01
7/11-7/25	W	5:15-6:00 PM	\$13	34417-02
8/1-8/29	W	5:15-6:00 PM	\$16	34417-03

**Strength & Training**

**Strength & Tone**

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

**Instructor:** Walter Lamia

**Location:** Northside Aztlan Center

**Note:** Class will not be held on 8/21, 8/23.

6/5-6/28	Tu,Th	12:10-12:55 PM	\$24	34466-01
7/3-7/31	Tu,Th	12:10-12:55 PM	\$26	34466-02
8/2-8/30	Tu,Th	12:10-12:55 PM	\$22	34466-03

**Strength Training**

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

**Instructor:** Dominick Jones

**Location:** Northside Aztlan Center

**Note:** Class will not be held on 7/4, 8/20, 8/22, 8/21, 8/23.

6/4-6/27	M,W	8:30-9:30 AM	\$28	34467-01
7/2-7/30	M,W	8:30-9:30 AM	\$28	34467-02
8/1-8/29	M,W	8:30-9:30 AM	\$25	34467-03
6/5-6/28	Tu,Th	9:15-10:10 AM	\$28	34467-04
7/3-7/31	Tu,Th	9:15-10:10 AM	\$31	34467-05
8/2-8/30	Tu,Th	9:15-10:10 AM	\$25	34467-06



## Martial Arts

### Aikido

Traditional Japanese martial art where students learn through repetitive practice, taking turns as attackers and defenders. Practice improves physical conditioning-strength, stamina, flexibility, coordination, and mental conditioning, self-confidence, concentration, intuitiveness, alertness, and concern for other.

**Instructor:** Victor Hung

**Location:** Northside Aztlan Center

**Note:** More information [www.aikidoofco.com](http://www.aikidoofco.com) or Facebook "Aikido of Colorado" Class will not be held on 7/4, 8/20, 8/22.

6/4-6/27	M,W	6:30-8:30 PM	\$40	34426-01
7/2-7/30	M,W	6:30-8:30 PM	\$40	34426-02
8/1-8/29	M,W	6:30-8:30 PM	\$36	34426-03

### Shotokon Karate

The physical and mental benefits of karate are numerous. Some of the physical benefits are enhance physical condition, increased stamina, and coordination. Some of the mental benefits are increased confidence, self-esteem, discipline and concentration. Beginner student classes will be held on Saturday only. Students taking classes for color through black belts may choose one, two, or three day classes per week. Classes conclude at the end of each month.

### Karate for 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

**Note:** Class will be held at Club Tico on August 11. Class will not be held on 7/28, 8/4.

6/2-6/30	Sa	9:30-10:30 AM	\$22	34427-01
7/7-7/21	Sa	9:30-10:30 AM	\$15	34427-02
8/11-8/25	Sa	9:30-10:30 AM	\$15	34427-03

### Karate Color Belts

**Prerequisite:** Beginning Karate and tested into class.

**Age:** 6 years & up

**Instructor:** Dennis Bower

**Location:** Senior Center

**Note:** Class will not be held on 7/4, 8/4, 8/6, 8/8.

6/4-6/27	M,W	6:15-7:15 PM	\$42	34428-01
7/2-7/30	M,W	6:15-7:15 PM	\$42	34428-02
8/1-8/29	M,W	6:15-7:15 PM	\$37	34428-03
6/2-6/30	Sa	8:30-9:30 AM	\$61	34430-01
6/4-6/27	M,W	6:15-7:15 PM		
7/2-7/30	M,W	6:15-7:15 PM	\$56	34430-02
7/7-7/28	Sa	8:30-9:30 AM		
8/1-8/29	W,M	6:15-7:15 PM	\$48	34430-03
8/11-8/25	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:** Senior Center

**Note:** Class will not be held on 7/4, 8/6, 8/8.

6/4-6/27	M,W	7:15-8:15 PM	\$42	34429-01
7/2-7/30	M,W	7:15-8:15 PM	\$42	34429-02
8/1-8/29	M,W	7:15-8:15 PM	\$37	34429-03

### Karate Brown

**Age:** 6 years & up

**Instructor:** Dennis Bower

**Location:** Senior Center

**Note:** Beginning Karate and tested into class. Classes will be held at Club Tico on August 11. Class will not be held on 7/4, 8/6, 8/8.

6/4-6/27	M,W	7:15-8:15 PM	\$61	34431-01
6/9-6/23	Sa	8:30-9:30 AM		
7/2-7/30	M,W	7:15-8:15 PM	\$56	34431-02
7/7-7/28	Sa	8:30-9:30 AM		
8/1-8/29	W,M	7:15-8:15 PM	\$48	34431-03
8/4-8/25	Sa	8:30-9:30 AM		

### 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

**Note:** Class will not be held on 8/11.

6/2-6/30	Sa	3:15-4:15 PM	\$19	34432-01
7/7-7/28	Sa	3:15-4:15 PM	\$16	34432-02
8/4-8/25	Sa	3:15-4:15 PM	\$13	34432-03

### 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

**Note:** Class will not be held on 8/11.

6/2-6/30	Sa	12:45-1:45 PM	\$19	34433-01
7/7-7/28	Sa	12:45-1:45 PM	\$16	34433-02
8/4-8/25	Sa	12:45-1:45 PM	\$13	34433-03

**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

**Note:** Class will not be held on 8/11.

6/2-6/30	Sa	2:00-3:00 PM	\$19	34434-01
7/7-7/28	Sa	2:00-3:00 PM	\$16	34434-02
8/4-8/25	Sa	2:00-3:00 PM	\$13	34434-03

**Aikido**

Traditional Japanese martial art where students learn through repetitive practice, taking turns as attackers and defenders. Practice improves physical conditioning-strength, stamina, flexibility, coordination, and mental conditioning, self-confidence, concentration, intuitiveness, alertness, and concern for other.

**Age:** 8-11 years

**Location:** Northside Aztlan Center

**Note:** www.aikidoofco.com. Gi uniform not included in price and must be purchased for class. Assistance to order will be available first day of class to order.

6/7-6/28	Th	6:30-7:30 PM	\$24	35883-01
7/12-8/2	Th	6:30-7:30 PM	\$24	35883-02

**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 and stress management techniques will be touched on. Advanced beginner level, modifications offered.

**Instructor:** Nina Kunze, Jamie Zann, Jennie Valdez

**Location:** Northside Aztlan Center

**Note:** Class will not be held on 8/21, 8/22.

6/5-6/26	Tu	5:00-6:00 PM	\$16	34476-01
7/3-7/31	Tu	5:00-6:00 PM	\$19	34476-02
8/7-8/28	Tu	5:00-6:00 PM	\$13	34476-03
6/6-6/27	W	4:00-5:00 PM	\$16	34476-04
7/11-7/25	W	4:00-5:00 PM	\$13	34476-05
8/1-8/29	W	4:00-5:00 PM	\$16	34476-06

**Yoga, Chair**

You will improve your health through an amazing form of adaptive exercise. You are supported by a chair so you can receive yoga's healing and restorative benefits. Yoga relaxes your body and mind, improves your musculoskeletal fitness and flexibility, and elevates your overall health and well-being.

**Instructor:** Norma Glad

**Location:** Senior Center

6/4-6/25	M	8:30-9:30 AM	\$16	34479-01
7/2-7/30	M	8:30-9:30 AM	\$19	34479-02
8/13-8/27	M	8:30-9:30 AM	\$13	34479-03

**Yoga, Beginning**

By practicing yoga breathing & physical exercises, students gain physical strength, tone, flexibility and stamina. Students may also experience a sense of inner calm.

**Instructor:** Mareye Bullock, Norma Glad, Chetana White

**Location:** Senior Center

**Note:** Class will not be held on 8/7, 8/9.

6/5-6/28	Tu,Th	2:45-3:45 PM	\$28	34477-01
7/3-7/31	Tu,Th	2:45-3:45 PM	\$31	34477-02
8/2-8/30	Tu,Th	2:45-3:45 PM	\$25	34477-03
6/5-6/28	Tu,Th	4:00-5:00 PM	\$28	34477-04
7/3-7/31	Tu,Th	4:00-5:00 PM	\$31	34477-05
8/2-8/30	Tu,Th	4:00-5:00 PM	\$25	34477-06
6/5-6/28	Tu,Th	5:15-6:15 PM	\$28	34477-07
7/3-7/31	Tu,Th	5:15-6:15 PM	\$31	34477-08
8/2-8/30	Tu,Th	5:15-6:15 PM	\$25	34477-09
6/5-6/26	Tu	5:15-6:15 PM	\$16	34477-10
7/3-7/31	Tu	5:15-6:15 PM	\$19	34477-11
8/14-8/28	Tu	5:15-6:15 PM	\$13	34477-12

**Instructor:** Tink Weeks

**Location:** Edora Pool Ice Center

6/5-6/28	Tu,Th	6:30-7:30 AM	\$28	34478-01
7/3-7/31	Tu,Th	6:30-7:30 AM	\$31	34478-02
8/2-8/30	Tu,Th	6:30-7:30 AM	\$31	34478-03

**Before You Yoga**

Intimidated by yoga? Basic poses broken down and phrases explained. Get the most out of yoga routines by understanding the basics in a very fun environment taking 'complex' out of yoga. Prepare for Beginning Yoga classes with this informative, active class. Basic practice that anyone can do.

**Age:** 16 years & up

**Instructor:** Tink Weeks

**Note:** Own yoga mat encouraged but not required. Class will not be held on 7/4.

**Location:** Northside Aztlan Center

6/5-7/3	Tu	4:30-5:30 PM	\$22	34480-01
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**Location:** Senior Center

6/6-7/11	W	4:30-5:30 PM	\$22	34480-02
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**Family Yoga**

Parents and children take this opportunity to explore yoga together! Improve your body and mind with a fun approach to breathing and movement. Increase strength, flexibility, coordination and posture. Learn relaxation techniques & fun posture poses that will create a foundation for health and wellness.

**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.

6/6-6/27	W	6:30-7:30 PM	\$45	35763-01
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**Outdoor Yoga**

Take this opportunity to explore yoga together, outside! Improve your body and mind with a fun approach to breathing and movement. Increase strength, flexibility, coordination, and posture. Learn relaxation techniques and fun posture poses to create a foundation for health and wellness.

**Age:** 12 years & up

**Location:** City Park, by the Statue of Liberty

**Note:** Please bring your own yoga mat and water.

6/2-6/30	Sa	10:00-11:00 AM	\$32	35768-01
7/7-7/28	Sa	10:00-11:00 AM	\$32	35768-02
8/4-8/25	Sa	10:00-11:00 AM	\$32	35768-03

**Youth Fitness**

**Kids Yoga**

We will focus on having FUN and staying active while teaching your kids how to use their breath to manage everyday emotions like stress, anxiety and anger. They will learn skills to help improve their focus and concentration, build their confidence and self-esteem and learn how to relax themselves.

**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!

6/5-6/26	Tu	9:00-10:00 AM	\$38	35635-01
7/10-7/31	Tu	9:00-10:00 AM	\$38	35635-02

**High School Triathlon Club**

Jump in to the High School Triathlon Summer Season with Wendy Mader. Open to high school athletes of all abilities. Training will include: spinning and running in parks and other indoor facilities. PLUS, open water swimming at Horsetooth Reservoir at the Wednesday Evening Tri Series at 5:15 PM.

**Grade:** 9-12

**Note:** Cost includes USAT insurance, T-shirt and triathlon schwag. Contact wendy@t2coaching.com for more information. Contact instructor for locations of workouts.

6/4-8/17	M,W,F	7:00-8:30 AM	\$229	35758-01
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**Jump N Rope Mini Camp**

The Jump N Rope mini camps focus on breaking down the fundamentals of competitive jump rope including: single rope freestyles, speed and power; double dutch freestyles, performance-based travelers, group routines, Chinese wheels and long rope.

**Age:** 7-16 years

**Location:** Northside Aztlan Center

**Note:** Please wear proper tennis shoes and comfortable clothing. Jump For more information please visit [www.jumpNrope.com](http://www.jumpNrope.com) or email MollyMetz@jumpNrope.com. Class not discountable.

6/13	W	1:00-4:00 PM	\$24	35761-01
6/23	Sa	1:00-4:00 PM	\$24	35761-02
7/10	Tu	1:00-4:00 PM	\$24	35761-03
7/21	Sa	1:00-4:00 PM	\$24	35761-04
8/9	Th	1:00-4:00 PM	\$24	35761-05





## Learn to Play Tennis!

- Three week programs and lessons starting June 4
- Miramont South location indoor courts – classes go “rain or shine”
- Something for all juniors ages 3 to 18; Beginner to High Performance level groups
- Small classes with certified USPTA teaching professionals

**Ages 8-18:**  
 Secure your spot with Miramont Junior Team Tennis and participate in an all-inclusive tennis experience of practices and match-play in a fun, team setting!

**Non-Members welcome!**

**Contact: Ryan Maurier at 672-4224 or [rmaurier@miramontlifestyle.com](mailto:rmaurier@miramontlifestyle.com)**  
[miramontlifestyle.com/tennis](http://miramontlifestyle.com/tennis)

**Learn about all of the great summer offerings at Miramont:**  
[miramontlifestyle.com/summer](http://miramontlifestyle.com/summer)



## Gardens on Spring Creek

Classes are for 18 years & up unless otherwise noted. Classes are held at The Gardens unless otherwise noted. Registration is taken only by The Gardens: by phone at 970.416.2486 or in-person at 2145 Centre Avenue. The Gardens does not participate in the Reduced Fee Program. Discounts available to Gardens' members only.

### Special Events

#### Music in The Gardens

Local cellist and composer Katherine Azari will perform two original compositions, *Voices of the Garden* and *From the Journals of Meriwether Lewis*, as well as other selected works for solo cello. Works also feature narration by local columnist, Dan MacArthur.

6/24 Su 5:30-7:00 PM \$20/\$25

#### ARTiculture: Celebrating Art in the Garden

Opening day of the fourth annual sculpture-on-loan program featuring pieces by local and regional artists displayed throughout The Gardens. New this year: the first annual ARTiculture Fine Arts Festival featuring fine art vendors, entertainment, art workshops, and kids' activities.

8/25 Sa 10:00 AM-6:00 PM

### Adult

#### Sketching the Forms & Textures of Nature

Spend the afternoon sketching the forms and textures of nature in The Gardens and learn how to apply the right drawing technique to your botanical sketches. After receiving instruction from the teacher, students will sketch independently and then come together for discussion and review.

**Instructor:** Joanie Schneider, Sustainscapes Landscaping

**Note:** Class held outside. Dress for the weather. Bring a water bottle. \$3 discount for members of The Gardens.

6/17 Su 1:00-4:00 PM \$35

#### Growing & Preserving Herbs

Class starts with a tour of the herbs growing in the three-quarter acre edible garden. This workshop offers tips on growing, proper harvesting and preservation techniques so you can enjoy the flavor and fragrance of herbs all year long. We will cover the optimal time to harvest your herbs, techniques for preserving them for later use, and the basics of cooking with both fresh and dried herbs.

**Instructor:** Master Food Safety Advisors

**Note:** \$3 discount for members of The Gardens

6/28 Th 5:30-8:00 PM \$18

#### Garden-to-Table: Cooking with Power Greens

Class starts in the three-quarter acre edible garden where students will learn about harvesting the produce used in the cooking class. The cooking class features the most nutrient dense produce items on the market—dark, leafy greens! The class will blend nutrition with the delicious delights of recipes inspired by these antioxidant rich plants. Learn hands-on how to prepare kale, collards, and other versatile greens in new and exciting ways. *Pass the kale chips, please...*

**Instructor:** Lara Ulfers, Whole Foods Market, Healthy Eating Specialist & Dietitian

**Note:** Class held outside. Dress for the weather. \$5 discount for members of The Gardens.

7/19 Th 5:30-8:00 PM \$40

#### Garden-to-Table: Summertime Picnic Side Dishes

Class starts in the three-quarter acre edible garden where students will learn about harvesting the produce used in the cooking class. The cooking class will give students fresh and unique ideas for creating scrumptious side dishes utilizing garden fresh vegetables for summer entertaining.

**Instructor:** Joel Navejas, Whole Foods Market, Executive Chef

**Note:** Class held outside. Dress for the weather. \$5 discount for members of The Gardens.

7/26 Th 5:30-8:00 PM \$40

#### Preserving the Harvest

Class starts with a tour of the three-quarter acre edible garden, highlighting the vegetables that are ready to harvest. Students will learn about the basic methods of food preservation: canning, freezing and dehydration, and the equipment needed and best methods for particular food types.

**Instructor:** Master Food Safety Advisors

**Note:** \$3 discount for members of The Gardens

8/9 Th 5:30-8:00 PM \$18

#### Garden-to-Table: We Can STUFF It!

Class starts in the three-quarter acre edible garden where students will learn about harvesting the produce used in the cooking class. The cooking class will explore the world of stuffed vegetables! This class will provide a sampling of easy and delicious preparation techniques for stuffing vegetables as appetizers, sides, or the main event! A great way to blend vegetables with whole grains, spices, and even leftovers, into fresh meal ideas.

**Instructor:** Lara Ulfers, Whole Foods Market, Healthy Eating Specialist & Dietitian

**Note:** Class held outside. Dress for the weather. \$5 discount for members of The Gardens.

8/16 Th 5:30-8:00 PM \$40

#### Sketching the Forms & Textures of Nature

Spend the afternoon sketching the forms and textures of nature in The Gardens and learn how to apply the right drawing technique to your botanical sketches. After receiving instruction from the teacher, students will sketch independently and then come together for discussion and review.

**Instructor:** Joanie Schneider, Sustainscapes Landscaping

**Note:** Class held outside. Dress for the weather. Bring a water bottle. \$3 discount for members of The Gardens.

8/19 Su 1:00-4:00 PM \$35

#### Garden-to-Table: Grilled Garden Fresh Pizzas

Class starts in the three-quarter acre edible garden where students will learn about harvesting the produce used in the cooking class. The cooking class will teach students how to use just-picked fresh ingredients for maximum flavor in pizza sauce and toppings. *Bon appetit!*

**Instructor:** Joel Navejas, Whole Foods Market, Executive Chef

**Note:** Class held outside. Dress for the weather. \$5 discount for members of The Gardens.

8/30 Th 5:30-8:00 PM \$40

**Youth**

**Read & Seed**

Storytime and a hands-on activity. This program will help your child develop the school readiness skills of early language comprehension, and fine motor skills while encouraging creativity, curiosity, and exploration of the natural world. This is a parent or caregiver participation class.

**Age:** 2-4 years

**Note:** Class not discountable

Ongoing	M,Tu	10:00-10:45 AM	\$3 at the door
Ongoing	M,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. See website for more information.

**Age:** All

6/8	F	6:30 – 8:00 PM	\$5 at the door
7/13	F	6:30 – 8:00 PM	\$5 at the door
8/10	F	6:30 – 8:00 PM	\$5 at the door

**Ready! Set! Grow!**

A great opportunity for 4-5 year old children to prepare for pre-school or kindergarten while learning about gardening and nature through hands-on projects, crafts, and books. Your child will gain an understanding of the classroom community and practice social skills in a friendly group environment without their parent or caregiver present.

**Age:** 4-5 years

**Note:** \$5 discount with a Family Membership to The Gardens. Class will not be held on 6/29, 7/6, or 8/31.

6/1- 6/22	F	9:30 – 11:00 AM	\$45
7/13- 7/27	F	9:30 – 11:00 AM	\$35
8/3- 8/24	F	9:30 – 11:00 AM	\$45

**PREMIER GYMNASTICS  
OF THE ROCKIES**

**BRING IN THIS AD AND  
RECEIVE 2 FREE CLASSES!**

Offering gymnastics classes for ages 18 months to 18 years in a safe and enjoyable atmosphere. Come and check out our new 20,000 square foot facility.

- Parent - Tot
- Preschool Classes
- Beginner - Advanced Girls & Boys
- Middle School Girls Class
- X-CEL Girls Team
- USAG Teams Girls & Boys
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1410 E. 11th Street  
Loveland, CO 80537  
970.663.3173

[premiergymnastics.net](http://premiergymnastics.net)



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## Ice Skating

All classes are held at EPIC, 1801 Riverside Avenue, unless otherwise noted.

### General information for Learn to Skate Lessons

- Lessons are taught by Certified P.S.A. instructors and follow guidelines of the United States Figure Skating Association.
- Parents may observe lesson from the upstairs bleachers. It is distracting for skaters and coaches to have parents at the gate and also creates an obstruction for skaters that are entering or exiting the ice.
- Individuals are not allowed on the ice with their shoes on. However, parents are welcome to skate with their child during the 15 minute practice time. EPIC's rental skates are available free of charge.
- Our class student to instructor ratio is 1 instructor to 10 students. Any classes larger than 10 will have an assistant added to them. Minimum for all classes, based on cost efficiency is 5. (Class levels may be combined to meet this minimum.)
- Skating lesson are 30 minutes in length with a 15 minute practice time, which may be before or after your lesson depending on scheduling.
- The instructors have time in between classes to talk to parents and address their concerns.
- 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 (also available at EPIC; Tot 1 & 2 Required)
- Gloves (thin –not ski mittens)
- Fleece or light weight Jacket
- Skating dresses with tights or Leggings/Pants that are easy to move in
- Loose or bulky clothing is not recommended

### Freestyle

Interested in knowing more about competitive or recreational figure skating programs? Call 970.221.6683 and ask to speak with one of the professional skate instructors on staff. 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

## Team & Club Contacts

### Adult Hockey

Fort Collins Adult Hockey Assoc  
[www.fcaha.org](http://www.fcaha.org)

### Womens Hockey

Flames / Phoenix / Comets  
[www.wachockey.org](http://www.wachockey.org)

### Youth Hockey

Northern CO Youth Hockey  
[www.ncyh.org](http://www.ncyh.org)

### College Hockey

Colorado State University  
[www.csuramhockey.com](http://www.csuramhockey.com)

### Figure Skating

Fort Collins Figure Skating Club  
[www.fcfc.org](http://www.fcfc.org)

### High School Hockey

High Plains Hockey  
[www.highplainshockey.com](http://www.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.

## Drop-In

### Speed Skating

Previous skating experience is a must. You will gain knowledge of your edges, pushes, balance, and pressure. This class is designed to enhance your skating speed and technique 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 7/4.

#### Beginner

6/6-8/15	W	4:45-5:30 PM	\$12
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#### Intermediate

6/8-8/17	F	4:45-5:30 PM	\$12
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#### Advanced

6/6-8/15	W	5:45-6:45 PM	\$15
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### Senior Coffee Club

This program takes place during regular recreational skate sessions and is for older adults interested in social skating. Regular fees apply.

**Age:** 60 years & up

**Note:** Class will not be held on 7/4.

6/6-8/15	W	9:15-11:15 AM	\$4
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### Fitness Skate

Intermediate to advanced skaters will benefit from aerobic exercise.

**Fee:** \$5.50/session (rental skates \$2.50) 10- or 30-admission punch passes may be purchased

**Age:** 16 years & up

**Note:** Session not discountable. Class will not be held on 7/4.

6/4-8/17	M,W,F	11:15 AM-12:45 PM	\$5.50
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**Drop-In Hockey**

This open practice session is for hockey players who want to sharpen their skating and shooting skills.

**Fee:** \$4.00/session (rental skates \$2.50).

**Note:** Full equipment required. 10- or 30-admission punch passes may be purchased at the \$4.00/punch rate. 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. Limited to 30 players. Session not discountable. Class will not be held on 7/4, 7/27.

**Age: 8-12 years**

6/9-8/18	Sa	9:30-11:00 AM	\$4
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**Age: 16 years & up**

6/4-8/17	M-F	11:30 AM-1:00 PM	\$4
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6/8-8/17	F	5:15-6:45 PM	\$4
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**Age: 13-17 years**

6/9-8/18	Sa	11:15-11:00 AM	\$4
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**Age: 18 years & up**

6/5-8/16	Tu,Th	9:15-10:45 PM	\$4
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**Stick & Puck**

This open session requires helmet, gloves, stick, and shin guards; full equipment is recommended for younger skaters.

**Fee:** \$4.00/session (rental skates \$2.50)

**Age:** All

**Note:** Session not discountable. Class will not be held on 7/4, 7/25, 7/29.

6/4-8/17	M,F	3:15-4:30 PM	\$4
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6/5-8/16	Tu,Th	1:30-2:45 PM	\$4
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6/9-8/19	Sa,Su	1:00-2:30 PM	\$4
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6/6-8/15	W	6:15-7:15 PM	\$4
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**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. Class will not be held on 7/23, 7/25, 7/24, 7/26.

6/4-6/27	M,W	4:30-5:00 PM	\$53	33010-01
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6/5-6/28	Tu,Th	9:30-10:00 AM	\$53	33010-02
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6/5-6/28	Tu,Th	4:30-5:00 PM	\$53	33010-03
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7/9-8/8	M,W	4:30-5:00 PM	\$53	33010-04
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7/10-8/9	Tu,Th	9:30-10:00 AM	\$53	33010-05
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7/10-8/9	Tu,Th	4:30-5:00 PM	\$53	33010-06
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**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. Class will not be held on 7/23, 7/25, 7/24, 7/26.

6/4-6/27	M,W	4:30-5:00 PM	\$53	33020-01
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6/5-6/28	Tu,Th	9:30-10:00 AM	\$53	33020-02
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6/5-6/28	Tu,Th	4:30-5:00 PM	\$53	33020-03
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7/9-8/8	M,W	4:30-5:00 PM	\$53	33020-04
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7/10-8/9	Tu,Th	9:30-10:00 AM	\$53	33020-05
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7/10-8/9	Tu,Th	4:30-5:00 PM	\$53	33020-06
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**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 introduce forward one foot glide.

**Age:** 5-9 years

**Note:** Class will not be held on 7/23, 7/25, 7/24, 7/26.

6/4-6/27	M,W	4:30-5:00 PM	\$57	33030-01
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6/4-6/27	M,W	4:30-5:00 PM	\$57	33030-02
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6/5-6/28	Tu,Th	10:00-10:30 AM	\$57	33030-03
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6/5-6/28	Tu,Th	4:30-5:00 PM	\$57	33030-04
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6/5-6/28	Tu,Th	4:30-5:00 PM	\$57	33030-05
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7/9-8/8	M,W	4:30-5:00 PM	\$57	33030-06
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7/9-8/8	M,W	4:30-5:00 PM	\$57	33030-07
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7/10-8/9	Tu,Th	10:00-10:30 AM	\$57	33030-08
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7/10-8/9	Tu,Th	4:30-5:00 PM	\$57	33030-09
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7/10-8/9	Tu,Th	4:30-5:00 PM	\$57	33030-10
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**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

**Location:** Edora Pool Ice Center

**Note:** Class will not be held on 7/23, 7/25, 7/24, 7/26.

6/4-6/27	M,W	4:30-5:00 PM	\$57	33040-01
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6/5-6/28	Tu,Th	4:30-5:00 PM	\$57	33040-02
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7/9-8/8	M,W	4:30-5:00 PM	\$57	33040-03
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7/10-8/9	Tu,Th	4:30-5:00 PM	\$57	33040-04
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**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

**Note:** Class will not be held on 7/24, 7/26.

6/4-6/27	M,W	4:30-5:00 PM	\$57	33050-01
6/5-6/28	Tu,Th	4:30-5:00 PM	\$57	33050-02
7/9-8/8	M,W	4:30-5:00 PM	\$57	33050-03
7/10-8/9	Tu,Th	4:30-5:00 PM	\$57	33050-04

**Basic 4 Skate**

Participants must have successfully completed Basic 3. At the completion of this level participants can perform: forward stroking with power, backward one foot glide, forward inside edge on an axis, forward Outside edge on an axis, forward crossovers, forward outside three turn right and left, and moving backward snowplow stop.

**Age:** 5-15 years

**Note:** Class will not be held on 7/23, 7/25, 7/24, 7/26.

6/4-6/27	M,W	5:15-5:45 PM	\$57	33060-01
6/5-6/28	Tu,Th	5:15-5:45 PM	\$57	33060-02
7/9-8/8	M,W	5:15-5:45 PM	\$57	33060-03
7/10-8/9	Tu,Th	5:15-5:45 PM	\$57	33060-04

**Basic 5 & 6 Ice Skating**

Please see individual class descriptions for Basic 5 and Basic 6.

**Age:** 5-15 years

**Note:** Class will not be held on 7/23, 7/25, 7/24, 7/26.

6/4-6/27	M,W	5:15-5:45 PM	\$57	33075-01
6/5-6/28	Tu,Th	5:15-5:45 PM	\$57	33075-02
7/9-8/8	M,W	5:15-5:45 PM	\$57	33075-03
7/10-8/9	Tu,Th	5:15-5:45 PM	\$57	33075-04

**Basic 7 & 8 Ice Skating**

Please see individual class descriptions under Basic 7 and Basic 8.

**Age:** 5-15 years

**Note:** Class will not be held on 7/23, 7/25, 7/24, 7/26.

6/4-6/27	M,W	5:15-5:45 PM	\$57	33095-01
6/5-6/28	Tu,Th	5:15-5:45 PM	\$57	33095-02
7/9-8/8	M,W	5:15-5:45 PM	\$57	33095-03
7/10-8/9	Tu,Th	5:15-5:45 PM	\$57	33095-04

**Field Moves**

Participants will learn Pre-preliminary/ Preliminary Moves in the Field. At the completion of this level participants can perform: 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:** 15 years & up

**Note:** Class will not be held on 7/26.

6/7-6/28	Tu,Th	6:00-6:45 PM	\$47	33110-01
7/12-8/9	Tu,Th	6:00-6:45 PM	\$47	33110-02

**Beginning Free Skate 1 & 2**

Participants must have successfully completed Basic 8. At the completion of this level participants will be able to satisfactorily perform the following skills: advanced forward stroking, forward outside consecutive edges, forward inside consecutive edges, scratch spin, waltz jump, half flip jump, backward outside three turn, and waltz threes. Consecutive backward outside and inside edges, waltz jump- side toe hop - waltz jump sequence, forward outside and forward inside spirals, toe-loop jump, beginning back spin, continuous forward progressive chasse sequence, backward outside three-turn, and scratch spin.

**Age:** 5-15 years

**Note:** Class will not be held on 7/23, 7/25, 7/24, 7/26.

6/4-6/27	M,W	5:15-6:00 PM	\$90	33120-01
6/5-6/28	Tu,Th	5:15-6:00 PM	\$90	33120-02
7/9-8/8	M,W	5:15-6:00 PM	\$90	33120-03
7/10-8/9	Tu,Th	5:15-6:00 PM	\$90	33120-04

**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 tu

**Age:** 5-15 years

**Note:** Class will not be held on 7/23, 7/25, 7/24, 7/26.

6/4-6/27	M,W	5:15-6:00 PM	\$90	33130-01
6/5-6/28	Tu,Th	5:15-6:00 PM	\$90	33130-02
7/9-8/8	M,W	5:15-6:00 PM	\$90	33130-03
7/10-8/9	Tu,Th	5:15-6:00 PM	\$90	33130-04

**Advanced Free Skate 5 & 6**

Participants must have successfully completed Free Skate 4. At the completion of this level participants will be able to satisfactorily perform the following skills: flip jump, loop/loop jump combination, camel spin, forward upright spin to back upright spin, footwork sequence, spiral sequence, and forward outside slide chasse swing roll sequence. Split jump and stag jump, lutz jump, waltz jump/ half-loop/ salchow, camel /sit spin combination, alternating backward crossovers to backward outside edge, alternating five-step mohawk, and a short program consisting of 3 spins and 4 jumps.

**Age:** 5-15 years

**Note:** Class will not be held on 7/23, 7/25, 7/24, 7/26.

6/4-6/27	M,W	5:15-6:00 PM	\$90	33140-01
6/5-6/28	Tu,Th	5:15-6:00 PM	\$90	33140-02
7/9-8/8	M,W	5:15-6:00 PM	\$90	33140-03
7/10-8/9	Tu,Th	5:15-6:00 PM	\$90	33140-04

### Introduction to Pairs Skating

Participants must have successfully completed Basic 7 and be proficient in back skating and back crossovers. Participants will learn the basics of skating with a partner in unison forward and backward, hand in hand killian positions, and basic pair elements.

**Age:** 5-15 years

**Note:** Class will not be held on 7/24.

6/5-6/26	Tu	6:00-6:45 PM	\$47	33145-01
7/10-8/7	Tu	6:00-6:45 PM	\$47	33145-02

### Introduction to Ice Dancing

**Prerequisite:** Basic 6 and above or coach recommendation This class will teach the basic components of ice dance such as dance steps (progressives, chasses, swing rolls, etc.), dance tempos, (tango, waltz, foxtrot) and presentation. The students will learn dances from the USFS preliminary dance level.

**Age:** 6 years & up

**Note:** Class will not be held on 7/23.

6/6-7/11	M	6:00-6:45 PM	\$47	33160-01
7/9-8/6	M	6:00-6:45 PM	\$47	33160-02

### Ice Dance

**Prerequisite:** Basic 7 or coach recommendation

Learn USFS Preliminary and/or Pre Bronze ice dance steps and patterns. Learn how to skate with a partner. Class goal is to prepare the skater to take one or more dance tests during the summer test sessions (must be UFSF member to test).

**Age:** 5 years & up

**Note:** Class will not be held 7/3.

6/16-7/28	Sa	9:30-10:30 AM	\$104	33165-01
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### 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

**Note:** Class will not be held on 7/26.

6/7-6/28	Th	6:00-6:45 PM	\$47	33210-01
7/12-8/9	Th	6:00-6:45 PM	\$47	33210-02

### Adult Intermediate Skate

Better skaters needing to strengthen basic skills should enroll in the intermediate level. See Basic 3 & 4.

**Age:** 16 years & up

**Note:** Class will not be held on 7/26.

6/7-6/28	Th	6:00-6:45 PM	\$47	33220-01
7/12-8/9	Th	6:00-6:45 PM	\$47	33220-02

### Adult Advanced Skate

Good skaters wishing to learn new skills may take the advanced level. See Basic 5 & 6.

**Age:** 16 years & up

**Note:** Class will not be held on 7/26.

6/7-6/28	Th	6:00-6:45 PM	\$47	33230-01
7/12-8/9	Th	6:00-6:45 PM	\$47	33230-02

### Adult Free Skate

Half jumps and basic spin positions will be taught.

**Age:** 16 years & up

**Note:** Class will not be held on 7/26.

6/7-6/28	Th	6:00-6:45 PM	\$47	33240-01
7/12-8/9	Th	6:00-6:45 PM	\$47	33240-02

### Adaptive Skate



These lessons are for people with and without disabilities. Basic skills are introduced and adapted for individuals with disabilities.

**Age:** 8 years & up

**Note:** Please bring an attendant if you need assistance off the ice. Class will not be held on 7/26.

6/7-6/28	Th	6:15-6:45 PM	\$33	33260-01
7/12-8/9	Th	6:15-6:45 PM	\$33	33260-02

### Special Event

#### Ice Theatre

Four new productions will be performed on a frozen stage in an intimate theatre setting. Tickets will be available on 7/10. Seating is very limited. For more information call 970.221.6683 x3.

**Age:** All

7/24-7/26	Tu-Th	5:30-6:30 PM	\$5	
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### Hockey

#### Power Skating

Hockey skaters will develop power, agility, and endurance. Program developed and instructed by Olympic speed skater Jondon Trevena.

**Age:** 9-17 years

**Note:** Full hockey gear required.

6/6-6/27	W	3:15-4:15 PM	\$61	33270-01
7/11-8/1	W	3:15-4:15 PM	\$61	33270-02
8/8-8/15	W	3:15-4:15 PM	\$33	33270-03

#### Beginner Cub Hockey

**Prerequisite:** Tot 1 or Basic 1.

The focus of Tuesdays will be on basic hockey skating, passing, and stick handling skills, and a recreational game will be held on Thursdays. This class will help prepare for the Youth Hockey Mite teams.

**Equipment Handout:** 6/7, 4:00-6:00 PM

**Age:** 4-7 years

**Note:** Equipment check-in is immediately following last game of the session. Class will not be held on 7/4.

6/12-8/9	Tu,Th	4:45-5:30 PM	\$142	33330-01
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#### Intermediate Cub Hockey

**Prerequisite:** Basic 1

The focus of Tuesdays will be on basic hockey skating, passing, and stick handling skills, and a recreational game will be held on Thursdays. This class will help prepare youngsters for Youth Hockey teams.

**Equipment Handout:** 6/7, 4:00-6:00 PM

**Age:** 8-10 years

**Note:** Equipment check-in is immediately following last game of session.

6/12-8/9	Tu,Th	5:30-6:15 PM	\$142	33335-01
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### Synchronized Skating

#### Synchronized Intro

**Prerequisite:** Basic 7

Learn unison team skating in formations.

**Age:** 6-12 years

**Note:** Class will not be held on 7/24.

6/5-6/26	Tu	6:00-6:45 PM	\$47	33150-01
7/10-8/7	Tu	6:00-6:45 PM	\$47	33150-02



**Outdoor Recreation**

**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.

**Adult**

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

**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. Class will not be held on 8/9.

6/7-6/14	Th	6:30-7:30 PM	\$25	34901-01
7/12-7/19	Th	6:30-7:30 PM	\$25	34901-02
8/2-8/16	Th	6:30-7:30 PM	\$25	34901-03

**Hikes**

These hikes will provide an opportunity to enjoy the great outdoors. These hikes are designed for mid-aged adults. Trips to RMNP will require a Park Pass or \$20 for entrance. **Cancellation must be made by 10:00 AM two (2) days prior to trip for refund or credit.**

6/6	W	7:30 AM-4:00 PM	Bridal Veil Falls	Amazing wildflowers	Moderate	\$19	34918-01
6/8	F	8:00 AM-2:00 PM	Chataqua Park	Boulder Flat Irons	Moderate	\$19	34918-02
6/12	T	8:00 AM-2:00 PM	Hewlett Gulch	Explore the lower Poudre Canyon	Moderate	\$19	34918-03
6/18	M	8:00 AM-3:00 PM	Bierstadt Lake (RMNP)	Dramatic Rocky Mountain scenery	Mod-diff	\$19	34918-04
6/22	F	8:00 AM-2:00 PM	Lady Moon	Newest trail near Red Feather	Easy-mod	\$19	34918-05
6/26	T	8:00 AM-2:00 PM	Caribou Ranch Open Space	3 mile Boulder County Open Space	Easy-mod	\$19	34918-06
6/28	Th	8:00 AM-4:00 PM	Blue Lake (Poudre)	Forested trail in the Poudre Canyon	Moderate	\$19	34918-07
7/2	M	8:00 AM-3:00 PM	Hermit Park Open Space	Views of Estes Park	Mod-diff	\$19	34918-08
7/6	F	8:00 AM-4:30 PM	Gould Loop	Flat Loop Hike	Easy-mod	\$19	34918-09
7/11	W	7:30 AM-4:00 PM	Calypso Cascades (RMNP)	Cascading waterfalls	Mod-diff	\$19	34918-10
7/17	T	8:00 AM-4:00 PM	Trap Park (Poudre)	Explore Long Draw Road area	Mod-diff	\$19	34918-11
7/20	F	8:00 AM-1:00 PM	Turkey Roost	Hiking Cherokee Park area	Moderate	\$19	34918-12
7/26	Th	7:00 AM-4:30 PM	Blue Lake (Brainard)	5.1 mile hike at 11,355 ft.	Difficult	\$19	34918-13
7/31	T	7:00 AM-4:30 PM	Lake Isabelle (Brainard)	Amazing wildflowers, 10,868 ft.	Mod-diff	\$19	34918-14
8/3	F	8:00 AM-4:00 PM	Green Ridge (Poudre)	Moose country	Moderate	\$19	34918-15
8/7	T	8:00 AM-4:30 PM	Lulu City	Hike from Long Draw Road to Lulu City	Moderate	\$19	34918-16
8/9	Th	6:00 AM-4:00 PM	Mt. Audubon	Hike a 13,233 ft. mountain	Difficult	\$19	34918-17
8/17	F	8:00 AM-4:00 PM	Michigan Ditch	Flat trail at 10,249 ft.	Mod-diff	\$19	34918-18
8/22	W	7:30 AM-4:00 PM	Ouzel Falls (RMNP)	Cascading waterfalls	Mod-diff	\$19	34918-19
8/24	F	8:00 AM-12:00 PM	Ramsay-Shockey Open Space	Open space above Carter Lake	Moderate	\$14	34918-20
8/27	M	8:00 AM-3:00 PM	The Loch (RMNP)	6 mile total w/ 1,000 ft. elevation gain	Mod-diff	\$19	34918-21
8/30	Th	8:00 AM-4:30 PM	West Branch	Hike in the Rawah Wilderness	Mod-diff	\$19	34918-22

**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.

**Wildflower Hikes**

Wildflowers in Colorado should be plentiful this year. We will hike to meadows and spend the day identifying and discussing wildflowers. Bring reference guides and books to help identify if you like.

**Location:** Senior Center

**Note:** Participants should be in good health and capable of moderate levels of physical activity. Bring water, lunch and rain gear.

6/15	F	8:00 AM-3:00 PM	\$19	34906-01
7/25	W	8:00 AM-3:00 PM	\$19	34906-02
8/14	Tu	8:00 AM-3:00 PM	\$19	34906-03

**Mountain View Picnic**



Join us for a scenic drive, an afternoon picnic and enjoy a nature walk. We provide the fixin's and transportation.

**Age:** 50 years & up

**Location:** Senior Center

**Note:** Bring rain gear. Trip not discountable.

**Golden Ponds Park**

6/20	W	10:00 AM-2:00 PM	\$11/\$14	34920-01
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**Big Thompson**

7/24	Tu	10:00 AM-2:00 PM	\$11/\$14	34920-02
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**Gateway Park**

8/23	Th	10:00 AM-2:00 PM	\$21	34920-03
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**Rafting the Poudre**

Participants will enjoy a 2-hour trip with A Wanderlust Adventures in a Class II and III whitewater experience on the Poudre River. This is a good first-timers trip!

**Location:** Senior Center

**Note: Registration and cancellation deadline is June 12.**

Wetsuits are available to rent on your own. Trip not discountable.

6/27 W 9:00 AM-1:00 PM \$59 34921-01

**Horseback Riding**

We will travel to Estes Park and take a 2 -hour long trail ride from the livery at the YMCA of the Rockies. You will explore RMNP on horseback with grand views of the Continental Divide and an abundance of wildflowers. This is considered a moderate ride with trotting involved.

**Location:** Senior Center

**Note: Registration and cancellation deadline is July 13.** Trip not discountable.

7/27 F 11:30 AM-4:30 PM \$65 34925-01

**Adaptive**

**Poudre Raft Trip**

◀ARO

Travel down the scenic Poudre River for a fun, six-mile raft trip with Rocky Mountain Adventures. This trip is designed for people with and without disabilities looking for fun and adventure.

**Age:** 16 years & up

**Location:** Leave from Senior Center

**Note:** For more information, contact Renee Lee at 970.224.6027 or rlee@fcgov.com. Bring a sack lunch, water bottle, swimsuit, shorts, rain gear, shoes that tie on, hat and sunscreen. Attendants must pre-register separately for \$50 (#34601-1A). Class not discountable.

7/7 Sa 7:30 AM-1:30 PM \$59 34601-01

7/7 Sa 7:30 AM-1:30 PM \$50 34601-1A

**Adaptive Waterskiing**

◀ARO

Learn how to waterski or to improve your skills at the Boulder Reservoir. This program is designed for people with physical disabilities and visual impairments only. You will have the opportunity to try out the newest adaptive skis and equipment.

**Age:** 12 years & up

**Location:** Leave from Senior Center

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

6/26, 7/10, Tu 7:00 AM-12:30 PM \$55 34603-01

7/24, 8/7

**Cabin Camping Trip**

◀ARO

Enjoy a camping adventure while staying in a rustic cabin or yurt nestled in a dense forest in Golden Gate State Park near Rollinsville. Hiking, cooking, fishing and the great outdoors will make this a weekend not to miss.

**Location:** Leave from Northside Aztlan Center

**Note:** For more information contact Renee Lee at 970.224.6027 or rlee@fcgov.com. Attendants must pre-register separately for \$60 (#34604-1A). Registration deadline 8/10/2012. Class partially discountable.

8/13-8/15 M-W 3:00-2:00 PM \$100 34604-01

8/13-8/15 M-W 3:00-2:00 PM \$60 34604-1A

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Fly Tying & Knots  
Habitat & Entomology  
Trout Anatomy & Behavior  
Fish Hatchery  
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Electrofishing  
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Water Safety

**Six full days - \$30.<sup>00</sup>**

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**ROCKY MOUNTAIN Trout Unlimited**

8:00 a.m. to 6:00 p.m. daily schedule.  
Equipment and transportation between activity venues provided.  
Campers bring bag lunches and rain gear.  
Questions: 970-372-9229



**Stand Up Paddle Boarding:** Explore the water in a whole new way!

**Adaptive Boating Clinic**



Experience the freedom and beauty of boating at the spectacular Horsetooth Reservoir. This event will feature canoes, kayaks, sailboats and paddle boards for people with disabilities and their friends. Equipment and expertise provided by NSCD, Nichole Rider, Community Sailing of Colorado, and Baby Seal.

**Age:** 12 years & up

**Location:** Horsetooth Reservoir, South Bay Pavilion

**Note:** Lunch included. Please wear clothes to get wet in, hat, sunglasses, sunscreen and bug spray. Attendants welcome at no cost. For more information, contact Renee Lee at 970.224.6027 or rlee@fcgov.com Class partially discountable.

6/22 F 10:00 AM-1:30 PM \$25 34618-01

**Adaptive Cycling Clinic**



This clinic will take place during the Fort Collins Cycling Festival. Watch handcyclists race and compete, then get out there and ride yourself! This special event will feature handcycles and off road bikes along with experienced Adaptive Adventures staff to make it a successful day for all ages and abilities.

**Age:** 8 years & up

**Location:** Canyon Avenue, Old Town

**Note:** For more information contact Renee Lee at 970.224.6027 or rlee@fcgov.com. Class not discountable.

8/18 Sa 4:00-8:00 PM \$5 34626-01

**General**

**Hunter Education**

Course will give students the skills and information necessary to hunt without accidents. Colorado Division of Wildlife certificates will be issued to those successfully completing the course. Saturday's class involves reviewing of class material, written testing and live fire testing.

**Age:** 12 years & up

**Instructor:** Jan Manning

**Location:** The Farm

**Note:** Attendance at all 5 classes is mandatory (total of 19 hours). All firearms are provided - do not bring them to class. Class not discountable.

8/7-8/16 Tu,Th 7:00-10:00 PM \$10 34905-01  
8/18 Sa 8:00 AM-3:00 PM

**Stand Up Paddle Boarding**

Try one of the oldest means of water travel-Stand Up Paddle Boarding. Once you try it you'll be hooked! You can explore the water in a whole new way. This class is designed to get you started with the basics: board positioning, paddle techniques, board stance, stability and safety.

**Age:** 5 years & up

**Location:** Horsetooth Reservoir, North Bay

**Note:** All equipment provided. Please wear a swim suit and bring a towel and sunscreen. Meet at the Horsetooth Reservoir North Bay. For more information, visit [www.babyseallc.com](http://www.babyseallc.com).

5/12-5/19	Sa	8:00-10:00 AM	\$195	35735-01
6/4-6/8	M,W,F	8:00-10:00 AM	\$195	35735-02
6/11-6/15	M,W,F	8:00-10:00 AM	\$195	35735-03
6/18-6/22	M,W,F	8:00-10:00 AM	\$195	35735-04
6/25-6/29	M,W,F	8:00-10:00 AM	\$195	35735-05
7/9-7/13	M,W,F	8:00-10:00 AM	\$195	35735-06
7/16-7/20	M,W,F	8:00-10:00 AM	\$195	35735-07
7/23-7/27	M,W,F	8:00-10:00 AM	\$195	35735-08
7/30-8/3	M,W,F	8:00-10:00 AM	\$195	35735-09
8/6-8/10	M,W,F	8:00-10:00 AM	\$195	35735-10
8/13-8/17	M,W,F	8:00-10:00 AM	\$195	35735-11

**Stand Up Paddle Boarding Work Out**

This class is designed for people who have already experienced the beginner course of Stand Up Paddling or already have experience and are looking for a fun way to get in a great workout. The harder you push yourself, the harder the workout. Led by the instructor and will include stretching and paddle work.

**Age:** 5 years & up

**Location:** Horsetooth Reservoir, North Bay

**Note:** Please bring a swim suit, towel and sunscreen. We will meet at the Horsetooth Reservoir North Bay. You are responsible for your own parking fee. For more information, please visit [www.babyseallc.com](http://www.babyseallc.com).

5/12-5/26	Sa	6:00-7:45 AM	\$120	35744-01
6/4-6/8	M,W,F	6:00-7:45 AM	\$120	35744-02
6/11-6/15	M,W,F	6:00-7:45 AM	\$120	35744-03
6/18-6/22	M,W,F	6:00-7:45 AM	\$120	35744-04
6/25-6/29	M,W,F	6:00-7:45 AM	\$120	35744-05
7/9-7/13	M,W,F	6:00-7:45 AM	\$120	35744-06
7/16-7/20	M,W,F	6:00-7:45 AM	\$120	35744-07
7/23-7/27	M,W,F	6:00-7:45 AM	\$120	35744-08
7/30-8/3	M,W,F	6:00-7:45 AM	\$120	35744-09
8/6-8/10	M,W,F	6:00-7:45 AM	\$120	35744-10
8/13-8/17	M,W,F	6:00-7:45 AM	\$120	35744-11



**Youth & Teen**

**Whitewater Rafting Trips**

Join us for a half day rafting trip down the Poudre Canyon! Rocky Mountain Adventures will guide us through Class II and III rapids while we paddle through the beautiful scenery and take in a few splashes along the way.

**Age:** 11-17 years

**Location:** Northside Aztlan Center

**Note:** Please wear appropriate clothing and shoes that can get wet. A towel, sunscreen water bottle and snack are recommended. All rafting equipment will be provided. Parent must sign a waiver prior to the trip. Trip not reducible.

6/11	M	Noon-4:00 PM	\$59	35734-01
6/25	M	Noon-4:00 PM	\$59	35734-02
7/9	M	7:45-11:45 AM	\$59	35734-03
7/23	M	7:45-11:45 AM	\$59	35734-04
8/6	M	7:45-11:45 AM	\$59	35734-05

**Backpacking Trips**

Let your feet take you where a vehicle can never go. We'll summit mountain passes, view beautiful wildflowers, feast on delicious back country meals and sleep out under the stars. Trip will average 3-4 miles per day. No experience necessary. Tents, water filters and food will be provided. We will leave on Friday at 9:00 a.m. and return on Sunday at noon.

**Age:** 12-17 years

**Location:** Northside Aztlan Center

**Note:** Participants are responsible for their own toiletries, clothing, sleeping bag and pad, water bottle and hiking shoes. Backpacks can be rented at REI or Jax Mercantile. Partially discountable.

**Comanche Peak**

7/6-7/8	F-Su	9:00 AM-Noon	\$10	35764-01
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**American Lakes**

8/17-8/19	F-Su	9:00 AM-Noon	\$10	35764-02
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**Fishing Trips**

Let us borrow your child and teach him/her to fish! We will take them to a variety of different lakes and ponds and teach them how to fish the top or bottom with lures and bait. The fish are jumping, so let's bait up our lines!

**Age:** 10-14 years

**Location:** Northside Aztlan Center

**Note:** Participants must provide their own working fishing rod and reel. Some bait will be provided. Bring a sack lunch.

6/13	W	8:30 AM-Noon	\$26	35805-01
6/27	W	8:30 AM-Noon	\$26	35805-02
7/18	W	8:30 AM-Noon	\$26	35805-03
7/25	W	8:30 AM-Noon	\$26	35805-04

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**Miramont: [miramontlifestyle.com/summer](http://miramontlifestyle.com/summer)**



Contact Jon Miles with questions at 970-744-4882.

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### Fort Collins Senior Center

The Fort Collins Senior Center was recognized in the top 12 by the National Council on Aging and the National Institute of Senior Centers for 2008 and 2009. The center was awarded National Accreditation in 2003 and 2009. Of 15,000 centers in the U.S., fewer than 200 receive this distinction; the Senior Center is one of only two in Colorado. The Senior Center provides a focal point for programs and services for aging adults and their families. For more information call 970.221.6644.

### Senior Center Volunteers

Those who donate their time, energy and talents play a vital role in the Senior Center operation. There are opportunities for people with strong customer service, clerical, organizational and leadership skills to contribute to an important community resource. Please contact Senior Center desk at 970.221.6644 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: Fee 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 designated with a **MS**.

Scholarships are available. Contact a Recreation registration staff member for information.

#### Age 50+: Fee 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





Design phase will begin in 2012. Your opportunity to be involved in molding the future.



**2011 Board of Directors**

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Linda Hopkins, lindah@frii.com

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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

**Additional Support:**

Mike Loughlin (website), Maggie Dennis (community awareness, funding sources).

**What do the icons or symbols mean?**

-  Senior Center members only
-  Program/activity has member special pricing
-  Online registration not available for program
-  Adaptive Recreation Opportunity program.

**Senior Advisory Board**

The Senior Advisory Board advises City Council on issues related to older adults and is comprised of individuals of all ages who share a concern for the aging members of our community. The board consists of 11 members; nine members are appointed by City Council, and two members are appointed from the Senior Center Council. The Senior Advisory Board meets the second Wednesday of each month at 1:30 PM. The first 20 minutes of each meeting is devoted to public participation.

**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. Elected 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****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 Badminton Club**

FCBC is the largest badminton club in northern Colorado. 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](http://www.fcbadminton.org).

**Location:** Northside Aztlan

Ongoing, T, Th 8:00-10:00 AM, drop in fees apply

Ongoing, Sat, 2:00-5:00 PM, drop in fees apply

**Location:** Senior Center

Ongoing M,W 6:45-9:00 PM drop in fees apply

**Adventure Travel Club**

This club meets the second Thursday of each month at 2:30 PM and features a variety of mediums including IMAX films, other travel films or speakers on travel. There is no fee. Monthly agendas are available in the brown brochure rack in the Senior Center lobby.

**Fort Collins Senior Sports Club****MO**

Senior Sports Club is an active group of seniors over 50 who have a love for playing sports. 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 \$16, and can be used during the following times. Verify current schedule at 970.221.6644.

<b>Badminton</b>	M,W,F	8:00-10:00 AM	Senior Center
<b>Badminton</b>	M,W	6:30-8:30 PM	Senior Center
<b>Badminton</b>	T, Th	8:00-10:00 AM	NACC; club play
<b>Basketball</b>	M,W,F	8:00-10:00 AM	NACC
<b>Pickle Ball</b>	T	6:30-9:00 PM	Senior Center
beginner	Th	6:30-7:30 PM	Senior Center
intermediate	Th	7:30-9:00 PM	Senior Center
advanced	Su	12:30-3:15 PM	Senior Center
<b>Table Tennis</b>	T,Th,Sa	3:00-5:00 PM	Senior Center
<b>Tennis</b>	M-F	9:30 AM	Rolland Moore
<b>Ice Skating</b>	W	9:00-11:00 AM	EPIC
<b>Swimming</b>	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. 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	482-5162
Badminton	Dorris Taylor	221-3335
Bicycling	Robert Manbeck	226-3477
Bowling	Karen Burgess	484-2906
	Rich Larson	221-5190
Table Tennis	Clarence Elbert	221-0269
Basketball	Fritz Kitowski	282-1626
Tennis	Fritz Kitowski	282-1626
Track	Jim Frances	225-2902
Pickle Ball	Clarence Elbert	221-0269



**Front Range Forum**

MO

The Front Range Forum is an organization designed to promote life-long learning. It is meant to be challenging and innovative, and to foster open discussion and social interaction among its members. Participants electing to take a course prepare and make assigned presentations in keeping with the topic. Membership for Front Range Forum is \$15 per year. For class information see the In-Former newsletter. You can pick up a copy at the Senior Center or view it online at [www.fcgov.com/recreation/frf-index.php](http://www.fcgov.com/recreation/frf-index.php). For more information call Katie Stieber at 970.224.6029. Senior Center members 50+ only.

**Harmonettes**

MO

This singing band has been together for over 30 years performing at schools, long-term care residences, and special events. No experience is necessary. Members 50+ only.

**Location:** Senior Center

Practice M 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+. Please contact Katie Stieber on her private phone line at 970.224.6029 or at [kstieber@fcgov.com](mailto:kstieber@fcgov.com).

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**SOAP Troupe (Slightly Older Adult Players)** MO

SOAP Troupe produces two major shows per year featuring a variety of acts/short skits, monologues, stand-up comedy, song, dance or instrumental performances, a short play and usually a melodrama or short comedy.

Whether you are experienced or a beginner, your talent can be used to act, pound nails, sew, sing and/or write. Monthly programs and activities are planned. Interested persons are encouraged to attend a meeting. SOAP Troupe is only open to Senior Center Members who are 50+. Dues are \$10 annually. SOAP meets at 3:00 PM on the fourth Tuesday of each month on the stage of the Senior Center.

Contact Katie Stieber at (970) 224-6029 for membership information.

**The Writers Group** MO

Express yourself through writing in any manner you choose regardless of content, genre, or skill. Participants gather weekly to share their work and occasionally write on a topic selected by all. No registration necessary; new participants are always welcome. (Senior Center members 50+ only)

**Location:** Senior Center

Ongoing Tu 610:00 AM-Noon

**Health & Welfare Services**

**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.

**Age:** 50+

**Location:** Senior Center

Ongoing M 11:30 AM-1:00 PM No Fee

Group will resume in September

**Audiology Screens** MO

A certified audiologist from All About Hearing will be available for hearing screenings, cleaning of hearing aids and to check hearing aids and do simple maintenance.

**Location:** Senior Center

**Audiologist:** Brenna Whittey

7/11 W 8:30 - 9:30 AM

**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.

**Age:** 50+

**Care Provider:** Health District Nurse

**Location:** Senior Center

6/18, 7/16 M 10:00 AM-Noon No Fee  
8/20

**Chair Massage**

Receive a chair massage to increase circulation, reduce stress, and provide relief from muscle tension and fatigue. No clothing removed. Care provider is a certified massage therapist.

**Therapist:** Annemarie Muehlbradt

**Location:** Senior Center

Ongoing M 9:00 AM-Noon \$8/10-minutes  
\$15/20-minutes

**Cholesterol Testing & Blood Pressure**

Blood pressure, cholesterol and glucose screenings are provided along with counseling and recommendations within 15 minutes by registered nurses. 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.

**Age:** 50+

**Care Provider:** Health District Nurse

**Location:** Senior Center

6/5, 7/3, 8/21 Tu 8:30-10:30 AM Sliding Fee  
6/21, 7/19, 8/16 Th 8:30-10:30 AM Sliding Fee

**Foot Care Clinics** MS

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.

**Care Provider:** Erin Sunshine Keefe

**Location:** Senior Center

**Note:** Cancellations must be made at least 24 hours in advance.

Ongoing Tu 9:00 AM-4:00 PM \$28/\$34

**Hearing Presentation & Screens**

Join us for a brief presentation on hearing loss, hearing aids and more. Audiologists will be on hand to discuss hearing issues and provide hearing screens. Dr. Christine Russell and Dr. Emily Wakefield are both licensed audiologists with the state of Colorado.

6/14 Th 8:30-11:30 AM 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.

**Location:** Senior Center

6/7, 7/12, 8/2 Th 1:00-5:00 PM No Fee

**Massage Therapy**

MS

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/\$50

**Half Hour**

Ongoing M 12:30-6:30 PM \$25/\$27

**Reiki**

MS

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/\$48

**Social Opportunities**

Events are for ages 50 years & up and held 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.

6/11 M 6:30-8:30 PM No Fee

6/25 M 6:30-8:30 PM No Fee

**Cards & Games**

MO

Including canasta, mahjongg scrabble, and cribbage.

**Note:** Class will not be held on 8/6, 8/8.

Ongoing M 9:00 AM-Noon No Fee

Ongoing W 9:00 AM-Noon No Fee

**Bridge & Pinochle**

MO

Drop-in bridge and pinochle

**Note:** Class will not be held on 8/7, 8/9.

Ongoing Tu 1:00-4:00 PM No Fee

Ongoing Th 5:30-7:30 PM No Fee

**Duplicate Bridge**

MS

Duplicate Bridge, members \$2.80, non-members \$3.50

**Note:** Class will not be held on 8/10.

Ongoing F 11:30 AM-4:00 PM

**Games**

**Bingo**

MO

Compete against each other and play for prizes.

6/11, 7/9, 8/13 M 1:00-2:00 PM No Fee

**General**

**New Release Movies**

MO

Join us for new release movies! Schedule of the movie titles are available at registration desk.

6/1, 6/15, 7/6, F 1:00-4:00 PM No Fee

7/20, 8/3, 8/17

**Donut Make You Wonder**

MO

Ongoing topical discussions with donuts and coffee.

**Note:** Class will not be held on 8/10.

Ongoing F 10:00-11:30 AM No Fee

**Celebrations**

MO

Celebrate April, May and June birthdays and anniversaries of the Senior Center members with cake, gifts and entertainment.

6/28 Th 1:30-3:00 PM No Fee

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**Moonlight Melody Dance**

Social dance to live music. Refreshments served.

**Darrell Sullivan**

6/4 M 7:00-10:00 PM \$4.00

**C.C. Collier**

6/18 M 7:00-10:00 PM \$4.00

**Darrell Sullivan**

7/2 M 7:00-10:00 PM \$4.00

**Harris and Harris**

7/16 M 7:00-10:00 PM \$4.00

**Jim Ehrlich**

7/30 M 7:00-10:00 PM \$4.00

**Darrell Sullivan**

8/20 M 7:00-10:00 PM \$4.00

**VOA Senior Nutrition**

Senior nutrition is a service of Volunteers of America in cooperation with the City of Fort Collins Recreation Department. Call 970.472.9630 for information.

**Note:** Lunch will not be served 8/6-8/10 at the Senior Center. Lunch will not be served at Northside Aztlan Center 8/21-8/23.

NACC	Tu,W,Th	Noon	Donation: \$2.50
Senior Center	M,Tu,Th,F	Noon	Donation: \$2.50

**Events**

**7th All American Picnic & Apple Pie Baking Contest**

Be entertained, satisfy your appetite, and challenge your baking skills. The Senior Center and the Breakfast Optimists Club are again partners in this event to raise money for the Senior Center Expansion effort. A bounty of music and food will be provided. Entrants for the Apple Pie Contest may pick up the rules and registration form at the Senior Center.

**Location:** Senior Center

**Note:** Tickets available at the Senior Center or from members of the Optimist Club.

7/3	Tu	6:00-9:00 PM	Adults: \$15
			Age 7-17: \$8
			Under 7: Free

**Picnic in the Park**

Savor the relaxation of a day in the park with friends and family while enjoying multiple activities. Get away from the daily routine and invite the older people in your lives to join you. Dine on picnic fare, play bingo, listen to music and anticipate the surprises in store for you.

**Location:** City Park

**Note:** Free transportation, special diet and reserved table accommodations for groups of 6 and larger will be made upon request. Call 970.221.6644 to make requests.

8/15	W	11:00 AM-2:00 PM	\$3
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**Historical Cafe**

**Germans From Russia**



Learn about the tradition of the Dutch Hop dance style that was imported to Colorado with the Germans from Russia. There will be a lecture and performance from the Dutch Hop Dancers from northern Colorado. The German Russian population has traditionally been the second largest ethnic minority in Colorado. A German lunch of butter ball and noodle soup, kraut bieroch and rivel kuchen will be served after the program.

**Note:** Free transportation, special diet and reserved table accommodations for groups larger than 6 will be made upon request. Call 970.221.6644 to make requests.

6/27	W	11:30 AM-1:30 PM	\$16/\$20	35044-01
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**Separate Lives: The Story of Mary Rippon**



Mary Rippon was the University of Colorado's first female professor. Unofficially, she also was its first dean of women, role-modeling and "mothering" her female students. They didn't know, however, that "Miss Rippon," as they called her, was secretly married to one of her male students and had a child. Boulder area historian Silvia Pettem will present "Separate Lives: The Story of Mary Rippon" -- a tale that digs deeply into Victorian mores, follows the odd parallels in the life of Mary's child, and reveals why both mother and child took their personal lives to their graves.

**Note:** Free transportation, special diet and reserved table accommodations will be made upon request. Call 970.221.6644 to make requests.

7/18	W	11:30 AM-1:30 PM	\$16/\$20	35045-01
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**Orson Welles**



Gill Moon offers an insightful look at possibly the most prolific, diverse and controversial entertainment figure of the 20th Century. Orson Welles worked extensively in theater, radio and film. His broadcast of "The War of The Worlds" was the most famous in radio history. His "Citizen Kane" is considered by many critics and scholars as the best film of all time. Hear about his life and loves in his own words. Lunch to follow.

**Note:** Free transportation, special diet and reserved tables will be made upon request. Call 970.221.6644 to make requests.

8/22	W	11:30 AM-1:30 PM	\$16/\$20	35046-01
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**Members Register Early, May 8!**

Fort Collins Senior Center members can take advantage of early registration for Senior Center programs and classes. Senior Center members can register on **May 8** 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.



➔ **On Deck:** Rockies vs. Dodgers from the comfort of shaded seats!

**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.

**June**

**Rockies vs. Dodgers**



The Colorado Rockies play host to the Los Angeles Dodgers in this game. Enjoy the game from shaded seats at Denver's Coors Field.

**Note:** The trip includes transportation, ticket and escort. Trip fee is not discountable.

6/3 Su 11:15 AM-6:00 PM \$30 34840-01

**Bull Durham Casino**



Bull Durham Casino in Black Hawk is one of our casino destinations this month.

**Location:** Rolland Moore Park

**Note:** Casino trips leave from Rolland Moore Park. Fee includes transportation, casino package and escort. Trip fee is not discountable.

6/5 Tu 8:00 AM-5:00 PM \$12 34841-01

**Out to Lunch**



The Black Forest Restaurant in Nederland is a nice German restaurant in a beautiful mountain valley town. Meal costs, which are not included, range from \$8 to \$12.

**Note:** The trip includes transportation and escort. Trip fee is not discountable.

6/7 Th 10:00 AM-2:30 PM \$12 34842-01

**Cinderella at the Boulder Dinner Theatre**



The timeless enchantment of a magical fairy tale is reborn with the Rodgers & Hammerstein hallmarks of originality, charm and elegance. As adapted for the stage, with great warmth and more than a touch of hilarity. Enjoy a meal and then a show at this long-time popular theatre.

**Note:** The trip includes transportation, dinner including non-alcoholic drink, gratuity, show and escort. Dessert and alcohol are extra. Trip fee is not discountable.

6/10 Su 11:15 AM-6:00 PM \$60 34843-01

**Colorado Symphony at the Denver Center**



Shakespeare has long inspired orchestral composers. Andres Cardenes will conduct the best and brightest of these works to celebrate the great Bard. World famous mezzo soprano and Denver area native Michelle DeYoung makes her long anticipated debut at this concert. The symphony performs at Denver's Boettcher Concert Hall.

**Note:** The trip includes transportation, castle tour, ticket and escort. Trip fee is not discountable.

6/10 Su Noon-6:00 PM \$55/\$60 34844-01

**Yves Saint Laurent at the Denver Art Museum**  

A sweeping retrospective of the designer’s 40 years of creativity, Yves Saint Laurent: The Retrospective features a stunning selection of 200 haute couture garments along with numerous photographs, drawings and films that illustrate the development of Saint Laurent’s style and the historical foundations of his work. Organized thematically, the presentation melds design and art to explore the full arc of Saint Laurent’s career, from his first days at Dior in 1958 through the splendor of his evening dresses from 2002. The DAM will be the only place to see this exhibit in the United States.

**Note:** The trip includes transportation, special exhibition ticket, guided tour, lunch and escort. Trip fee is not discountable.

6/12 Tu 8:30 AM-4:00 PM \$40/\$45 34845-01

**Rockies vs. Oakland** 

The Colorado Rockies play host to the Oakland Athletics in this game. Enjoy the game from shaded seats at Denver’s Coors Field.

**Note:** The trip includes transportation, ticket and escort. Trip fee is not discountable.

6/14 Th 11:15 AM-6:00 PM \$30 34846-01

**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:** The trip includes transportation and escort. Trip fee is not discountable.

6/17 Su Noon-4:00 PM \$8 34847-01

**Deadwood Gaming Trip** 

Enjoy the motor coach ride to Deadwood, SD, for this gaming trip to the Deadwood Gulch Resort. Receive \$46 in gaming vouchers and participate in a free slot tournament. Also, included is Crazy Horse memorial, 1880 Hill City steam train, lunch on day one and four, \$56 in meal vouchers at resort, and choice of either Mt. Rushmore or shopping.

**Note:** Trip includes motor coach transportation, three-nights lodging, lunch on day one and day four, \$56 in meal vouchers at the resort, \$46 in gaming, free slot tournament, wine and cheese reception, Crazy Horse and 1880 Hill City train ride and escort. Trip fee is not discountable.

6/19-6/22 Tu-F \$269/double \$339/single 24831-01


**Traveling Gourmet** 

This month we head to the heart of Estes Park to ‘The View’ at Crags Lodge. It’s named for its spectacular view through a 90-foot wall of French pane windows. Come and meet new friends while we do the driving. Meal costs are on your own.

**Note:** Fee includes van transportation and escort. Trip fee is not discountable.

6/27 W 4:00-8:30 PM \$15 34848-01



 **Casino Royale:** Test your luck in beautiful Black Hawk Colorado

**Lady Luck Casino** 

Lady Luck Casino in Black Hawk is one of our casino destinations this month.

**Location:** Rolland Moore Park

**Note:** Casino trips leave from Rolland Moore Park. Fee includes transportation, casino package and escort. Trip fee is not discountable.

6/28 Th 8:00 AM-5:00 PM \$12 34849-01

**July**

**Rockies vs. Padres** 

The Colorado Rockies play host to the San Diego Padres in this game. Enjoy the game from shaded seats at Denver’s Coors Field.

**Note:** The trip includes transportation, ticket and escort. Trip fee is not discountable.

7/1 Su 11:15 AM-6:00 PM \$30 34860-01

**Out to Lunch** 

This trip features a beautiful drive up the Poudre Canyon for a meal at the Glen Echo Restaurant. Meal costs, which are not included, range from \$8 to \$12.

**Note:** The trip includes transportation and escort. Trip fee is not discountable.

7/3 Tu 10:30 AM-2:30 PM \$12 34862-01

**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:** The trip includes transportation and escort. Trip fee is not discountable.

7/8 Su Noon-4:00 PM \$8 34864-01



**Lady Luck Casino**



Lady Luck Casino in Black Hawk is one of our casino destinations this month.

**Location:** Rolland Moore Park

**Note:** Casino trips leave from Rolland Moore Park. Fee includes transportation, casino package and escort. Trip fee is not discountable.

7/10 Tu 8:00 AM-5:00 PM \$12 34866-01

**Murder in the Castle**



Travel to Cherokee Ranch Castle for lunch and experience a murder mystery show you won't forget. "The Grapes of Death" whisks us back to 1942 as we join the Winemakers for their annual gathering, but when a death occurs, an unlikely detective tries to determine what happened and if international espionage is involved!

**Note:** Fee includes transportation, castle tour, play, lunch with dessert and escort. Trip fee is not discountable.

7/15 Su 9:00 AM-5:00 PM \$55/\$60 34868-01

**Estes Photo Experience**



Photography class combined with a fabulous day trip. Nature photographer Dick Irwin will instruct on how to take better photographs while you hone your skills at several sites in Estes Park. All levels welcome.

**Note:** Fee includes van transportation, lunch, photographic instruction, and park entrance. Camera required, but no experience necessary. Lunch is included.

7/16 M 8:00 AM-4:00 PM \$38 34870-01

**Traveling Gourmet**



This month's trip is to the 'Flagstaff House' in Boulder. Rated one of the '50 best restaurants in the US.' Entrees range from \$40 - \$50 and the views are stunning. Meal costs are on your own.

**Note:** Fee includes van transportation and escort. Trip fee is not discountable.

7/18 W 4:00-8:30 PM \$16 34872-01

**Stranahan's Whiskey & Lunch**



Special VIP tour of Stranahan's, the only whiskey distillery in CO. You will get to taste the golden delight as well as see how it is made. We will eat lunch at the Rackhouse pub. Meal cost is on your own.

**Note:** The trip includes transportation, VIP tour and escort. Meal cost is on your own. Trip fee is not discountable.

7/20 F 10:30 AM-4:30 PM \$25 34874-01

**Hot Springs & Honkey Tonk**



Travel with us to the Saratoga Resort and Spa in WY, and enjoy the natural hot springs. Tour the territorial prison, eat prime rib at the Wolf Lodge, and hit the Cheyenne Frontier Days on the way back with a concert by Reba.

**Note:** Fee includes motorcoach transportation, one night lodging and hot springs, breakfast, two lunches, Prime rib dinner, Reba concert ticket, all tours and escort. This trip is not discountable.

7/24-7/25 Tu-W 8:00 AM-5:00 PM \$250/double \$300/single 34876-01

**Bull Durham Casino**



Bull Durham Casino in Black Hawk is one of our casino destinations this month.

**Location:** Rolland Moore Park

**Note:** Casino trips leave from Rolland Moore Park. Fee includes transportation, casino package and escort. Trip fee is not discountable.

7/26 Th 8:00 AM-5:00 PM \$12 34877-01

**Rockies vs. Reds**



The Colorado Rockies play host to the Cincinnati Reds in this game. Enjoy the game from shaded seats at Denver's Coors Field.

**Note:** The trip includes transportation, ticket and escort. Trip fee is not discountable.

7/29 Su 11:15 AM-6:00 PM \$30 34878-01

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**August**

**'La Boheme' in Central City**  

Central City Opera will present an all new production of Puccini's 'La Boheme.' Great middle seats at one of the most performed operas worldwide. Lunch will be on your own prior to the show.

**Location:** Rolland Moore Park

**Note:** This trip will leave from Rolland Moore Park. Fee includes comfortable motorcoach transportation, opera ticket and escort. Performed in Italian with English subtitles.

8/1 W 10:30 AM-7:30 PM \$90/\$95 34880-01

**Doc Holliday Casino** 

Doc Holliday Casino in Central City is one of our casino destinations this month.

**Location:** Rolland Moore Park

**Note:** Casino trips leave from Rolland Moore Park. Fee includes transportation, casino package and escort. Trip fee is not discountable.

8/1 W 10:30 AM-7:30 PM \$12 34881-01

**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:** The trip includes transportation and escort. Trip fee is not discountable.

8/5 Su Noon-4:00 PM \$8 34882-01

**History Colorado** 

Travel to Denver's newest cultural attraction, History Colorado Center and explore the state of the art hands on, interactive multimedia alongside the authentic artifacts and evocative stories of Colorado's diverse people. We will have lunch and then tour the Molly Brown House. Meal costs on your own.

**Note:** Fee includes van transportation, tours and escort. Trip fee is not discountable. Facility not handicapped accessible.

8/7 Tu 9:00 AM-4:30 PM \$28 34884-01

**'Jersey Boys' at the Denver Center** 

"Jersey Boys" is the Tony, Grammy and Olivier Award-winning Best Musical about rock and roll hall of famers, The Four Seasons: Frankie Valli, Bob Gaudio, Tommy DeVito and Nick Massi. This is the story of how four blue-collar kids became one of the greatest successes in pop music history. They wrote their own songs, invented their own sounds and sold 175 million records worldwide - all before they were 30!

**Note:** The trip includes transportation, ticket and escort. Trip fee is not discountable.

8/9 Th Noon-6:00 PM \$64 34886-01



 **The Big City:** Explore Downtown Denver August 17th

**Out to Lunch** 

This trip features a beautiful drive up to Estes Park and lunch on the deck overlooking the mountains at the Mary Lake Lodge. Meal costs, which are not included, range from \$8 to \$12.

**Note:** The trip includes transportation and escort. Trip fee is not discountable.

8/13 M 10:30 AM-2:30 PM \$12 34888-01

**Rockies vs Brewers** 

The Colorado Rockies play host to the Milwaukee Brewers in this game. Enjoy the game from shaded seats at Denver's Coors Field.

**Note:** The trip includes transportation, ticket and escort. Trip fee is not discountable.

8/15 W 11:15 AM-6:00 PM \$30 34890-01

**Downtown Denver** 

Did you ever want a day on your own to walk Denver's 16th Street Mall? Well, here's your chance. We will take you there to walk the mall, to eat and shop, visit the Art Museum, the Mint, see the Brown Palace or just have coffee and people watch. We will give you a map of the highlights so you won't get lost. FYI: The mall bus transportation is constant and free. At the end of the day, we will bring you home.

**Note:** The trip includes transportation, map of Denver mall area and escort. Trip fee is not discountable.

8/17 F 8:30 AM-5:00 PM \$16 34892-01

**Traveling Gourmet** 

Join us this month for 'The Black Bear' in Lyons. This four-star Swiss-Bavarian restaurant is family owned and has a great old world charm. Sit back and relax while we do the driving. Meal costs are on your own.

**Note:** Fee includes van transportation and escort. Trip fee is not discountable.

8/22 W 4:00-8:30 PM \$15 34894-01

**Lady Luck Casino**



Lady Luck in Black Hawk is one of our casino destinations this month.

**Location:** Rolland Moore Park

**Note:** Casino trips leave from Rolland Moore Park. Fee includes transportation, casino package and escort. Trip fee is not discountable.

8/23 Th 8:00 AM-5:00 PM \$12 34895-01

**Book of Mormon at the Denver Center**



Nine 2011 Tony Awards say it's the Best Musical of the Year and The New York Times says, "It's the best musical of this century." It's THE BOOK OF MORMON, the Broadway phenomenon from South Park creators Trey Parker and Matt Stone and Avenue Q co-creator Robert Lopez. This show is at the Ellie Caulkins Opera House.

**Note:** Fee includes van transportation, ticket and escort. This trip is not discountable. Show contains explicit language.

8/29 W Noon-6:00 PM \$125/\$150 34896-01

**Rockies vs Dodgers**



The Colorado Rockies play host to the Los Angeles Dodgers in this game. Enjoy the game from shaded seats at Denver's Coors Field.

**Note:** The trip includes transportation, ticket and escort. Trip fee is not discountable.

8/29 W 11:15 AM-6:00 PM \$30 34897-01

**Glacier, Yellowstone, & Teton National Parks**



**Preview:** 5/10 at 2:30 PM at Senior Center

Visit Glacier, Yellowstone and Grand Teton National Parks. Includes the Lewis and Clark Interpretive Center and Charles Russell Museum in Great Falls. Spend one night at the historic Glacier Park Lodge built 100 years ago and ride one of the historic Red Jammer Buses on Glacier's Going-to-the-Sun Road.

**Note:** 7 day/6 night includes motorcoach transportation, all activities and accommodations, 5 breakfasts, 6 lunches, 1 dinner and more. Escorted by John Pfeiffenberger and will fill quickly. This trip is not discountable. \$100 deposit with final payment July 31. Registration effective immediately.

8/31-9/6 F-Th 8:00 AM-5:00 PM \$980/double \$1400/single 34898-01

**Members Register Early, May 8!**

Fort Collins Senior Center members can take advantage of early registration for Senior Center programs and classes. Senior Center members can register on **May 8** 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.



**Albuquerque Balloon Fiesta:** Register by calling Royalty coach!

**October**

**Albuquerque Balloon Fiesta**



**Registration Deadline:** 7/3

Watch the mass ascension, twinkle glow and fireworks from the comfort of the VIP area in the Chasers Club. Visit the Balloon Museum, stroll through Old Town Albuquerque and Sante Fe at your own leisure. Price is \$425 per person double/\$560 single occupancy. Do NOT register at the Senior Center but call Robyn at Royalty coach (970-493-7778) to register or for details.

**Note:** The trip includes motorcoach transportation, all lodging, 6 meals, tours and escort. Trip fee is not discountable.

10/12-10/15M-Th 8:00 AM-5:00 PM

**Heritage of America**



**Preview:** 7/12, 2:30 PM at the Senior Center

Discover the roots of America with highlights to New York City, Philadelphia, Amish Country, Gettysburg, Shenandoah Valley, Monticello, Colonial Williamsburg, Mt. Vernon, Washington, D.C., Smithsonian Institution and much more!

**Note:** 10 Day/9 Nights including, Roundtrip air, transportation to DIA, Lodging, 14 meals (9 breakfasts and 5 dinners), motorcoach transportation, tours, guide. For more information see the brochures at the Senior Center or contact Greg Daley at 970.224.6136 or gdaley@fcgov.com. Optional trip insurance \$165 and provides full refund (minus insurance cost) in case of cancelation up to day of departure.

10/19-10/28 F-Su 8:00 AM-5:00 PM 44854-01  
\$2849/double, \$2819/triple, \$3649/single





## proFILE: ERIC BJORLO

**Vitals:** Forestry college student in Fort Collins; re-user of old t-shirts he turns into cleaning rags; avid recycler.

**WHAT LEADS YOU TO DO YOUR PART?** *Two things, my older sister and my childhood summer camp that really emphasized conservation of the earth's resources.*

**DO YOU RECYCLE AT HOME AND WORK?** *At home with my roommates, we recycle all our cans and bottles. At work, they're even ahead of me in recycling. We recycle lettuce for compost and dirt for the plants downtown. We switched from Styrofoam to easily-compostable to-go boxes.*

**HOW WELL IS FORT COLLINS DOING?** *One thing that grinds my gears is people being extra lazy. Recycling is easy and obvious; it's recyclables in one, trash in the other. Fortunately, I don't see too many people being lazy.*



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## PLEASE JOIN US!

### Ongoing Events

**Happy Hour with Entertainment**  
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**  
10:15am | First Monday of each month

**Marvelous Minds**  
3:30pm | Every Monday of each month  
9:30am | Every Wednesday of each month



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## Sports

## Adult

**Softball Tournament (1-Day)**

Games will be played at Rolland Moore Park and other community parks if needed. Two games guaranteed.

**Registration:** Begins 5/16, ends 6/1 or when divisions fill

**Tournament Date:** 6/9 (play begins at 9:00 AM and continues until 10:00 PM)

**Fee:** \$254

**Age:** 16 years & up

**Location:** Rolland Moore Park

**Note:** Rosters are unlimited (Participants 16 & 17 need parent signature on roster prior to participation). Tournament fee not discountable.

<b>Men's</b>		<b>Coed</b>	
II	36186-01	Competitive	36186-04
III	36186-02	Recreational	36186-05
IV	36186-03		

**Softball Tournament (2-Day)**

Games will be played at Rolland Moore Park and other community parks if needed. Two games guaranteed.

**Registration:** Begins 7/9, ends 8/3 or when divisions fill

**Tournament Date:** 8/11-8/12 (play begins at 9:00 AM and continues until 10:00 PM)

**Fee:** \$254

**Age:** 16 years & up

**Location:** Rolland Moore Park

**Note:** Rosters are unlimited. (Participants 16 & 17 need parent signature on roster prior to participation). Tournament fee not discountable.

<b>Men's</b>		<b>Coed</b>	
Men's II	36187-01	Coed Competitive	36187-04
Men's III	36187-02	Coed Recreational	36187-05
Men's IV	36187-03		

**Fall Softball**

Teams will have the opportunity to continue playing softball after the summer leagues have concluded! 8 games scheduled, 8 games guaranteed.

**Registration:** Begins 7/23, ends 8/3 or when leagues fill.

**League Start:** Week of 8/19

**Fee:** \$444

**Age:** 16 years & up

**Location:** TBA

**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 8/31, 9/2, 9/3.

<b>Men's</b>		<b>Women's</b>	
Sunday IV	46110-02	Tuesday III	46116-01
Monday III	46111-01	<b>Coed</b>	
Monday IV	46111-02	Sunday Rec	46117-01
Tuesday III	46112-02	Tuesday Rec	46118-01
Tuesday IV	46112-03	Wed Comp	46119-01
Wednesday III	46113-02	Wednesday Rec	46119-02
Wednesday IV	46113-03	Thursday Rec	46120-01
Thursday III	46114-01		
Friday Men's III	46115-01		
Friday Men's IV	46115-02		

**Outdoor Volleyball**

This is a self-officiated outdoor grass league with three matches per night. The season is approximately seven weeks long. Individual awards will be given for all league winners.

**Registration:** Begins 5/14, ends 6/1 or when leagues fill.

**League Start:** Week of 6/11

**Fee:** \$44/doubles, \$84/fours

**Age:** 16 years & up

**Location:** Spring Canyon Park, 2626 W. Horsetooth Road

**Note:** Rosters are unlimited (Participants 16 & 17 need parent signature on roster prior to participation). League not discountable. Class will not be held on 7/2, 7/3, 7/4.

<b>Coed</b>		<b>Women</b>	
Mon A Doubles	36188-01	Tue BB Doubles	36188-03
Mon BB Doubles	36188-02	Tue B Doubles	36188-04
Wed A Fours	36188-05	<b>Men's</b>	
Wed BB Fours	36188-06	Thur BB Doubles	36188-07
Thur B Fours	36188-08		



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**Fall Adult Volleyball**

Coed and women's leagues will be offered for 6-person and 4-person teams. Teams will sign up for their level/playing night preference on a first come basis. Levels of Play: A - Competitive, BB - Intermediate, B - Recreational; 8 games scheduled.

**Registration:** Begins 7/30, ends 8/10 or when leagues fill.

**League Start:** Week of 8/27

**Fee:** \$274/sixes, \$174/fours

**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.

Class will not be held on 8/31, 9/3.

**Coed**

Monday BB 46101-01

Monday B 46101-02

Tuesday A 46101-03

Tuesday BB 46101-04

Friday 4's- ABB 46101-07

**Women's**

Wednesday A 46101-05

Wednesday BB 46101-06

**Adult Summer Basketball**

Escape the heat and join the fun! Gather up your co-workers and friends to come and play in this Friday night basketball league. Teams will sign up for their level/playing preference on a first come-first serve basis. 6 games scheduled.

**Registration:** Begins 4/23, ends 5/21 or when leagues fill.

**League Start:** Week of 6/1

**Fee:** \$369

**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.

**Friday Competitive** 36189-01

**Friday Recreational** 36189-02

**Coed Recreational** 36189-03

**Summer Kickball**

Play an American Classic - Kickball. Form your team and come out to have some fun playing a game invented on the playground.

**Registration:** Begins 5/7, ends 5/18 or when leagues fill.

**League Start:** Week of 6/1, 8 games scheduled

**Fee:** \$259

**Age:** 16 years & up

**Location:** Rolland Moore Park

**Note:** Rosters are unlimited. (Participants age 16 & 17 need parent signature on roster prior to participation). League not discountable.

Coed Rec 36190-01

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**Fall Adult Coed Kickball**

Play an American classic - kickball. Form your team and come out to have some fun playing a game invented on the playground. 8 games guaranteed.

**Registration:** Begins 7/23, ends 8/3 or when leagues fill.

**League Start:** Week of 8/24

**Fee:** \$259

**Age:** 16 years & up

**Location:** Rolland Moore Park

**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 8/31.

Coed Rec 46103-01

**Adult Flag Football**

8-on-8 non-contact. 8 games scheduled, 8 games guaranteed.

**Registration:** Begins 7/23, ends 8/3 or when leagues fill.

**League Start:** Week of 8/20

**Fee:** \$434

**Age:** 16 years & up

**Location:** Rolland Moore Park

**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 9/3.

Monday Recreational 46102-01

Tuesday Recreational 46102-02

Thursday Comp 46102-04

**Tennis****General Information**

For Full Program Information, open City court information and online registration visit [www.Lewistennis.com](http://www.Lewistennis.com)

**Summer Adult Classes****Beginner Lessons:**

6:00-7:30 PM M,W Rolland Moore & Fossil Creek  
2:30-4:00 PM Sa daytime classes also available

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**

7:30-9:00 PM M,W Rolland Moore  
7:30-9:00 PM Tu,Th Fossil Creek  
4:00-5:30PM Sa daytime classes also available

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.

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Cost: \$125


**Progressive Level:**  
Build on basics! Work on proper running form and pacing for various distance races. Great transition for high school competition.  
Ages 11-14 • 6/5-7/27 • Tuesday & Thursday, 7:30-9 am  
Cost: \$175

**Contact Us:**  
Bernadette Greenwood: 970.219.6214  
Sarah Noble: 970.224.3382

  
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Online Registration is open through June 4.



 **Tennis:** Get back in the game! leagues and clinics are available for all ages!

### 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.

### Class Schedule

All summer sessions run for two weeks.

Session 1	June 4 - June 16
Session 2	June 18-June 30
Session 3	June 2-July 14
Session 4	July 16-July 28
Session 5	July 30 - Aug 11
Session 6	Aug 13-Aug 25

Classes are held at Rolland Moore and Fossil Creek Parks

League Coaching & Premier Clinics please call 970.493.7000 for information. Free Fridays information, check [www.lewistennis.com](http://www.lewistennis.com).

### Special Events

Live Music Round Robins	Th	7:30-9:30 PM
Extravaganza	5/19	Noon-2:00PM
	6/30	6:00-8:00 PM

### Tournaments

Northern Colorado Open 5/20-5/27

Check for our 1 day adult round robin tournaments on our website

## 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. Class will not be held on 7/6, 7/7.

6/15-8/10	F	4:30-6:00 PM	\$64	35870-01
6/16-8/11	Sa	9:00-10:30 AM	\$64	35870-02

### 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. Class will not be held on 7/2, 7/7.

6/16-8/11	Sa	11:00 AM-12:30 PM	\$64	35871-02
6/11-8/6	M	5:30-7:00 PM	\$64	35871-01

### 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:** 12 years & up

**Location:** Northside Aztlan Center

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

6/8-6/29	F	6:15-8:15 PM	\$32	35872-01
7/13-8/3	F	6:15-8:15 PM	\$32	35872-02

## Unified Sports

### Unified Softball



Integrated softball teams made up of players with and without disabilities have been formed to play in a Unified Softball league this summer. Contact Renee Lee at 970.224.6027 to inquire about any available space on teams.



## Youth Sports

### National Basketball Academy

**Register:** [www.thebasketballacademy.com/nuggets.html](http://www.thebasketballacademy.com/nuggets.html)

The National Basketball Academy and the Denver Nuggets are proud to offer a five day basketball camp designed to improve the skill level of all youth basketball players. The vast knowledge and experience of our basketball staff will help players on fundamentals, practice habits, and teamwork while implementing them in game-like situations. Learn the same drills as the Denver Nuggets players. All Players receive a Nuggets T-shirt, Nuggets Basketball and a ticket to a future game. Class not discountable.

**Age:** 8-17 years

**Location:** Northside Aztlan Center

6/4-6/8 M-F 9:00 AM-2:00 PM \$225

### Baton Twirling is Catching

Give baton twirling a whirl! Yvonne Pedersen, a national renowned twirl instructor, is well known for bringing out every child's full potential while making learning fun. No experience required for these introductory classes! Build self-esteem, self-discipline, and team work skills while enhancing coordination, rhythm and grace. Classes focus on twirling skills, dance and drilling.

**Age:** 4-12 years

**Location:** Northside Aztlan Center

**Note:** Class partially discountable. Professional ABC baton required and available for purchase from instructor for \$25. For those interested in performing in parades and shows, opportunities may be available through Golden Girls Baton Academy at additional costs. Class will not be held on 7/4.

**Age: 4-6 years**

6/6-7/11 W 1:00-2:00 PM \$59 35620-01

**Age: 7-12 years**

6/6-7/11 W 2:00-3:00 PM \$59 35620-02

### Archery

Archery is a skillful sport requiring balance, poise, accuracy, vision, timing and action! Through this indoor class participants will learn the basic techniques and how to be safe.

**Age:** 8-16 years

**Location:** Rocky Mountain Archery, 4518 Innovation Drive

**Note:** Equipment is provided.

6/7-6/14 Th 4:15-5:30 PM \$30 35875-01

7/12-7/19 Th 4:15-5:30 PM \$30 35875-02

8/2-8/16 Th 4:15-5:30 PM \$30 35875-03

### Skateboarding Camp

Learn the basics of skateboarding! Skateboard parts, measurements, assembly, adjustments, skatepark etiquette, safety, proper foot placement and balance. Must have own skateboard and helmet/safety gear. Free goodie bag, T-shirt and lunch provided.

**Age:** 7-12 years

**Location:** Northside Aztlan Center

**Note:** Kids are required to bring a functional skateboard, water bottle and helmet. Knee, elbow and wrist guards are highly recommended.

6/26-6/28 Tu-Th 9:00 AM-1:00 PM \$100 35877-01

7/10-7/12 Tu-Th 9:00 AM-1:00 PM \$100 35877-02

7/24-7/26 Tu-Th 9:00 AM-1:00 PM \$100 35877-03

### BMX Clinics

Come have your child try out the BMX Track near Fossil Ridge! These awesome clinics will focus on the basic skills of jumping out of the gate and maneuvering around turns! Snacks and t-shirt are provided! For more information call 970.206.1355


**Age:** 7-12 years

**Location:** Sabercat Drive

**Note:** Please bring your own bike and helmet! Wear pants and long sleeves! Parent or guardian must be present on day to sign ABA liability waiver!

6/30 Sa 12:30-3:00 PM \$25 35878-01

7/21 Sa 12:30-3:00 PM \$25 35878-02




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**Paintball**

If your child is into paintball, join us! We will head to some of the best paintball arenas in the Front Range. This trip is designed for beginning and intermediate players to go outdoors and enjoy a full day games. Fee includes all supplies needed and 500 rounds. For more information call 970.221.6729.

**Age:** 14-18 years

**Location:** Northside Aztlan Center

**Note:** Please have your child wear a long sleeved shirt and pants. Have them bring a sack lunch to eat and additional money, if they want more than 500 rounds. There is a \$16 discount for those who own their own gun and paint.

6/18	M	10:00 AM-4:00 PM	\$50	35879-01
7/16	M	10:00 AM-4:00 PM	\$50	35879-02

**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

6/4-6/27	M,W	6:30-7:30 PM	\$48	35880-01
6/4-6/27	M,W	7:30-8:30 PM	\$48	35880-02
7/9-8/1	M,W	6:30-7:30 PM	\$48	35880-03
7/9-8/1	M,W	7:30-8:30 PM	\$48	35880-04

**SNAG Golf**

SNAG golf is all about learning the game of golf at a non- golf course area and in a fun kid friendly way. The fundamentals are broken down into simple steps that allow children to learn golf while having fun. SNAG golf is the perfect introduction to golf for kids ages 5-10.

**Age:** 5-10 years

**Location:** City Park

**Note:** SNAG classes will continue through the fall and winter at the Youth Activity Center Gymnasium. Skyhawks Sports Camps will also offer a 1 week SNAG Golf camp at Spring Canyon Park.

**Session I**

6/12-6/28	Tu,Th	10:00-11:00 AM	\$34	36314-01
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**Session II**

7/16-8/1	M,W	10:00-11:00 AM	\$34	36314-02
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**Session III**

7/17-8/2	Tu,Th	10:00-11:00 AM	\$34	36314-03
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**All three sessions**

6/12-8/2	Tu,Th	10:00-11:00 AM	\$90	36314-04
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**GK GYMNASTICS**

**Summer Camp**

starting May 29th  
ages 5 - 13 yrs.  
daily and weekly rates  
Just \$204 per week  
including daily field trips

**2026 Lowe St. Fort Collins**  
**970-226-0306 • gk-gymnastics.com**

**the Edge sports center**

**ONLY \$8**  
per session  
with purchase of  
punch card

**BOOT CAMP**

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- Always a different workout
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- **Bonus Round: FREE SESSIONS** for consistent workouts
- **Get rewarded for your dedication!**
- **Make 6 sessions in a row - get the 7th session FREE!**
- **Weekday mornings, evenings & Saturday classes**

**Call for details 970.472.0048**  
**4450 Denrose Court Fort Collins CO 80524**  
**www.edgesportscenter.com**

**Beginning Golf**

The City of Fort Collins youth sports department will offer youth beginning golf designed to be a bridge between the current offering of SNAG Golf and the more advanced programs offered by the pros of the various courses. Price includes a 9 hole non-prime time voucher for one round with paying adult. Sign up for one session or all three!

**Age:** 9-14 years

**Location:** City Park

**Note:** Class partially discountable.

**Session I**

6/12-6/21	Tu,Th	1:00-2:15 PM	\$50	36313-01
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**Session II**

7/16-8/1	M,W	1:00-2:15 PM	\$50	36313-02
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**Session III**

7/17-8/2	Tu,Th	1:00-2:15 PM	\$50	36313-03
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**All Three Sessions**

6/12-8/2	M-Th	1:00-2:15 PM	\$140	36313-04
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**Challenger British Soccer Camp**

**To register go to [challengersports.com](http://challengersports.com)**

British Soccer Camp provides young players with the rare opportunity to receive high-level soccer coaching from a team of international experts right in the heart of Fort Collins. Each day includes individual foot skills, technical drills, tactical practices, small-sided games, coached scrimmages, and a daily tournament. Equally important, the challenger coaching staff provides your child with lessons in self-discipline, good sportsmanship and respect for others.

**Age:** 3-14 years

**Location:** City Park

**Age: 3 years****First Kicks**

7/30-8/3	M-F	11:00 AM-Noon	\$96
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**Age: 4-5 years****Mini Soccer**

7/30-8/3	M-F	9:00-10:30 AM	\$115
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**Age: 6-14 years****Half Day**

7/30-8/3	M-F	9:00-10:30 AM	\$150
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**Golden Goal**

7/30-8/3	M-F	1:00-3:00 PM	\$56
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**SPORTS  
& CAMP  
PHYSICALS  
\$35**



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**Skyhawks Sports Camps****Age:** 4-14 years

**Note:** All participants receive a t-shirt, and a merit award. The participant-to-coach ratio is approximately 14:1. Participants should bring appropriate clothing, two snacks, a water bottle, running shoes and sunscreen. Class partially discountable.

**Cheerleading**

Skyhawks Cheerleading teaches the essential skills to lead crowds and support the home team! There is no stunting in this entry level program, just a big focus on fun while each cheerleader learns proper hand & body movements and jumping techniques. The week concludes with a choreographed performance.

**Age:** 5-9 years**Location:** Youth Activity Center

6/4-6/8 M-F 9:00 AM-Noon \$118 36335-01

7/23-7/27 M-F 9:00 AM-Noon \$118 36335-12

**Flag Football**

Participating in Skyhawks football program is a great way to introduce young athletes to this popular sport rich in tradition. Players learn catching, passing and blocking, as well as the rules of the game and the strategies of offense and defense. Participants will receive a T-Shirt and Merit Award.

**Age: 6-12 years****Location:** Fossil Creek Park

6/11-6/15 M-F 9:00 AM-Noon \$118 36335-02

**Basketball**

Players have a great time as they refine their passing, shooting, and dribbling skills. Participants put their newly acquired basketball skills to the test at an end of the week game situation. Participants will receive a T-Shirt and Merit Award.

**Age: 6-10 years****Location:** Youth Activity Center

6/25-6/29 M-F 9:00 AM-Noon \$118 36335-04

**Age: 7-12 years****Location:** Youth Activity Center

7/23-7/27 M-F 1:00-4:00 PM \$118 36335-11

**Soccer**

Developed over 30 years, this is the number one soccer camp for parents looking to introduce their children to the fundamentals of the world's most popular sport. Using our progressional curriculum, your young athlete will gain the technical skills and sport knowledge required for that next step into soccer. Class partially discountable.

**Age: 6-12 years****Location:** Fossil Creek Park

6/25-6/29 M-F 9:00 AM-Noon \$80 36335-05

**Volleyball**

Skyhawks volleyball focuses on serving, hitting, spiking and setting using fun games and activities to engage the enthusiasm of the novice or experienced player. Participants will receive a t-shirt and merit award.

**Age: 7-14 years****Location:** Youth Activity Center

7/9-7/13 M-F 9:00 AM-Noon \$118 36335-07

**Mini Hawk**

Young athletes learn skills in basketball, baseball and soccer through unique Skyhawks games. The mini-hawk coaching staff is trained to meet the special needs of young children as they take their first steps into athletics. Participants get a t-shirt and merit award.

**Age: 4-7 years****Location:** Fossil Creek Park

7/2-7/6 M,Tu,Th,F 9:00 AM-Noon \$94 36335-06

7/23-7/27 M-F 9:00 AM-Noon \$118 36335-13

**Location:** City Park

6/11-6/15 M-F 9:00 AM-Noon \$118 36335-15

8/6-8/10 M-F 9:00 AM-Noon \$118 36335-16

**Lacrosse**

Athletes will enjoy an exciting week of skill-building activities designed to improve their stick handling, cradling, passing, shooting, and defensive skills. All Lacrosse programs are gender specific. Our lacrosse programs are non-contact and skill based. Participants may bring their own equipment (Protective Gloves, elbow pads, mouth piece, helmet with full mask, Lacrosse Stick) or they can rent it from Skyhawks for an additional fee. Participants will receive a T-Shirt and Merit award.

**Age: 6-12 years****Location:** Spring Canyon Park

7/9-7/13 M-F 9:00 AM-Noon \$118 36335-08

**Baseball**

Skyhawks Baseball teaches the skills required for success in youth baseball. Older players will use hard bats and balls. Skyhawks has found that for our younger crowds the use of safety bats and balls helps strengthen the spirit and pace of the game while maintaining safety. Participants will receive a T-shirt and merit award.

**Age: 6-12 years****Location:** Spring Canyon Park

7/16-7/20 M-F 9:00 AM-Noon \$118 36335-09

**Beginning Golf**

Skyhawks Golf builds the confidence of new players while teaching proper technique and etiquette. Skyhawks utilizes the SNAG coaching system and equipment (clubs and balls) to maintain safety and encourage beginning golfers (for more details on Starting New At Golf please visit [www.skyhawks.com](http://www.skyhawks.com))

**Age: 5-8 years****Location:** Spring Canyon Park

7/16-7/20 M-F 9:00 AM-Noon \$133 36335-10

**Multi Sport - Soccer & Flag Football**

This camp combines 2 of Skyhawks most popular offerings. Participants will work on Soccer and Flag Football skills during this camp. Participants will receive a T-Shirt and Merit Award.

**Age: 6-12 years****Location:** Fossil Creek Park

7/30-8/3 M-F 9:00 AM-Noon \$118 36335-14

**C.A.R.A. Track**

The basic techniques of track will be taught, and participants will be able to compete in Colorado Association of Recreational Athletics track meets held in various cities along the Front Range on Saturday mornings. Participants are responsible for their own transportation to practices and meets.

**Age:** 5-16 years

**Location:** Kinard Middle School

**Note:** Meet schedules at first practice. Fee includes team shirt, water bottle and fees for track meets.

**Age: 5-10 years**

6/4-7/28	M,W,F	9:00-10:15 AM	\$85	36350-01
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**Age: 11-16 years**

6/4-7/28	M,W,F	10:30-11:45 AM	\$85	36350-03
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**Hershey's Track & Field Games**

For 35 years, Hershey's Track & Field Games have put fun into fitness for kids. No wonder it's the largest youth sports program of its kind in North America! Each meet includes basic running, jumping and throwing events designed to make every player feel like a winner. If you're a kid between 9 and 14 who wants to have fun outdoors, or if you're a parent trying to encourage healthy habits, these Games were made for you. To register at the meet bring a copy of your birth certificate and shoes without spikes. Registration will begin at 5:00 PM. For additional meet information call Marc Rademacher at 970.221.6309. For more information

**Age:** 9-14 years

**Location:** Kinard Middle School

6/6	W	5:30-7:30 PM	No Fee
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**Middle School Cross Country**

Whether you've been in Cross Country before or you've just thought about giving the sport a try, this Cross Country program will provide you with the knowledge and skills to have a successful season! Register to run with your middle school! All participants will receive a t-shirt with their school colors!

**Start Date:** Week of 8/27

**Fee:** \$63

**Grade:** 6-8

**Note:** Participants register by middle school; Week night meets and practices included. Practice dates and times are determined by coach and will therefore vary.

<b>Blevins</b>	46304-01	<b>Lesher</b>	46304-05
<b>Boltz</b>	46304-02	<b>Lincoln</b>	46304-06
<b>CLP</b>	46304-03	<b>Preston</b>	46304-07
<b>Kinard</b>	46304-04	<b>Webber</b>	46304-08

**C.A.R.A. Cross Country**

Get involved in this exciting recreational cross country program that promotes healthy lifestyles and is a lot of fun! Practices are held twice per week in various parks around Fort Collins. Meets are held in various Front Range cities. Meet schedules are available at first practice. Fee includes team shirt and fees for cross country meets.

**Parent Meeting:** 9/5, 5:30 PM, City Park Shelter #7

**Age:** 6-14 years (as of 9/3/2012)

**Location:** Practices will be held at various locations around the Fort Collins area

**Note:** Meet schedules at first practice. Fee includes team shirt, water bottle and fees for track meets. Participants are responsible for their own transportation to practices and meets.

9/3-10/13	M,W,Sa	5:30-6:45 PM	\$63	46305-01
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**JAA Cheerleading**

Basic skills in jumps, tumbling, and cheers/chants will be emphasized. Cheerleaders learn various cheers, formations and dances throughout the season and perform at JAA football games. Fee includes cheerleading uniform.

**Grade:** 3-6

**Location:** Youth Activity Center

**Note:** Class partially discountable. Practices are held on Tuesday evenings; performances are on Saturday mornings at City Park and some Monday nights at French Field.

8/28-10/16	Tu	6:00-7:30 PM	\$99	46340-01
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**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 different ball sports while also building self-confidence, practicing teamwork, and improving their fine and gross motor skills. Our coaches are trained to work with every child at their own developmental level in a non-competitive, learning based environment. Each class focuses on 2 sports and 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 7/5.

**Age: 2½-3½ years**

6/4-7/2	M	9:00-9:30 AM	\$32.50	36370-01
5/31-7/5	Th	9:00-9:30 AM	\$39	36370-02
7/16-8/20	M	9:00-9:30 AM	\$32.50	36370-03
7/19-8/23	Th	9:00-9:30 AM	\$32.50	36370-04

**Age: 3½-5 years**

6/4-7/2	M	9:45-10:30 AM	\$37.50	36370-05
5/31-7/5	Th	9:45-10:30 AM	\$45	36370-06
7/16-8/20	M	9:45-10:30 AM	\$45	36370-07
7/19-8/23	Th	9:45-10:30 AM	\$45	36370-08
5/29-6/26	Tu	5:00-5:45 PM	\$45	36370-09
7/17-8/21	Tu	5:00-5:45 PM	\$45	36370-10

**Cheerleading Camp**

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

**Grade:** 3-6

**Location:** Youth Activity Center

**Note:** Class partially discountable.

8/13-8/17 M-F 11:00 AM-12:30 PM \$59 36391-01

**K-2 Cheerleading Camp**

This is a cheerleading camp for younger campers. Come join us for a fun filled week that will emphasize age appropriate jumps, tumbling, cheers and chants. Basic formations and dances will be introduced. Participants will receive a T-shirt and merit award. Please enter through the gym.

**Grade:** Kindergarten-2

**Location:** Youth Activity Center

**Note:** Class partially discountable.

8/13-8/17 M-F 9:00-9:55 AM \$45 36392-01

8/6-8/10 M-F 10:00-10:55 AM \$45 36392-02

**Wrestling Camp**

Spend a week working with local head wrestling coach Dominic Jones on wrestling fundamentals and keeping in shape for the upcoming wrestling season.

**Grade:** 4-8

**Location:** Youth Activity Center

**Note:** based on 2013-2014 school year. Price includes T-shirt and instruction

8/6-8/10 M-F 1:00-3:00 PM \$50 36352-01

**Youth Team Sports**

**Baseball For All**



This integrated baseball league is for children and teens with and without disabilities. Teams will be formed to learn skills, teamwork and play against other integrated teams in the area.

**Age:** 8-15 years

**Location:** Beattie Park

**Note:** For more information, contact Brenda McDowell at 970.416.2024, aro@fcgov.com. Class partially discountable.

**Child**

6/14-8/9 Th 5:30-7:00 PM \$23 34606-01

**Family**

6/14-8/9 Th 5:30-7:00 PM \$39 34606-02

**OD's Mini & Jr Soccer**

The OD's Soccer program is designed for beginning soccer players who are developing the skills needed for team play. Week I- Intro to soccer. Running, stretching and ball touch activities. Player evaluation. Week II-Dribbling and ball handling, small sided ball handling games. Week III-Passing and Receiving. Week IV- Shooting. Week V -Offense and defense. Week VI-Positions and position play, putting it all together in game play.

**Location:** Qdoba Events Center

**Grade: K-1 (Based on 2011/2012 school year)**

6/7-6/19 Th 5:30-6:30 PM \$55 36316-01

7/26-8/30 Th 5:30-6:30 PM \$55 36316-03

**Grade: 2-4 (Based on 2011/2012 school year)**

6/7-6/19 Th 5:30-6:30 PM \$55 36316-02

7/26-8/30 Th 5:30-6:30 PM \$55 36316-04

**Youth Speed & Agility Clinic**

Be quicker, be better, be stronger! Spend time this summer developing increased speed and agility that will assist your growth in all sports. Sessions will include plyometrics, strength and conditioning.

**Grade:** 3-8 (based on the 2011/2012 school year)

**Location:** Qdoba Events Center

**Session I**

6/5-6/19 Tu 4:00-5:30 PM \$54 36317-01

**Session II**

6/26-7/17 Tu 4:00-5:30 PM \$54 36317-02

**Session III**

7/24-8/7 Tu 4:00-5:30 PM \$54 36317-03

**Summer K-1 COED Basketball**

This is a new COED league for beginning basketball players K-1st Grade. Basic skills will be taught on a lower rim. Formation of teams including a coach that passes a background check, 6 scheduled games, NBA/WNBA reversible replica jerseys, one official minimum for games. One practice per week. Games Wednesdays. Teams will be randomly selected.

**Grade:** K-1 (Based on 2011/2012 school year)

**Location:** Youth Activity Center

6/5-7/19 Tu,Th \$50 36339-01





**Summer Boys & Girls Basketball**

Formation of teams including a coach that passes a background check, 6 scheduled games, NBA/WNBA reversible replica jerseys, one official minimum for games, and a tournament at the end will be provided for this league. Coaches will have the option to hold one or two practices per week. Teams will be randomly selected.

**Fee:** \$63

**League Start:** Week of 6/4

**All grades based on 2011/2012 school year**

<b>Boys</b>		<b>Girls</b>	
<b>Grade: 2-3</b>		<b>Grade: 2-3</b>	
City	36340-11	City	36341-11
Fossil Creek	36340-13	Fossil Creek	36341-13
Lee Martinez	36340-15	Lee Martinez	36341-15
Rolland Moore	36340-17	Rolland Moore	36341-17
Spring Canyon	36340-19	Spring Canyon	36341-19
Troutman	36340-21	Troutman	36341-21
Warren	36340-23	Warren	36341-23
<b>Grade: 4-5</b>		<b>Grade: 4-5</b>	
City	36342-11	City	36343-11
Fossil Creek	36342-13	Fossil Creek	36343-13
Lee Martinez	36342-15	Lee Martinez	36343-15
Rolland Moore	36342-17	Rolland Moore	36343-17
Spring Canyon	36342-19	Spring Canyon	36343-19
Troutman	36342-21	Troutman	36343-21
Warren	36342-23	Warren	36343-23
<b>Grade: 6-8</b>		<b>Grade: 6-8</b>	
City	36344-11	City	36345-11
Fossil Creek	36344-13	Fossil Creek	36345-13
Lee Martinez	36344-15	Lee Martinez	36345-15
Rolland Moore	36344-17	Rolland Moore	36345-17
Spring Canyon	36344-19	Spring Canyon	36345-19
Warren Park	36344-23	Warren	36345-23
		<b>Grade: 9-12</b>	
		<b>Location:</b> Northside Aztlan Center	
		Boys	36346-01
		Girls	36346-05

**Basketball Team League**

This league is set up for pre-formed teams that wish to compete. Season will consist of 6 games plus a single elimination tournament. Teams must provide a qualified coach to be on the bench during the games, and teams must provide and wear same colored jerseys with an identifiable number on the back. Tuesday night games MS, Thursday HS games.

**Fee:** \$469

**League Start:** Week of 6/12

**Location:** Northside Aztlan Center

**All grades based on 2011/2012 school year**

<b>Grade: 6-8</b>		<b>Grade: 9-12</b>	
Boys	36347-01	Boys	36348-01
Girls	36347-02	Girls	36348-02

**Girls' Softball**

Spend some time this summer learning and improving your slow pitch softball skills and enjoying team competition. One-two practices are held per week (days and times to be announced).

**Fee:** \$54

**League Start:** Week of 6/4

**Note:** 6 Games played Tuesdays or Thursdays. Green and Gold reversible jersey required (\$15, can be purchased at EPIC or at the NACC)

**All grades based on 2011/2012 school year**

<b>Grade: 1-3</b>		<b>Grade: 6-8</b>	
City	36302-01	Blevins	36304-01
Fossil Creek	36302-05	Boltz	36304-03
Rolland Moore	36302-10	CLP	36304-05
Spring Canyon	36302-15	Kinard	36304-07
<b>Grade: 4-5</b>		Leshner	36304-09
Spring Canyon	36303-15	Lincoln	36304-11
City	36303-01	Preston	36304-13
Fossil Creek	36303-05	Webber	36304-15
Rolland Moore	36303-10	Wellington	36304-17

**6th Grade Fall Girls Softball**

Start off your middle school softball career the right way by registering for 6th grade softball! Participants will be able to show off their school spirit by receiving a shirt with the colors of their middle school.

**Registration:** Begins 7/2

**Fee:** \$59

**League Start:** Week of 9/3

**Grade:** 6

**Note:** 6th graders will register by middle school attended; Week night practices with Saturday morning games. Practice dates and times are determined by coach and will therefore vary. Coaches will call the week before the program with practice days and times.

Blevins	46350-01	Lincoln	46350-11
Boltz	46350-03	Preston	46350-13
CLP	46350-05	Webber	46350-15
Kinard	46350-07	Wellington	46350-17
Leshner	46350-09		

**Tackle Football Camps**

This popular week long summer football camp is designed to teach skills and prepare tackle players for the 2012 season. Camp will feature instruction by local football players and coaches and will include proper tackling instruction, football fundamentals and character building. Players registered for the fall tackle football program will receive their equipment at this camp and will therefore not have to check-out equipment again in August.

**Fee:** \$85

**Location:** Club Tico

**Note:** Fee includes equipment use, T-shirt and mouthpiece. Based on 2012/2013 School Year. Contact Tom Zimdahl with questions, 970.221.6385.

**League Start:** Week of 7/9

3/4 Grade 9:00 AM-Noon 36360-01

6 Grade 1:00-4:00 PM 36360-03

**League Start:** Week of 7/16

5 Grade 9:00 AM-Noon 36360-02

7/8 Grade 1:00-4:00 PM 36360-04

**Position Specialty Football Camps**

This camp is designed for various skill levels and to prepare tackle players for the 2012 season. All drills and skills are run by experienced football coaches. Each camper will learn the fundamentals and necessary skills to play specific positions.

**Grade:** 3-6

**Location:** City Park #6

**Offensive & Defensive Line Camp**

6/18 M 5:00-6:00 PM \$15 36366-03

**Linebacker Camp**

6/19 Tu 5:00-6:00 PM \$15 36366-02

**Running Back Camp**

6/20 W 5:00-6:00 PM \$15 36366-01

**Defensive Back Camp**

6/25 M 5:00-6:00 PM \$15 36366-05

**Quarter Back Camp**

6/26 Tu 5:00-6:00 PM \$15 36366-06

**Wide Receiver Camp**

6/27 W 5:00-6:00 PM \$15 36366-07

**Kickers&Punters Camp**

6/28 Th 5:00-6:00 PM \$15 36366-08

**ALL 8 CAMPS - \$77.00**

6/18-6/28 5:00-6:00 PM \$77 36366-88

**Ultimate Football**

Introduce your kindergartner to the concepts of football by enrolling them in Ultimate Football where every player can be quarterback! This non-contact football program consists of the fundamentals of football while combining the rules of football, soccer, hockey, ultimate Frisbee and basketball. League features one practice per week and games on Saturday mornings.

**Fee:** \$60 (plus \$15 jersey, if needed)

**League Start:** Week of 9/3

**Age:** 4-6 years

**Note:** Participants register by practice location, not by school. 8 games scheduled! You will be notified the week before the program for your practice day and time.

City	46356-01	Rolland Moore	46356-11
Edora	46356-05	Spring Canyon	46356-13
Fossil Creek	46356-07	Troutman	46356-17
Greenbriar	46356-09	Warren	46356-19

**Flag Football**

Our flag football program teaches the basic fundamentals of football with no tackling or blocking. The main emphasis will be equal participation with winning being secondary. Practices will be held twice a week with games on Saturday mornings.

**Fee:** \$60 (plus \$15 jersey, if needed)

**League Start:** Week of 9/3

**Note:** Players register by practice location. 8 games scheduled. The week before practices begin, the coach will call you with the practice days and times.

**All grades based on 2011/2012 school year**

**Grade: 1-2**

City 46357-07

Edora 46357-09

English Ranch 46357-11

Fossil Creek 46357-13

Greenbriar 46357-17

Harmony 46357-21

Rosborough 46357-27

Spring Canyon 46357-29

Troutman 46357-33

Warren 46357-35

**Grade: 3-4**

Beattie 46358-01

City 46358-07

Edora 46358-09

**Grade: 3-4**

Fossil Creek 46358-15

Greenbriar 46358-17

Harmony 46358-19

Miramont 46358-21

Ridgeview 46358-23

Rolland Moore 46358-25

Spring Canyon 46358-29

Warren 46358-35

**Grade: 5-6**

City 46359-01

English Ranch 46359-03

Fossil Creek 46359-05

Greenbriar 46359-07

Rolland Moore 46359-09

Spring Canyon 46359-11

## Tackle Football

This tackle football program will teach youngsters skills and fundamentals. The main emphasis is on sportsmanship and equal participation with winning being secondary. Physicals are highly recommended before competing in this program. Youth Football and the Fort Collins Soccer Club's fall season coincide; youngsters may not participate in both sports. Practice attendance is mandatory; players must attend practices to receive fair playing time in games. Practices are held two to three times per week with most games being played on Saturday mornings. 8 games scheduled!

**Fee:** \$99

**League Start:** Week of 8/27

**Registration Deadline:** 8/22

**Equipment Handout:** 8/18: 8:00-11:00AM, 8/20 & 8/21: 5:00-6:30 PM at Club Tico

**Note:** Participants must purchase a mouthpiece; all other equipment is furnished. Practice locations for 3-5 grade leagues are set up by area, 6 grade teams are set up by school. Teams are formed based on weight (lightweight and heavyweight), school attending and practice area. Players will not be limited to positions based on weight restrictions. Areas may be combined due to numbers.

### **Grades 3-5: Practice locations will be in the following Areas:**

**AREA 1:** Bacon, Traut, Linton, Kruse, Zach

**AREA 2:** Werner, McGraw, Lopez, Johnson, Beattie, Olander

**AREA 3:** Odea, Shepardson, Riffenburgh, Harris, Laurel, Tavelli, Rice, Eyestone

**AREA 4:** Bauder, Bennett, Lab School, Dunn, Putnam, Irish, CLP, Mountain Schools

#### **Grade: 3 (Register by area)**

AREA 1 46363-01

AREA 2 46363-02

AREA 3 46363-03

AREA 4 46363-04

#### **Grade: 4 (Register by area)**

AREA 1 46364-01

AREA 2 46364-02

AREA 3 46364-03

AREA 4 46364-04

#### **Grade: 5 (Register by area)**

AREA 1 46365-01

AREA 2 46365-02

AREA 3 46365-03

AREA 4 46365-04

#### **Grade: 6 (Register by school)**

Blevins 46366-01

Boltz 46366-02

CLP 46366-03

Kinard 46366-04

Leshner 46366-05

Lincoln 46366-06

Preston 46366-07

Webber 46366-08

Wellington 46366-09



 **Tackle Football:** Learn the fundamentals of football and sportsmanship.

## Youth Tennis

### General Information

For Full Program Information and for online registration visit [www.Lewistennis.com](http://www.Lewistennis.com)

Lewis Tennis School directs all tennis programs for the City of Fort Collins. With over 40 years of experience in the tennis industry, Lewis Tennis provides quality lessons, programs and tournaments for all levels and ages. USPTA certified professional Larry Lewis has managed five of the top tennis facilities in the United States.

The programs at Lewis Tennis School strive to provide a positive learning environment for players of all ages. Players will learn not only the techniques to become accomplished players but also life skills that help them to excel and enjoy tennis and other areas in their life. Thousands of players have participated in these programs over the years as they learn and progress in this great lifetime sport!

Programs are held at Rolland Moore Park, Fossil Creek Park, Warren Park, and Fossil Ridge High School. Additional classes may be held at Spring Canyon Park and Edora Park.

### Summer Classes

#### **10 & Under**

10 & Under 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. We have 10 & Under tournaments held most weekends during the summer. Check [www.lewistennis.com](http://www.lewistennis.com).

#### **#1 Little Lobber**

**Age:** 4-6 years 8:15-9:00 AM

Held twice per week or Saturdays (Noon-12:25PM)

#### **#2 Future Star**

**Age:** 7-8 years 9:00-10:30 AM

Monday thru Friday or Saturdays

#### **#3 Aces**

**Age:** 9-10 years 9:00-10:30 AM

Monday thru Friday or Saturdays



**Middle School Excellence**

Just starting the game or a seasoned competitor? Middle School players will develop their games to effectively compete on middle and high school teams or just enjoy the benefits of this great lifetime sport.

**#1 Challenger (new player)**

**Age:** 11-13 years 10:30 AM-12:30 PM  
Monday thru Friday or Saturdays

**#2 Competitive (Intermediate/Advanced)**

**Age:** 11-13 years 10:30 AM-12:30 PM  
Monday thru Friday or Saturdays

**High School Academy**

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 to enjoy with your friends, this is the class for you.

**#1 Wimbledon (new player)**

**Age:** 14-18 years 10:30 AM-12:30 PM  
Monday thru Friday or Saturdays

**#1 Grand Slam (Intermediate/Advanced)**

**Age:** 14-18 years 10:30 AM-12:30 PM  
Monday thru Friday or Saturdays

**Performance Training**

This program is for the devoted junior player who has already developed a solid foundation of the game and has shown a high level of commitment. Players typically have goals of state and sectional rankings, high school varsity play, and college scholarships. Players must be accepted by Head Pro.

16 & 18 Doubles	1:30-3:00 PM	M-Th
16 & 18 Singles	3:00-4:30 PM	M-Th
14's	4:30-6:00 PM	M-Th

**High School Preseason Camp**

High School players have used this camp over the past 12 years to prepare for competition on their teams. Stroke production, competitive play, drills, physical conditioning, and mental toughness will get you ready to start the season in tip top shape.

7/30-8/3 M-F 1:00-4:00 PM

**Middle School (6th grade) Fall League**

Fort Collins has one of the largest Middle School Leagues in the U.S. Our Middle Schools only allow 7th and 8th graders to participate in the League, this program fills the gap and gets the 6th graders competing. Sign up deadline August 27.

**Special Events**

Pizza Round Robins	Th	1:00-3:00 PM	Rolland Moore
Extravaganzas	5/19	Noon-2:00 PM	Rolland Moore
	6/29	6:00-8:00 PM	Rolland Moore
Free Fridays	Check <a href="http://www.lewistennis.com">www.lewistennis.com</a> for schedule		

**Tournaments**

20 USTA sanctioned junior tournaments are offered for novice, intermediate and advanced players. Check [www.Lewistennis.com](http://www.Lewistennis.com) for complete schedule.

**Class Schedule**

All lesson programs except Performance Training are offered at Rolland Moore, Fossil Creek, Warren, and Fossil Ridge HS. Spring Canyon and Edora Parks are offered if there is interest (call to inquire). All summer sessions run for two weeks except for session 6 which is one week.

Session 1	6/4-6/16
Session 2	6/18-6/30
Session 3	6/2-7/14
Session 4	7/16-7/28
Session 5	7/30-8/11
Session 6	8/13-8/18

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**There is no cost to register and you can do it online at [www.pvhs.org/healthykidsclub](http://www.pvhs.org/healthykidsclub).**

**Youth 13 – 18 can sign up for the Fit.Teen Series!**



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<b>6-12 Months</b>	Amazing Race Family Edition	20	Ultimate Football	118	Once Upon A Time in the Kitchen	70	Cheerleading Camp	116		
Learn-To-Swim	26	Animal Dance Workshop	50	<b>5 Years Old</b>	Outside Art	44	COED Basketball	116		
<b>12-18 Months</b>	Ballet & Modern	49	1,2,3, Print!	45	Pee Wee Farmers	74	Colorful Collage	43		
Learn-To-Swim	26	Baton Twirling	111	Adaptive Swim Lessons <ARO>	25	Petite Ballerinas	51	Critter Condos	43	
<b>18-24 Months</b>	Challenger British Soccer Camp	113	Aesop's Theatre	72	Pony Riding Lessons	75	Cupcakes & Tea for You & Me	43		
Learn-To-Swim	26	Cheerleading Camp	116	Afternoon Adventures	53	Pottery	46	Cyclone Swim Camp	33	
<b>2 Years Old</b>	COED Basketball	116	Amazing Athletes	115	Pre-Engineering	53	Dancin' Dumplin's	49		
Amazing Athletes	115	Dancin' Dumplin's	49	Amazing Race Family Edition	20	Princess Ballet Workshop	51	Dancin' Dumplin's Dancing with Props	49	
Cookin' & Crafts with Kids	59	Dancin' Dumplin's Dancing with Props	49	Animal Dance Workshop	50	Princess Tea Party	68	Diving	34	
Curious Twos	56	EPIC Adventures Mini Camp	52	Art Explosion	43	Ready Set Grow	84	EPIC Adventures Mini Camp	52	
Funtime Discovery	58	Fairy Ballet Workshop	51	Ballet & Modern	49	Robot Recyclables	45	Fairy Ballet Workshop	51	
Learn-To-Swim	26	Fairy Tea Party	68	Baton Twirling	111	Rockin' in the Park	72	Fairy Tea Party	68	
Li'l Dumplin Farmers	74	Fairy Tea Party	68	Build A Crystal Radio	69	Shake Your Sillies	72	Family Fun Night	84	
Read & Seed	84	Family Fun Night	84	Build A Flying Model Airplane	69	Simply Art	45	Family Yoga	81	
Roly Polys	58	Family Yoga	81	Build A Model Rocket	69	Skyhawks Sports Camps	114	Farm Campout	75	
<b>3 Years Old</b>	Farm Campout	75	Build A Model Rocket	69	SNAG Golf	112	Flag Football	118		
Afternoon Adventures	53	Funtime Express	56	Build A Real Telescope	69	Stand Up Paddle Boarding	91	Food for Life Nutrition	69	
Challenger British Soccer Camp	113	Funtime for Preschoolers	58	CARA Track	115	Stand Up Paddle Boarding Work Out	91	Funtime Pre-K	58	
Dancin' Dumplin's	49	Funtime Pre-K	58	Catapults & Trebuchets	69	Storybook Theater	72	Gardens Summer Camp	52	
Dancin' Dumplin's Dancing with Props	49	Giant Friends Club	57	Challenger British Soccer Camp	113	Summer Celebrations	57	Giant Friends Club	57	
Fairy Ballet Workshop	51	Green Thumbs	73	Cheerleading Camp	116	Tappin' Dumplin's	50	Girls' Softball	117	
Fairy Tea Party	68	Hockey	88	COED Basketball	116	Tappin' Dumplin's Tappin' with Props	50	Green Thumbs	73	
Family Fun Night	84	I Want to be A Scientist	57	Dancin' Dumplin's	49	Teddy & Me Tea	68	Hockey	88	
Family Yoga	81	Learn-To-Skate	86	Dancin' Dumplin's Dancing with Props	49	Tennis	119	I Want to be A Scientist	57	
Farm Campout	75	Learn-To-Swim	28	Diving	34	Tumble Bumbles	50	Intro to Painting	43	
Funtime Discovery	58	Lights Camera Action	72	EPIC Adventures Mini Camp	52	Ultimate Football	118	Jedi Training	54	
Funtime Express	56	Little Chefs Cooking Club	70	Fairy Ballet Workshop	51	<b>6 Years Old</b>	1,2,3, Print!	45	Kids on the Go Half Day Camp	52
Funtime for Preschoolers	58	Little Yogis	58	Fairy Tea Party	68	Adaptive Swim Lessons <ARO>	25	Kids Yoga	82	
I Want to be A Scientist	57	Magical Mermaids	45	Family Fun Night	84	Aesop's Theatre	72	Learn-To-Skate	86	
Learn-To-Swim	28	Milk & Cookies Storytelling	75	Family Yoga	81	Afternoon Adventures	53	Learn-To-Swim	29	
Little Chefs Cooking Club	70	OD's Mini & Jr Soccer	116	Farm Campout	75	Amazing Race Family Edition	20	Lights Camera Action	72	
Little Peepers	74	Once Upon A Time in the Kitchen	70	Flag Football	118	Animal Dance Workshop	50	Little Chefs Cooking Club	70	
Little Yogis	58	Outside Art	44	Funtime Express	56	Art Explosion	43	Little Yogis	58	
Milk & Cookies Storytelling	75	Pee Wee Farmers	74	Funtime Pre-K	58	Art Picnic	45	Magical Mermaids	45	
Once Upon A Time in the Kitchen	70	Petite Ballerinas	51	Giant Friends Club	57	B.I.K.E. Camp	68	Masterpiece Studio	43	
Petite Ballerinas	51	Pony Riding Lessons	75	Girls' Softball	117	Ballet & Modern	49	Milk & Cookies Storytelling	75	
Pony Riding Lessons	75	Pottery	46	Green Thumbs	73	Barnyard Experience	75	Mini Daycamp	73	
Pottery	46	Princess Ballet Workshop	51	Hockey	88	Baton Twirling	111	Mudslingers	45	
Princess Ballet Workshop	51	Princess Tea Party	68	I Want to be A Scientist	57	Boys & Girls Basketball	117	Not So Mini Daycamp	74	
Princess Tea Party	68	Read & Seed	84	Intro to Painting	43	Build A Crystal Radio	69	OD's Mini & Jr Soccer	116	
Pullet Surprise	74	Ready Set Grow	84	Jedi Training	54	Build A Flying Model Airplane	69	Outside Art	44	
Read & Seed	84	Robot Recyclables	45	Kids on the Go Half Day Camp	52	Build A Model Rocket	69	Petite Ballerinas	51	
Rockin' in the Park	72	Rockin' in the Park	72	Kids Yoga	82	Build A Real Telescope	69	Pony Experience	75	
Roly Polys	58	Shake Your Sillies	72	Learn-To-Skate	86	Camp Picasso	44	Pony Riding Lessons	75	
Shake Your Sillies	72	Skyhawks Sports Camps	114	Learn-To-Swim	28	CARA Cross Country	115	Pottery	46	
Storybook Theater	72	Storybook Theater	72	Lights Camera Action	72	CARA Track	115	Pre-Engineering	53	
Summer Celebrations	57	Summer Celebrations	57	Little Chefs Cooking Club	70	Catapults & Trebuchets	69	Princess Ballet Workshop	51	
Teddy & Me Tea	68	Tappin' Dumplin's	50	Little Yogis	58	Cave Painters	44	Princess Tea Party	68	
<b>4 Years Old</b>	Tappin' Dumplin's Tappin' with Props	50	Magical Mermaids	45	Challenger British Soccer Camp	113	Robot Recyclables	45		
Aesop's Theatre	72	Teddy & Me Tea	68	Milk & Cookies Storytelling	75		Rockies Trips	20		
Afternoon Adventures	53	Tennis	119	OD's Mini & Jr Soccer	116		Rockin' in the Park	72		
Amazing Athletes	115	Tumble Bumbles	50							

Shake Your Sillies	72	Family Fun Night	84	Stand Up Paddle Boarding Work Out	91	Diving	34	Skateboarding Camp	111
Simply Art	45	Family Yoga	81	Summer Adventure	53	Drop-In Hockey	86	Skyhawks Sports Camps	114
Skyhawks Sports Camps	114	Farm Campout	75	Tackle Football	119	Duct Tape Designs	43	SNAG Golf	112
SNAG Golf	112	Flag Football	118	Tackle Football Camps	118	Engineering FUNDamentals	54	Speed Skating	85
Stand Up Paddle Boarding	91	Food for Life Nutrition	69	Tappin' Dumplin's	50	Fairy Tea Party	68	Stage Right to Drama Workshop	72
Stand Up Paddle Boarding Work Out	91	Gardens Summer Camp	52	Tappin' Dumplin's Tappin' with Props	50	Family Fun Night	84	Stand Up Paddle Boarding	91
Summer Celebrations	57	Giant Friends Club	57	Teddy & Me Tea	68	Family Yoga	81	Stand Up Paddle Boarding Work Out	91
Tappin' Dumplin's	50	Girls' Softball	117	Tennis	119	Farm Campout	75	Summer Adventure	53
Tappin' Dumplin's Tappin' with Props	50	Hip Hop Workshop	51	Tumble Bumbles	50	Farm Daycamp	73	Super Survival Bracelets	44
Teddy & Me Tea	68	Hockey	88	We Rock	50	Flag Football	118	Survival in the Woods Nature Camp	53
Tennis	119	Hula Hoop Yoga	65	Youth Speed & Agility Clinic	116	Food for Life Nutrition	69	Tackle Football	119
Tumble Bumbles	50	I Want to be A Scientist	57	<b>8 Years Old</b>		Gardens Summer Camp	52	Tackle Football Camps	118
Ultimate Football	118	I'm A Belieber Workshop	50	1,2,3, Print!	45	Giant Friends Club	57	Teddy & Me Tea	68
<b>7 Years Old</b>		Intro to Painting	43	Adaptive Cycling Clinic	19	Girls' Softball	117	Tennis	119
1,2,3, Print!	45	JAA Cheerleading	115	Adaptive Cycling Clinic <ARO>	91	Go-Kart Camp	65	Tie Dye Art	43
Adaptive Swim Lessons <ARO>	25	Jedi Training	54	Adaptive Skate <ARO>	88	Hip Hop Workshop	51	Tsunami Swim Camp	33
Amazing Race Family Edition	20	Jump N Rope Mini Camp	82	Adaptive Swim Lessons <ARO>	25	Hockey	88	We Rock	50
Art Picnic	45	Just Tumbling	49	Aikido	81	Hula Hoop Yoga	65	Wings N Wheels	54
B.I.K.E. Camp	68	Karate	80	Amazing Race Family Edition	20	I Want to be A Scientist	57	Wrestling Camp	116
Ballet & Modern	49	Kids Can Cook	70	Archery	111	I'm A Belieber Workshop	50	Young Authors	65
Barnyard Experience	75	Kids on the Go Half Day Camp	52	Art Picnic	45	Intro to Painting	43	Young Illustrators	68
Baton Twirling	111	Kids Yoga	82	B.I.K.E. Camp	68	It's A Charmed Life	43	Youth Speed & Agility Clinic	116
BMX Clinics	111	Kidz Explore	72	Ballet & Modern	49	JAA Cheerleading	115	<b>9 Years Old</b>	
Boys & Girls Basketball	117	Learn-To-Skate	86	Barnyard Experience	75	Jedi Training	54	1,2,3, Print!	45
Build A Crystal Radio	69	Learn-To-Swim	29	Baseball For All <ARO>	116	Jump N Rope Mini Camp	82	Adaptive Cycling Clinic	19
Build A Flying Model Airplane	69	Magic & Illusions	65	Baton Twirling	111	Just Tumbling	49	Adaptive Cycling Clinic <ARO>	91
Build A Model Rocket	69	Milk & Cookies Storytelling	75	Beautiful Batiks	45	Karate	80	Adaptive Skate <ARO>	88
Build A Real Telescope	69	Mini Daycamp	73	BMX Clinics	111	Kids on the Go Half Day Camp	52	Adaptive Swim Lessons <ARO>	25
Camp Picasso	44	Mudslingers	45	Boxing	112	Kids Yoga	82	Aikido	81
CARA Cross Country	115	Not So Mini Daycamp	74	Boys & Girls Basketball	117	Kidz Explore	72	Amazing Race Family Edition	20
CARA Track	115	OD's Mini & Jr Soccer	116	Build A Crystal Radio	69	Learn-To-Skate	86	Archery	111
Catapults & Trebuchets	69	Petite Ballerinas	51	Build A Flying Model Airplane	69	Learn-To-Swim	29	Art Picnic	45
Cave Painters	44	Pony Experience	75	Build A Model Rocket	69	Magic & Illusions	65	B.I.K.E. Camp	68
Challenger British Soccer Camp	113	Pony Riding Lessons	75	Build A Real Telescope	69	Masterpiece Studio	43	Barnyard Experience	75
Cheerleading Camp	116	Position Specialty Football Camps	118	Build A Real Telescope	69	Milk & Cookies Storytelling	75	Baseball For All <ARO>	116
Cheesmates Chess Club	69	Pottery	46	Camp Picasso	44	Mudslingers	45	Baton Twirling	111
COED Basketball	116	Pre-Engineering	53	CARA Cross Country	115	National Basketball Academy	111	Beautiful Batiks	45
Colorful Collage	43	Princess Tea Party	68	CARA Track	115	OD's Mini & Jr Soccer	116	BMX Clinics	111
Cool Chemistry	65	Radio Control Racing Car Club	69	Catapults & Trebuchets	69	Petite Ballerinas	51	Boxing	112
Cool Concoctions	65	Rockies Trips	20	Cave Painters	44	Poms	51	Boys & Girls Basketball	117
Critter Condos	43	Rockin' in the Park	72	Challenger British Soccer Camp	113	Pony Camp	74	Build A Crystal Radio	69
Cupcakes & Tea for You & Me	43	Saturday Chefs	70	Cheerleading Camp	116	Position Specialty Football Camps	118	Build A Flying Model Airplane	69
Cyclone Swim Camp	33	Shake Your Sillies	72	Cheesmates Chess Club	69	Pottery	46	Build A Model Rocket	69
Dance It Up	51	Simply Art	45	Colorful Collage	43	Princess Tea Party	68	Build A Real Telescope	69
Dancin' Dumplin's	49	Skateboarding Camp	111	Cool Chemistry	65	Radio Control Racing Car Club	69	Camp Picasso	44
Dancin' Dumplin's Dancing with Props	49	Skyhawks Sports Camps	114	Cool Concoctions	65	Rockies Trips	20	CARA Cross Country	115
Diving	34	SNAG Golf	112	Creation Station	43	Rockin' in the Park	72	CARA Track	115
Engineering FUNDamentals	54	Speed Skating	85	Critter Condos	43	Saturday Chefs	70	Catapults & Trebuchets	69
EPIC Adventures Mini Camp	52	Stage Right to Drama Workshop	72	Cupcakes & Tea for You & Me	43	Shake Your Sillies	72	Cave Painters	44
Fairy Tea Party	68	Stand Up Paddle Boarding	91	Cyclone Swim Camp	33	Simply Art	45	Challenger British Soccer Camp	113
				Dance It Up	51				





Face Painting 101	45	Rockies Trips	20	Boys & Girls Basketball	117	I'm A Belieber Workshop	50	Youth Speed & Agility Clinic	116
Family Fun Night	84	Simply Art	45	Build A Crystal Radio	69	Intermediate Film Makers Works	69	<b>13 Years Old</b>	
Family Yoga	81	Skateboarding Camp	111	Build A Flying Model Airplane	69	JAA Cheerleading	115	A Tale of Three Authors	65
Farm Campout	75	Skyhawks Sports Camps	114	Build A Model Rocket	69	Jump N Rope Mini Camp	82	Active Teens <ARO>	65
Farm Daycamp	73	Speed Skating	85	Build A Real Telescope	69	Karate	80	Adaptive Boating Clinic	19
Fencing	110	Stage Right to Drama Workshop	72	Cake Pop Pros	71	Kids on the Go Half Day Camp	52	Adaptive Boating Clinic <ARO>	91
Fishing Trips	92	Stand Up Paddle Boarding	91	Camp Picasso	44	Kidz Explore	72	Adaptive Cycling Clinic	19
Flag Football	118	Stand Up Paddle Boarding Work Out	91	CARA Cross Country	115	Learn-To-Skate	86	Adaptive Cycling Clinic <ARO>	91
Flowers Galore	44	Stroke Technique Camp	33	CARA Track	115	Learn-To-Swim	29	Adaptive Skate <ARO>	88
Food for Life Nutrition	69	Summer Adventure	53	Catapults & Trebuchets	69	Magic & Illusions	65	Adaptive Swim Lessons <ARO>	25
Gardens Summer Camp	52	Super Survival Bracelets	44	Cave Painters	44	Make-It Take-It Cooking Camp	70	Amazing Race Family Edition	20
Girls' Softball	117	Survival in the Woods Nature Camp	53	Challenger British Soccer Camp	113	Masterpiece Studio	43	Archery	111
Go-Kart Camp	65	Tackle Football	119	Cheerleading Camp	116	Mudslingers	45	Artistic Abilities <ARO>	38
Golf	113	Tackle Football Camps	118	Cheesmates Chess Club	69	Mural Painting	44	Assassins	20
Graphic Design	45	Teen Supercamp Series	54	Colorful Collage	43	National Basketball Academy	111	B.I.K.E. Camp	68
Grill Masters	71	Tennis	119	Cool Chemistry	65	Outdoor Yoga	82	Babysitting Bootcamp	70
Guardstart	34	Tsunami Swim Camp	33	Cool Concoctions	65	Outrageous Cupcakes	71	Backpacking Trips	92
Guitar	72	Water Color Picnic	44	Crazy Cakes	71	Overnight Camping	55	Bandimere	20
Henna Body Art	45	Water Safety Aide	34	Creation Station	43	Poms	51	Baseball For All <ARO>	116
Hershey's Track & Field Games	115	Water World Trip	20	Cross Country	115	Pony Camp	74	Basic Water Rescue	33
Hip Hop Workshop	51	We Rock	50	Cupcakes & Tea for You & Me	43	Position Specialty Football Camps	118	Basketball Team League	117
Hockey	88	Whitewater Rafting Trips	92	Delectable Desserts	71	Pottery	46	Boxing	112
Hula Hoop Yoga	65	Wings N Wheels	54	Diving	34	Radio Control Racing Car Club	69	Boys & Girls Basketball	117
I'm A Belieber Workshop	50	Wrestling Camp	116	Drawing	45	Recipe Makeovers	71	Build A Crystal Radio	69
Intro to Painting	43	Young Authors	65	Drop-In Hockey	86	Rockies Trips	20	Build A Flying Model Airplane	69
It's A Charmed Life	43	Young Illustrators	68	Duct Tape Designs	43	Singer & Songwriters Camp	71	Build A Model Rocket	69
JAA Cheerleading	115	Youth Speed & Agility Clinic	116	Elitch Gardens Trips	19	Skateboarding Camp	111	Build A Real Telescope	69
Jedi Training	54	<b>12 Years Old</b>		Essential Cartooning	37	Speed Skating	85	Cake Pop Pros	71
Jump N Rope Mini Camp	82	A Tale of Three Authors	65	Face Painting 102	45	Stage Right to Drama Workshop	72	CARA Cross Country	115
Karate	80	Active Teens <ARO>	65	Family Fun Night	84	Stand Up Paddle Boarding Work Out	91	CARA Track	115
Kids on the Go Half Day Camp	52	Adaptive Boating Clinic	19	Family Yoga	81	Stroke Technique Camp	33	Catapults & Trebuchets	69
Kids Yoga	82	Adaptive Boating Clinic <ARO>	91	Farm Campout	75	Summer Adventure	53	Challenger British Soccer Camp	113
Kidz Explore	72	Adaptive Cycling Clinic	19	Farm Daycamp	73	Survival in the Woods Nature Camp	53	Cheesmates Chess Club	69
Learn-To-Skate	86	Adaptive Cycling Clinic <ARO>	91	Fencing	110	Tackle Football	119	Cool Chemistry	65
Learn-To-Swim	29	Adaptive Skate <ARO>	88	Fishing Trips	92	Tackle Football Camps	118	Cool Concoctions	65
Magic & Illusions	65	Adaptive Swim Lessons <ARO>	25	Flag Football	118	Teen Supercamp Series	54	Crazy Cakes	71
Make-It Take-It Cooking Camp	70	Amazing Race Family Edition	20	Flowers Galore	44	Tennis	119	Cross Country	115
Masterpiece Studio	43	Archery	111	Food for Life Nutrition	69	Tsunami Swim Camp	33	Delectable Desserts	71
Mudslingers	45	Art Picnic	45	Girls' Softball	117	Water Color Picnic	44	Diving	34
Mural Painting	44	B.I.K.E. Camp	68	Go-Kart Camp	65	Water Safety Aide	34	Drawing	45
National Basketball Academy	111	Babysitting Bootcamp	70	Golf	113	Water World Trip	20	Drop-In Hockey	86
Outrageous Cupcakes	71	Backpacking Trips	92	Graphic Design	45	Whitewater Rafting Trips	92	Elitch Gardens Trips	19
Overnight Camping	55	Bandimere	20	Grill Masters	71	Wings N Wheels	54	Essential Cartooning	37
Petite Ballerinas	51	Baseball For All <ARO>	116	Guardstart	34	Wrestling Camp	116	Face Painting 103	45
Poms	51	Basic Water Rescue	33	Guitar	72	Young Authors	65	Family Fun Night	84
Pony Camp	74	Basketball Team League	117	Henna Body Art	45	Young Illustrators	68	Family Yoga	81
Position Specialty Football Camps	118	Baton Twirling	111	Hershey's Track & Field Games	115			Farm Campout	75
Pottery	46	Beautiful Batiks	45	Hip Hop Workshop	51			Fencing	110
Radio Control Racing Car Club	69	BMX Clinics	111	Hockey	88			Fishing Trips	92
Recipe Makeovers	71	Boxing	112	Horsemanship	75			Flowers Galore	44
				Hunter Education	91			Girls' Softball	117

Golf	113	Active Teens <ARO>	65	Guardstart	34	Active Teens <ARO>	65	Magic & Illusions	65
Graphic Design	45	Adaptive Boating Clinic	19	Guitar	71	Adaptive Boating Clinic	19	National Basketball Academy	111
Grill Masters	71	Adaptive Boating Clinic <ARO>	91	Henna Body Art	45	Adaptive Boating Clinic <ARO>	91	Needle Felted Dolls	38
Guardstart	34	Adaptive Cycling Clinic	19	Hershey's Track & Field Games	115	Adaptive Cycling Clinic	19	Nia	77
Guitar	71	Adaptive Cycling Clinic <ARO>	91	Hip Hop Workshop	51	Adaptive Cycling Clinic <ARO>	91	Outdoor Yoga	82
Henna Body Art	45	Adaptive Skate <ARO>	88	Hockey	88	Adaptive Skate <ARO>	88	Outrageous Cupcakes	71
Hershey's Track & Field Games	115	Adaptive Swim Lessons <ARO>	25	Horsemanship	75	Adaptive Swim Lessons <ARO>	25	Overnight Camping	55
Hip Hop Workshop	51	Amazing Race Family Edition	20	Hunter Education	91	Adult Swim Instruction	26	Paintball	112
Hockey	88	Archery	111	I'm A Belieber Workshop	50	Amazing Race Family Edition	20	Pottery	46
Horsemanship	75	Artistic Abilities <ARO>	38	Instant Guitar for Busy People	63	Archery	111	Recipe Makeovers	71
Hunter Education	91	Assassins	20	Intermediate Film Makers Works	69	Artistic Abilities <ARO>	38	Rockies Trips	20
I'm A Belieber Workshop	50	B.I.K.E. Camp	68	Jump N Rope Mini Camp	82	Assassins	20	Singer & Songwriters Camp	71
Instant Guitar for Busy People	63	Babysitting Bootcamp	70	Karate	80	Babysitting Bootcamp	70	Speed Skating	85
Intermediate Film Makers Works	69	Backpacking Trips	92	Learn-To-Skate	86	Backpacking Trips	92	Spin & Tone	78
Jump N Rope Mini Camp	82	Bandimere	20	Magic & Illusions	65	Bandimere	20	Stage Right to Drama Workshop	72
Karate	80	Baseball For All <ARO>	116	National Basketball Academy	111	Baseball For All <ARO>	116	Stand Up Paddle Boarding	91
Learn-To-Skate	86	Basic Water Rescue	33	Needle Felted Dolls	38	Basic Water Rescue	33	Stand Up Paddle Boarding Work Out	91
Magic & Illusions	65	Basketball Team League	117	Nia	77	Basketball Team League	117	Teen Band Jam	72
National Basketball Academy	111	Boxing	112	Outdoor Yoga	82	Boxing	112	Teen Supercamp Series	54
Outdoor Yoga	82	Boys & Girls Basketball	117	Outrageous Cupcakes	71	Boys & Girls Basketball	117	Teen Swim Instruction	26
Outrageous Cupcakes	71	Build A Crystal Radio	69	Overnight Camping	55	Cake Pop Pros	71	Tennis	119
Overnight Camping	55	Build A Flying Model Airplane	69	Paintball	112	CARA Track	115	Triathlon Club	82
Pottery	46	Build A Model Rocket	69	Pottery	46	Cheesmates Chess Club	69	Underwater Hockey	25
Radio Control Racing Car Club	69	Build A Real Telescope	69	Radio Control Racing Car Club	69	Cool Chemistry	65	Vegan Cooking	70
Recipe Makeovers	71	Cake Pop Pros	71	Recipe Makeovers	71	Cool Concoctions	65	Water Safety Aide	34
Rockies Trips	20	CARA Cross Country	115	Rockies Trips	20	Crazy Cakes	71	Water World Trip	20
Singer & Songwriters Camp	71	CARA Track	115	Singer & Songwriters Camp	71	Delectable Desserts	71	Whitewater Rafting Trips	92
Skyhawks Sports Camps	114	Catapults & Trebuchets	69	Skyhawks Sports Camps	114	Diving	34	Zumba	79
Speed Skating	85	Challenger British Soccer Camp	113	Speed Skating	85	Drop-In Hockey	86	<b>16 Years Old</b>	
Stage Right to Drama Workshop	72	Cheesmates Chess Club	69	Spin & Tone	78	Elitch Gardens Trips	19	A Tale of Three Authors	65
Stand Up Paddle Boarding	91	Cool Chemistry	65	Stage Right to Drama Workshop	72	Essential Cartooning	37	Active Teens <ARO>	65
Stand Up Paddle Boarding Work Out	91	Cool Chemistry	65	Stand Up Paddle Boarding	91	Face Painting 105	45	Adaptive Boating Clinic	19
Stroke Technique Camp	33	Cool Concoctions	65	Stand Up Paddle Boarding Work Out	91	Family Fun Night	84	Adaptive Boating Clinic <ARO>	91
Tackle Football Camps	118	Crazy Cakes	71	Stroke Technique Camp	33	Family Yoga	81	Adaptive Cycling Clinic	19
Teen Band Jam	72	Cross Country	115	Tackle Football Camps	118	Farm Campout	75	Adaptive Cycling Clinic <ARO>	91
Teen Supercamp Series	54	Delectable Desserts	71	Teen Band Jam	72	Fencing	110	Adaptive Skate <ARO>	88
Teen Swim Instruction	26	Diving	34	Teen Supercamp Series	54	Graphic Design	45	Adaptive Swim Lessons <ARO>	25
Tennis	119	Drawing	45	Teen Swim Instruction	26	Grill Masters	71	Adaptive Waterskiing <ARO>	90
Triathlon Club	82	Drop-In Hockey	86	Tennis	119	Guitar	71	Adult Swim Instruction	26
Vegan Cooking	70	Elitch Gardens Trips	19	Triathlon Club	82	Henna Body Art	45	Amazing Race Family Edition	20
Water Safety Aide	34	Essential Cartooning	37	Underwater Hockey	25	Hip Hop Workshop	51	Archery	111
Water World Trip	20	Face Painting 104	45	Vegan Cooking	70	Hockey	88	Artistic Abilities <ARO>	38
Whitewater Rafting Trips	92	Family Fun Night	84	Water Safety Aide	34	Horsemanship	75	Assassins	20
Wrestling Camp	116	Family Yoga	81	Water World Trip	20	Hunter Education	91	Backpacking Trips	92
Young Authors	65	Farm Campout	75	Whitewater Rafting Trips	92	I'm A Belieber Workshop	50	Bandimere	20
Young Illustrators	68	Fencing	110	Wrestling Camp	116	Instant Guitar for Busy People	63	Basketball	108
Youth Speed & Agility Clinic	116	Fishing Trips	92	Youth Speed & Agility Clinic	116	Intermediate Film Makers Works	69	Basketball Team League	117
<b>14 Years Old</b>		Girls' Softball	117	Zumba	79	Jump N Rope Mini Camp	82	Blogging for Passion or Profit	60
A Tale of Three Authors	65	Golf	113	<b>15 Years Old</b>		Karate	80	Boxing	112
		Graphic Design	45	A Tale of Three Authors	65	Learn-To-Skate	86		
		Grill Masters	71			Lifeguard Training	34		



Boys & Girls Basketball	117	Nia	77	Amazing Race Family Edition	20	Lifeguard Training	34	Movie Night <ARO>	22
Cancer Fit	77	Outdoor Sketching	37	Artistic Abilities <ARO>	38	Magic & Illusions	65	Park Games <ARO>	22
CARA Track	115	Outdoor Yoga	82	Assassins	20	Mexican Cooking	62	Restaurant Night <ARO>	22
Cheesmates Chess Club	69	Outrageous Cupcakes	71	Backpacking Trips	92	National Basketball Academy	111	Rockies Games <ARO>	23
Coconut "Cuckoo" Curries	62	Overnight Camping	55	Bandimere	20	Nature Journaling	63	Aqua Fitness	
Cool Chemistry	65	Paintball	112	Basketball	108	Needle Felted Dolls	38	Aqua Box	36
Cool Concoctions	65	Painting, Beginning Acrylic	39	Basketball Team League	117	Nia	77	Aqua Natal	35
CPR & First Aid	63	Phamaly Performance <ARO>	64	Blogging for Passion or Profit	60	Outdoor Sketching	37	Basic H2O Workout	35
Crazy Cakes	71	Photography, Beginning	40	Boxing	112	Outdoor Yoga	82	Classics	36
Diving	34	Photography, Intermediate & Advanced	40	Boys & Girls Basketball	117	Overnight Camping	55	Deep H2O	36
Dog Training 101	63	Pilates	79	Cancer Fit	77	Paintball	112	Fitness & Fun	35
Drawing, Animals	38	Pottery	46	Cheesmates Chess Club	69	Painting, Beginning Acrylic	39	MS Aqua <ARO>	35
Drop-In Hockey	86	Poudre Raft Trip <ARO>	90	Coconut "Cuckoo" Curries	62	Phamaly Performance <ARO>	64	Stretch & Tone	35
Dyeing for the Fiber Artist	38	R.I.P.P.E.D.	78	Cool Chemistry	65	Photography, Beginning	40	Twinges in the Hinges <ARO>	35
Elitch Gardens Trips	19	Recipe Makeovers	71	Cool Concoctions	65	Photography, Intermediate & Advanced	40	Twinges Plus <ARO>	35
Essential Cartooning	37	Rockies Trips	20	CPR & First Aid	63	Pilates	79	Aquatics	
Face Painting 106	45	Singer & Songwriters Camp	71	Diving	34	Pottery	46	Adaptive Swim Lessons <ARO>	25
Facebook for Beginners	60	Social Media for Beginners	61	Dog Training 102	63	Poudre Raft Trip <ARO>	90	Adult Swim Instruction	26
Family Fun Night	84	Softball	107	Drawing, Animals	38	R.I.P.P.E.D.	78	Lifeguard Training	34
Family Yoga	81	Softball Tournaments	107	Drop-In Hockey	86	Recipe Makeovers	71	Underwater Hockey	25
Farm Campout	75	Speed Skating	85	Dyeing for the Fiber Artist	38	Rockies Trips	20	Arts & Crafts	
Fencing	110	Spin & Tone	78	Elitch Gardens Trips	19	Singer & Songwriters Camp	71	Artistic Abilities <ARO>	38
Fitness Skate	85	Stab Bookbinding Workshop	40	Essential Cartooning	37	Social Media for Beginners	61	Bob Ross Painting	39
Flag Football	109	Stage Right to Drama Workshop	72	Face Painting 107	45	Softball	107	Chinese Brush Painting	39
Food for Life: Cancer	62	Stand Up Paddle Boarding	91	Facebook for Beginners	60	Softball Tournaments	107	Drawing, Animals	38
Getting Started with Social Media	61	Stand Up Paddle Boarding Work Out	91	Family Fun Night	84	Speed Skating	85	Dyeing for the Fiber Artist	38
Graphic Design	45	Street Food of India	62	Family Yoga	81	Spin & Tone	78	Essential Cartooning	37
Grill Masters	71	Teen Band Jam	72	Farm Campout	75	Stab Bookbinding Workshop	40	Faux Painting, Metallics, Tuscan, Classic	39
Guitar	71	Teen Supercamp Series	54	Fencing	110	Stage Right to Drama Workshop	72	Graphic Design	45
Hardcover Bookbinding	40	Teen Swim Instruction	26	Fitness Skate	85	Stand Up Paddle Boarding	91	Hardcover Bookbinding	40
Hearty Indian Pockets & Wraps	62	Tennis	119	Flag Football	109	Stand Up Paddle Boarding Work Out	91	Homemade Soap Making & French-Milled Soap	38
Henna Body Art	45	Triathlon Club	82	Food for Life: Cancer	62	Street Food of India	62	Jewelry, Chasing & Repousse	38
Hip Hop Workshop	51	Underwater Hockey	25	Getting Started with Social Media	61	Teen Band Jam	72	Jewelry, Etching	39
Hockey	88	Vegan Cooking	70	Graphic Design	45	Teen Swim Instruction	26	Lotions & Potions Total Body Care	38
Horsemanship	75	Volleyball	107	Guitar	71	Tennis	119	Needle Felted Dolls	38
Hunter Education	91	Water World Trip	20	Hardcover Bookbinding	40	Triathlon Club	82	Outdoor Sketching	37
I'm A Belieber Workshop	50	Whitewater Rafting Trips	92	Hearty Indian Pockets & Wraps	62	Underwater Hockey	25	Painting, Beginning Acrylic	39
Instant Guitar for Busy People	63	Zumba	79	Henna Body Art	45	Vegan Cooking	70	Paste Paper	40
Intermediate Film Makers Works	69	<b>17 Years Old</b>		Hip Hop Workshop	51	Volleyball	107	Photography, Beginning	40
Jewelry, Chasing & Repousse	38	A Tale of Three Authors	65	Hockey	88	Water World Trip	20	Photography, Intermediate & Advanced	40
Jewelry, Etching	39	Active Teens <ARO>	65	Horsemanship	75	Whitewater Rafting Trips	92	Porcelain Painting, Advanced	40
Jump N Rope Mini Camp	82	Adaptive Boating Clinic	19	Hunter Education	91	Zumba	79	Porcelain Painting, Beginning	39
Karate	80	Adaptive Boating Clinic <ARO>	91	I'm A Belieber Workshop	50	<b>Adults (18 Years &amp; Up)</b>		Porcelain Painting, Intermediate	40
Kickball	108	Adaptive Cycling Clinic	19	Instant Guitar for Busy People	63	Adaptive Recreation Opportunities		Pottery	41
Lifeguard Training	34	Adaptive Cycling Clinic <ARO>	91	Intermediate Film Makers Works	69	Bingo/Ice Cream Social <ARO>	23	Stab Bookbinding Workshop	40
Magic & Illusions	65	Adaptive Skate <ARO>	88	Jewelry, Chasing & Repousse	38	Bowling <ARO>	23	Suminigashi Paper Marbling	40
Mexican Cooking	62	Adaptive Swim Lessons <ARO>	25	Jewelry, Etching	39	Cooking <ARO>	22	Weave A Large Bushel Basket	37
National Basketball Academy	111	Adaptive Waterskiing <ARO>	90	Karate	80	Crafts <ARO>	22		
Nature Journaling	63	Adult Swim Instruction	26	Kickball	108	Mini Golf & Milk Shakes <ARO>	23		
Needle Felted Dolls	38					Monthly Dances <ARO>	23		

Woodworking, Beginning	40	Vegan Cooking	70	Adaptive Boating Clinic <ARO>	91	Fort Collins Senior Sports Club	95	Albuquerque Balloon Fiesta	104
<b>Dance &amp; Movement</b>		Wellness with Essential Oils	64	Adaptive Cycling Clinic <ARO>	91	Front Range Forum	96	Book of Mormon	104
Ballet	47	Word, Beginning	61	Adaptive Waterskiing <ARO>	90	Harmonettes	96	Bull Durham Casino	100
Ballroom Dancing	48	Word, Beyond Basics	61	Archery	89	Older Gay Lesbian	96	Colorado Symphony	100
Belly Dancing	47	Your Child's Eyes	65	Cabin Camping Trip <ARO>	90	Bisexual Transgender	96	Deadwood Gaming	101
Clogging	48	<b>Farm</b>		Hikes	89	SOAP Troupe	97	Trip	
Hip Hop Workshop	51	Farm Campout	75	Horseback Riding	90	The Writers Group	97	Doc Holliday Casino	103
Latin Dancing	48	Horsemanship	75	Hunter Education	91	Education		Downtown Denver	103
Line Dance	48	<b>Fitness</b>		Poudre Raft Trip <ARO>	90	Colorado's Ghost	63	Estes Photo Experience	102
Modern Dance	48	Aerobics	79	Rafting the Poudre	90	Town Poet		Glacier, Yellowstone & Teton Parks	104
Private Dance Instruction	47	Ageless Grace	77	Stand Up Paddle Boarding	91	Fitness		Heritage of America	104
<b>Education</b>		Aikido	80	Stand Up Paddle Boarding Work Out	91	MSROM - Silver	78	History Colorado	103
Active Teens <ARO>	65	Back & Body Strengthening	78	Wildflower Hikes	89	Sneakers		Hot Springs & Honkey Tonk	102
Blogging for Passion or Profit	60	Badminton	77	<b>Special Events</b>		<b>Health &amp; Wellness Services</b>		Jersey Boys	103
Cheesmates Chess Club	69	Cancer Fit	77	Adaptive Boating Clinic	19	Arthritis Support Group	97	La Boheme	103
Coconut "Cuckoo" Curries	62	Family Yoga	81	Adaptive Cycling Clinic	19	Audiology Screens	97	Lady Luck Casino	101
Computer Basics	60	Karate	80	Amazing Race Family Edition	20	Blood Pressure	97	Murder in the Castle	102
Consider the Conversation	64	Lose to Win	77	Assassins	20	Checks		Out to Lunch	100
Cool Chemistry	65	MS Dryland Exercise <ARO>	78	Bandimere	20	Chair Massage	97	Rockies vs Brewers	103
Cool Concoctions	65	Nia	77	Germans from Russia	19	Cholesterol Testing & Blood Pressure	97	Rockies vs Dodgers	100
CPR & First Aid	63	Outdoor Yoga	82	Orson Welles	19	Foot Care Clinics	97	Rockies vs Dodgers	104
CPR Professional	63	Parklane Fitness	78	Pickle Ball Tournament	19	Hearing Presentation & Screens	97	Rockies vs Oakland	101
Dialogue	63	Pilates	79	Picnic in the Park	19	Legal Services	97	Rockies vs Padres	101
Dog Training 103	63	Qi Gong	80	Rockies Trips	20	Massage Therapy	98	Rockies vs Reds	102
Excel, Introduction	60	R.I.P.P.E.D.	78	Separate Lives	19	Reiki	98	Stranahan's Whiskey & Lunch	102
Facebook for Beginners	60	Spin & Tone	78	Water World Trip	20	Ice Skating		Sunday Out to Lunch	101
Food for Life: Cancer	62	Strength & Tone	79	<b>Sports</b>		Senior Coffee Club	85	Traveling Gourmet	101
Getting Started with Social Media	61	Strength Training	79	Basketball	108	Outdoor Recreation		Yves Saint Laurent	101
Gizmos & Gadgets Galore	61	Strictly Stretching	78	Basketball Team League	117	Mountain View	89		
Guitar	64	Swiss Theraball/Stability Ball	78	Boxing	112	Picnic		<b>Social Opportunities</b>	
Hearing Presentation	64	Tai Chi	80	Fencing	110	Bingo	98	Bingo	98
Hearty Indian Pockets & Wraps	62	Total Body on the Ball	77	Flag Football	109	Bridge & Pinochle	98	Bridge Mentoring	98
Instant Guitar for Busy People	63	Triathlon Club	82	Kickball	108	Cards & Games	98	Celebrations	98
Internet Email	60	Yoga	81	Paintball	112	Donut Make You Wonder	98	Donut Make You Wonder	98
Internet Intro Part 2	61	Zumba	77	Softball	107	Duplicate Bridge	98	Moonlight Melody	99
Internet Introduction Part 1	61	Zumba	79	Softball Tournaments	107	Dances		New Release Movies	98
Magic & Illusions	65	Zumba Toning	77	Tennis	109	VOA Senior Meals	99	Trips	
Mexican Cooking	62	<b>Gardens</b>		Volleyball	107				
Nature Journaling	63	Family Fun Night	84						
Peripheral Neuropathy	64	Grilling Garden Fresh Pizzas	83	<b>50 Years &amp; Up</b>					
Phamaly Performance <ARO>	64	Herbs	83	All Adult Classes (18 years & up)					
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We love kids!

# The Youth Clinic

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Physicals for: Kindergarten • Daycare • Sports • Camp

Bring any forms with you & we'll fill them out during the visit

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[www.youthclinic.com](http://www.youthclinic.com)

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