

Summer registration starts at 7 a.m., May 12

Summer 2016

# Recreator

City of  
Fort Collins

50 YEARS OF  
1966-2016  
CELEBRATING  
PARKS RECREATION

1966-2016

PARKS  
RECREATION

GROW  
TO  
GIVE

GIVE  
TO  
GROW



BLUE OCEAN  
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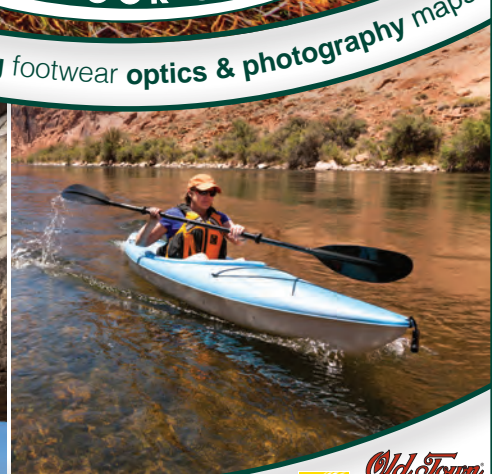


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### City of Fort Collins

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#### Recreation Director

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Stephanie Munro

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## From the Mayor

Dear Recreators,

Recreation has been an important part of my life growing up in Fort Collins. One of the reasons that Fort Collins is such a special place to live is the wide array of recreational opportunities available to us. I'm proud of our City's parks, trails and recreational opportunities; they are very important to me and this community. This year, I am particularly proud of our Parks and Recreation Department as they celebrate 50 years of service to our community.

Since 1966, our community has grown and our need for recreation has grown, as well. Over the last 50 years, the Parks Department has added 42 parks and over 34 miles of paved trails to Fort Collins. The Recreation Department has expanded as well by adding seven recreation facilities and hundreds of recreation programs.

As a child growing up in Fort Collins I participated in many recreational programs including swimming at City Park in the summer and ice skating there during the winter. I look back at my times playing JAA football, JAA basketball and baseball with fondness. I made many great friends, learned valuable life skills from coaches, and created many amazing memories along the way. I'm glad to see so many kids today participating in the same programs that I enjoyed as a child. Our recreation programs have benefited many generations of recreators, like you. The programs in this publication can enrich your life the way they have mine. I encourage you to look through this issue of the *Recreator* and find something that will enhance you and your family's life. You may discover a new passion or learn a new skill this summer. You may also make some new friends and create some amazing memories.

Thanks for picking up the *Recreator* and thanks for joining us as we celebrate 50 years of Parks and Recreation in Fort Collins.

Have a great summer,

Mayor Wade Troxell

## Contact Information

City of Fort Collins  
Recreation Department  
215 N. Mason St.  
P.O. Box 580  
Fort Collins, CO 80522

Registration and Programs  
970.221.6655  
[recreation@fcgov.com](mailto:recreation@fcgov.com)

Advertising, Partnerships  
and Sponsorships  
970.221.6875

Bob Adams  
Recreation Director  
970.221.6354

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For subscription information, please visit [fcgov.com/recreator](http://fcgov.com/recreator).

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### City of Fort Collins Recreation Department

#### Vision

World-class recreation services which inspire people to lead engaged, healthy lives.

#### Mission

Fostering health and well-being through diverse and inclusive recreation opportunities, sustainable planning, and community partnerships.

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If you require assistance in another language, please contact us at 970.221.6655 or [recreation@fcgov.com](mailto:recreation@fcgov.com).

Esta información puede ser traducida, sin costo para usted.

Follow us at FCRecreator



FORT COLLINS MUSEUM OF DISCOVERY PRESENTS

# COOKING WITH CHEMISTRY

Chemistry can be found everywhere in our world, but nowhere is it more fun or tasty than in the kitchen! Join us to explore how chemistry operates when we are cooking and baking, get a handle on some basic kitchen tools, and learn some delicious cooking techniques with your family! Ages 7-13 accompanied by a guardian. All materials will be provided. Space is limited!

MAY 7 AND SEPT 10, 2016 🍏 1:00PM-4:00PM

\$30 FOR A CHILD AND GUARDIAN, \$10 FOR EACH ADDITIONAL CHILD



To register for either date, visit  
[www.fcmod.org/event/chemistry-of-cooking/](http://www.fcmod.org/event/chemistry-of-cooking/)

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

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

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

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

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

## Windsor

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

## Loveland

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



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# Registering for Recreator Programs

Registration begins at 7 a.m. on May 12. You can register for programs three ways:

## Online

Before starting your online registration session, make sure you have your credit card or debit card and household ID number ready.

Forgot your household ID? Call 970.221.6655 or email [recreation@fcgov.com](mailto:recreation@fcgov.com).

Once you arrive at [fcgov.com/recreator](http://fcgov.com/recreator):

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

## At Recreation Centers

**Northside Aztlan Community Center**  
 112 East Willow Street  
 M–F: 6 a.m.–9 p.m.  
 Sa: 8 a.m.–5 p.m.  
 Su: 9 a.m.–5 p.m.

**Fort Collins Senior Center**  
 1200 Raintree Drive  
 M–F: 6 a.m.–9 p.m.  
 Sa: 8 a.m.–5 p.m.  
 Su: Noon–5 p.m.

**Edora Pool Ice Center (EPIC)**  
 1801 Riverside Avenue  
 M–F: 5:30 a.m.–8 p.m.  
 Sa: 8 a.m.–6 p.m.  
 Su: Noon–5:30 p.m.

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

## Over the Phone

Have your credit card or debit card information available. Contact 970.221.6655 to register over the phone.

## Definitions

- Youth: 2–17 years of age
- Adult : 18–59 years of age
- 60+ : 60 years & up
- Family/Couple: Two adults and up to two children under 18 years from the same household. Additional children can be added to a pass: monthly basis—\$6 per child; 6 month basis—\$25 per child; annual basis—\$50 per child.

## 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. No cash refunds.

### Reduced Fee Program

Reduced fees are available to residents with limited incomes. Interested persons must apply in person for fee reduction and be approved prior to registration; please allow 10 days for processing. Applications are available at all registration sites. Activities that are not discountable or partially discountable are noted as such. To utilize the Reduced Fee Program, 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 2 business days (8 a.m.–5 p.m., M–F 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, ice skating, or adult activities.

If you must cancel (or transfer) from any aquatics, ice skating or adult activities, 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 cancellations or transfers will be denied.

### Refunds/Credit

For activity cancellations/transfers, contact Recreation at 970.221.6655. Submit cancellation requests as early as possible to aid in staff planning.

In accordance with Recreation policy, if the activity from which 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 or a household credit which will remain in your account for future Recreation use.

### ADA Disclosure

Auxiliary aids and services are available for persons with disabilities. V/TDD: Dial 711 for Relay Colorado. If you require assistance in another language, please contact us 970.221.6655 or [recreation@fcgov.com](mailto:recreation@fcgov.com). Esta información puede ser traducida, sin costo para usted. For more information about Adaptive Recreation Opportunities programming, see page 16.

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

# 80s + 90s

## BUILDING ON A LEGACY



Fort Collins Buckaroos girls baseball, 1990 FCMoD IT00252

**This summer, we continue to celebrate the 50th anniversary of Parks and Recreation. In the spring issue of the “Recreator,” we covered the formation and growth of Recreation. In the 80s and 90s, our burgeoning community’s need for more recreational opportunities expanded and the Parks and Recreation Department was poised to provide.**

More than 64,000 residents called Fort Collins home in the early 80s. Parks and Recreation worked hard to keep pace with the community’s growth. A 10 mile portion of the paved trail system along Spring Creek and Poudre River was dedicated. It continues to grow and is regarded as one of the best systems in the state still today. In the summer of 1984 both Rolland Moore Park and Southridge Golf Course opened to the public.

Technology emerged to help Recreation better manage operations and customer service. In 1985, Recreation began using registration software to increase efficiencies and customer service during registration periods. For the first time, Recreation staff pushed aside their ledgers and used computers and computer software to facilitate the department’s budget.

In 1985 two of the City’s most unique and popular recreation destinations opened: The Farm at Lee Martinez Park and Edora Pool Ice Center, or EPIC. Today, The Farm is home to more than 40 farm animals and hosts special events, birthday parties, and field trips and EPIC remains one of the most popular recreation facilities in the region.

In 1988, our community’s urban forest established firm roots with a little help from data. The Forestry Division conducted the first comprehensive city-wide tree inventory. Today, the Forestry staff maintains more than 40,000 city property trees.

In 1993, the Fort Collins Community Pool, now known as Mulberry Pool, opened. Modern features of the era were included in the pool design including new filtration, HVAC, spa and office space. Today, Mulberry Pool is home to swimming lessons, lap swimming, and high school/club swim team practices.

The Parks Department was quickly expanding in the mid-90s. Stewart Case Park, Eastside Neighborhood Park, and land for Harmony Park were acquired. Recreation partnered with Poudre School District to open the Youth Activity Center in the vacated Fort Collins High School. The Fort Collins Senior Center opened on June 27, 1995 and quickly became popular with adults. Today, the recently expanded facility ranks among Recreation’s most used facilities.

Skateboarders began make a strong presence in Fort Collins. The temporary skate park at Rolland Moore was moved to a location near Northside Aztlan Community Center and a \$50,000 grant was awarded to begin construction of a skate park at Edora Park.

Recreation’s tennis program grew significantly in the late 90s and Lewis Tennis was awarded the contract to manage Recreation programming at the Rolland Moore Racquet Center. Lewis Tennis remains the program manager at the facility.

To conclude the 90s, more parks were developed and land was acquired for new parks. Cottonwood Glen Park opened and land was acquired for Ridgeview Park and English Ranch Park. Work also began to improve Sheldon Lake’s shoreline in City Park.

The 80s and 90s were fast moving times for the Parks and Recreation Department. In the next Recreator, we’ll showcase the developments of the 2000s and consider what the future of the Parks and Recreation may look like as we build upon the legacy of Parks and Recreation.



Celebrating 50 years  
of Parks and Recreation.

# Recreation's Admission and Pass Fees

## More value, more options, more benefits.

### Single Admission Passes

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

Single Admission One-time Drop-In Rate	
Youth	\$3.25 (\$1 at Northside Aztlan Center)
Adult	\$4.00
60 years & up	\$3.25
Drop-In Fitness Class Fee*	
Single Admission	\$6.00
10 Admission	\$50.00
*Excludes karate classes. Valid one year from date of purchase	

### Senior Center Admission Passes

Admission rates for the Senior Center only.

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

### Multi-Facility Admission Pass

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

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



## City Park Pool

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

City Park Pool is the best place to be during those hot summer days in Fort Collins; it's a water park experience right in your own backyard. You can also enjoy the park surroundings and Sheldon Lake for fishing.

- Outdoor pool
- 30-foot drop slide
- Open curly slide
- Lazy river
- Shallow water with geysers
- Large play structure
- Picnic area
- Located next to Sheldon Lake
- Paddle board rentals

Hours	
5/28-8/20	
M-F	11:00 AM-7:00 PM
Sa,Su	10:00 AM-5:30 PM
8/21	
Su	10:00 AM-3:00 PM
Drop-In Adult Water Fitness	
5/31-8/19	
M-Th	9:00 AM-10:00 AM

Pool Admission Rates	
Youth (2-17) and 60 & up	
Single Admission	\$6.00
Group	\$5.50
10-Admission	\$48
25-Admission	\$120
Adult (18-59)	
Single Admission	\$7.00
Group	\$6.50
10-Admission	\$56
25-Admission	\$140
<b>Twilight Swim*</b>	<b>\$4.50</b>
<p>*Twilight admission charged daily after 4:30 p.m. until close. No other discounts are honored during this swim time.</p> <p>All children must be accompanied by a paying adult. 5/31-8/19, daily.</p>	

For most up-to-date information about drop-in for paddle boat hours and closures, visit [fcgov.com/cityparkpool](http://fcgov.com/cityparkpool).

**FACILITIES**



## Edora Pool Ice Center

**1801 Riverside Ave. | 970.221.6683 | [fcgov.com/epic](http://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 welcomes more than one million visitors per year. EPIC is home to the Fort Collins Area Swim Team and Fort Collins Figure Skating Club.

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

Ice Rinks Single Admission		
Age	Single	25-Admission**
Youth (2–17)	\$3.50	\$65.00
Adult (18–59)	\$4.50	\$80.00
60 & up	\$4.00	\$65.00
Pool & Exercise Hours*		
M–F	5:30 AM–8:00 PM	
Sa	8:00 AM–6:00 PM	
Su	Noon–5:30 PM	
<i>*Exercise room closes 15 minutes before the pool.</i>		
Ice Arena Hours		
M–F	9:00–11:00 AM	
M	3:30–5:00 PM	
Tu,Th	6:15–7:45 PM	
F	5:45–7:15 PM	
Sa, Su	12:15–2:15 PM	
Sa	5:00–7:00 PM	

*For the most up-to-date pool and ice closures visit [fcgov.com/epic](http://fcgov.com/epic).*

## Mulberry Pool

**424 Mulberry St. | 970.221.6657 | [fcgov.com/mulberrypool](http://fcgov.com/mulberrypool)**

Mulberry Pool is open year-round and includes a large a child friendly interactive play area with slides and other fun water features. Mulberry Pool is located near Downtown Fort Collins.

*Visit [fcgov.com/mulberry](http://fcgov.com/mulberry) for schedule of lane availability.*

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

Hours	
M–Th	12:30 AM–4:00 PM
F	5:30 AM–8:00 PM
Sa	12:30–5:30 PM
Su	Noon–3:00 PM

*For most up-to-date information about drop-in hours and closures, visit [fcgov.com/mulberrypool](http://fcgov.com/mulberrypool).*



## The Farm

**600 Sherwood St. | 970.221.6665 | [fcgov.com/thefarm](http://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 of all ages. Learn about the agricultural industry that shaped this region and interact with life on the farm.

Fees & Admission			
Age	Single Admission	10-Admission*	25-Admission*
Under 2	No fee	No fee	No fee
All Ages (2 & up)	\$3.00	\$26.00	\$65.00
* Valid one year from date of purchase.			
Annual Childcare Passes			
Commercial Daycare	\$150		
Home Daycare	\$72		
Non-Profit	\$72		
Barnyard Buddy Pass/Family Pass			
\$65 per year	Unlimited visits, up to 4 people per visit (additional guests pay half admission). Includes invitation to special event in December.		
Hours			
Through 5/31			
W-Sa	10:00 AM-5:00 PM		
Su	Noon-5:00 PM		
6/1-8/31			
Tu-Sa	10:00 AM-5:00 PM		
Su	Noon-5:00 PM		
Pony Ride Hours			
Through 10/23			
Sa	11:00 AM-4:00 PM		
Su	1:00 AM-4:00 PM		

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



## The Pottery Studio

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

The Pottery Studio, located in the northwest corner of City Park, has provided interactive experiences and education since 1971. The Studio is equipped with the materials needed to learn a wide range of basic clay techniques including the use of a potter's wheel, hand-building, forming, construction, surface treatment, and a variety of methods to decorate and glaze ceramic ware.

- 7 kilns (gas stoneware, electric, Raku)
- 10-inch power grinder
- 200-square feet of work surface
- 30-inch wide slab-roller
- 32 potters' wheels (electric, kick; handicapped accessible)
- Clay mixer and pugmill
- Compressor with vented spray booth
- Library with periodicals, reference books, video, and examples
- More than 10 different clays
- Stoneware glazes, slips, stains, engobes, and terra siglatta
- Clay extruders and dies

### Hours

Hours adhere to class and lab listings. See page 34 for more information.

FACILITIES



### Foothills Activity Center

**241 E. Foothills Parkway | 970.416.4280 | [fcgov.com/foothills](http://fcgov.com/foothills)**

The Foothills Activity Center is Recreation’s newest facility. The 3-level recreation center is located inside the newly renovated mall, Foothills, and features a gymnasium, workout rooms, and classrooms. Foothills Activity Center hosts youth and adult sports programming, fitness classes, early education activities, and more.

- 3 fitness rooms
- Gymnasium
- Child classrooms
- Fitness area with cardio and weight equipment

Hours	
M–F	6:00 AM–9:00 PM
Sa	9:00 AM–6:00 PM
Su	11:00 AM–5:00 PM

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



### Northside Aztlan Community Center

**112 E. Willow St. | 970.221.6256 | [fcgov.com/north](http://fcgov.com/north)**

Northside Aztlan Community Center is home to a wide variety of activities, classes, programs, sports, and special events. Northside is also a great venue for community events such as quinceañeras, wedding receptions, and birthday parties.

- 50,000 square foot facility
- Cardio/weight room
- Classrooms
- Elevated running track
- Free WiFi
- Kitchen
- Locker rooms
- Multi-purpose rooms
- Outdoor handball courts
- Playground
- Lighted skate park
- Triple gymnasium

Hours	
M–F	6:00 AM–9:00 PM
Sa	8:00 AM–5:00 PM
Su	9:00 AM–5:00 PM

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



### Health & Wellness

**1200 Raintree Dr. | [fcgov.com/health-wellness](http://fcgov.com/health-wellness) | 970.221.6644**

The Health & Wellness Wing is an extension of the Fort Collins Senior Center, offering expert health and wellness programs in partnership with Columbine Health Systems, University of Colorado Health, and City of Fort Collins.

- Blood pressure and cholesterol checks
- Health Assessments
- Holistic Options
- Therapeutic massage
- Massage
- Medical, wellness, nutrition, and financial education
- Professional health provider services
- Reflexology
- Rossiter

#### Hours

Hours adhere to program listings. See page 74.



## Senior Center

**1200 Raintree Dr. | 970.221.6644 | [fcgov.com/seniorcenter](http://fcgov.com/seniorcenter)**

The Fort Collins Senior Center provides adults an opportunity to access and engage in recreational opportunities, stay active and socialize. The Senior Center’s diverse program selection includes travel, outdoor adventure, special events, fitness, art and more. The Senior Center is open to all adults, but specializes in programming for adults 50 years of age & up.

- 10-person spa
- 25-yard, 4-lane pool
- Art rooms
- Auditorium
- Cardio/weight room
- Classrooms
- Community gardens
- Dance Room
- Fitness
- Free WiFi
- Gymnasium
- Jog/walk track
- Kitchen and lounge
- Media center/library
- Multi-use area with stage
- Personal training
- Pool/snooker
- Wellness Center

Senior Center Membership	
Adult (18–49)	\$50.00
50+	\$25.00
<i>Senior Center Members receive: \$3.00 per month discount on fitness or multi-facility pass or \$1.00 single admission to use fitness facilities. For more information about Senior Center Membership Benefits, see page 99.</i>	

Hours	
M–F	6:00 AM–9:00 PM
Sa	8:00 AM–5:00 PM
Su	Noon–5:00 PM
Pool	
Sa–Su	9:00 AM–3:00 PM

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

## Other Facilities

### Club Tico

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

Since the 1920’s Club Tico has been a community gathering place. Recently renovated, Club Tico is a great venue for receptions, dances and large gatherings. It features a stage and a large dance floor.

### Fort Collins Museum of Discovery

**408 Mason St. | 970.221.6738 | [fcmo.org](http://fcmo.org)**

Enjoy a variety of hands-on, minds-on science and history exhibits that make learning fun for the entire family.

### Lincoln Center

**417 W. Magnolia St. | Admin: 970.221.6735,**

**Box Office: 970.221.6730 | [LCtix.com](http://LCtix.com)**

The Lincoln Center is Northern Colorado’s premier cultural arts and conference center. Come enjoy an evening of live theater, music, dance, comedy or children’s programming; view Art Gallery exhibitions by acclaimed visual artists; or gather for meetings and special occasions in our exceptional event spaces.

### Natural Areas

**970.416.2815 | [fcgov.com/naturalareas](http://fcgov.com/naturalareas)**

Natural Areas are part of what makes Fort Collins such a special place to live. There are 39 natural areas to visit with 100+ miles of trail. Primrose Studio at Reservoir Ridge Natural Areas and the picnic shelters at Gateway Natural Area are available by reservation.

### Rolland Moore Racquet Complex

**2201 S. Shields | 970.493.7000**

**[fcgov.com/recreation/racquet-complex](http://fcgov.com/recreation/racquet-complex)**

Rolland Moore Racquet Complex consists of 8 lighted tennis courts, 3 outdoor handball/racquetball courts, 1 platform tennis court, sand volleyball, 2 10 years & under courts, and full-service pro shop.

### Facility Rental

The City of Fort Collins Community Services 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. Visit [fcgov.com/recreation](http://fcgov.com/recreation) or call the appropriate department for more information.

### Facility Rental Contact Information

Club Tico	970.224.6113
EPIC	970.221.6683
The Farm	970.221.6665
Fort Collins Museum of Discovery	970.221.6738
Gardens on Spring Creek	970.416.2486
Lincoln Center	970.221.6735
Mulberry Pool	970.221.6657
Natural Areas	970.416.2815
Northside Aztlan Community Center	970.221.6723
Parks/Park Shelters	970.221.6660
Senior Center	970.224.6113



## The Gardens on Spring Creek

2145 Centre Ave. | 970.416.2486 | [fcgov.com/gardens](http://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, Sustainable Backyard, and the Garden of Eatin’. The Gardens offer gardening classes for adults and youth, community events, and a beautiful setting for all to enjoy. Explore your community botanic garden... Take Root. Grow. Flourish.

### Facility Profile

- Display gardens
- Garden and room rentals

### Hours

M–F	9:00 AM–5:00 PM
Sa	9:00 AM–4:00 PM
Su	Noon–5:00 PM

### Membership Benefits

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

### Fees and Admission

A suggested donation of \$2 per person or \$5 per family is appreciated. Programs and/or special events may have a fee. See page 71 for more information and programming offered by the Gardens.

### Membership Levels

Individual	\$35
Family	\$60
Student	\$20
Supporting	\$100
Contributing	\$250
Sustaining	\$500



### City Park Nine Golf Course

411 South Bryan Ave.  
970.221.6650  
[fcgov.com/golf](http://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
- 6,326 yards
- Clubhouse
- Driving Range
- Food and beverages
- Par 36
- Patio Area
- Practice chipping and putting greens
- Pro shop



### Collindale Golf Course

1441 East Horsetooth Rd.  
970.221.6651  
[fcgov.com/golf](http://fcgov.com/golf)

Collindale Golf Course is a championship length, 18-hole golf course situated on 160 acres in southeast Fort Collins. Collindale is consistently recognized as having some of the best (and fastest) greens in the state.

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



### Southridge Golf Course

5750 South Lemay Ave.  
970.416.2828  
[fcgov.com/golf](http://fcgov.com/golf)

Southridge Golf Course is an 18-hole golf course situated on 128 acres in southeast Fort Collins. It offers scenic views and challenging tee shots from multiple tee boxes.

- 18 holes
- 6,690 yards
- Clubhouse
- Driving Range
- Mackenzie's Pub & Grill
- Par 71
- Patio and lounge
- Practice chipping and putting greens
- Pro shop





## BE A VOICE FOR PARKS & RECREATION

Did you know that Fort Collins has over 875 acres of developed park land including 6 community parks, 42 neighborhood parks and over 35 miles of recreational trails? The publication you are holding in your hand is a testament to the health and vibrancy of our community. There are a myriad of recreation opportunities available for participants of all ages, interests, and abilities.

This summer I encourage you to look around and take notice of the many opportunities available to you as a community member. In addition to the *Recreator*, the City of Fort Collins website is a great place to learn about upcoming community events and programs that are available. Whether it is a race, parade, festival, concert, or special event, chances are it involves our public parks.

With such a multifaceted Parks and Recreation program that meets so many varied interests and needs, it is imperative that we are able to hear from the community. One of the most effective things we can do is make sure healthy discourse exists to voice any needs or concerns related to the effectiveness of our programs.

In recent years we have heard from many groups such as the Fort Collins Archery Association, Save the Poudre, proponents of electric bikes, the NoCo Disc Golf Club, and others. When we began the design process for Spring Canyon park, we had numerous people attending the public input segment of our monthly meetings to

give their feedback and petition us to design the park in a different manner from all our other community parks. The staff listened and field lights were not put on the playing fields, a dog park was added, and the playground areas were modified.

The Parks and Recreation Board exists to give voice to the community's needs and desires and make sure these recommendations are brought to the attention of our city officials when necessary. The board is comprised of 9 volunteers that meet on the 4th Wednesday of every month. (More information about our meeting locations and agenda can be found at: [fcgov.com/cityclerk/parks-rec.php](http://fcgov.com/cityclerk/parks-rec.php))

Our meetings are open to all, and time is given at the beginning of every meeting to hear public input on any issues related to the Parks and Recreation programs. Although the board does not have legislative power, we act in an advisory capacity to the City Council to influence decisions they may make on issues that will impact the quality and final design of projects from which the public will enjoy and derive recreation benefit from. I would encourage anyone who has an idea or suggestion that will help the community continue providing excellent programs to stop by one of our meetings.

Kenny Layton  
*Parks and Recreation Board Member*

## Adaptive Recreation Opportunities ◀ARO

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

### Inclusion

The City of Fort Collins welcomes individuals of all abilities to fully participate in classes and programs listed in the Recreator. If you are interested in participation support, indicate any accommodations or adaptations that you may need when you register. **Note:** Requests should be made at least two weeks before the class begins by contacting Renee Lee at 970.224.6027, [rlee@fcgov.com](mailto:rlee@fcgov.com).

### Transition

Offers assistance in making your recreation and leisure choices while helping you be as independent as possible. A therapeutic recreation professional helps you develop your personal Passport to Recreation profile and discusses your needs, strengths, and interests. 970.224.6027.

### Specialized ◀ARO

Designed to meet the unique needs of individuals with physical, intellectual, and/or emotional disabilities. Specialized Programs are identified in the Recreator by the ◀ARO symbol and most are partially discountable. Alternative Programs ◀ARO are Specialized Programs designed for adults with intellectual disabilities, focused on community activities and social outings, and include monthly dances, outings, cooking, bowling, trips, and more.

### Attendants

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

### Volunteer

Volunteers are always needed, whether assisting with a few events or being a weekly support partner. No experience necessary; training provided. Contact Becca Heinze at 970.224.6125, [bheinze@fcgov.com](mailto:bheinze@fcgov.com).

### Contact Information

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

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

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

## Transportation

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

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

## Community Programs

### Best Buddies

The Best Buddies program at Colorado State University matches student volunteers with members of the community who have disabilities in one-to-one friendships.

[colostatebestbuddies](http://colostatebestbuddies); [facebook.com/CSUbestbuddies](https://facebook.com/CSUbestbuddies)

### CSU Adaptive 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](mailto:specialneedsswim@gmail.com)

### Dance Express

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

970.493.2113; [danceexpress@juno.com](mailto:danceexpress@juno.com)

### Front Range Exceptional Equestrians (F.R.E.E.)

Therapeutic horseback riding program.

970.221.0646; [ridewithfree.com](http://ridewithfree.com)

### Special Olympics

Contact the following coordinators or coaches for season information or to volunteer:

Adult Unified Softball, Youth/Teen Baseball for All

Brenda McDowell (970) 416.2024

## Aquatics

### Adaptive Swim Lessons ◀ARO

Swimming skills are introduced and/or enhanced for individuals with disabilities based on individual goals. Attendants are welcome for personal assistance in/out of the water. **Note:** Registration deadline is one week prior to class start.

Age: 3 years & up

Location: Mulberry Pool

6/14–7/19	Tu	9:00–9:30 AM	\$36	302326-01
6/16–7/21	Th	9:00–9:30 AM	\$36	302326-02
7/26–8/11	Tu,Th	9:00–9:30 AM	\$36	302326-03

**MS Aqua ◀ARO – NW**

Designed for people with multiple sclerosis or other neuromuscular disorders. Trained staff provide exercise modifications and assistance in a supportive social atmosphere. Exercises focus on maximizing or maintaining physical well-being, endurance, strength, and flexibility. **Note:** Fee provides a 16 visit pass. Please bring an attendant for assistance with personal care, if needed.

Age: 18 years & up

Location: Mulberry Pool

6/2–8/30	Tu,Th	10:30–11:30 AM	\$44	302228-01
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**Arts & Crafts****Artistic Abilities Art ◀ARO**

Learn techniques with a variety of materials to create unique pieces of art. Open to people of all abilities, with emphasis on accommodations for various challenges and disabilities. **Note:** Contact Alison Cope at [acope@frii.com](mailto:acope@frii.com) for more information.

Age: 13 years & up

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

6/7–7/5	Tu	4:00–6:00 PM	\$36	302990-01
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**Early Learning****Giant Friends Club ◀ARO**

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 are planned for a gigantic good time.

Age: 4–10 years

Location: Spring Canyon Park, Tennis Shelter

7/8–8/5	F	10:00 AM–Noon	\$33	302974-01
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**Fitness****Adaptive Yoga ◀ARO**

Learn a variety of yoga postures that can be practiced from a chair, standing, or seated on the floor. Specifically designed for people with multiple sclerosis, spinal cord injury, or other neuromuscular disorders. Adapted for people of all physical abilities. **Note:** No drop-ins.

Age: 18 years & up

Location: Raintree Athletic Club

6/9–7/7	Th	1:00–2:00 PM	\$38	302980-01
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7/14–8/11	Th	1:00–2:00 PM	\$38	302980-03
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**Ice****Adaptive Ice Skating ◀ARO**

For those with and without disabilities. Basic skills are introduced and adapted for individuals with disabilities. Skill improvement and

*Adaptive Ice Skating continued*

fun are the focus.

Age: 8 years & up

Location: Edora Pool Ice Center

6/7–6/28	Tu	6:00–6:30 PM	\$40	310356-01
7/12–8/2	Tu	6:00–6:30 PM	\$40	310356-02

**Music & Theatre****Phamaly Performance ◀ARO**

Phamaly is a professional performing arts group made up of people with physical disabilities. Watch the extraordinary performance, “Evita”. This matinee features a backstage and tactile tour. **Note:** Lunch included. Register by 7/13. No refunds given after ticket is purchased.

Age: 16 years & up

Location: Leave from Senior Center

7/24	Su	9:00 AM–6:00 PM	\$42	302991-01
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**Outdoor Recreation****Adaptive Waterskiing ◀ARO**

Learn to waterski at the Boulder Reservoir. Designed for people with physical disabilities and visual impairments only. Adaptive ski equipment and instruction provided by the Boulder EXPAND program.

Age: 12 years & up

Location: Leave from Senior Center

6/28, 7/19	Tu	7:00 AM–12:30 PM	\$60	302937-01
8/2 & 8/16				

**Poudre Raft Trip ◀ARO**

Raft the scenic Poudre River for a fun, six-mile trip with Rocky Mountain Adventures. Designed for people with and without disabilities looking for fun and adventure. **Note:** Register by 7/13. Attendants may register for the -1A session.

Age: 16 years & up

Location: Leave from Senior Center

7/16	Sa	7:30 AM–1:30 PM	\$60	302938-01
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7/16	Sa	7:30 AM–1:30 PM	\$55	302938-1A
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**Adaptive Watersports Days ◀ARO**

Events feature adaptive kayaks, sailboats, and stand up paddle boards for people with physical disabilities and their friends. Equipment and expertise provided by Adaptive Adventures and Baby Seal Stand Up Paddleboards. **Note:** Food included. Rides from the Senior Center arranged as needed.

Age: 12 years & up

Adaptive Watersports

Location: Horsetooth Reservoir South Bay Pavilion

6/29	W	10:00 AM–1:30 PM	\$25	302973-01
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*continued on next page*

*Adaptive Watersports Days continued***Kayak & SUP**

Location: Lonetree State Wildlife Area

7/27	W	4:30–7:30 PM	\$22	302973-02
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**Multi-Sport**

Location: Horsetooth Reservoir South Bay Pavilion

8/31	W	4:00–7:30 PM	\$22	302973-03
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**Paralympic Sports**

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

**Adaptive Boccia ◀ARO**

Boccia is a Paralympic sport adapted for athletes with physical disabilities. Played indoors on a smooth surface, boccia tests your coordination, concentration, and ability to strategize. **Note:** \$3 drop-in fee each week. Class will not be held on 7/4.

Age: 17 years &amp; up

Location: Foothills Activity Center

6/20–8/8	M	12:30–1:30 PM	\$15	302464-01
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**Adaptive Curling Clinic ◀ARO**

Clinicians from the Colorado Adaptive Sports Foundation are available to teach the fundamentals of curling.

Age: 14 years &amp; up

Location: Edora Pool Ice Center

8/21	Su	4:00–5:30 PM	\$5	302071-01
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**Unified Sports**

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

**Adult Softball ◀ARO**

Teams have practice/games for one hour. **Note:** Class will not be held on 5/30, 7/4.

Age: 16 years &amp; up

Location: Beattie Ballfields

5/16–8/1	M	5:00–8:00 PM	\$30	202055-01
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**Baseball For All ◀ARO****Note:** Class will not be held on 7/7.

Age: 8–15 years

Location: Beattie Ballfields

**Child**

6/9–8/4	Th	6:00–7:00 PM	\$25	302956-01
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*Baseball for All continued***Family**

6/9–8/4	Th	6:00–7:00 PM	\$40	302956-02
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**Panther Adaptive Cheer & Dance Squad ◀ARO**

Learn dance and cheer moves to perform around our Fort Collins community. The Cheer and Dance Connection staff brings a lot of energy to this program; we are not just a dance team, but a family.

**Note:** Class will not be held on 7/6. Panther shirt is \$12.

Age: All ages

Location: Foothill Activity Center

6/1–7/13	W	6:00–7:00 PM	\$42	314737-03
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7/20–8/24	W	6:00–7:00 PM	\$42	314737-04
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**Alternative Programs ◀ARO**

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

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

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

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

**Education****Cooking ◀ARO**

Cook tasty foods, while gaining positive eating habits. Cook together, then set the table and sit down to sample the finished product. **Note:** Class will not be held on 8/16.

Age: 18 years &amp; up

Location: Senior Center

**Summer Sizzle**

6/8	W	6:30–8:00 PM	\$11	302401-02
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**Island Delights**

7/20	W	6:30–8:00 PM	\$11	302401-02
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**Let the Games Begin**

8/9 & 8/23	Tu	6:30–8:00 PM	\$22	302401-03
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## Outdoor Recreation

### Park Games ◀ARO

Play games in the park with friends: washers, bocchia, badminton, disc golf, and more. Inside games are played in case of bad weather.

**Note:** Dress for the weather and bring a water bottle.

Age: 18 years & up

Location: Meet at Senior Center

8/3–8/17	W	4:30–6:00 PM	\$16	302319-01
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## Social Opportunities

### Bowling ◀ARO

Designed for any skill level. **Note:** Fee includes two games per person per week and shoe rental. Class will not be held on 7/23.

Age: 18 years & up

Location: Chipper's Lanes North

7/9–8/13	Sa	10:30–11:30 AM	\$43	302906-01
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### Movie Night ◀ARO

See Hollywood's finest flicks out on the town with a group of friends. Bring \$5.50 for your ticket, and additional money for snacks, if desired.

Age: 18 years & up

Location: Meet at Senior Center

6/15	W	6:00–9:00 PM	\$5.50	302403-01
7/6	W	6:00–9:00 PM	\$5.50	302403-02
8/11	Th	6:00–9:00 PM	\$5.50	302403-03

### Restaurant Night ◀ARO

Explore different restaurants in town while hanging out with a great group of friends. Bring \$20 for your meal and a tip.

Age: 18 years & up

Location: Senior Center

6/22	W	5:45–8:00 PM	\$5.50	302404-01
7/26	Tu	5:45–8:00 PM	\$5.50	302404-02
8/25	Th	5:45–8:00 PM	\$5.50	302404-03

## Special Events

### Nachos & Night Games ◀ARO

Kick off summer with friends, a nacho bar, and your choice between active outdoor games and indoor card or board games.

Age: 18 years & up

Location: Senior Center

6/4	Sa	6:00–8:30 PM	\$15	302409-01
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### Monthly Themed Dances ◀ARO – NW

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

Age: 18 years & up

Location: Senior Center

### Fun in the Sun

6/24	F	6:00–8:00 PM	\$3.50
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### Hip Hop

7/29	F	6:00–8:00 PM	\$3.50
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### Land down Under

8/26	F	6:00–8:00 PM	\$3.50
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### Dive In Movie ◀ARO

Swim with friends at the City Park Pool, and then head over to Club Tico for a movie and pizza party.

Age: 18 years & up

Location: Club Tico

7/13	W	4:30–8:30 PM	\$20	302523-01
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### End of Summer Picnic ◀ARO

Celebrate the end of the season with friends, teammates, and family.

Age: 18 years & up

Location: Spring Canyon Park

8/18	Th	5:30–8:00 PM	\$5	302909-01
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## Trips and Outings

### Game Night Out ◀ARO

Check out a new game space "All That & a Bag of Chips", for video gaming with friends. **Note:** Bring \$5 for unlimited gaming. Snack included.

Age: 18 years & up

Location: Senior Center

6/17	F	6:00–9:00 PM	\$8	302314-01
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### Rockies Game ◀ARO

Watch the Rockies play San Diego at Coors Field at 2:10 p.m.

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

Age: 18 years & up

Location: Senior Center

7/10	Su	11:30 AM–7:30 PM	\$34	302316-01
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### Elitch Gardens ◀ARO

Hitch a ride to Elitch Gardens water and theme park.

Admission and Fast Pass included. **Note:** Attendants may register for the -1A session.

Age: 18 years & up

Location: Senior Center

8/13	Sa	9:00 AM–6:00 PM	\$60	302315-01
8/13	Sa	9:00 AM–6:00 PM	\$45	302315-1A

# Beat the Buzz

STAY WEST  
NILE FREE  
WITH THE  
FOUR D's

## 1 DRAIN

Mosquitoes breed in water! Drain any standing water in your yard each week.

## 2 DRESS

Keeping covered will do a lot to prevent biting.



## 4 DUSK THRU DAWN

Mosquitoes are most active dusk through dawn.

# THE FOUR D's



## 3 DEET

Use an approved repellent according to its label.



## Aqua Fitness

Classes with fewer than 5 participants registered by the end of the first day of class are canceled for that session. Participants may attend only the class for which they are registered. There are no make-up classes for missed aqua fitness classes. If the class enrollment is not met, the class is canceled and there is no drop-in. Class will not be held on 7/4. Additionally, Senior Center classes will not meet 8/1–8/5.

### Drop-In Policy

Drop-in participants do not count in registration numbers. Reduced rates do not apply to daily drop-in fee. Participants may drop-in to aqua fitness classes if space is available using either:

- \$6.00 per class visit
- 1 admission from a 10 admission drop-in fitness pass (\$50)

## Adult Programming

### Drop-In Water Volleyball

Water volleyball is great exercise and low impact. **Note:** Comfort in the water along with basic swimming skills recommended. Pool depth is 3 ½–4 ½ feet.

Age: 18 years & up

Location: Senior Center

6/1–8/31	M,W,F	10:30–11:30 AM	Daily drop-in rate or 1 admission from a facility pass.
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## Low Intensity

### Aqua Motion

Total range of motion exercises are performed in a slow, repetitive manner using the water as resistance. The cushioning effect of the water takes the jarring movement out of the joints which may help improve overall range of motion, joint mobility, and muscle strength.

Age: 18 years & up

Location: Senior Center

6/28–7/28	Tu,Th	7:00–8:00 AM	\$37.50	300414-01
8/9–9/1	Tu,Th	7:00–8:00 AM	\$30	300414-02

### Basic H2O Workout

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

Age: 18 years & up

Location: Senior Center

6/27–7/29	M,W,F	6:15–7:15 PM	\$52.50	300412-01
8/8–9/2	M,W,F	6:15–7:15 PM	\$45	300412-02



## Swim School Coming Summer 2016!

**Locally owned and operated, Splash Swim School will offer an indoor warm water pool with small class sizes, a viewing window for parents and free wi-fi. With EPIC closed for the summer – make Splash your new indoor destination!**

### SERVICES

- Group Swimming Lessons
- Private and Semi-Private Swimming Lessons
  - Pool Parties
- Lifeguard Training Classes
- “Dive In Movies” for Kids
  - And More

### WHERE

1110 W. Prospect Road  
At the NW corner of Prospect and Shields

Visit [splashpoolservices.com](http://splashpoolservices.com)  
for additional information as it becomes  
available or call 970-482-9057

**Stretch & Tone**

Designed to develop strength and flexibility in people who want to tone without an aerobic workout. The equipment provides different levels of difficulty. Sculpt your body without pounding your joints.

Age: 18 years & up

Location: Senior Center

6/27–7/29	M,W,F	8:30–9:30 AM	\$52.50	300410-01
8/8–9/2	M,W,F	8:30–9:30 AM	\$45	300410-02

**Twinges Plus**

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

Age: 18 years & up

Location: Senior Center

6/27–7/29	M,W,F	12:15–1:15 PM	\$52.50	300416-01
8/8–9/2	M,W,F	12:15–1:15 PM	\$45	300416-02
6/27–7/29	M,W,F	1:30–2:30 PM	\$52.50	300416-03
8/8–9/2	M,W,F	1:30–2:30 PM	\$45	300416-04

**Medium Intensity****Advanced Water Fitness**

Take your cardio to the next level and increase your caloric burn and overall endurance.

Age: 18 years & up

Location: Senior Center

6/28–7/28	Tu,Th	4:00–5:00 PM	\$37.50	300424-01
8/9–9/1	Tu,Th	4:00–5:00 PM	\$30	300424-02

**Aqua-Natal**

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

Age: 18 years & up

Location: Senior Center

6/27–7/29	M,W,F	4:15–5:15 PM	\$52.50	300418-01
8/8–9/2	M,W,F	4:15–5:15 PM	\$45	300418-02

**Aqua Power Walking**

Power walking in the lazy river takes advantage of currents created by the pool jets as well as by the participants in varying the resistance of the workout. Perfect for those interested in a basic workout that can offer varied and individual degrees of challenge.

Age: 18 years & up

Location: City Park Pool

7/1–7/29	F	9:00–10:00 AM	\$18.75	300132-01
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**Classics**

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

Age: 18 years & up

Location: Mulberry Pool

6/27–7/29	M,W,F	7:30–8:30 AM	\$52.50	300222-01
8/1–9/2	M,W,F	7:30–8:30 AM	\$56.25	300222-02

Location: Senior Center

6/27–7/27	M,W	9:30–10:30 AM	\$33.75	300422-01
6/27–7/29	M,W,F	6:15–7:15 AM	\$52.50	300422-02
8/8–9/2	M,W,F	6:15–7:15 AM	\$45	300422-03
6/27–7/29	M,W,F	9:30–10:30 AM	\$52.50	300422-04
8/8–9/2	M,W,F	9:30–10:30 AM	\$45	300422-05
6/27–7/29	M,W,F	5:15–6:15 PM	\$52.50	300422-06
8/8–9/2	M,W,F	5:15–6:15 PM	\$45	300422-07
6/28–7/28	Tu,Th	8:00–9:00 AM	\$37.50	300422-08
8/9–9/1	Tu,Th	8:00–9:00 AM	\$30	300422-09
6/28–7/28	Tu,Th	9:00–10:00 AM	\$37.50	300422-10
8/9–9/1	Tu,Th	9:00–10:00 AM	\$30	300422-11
6/28–7/28	Tu,Th	10:00–11:00 AM	\$37.50	300422-12
8/9–9/1	Tu,Th	10:00–11:00 AM	\$30	300422-13
6/28–7/28	Tu,Th	7:00–8:00 PM	\$37.50	300422-14
8/9–9/1	Tu,Th	7:00–8:00 PM	\$30	300422-15
7/1–7/29	F	9:30–10:30 AM	\$18.75	300422-16

**Fitness and Fun**

Combine a traditional water workout with water volleyball and games.

Age: 18 years & up

Location: Senior Center

6/27–7/29	M,W,F	7:30–8:30 AM	\$52.50	300420-01
8/8–9/2	M,W,F	7:30–8:30 AM	\$45	300420-02

**High Intensity****Aqua Box**

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

Age: 18 years & up

Location: Senior Center

6/28–7/28	Tu,Th	5:30–6:30 PM	\$37.50	300428-01
8/9–9/1	Tu,Th	5:30–6:30 PM	\$30	300428-02

**Deep H2O**

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

Age: 18 years & up

Location: Mulberry Pool

6/27–7/29	M,W,F	12:15–1:00 PM	\$42	300230-01
8/1–9/2	M,W,F	12:15–1:00 PM	\$45	300230-02
6/28–7/28	Tu,Th	5:30–6:30 PM	\$37.50	300230-03
8/2–9/1	Tu,Th	5:30–6:30 PM	\$37.50	300230-04



# CALLING ALL SWIMMERS!



## Lifeguards & Swim Instructors Needed

Your Recreation Department is looking for Fort Collins' finest swimmers this spring and summer. American Red Cross Certified Lifeguards needed and training is available! We have openings for Swim Instructors too.

- Must be at least 15 years old
- Flexible schedule
- Fun environment

Visit [fcgov.com/jobs](http://fcgov.com/jobs) to apply today!

**More info?**

For Lifeguarding  
contact Tom Zimdahl  
970-223-6385  
tzimdahl@fcgov.com

For Swim Instructors  
contact Krista Hobbs  
970-221-6335  
khobbs@fcgov.com

## Aquatics

**Aquatics Policies**

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

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

All patrons are required to shower before entering any pool.

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

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

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

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

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

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

All classes listed are partially discountable unless otherwise noted.

**Group Rates for Swimming**

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

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

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

**Birthday Party Packages**

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

**Private Swim Instruction**

Private swim instruction is available for all ability levels. Interested persons may fill out a request form with a cashier at either EPIC or Mulberry Pool facilities. Fees are based on a 30- minute session: 1 person for \$25, 2 people for \$35, and 3 people for \$45. Private lessons are not discountable and are scheduled based on instructor/facility availability. **Note:** Patrons swimming recreationally before or after a private swim lesson must pay the drop-in fee.

**Learn-To-Swim Policies**

If the class you wish to register for is filled, you may place your name on a paid waiting list no later than one week prior to the start of the class. Every attempt is made to accommodate the demand for swim lessons.

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

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

Make-up lessons are not available.

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

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

**Youth Learn to Swim**

**Baby & Me 1**

Parents help to introduce infants to the water while learning how to work with their child safely in the water. One child per adult required.

Age: 6–18 months

Location: Senior Center

6/5–7/3	Su	4:10–4:40 PM	\$27.50	301410-01
7/10–8/7	Su	4:10–4:40 PM	\$27.50	301410-02

**Baby & Me 2**

Parents help introduce children to the water using songs, while learning basic body positions and holding techniques to promote water comfort. One child per adult required. **Note:** Class will not be held on 7/4.

Age: 10 months–2 years

Location: City Park Pool

6/6–6/16	M–Th	8:20–8:50 AM	\$44	301112-01
6/6–6/16	M–Th	9:40–10:10 AM	\$44	301112-02
6/20–6/30	M–Th	9:40–10:10 AM	\$44	301112-03
7/5–7/14	M–Th	8:20–8:50 AM	\$38.50	301112-04
7/5–7/14	M–Th	10:20–10:50 AM	\$38.50	301112-05
7/18–7/28	M–Th	9:40–10:10 AM	\$44	301112-06
8/1–8/11	M–Th	8:20–8:50 AM	\$44	301112-07
8/1–8/11	M–Th	10:20–10:50 AM	\$44	301112-08

Location: Mulberry Pool

6/6–6/16	M–Th	9:40–10:10 AM	\$44	301212-01
6/6–6/16	M–Th	11:00–11:30 AM	\$44	301212-02
6/20–6/30	M–Th	10:20–10:50 AM	\$44	301212-03
6/20–6/30	M–Th	11:40 AM–12:10 PM	\$44	301212-04
7/5–7/14	M–Th	9:40–10:10 AM	\$38.50	301212-05
7/5–7/14	M–Th	11:00–11:30 AM	\$38.50	301212-06
7/18–7/28	M–Th	9:40–10:10 AM	\$44	301212-07
7/18–7/28	M–Th	11:00–11:30 AM	\$44	301212-08
8/1–8/11	M–Th	9:40–10:10 AM	\$44	301212-09
8/1–8/11	M–Th	11:00–11:30 AM	\$44	301212-10
6/6–7/6	M,W	4:15–4:45 PM	\$49.50	301212-11
6/6–7/6	M,W	5:35–6:05 PM	\$49.50	301212-12
7/11–8/10	M,W	4:55–5:25 PM	\$55	301212-13
7/11–8/10	M,W	6:15–6:45 PM	\$55	301212-14
6/7–7/7	Tu,Th	4:15–4:45 PM	\$55	301212-15
6/7–7/7	Tu,Th	5:35–6:05 PM	\$55	301212-16
7/12–8/11	Tu,Th	4:55–5:25 PM	\$55	301212-17
7/12–8/11	Tu,Th	6:15–6:45 PM	\$55	301212-18
6/4–7/2	Sa	9:00–9:30 AM	\$27.50	301212-19
6/4–7/2	Sa	11:40 AM–12:10 PM	\$27.50	301212-20
7/9–8/6	Sa	8:20–8:50 AM	\$27.50	301212-21
7/9–8/6	Sa	10:20–10:50 AM	\$27.50	301212-22
6/5–7/3	Su	3:15–3:45 PM	\$27.50	301212-23
6/5–7/3	Su	4:35–5:05 PM	\$27.50	301212-24
7/10–8/7	Su	3:55–4:25 PM	\$27.50	301212-25
7/10–8/7	Su	5:15–5:45 PM	\$27.50	301212-26

Location: Senior Center

6/5–7/3	Su	4:50–5:20 PM	\$27.50	301412-01
7/10–8/7	Su	3:30–4:00 PM	\$27.50	301412-02

**Baby & Me 3**

For toddlers who aren't ready to be in the water without a parent. Basic water activities are introduced. One child per adult are required. **Note:** Class will not be held on 7/4.

Age: 2–4 years

Location: City Park Pool

6/6–6/16	M–Th	10:20–10:50 AM	\$44	301114-01
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*Baby & me 3 continued*

6/20-6/30	M-Th	8:20-8:50 AM	\$44	301114-02
6/20-6/30	M-Th	10:20-10:50 AM	\$44	301114-03
7/5-7/14	M-Th	9:40-10:10 AM	\$38.50	301114-04
7/18-7/28	M-Th	8:20-8:50 AM	\$44	301114-05
7/18-7/28	M-Th	10:20-10:50 AM	\$44	301114-06
8/1-8/11	M-Th	9:40-10:10 AM	\$44	301114-07

Location: Mulberry Pool

6/6-6/16	M-Th	10:20-10:50 AM	\$44	301214-01
6/6-6/16	M-Th	11:40 AM-12:10 PM	\$44	301214-02
6/20-6/30	M-Th	9:40-10:10 AM	\$44	301214-03
6/20-6/30	M-Th	11:00-11:30 AM	\$44	301214-04
7/5-7/14	M-Th	10:20-10:50 AM	\$38.50	301214-05
7/5-7/14	M-Th	11:40 AM-12:10 PM	\$38.50	301214-06
7/18-7/28	M-Th	10:20-10:50 AM	\$44	301214-07
7/18-7/28	M-Th	11:40 AM-12:10 PM	\$44	301214-08
8/1-8/11	M-Th	10:20-10:50 AM	\$44	301214-09
8/1-8/11	M-Th	11:40 AM-12:10 PM	\$44	301214-10
6/6-7/6	M,W	4:55-5:25 PM	\$49.50	301214-11
6/6-7/6	M,W	6:15-6:45 PM	\$49.50	301214-12
7/11-8/10	M,W	4:15-4:45 PM	\$55	301214-13
7/11-8/10	M,W	5:35-6:05 PM	\$55	301214-14
6/7-7/7	Tu,Th	4:55-5:25 PM	\$55	301214-15
6/7-7/7	Tu,Th	6:15-6:45 PM	\$55	301214-16
7/12-8/11	Tu,Th	4:15-4:45 PM	\$55	301214-17
7/12-8/11	Tu,Th	5:35-6:05 PM	\$55	301214-18
6/4-7/2	Sa	9:40-10:10 AM	\$27.50	301214-19
6/4-7/2	Sa	11:00-11:30 AM	\$27.50	301214-20
7/9-8/6	Sa	9:00-9:30 AM	\$27.50	301214-21
7/9-8/6	Sa	11:40 AM-12:10 PM	\$27.50	301214-22
6/5-7/3	Su	3:55-4:25 PM	\$27.50	301214-23
6/5-7/3	Su	5:15-5:45 PM	\$27.50	301214-24
7/10-8/7	Su	3:15-3:45 PM	\$27.50	301214-25
7/10-8/7	Su	4:35-5:05 PM	\$27.50	301214-26

Location: Senior Center

6/5-7/3	Su	3:30-4:00 PM	\$27.50	301414-01
7/10-8/7	Su	4:50-5:20 PM	\$27.50	301414-02

**Pollywog**

For the child who is new to the water, will not put their face in the water, and can hold on to the side of the pool independently. **Note:** Class will not be held on 7/4.

Age: 3-6 years

Location: City Park Pool

6/6-6/16	M-Th	8:20-8:50 AM	\$44	301116-01
6/6-6/16	M-Th	9:40-10:10 AM	\$44	301116-02
6/6-6/16	M-Th	10:20-10:50 AM	\$44	301116-03
6/20-6/30	M-Th	8:20-8:50 AM	\$44	301116-04
6/20-6/30	M-Th	9:00-9:30 AM	\$44	301116-05
6/20-6/30	M-Th	10:20-10:50 AM	\$44	301116-06
7/5-7/14	M-Th	8:20-8:50 AM	\$38.50	301116-07
7/5-7/14	M-Th	9:40-10:10 AM	\$38.50	301116-08
7/5-7/14	M-Th	10:20-10:50 AM	\$38.50	301116-09

*Pollywog continued*

7/18-7/28	M-Th	9:40-10:10 AM	\$44	301116-10
7/18-7/28	M-Th	10:20-10:50 AM	\$44	301116-11
8/1-8/11	M-Th	8:20-8:50 AM	\$44	301116-12
8/1-8/11	M-Th	10:20-10:50 AM	\$44	301116-13

Location: Mulberry Pool

6/6-6/16	M-Th	8:20-8:50 AM	\$44	301216-01
6/6-6/16	M-Th	9:40-10:10 AM	\$44	301216-02
6/6-6/16	M-Th	11:40 AM-12:10 PM	\$44	301216-03
6/20-6/30	M-Th	8:20-8:50 AM	\$44	301216-04
6/20-6/30	M-Th	10:20-10:50 AM	\$44	301216-05
6/20-6/30	M-Th	11:40 AM-12:10 PM	\$44	301216-06
7/5-7/14	M-Th	8:20-8:50 AM	\$38.50	301216-07
7/5-7/14	M-Th	9:00-9:30 AM	\$38.50	301216-08
7/5-7/14	M-Th	11:00-11:30 AM	\$38.50	301216-09
7/18-7/28	M-Th	8:20-8:50 AM	\$44	301216-10
7/18-7/28	M-Th	9:00-9:30 AM	\$44	301216-11
7/18-7/28	M-Th	10:20-10:50 AM	\$44	301216-12
8/1-8/11	M-Th	8:20-8:50 AM	\$44	301216-13
8/1-8/11	M-Th	9:00-9:30 AM	\$44	301216-14
8/1-8/11	M-Th	9:40-10:10 AM	\$44	301216-15
8/1-8/11	M-Th	11:00-11:30 AM	\$44	301216-16
6/6-7/6	M,W	4:55-5:25 PM	\$49.50	301216-17
6/6-7/6	M,W	6:15-6:45 PM	\$49.50	301216-18
6/6-7/6	M,W	6:55-7:25 PM	\$49.50	301216-19
7/11-8/10	M,W	4:55-5:25 PM	\$55	301216-20
7/11-8/10	M,W	6:15-6:45 PM	\$55	301216-21
7/11-8/10	M,W	6:55-7:25 PM	\$55	301216-22
6/7-7/7	Tu,Th	4:15-4:45 PM	\$55	301216-23
6/7-7/7	Tu,Th	5:35-6:05 PM	\$55	301216-24
6/7-7/7	Tu,Th	6:15-6:45 PM	\$55	301216-25
6/7-7/7	Tu,Th	6:55-7:25 PM	\$55	301216-26
7/12-8/11	Tu,Th	4:15-4:45 PM	\$55	301216-27
7/12-8/11	Tu,Th	5:35-6:05 PM	\$55	301216-28
7/12-8/11	Tu,Th	6:55-7:25 PM	\$55	301216-29
6/4-7/2	Sa	8:20-8:50 AM	\$27.50	301216-30
6/4-7/2	Sa	9:40-10:10 AM	\$27.50	301216-31
6/4-7/2	Sa	11:00-11:30 AM	\$27.50	301216-32
7/9-8/6	Sa	8:20-8:50 AM	\$27.50	301216-33
7/9-8/6	Sa	9:40-10:10 AM	\$27.50	301216-34
7/9-8/6	Sa	11:00-11:30 AM	\$27.50	301216-35
7/9-8/6	Sa	11:40 AM-12:10 PM	\$27.50	301216-36
6/5-7/3	Su	3:15-3:45 PM	\$27.50	301216-37
6/5-7/3	Su	4:35-5:05 PM	\$27.50	301216-38
6/5-7/3	Su	5:55-6:25 PM	\$27.50	301216-39
7/10-8/7	Su	3:55-4:25 PM	\$27.50	301216-40
7/10-8/7	Su	5:55-6:25 PM	\$27.50	301216-41
7/10-8/7	Su	6:35-7:10 PM	\$27.50	301216-42

Location: Senior Center

6/5-7/3	Su	4:10-4:40 PM	\$27.50	301416-01
7/10-8/7	Su	3:30-4:00 PM	\$27.50	301416-02

**Tadpole**

For the child who will put their face in the water, can perform supported front and back float without apprehension, and will explore the water freely without fear. **Note:** Class will not be held on 7/4.

Age: 3–6 years

Location: City Park Pool

6/6–6/16	M–Th	9:40–10:10 AM	\$44	301118-01
6/6–6/16	M–Th	10:20–10:50 AM	\$44	301118-02
6/20–6/30	M–Th	8:20–8:50 AM	\$44	301118-03
6/20–6/30	M–Th	9:40–10:10 AM	\$44	301118-04
6/20–6/30	M–Th	10:20–10:50 AM	\$44	301118-05
7/5–7/14	M–Th	9:00–9:30 AM	\$38.50	301118-06
7/5–7/14	M–Th	9:40–10:10 AM	\$38.50	301118-07
7/18–7/28	M–Th	8:20–8:50 AM	\$44	301118-08
7/18–7/28	M–Th	9:40–10:10 AM	\$44	301118-09
7/18–7/28	M–Th	10:20–10:50 AM	\$44	301118-10
8/1–8/11	M–Th	8:20–8:50 AM	\$44	301118-11
8/1–8/11	M–Th	9:40–10:10 AM	\$44	301118-12
8/1–8/11	M–Th	10:20–10:50 AM	\$44	301118-13

Location: Mulberry Pool

6/6–6/16	M–Th	8:20–8:50 AM	\$44	301218-01
6/6–6/16	M–Th	10:20–10:50 AM	\$44	301218-02
6/6–6/16	M–Th	11:40 AM–12:10 PM	\$44	301218-03
6/20–6/30	M–Th	8:20–8:50 AM	\$44	301218-04
6/20–6/30	M–Th	9:40–10:10 AM	\$44	301218-05
6/20–6/30	M–Th	10:20–10:50 AM	\$44	301218-06
7/5–7/14	M–Th	8:20–8:50 AM	\$38.50	301218-07
7/5–7/14	M–Th	9:40–10:10 AM	\$38.50	301218-08
7/5–7/14	M–Th	11:40 AM–12:10 PM	\$38.50	301218-09
7/18–7/28	M–Th	8:20–8:50 AM	\$44	301218-10
7/18–7/28	M–Th	9:40–10:10 AM	\$44	301218-11
7/18–7/28	M–Th	11:40 AM–12:10 PM	\$44	301218-12
8/1–8/11	M–Th	8:20–8:50 AM	\$44	301218-13
8/1–8/11	M–Th	9:00–9:30 AM	\$44	301218-14
8/1–8/11	M–Th	10:20–10:50 AM	\$44	301218-15
8/1–8/11	M–Th	11:40 AM–12:10 PM	\$44	301218-16
6/6–7/6	M,W	4:15–4:45 PM	\$49.50	301218-17
6/6–7/6	M,W	6:55–7:25 PM	\$49.50	301218-18
7/11–8/10	M,W	4:15–4:45 PM	\$55	301218-19
7/11–8/10	M,W	5:35–6:05 PM	\$55	301218-20
7/11–8/10	M,W	6:55–7:25 PM	\$55	301218-21
6/7–7/7	Tu,Th	4:55–5:25 PM	\$55	301218-22
6/7–7/7	Tu,Th	6:15–6:45 PM	\$55	301218-23
6/7–7/7	Tu,Th	6:55–7:25 PM	\$55	301218-24
7/12–8/11	Tu,Th	4:15–4:45 PM	\$55	301218-25
7/12–8/11	Tu,Th	6:15–6:45 PM	\$55	301218-26
7/12–8/11	Tu,Th	6:55–7:25 PM	\$55	301218-27
6/4–7/2	Sa	9:00–9:30 AM	\$27.50	301218-28
6/4–7/2	Sa	10:20–10:50 AM	\$27.50	301218-29
6/4–7/2	Sa	11:40 AM–12:10 PM	\$27.50	301218-30
7/9–8/6	Sa	9:00–9:30 AM	\$27.50	301218-31
7/9–8/6	Sa	10:20–10:50 AM	\$27.50	301218-32
7/9–8/6	Sa	11:40 AM–12:10 PM	\$27.50	301218-33

*Tadpole continued*

6/5–7/3	Su	3:55–4:25 PM	\$27.50	301218-34
6/5–7/3	Su	5:15–5:45 PM	\$27.50	301218-35
6/5–7/3	Su	6:35–7:10 PM	\$27.50	301218-36
7/10–8/7	Su	3:15–3:45 PM	\$27.50	301218-37
7/10–8/7	Su	4:35–5:05 PM	\$27.50	301218-38
7/10–8/7	Su	5:55–6:25 PM	\$27.50	301218-39

Location: Senior Center

6/5–7/3	Su	4:50–5:20 PM	\$27.50	301418-01
7/10–8/7	Su	5:30–6:00 PM	\$27.50	301418-02

**Froggy**

For the child who can front float with their face in the water without support, can back float for 5 seconds without support, and can submerge and pick up objects in shallow water. **Note:** Class will not be held on 7/4.

Age: 3–6 years

Location: City Park Pool

6/6–6/16	M–Th	8:20–8:50 AM	\$44	301120-01
6/6–6/16	M–Th	9:40–10:10 AM	\$44	301120-02
6/20–6/30	M–Th	8:20–8:50 AM	\$44	301120-03
6/20–6/30	M–Th	9:40–10:10 AM	\$44	301120-04
6/20–6/30	M–Th	10:20–10:50 AM	\$44	301120-05
7/5–7/14	M–Th	8:20–8:50 AM	\$38.50	301120-06
7/5–7/14	M–Th	10:20–10:50 AM	\$38.50	301120-07
7/18–7/28	M–Th	8:20–8:50 AM	\$44	301120-08
7/18–7/28	M–Th	9:00–9:30 AM	\$44	301120-09
8/1–8/11	M–Th	8:20–8:50 AM	\$44	301120-10
8/1–8/11	M–Th	9:40–10:10 AM	\$44	301120-11
8/1–8/11	M–Th	10:20–10:50 AM	\$44	301120-12

Location: Mulberry Pool

6/6–6/16	M–Th	8:20–8:50 AM	\$44	301220-01
6/6–6/16	M–Th	9:40–10:10 AM	\$44	301220-02
6/6–6/16	M–Th	11:00–11:30 AM	\$44	301220-03
6/20–6/30	M–Th	8:20–8:50 AM	\$44	301220-04
6/20–6/30	M–Th	11:00–11:30 AM	\$44	301220-05
6/20–6/30	M–Th	11:40 AM–12:10 PM	\$44	301220-06
7/5–7/14	M–Th	8:20–8:50 AM	\$38.50	301220-07
7/5–7/14	M–Th	9:40–10:10 AM	\$38.50	301220-08
7/5–7/14	M–Th	10:20–10:50 AM	\$38.50	301220-09
7/18–7/28	M–Th	8:20–8:50 AM	\$44	301220-10
7/18–7/28	M–Th	9:40–10:10 AM	\$44	301220-11
7/18–7/28	M–Th	10:20–10:50 AM	\$44	301220-12
7/18–7/28	M–Th	11:00–11:30 AM	\$44	301220-13
8/1–8/11	M–Th	8:20–8:50 AM	\$44	301220-14
8/1–8/11	M–Th	9:00–9:30 AM	\$44	301220-15
8/1–8/11	M–Th	10:20–10:50 AM	\$44	301220-16
8/1–8/11	M–Th	11:00–11:30 AM	\$44	301220-17
6/6–7/6	M,W	4:55–5:25 PM	\$49.50	301220-18
6/6–7/6	M,W	6:15–6:45 PM	\$49.50	301220-19
7/11–8/10	M,W	4:55–5:25 PM	\$55	301220-20
7/11–8/10	M,W	6:15–6:45 PM	\$55	301220-21
6/7–7/7	Tu,Th	4:15–4:45 PM	\$55	301220-22

## Froggy continued

6/7-7/7	Tu,Th	5:35-6:05 PM	\$55	301220-23
6/7-7/7	Tu,Th	6:55-7:25 PM	\$55	301220-24
7/12-8/11	Tu,Th	4:55-5:25 PM	\$55	301220-25
7/12-8/11	Tu,Th	5:35-6:05 PM	\$55	301220-26
7/12-8/11	Tu,Th	6:15-6:45 PM	\$55	301220-27
6/4-7/2	Sa	8:20-8:50 AM	\$27.50	301220-28
6/4-7/2	Sa	10:20-10:50 AM	\$27.50	301220-29
6/4-7/2	Sa	11:40 AM-12:10 PM	\$27.50	301220-30
7/9-8/6	Sa	8:20-8:50 AM	\$27.50	301220-31
7/9-8/6	Sa	9:40-10:10 AM	\$27.50	301220-32
7/9-8/6	Sa	11:00-11:30 AM	\$27.50	301220-33
6/5-7/3	Su	3:15-3:45 PM	\$27.50	301220-34
6/5-7/3	Su	4:35-5:05 PM	\$27.50	301220-35
6/5-7/3	Su	5:55-6:25 PM	\$27.50	301220-36
6/5-7/3	Su	6:35-7:10 PM	\$27.50	301220-37
7/10-8/7	Su	3:55-4:25 PM	\$27.50	301220-38
7/10-8/7	Su	5:15-5:45 PM	\$27.50	301220-39
7/10-8/7	Su	6:35-7:10 PM	\$27.50	301220-40

## Location: Senior Center

6/5-7/3	Su	3:30-4:00 PM	\$27.50	301420-01
6/5-7/3	Su	5:30-6:00 PM	\$27.50	301420-02
7/10-8/7	Su	4:10-4:40 PM	\$27.50	301420-03

## Level 1

For the child who can roll from front to back without support, streamline front glide 5 feet without support, and jump into shallow water without support. **Note:** Class will not be held on 7/4.

Age: 5-12 years

## Location: City Park Pool

6/6-6/16	M-Th	8:20-8:50 AM	\$44	301122-01
6/6-6/16	M-Th	9:40-10:10 AM	\$44	301122-02
6/6-6/16	M-Th	10:20-10:50 AM	\$44	301122-03
6/20-6/30	M-Th	8:20-8:50 AM	\$44	301122-04
6/20-6/30	M-Th	9:40-10:10 AM	\$44	301122-05
7/5-7/14	M-Th	8:20-8:50 AM	\$38.50	301122-06
7/5-7/14	M-Th	9:40-10:10 AM	\$38.50	301122-07
7/5-7/14	M-Th	10:20-10:50 AM	\$38.50	301122-08
7/18-7/28	M-Th	8:20-8:50 AM	\$44	301122-09
7/18-7/28	M-Th	9:40-10:10 AM	\$44	301122-10
7/18-7/28	M-Th	10:20-10:50 AM	\$44	301122-11
8/1-8/11	M-Th	9:00-9:30 AM	\$44	301122-12
8/1-8/11	M-Th	9:40-10:10 AM	\$44	301122-13
8/1-8/11	M-Th	10:20-10:50 AM	\$44	301122-14

## Location: Mulberry Pool

6/6-6/16	M-Th	8:20-8:50 AM	\$44	301222-01
6/6-6/16	M-Th	9:40-10:10 AM	\$44	301222-02
6/6-6/16	M-Th	11:00-11:30 AM	\$44	301222-03
6/20-6/30	M-Th	8:20-8:50 AM	\$44	301222-04
6/20-6/30	M-Th	9:40-10:10 AM	\$44	301222-05
6/20-6/30	M-Th	11:00-11:30 AM	\$44	301222-06
7/5-7/14	M-Th	8:20-8:50 AM	\$38.50	301222-07
7/5-7/14	M-Th	9:00-9:30 AM	\$38.50	301222-08

## Level 1 continued

7/5-7/14	M-Th	10:20-10:50 AM	\$38.50	301222-09
7/5-7/14	M-Th	11:40 AM-12:10 PM	\$38.50	301222-10
7/18-7/28	M-Th	8:20-8:50 AM	\$44	301222-11
7/18-7/28	M-Th	9:00-9:30 AM	\$44	301222-12
7/18-7/28	M-Th	11:00-11:30 AM	\$44	301222-13
8/1-8/11	M-Th	8:20-8:50 AM	\$44	301222-14
8/1-8/11	M-Th	9:00-9:30 AM	\$44	301222-15
8/1-8/11	M-Th	9:40-10:10 AM	\$44	301222-16
8/1-8/11	M-Th	11:40 AM-12:10 PM	\$44	301222-17
6/6-7/6	M,W	4:15-4:45 PM	\$49.50	301222-18
6/6-7/6	M,W	5:35-6:05 PM	\$49.50	301222-19
6/6-7/6	M,W	6:55-7:25 PM	\$49.50	301222-20
7/11-8/10	M,W	4:15-4:45 PM	\$55	301222-21
7/11-8/10	M,W	6:55-7:25 PM	\$55	301222-22
6/7-7/7	Tu,Th	4:55-5:25 PM	\$55	301222-23
6/7-7/7	Tu,Th	6:15-6:45 PM	\$55	301222-24
7/12-8/11	Tu,Th	4:15-4:45 PM	\$55	301222-25
7/12-8/11	Tu,Th	5:35-6:05 PM	\$55	301222-26
7/12-8/11	Tu,Th	6:55-7:25 PM	\$55	301222-27
6/4-7/2	Sa	8:20-8:50 AM	\$27.50	301222-28
6/4-7/2	Sa	9:00-9:30 AM	\$27.50	301222-29
6/4-7/2	Sa	11:00-11:30 AM	\$27.50	301222-30
7/9-8/6	Sa	9:00-9:30 AM	\$27.50	301222-31
7/9-8/6	Sa	10:20-10:50 AM	\$27.50	301222-32
7/9-8/6	Sa	11:40 AM-12:10 PM	\$27.50	301222-33
6/5-7/3	Su	3:15-3:45 PM	\$27.50	301222-34
6/5-7/3	Su	5:15-5:45 PM	\$27.50	301222-35
6/5-7/3	Su	6:35-7:10 PM	\$27.50	301222-36
7/10-8/7	Su	3:15-3:45 PM	\$27.50	301222-37
7/10-8/7	Su	5:15-5:45 PM	\$27.50	301222-38
7/10-8/7	Su	6:35-7:10 PM	\$27.50	301222-39

## Location: Senior Center

6/5-7/3	Su	3:30-4:00 PM	\$27.50	301422-01
6/5-7/3	Su	5:30-6:00 PM	\$27.50	301422-02
7/10-8/7	Su	4:10-4:40 PM	\$27.50	301422-03
7/10-8/7	Su	5:30-6:00 PM	\$27.50	301422-04

## Level 2

For the child who will put their face in the water, can perform a supported front and back float without apprehension, and will explore the water freely without fear. **Note:** Class will not be held on 7/4.

Age: 5-12 years

## Location: City Park Pool

6/6-6/16	M-Th	8:20-8:50 AM	\$44	301124-01
6/6-6/16	M-Th	9:00-9:30 AM	\$44	301124-02
6/6-6/16	M-Th	10:20-10:50 AM	\$44	301124-03
6/20-6/30	M-Th	9:40-10:10 AM	\$44	301124-04
6/20-6/30	M-Th	10:20-10:50 AM	\$44	301124-05
7/5-7/14	M-Th	8:20-8:50 AM	\$38.50	301124-06
7/5-7/14	M-Th	9:40-10:10 AM	\$38.50	301124-07
7/5-7/14	M-Th	10:20-10:50 AM	\$38.50	301124-08
7/18-7/28	M-Th	8:20-8:50 AM	\$44	301124-09

Level 2 continued

7/18-7/28	M-Th	9:40-10:10 AM	\$44	301124-10
7/18-7/28	M-Th	10:20-10:50 AM	\$44	301124-11
8/1-8/11	M-Th	8:20-8:50 AM	\$44	301124-12
8/1-8/11	M-Th	9:40-10:10 AM	\$44	301124-13

Location: Mulberry Pool

6/6-6/16	M-Th	8:20-8:50 AM	\$44	301224-01
6/6-6/16	M-Th	9:00-9:30 AM	\$44	301224-02
6/6-6/16	M-Th	10:20-10:50 AM	\$44	301224-03
6/20-6/30	M-Th	8:20-8:50 AM	\$44	301224-04
6/20-6/30	M-Th	9:40-10:10 AM	\$44	301224-05
6/20-6/30	M-Th	11:40 AM-12:10 PM	\$44	301224-06
7/5-7/14	M-Th	8:20-8:50 AM	\$38.50	301224-07
7/5-7/14	M-Th	9:40-10:10 AM	\$38.50	301224-08
7/5-7/14	M-Th	11:00-11:30 AM	\$38.50	301224-09
7/18-7/28	M-Th	8:20-8:50 AM	\$44	301224-10
7/18-7/28	M-Th	9:00-9:30 AM	\$44	301224-11
7/18-7/28	M-Th	9:40-10:10 AM	\$44	301224-12
8/1-8/11	M-Th	8:20-8:50 AM	\$44	301224-13
8/1-8/11	M-Th	9:00-9:30 AM	\$44	301224-14
8/1-8/11	M-Th	9:40-10:10 AM	\$44	301224-15
6/6-7/6	M,W	5:35-6:05 PM	\$49.50	301224-16
6/6-7/6	M,W	6:55-7:25 PM	\$49.50	301224-17
7/11-8/10	M,W	4:15-4:45 PM	\$55	301224-18
7/11-8/10	M,W	5:35-6:05 PM	\$55	301224-19
7/11-8/10	M,W	6:55-7:25 PM	\$55	301224-20
6/7-7/7	Tu,Th	4:15-4:45 PM	\$55	301224-21
6/7-7/7	Tu,Th	5:35-6:05 PM	\$55	301224-22
6/7-7/7	Tu,Th	6:55-7:25 PM	\$55	301224-23
7/12-8/11	Tu,Th	6:15-6:45 PM	\$55	301224-24
7/12-8/11	Tu,Th	6:55-7:25 PM	\$55	301224-25
6/4-7/2	Sa	9:40-10:10 AM	\$27.50	301224-26
6/4-7/2	Sa	10:20-10:50 AM	\$27.50	301224-27
6/4-7/2	Sa	11:40 AM-12:10 PM	\$27.50	301224-28
7/9-8/6	Sa	8:20-8:50 AM	\$27.50	301224-29
7/9-8/6	Sa	9:40-10:10 AM	\$27.50	301224-30
7/9-8/6	Sa	11:00-11:30 AM	\$27.50	301224-31
6/5-7/3	Su	3:55-4:25 PM	\$27.50	301224-32
6/5-7/3	Su	5:55-6:25 PM	\$27.50	301224-33
6/5-7/3	Su	6:35-7:10 PM	\$27.50	301224-34
7/10-8/7	Su	3:15-3:45 PM	\$27.50	301224-35
7/10-8/7	Su	4:35-5:05 PM	\$27.50	301224-36
7/10-8/7	Su	5:55-6:25 PM	\$27.50	301224-37

Location: Senior Center

6/5-7/3	Su	4:10-4:40 PM	\$27.50	301424-01
7/10-8/7	Su	3:30-4:00 PM	\$27.50	301424-02
7/10-8/7	Su	4:50-5:20 PM	\$27.50	301424-03

Level 3

For the child who can perform a front and back float independently, can jump into deep/shallow water and move to the side comfortably, and can swim 10 yards elementary back stroke. **Note:** Class will not be held on 7/4.

Age: 5-12 years

Location: Mulberry Pool

6/6-6/16	M-Th	9:40-10:25 AM	\$58	301226-01
6/6-6/16	M-Th	11:00-11:45 AM	\$58	301226-02
6/20-6/30	M-Th	9:40-10:25 AM	\$58	301226-03
7/5-7/14	M-Th	11:00-11:45 AM	\$50.75	301226-04
7/5-7/14	M-Th	11:40 AM-12:25 PM	\$50.75	301226-05
7/18-7/28	M-Th	10:20-11:05 AM	\$58	301226-06
7/18-7/28	M-Th	11:40 AM-12:25 PM	\$58	301226-07
8/1-8/11	M-Th	9:40-10:25 AM	\$58	301226-08
8/1-8/11	M-Th	11:00-11:45 AM	\$58	301226-09
6/6-7/6	M,W	4:15-5:00 PM	\$65.25	301226-10
6/6-7/6	M,W	6:15-7:00 PM	\$65.25	301226-11
7/11-8/10	M,W	4:55-5:40 PM	\$72.50	301226-12
7/11-8/10	M,W	6:15-7:00 PM	\$72.50	301226-13
6/7-7/7	Tu,Th	4:15-5:00 PM	\$72.50	301226-14
7/12-8/11	Tu,Th	6:15-7:00 PM	\$72.50	301226-15
6/4-7/2	Sa	8:20-9:05 AM	\$36.25	301226-16
6/4-7/2	Sa	10:20-11:05 AM	\$36.25	301226-17
7/9-8/6	Sa	9:00-9:45 AM	\$36.25	301226-18
7/9-8/6	Sa	9:40-10:25 AM	\$36.25	301226-19
6/5-7/3	Su	3:55-4:40 PM	\$36.25	301226-20
6/5-7/3	Su	5:55-6:40 PM	\$36.25	301226-21
7/10-8/7	Su	3:15-4:00 PM	\$36.25	301226-22
7/10-8/7	Su	5:15-6:00 PM	\$36.25	301226-23

Level 4

For the child who can swim 25 yards without stopping, can flutter kick without a kickboard for 25 yards, and is comfortable in deep water. **Note:** Class will not be held on 7/4.

Age: 5-12 years

Location: Mulberry Pool

6/6-6/16	M-Th	10:20-11:05 AM	\$58	301228-01
6/20-6/30	M-Th	10:20-11:05 AM	\$58	301228-02
7/5-7/14	M-Th	10:20-11:05 AM	\$50.75	301228-03
7/18-7/28	M-Th	11:40 AM-12:25 PM	\$58	301228-04
8/1-8/11	M-Th	10:20-11:05 AM	\$58	301228-05
6/6-7/6	M,W	4:55-5:40 PM	\$65.25	301228-06
7/11-8/10	M,W	5:35-6:20 PM	\$72.50	301228-07
6/7-7/7	Tu,Th	4:55-5:40 PM	\$72.50	301228-08
7/12-8/11	Tu,Th	4:55-5:40 PM	\$72.50	301228-09
6/4-7/2	Sa	9:00-9:45 AM	\$36.25	301228-10
6/4-7/2	Sa	11:00-11:45 AM	\$36.25	301228-11
7/9-8/6	Sa	8:20-9:05 AM	\$36.25	301228-12
6/5-7/3	Su	4:35-5:20 PM	\$36.25	301228-13
7/10-8/7	Su	3:55-4:40 PM	\$36.25	301228-14
7/10-8/7	Su	5:55-6:40 PM	\$36.25	301228-15

**Level 5**

For the child who can swim efficiently 50 yards freestyle, can tread water continuously for at least 1 minute, and has been introduced to breast stroke and backstroke. **Note:** Class will not be held on 7/4.

Age: 5–12 years

Location: Mulberry Pool

6/6–6/16	M–Th	11:40 AM–12:25 PM	\$58	301230-01
6/20–6/30	M–Th	11:00–11:45 AM	\$58	301230-02
7/5–7/14	M–Th	9:40–10:25 AM	\$50.75	301230-03
7/18–7/28	M–Th	9:40 AM–10:25 PM	\$58	301230-04
8/1–8/11	M–Th	11:40 AM–12:25 PM	\$58	301230-05
6/6–7/6	M,W	5:35–6:20 PM	\$65.25	301230-06
7/12–8/11	Tu,Th	4:15–5:00 PM	\$72.50	301230-07
6/4–7/2	Sa	9:40–10:25 AM	\$36.25	301230-08
7/9–8/6	Sa	10:20–11:05 AM	\$36.25	301230-09
6/5–7/3	Su	5:15–6:00 PM	\$36.25	301230-10
7/10–8/7	Su	4:35–5:20 PM	\$36.25	301230-11

**Pre Comp**

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

Age: 6–12 years

Location: Mulberry Pool

7/18–7/28	M–Th	11:00–11:45 AM	\$58	301232-01
7/11–8/10	M,W	4:15–5:00 PM	\$72.50	301232-02
6/7–7/7	Tu,Th	6:15–7:00 PM	\$72.50	301232-03
7/9–8/6	Sa	11:00–11:45 AM	\$36.25	301232-04
6/5–7/3	Su	3:15–4:00 PM	\$36.25	301232-05

**Introduction to Swim Team**

Learn the basics of being on Swim Team. Improve on Olympic strokes, and increase speed and efficiency, all in a fun team environment. Fort Collins Area Swim Team introductory groups include Nova and Hammerhead swimming groups. Visit [fortcollinsareawimteam.org](http://fortcollinsareawimteam.org) to register.

Ages: 6-12 years

**Teen Swim Instruction**

Designed for all levels of teen swimmers and to help not only the beginner swimmer gain swim skills, but also the advanced swimmer gain endurance strength in swimming. **Note:** Class will not be held on 7/4.

Age: 13–17 years

Location: Mulberry Pool

6/6–7/6	M,W	4:15–4:45 PM	\$49.50	301235-01
7/12–8/11	Tu,Th	4:55–5:25 PM	\$55	301235-02
6/4–7/2	Sa	8:20–8:50 AM	\$27.50	301235-03
7/10–8/7	Su	6:35–7:10 PM	\$27.50	301235-04

**Springboard Diving****Springboard Diving**

Learn the fundamentals of springboard diving on the 1-meter board. Concentrate on developing the basics of approach and entry, along with the mechanics for proper diving techniques in the forward and backward positions, along with development in somersaulting and inward dive. **Note:** Skill test on first day (swim at least 25 yards using the front crawl); continuation depends on passing.

Age: 5–17 years

Location: Mulberry Pool

**Beginning**

6/20–6/30	M–Th	8:00–8:45 AM	\$48	301236-01
6/20–6/30	M–Th	8:50–9:35 AM	\$48	301236-02
7/18–7/28	M–Th	8:50–9:35 AM	\$48	301236-03

**Advanced**

7/18–7/28	M–Th	8:00–8:45 AM	\$48	301236-04
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**Scuba Diving****Discover Scuba Diving**

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

Age: 10 years & up

Location: Mulberry Pool

6/11	Sa	4:00–6:30 PM	\$35	301252-01
6/25	Sa	4:00–6:30 PM	\$35	301252-02
7/16	Sa	4:00–6:30 PM	\$35	301252-03
8/6	Sa	4:00–6:30 PM	\$35	301252-04

**Scuba Challenge**

This is for the experienced diver who wants to practice up on their skills. Challenges are set-up and include some dryland information. **Note:** Must have current certification.

Age: 10 years & up

Location: Mulberry Pool

6/27	M	7:00–10:00 PM	\$21	301256-01
7/25	M	7:00–10:00 PM	\$21	301256-02
8/22	M	7:00–10:00 PM	\$21	301256-03

## Adult Learn to Swim

### Learning the Basics

Introduces basic aquatic skills and swimming strokes, including the front crawl, breaststroke, and elementary backstroke. **Note:** Class partially discountable.

Age: 15 years & up

Location: Senior Center

6/5-7/3 Su 4:50-5:35 PM \$36.25 301438-01

### Improving Skills and Strokes

Improve proficiency in basic aquatic skills and the six basic swimming strokes. The butterfly stroke is optional.

Age: 15 years & up

Location: Senior Center

7/10-8/7 Su 4:50-5:35 PM \$36.25 301439-02

### Now Hiring for Summer 2016

City of Fort Collins is now interviewing for lifeguard and swim lesson instructor positions. Certified American Red Cross lifeguard and swim instructors may submit an application at [fcgov.com/jobs](http://fcgov.com/jobs). Not certified, but are interested? Contact Krista Hobbs at 970.221.6335 (swim lesson instructor certification) or Tom Zimdahl at 970.221.6385 (lifeguard certification). We provide training at a fraction of the cost if you work the summer with us.

## Advanced Blended Learning

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

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

### Lifeguard Review

Opportunity to review the course content within a formal course setting. Individuals with a current American Red Cross lifeguarding/first aid/CPR/AED certificate may participate in a review course. Online class content is 7 hrs. 25 min. **Note:** Must attend all classes. Skill test on first day; continuation depends on passing. E-book included, \$27 certification fee is not. Class not discountable.

Age: 17 years & up

Location: Mulberry Pool

7/17 Su 7:00 AM-1:00 PM \$48 301241-01



**FAST**

## Fort Collins Area Swim Team

- Year round competitive swim program for local, state and national levels
- Pre-competitive program
- High School prep group
- Masters team

FAST practices at EPIC, 1801 Riverside Dr., Ft Collins  
[fortcollinsareaswimteam.org](http://fortcollinsareaswimteam.org) • 970-372-2744  
[mike@fortcollinsareaswimteam.org](mailto:mike@fortcollinsareaswimteam.org)  
 Member of USA Swimming and Colorado Swimming

**NEW! Team Support requirements waived for first year families and entry level practice groups.**

# Thinking of QUITTING?

**We can help!**

- Free first session
- Free nicotine patches/gum/lozenges
- 6-session program
- Positive, supportive approach
- Sliding fees\*

[healthdistrict.org/quitsmoking](http://healthdistrict.org/quitsmoking)



**Health District** 224-5209  
 OF NORTHERN LARIMER COUNTY

\*For those who qualify



## Arts & Crafts

### Get Involved

#### Senior Center Exhibits

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

The Senior Center is currently accepting submissions for photography pieces to be displayed along the walls of the track in the fitness area. Photos are enlarged and presented on a rotational basis.

#### Arts and Crafts Volunteers

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

#### Visual Arts Committee Volunteers

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

#### Teachers

Proposals from new skilled arts and crafts instructors welcome.

#### Contact

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

### Adult Programming

#### Basketry

##### Basket Cases – M

Open time for individuals interested in basketry to come together weekly and work on projects. Work with any medium: basket reed, yarn, pine needles, etc. Different techniques such as caning are also welcome. **Note:** Bring supplies necessary for you to work. No fee, but must be a Senior Center member.

Age: 18 years & up

Location: Senior Center

6/2–8/25	Th	1:00–3:00 PM	No Fee
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### Drawing

#### Comics Essentials

Develop your own style of drawing whether it's doodles, stick figures, or super heroes. Learn to draw Manga, cartoony people, places, and animals. Turn your characters and concepts into finished comics, gag cartoons, or cards. **Note:** Bring pencils, ruler, and paper to first class. Extra supplies optional.

Age: 14 years & up

Location: Senior Center

6/14	Tu	6:30–8:30 PM	\$49	303407-01
			\$42.25 Member	

#### Sketching Group – M

Open to drawing, pastels, sketching, and water media. Work from pictures, still-life, or ideas and imagination. Meet weekly to work on projects and share ideas and techniques. **Note:** No instructor provided. Bring supplies necessary for you to work and inspiration that you wish to work from.

Age: 18 years & up

Location: Senior Center

6/3–8/26	F	9:30 AM–12:30 PM	No Fee
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#### Zen Doodle

Easy to learn process that anyone can do. Relax and focus on personal wellbeing while creating beautiful images that increase artistic satisfaction. Basic lines combine to create spectacular imagery. Create your own Zen Doodle journal. **Note:** Supply list available at registration.

Age: 18 years & up

Location: Senior Center

7/13–8/3	W	7:00–9:00 PM	\$35	303408-01
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### Fiber Arts

#### Needle Felting

This hand felting walks you through the needle technique methods and tools while learning to make handcrafted figures, dolls, pictures, and animals with wool roving. These soft sculptures measure roughly 4"–6" tall and make wonderful gifts. Supplies provided.

Age: 18 years & up

Location: Senior Center

##### Landscapes

7/16	Sa	9:00 AM–Noon	\$23	303436-01
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##### Whimsical People

8/20	Sa	9:00 AM–Noon	\$27	303436-02
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##### Animals

9/10	Sa	9:00 AM–Noon	\$27	303436-03
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**SUNDAY, MAY 15, 2016**  
**SPRING CANYON COMMUNITY PARK • FORT COLLINS**

**KITES IN THE PARK** **FREE**

Grab your kite and join fliers from around the world for a day of kite flying, demonstrations, and battles. Make your own kite, win prizes, and enjoy other family-fun events.

The City of Fort Collins makes reasonable accommodations to those with disabilities. For assistance, contact Renee Lee - rlee@fcgov.com, 970.224.6027

City of Fort Collins Recreation | Recreator | [fcgov.com/recreation](http://fcgov.com/recreation) | Follow us at FCRecreator

**Quilting Quorum – M**

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

Age: 18 years & up

Location: Senior Center

6/3–8/26	F	1:00–3:00 PM	No Fee
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**General Arts**

**C.H.A.T. – M**

Crafts Hobbies Arts Time is open to work on scrapbooks, crochet, watercolor, knitting, or some other hobby. This group of creative people meets weekly to work on projects and share ideas and techniques. **Note:** Class will not be held on 8/5.

Age: 18 years & up

Location: Senior Center

6/1–8/31	W	1:00–3:00 PM	No Fee	303496-01
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**Open Shop – M**

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

Age: 18 years & up

Location: Senior Center

6/7–8/30	Tu	8:00 AM–Noon	No Fee
6/8–8/31	W	1:00–5:00 PM	No Fee
6/9–8/25	Th	6:00–9:00 PM	No Fee

**Glass Arts**

**Stained Glass, Foil Beginning**

Designed for the beginner that wants to learn how to create works of art in stained glass using the Tiffany foil method of construction. Learn how to cut glass, grind, foil, solder, and finish. Create two projects from varied patterns. **Note:** Some supplies provided. Supply list available at registration.

Age: 18 years & up

Location: Senior Center

6/14–7/12	Tu	1:00–3:00 PM	\$58	303461-01
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## Paper Arts

### Calligraphy, Continuing

Expand your calligraphy skills by learning a new letterform and working with a variety of papers and colors. Participants should have some experience working with a broad edge pen. **Note:** Supply list available at registration. Class will not be held on 7/25.

Age: 18 years & up

Location: Senior Center

6/13–7/25	M	9:00–11:30 AM	\$69	303410-01
\$60 Member				

### Paper Marbling

Learn the basics of paper marbling and create decorated stationary, envelopes, and wrapping paper. Supplies provided.

Age: 18 years & up

Location: Senior Center

6/25	Sa	9:30–11:30 AM	\$19	303414-01
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### Paste Paper

Learn techniques for making beautiful, uniquely decorated papers. Uses include scrapbooking, handmade cards, calligraphy, and book-binding. **Note:** Supply list available at registration.

Age: 18 years & up

Location: Senior Center

6/25	Sa	1:30–3:30 PM	\$23	303411-01
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### Soul Collage II, Council Suit

Dig deeper into this informative and playful process of art and self-discovery. Explore the Council Suit, which is made up of archetypes and overarching themes at work in our lives. Make 5x7 card collages using images from magazines, in combination with discussions and exercises. Supplies provided.

Age: 18 years & up

Location: Senior Center

6/4	Sa	9:00 AM–3:00 PM	\$42	303416-01
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## Photography

### Photography, Beginning

Designed for those that have a high-end digital camera or a 35mm SLR camera with interchangeable lenses and filters. Lectures and demos focus on learning about camera operations, lenses, equipment, films, filters, depth of field, and bracketing, composition, and photo products. **Note:** Bring a functional digital or 35mm SLR camera and its manual. A field trip on Saturday after the start of class gives practical experience.

Age: 16 years & up

Location: Senior Center

6/22–7/6	W	6:00–9:00 PM	\$49	303430-01
6/25	Sa	9:00 AM–Noon		

### Photography, Intermediate to Advanced

Advanced creative techniques are 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. An understanding of your camera and the basics of photography, either digital or regular film, required.

Age: 16 years & up

Location: Senior Center

7/20–8/3	W	6:00–9:00 PM	\$44	303431-01
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## Painting

### Painting, Bob Ross Style

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 your own Bob Ross supplies, there is a \$15 reduced fee. **Note:** Bring a roll of paper towels; other supplies provided.

Age: 18 years & up

Location: Senior Center

6/9	Th	9:00 AM–3:30 PM	\$60	303427-01
7/14	Th	9:00 AM–3:30 PM	\$60	303427-02
8/11	Th	9:00 AM–3:30 PM	\$60	303427-03

### Painting, Beginning Acrylic

Ongoing entry-level course. Cover important basics such as preparing your canvas, starting techniques, drawing, color, values, and composition. If you've 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. **Note:** Supply list available at registration (approx. cost: \$30–50). Class will not be held on 7/4.

Age: 18 years & up

Location: Senior Center

6/6–6/27	M	1:00–3:00 PM	\$39	303446-01
7/11–7/25	M	1:00–3:00 PM	\$29.25	303446-02
8/1–8/22	M	1:00–3:00 PM	\$48.75	303446-03
6/2–6/30	Th	6:30–8:30 PM	\$48.75	303446-04
7/7–7/28	Th	6:30–8:30 PM	\$39	303446-05
8/4–8/25	Th	6:30–8:30 PM	\$39	303446-06

### Painting, Chinese Brush

An introduction and continued study of basic strokes and simple compositions using the traditional Chinese brush on absorbent Chinese paper. Beginning students learn the basic strokes to paint the Chinese orchid and bamboo. Continuing students choose from other subjects, as well. **Note:** Bring an apron or wear old clothes. Bring a jar and a small dish or white saucer. Supplies provided.

Age: 18 years & up

Location: Senior Center

6/7–7/5	Tu	6:30–8:30 PM	\$71	303440-01
\$65.15 Member				

**Painting, Non-Traditional Acrylic**

Finish four canvas paintings in four days. Non-traditional tools, unusual additions, and brush techniques are incorporated with color psychology, paint application, and creativity. Exploring masking fluids, water baths, hot glue, stencils, and more. **Note:** Supply list available at registration.

Age: 18 years & up

Location: Senior Center

7/12–8/2	Tu	1:00–3:00 PM	\$49	303448-01
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**Porcelain Painting, Intermediate**

Extend your current skills and knowledge. Learn varied techniques for achieving desired results, including the mixing of pigments and their application.

Age: 18 years & up

Location: Senior Center

6/1–6/29	W	9:00–11:30 AM	\$52.50	303471-01
7/6–7/27	W	9:00–11:30 AM	\$42	303471-02
8/3–8/31	W	9:00–11:30 AM	\$52.50	303471-03

**Porcelain Painting, Advanced**

One-on-one hands-on instruction and group demonstrations. Attention is given to advanced brush techniques, creating the image while observing color, value, and using specific different techniques.

Age: 18 years & up

Location: Senior Center

6/1–6/29	W	1:00–3:30 PM	\$60	303472-01
7/6–7/27	W	1:00–3:30 PM	\$48	303472-02
8/3–8/31	W	1:00–3:30 PM	\$60	303472-03

**Watercolor, Wildlife**

Learn to paint eyes, fur, paws, and noses using special techniques. Be guided through image transfer, dry brush, and paint control that leaves an almost trompe l'oeil image quality.

Age: 18 years & up

Location: Senior Center

6/16–7/7	Th	1:00–3:00 PM	\$59	303482-01
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**Woodworking****Scroll Saw, Beginning**

Learn basic operation of the saw while practicing on a pattern, then work on projects such as a jig saw puzzle and fret work. Also included is scroll saw setup, blades, maintenance, and types of scroll saws.

**Note:** Open to all skill levels. Some supplies provided. Supply list provided the first day of class.

Age: 18 years & up

Location: Senior Center

7/6–7/27	W	7:00–9:00 PM	\$89	303492-01
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**Pottery**

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

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

**Pottery Lab**

Lab is for current students to practice or finish work in progress. Adults who have taken a 10-week class at the Pottery Studio may register as a lab student. This is a recreational and educational facility; production work is not permitted. Staff is in attendance, but no formal instruction is provided. Lab fee includes 25 lbs. of clay. Lab hours are for adults only. Open lab times are not available for students enrolled in the Sampler Class. See page 36 to register for Lab Time.

**Pottery Pals**

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

**Work Study**

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

**Parents or Grandparents & Children Together**

Classes specifically geared for a parent or grandparent to work together with a child on pottery projects. Projects vary per class. See page 36.

**Birthday Parties**

At the Pottery Studio, we teach the steps and processes that clay goes through to create a masterpiece, as well as provide a tour of the facility. Attendees enjoy working with clay and instruction to make a creation of their very own.

Duration is about 90 minutes; tailored packages available. Cost is \$14 per child (5 children minimum); not discountable. With 10 kids or more, the birthday child is free.

**Scout Badges**

Boy and Girl Scouts can learn the fundamentals of clay while completing their badge requirements. Scouts go on a tour and see the workings of a Pottery Studio, as well as create a piece that they can personalize with their own creativity. Cost is \$14 per child (5 children minimum). Class not discountable.

### Private Instruction

Private pottery lessons are available for all levels interested in having one-on-one time to rapidly develop skills and knowledge. Fees vary depending on the program. Class not discountable.

### Contact

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

## Adult Pottery

### Pottery, Beginning Wheel/Handbuilding

For those who are new to pottery. Learn about clay, tools, and glazing. Learn the basic skills, techniques and principles involved in pottery. Primary emphasis is creating using the potter's wheel. Some handbuilding is covered. **Note:** Class will not be held on 7/4; make-up class is 8/15.

Age: 18 years & up

Location: Pottery Studio

6/6–8/15	M	9:00–11:00 AM	\$149	304850-01
6/6–8/15	M	5:30–7:30 PM	\$149	304850-02
6/8–8/10	W	8:00–10:00 PM	\$149	304850-03
6/11–8/13	Sa	12:30–2:35 PM	\$149	304850-04

### Pottery, Beginning Plus Wheel/Handbuilding

For students who have previously taken a beginning class and are acquainted with the basic techniques involved in wheel throwing. Excellent class for those that are not feeling comfortable with the clay and wish to hone their skills some before progressing to intermediate. **Note:** Class will not be held on 7/4; make-up class is 8/15.

Age: 18 years & up

Location: Pottery Studio

6/6–8/15	M	8:00–10:00 PM	\$149	304855-01
6/8–8/10	W	5:30–7:30 PM	\$149	304855-02
6/16–8/11	Th	9:00–11:00 AM	\$149	304855-03

### Pottery, Intermediate Wheel/Handbuilding

Learn more complex ceramic/pottery techniques and skills. Expression and exploration of form is taught. Experience working with clay and knowledge of wheel principles required.

Age: 18 years & up

Location: Pottery Studio

6/7–8/9	Tu	5:30–7:30 PM	\$149	304860-01
6/8–8/10	W	9:00–11:00 AM	\$149	304860-02

### Pottery, Advanced Wheel/Handbuilding

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

Age: 18 years & up

Location: Pottery Studio

6/9–8/11	Th	5:30–7:30 PM	\$149	304865-01
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### Pottery Sampler

Introduction to handbuilding and wheel-throwing, as well as glazing and studio operation. Create while learning the techniques of clay. **Note:** Class will not be held on 7/4. Lab time not included. Tools provided.

Age: 18 years & up

Location: Pottery Studio

6/11–7/9	Sa	12:30–2:30 PM	\$49	304870-01
7/16–8/13	Sa	12:30–2:30 PM	\$49	304870-02

### Pottery, Handbuilding Expressions

Explore 3-D form in clay using handbuilding techniques as they relate to sculpture. Create moderate-sized pieces within the framework of ceramic construction. Use additive and subtractive methods in clay to explore line and form, integrated with design and shape relationships.

Age: 18 years & up

Location: Pottery Studio

6/8–8/10	W	6:00–8:00 PM	\$149	304875-01
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### Cool Clay, TGIF

Address imaginative methods of wheel and handbuilding while using extruders, slab rollers, various textures, and forms. Push the traditional boundaries of utilitarian clay, as well as concentrate with some focus on functionality. **Note:** 5 weeks of lab included.

Age: 18 years & up

Location: Pottery Studio

6/10–7/8	F	6:00–8:00 PM	\$75	304880-01
7/15–8/12	F	6:00–8:00 PM	\$75	304880-02

### Pottery, Creative Clay Craft

Creativity and inventiveness combined create out of the ordinary clay structures that are not necessarily utilitarian. Draw upon inspiration while using some of the more exotic tools like extruders and slab rollers, and incorporating various textures for rich surfaces.

Age: 18 years & up

Location: Pottery Studio

6/10–8/12	F	9:00–11:00 AM	\$149	304885-01
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### Pottery, Raku Workshop

Start by working in wet clay, glaze the second week, and finish by firing the pieces. Use hands-on contemporary exploration of the forming and firing process first used by the Japanese potters. American style Raku with hand-building or use of the potter's wheel. **Note:** Class will not be held on 8/26, 8/27. Tools provided.

Age: 18 years & up

Location: Pottery Studio

8/19–9/2	F	6:00–9:00 PM	\$74	304890-01
8/20–9/3	Sa	9:00 AM–Noon		

## Pottery Lab

Lab is for current students to practice or finish work in progress. Anyone who has taken classes at the Pottery Studio may register as a lab student. This is a recreational and educational facility; production work is not permitted. Staff is in attendance, but no formal instruction is provided. **Note:** Class will not be held on 7/4; make-up class is 8/15.

Age: 18 years & up

Location: Pottery Studio

6/6–8/15	M,Th,F	11:00 AM–1:00 PM	\$149	304899-01
6/7–8/13	Tu,Sa	9:00 AM–Noon		
6/7–8/11	Tu,Th	7:30–10:00 PM		
6/8–8/10	W	11:00 AM–2:00 PM		

## Youth Pottery

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

### Pottery, Child Handbuilding

Make interesting clay projects while learning various methods of forming and glazing clay. Projects are constantly being varied, so it is possible to register for classes as many times as you wish. **Note:** Class will not be held on 7/4; make-up class is 8/15.

Age: 6–9 years

Location: Pottery Studio

6/6–7/11	M	1:30–3:00 PM	\$48	304805-01
6/7–7/5	Tu	1:30–3:00 PM	\$48	304805-02
6/10–7/8	F	1:30–3:00 PM	\$48	304805-03
7/18–8/15	M	1:30–3:00 PM	\$48	304805-04
7/12–8/9	Tu	1:30–3:00 PM	\$48	304805-05
7/15–8/12	F	1:30–3:00 PM	\$48	304805-06

### Pottery, Youth Wheel and Handbuilding

Learn basic potter's wheel skills. Handbuilding, as well as other skills and techniques are taught. **Note:** Class will not be held on 7/4; make-up class is 8/15.

Age: 10–12 years

Location: Pottery Studio

6/6–7/11	M,W	3:30–5:00 PM	\$89	304810-01
6/9–7/7	Th	1:30–3:00 PM	\$48	304810-02
7/18–8/15	M,W	3:30–5:00 PM	\$89	304810-03
7/14–8/11	Th	1:30–3:00 PM	\$48	304810-04

### Pottery, Teen Wheel and Handbuilding

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

Age: 13–17 years

Location: Pottery Studio

6/7–7/7	Tu,Th	3:30–5:00 PM	\$89	304815-01
6/10–7/8	F	3:30–5:00 PM	\$48	304815-02
7/12–8/11	Tu,Th	3:30–5:00 PM	\$89	304815-03
7/15–8/12	F	3:30–5:00 PM	\$48	304815-04

## Child with Parent Pottery

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

### Pottery, Parent & Tot Mud, Handbuilding

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

Age: 3–5 years

Location: Pottery Studio

6/7–7/5	Tu	12:15–1:15 PM	\$34	304801-01
6/8–7/6	W	2:15–3:15 PM	\$34	304801-02
6/11–7/9	Sa	3:00–4:00 PM	\$34	304801-03
7/12–8/9	Tu	12:15–1:15 PM	\$34	304801-04
7/13–8/10	W	2:15–3:15 PM	\$34	304801-05
7/16–8/13	Sa	3:00–4:00 PM	\$34	304801-06

### Pottery, Parent & Child Handbuilding – NW

You and your youngster work together at the Pottery Studio and share a creative experience.

Age: 6–9 years

Location: Pottery Studio

6/11–7/9	Sa	4:30–6:00 PM	\$89	304835-01
7/16–8/13	Sa	4:30–6:00 PM	\$89	304835-02

### Pottery, Parent Teen and Youth Wheel/Handbuilding – NW

Explore the world of clay together. Make functional pots and whimsical, imaginative clay objects in this combination wheel/handbuilding class. **Note:** One parent per youth; each additional youth is \$44.50.

Age: 10–17 years

Location: Pottery Studio

6/10–7/8	F	5:30–7:00 PM	\$89	304845-01
7/15–8/12	F	5:30–7:00 PM	\$89	304845-02

## Youth Arts & Crafts

### Child with Parent

#### Art Start with Parent

Hands-on with independent exploration inspiring imagination and self-esteem. Explore, collage, cut, tear, drizzle, drip, paste, and paint. Play with creamy pastels and paint with vibrant tempera and juicy water colors.

Age: 18 months– 2 years

Location: Foothills Activity Center

6/8–6/22	W	9:00–10:00 AM	\$39	317783-01
7/6–7/20	W	9:00–10:00 AM	\$39	317783-02
8/3–8/17	W	9:00–10:00 AM	\$39	317783-03

## Youth

### Art Start – Pre K

Hands-on with independent exploration inspiring imagination and self-esteem. Explore, collage, cut, tear, drizzle, drip, paste, and paint. Play with creamy pastels and paint with vibrant tempera and juicy water colors.

Age: 3–5 years

Location: Foothills Activity Center

7/6–7/20	W	10:30–11:30 AM	\$39	317717-01
6/8–6/22	W	10:30–11:30 AM	\$39	317717-02
8/3–8/17	W	10:30–11:30 AM	\$39	317717-03

### Cupcakes n Canvas

Using bright bold colors, explore the joy of painting. Paint on canvas while enjoying cupcakes.

Age: 4–8 years

Location: Foothills Activity Center

6/22	W	1:00–2:30 PM	\$25	316743-01
7/20	W	1:00–2:30 PM	\$25	316743-02

### Painting Parodies

Create funky fun painted parodies on canvas of the famous works of art.

Age: 6–12 years

Location: Foothills Activity Center

#### Star Wars Mona Lisa

6/29	W	9:00 AM–Noon	\$49	316709-01
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#### Blue Dog

7/27	W	9:00 AM–Noon	\$49	316709-02
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#### Munch's Scream'n Guitar

8/10	W	1:00–4:00 PM	\$49	316709-03
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### Fairy Doors

Create your own magical fairy door. Place them in your home or garden to welcome fairies to their new homes.

Age: 7–11 years

Location: Northside Aztlan Center

6/21	Tu	1:00–3:00 PM	\$20	318501-01
7/19	Tu	1:00–3:00 PM	\$20	318501-02

### Gnome Homes

Gnomes need homes too. Explore and create magical homes for the gnomes in your garden.

Age: 7–11 years

Location: Northside Aztlan Center

6/23	Th	1:00–3:00 PM	\$20	318502-01
7/21	Th	1:00–3:00 PM	\$20	318502-02

### Celebrate the Beatles

Using the Beatles of the 60s and 70s as inspiration, sketch, play with clay, and paint on canvas to create groovilicious masterpieces.

Age: 8–12 years

Location: Foothills Activity Center

6/8–6/15	W	1:00–4:00 PM	\$74	316725-01
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### Clone Wars

Using Star Wars as inspiration, create colorful landscapes, whacky spaceships, alien faces, and robot models, as well as sketch the heroes and villains of the epic area.

Age: 8–12 years

Location: Foothills Activity Center

7/6–7/13	W	1:00–4:00 PM	\$74	316720-01
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### The Natural World of Charley Harper

Draw, paint, and collage to explore the modern world of artist, Charley Harper.

Age: 8–12 years

Location: Foothills Activity Center

7/27	W	1:00–4:00 PM	\$49	316712-01
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### O'Keeffe Southwest

Create on canvas your own Georgia O'Keeffe inspired skull.

Age: 8–12 years

Location: Foothills Activity Center

6/29	W	1:00–4:00 PM	\$49	316708-01
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**HEALTH & WELLNESS**  
**GAMES SPORTS ENTERTAINMENT FOOD**  
**BIKING WALKING SKATING ROLLERBLADING**



**OPEN STREETS**  
 Come PLAY in the Street!

**SUNDAY, JUNE 5**  
**10 a.m. – 3 p.m.**  
 Corbett Drive

**SUNDAY, SEPT. 18**  
**10 a.m. – 3 p.m.**  
 Linden & Redwood

Join us for a day outside with your friends and neighbors.  
 Explore your streets in a car-free environment, packed with activities and open space. Bring your bikes, strollers, hula hoops, skateboards and dog leashes for a day of fun!





[www.fcgov.com/openstreets](http://www.fcgov.com/openstreets)

## Bicycling

Enjoy Colorado summer by bike with these classes and events hosted by the City of Fort Collins bicycling and recreation programs including: FC Bikes, FC Bikes Bicycle Ambassador Program, Safe Routes to School, and City of Fort Collins-Recreation Department. Learn and play with us on two wheels and keep Fort Collins bicycling safe, friendly, and fun.

### Bicycles and Helmets Available

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

### Contact

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

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

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

- [bicycleambassadorprogram.org](http://bicycleambassadorprogram.org)
- [fcgov.com/saferoutes](http://fcgov.com/saferoutes)
- [fcgov.com/fcbikes](http://fcgov.com/fcbikes)

## Adult Programming

### Bicycle Friendly Driver

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

Age: 15 years & up

Location: 281 N. College Ave

7/5	Tu	4:00–5:30 PM	No Fee	330905-02
8/9	Tu	4:00–5:30 PM	No Fee	330905-04

Location: Raintree Athletic Club

6/7	Tu	5:00–6:30 PM	No Fee	330905-01
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Location: Senior Center

7/21	Th	6:30–8:00 PM	No Fee	330905-03
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Location: Summitview

8/18	Th	6:30–8:00 PM	No Fee	330905-05
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### Cycle Touring Basics

Learn which bikes can be used for touring, the various types of panniers and trailers, camping equipment, and clothing. Discuss training, bike-touring maps, and other essential resources.

Age: 16 years & up

Location: Raintree Athletic Club

7/7	Th	6:30–8:00 PM	No Fee	330904-01
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### Cycling With Children

Discuss the benefits of cycling with children, kid-friendly gear and clothing, safety considerations, route selection, and how to teach children the rules of the road through bicycling.

Age: 16 years & up

Location: Raintree Athletic Club

8/11	Th	6:00–7:30 PM	No Fee	330903-01
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### Everyday Cycling

Whether you are traveling to work, running errands, or traveling to visit friends you can Go by Bike. Learn the benefits of using a bike for transportation and how to make it possible. Learn what to ride, what to wear, what to carry, how to carry it, route selections, and safety techniques.

Age: 16 years & up

Location: Raintree Athletic Club

8/17	W	6:00–7:30 PM	No Fee	330901-03
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Location: Senior Center

7/28	Th	5:00–6:30 PM	No Fee	330901-02
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Location: Summitview

6/1	W	6:30–8:00 PM	No Fee	330901-01
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### Learn to Ride

Using a safe, easy, and effective method, students learn to balance, pedal, start, stop, steer, and how to properly fit and wear a helmet.

Age: 16 years & up

Location: 215 N. Mason St.

6/9–6/30	Th	5:00–6:30 PM	No Fee	330906-01
7/5–7/26	Tu	5:30–7:00 PM	No Fee	330906-02

### Smart Cycling

Course for beginners, returning, and seasoned cyclists. Build confidence to ride safely and legally in traffic or on trails. Learn rules of the road related to cycling, on-bike handling skills, crash avoidance techniques, and how to conduct bicycle safety checks.

Age: 16 years & up

Location: Summitview

7/20–7/23	W	5:30–9:00 PM	No Fee	330902-01
	Sa	8:30 AM–2:00 PM		

Location: Westbridge Medical Suites

8/20	Sa	8:15 AM–4:30 PM	No Fee	330902-02
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### Women's Learn To Ride

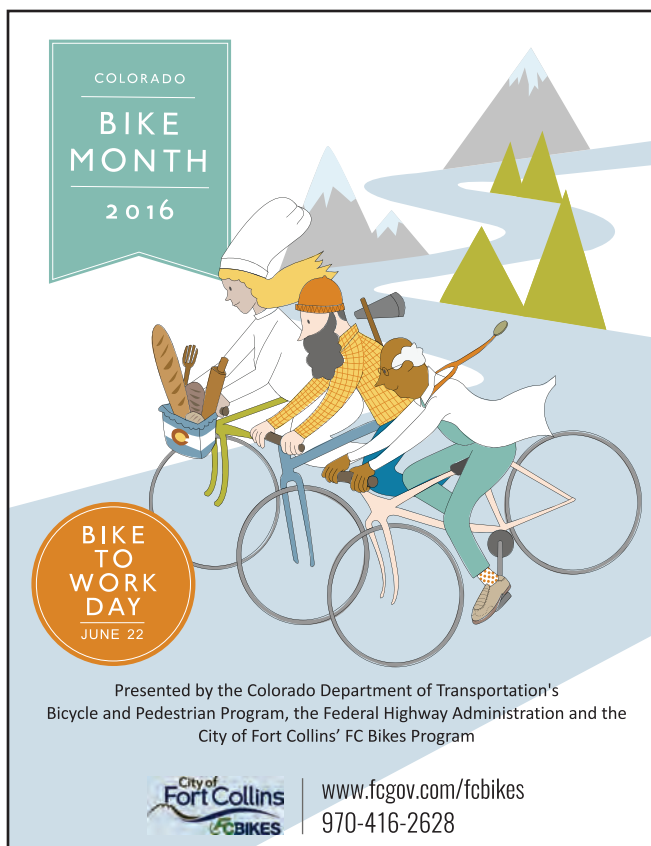
Women learn to ride a bicycle through a safe, easy, and effective method. Learn to balance, pedal, start, stop, steer, and how to properly fit and wear a helmet.

Age: 16 years & up

Location: 215 N Mason St.

8/1–8/10	M,W	6:00–7:30 PM	No Fee	330907-01
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**Women on a Roll**

Learn tips and tricks for women interested in bicycling and making their ride more comfortable, convenient, and fun. Discuss women's specific clothing and gear, where to ride, tips for biking with children, safety principles, and how to connect with local women's cycling clubs and organizations.

Age: 16 years & up

Location: Raintree Athletic Club

6/13	M	6:30–8:00 PM	No Fee	330908-01
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**Family Programming**

**National Bike Challenge**

Join the National Bike Challenge, whether to simply log your miles biked, to form a team, or to compete for prizes locally and nationally. For more information, visit [fcgov.com/bikesummer](http://fcgov.com/bikesummer).

5/1–9/30	M–Su	No fee		
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**Open Streets**

Come play in the streets! A selected route in Fort Collins is temporarily closed to motorized traffic and instead open to the public for walking, jogging, cycling, rollerblading, skateboarding, and other activities. For more information visit [fcgov.com/openstreets](http://fcgov.com/openstreets).

6/5	Su	10:00 AM–3:00 PM	No fee	
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**Bike to Work Day**

Bike to Work Day, organized by FC Bikes, features stations hosted by business throughout Fort Collins that provide breakfast, coffee, and bike repairs. For more information visit [fcgov.com/fcbikes](http://fcgov.com/fcbikes).

6/22	W	6:30–9:30 AM	No fee	
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**Neighborhood Night Out**

FC Bikes' Bicycle Ambassador Program and Safe Routes to School are teaming up to offer family-friendly bicycle education to one lucky neighborhood during Neighborhood Night Out. View details and apply online at [fcgov.com/bikesummer](http://fcgov.com/bikesummer). Deadline to apply is 7/19.

8/2	Tu	No fee		
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**Youth Programming**

**Bike I**

Camp designed for riders with only basic knowledge of bicycling; introduction to rules for bicycling on trails and the road, safe cycling strategies, bike-handling skills and drills, nutrition and hydration, and bike maintenance. Ride 4–8 miles per day.

Age: 6–8 years

Location: Edora Pool Ice Center

6/20–6/24	M–F	8:30 AM–12:30 PM	\$135	315985-02
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Location: Northside Aztlan Center

7/5–7/8	Tu–F	8:30 AM–12:30 PM	\$108	315985-03
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Location: Spring Canyon Park

6/6–6/10	M–F	8:30 AM–12:30 PM	\$135	315985-01
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Age: 9–12 years

Location: Edora Pool Ice Center

6/27–7/1	M–F	8:30 AM–12:30 PM	\$135	315985-05
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Location: Northside Aztlan Center

7/11–7/15	M–F	8:30 AM–12:30 PM	\$135	315985-06
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Location: Spring Canyon Park

6/13–6/17	M–F	8:30 AM–12:30 PM	\$135	315985-04
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**Bike II**

Builds on Bike Camp I. Learn more advanced skills and rules of the road, riding 8–12 miles per day with a Safe Routes to School instructor. Receive a flat-repair kit and learn how to use it. This is the beginning of independent bicycling.

Location: Rolland Moore Park

Age: 6–8 years

7/18–7/22	M–F	8:30 AM–12:30 PM	\$135	315986-01
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Age: 9–12 years

7/25–7/29	M–F	8:30 AM–12:30 PM	\$135	315986-02
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## Dance & Movement

### Adult Programming

#### Ballet

##### Ballet, Beginning

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

Age: 18 years & up

Location: Club Tico

5/31–6/21	Tu	5:40–6:40 PM	\$28	306102-01
7/12–8/2	Tu	5:40–6:40 PM	\$28	306102-02

##### Ballet, Low–Intermediate

Continue to work on basic technique. **Note:** Ages 13–17 years welcome with instructor approval. Class will not be held on 5/30.

Age: 18 years & up

Location: Empire Grange

5/23–6/20	M	5:45–7:00 PM	\$34	306103-01
7/11–8/1	M	5:45–7:00 PM	\$34	306103-02

**DEBUT**  
*Theatre Co.*  
SINCE 1991

**Shows for Families and Classes for Young Actors**

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

#### Ballet, Intermediate

A more challenging, ongoing class for experienced dancers. Based on Cecchetti technique. **Note:** Ages 13–17 years welcome with instructor approval.

Age: 18 years & up

Location: Club Tico

5/26–6/16	Th	5:45–7:00 PM	\$34	306104-01
7/7–7/28	Th	5:45–7:00 PM	\$34	306104-02

#### Dance

##### West Coast Swing

Learn all the basic 4, 6 and 8 count patterns of this partner swing dance. Learn to dance the starter step, the side pass, the underarm pass, the sugar push, the tuck, the basket whip, and the basic whip. Singles and couples welcome. **Note:** Class will not be held on 7/15.

Location: Senior Center

6/1–6/22	W	8:00–9:30 PM	\$39	306440-01
7/6–7/27	W	8:00–9:30 PM	\$39	306440-02
8/10–8/31	W	8:00–9:30 PM	\$39	306440-03

#### Line Dance

##### Line Dance, Starter Class

Designed for those new to line dancing. Learn the basic steps, terminology, and easy choreography.

Age: 18 years & up

Location: Senior Center

6/7–6/28	Tu	12:30–1:45 PM	\$16	306436-01
7/5–7/26	Tu	12:30–1:45 PM	\$16	306436-02
8/9–8/30	Tu	12:30–1:45 PM	\$16	306436-03

##### Line Dance, Continuing

For the more experienced dancer who thrives on complex choreography.

Age: 18 years & up

Location: Senior Center

6/7–6/28	Tu	1:45–3:00 PM	\$16	306437-01
7/5–7/26	Tu	1:45–3:00 PM	\$16	306437-02
8/9–8/30	Tu	1:45–3:00 PM	\$16	306437-03

#### Modern

##### Modern Dance

Earthy, sometimes jazzy or lyrical movements follow a stretching/toning warm-up which leads to release of stress and interactive fun.

**Note:** Ages 13–17 years welcome with instructor approval.

Age: 18 years & up

Location: Club Tico

5/31–6/21	Tu	6:45–7:45 PM	\$28	306156-01
7/12–8/2	Tu	6:45–7:45 PM	\$28	306156-02

# Fun! Safe! Active!



## Summer Camp

Starting June 1 - Ages 5-13 years  
Just \$225 per week  
(including daily field trips)  
Daily Rates Available

**GK GYMNASTICS**  
970-226-0306  
2026 Lowe St. • Fort Collins  
gk-gymnastics.com

## Youth Programming

### Acro-Dance

Placement based on skill level; call 970.619.1924 for more information.

#### Acro-Dance, Pre K

Learn the basics of acrobatic dance, including a mixture of acrobatics, gymnastics, and the art of lyrical dance. Acro levels Primary Level 1.

Age: 3–5 years

Location: Foothills Activity Center

6/7–6/28	Tu	1:00–1:55 PM	\$44	316772-01
7/12–8/2	Tu	1:00–1:55 PM	\$44	316772-02

#### Acro Dance, Beginners

Learn the basics of acrobatic dance, including a mixture of acrobatics, gymnastics, and the art of lyrical dance. Acro Levels 2–5.

Age: 5–9 years

Location: Foothills Activity Center

6/7–6/28	Tu	2:00–2:55 PM	\$44	316773-01
7/12–8/2	Tu	2:00–2:55 PM	\$44	316773-02

### Acro Dance, Intermediate

Learn the basics of acrobatic dance, including a mixture of acrobatics, gymnastics, and the art of lyrical dance. Acro Levels 5–7.

Age: 9 years & up

Location: Foothills Activity Center

6/9–6/30	Th	1:00–2:00 PM	\$44	316774-01
7/14–8/4	Th	1:00–2:00 PM	\$44	316774-02

### Ballet

#### Petite Ballerinas

Explore movement and discover the confident youth artist within. Leveled classes help your dancer attain certain skills. Instructors move dancers to the next level when you're ready.

Location: Northside Aztlan Center

Petite Ballerinas I

Age: 3–4 years

6/3–6/24	F	9:00–9:45 AM	\$44	316563-01
6/4–6/25	Sa	9:00–9:45 AM	\$44	316563-02
7/8–7/29	F	9:00–9:45 AM	\$44	316563-03
7/9–7/30	Sa	9:00–9:45 AM	\$44	316563-04
8/5–8/19	F	9:00–9:45 AM	\$34	316563-05
8/6–8/20	Sa	9:00–9:45 AM	\$34	316563-06

Petite Ballerinas II

Age: 4–5 years

6/3–6/24	F	10:00–10:45 AM	\$44	316563-07
6/4–6/25	Sa	10:00–10:45 AM	\$44	316563-08
7/8–7/29	F	10:00–10:45 AM	\$44	316563-09
7/9–7/30	Sa	10:00–10:45 AM	\$44	316563-10
8/5–8/19	F	10:00–10:45 AM	\$34	316563-11
8/6–8/20	Sa	10:00–10:45 AM	\$34	316563-12

Petite Ballerinas III

Age: 5–6 years

6/4–6/25	Sa	11:00–11:45 AM	\$44	316563-13
7/9–7/30	Sa	11:00–11:45 AM	\$44	316563-14
8/6–8/20	Sa	11:00–11:45 AM	\$34	316563-15

#### Dancing Swans

Pre-ballet/movement class is an introduction to basic dance, movement, and body awareness activities by using imagery and imaginative play.

Age: 3–5 years

Location: Club Tico

6/7–6/28	Tu	10:00–10:45 AM	\$32	316170-01
7/12–8/2	Tu	10:00–10:45 AM	\$32	316170-02

#### Fairy Ballet Workshop

Earn your wings as we explore the forest making fairy friends and fairy crowns.

Age: 3–6 years

Location: Club Tico

6/20–6/23	M–Th	1:00–1:45 PM	\$52	316166-01
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**Princess Ballet Workshop**

Crowns and gowns, exploring the castle grounds, and dancing at the ball – what more could a Princess ask for?

Age: 3–6 years

Location: Club Tico

7/18–7/21	M–Th	1:00–1:45 PM	\$52	316168-01
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**Ballet & Modern Dance**

Build technical skills at an individual level while engaging in ever changing creative work. Features live musical accompaniment and offers an introduction to ballet and modern dance techniques with improvisation.

Grade: 1–3

Location: Club Tico

7/11–8/1	M	4:00–5:00 PM	\$34	306101-01
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**Dance****Anna & Elsa Dance Workshop**

Frozen in June and July? Dance our version of Anna and Elsa's story.

Age: 3–6 years

Location: Club Tico

6/13–6/16	M–Th	1:00–1:45 PM	\$52	316167-01
7/11–7/14	M–Th	1:00–1:45 PM	\$52	316167-02

**Dancin' Dumplins**

Gain confidence in this introduction to dance rhythms, movement, tumbling, and creativity.

Location: Foothills Activity Center

Age: 3 years

6/3–6/24	F	10:15–11:00 AM	\$33	316755-01
7/1–7/15	F	10:15–11:00 AM	\$25	316755-02
7/22–8/5	F	10:15–11:00 AM	\$25	316755-03
7/27–8/10	W	10:15–11:00 AM	\$25	316755-04
7/27–8/10	W	11:15 AM–Noon	\$25	316755-05

Age: 4–5 years

6/3–6/24	F	9:00–10:00 AM	\$44	316755-06
7/1–7/15	F	9:00–10:00 AM	\$33	316755-07
7/22–8/5	F	9:00–10:00 AM	\$33	316755-08
7/27–8/10	W	9:00–10:00 AM	\$33	316755-09

Age: 5–7 years

6/1–7/6	W	4:15–5:15 PM	\$66	316755-10
7/13–8/10	W	4:15–5:15 PM	\$55	316755-11

**Just Dance**

Combination dance class with a ballet warm-up for technique, gymnastics for alignment, and jazz dance combos for rhythm.

Age: 6–8 years

Location: Foothills Activity Center

6/1–7/6	W	5:30–6:30 PM	\$66	316757-01
7/13–8/10	W	5:30–6:30 PM	\$55	316757-02

**Theater Dance Workshop**

Don your top hat and tails. Bring tap and jazz shoes and prepare for Broadway.

Age: 6–11 years

Location: Club Tico

7/18–7/21	M–Th	2:00–3:00 PM	\$52	316177-01
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**Hip Hop****Hip Hop for Preschool**

Beginners learn the fundamentals of hip hop in a fun, appropriate environment. Hip hop, free style, tricks and breakdancing could all be incorporated.

Age: 3–5 years

Location: Club Tico

6/7–6/28	Tu	11:00–11:45 AM	\$32	316161-01
7/12–8/2	Tu	11:00–11:45 AM	\$32	316161-02

**Hip Hop Dance**

Is hip hop your jam? Learn some new moves to go along with that beat. Accompany hip hop steps to music in this class. **Note:** No gum. Wear loose workout clothes and tennis shoes. Class will not be held on 7/4.

Location: Northside Aztlan Center

Age: 6–8 years

6/6–6/27	M	5:15–6:15 PM	\$30	315511-01
7/11–8/1	M	5:15–6:15 PM	\$30	315511-02

Age: 9–11 years

6/6–6/27	M	6:30–8:00 PM	\$43	315511-03
7/11–8/1	M	6:30–8:00 PM	\$43	315511-04

Age: 12–15 years

6/6–8/1	M	8:15–9:15 PM	\$56	315511-05
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**Jazz****Funky Jazz Workshop**

Explore some fun modern/hip hoppy jazz moves in this energetic workshop.

Age: 6–11 years

Location: Club Tico

7/11–7/14	M–Th	2:00–3:00 PM	\$52	316174-01
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**Modern Dance****Young Modern Movers Workshop**

Modern Dance comes in various styles. Come explore new movements!

Age: 6–11 years

Location: Club Tico

6/13–6/16	M–Th	2:00–3:00 PM	\$52	316173-01
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## Young Lyrical Dancers

Use jazz and ballet to express emotions through movement.

Age: 6–11 years

Location: Club Tico

6/20–6/23	M–Th	2:00–3:00 PM	\$52	316176-01
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## Tap

### Tappin' Dumplins

In this variation of our traditional Dancin' Dumplin's, explore a little tap dancing, as well as dance steps, movement, tumbling, and creativity. **Note:** Appropriate attire required: leotard and tights, or t-shirts and shorts. Tap shoes are encouraged; shoes might be available to borrow.

Location: Foothills Activity Center

Age: 4–5 years

6/3–6/24	F	11:15 AM–Noon	\$33	316756-01
7/1–7/15	F	11:15 AM–Noon	\$25	316756-02
7/22–8/5	F	11:15 AM–Noon	\$25	316756-03

Age: 4–6 years

5/31–7/5	Tu	4:15–5:15 PM	\$66	316756-04
7/12–8/9	Tu	4:15–5:15 PM	\$55	316756-05

Age: 6–8 years

5/31–7/5	Tu	5:30–6:30 PM	\$66	316756-06
7/12–8/9	Tu	5:30–6:30 PM	\$55	316756-07

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## Tumbling

### Tumble Bumbles

Individual attention is paid to learning basic tumbling skills (somer-sault, cartwheel, and push-up bridge) and how to use the various pieces of equipment. As a result, flexibility, balance, coordination, and self-confidence are developed. Age appropriate skills are taught. **Note:** Class will not be held on 7/4.

Location: Foothills Activity Center

Age: 4–5 years

6/6–6/20	M	9:00–10:00 AM	\$33	316779-01
6/6–6/27	M	4:15–5:15 PM	\$44	316779-02
6/1–6/22	W	9:00–10:00 AM	\$44	316779-03
6/27–7/18	M	9:00–10:00 AM	\$33	316779-04
7/11–8/8	M	4:15–5:15 PM	\$55	316779-05
6/29–7/20	W	9:00–10:00 AM	\$44	316779-06
7/25–8/8	M	9:00–10:00 AM	\$33	316779-07

Age: 5–6 years

6/6–6/27	M	5:30–6:30 PM	\$44	316779-08
7/11–8/8	M	5:30–6:30 PM	\$55	316779-09

Age: 6–7 years

6/2–7/7	Th	4:15–5:15 PM	\$66	316779-10
7/14–8/11	Th	4:15–5:15 PM	\$55	316779-11

### Just Tumbling

Emphasis is learning all the basic tumbling skills and then incorporating them in a mini-floor exercise routine.

Age: 7–8 years

Location: Foothills Activity Center

6/2–7/7	Th	5:45–7:00 PM	\$84	316778-01
7/14–8/11	Th	5:45–7:00 PM	\$84	316778-02

### LEGEND

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

◀ARO *The City of Fort Collins will make reasonable accommodations for persons with disabilities to access to City services, programs, and activities. For more information about these resources, and additional Adaptive Recreation Opportunities, see page 16.*

## Day Camps

While out of school, keep busy making new friends and going on fun adventures. We host programs for all types of campers. Below are a just of few of our camps. If you're looking for camps specific to cycling, see our Bicycling section on page 38. If you're looking for camps specific to farming, see our Farm section on page 58. If you're a gardener at heart, see the Gardens on Spring Creek Camps on page 71.

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

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

### General Camps

#### Imagination Camp

Themed camps that include arts and crafts, games, games and activities are designed to spark imagination. Each Thursday, campers go swim, so wear a suit under your clothes. **Note:** Parents-pick campers up from the pool deck on Thursdays at the end of class.

Age: 5–7 years

Location: Mulberry Pool

#### Mad Science

A week of ooey, gooey fun and hands on activities.

6/6–6/9	M–Th	1:00–4:00 PM	\$67	316294-01
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#### Jedi in Training

Learn the ways of the Force.

6/13–6/15	M–Th	1:00–4:00 PM	\$67	316294-02
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#### Glitz & Glamour

Jewelry, hair accessories, and more.

6/20–6/23	M–Th	1:00–4:00 PM	\$67	316294-03
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#### Pirate Week

Build a pirate ship, take to the high seas, and search for treasure.

6/27–6/30	M–Th	1:00–4:00 PM	\$67	316294-04
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#### Mini Maker Week

Create, build, and discover.

7/5–7/7	Tu–Th	1:00–4:00 PM	\$51.25	316294-05
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#### Dinosaur Week

All things dinosaur.

7/11–7/14	M–Th	1:00–4:00 PM	\$67	316294-06
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#### Super Hero Week

Play with favorites and create your own super hero.

7/18–7/21	M–Th	1:00–4:00 PM	\$67	316294-07
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#### Princess Week

Enjoy a week of dress-up and fun..princess-style.

7/25–7/28	M–Th	1:00–4:00 PM	\$67	316294-08
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#### Imagination Camp continued

#### Animal Week

Learn about different animals from around the world.

8/1–8/4	M–Th	1:00–4:00 PM	\$67	316294-09
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#### Artists Studio

Find your inner artist. A variety of mediums are explored.

8/8–8/11	M–Th	1:00–4:00 PM	\$67	316294-10
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#### Blue Circle Yoga Camp

Explore poses, learn breathing techniques, play games, and create art while going on themed yoga adventures. Learn about your inner-self, and connect with other yogi campers. **Note:** Class partially discountable.

Age: 6–10 years

Location: Foothills Activity Center

6/6–6/9	M–Th	1:00–2:30 PM	\$69	318765-01
6/27–6/30	M–Th	1:00–2:30 PM	\$69	318765-02
7/25–7/28	M–Th	1:00–2:30 PM	\$69	318765-03

#### One-Day Camps

These themed one-day camps are designed for families looking for an alternative to week long camps.

Age: 6–11 years

Location: Foothills Activity Center

#### Jurassic Park

6/6	M	9:00 AM–3:00 PM	\$35	316796-01
6/10	F	9:00 AM–3:00 PM	\$35	316796-02

#### Creative Campers

6/13	M	9:00 AM–3:00 PM	\$35	316796-03
6/17	F	9:00 AM–3:00 PM	\$35	316796-04

#### Movin' & Groovin'

6/20	M	9:00 AM–3:00 PM	\$35	316796-05
6/24	F	9:00 AM–3:00 PM	\$35	316796-06

#### Where the Wild Things Are

6/27	M	9:00 AM–3:00 PM	\$35	316796-07
7/1	F	9:00 AM–3:00 PM	\$35	316796-08

#### Indoor Camping

7/11	M	9:00 AM–3:00 PM	\$35	316796-09
7/15	F	9:00 AM–3:00 PM	\$35	316796-10

#### Animal Planet

7/18	M	9:00 AM–3:00 PM	\$35	316796-11
7/22	F	9:00 AM–3:00 PM	\$35	316796-12

#### Freestyle Legos

7/25	M	9:00 AM–3:00 PM	\$35	316796-13
7/29	F	9:00 AM–3:00 PM	\$35	316796-14

#### Medieval Madness

8/1	M	9:00 AM–3:00 PM	\$35	316796-15
8/5	F	9:00 AM–3:00 PM	\$35	316796-16

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

Break up summer boredom with on-the-go activities scheduled every day. Active outdoor play, swimming, hiking, field trips, and cooking are all part of the fun. The week's itinerary is handed out each Monday. **Note:** Class partially discountable. Drop-off time is between 1–1:30 p.m.; pick-up time is between 5–6 p.m.

Age: 6–11 years

Location: Northside Aztlan Center

6/6–6/10	M–F	1:00–6:00 PM	\$105	316582-01
6/13–6/17	M–F	1:00–6:00 PM	\$105	316582-02
6/20–6/24	M–F	1:00–6:00 PM	\$105	316582-03
6/27–7/1	M–F	1:00–6:00 PM	\$105	316582-04
7/5–7/8	Tu–F	1:00–6:00 PM	\$85	316582-05
7/18–7/22	M–F	1:00–6:00 PM	\$105	316582-07
7/25–7/29	M–F	1:00–6:00 PM	\$105	316582-08
8/8–8/12	M–F	1:00–6:00 PM	\$105	316582-10
7/11–7/15	M–F	1:00–6:00 PM	\$105	316582-06
8/1–8/5	M–F	1:00–6:00 PM	\$105	316582-09

### Summer Adventure

Enjoy outdoor play, cooking, crafts, games, swimming, skating, and a weekly field trip. A weekly itinerary of activities is given out on Monday. **Note:** Class partially discountable.

Age: 7–12 years

Location: Edora Pool Ice Center

6/6–6/10	M–F	8:00 AM–5:00 PM	\$152	316380-01
6/13–6/17	M–F	8:00 AM–5:00 PM	\$152	316380-02
6/20–6/24	M–F	8:00 AM–5:00 PM	\$152	316380-03
6/27–7/1	M–F	8:00 AM–5:00 PM	\$152	316380-04
7/5–7/8	Tu–F	8:00 AM–5:00 PM	\$121	316380-05
7/11–7/15	M–F	8:00 AM–5:00 PM	\$152	316380-06
7/18–7/22	M–F	8:00 AM–5:00 PM	\$152	316380-07
7/25–7/29	M–F	8:00 AM–5:00 PM	\$152	316380-08
8/1–8/5	M–F	8:00 AM–5:00 PM	\$152	316380-09
8/8–8/12	M–F	8:00 AM–5:00 PM	\$152	316380-10

### Survival in Woods Nature Camp

Learn what to do if you ever get lost in the woods. This class addresses shelter building, water safety, edible forest foods, and basic camping skills. Make a survival kit and on Friday, go on a field trip to a local hiking trail. **Note:** Class partially discountable.

Age: 8–12 years

Location: Lee Martinez Park

6/6–6/10	M–F	9:00 AM–3:00 PM	\$159	316981-01
6/13–6/17	M–F	9:00 AM–3:00 PM	\$159	316981-02
6/20–6/24	M–F	9:00 AM–3:00 PM	\$159	316981-03
6/27–7/1	M–F	9:00 AM–3:00 PM	\$159	316981-04
7/5–7/8	Tu–F	9:00 AM–3:00 PM	\$128	316981-05
7/11–7/15	M–F	9:00 AM–3:00 PM	\$159	316981-06
7/18–7/22	M–F	9:00 AM–3:00 PM	\$159	316981-07
7/25–7/29	M–F	9:00 AM–3:00 PM	\$159	316981-08
8/1–8/5	M–F	9:00 AM–3:00 PM	\$159	316981-09
8/8–8/12	M–F	9:00 AM–3:00 PM	\$159	316981-10

### Teen Supercamp Series

Bring a bicycle and helmet on Thursday.

Age: 12–15 years

Location: Northside Aztlan Center

#### Chef Camp I

Grill at City Park and create appetizers and dishes. Complete with a visit from the Waffle Lab and an Iron Chef Challenge.

6/14–6/17	Tu–F	8:00 AM–5:00 PM	\$180	315553-01
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#### Super Hero Camp

Learn the trademark skills of all the super heroes. Bike to catch a movie, master archery, and zip line down a mountain at YMCA of the Rockies.

6/7–6/10	Tu–F	8:00 AM–5:00 PM	\$180	315553-02
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#### Outdoor Adventure

A week of adventure that includes rock climbing at Inner Strength Rock Gym, swimming at Boyd Lake, biking Fort Collins trails, and hiking near Estes Park.

6/21–6/24	Tu–F	8:00 AM–5:00 PM	\$180	315553-03
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#### Camp Relaxation

Discover your inner goddess. Build self-confidence, strength, and mind. Practice yoga, make jewelry, bike to Dairy Queen, and take a trip to get manicures or pedicures.

7/5–7/8	Tu–F	8:00 AM–5:00 PM	\$180	315553-04
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#### Camp Extreme

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

6/28–7/1	Tu–F	8:00 AM–5:00 PM	\$180	315553-05
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#### Challenge Camp

Hike up to Horsetooth, bike to a destination decided by the campers, and take on the Challenge Course at YMCA of the Rockies.

7/12–7/15	Tu–F	8:00 AM–5:00 PM	\$180	315553-06
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#### Splash Camp

The summer is heating up, so cool off! Raft with Rocky Mountain Adventures, swim at City Park Pool, and a bike ride to EPIC's ice skating rink.

7/19–7/22	Tu–F	8:00 AM–5:00 PM	\$180	315553-07
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#### Chef Camp II

Another round of cookbooks, appetizers, and Iron Chef Challenges. We meet with a chef from Beau Jo's Pizza and create personal pizzas.

7/26–7/29	Tu–F	8:00 AM–5:00 PM	\$180	315553-08
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#### Outdoor Adventure II

Another round of outdoor adventure. Rafting with Rocky Mountain Adventures, go stand up paddling, bike Fort Collins trails, and explore Moraine Park in Rocky Mountain National Park.

8/2–8/5	Tu–F	8:00 AM–5:00 PM	\$180	315553-09
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## Early Learning

Early Learning courses are tailored toward children ages 6 years & under and are designed to enrich both their social and educational skills. Most classes for children ages 3 years & older are Child Without Parent Classes. Classes in which parents are required or permitted to attend are listed in the Child With Parent Classes on page 51.

It is recommended that children enrolled in classes without a parent/guardian are toilet trained. Children not yet toilet trained are welcome to attend classes. However, parents must be available to attend to toileting needs. City of Fort Collins Recreation staff is not permitted to change diapers.

Please note food allergies when registering.

Early Learning classes are partially discountable for those who qualify unless otherwise noted.

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

### Child Without Parent Classes

Ages: 2–6 years

### Funtime Programming

#### Funtime Discovery

Discover arts and crafts, creative play, letter/number recognition, and gym time in this fun transitional class. Please note age requirements. Previous class experience recommended.

Age: 2.5–3.5 years

Location: Northside Aztlan Center

6/7–6/23	Tu,Th	9:30–11:00 AM	\$47	317503-01
6/28–7/14	Tu,Th	9:30–11:00 AM	\$47	317503-02
7/19–8/4	Tu,Th	9:30–11:00 AM	\$47	317503-03

#### Funtime for Preschoolers

Arts and crafts, storytelling, science, math, pre-reading, creative play/dramatics, and gym play are just a part of the fun. Children must have turned 3 by 9/15/2016. Previous class experience recommended. **Note:** Class will not be held on 10/13.

Age: 3–4 years

Location: Northside Aztlan Center

8/30–10/6	Tu,Th	9:30 AM–Noon	\$157	417501-01
10/11–11/17	Tu,Th	9:30 AM–Noon	\$144	417501-02
11/29–12/15	Tu,Th	9:30 AM–Noon	\$79	417501-03

#### Funtime Express

Join us for the summer version of our popular Funtime class. Participate in arts and crafts, storytelling, science, creative play, singing, and gym play. Children must meet the age requirement by the first day of class.

Age: 3–4 years

Location: Mulberry Pool

6/6–6/9	M–Th	9:30–11:30 AM	\$46	317202-01
6/13–6/16	M–Th	9:30–11:30 AM	\$46	317202-02
6/20–6/23	M–Th	9:30–11:30 AM	\$46	317202-03
6/27–6/30	M–Th	9:30–11:30 AM	\$46	317202-04
7/5–7/7	Tu–Th	9:30–11:30 AM	\$35	317202-05
7/11–7/14	M–Th	9:30–11:30 AM	\$46	317202-06
7/18–7/21	M–Th	9:30–11:30 AM	\$46	317202-07
7/25–7/28	M–Th	9:30–11:30 AM	\$46	317202-08

#### Funtime Pre-K

Develop fundamental kindergarten readiness skills. Curriculum focus is on small-motor skills, literacy, emerging reading/writing and pre-math skills, arts and crafts, movement/physical education, drama, and development of social skills. Children must be 4 by 9/15/2016.

**Note:** Class will not be held on 9/5, 9/23, 10/14, 11/11.

Age: 4–5 years

Location: Northside Aztlan Center

8/29–10/7	M,W,F	9:30 AM–Noon	\$210	417500-01
10/10–11/18	M,W,F	9:30 AM–Noon	\$210	417500-02
11/28–12/16	M,W,F	9:30 AM–Noon	\$118	417500-03

#### Bridge to Kindergarten

A special review week for those entering kindergarten this fall. Practice letters, numbers, social skills, arts and crafts, story time, and how to ride on a school bus.

Age: 4–5 years

Location: Mulberry Pool

8/1–8/4	M–Th	9:00 AM–Noon	\$67	317216-01
8/8–8/11	M–Th	9:00 AM–Noon	\$67	317216-02

### General Programming

#### Curious Twos

Direct your attention to games, crafts, and stories while away from Dad and Mom. **Note:** Class will not be held on 7/4.

Age: 2 years

Location: Northside Aztlan Center

6/6–6/22	M,W	9:30–10:30 AM	\$31	317504-01
6/6–6/22	M,W	11:00 AM–Noon	\$31	317504-02
6/27–7/13	M,W	9:30–10:30 AM	\$26	317504-03
6/27–7/13	M,W	11:00 AM–Noon	\$26	317504-04
7/18–8/3	M,W	9:30–10:30 AM	\$31	317504-05
7/18–8/3	M,W	11:00 AM–Noon	\$31	317504-06

**Fun and Fitness**

Develop a healthy fitness habit in a fun, festive atmosphere. Also enjoy arts and crafts, social time, and story time. Parents: Check out our adult fitness classes running concurrently with this class.

Age: 2–4 years

Location: Foothills Activity Center

6/7–6/16	Tu,Th	9:30–11:30 AM	\$42	317758-01
6/21–6/30	Tu,Th	9:30–11:30 AM	\$42	317758-02
7/5–7/14	Tu,Th	9:30–11:30 AM	\$42	317758-03
7/19–7/28	Tu,Th	9:30–11:30 AM	\$42	317758-04
8/2–8/11	Tu,Th	9:30–11:30 AM	\$42	317758-05

**Afternoon Adventures**

Moms and Dads, do you need an afternoon to yourself? Wouldn't it be nice to run errands, go out to lunch, play golf, or even paint the living room walls without having to worry about what your youngster is getting into? Now you can take care of business while we keep your kids entertained with lots of fun activities.

Age: 3–6 years

Location: Northside Aztlan Center

6/8	W	1:00–5:00 PM	\$22	317513-01
6/15	W	1:00–5:00 PM	\$22	317513-02
6/22	W	1:00–5:00 PM	\$22	317513-03
6/29	W	1:00–5:00 PM	\$22	317513-04
7/6	W	1:00–5:00 PM	\$22	317513-05
7/13	W	1:00–5:00 PM	\$22	317513-06
7/20	W	1:00–5:00 PM	\$22	317513-07
7/27	W	1:00–5:00 PM	\$22	317513-08
8/3	W	1:00–5:00 PM	\$22	317513-09
8/10	W	1:00–5:00 PM	\$22	317513-10

**Disney Delights**

This Disney themed class is absolutely delightful. Have fun with crafts, games, music, and story time.

Age: 3–5 years

Location: Northside Aztlan Center

**Tangled**

6/6	M	1:00–2:30 PM	\$16	317540-01
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**Toy Story**

6/13	M	1:00–2:30 PM	\$16	317540-02
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**Tinkerbell**

6/20	M	1:00–2:30 PM	\$16	317540-03
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**Cars**

6/27	M	1:00–2:30 PM	\$16	317540-04
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**Frozen**

7/11	M	1:00–2:30 PM	\$16	317540-05
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**Minions**

7/18	M	1:00–2:30 PM	\$16	317540-06
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**Dalmatians**

7/25	M	1:00–2:30 PM	\$16	317540-07
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*Disney Delights continued***Peter Pan**

8/1	M	1:00–2:30 PM	\$16	317540-08
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**Winnie the Pooh**

8/8	M	1:00–2:30 PM	\$16	317540-09
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**Little Chefs Cooking Club**

Get creative and hands-on in the kitchen during these theme-based classes. An occasional craft is offered to enhance the learning experience.

Age: 3–5 years

Location: Northside Aztlan Center

**Cute Cupcakes**

6/6	M	10:00–11:30 AM	\$19	317520-01
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**Around the World**

6/13	M	10:00–11:30 AM	\$19	317520-02
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**Breakfast Foods**

6/20	M	10:00–11:30 AM	\$19	317520-03
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**What's for Lunch**

6/27	M	10:00–11:30 AM	\$19	317520-04
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**Delicious Desserts**

7/11	M	10:00–11:30 AM	\$19	317520-05
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**Tutti Fruitti**

7/18	M	10:00–11:30 AM	\$19	317520-06
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**Delightful Dips**

7/25	M	10:00–11:30 AM	\$19	317520-07
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**Ice Cream**

8/1	M	10:00–11:30 AM	\$19	317520-08
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**Jello and Pudding**

8/8	M	10:00–11:30 AM	\$19	317520-09
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**Pizza**

8/15	M	10:00–11:30 AM	\$19	317520-10
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**Lunch and Learn**

Bring a lunch, make new friends, and learn something new. This enrichment class compliments most pre-k and 1/2 day kindergarten programs. Parents: Check out our fitness classes that run concurrently with this class. Drop-in for this class is \$10. No drop-ins permitted after class maximum is reached.

Age: 3–5 years

Location: Foothills Activity Center

6/7–6/16	Tu,Th	12:30–2:30 PM	\$42	317712-01
6/21–6/30	Tu,Th	12:30–2:30 PM	\$42	317712-02
7/5–7/14	Tu,Th	12:30–2:30 PM	\$42	317712-03
7/19–7/28	Tu,Th	12:30–2:30 PM	\$42	317712-04
8/2–8/11	Tu,Th	12:30–2:30 PM	\$42	317712-05

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

\*24 months & under for patients without insurance

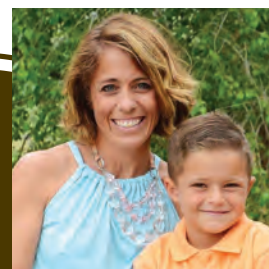


# Mountain Kids

PEDIATRIC DENTISTRY

Come see Dr. Joe Guido and Dr. Katie Rusnak!

We are excited to add a third doctor to our team, Dr. Shivaun McArtor!



3600 Mitchell Drive | Fort Collins, CO | p.970.224.3600 | [mountainkidsdentistry.com](http://mountainkidsdentistry.com)  
 In Network with most Insurances | Follow us on Facebook



### I Want to Be A Scientist

Find out what it's like to be a scientist. Conduct hands-on investigations and discover the world of science.

Age: 3–6 years

Location: Northside Aztlan Center

#### Oceanography

6/7	Tu	9:30–11:00 AM	\$16	317507-01
6/8	W	9:30–11:00 AM	\$16	317507-02
6/9	Th	9:30–11:00 AM	\$16	317507-03

#### Entomology

6/14	Tu	9:30–11:00 AM	\$16	317507-04
6/15	W	9:30–11:00 AM	\$16	317507-05
6/16	Th	9:30–11:00 AM	\$16	317507-06

#### Astronomy

6/21	Tu	9:30–11:00 AM	\$16	317507-07
6/22	W	9:30–11:00 AM	\$16	317507-08
6/23	Th	9:30–11:00 AM	\$16	317507-09

#### Vet Medicine

6/28	Tu	9:30–11:00 AM	\$16	317507-10
6/29	W	9:30–11:00 AM	\$16	317507-11
6/30	Th	9:30–11:00 AM	\$16	317507-12

#### Flight

7/5	Tu	9:30–11:00 AM	\$16	317507-13
7/6	W	9:30–11:00 AM	\$16	317507-14
7/7	Th	9:30–11:00 AM	\$16	317507-15

#### Reptiles

7/12	Tu	9:30–11:00 AM	\$16	317507-16
7/13	W	9:30–11:00 AM	\$16	317507-17
7/14	Th	9:30–11:00 AM	\$16	317507-18

#### Zoology

7/19	Tu	9:30–11:00 AM	\$16	317507-19
7/20	W	9:30–11:00 AM	\$16	317507-20
7/21	Th	9:30–11:00 AM	\$16	317507-21

#### Magnets

7/26	Tu	9:30–11:00 AM	\$16	317507-22
7/27	W	9:30–11:00 AM	\$16	317507-23
7/28	Th	9:30–11:00 AM	\$16	317507-24

#### Paleontology

8/2	Tu	9:30–11:00 AM	\$16	317507-25
8/3	W	9:30–11:00 AM	\$16	317507-26
8/4	Th	9:30–11:00 AM	\$16	317507-27

#### Concoctions

8/9	Tu	9:30–11:00 AM	\$16	317507-28
8/10	W	9:30–11:00 AM	\$16	317507-29
8/11	Th	9:30–11:00 AM	\$16	317507-30

**Hello Kitty**

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

Age: 3–6 years

Location: Northside Aztlan Center

8/2–8/4	Tu,Th	1:00–2:30 PM	\$20	317546-01
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**Hospital Helpers**

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

Age: 3–6 years

Location: Northside Aztlan Center

6/14–6/16	Tu,Th	1:00–2:30 PM	\$20	317545-01
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**My Pretty Pony**

Enjoy My Pretty Pony games, crafts, and stories. Bring your ponies with you and have fun playing pretend with your friends.

Age: 3–6 years

Location: Northside Aztlan Center

6/28–6/30	Tu,Th	1:00–2:30 PM	\$20	317542-01
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**Ninja Turtles**

Have fun with Leonardo, Raphael, Donatello, and Michelangelo inspired crafts and games. Snack included. Pizza anyone?

Age: 3–6 years

Location: Northside Aztlan Center

7/26–7/28	Tu,Th	1:00–2:30 PM	\$20	317543-01
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**Play Dough World**

Spend time creating scented, edible, and even glow in the dark play dough. Also create your very own world made completely from play dough.

Age: 3–6 years

Location: Northside Aztlan Center

7/12–7/14	Tu,Th	1:00–2:30 PM	\$20	317547-01
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**A Pirates Life for Me**

Jump aboard Matey! Help our crew search and find the hidden treasure. Class includes dramatic play and arts and crafts.

Age: 3–6 years

Location: Northside Aztlan Center

8/9–8/11	Tu,Th	1:00–2:30 PM	\$20	317551-01
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**Secret Agents**

Create spy tools and work as a team to solve the mystery. Class includes dramatic play, arts and crafts, and stories.

Age: 3–6 years

Location: Northside Aztlan Center

6/7–6/9	Tu,Th	1:00–2:30 PM	\$20	317552-01
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**Super Heroes**

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

Age: 3–6 years

Location: Northside Aztlan Center

7/5–7/7	Tu,Th	1:00–2:30 PM	\$20	317548-01
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**Summer Celebrations**

Explore, learn, create, and play during activities centered around a theme. Enjoy games, arts and crafts, and refreshments.

Age: 3–6 years

Location: Northside Aztlan Center

**Princess Party**

6/10	F	1:00–2:30 PM	\$16	317541-01
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**Paw Patrol**

6/24	F	1:00–2:30 PM	\$16	317541-02
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**Sofia the First**

7/8	F	1:00–2:30 PM	\$16	317541-03
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**Builders & Bulldozer**

7/15	F	1:00–2:30 PM	\$16	317541-04
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**Lady Bugs & Butterflies**

7/29	F	1:00–2:30 PM	\$16	317541-05
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**Cars & Trucks**

8/5	F	1:00–2:30 PM	\$16	317541-06
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**Octonauts**

8/12	F	1:00–2:30 PM	\$16	317541-07
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**Preschool Tools**

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

Age: 4–6 years

Location: Northside Aztlan Center

**Hammers and Nails**

6/17	F	1:00–2:00 PM	\$12	317556-01
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**Screws, Bolts, Nuts**

7/1	F	1:00–2:00 PM	\$12	317556-02
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**Take-it-apart**

7/22	F	1:00–2:00 PM	\$12	317556-03
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**Storybook Theater**

Designed for those interested in acting. Fairytales and traditional children's stories provide a familiar base on which acting skills are encouraged. Dependent on the story, make simple costumes and backgrounds. New stories are introduced each week.

Age: 4–6 years

Location: Mulberry Pool

6/10	F	9:30–11:30 AM	\$20	317530-01
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6/24	F	9:30–11:30 AM	\$20	317530-02
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7/8	F	9:30–11:30 AM	\$20	317530-03
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7/22	F	9:30–11:30 AM	\$20	317530-04
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8/5	F	9:30–11:30 AM	\$20	317530-05
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**Fairytales Come to Life!**

Become your favorite storybook character and be the star of the show. Actors and actresses learn simple lines and character development. The best part is dressing up in costumes and performing for friends and family. Get your tickets now!

Age: 4–9 years

Location: Northside Aztlan Center

7/11–7/14	M–Th	1:30–2:30 PM	\$50	318527-01
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**Child With Parent Classes**

Ages 0–4 years

**Toddler Time**

Focus on your child's creativity and imagination in this combination of fun fitness games, activities, stories, crafts, and movement.

Age: 18 months–2 years

Location: Northside Aztlan Center

6/10–6/17	F	9:30–10:30 AM	\$19	317562-01
7/8–7/15	F	9:30–10:30 AM	\$19	317562-02
8/5–8/12	F	9:30–10:30 AM	\$19	317562-03

**Little Explorers**

Explore science, movement, arts and crafts, and music with your curious toddler. Each class offers a new experience.

Age: 2 years

Location: Northside Aztlan Center

6/10–6/17	F	11:00 AM–Noon	\$20	317561-01
7/8–7/15	F	11:00 AM–Noon	\$20	317561-02
8/5–8/12	F	11:00 AM–Noon	\$20	317561-03

**Mother Hubbard's Crafts and Cupboard**

Get hands-on in themed classes that include not just cooking, but also arts and crafts and story time.

Age: 2 years

Location: Northside Aztlan Center

**Fruit Kabobs**

6/10	F	9:30–10:30 AM	\$16	317571-01
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**Pancakes**

6/24	F	9:30–10:30 AM	\$16	317571-02
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**Red, White & Blue**

7/1	F	9:30–10:30 AM	\$16	317571-03
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**Muffins**

7/15	F	9:30–10:30 AM	\$16	317571-04
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**Mini Cupcakes**

7/29	F	9:30–10:30 AM	\$16	317571-05
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**Baby Ballerinas**

Begin to explore body movement and awareness together in this fun and imaginative class.

Age: 2–3 years

Location: Club Tico

6/7–6/28	Tu	9:00–9:45 AM	\$32	317196-01
7/12–8/2	Tu	9:00–9:45 AM	\$32	317196-02

**Parent and Tot Science**

Explore the world of science with your little one by making fun concoctions for the bathtub.

Age: 2–3 years

Location: Northside Aztlan Center

7/22–7/29	F	10:00–11:00 AM	\$20	317560-01
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**Roly Polys**

Take part with your child while he/she discovers the world of gymnastics in this structured class. Children work on agility, flexibility, strength, and coordination using balance beams, swing bars, parallel bars, and a mini tramp. **Note:** Class will not be held on 7/4.

Location: Foothills Activity Center

Age: 2 years

6/6–6/20	M	11:15 AM–Noon	\$33	317795-01
5/31–6/21	Tu	11:30 AM–12:15 PM	\$33	317795-02
6/1–6/22	W	11:15 AM–Noon	\$33	317795-03
6/27–7/18	M	11:15 AM–Noon	\$33	317795-04
6/28–7/19	Tu	11:30 AM–12:15 PM	\$33	317795-05
6/29–7/20	W	11:15 AM–Noon	\$33	317795-06
7/25–8/8	M	11:15 AM–Noon	\$33	317795-07
7/26–8/9	Tu	11:30 AM–12:15 PM	\$33	317795-08

Age: 3 years

6/6–6/20	M	10:15–11:00 AM	\$33	317795-09
6/1–6/22	W	10:15–11:00 AM	\$33	317795-10
6/2–6/23	Th	11:30 AM–12:15 PM	\$33	317795-11
6/27–7/18	M	10:15–11:00 AM	\$33	317795-12
6/29–7/20	W	10:15–11:00 AM	\$33	317795-13
6/30–7/21	Th	11:30 AM–12:15 PM	\$33	317795-14
7/25–8/8	M	10:15–11:00 AM	\$33	317795-15
7/28–8/11	Th	11:30 AM–12:15 PM	\$33	317795-16

## Education

### Adult Programming

#### CPR & First Aid

##### CPR & First Aid

Learn basic first aid procedures, as well as adult, child, and infant CPR. Great for daycare providers. Two certificates from the Emergency Care Safety Institute-AAOS are issued at the end of the class. Book included. **Note:** Class not discountable.

Age: 14 years & up

Location: Senior Center

7/9	Sa	9:00 AM–5:00 PM	\$77	307441-02
8/13	Sa	9:00 AM–5:00 PM	\$77	307441-03
6/11	Sa	9:00 AM–5:00 PM	\$77	307441-01

##### CPR Professional

Learn skills for adult, child, and infant CPR including the use of a barrier device-mask, use of an AED, and relief of foreign body airway obstruction. A two-year American Heart Association Certification is issued upon successful completion of the course. Appropriate for new certifications and re-certifications. **Note:** Includes AHA student text. Class not discountable.

Age: 18 years & up

Location: Senior Center

6/8	W	5:30–9:30 PM	\$77	307442-01
7/13	W	5:30–9:30 PM	\$77	307442-02
8/10	W	5:30–9:30 PM	\$77	307442-03

### Cooking

#### Everyday Curries

An introduction to the science of making curries in a simple and easy way, with a focus on the role spices play. Menu: Red lentils curry (Dal) with summer squash, peas and potato curry, roasted eggplant curry.

Age: 18 years & up

Location: Senior Center

6/2	Th	6:00–8:30 PM	\$35	307424-01
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#### Green Smoothies and Nice-Cream

Explore how to get the most out of your blender. Make nutritious, delicious fresh green smoothies and nice-cream (made with fruits).

Age: 18 years & up

Location: Senior Center

6/6	M	6:00–8:00 PM	\$29	307425-01
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#### Healthy Burgers and Fries

Learn how to make guilt free, low fat vegetarian-vegan burgers and fries. These recipes pack a punch of flavor, so you won't miss the extra calories. Menu: Garbanzo bean burgers, tempeh burgers, Portobello mushroom burgers, carrot and sweet potato fries.

Age: 18 years & up

Location: Senior Center

6/7	Tu	6:00–8:30 PM	\$35	307426-01
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#### Food for Life: Cancer Project

Research shows that as much as 40% of cancer risk may be diet related. Explore how the right food choices can help if you have had cancer, want to prevent a re-occurrence, or how to reduce your risk of developing cancer. 8–10 demonstrations with sampling to eat throughout the day. Topics: How Foods Fight Cancer; Low-Fat, High-Fiber Foods; Discovering Dairy and Meat Alternatives; Cancer-fighting Compounds; and Healthy Weight Control.

Age: 18 years & up

Location: Senior Center

6/12	Su	9:00 AM–3:00 PM	\$69	307428-01
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#### Seed to Stomach – Sprouting 101

Sprouts are insanely bio-available which means your body can easily absorb them. They are also rich in fiber, vitamins, minerals, proteins, and phytochemicals. Learn how to sprout seeds, legumes, and grains at home in a mason jar and to use these wonderful creations in some quick and easy recipes.

Age: 18 years & up

Location: Senior Center

6/13	M	6:00–8:30 PM	\$35	307427-01
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#### Cooking Around the World

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

Age: 18 years & up

Location: Senior Center

6/14–7/5	Tu	6:30–7:30 PM	\$49	307436-01
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#### From Spain with Love-Tapas

Tapas are Spain's beloved collection of small plates and delicious bits that accompany wine and great laughs all night long. Our vegan version of Tapas is fun to prepare, eat, and bring to a party.

Age: 18 years & up

Location: Senior Center

6/23	Th	6:00–8:30 PM	\$35	307429-01
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### Indian Crepes and Chutneys

Make simple, gluten free, and vegan crepes and pair with the perfect chutney for a meal that everyone will talk about. Menu: Quinoa crepes with roasted red pepper chutney, lentil crepes with beet chutney, rice crepes with zucchini chutney.

Age: 18 years & up

Location: Senior Center

7/12	Tu	6:00–8:30 PM	\$35	307430-01
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### Coconut ‘Cuckoo’ Curries

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

Age: 18 years & up

Location: Senior Center

7/21	Th	6:00–8:30 PM	\$35	307431-01
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### Thai Cooking, 1st Course

Utilize the traditional ingredients (chilies, cilantro, lime juice, and coconut milk) that have brought a legion of fans around the world to Thai cuisine. Menu: Pad Thai, spring rolls, rice paper wrap with fresh vegetables, rice noodles, sweet dipping sauce, sweet sticky rice with coconut milk and fresh mango.

Age: 18 years & up

Location: Senior Center

7/13	W	6:00–8:30 PM	\$35	307433-01
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### Thai Cooking, 2nd Course

Delicious Thai salad is all about balancing the complexity of spicy, sour, sweet, and salty flavors into harmonious dishes. Balance the unique flavors of Thai cuisine, as well as substitute local ingredients to ensure you can prepare the dishes back home. Menu: Green papaya salad, Thai lettuce cup salad (larb), lemongrass salad, sticky rice.

Age: 18 years & up

Location: Senior Center

8/24	W	6:00–8:30 PM	\$35	307434-01
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### Magical Mystery Kebabs

Make vegetarian kebabs and burgers with beans, veggies, greens, sprouts, or whatever you have on hand. Menu: Tandoori tofu tikka kebab, vegetable shish kebab, mint chutney, mung bean sprout and zucchini sliders, spinach and green peas kebabs.

Age: 18 years & up

Location: Senior Center

8/31	W	6:00–8:30 PM	\$35	307432-01
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## General

### Fly Cheap, Stay Cheap, Travel

Learn the secrets of traveling in grand style on a limited budget. Discover how to obtain great deals on airfares, accommodations, cruises, entertainment, and creative lodging ideas, all for a fraction of the usual cost. **Note:** Optional textbook available for an fee of \$15.

Age: 18 years & up

Location: Senior Center

6/2	Th	6:00–8:00 PM	\$50	307476-01
8/2	Tu	6:00–8:00 PM	\$50	307476-02

### Writing Memoir

Some of the first forays into writing begin with journal entries. Writing memoir for yourself or an outside audience can help you deal with difficult life experience or call to life wonderful memories. Learn how to start, some clarification between biography and memoir, and some of the pitfalls to writing memoir.

Age: 18 years & up

Location: Senior Center

6/23	Th	1:30–3:00 PM	\$15	307459-01
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### How to be a Travel Writer: The Easy Way

Turn your passion into a career in travel journalism and see the world for free. Learn the insider steps to get started. **Note:** Textbook available for an optional fee of \$25; this cost can be removed from the class cost if you elect not to use the book.

Age: 18 years & up

Location: Senior Center

7/2	Sa	9:00 AM–Noon	\$60	307477-01
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## Pet Care

### Canine High School

Class includes socialization, learning principles of training, and learning new behaviors including focusing attention, loose leash walking skills, polite greetings, sit/down, stay, leave it, and beginning steps of recall. **Note:** Class meets outside in northeast parking lot grassy area.

Age: 18 years & up

Location: Northside Aztlan Center

7/13–8/10	W	6:00–7:00 PM	\$89	307462-01
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### Canine Behavior, Principles

This humans-only, interactive seminar teaches the principles of dog training which, when applied, result in you being able to teach your canine new behaviors and eliminate unwanted behaviors. Understand more about how canines think, improving your relationship.

**Note:** Do not bring dogs to class.

Age: 18 years & up

Location: Senior Center

7/19	Tu	6:00–8:00 PM	\$35	307463-01
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## Technology

Classes provided by the Front Range PC Users Group

### Excel Introduction

Learn the basics of data entry, formulas, formatting, charts, and printing for Excel version 2010.

Age: 18 years & up

Location: Columbine Health Computer Lab

6/4	Sa	8:30 AM–12:30 PM	\$14	307903-01
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### Computer Basics

For those who've never used a computer, this class first familiarizes you with basic computer technology, then moves to writing letters, using email, and using the internet to listen to music and watch movies.

Age: 18 years & up

Location: Columbine Health Computer Lab

6/7–6/10	Tu–F	10:00 AM–Noon	\$19	307902-01
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### Beginning Word v. 2010

Prerequisite: Computer Basics Class or basic computer knowledge. An introduction, using hands-on exercises, to word processing basics such as file management and text formatting. Also expand into the lesser known, but useful features such as tables and mail merge.

Age: 18 years & up

Location: Columbine Health Computer Lab

6/18–6/25	Sa	8:30 AM–12:30 PM	\$24	307909-01
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### Free & Excellent Software

Why pay a large cost or monthly fees for your computer software when you can find excellent and free software available for any computer task? Bring your computer to class and learn how to locate, download, and install free computer software.

Age: 18 years & up

Location: Senior Center

7/2	Sa	9:00 AM–Noon	\$14	307406-01
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### Having Fun with Windows

Prerequisite: Computer Basics Class or basic computer knowledge. Learn basic terms and tools of Windows 7 and 10. Practice hands-on exercises that demonstrate working with windows, menus, and files, as well as a brief, non-technical description of the computer and simple maintenance tasks suitable for even the most inexperienced user.

Age: 18 years & up

Location: Columbine Health Computer Lab

7/9–7/23	Sa	8:30 AM–12:30 PM	\$25	307916-01
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### Gizmos & Gadgets

Become an informed consumer and discover what tablets and smart phones offer through a combination of demonstrations, hands-on sessions, and a layman's introduction to technology.

Age: 18 years & up

Location: Senior Center

7/30	Sa	9:00 AM–Noon	\$14	307407-01
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## Additional Technology Classes

### iPhone Photography

Discover picture-taking secrets and learn how to properly compose, take beautiful panoramas, and time lapse videos. After exploring the most useful apps, go outside with the class to practice.

Age: 18 years & up

Location: Senior Center

6/1	W	6:00–9:00 PM	\$50	307419-01
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### Blogging for Passion or Profit

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

Age: 18 years & up

Location: Columbine Health Computer Lab

6/29–7/27	W	7:30–8:30 PM	\$45	307901-01
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### Blogging Lab

An optional extension of the Blogging for Passion or Profit class. Apply the lessons covered in class with guidance from the instructor.

6/30–7/21	Th	8:30–9:30 PM	\$40	307901-02
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### Facebook for Beginners

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

Age: 18 years & up

Location: Columbine Health Computer Lab

7/6–7/27	W	6:15–7:15 PM	\$45	307905-01
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## Youth Programming

### Teen Cooking Classes

Age: 12–15 years

Location: Northside Aztlan Center

### Vegan Cooking

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 provided.

6/7	Tu	5:00–6:30 PM	\$34	315555-01
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### Crazy Cakes

Experiment with fondant, piping, tiers, fillings, and more.

6/14	Tu	5:00–6:30 PM	\$34	315555-02
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**Grill Masters**

Learn the tricks to perfect barbeque chicken, the best burger, and the juiciest steak you've ever had.

6/21	Tu	5:00–6:30 PM	\$34	315555-03
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**Delectable Desserts**

Make pie, brownies, and other delectable desserts. Have a dessert you've always wanted to try? Tell us and we'll teach you how!

6/28	Tu	5:00–6:30 PM	\$34	315555-04
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**Cake Pop Pros**

Make all different flavors, learn how to decorate for special occasions, and play with different ways to display and serve cake pops.

7/19	Tu	5:00–6:30 PM	\$34	315555-06
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**Cupcake Wars**

Delicious cupcake filling, creative decoration techniques, and unconventional cupcake shapes are all incorporated into the competition.

7/26	Tu	5:00–6:30 PM	\$34	315555-07
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**Chopped Challenge**

Summer cooking recipes using local produce make health and exciting meals.

8/2	Tu	5:00–6:30 PM	\$34	315555-08
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**Kids Can Cook**

Get creative in the kitchen with these themed classes geared towards increasing cooking knowledge. **Note:** Please note allergies when registering.

Age: 6–9 years

Location: Northside Aztlan Center

**Cake Pops**

6/6	M	1:00–3:00 PM	\$24	318519-01
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**Delicious Desserts**

6/13	M	1:00–3:00 PM	\$24	318519-02
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**Fun Breakfast**

6/20	M	1:00–3:00 PM	\$24	318519-03
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**Let's do Lunch**

6/27	M	1:00–3:00 PM	\$24	318519-04
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**Snack Foods**

7/25	M	1:00–3:00 PM	\$24	318519-07
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**Gross Goodies**

8/1	M	1:00–3:00 PM	\$24	318519-08
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**Gross Grub**

8/8	M	1:00–3:00 PM	\$24	318519-09
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**Pizza**

8/15	M	1:00–3:00 PM	\$24	318519-10
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**General****Fairytales Come to Life!**

Be the star of the show as you become your favorite storybook character. Actors and actresses learn simple lines and character development. Then, dress up in costumes and perform for friends and family. Get your tickets now! **Note:** Class partially discountable.

Age: 4–9 years

Location: Northside Aztlan Center

7/11–7/14	M–Th	1:30–2:30 PM	\$50	318527-01
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**Princess Parties**

Day 1: Wear your prettiest princess dress and join Cinderella for a royal tea party. Bring your favorite tea set to use. Day 2: Bring an apron to bake and decorate sugar cookies. Day 3: Dress up in costumes and become your favorite storybook character. Day 4: Make a sugar scrub and watercolor paints for bath time. **Note:** Class partially discountable. A \$15 supply fee is due to the instructor the first day of class.

Age: 4–9 years

Location: Northside Aztlan Center

7/11–7/14	M–Th	Noon–1:00 PM	\$50	318526-01
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**Magic and Illusions**

Come learn the art of magic and illusion through a variety of magic tricks, making props to perform the tricks, and putting on mini magic shows each day. **Note:** Class partially discountable. A \$10 supply fee is due to the instructor the first day of class.

Age: 7 years & up

Location: Northside Aztlan Center

7/18–7/21	M–Th	1:30–2:30 PM	\$50	318548-01
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**Cool Chemistry**

Be amazed and astounded by some of the coolest chemistry experiments that fizz, foam, splatter, and ooze! These hands-on activities are all about having fun while learning about chemistry. **Note:** Class partially discountable. A \$15 supply fee is due to the instructor the first day of class.

Age: 8–12 years

Location: Northside Aztlan Center

7/18–7/21	M–Th	Noon–1:00 PM	\$50	318549-01
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**Young Authors Writing and Publishing**

Calling all young authors! Learn how to get stories and poems published in popular children's magazines. Bring a story less than 2,000 words and/or poem and prepare it to be sent to multiple magazines for possible publication. **Note:** Class partially discountable. A \$10 supply fee is due to the instructor the first day of class.

Age: 8–12 years

Location: Northside Aztlan Center

7/18–7/21	M–Th	9:00–10:00 AM	\$50	318550-01
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### Wild and Wacky Concoctions

Get messy with these wild and wacky concoctions. From glow-in-the-dark slime to fun and funky foam, have a blast creating and concocting. **Note:** Class partially discountable. A \$15 supply fee is due to the instructor the first day of class.

Age: 8–12 years

Location: Northside Aztlan Center

7/11–7/14	M–Th	4:30–5:30 PM	\$50	318551-01
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### Young Illustrators

Come join other artists who have gotten their artwork published in popular children’s magazines. Create drawings/paintings, learn the publication process, and submit your masterpieces to multiple magazines for possible publication. **Note:** Class partially discountable. A \$10 supply fee is due to the instructor the first day of class.

Age: 8–12 years

Location: Northside Aztlan Center

7/18–7/21	M–Th	10:15–11:15 AM	\$50	318552-01
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### Stage Right to Drama

Sharpen your theatrical skills in this acting workshop. Play improv games, participate in a variety of acting exercises to develop creative expression, and learn the basics of theatrical and costume design.

**Note:** Class partially discountable.

Age: 9–14 years

Location: Northside Aztlan Center

7/11–7/14	M–Th	3:00–4:00 PM	\$50	318529-01
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Learn babysitting business practices, discipline and communication, feeding, diapering, safe play for infants and children, how to prevent accidents, how to recognize and respond to emergencies, basic first aid, and choking and hands only CPR. Students receive a card endorsed by the American Academy of Pediatrics for Babies. **Note:** Class only partially discountable. Dinner not included.

Age: 11–16 years

Location: Northside Aztlan Center

6/6	M	Noon–8:00 PM	\$75	315522-01
6/13	M	Noon–8:00 PM	\$75	315522-02
6/20	M	Noon–8:00 PM	\$75	315522-03
6/27	M	Noon–8:00 PM	\$75	315522-04
7/11	M	Noon–8:00 PM	\$75	315522-05
7/18	M	Noon–8:00 PM	\$75	315522-06
7/25	M	Noon–8:00 PM	\$75	315522-07
8/1	M	Noon–8:00 PM	\$75	315522-08

### LEGO®

Investigate the endless creative possibilities with LEGO®.

#### Art & Architecture

Collaborate in small groups to build grand structures such as the Parthenon in Greece, the Notre Dame Cathedral in Paris, the tree houses of Papua New Guinea, and New York’s Empire State Building. **Note:** Class partially discountable.

Location: Club Tico

Age: 5–6 years

7/25–7/29	M–F	9:00 AM–Noon	\$170	318192-02
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Age: 7–12 years

7/25–7/29	M–F	1:00–4:00 PM	\$170	318192-01
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#### Construction Vehicles

Dig into engineering with big trucks, construction vehicles, and super machines. Explore the engineering terms, concepts, and vocabulary behind large scale building machines. Build and learn about steam-rollers, bulldozers, wrecking balls, tower cranes, and more while building with your favorite building system, LEGO®.

Age: 5–6 years

Location: Club Tico

7/11–7/15	M–F	9:00 AM–Noon	\$170	318180-01
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## Engineering

Discover and explore real-world concepts in physics, engineering, and architecture. Under the guidance of an experienced Play-Well instructor, build engineer-designed projects such as bridges, sky scrapers, motorized cars, boat, mazes, and Battletrack. **Note:** Class partially discountable.

Location: Club Tico

Pre-engineering

Age: 5–6 years

6/13–6/17	M–F	9:00 AM–Noon	\$170	318194-01
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Engineering Masters

Age: 7–12 years

6/13–6/17	M–F	1:00–4:00 PM	\$170	318198-01
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## Engineering Challenge

Designed for the hardcore LEGO® enthusiast. Create a massive machine in the style of a Rube-Goldberg invention. Build a variety of motorized devices such as an air compressor scissor lift and a marble moving crankshaft in this advanced camp. Collaborate in small groups to accomplish large scale missions. **Note:** Class partially discountable.

Age: 7–12 years

Location: Club Tico

7/11–7/15	M–F	1:00–4:00 PM	\$170	318196-01
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## Engineering Minecraft

Using thousands of LEGO® create your favorite Minecraft objects. With the guidance of an experienced Play-Well instructor, students explore real-world concepts in physics, engineering, and architecture. Whether you are new to Minecraft or are a seasoned veteran, get hooked on the creative possibilities. **Note:** Class partially discountable.

Location: Club Tico

Pre-engineering

Age: 5–6 years

8/8–8/12	M–F	9:00 AM–Noon	\$170	318197-01
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Engineering Masters

Age: 7–12 years

8/8–8/12	M–F	1:00–4:00 PM	\$170	318198-02
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## Jedi Engineering

Build complex machines and structures based on a galaxy far, far away. Play-Well's Jedi instructors reinforce key engineering concepts such as gear trains, worm drives, pneumatics, and eccentric motion while tapping into the powerful forces of imagination and engineering. **Note:** Class partially discountable.

Location: Club Tico

Age: 5–6 years

6/27–7/1	M–F	9:00 AM–Noon	\$170	318195-01
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Jedi Master

Age: 7–12 years

6/27–7/1	M–F	1:00–4:00 PM	\$170	318195-02
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## Youth Engineers

### Bicycles & Engines

Completely take apart real bicycles, then reassemble them. Afterwards, move on to reciprocating engines. Completely tear apart a real engine. Then, build a working LEGO® model engine that you keep and take home.

Location: Foothills Activity Center

Age: 5–8 years

6/20–6/24	M–F	10:00–11:00 AM	\$86	315773-03
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Age: 9–12 years

7/25–7/29	M–F	10:00–11:00 AM	\$86	315773-07
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### Electronics

Experiment with electronics by building circuits and a real working electric motor. Then, learn about telescopes and mechanics by building a real telescope and a three axis stand to hold it. Keep your electric motor and the telescope that you build.

Location: Foothills Activity Center

Age: 5–8 years

6/6–6/10	M–F	10:00–11:00 AM	\$86	315773-01
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Age: 9–12 years

7/11–7/15	M–F	10:00–11:00 AM	\$86	315773-05
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### Launchers & Blasters

Learn how Nerf guns work. Then, design and build our very own Nerf Dart blaster. Next, learn about catapults, and then build our very own, very awesome catapult. Keep the Nerf dart blaster and catapult you build.

Location: Foothills Activity Center

Age: 5–8 years

6/13–6/17	M–F	10:00–11:00 AM	\$86	315773-02
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Age: 9–12 years

7/18–7/22	M–F	10:00–11:00 AM	\$86	315773-06
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### Planes & Hovercrafts

Learn about the physics of flight and build working models of an electric hovercraft and a whole variety of flying airplanes that you keep and take home.

Location: Foothills Activity Center

Age: 5–8 years

6/27–7/1	M–F	10:00–11:00 AM	\$86	315773-04
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Age: 9–12 years

8/1–8/5	M–F	10:00–11:00 AM	\$86	315773-08
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## Farm

### Adopt an Animal

Anyone can adopt an animal at The Farm and become its “parent.” As an adoptive parent, you help provide for the food and care of “your” animal.

It’s easy to adopt! Choose your favorite Farm animal and adopt it for a year by making a tax-deductible donation. A Farm “parent” receives an adoption certificate and his/her name listed at The Farm. All adoptive parents are invited to a special event at The Farm in December.

Your adopted animal stays at The Farm where it is cared for by Farm staff and welcomes your visit regularly. **Note:** For all practical purposes, some of the animals are sold when they reach maturity.

### Birthday Parties

Celebrate your child’s birthday with Farm flair. Meeting the animals, riding a pony (April – October) or going on a hayride creates a very unique party for your 3–9 year old. Call The Farm or stop by during open hours to reserve your date. A deposit is due at time of reservation. Your farmer hostess takes care of all the details to ensure a stress-free day for you and your guests. Party packages include pony rides or hayride, lemonade, table settings, a bandana for each child, and of course, a visit with the animals.

### The Farm Store

Looking for a unique farm-related gift? The Farm Store is the place to shop. We are stocked with farm toys, puzzles, t-shirts, and novelties.

### The Farm Museum

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

### Pony Club

Pony Club members have exclusive access to the pony gang during special Pony Club hours. A monthly fee of \$20 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.

## Farm Day Camps

### Farm Day Camp

Campers help take care of the animals by gathering eggs, milking the cow, and “slopping” the pigs. Each session is packed full of games, crafts, barnyard trivia, and chores. A field trip and an overnight at the Farm highlight the second week.

Age: 8–12 years

Location: The Farm

5/31–6/10	Tu–F	8:30 AM–3:30 PM	\$208	308602-01
6/14–6/24	Tu–F	8:30 AM–3:30 PM	\$208	308602-02
6/28–7/8	Tu–F	8:30 AM–3:30 PM	\$208	308602-03
7/12–7/22	Tu–F	8:30 AM–3:30 PM	\$208	308602-04

### Mini Day Camp

Designed to entertain and educate. Campers explore country life by milking the cow, gathering eggs, riding ponies, and going on treasure hunts. Mornings are topped off with picnic lunches in the silo, hayloft, or while on a hayride.

Age: 6–7 years

Location: The Farm

5/31–6/3	Tu–F	8:30 AM–12:30 PM	\$64	308604-01
6/7–6/10	Tu–F	8:30 AM–12:30 PM	\$64	308604-02
6/14–6/17	Tu–F	8:30 AM–12:30 PM	\$64	308604-03
7/19–7/22	Tu–F	8:30 AM–12:30 PM	\$64	308604-04

### Not-So-Mini Day Camp

Extended version of Mini Day Camp. Campers help with typical farm chores such as gathering eggs, milking the cow, and riding ponies. Other “chores” include crafts and going on a hayride.

Age: 6–7 years

Location: The Farm

6/21–6/24	Tu–F	8:30 AM–3:30 PM	\$128	308605-01
6/28–7/1	Tu–F	8:30 AM–3:30 PM	\$128	308605-02
7/5–7/8	Tu–F	8:30 AM–3:30 PM	\$128	308605-03
7/26–7/29	Tu–F	8:30 AM–3:30 PM	\$128	308605-04

## Pony Camps

### Pony Riding Lessons

You and your child learn to groom and saddle a pony together. You lead your child’s pony as the basics of riding are taught. **Note:** This is a child with parent class.

Location: The Farm

Age: 3–5 years

6/6–6/9	M–Th	6:00–7:00 PM	\$58	308614-01
6/13–6/16	M–Th	6:00–7:00 PM	\$58	308614-02
8/2–8/5	Tu–F	9:00–10:00 AM	\$58	308614-03

Age: 6–7 years

6/20–6/23	M–Th	6:00–7:00 PM	\$58	308614-04
8/2–8/5	Tu–F	10:30–11:30 AM	\$58	308614-05

### Pony Experience

Work with a partner and learn about the ponies including how to groom, saddle, and ride.

Age: 6–7 years

Location: The Farm

5/30–6/2	M–Th	9:30–11:30 AM	\$104	308625-01
6/6–6/9	M–Th	9:30–11:30 AM	\$104	308625-02

**Beginner Pony Camp**

Learn to groom, saddle, and ride a pony. Also help with pony chores. Safety is stressed at all times.

Age: 8–12 years

Location: The Farm

5/31–6/3	Tu–F	8:30–11:00 AM	\$135	308607-01
5/31–6/3	Tu–F	11:45 AM–2:30 PM	\$135	308607-02
6/7–6/10	Tu–F	11:45 AM–2:15 PM	\$135	308607-03
6/14–6/17	Tu–F	8:30–11:00 AM	\$135	308607-04
6/21–6/24	Tu–F	8:30–11:00 AM	\$135	308607-05
7/5–7/8	Tu–F	8:30–11:00 AM	\$135	308607-06
7/12–7/15	Tu–F	11:45 AM–2:15 PM	\$135	308607-07
7/19–7/22	Tu–F	8:30–11:00 AM	\$135	308607-08

**Advanced Pony Camp**

Once you've mastered grooming and saddling the ponies, join this class. The basics of riding are reviewed and more time is spent riding the ponies.

Age: 8–12 years

Location: The Farm

6/7–6/10	Tu–F	8:30–11:00 AM	\$135	308608-01
6/14–6/17	Tu–F	11:45 AM–2:15 PM	\$135	308608-02
6/21–6/24	Tu–F	11:45 AM–2:15 PM	\$135	308608-03
6/28–7/1	Tu–F	8:30–11:00 AM	\$135	308608-04
7/5–7/8	Tu–F	11:45 AM–2:15 PM	\$135	308608-05
7/12–7/15	Tu–F	8:30–11:00 AM	\$135	308608-06
7/26–7/29	Tu–F	8:30–11:00 AM	\$135	308608-07
7/26–7/29	Tu–F	11:45 AM–2:15 PM	\$135	308608-08

**Horsemanship I**

Teens learn to groom, saddle, and ride a horse. Class size is small, so sign up soon!

Age: 12–18 years

Location: The Farm

5/30–6/2	M–Th	12:15–2:45 PM	\$135	308616-01
6/13–6/16	M–Th	9:00–11:30 AM	\$135	308616-02
6/20–6/23	M–Th	12:15–2:45 PM	\$135	308616-03
6/27–6/30	M–Th	12:15–2:45 PM	\$135	308616-04

**Horsemanship II**

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

Age: 12–18 years

Location: The Farm

6/6–6/9	M–Th	12:15–2:45 PM	\$135	308617-01
6/13–6/16	M–Th	12:15–2:45 PM	\$135	308617-02
6/20–6/23	M–Th	9:00–11:30 AM	\$135	308617-03
6/27–6/30	M–Th	9:00–11:30 AM	\$135	308617-04
7/11–7/14	M–Th	9:00–11:30 AM	\$135	308617-05
7/11–7/14	M–Th	12:15–2:45 PM	\$135	308617-06
7/18–7/21	M–Th	9:00–11:30 AM	\$135	308617-07
7/18–7/21	M–Th	12:15–2:45 PM	\$135	308617-08



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## Farm Classes

### Lil' Dumplin' Farmers

Child and parent learn about life on the farm together. Meet the animals and help with farm chores such as gathering eggs and milking a cow. After chores, enjoy a picnic with the animals.

**Note:** This is a child with parent class.

Age: 2 years

Location: The Farm

6/6-6/20	M	11:00 AM-Noon	\$30	308609-01
6/6-6/20	M	11:15 AM-12:15 PM	\$30	308609-02
6/27-7/11	M	11:00 AM-Noon	\$30	308609-03
6/27-7/11	M	11:15 AM-12:15 PM	\$30	308609-04
7/18-8/1	M	11:00 AM-Noon	\$30	308609-05
7/18-8/1	M	11:15 AM-12:15 PM	\$30	308609-06

### Little Peepers

Explore the barnyard while gathering eggs, milking a cow, and reading stories in the hayloft. **Note:** This is a child without parent class.

Age: 3 years

Location: The Farm

6/6-6/20	M	9:00-10:00 AM	\$29	308610-01
6/6-6/20	M	9:15-10:15 AM	\$29	308610-02
6/27-7/11	M	9:00-10:00 AM	\$29	308610-03
6/27-7/11	M	9:15-10:15 AM	\$29	308610-04
7/18-8/1	M	9:00-10:00 AM	\$29	308610-05
7/18-8/1	M	9:15-10:15 AM	\$29	308610-06

### Pullet Surprise

Learn about the animals as you help take care of them. Gather eggs, milk the cow, make crafts, share stories, and go on a hayride. **Note:** This is a child without parent class.

Age: 3 years

Location: The Farm

6/21-6/24	Tu-F	9:00-10:00 AM	\$35	308611-01
7/12-7/15	Tu-F	9:00-10:00 AM	\$35	308611-02
8/2-8/5	Tu-F	9:00-10:00 AM	\$35	308611-03

### Pee Wee Farmers

Learn what life on a farm is like through hands-on experience. Milk a cow, gather eggs, help make snacks, and ride the ponies.

Age: 4-5 years

Location: The Farm

5/31-6/3	Tu-F	1:00-2:30 PM	\$39	308606-01
5/31-6/3	Tu-F	1:00-2:30 PM	\$39	308606-02
6/7-6/10	Tu-F	1:00-2:30 PM	\$39	308606-03
6/7-6/10	Tu-F	1:00-2:30 PM	\$39	308606-04
6/14-6/17	Tu-F	1:00-2:30 PM	\$39	308606-05
6/14-6/17	Tu-F	1:00-2:30 PM	\$39	308606-06
7/12-7/15	Tu-F	8:30-10:00 AM	\$39	308606-07
7/12-7/15	Tu-F	10:30 AM-Noon	\$39	308606-08
7/12-7/15	Tu-F	10:30 AM-Noon	\$39	308606-09
7/12-7/15	Tu-F	1:00-2:30 PM	\$39	308606-10

### Pee Wee Farmers continued

7/12-7/15	Tu-F	1:00-2:30 PM	\$39	308606-11
7/19-7/22	Tu-F	1:00-2:30 PM	\$39	308606-12
7/19-7/22	Tu-F	1:00-2:30 PM	\$39	308606-13
7/26-7/29	Tu-F	8:30-10:00 AM	\$39	308606-14
7/26-7/29	Tu-F	8:30-10:00 AM	\$39	308606-15
7/26-7/29	Tu-F	10:30 AM-Noon	\$39	308606-16
7/26-7/29	Tu-F	10:30 AM-Noon	\$39	308606-17
7/26-7/29	Tu-F	1:00-2:30 PM	\$39	308606-18
7/26-7/29	Tu-F	1:00-2:30 PM	\$39	308606-19

### Green Thumbs

Explore the world of gardening at The Farm. Learn about worm composting, bugs, and the importance of plants.

Age: 4-6 years

Location: The Farm

8/2-8/5	Tu-F	10:30-11:30 AM	\$24	308603-01
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### Barnyard Experience

Designed for the kids who only have a little bit of time to experience life on a farm. Explore different parts of the barnyard, gather eggs, make a snack, and go on a hayride.

Age: 6-10 years

Location: The Farm

6/8	W	9:30-11:30 AM	\$16	308632-01
6/22	W	9:30-11:30 AM	\$16	308632-02
7/6	W	9:30-11:30 AM	\$16	308632-03

## Special Events

### Farm Camp Out

Camp out in the pasture as a family! Bring your tent and sleeping bags for hayrides, singing around the "campfire," and s'mores. Hot dogs, chips, and lemonade, and a light breakfast included. Fee includes up to 4 people. Additional people are \$5 each at the door.

Age: All

Location: The Farm

6/24-6/25	F,Sa	6:00 PM-9:00 AM	\$59	308628-01
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◀ARO *The City of Fort Collins will make reasonable accommodations for persons with disabilities to access to City services, programs, and activities. For more information about these resources, and additional Adaptive Recreation Opportunities, see page 16.*

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Fee Based Program: 2, 3 & 5 full days  
Learning in English and Mandarin Chinese,  
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High-Scope Curriculum

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- All students choose a world language course-Spanish, Mandarin Chinese, or French
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**5 FREE Elementary and  
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Now Enrolling for 2016-17!  
[www.gvaschools.org](http://www.gvaschools.org) **970-282-3767**

## Fitness

### General Information

It is recommended that your physician be consulted before beginning any exercise program. If you are 55 years and up, sedentary, or exhibit any of the major coronary risk factors, we recommend that you get your doctor's clearance to start a new exercise program.

### Registration Options

For fitness classes, participation options are available:

- 1) Participants may register for an entire class session. With this option, active facility pass holders receive 70% off enrollment price.
- 2) Participants may pay a drop-in fee of \$6 per class, except for karate.

### NEW!! Foothills Activity Center

We're excited to announce our new Foothills Activity Center! Visit Foothills Activity Center, located at the recently renovated mall, Foothills, and try fitness classes being hosted at the new facility. You can see classes being hosted at Foothills Activity Center on page 66.

### Class Specifics

Senior Center offers fitness classes to those ages 18 years and up unless otherwise noted.

Northside Aztlan Community Center and Foothills Activity Center offer fitness classes for those ages 16 years and up unless otherwise noted.

For teen and youth fitness classes, see page 66.

Class time includes set-up, warm-up, cool-down, take down, and transition times. Instruction time is approximately 50–55 minutes per 1-hour class. Fitness classes require a minimum of 6 participants per class to be offered and active. Fitness equipment needed for instruction is provided, though participants are welcome to bring their own.

### Transfers/Cancellations

All cancellations must be made before the first day of the first class for a full refund. A transfer may be made after the first class and before the second. No refunds or transfers may be made after the second class.

### Personal Training

Personal trainers are available to train at Eldora Pool Ice Center, Foothills Activity Center, Northside Aztlan Community Center, and Senior Center and help you to develop an exercise program that meets your personal goals and needs. Personal training is available to those ages 13 years & up. Contact 970.224.6026 or Aaron Harris at 970.416.2225, [aharris@fcgov.com](mailto:aharris@fcgov.com) for more information.

Group Number	Session Time	Cost
Individual	30-minute	\$15
Individual	60-minute	\$25
2-person	60-minute	\$45
3-person	60-minute	\$60
4-person	60-minute	\$80

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

### Trainers

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

Talisa Gula-Yeast 970.302.8414	Terence Lenoir-Legros 970.488.9218
Yvonne Hanning 970.449.3460	Tess Pasternak 970.694.2629
Dominick Jones 970.481.2416	Mary Sewell Homan 970.213.0510
Deborah Knobel 970.221.6256	

## Adult Fitness

### Aerobics

#### Low Impact Aerobics

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

### Athletic Conditioning

#### Boomer Boot Camp

Get the blood flowing with a full body workout geared to increase strength and stamina. Designed with an injury-prevention focus. Join the trainers from Poudre Valley Medical Fitness to get in great shape, increase energy, and have fun.

#### Boot Camp

Cardio Boot Camp is a fun, fat burning, “can do” focused class. Using functional movements and basic cardio calisthenics, this weight loss and fat burning class is built on evidenced based H.I.I.T. (High Intensity Interval Training) principles in order for all participants to maximize their results.

#### Bosu Conditioning

“Both Sides Utilized,” The BOSU (half dome blue ball) offers tons of new toning exercises not only stationary, but in a fat burning format. Combine cardio exercises and a variety of sculpting and balance techniques on and off the BOSU. All levels welcome.

#### Cardio, Core & More

A blend of cardio and strength exercises designed to create a stronger, healthier you. Increase flexibility, balance, and stamina. Target the entire body. Perfect for those who are looking to improve overall body condition.

#### CrossTrain

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



# Need help coping?

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can  
help.

- ✓ Information
- ✓ Referrals
- ✓ Low cost counseling

• connections •

mental health & substance abuse resources

**221-5551**

mentalhealthconnections.org

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

## Lose to Win

Designed to help you lose weight. If you've seen the Biggest Loser on TV and wondered if you could do something like that, here is your chance. Class includes a variety of exercises that are geared to burn fat and gain confidence.

## Mom Fit: Boot Camp

Drop off your kiddo/s in "Fun and Fitness" from 9:30–11:30 a.m. (see page 48) and find time for your health and heart in Body Boot Camp offered 10–11 a.m. Class is a mix of cardio, weight circuits, stretching, and more. Every class keeps your body guessing and improving.

## PowerTrain

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

## Total Body Boot Camp

Total Body Boot Camp is a mix of cardio, weight circuits, stretching, and more. Every class keeps your body guessing and improving. See improvements in your strength, flexibility, and stamina.

## TRX Body Blast

TRX is an amazing suspension fitness system that builds balance, muscle strength, and flexibility using body weight from different suspended heights. TRX is perfect for all fitness levels since you adjust your own straps to increase or decrease the difficulty of every exercise.

## Dance

### Zumba

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

### Zumba Toning

Thirty minutes of Zumba toning and 30 minutes of high energy Zumba. After a toning session, enjoy Latin music and have fun dancing while burning calories and improving cardio fitness.

### Zumba – Vida Sana

Class accepts Vida Sana passes. Participants must register. Vida Sana is a call for collaboration to unite for the health equity and well-being of the low income communities in Fort Collins. Vida Sana is a health movement desiring to bring communities together to improve health. Apply for a Vida Sana Pass at Northside.

## General

### Essentrics – Classical Stretch

Essentrics fitness is movement to music using circular patterns though various joints. A strengthening and slenderizing program, using stretching techniques, it is also a full body workout. Improve posture, increase flexibility, and rebalance your body. Best for men and women at intermediate fitness levels.

### Group Lift – Vida Sana

Group weight lifting and weight room use. Class accepts Vida Sana passes. Participants must register. Vida Sana is a call for collaboration to unite for the health equity and well-being of the low income communities in Fort Collins. Vida Sana is a health movement desiring to bring communities together to improve health. Apply for a Vida Sana Pass at Northside.

### Group Track – Vida Sana

Walking class around track. Class accepts Vida Sana passes. Participants must register. Vida Sana is a call for collaboration to unite for the health equity and well-being of the low income communities in Fort Collins. Vida Sana is a health movement desiring to bring communities together to improve health. Apply for a Vida Sana Pass at Northside.

# Salud

## Family Health Centers

**EXCELLENCE. EVERY PATIENT. EVERY TIME.**



At **Salud Family Health Centers**, we provide quality and affordable medical, dental and behavioral health care services to keep you and your family healthy.

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**Salud accepts Medicaid, Medicare, CHP+, and most private insurance plans.**

**We serve all members of the community regardless of insurance status or ability to pay.**

A sliding fee scale is offered based on family size and income.  
Insurance enrollment assistance is available.

**(303) MYSALUD | (970) 484-0999**

**[www.saludclinic.org](http://www.saludclinic.org)**

**Fort Collins Blue Spruce**  
1635 Blue Spruce Drive • Fort Collins, CO 80524

**Fort Collins West**  
1830 Laporte Avenue • Fort Collins, CO 80521

### Nia

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

### Pound Rockout Workout

Pound combines cardio, conditioning, and core work with drumming using lightly weighted drumsticks called Ripsticks. Rock your entire body into beautiful shape while burning calories, strengthening muscles, and improving coordination and balance.

## Martial Arts

### Integral Taichi

Integral Tai Chi is a system of health improving exercises designed for all ages and types of bodies, founded upon the principles of traditional Taichi, Qigong (Chi-Kung), and yoga. It reduces stress thus restoring health, vitality, and well-being. Modifications for older physically challenged students.

### Tai Chi, Beginning

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

### Tai Chi, Beginning Yang

Yang Style Tai Chi was brought to the United States by Professor Chen Mon Ch'ing. It is a continuous flow form of Tai Chi. It is recommended to attend entire sessions of the class.

### Tai Chi, Continuing

Additional Tai Chi concepts and training. Recommended after taking the Beginning Tai Chi class to further development and understanding. Covers a small Yang style form sequence called Grasp Sparrow's Tail.

### TaijiFit

TaijiFit is a mind/body exercise that combines the best of traditional Taiji (Tai Chi) with modern western fitness. There are no routines to learn or choreography to remember. TaijiFit is a special kind of movement experience, more than exercise it is a moving meditation, a shield against disease and a dance of flow.

## Pilates

### Mat Pilates

Pilates is a safe system of exercise that focuses on developing body awareness, core strength, and graceful movement. Through Pilates, students can re-train their bodies to move in safer, more efficient patterns of motion – invaluable for injury recovery, good posture, and optimal health.

## Spin

### Spin & Tone

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

## Strength & Toning

### Barre Fitness

Leave your ballet shoes at home; this fat-burning class turns classic ballet on its head. Utilize a mix of ballet barre movements, stretching, and Pilates-based core exercises. Designed to sculpt, strengthen, and stretch the entire body in an intelligent and safe way.

### Sculpt & Tone

Mix Barre, Pilates, yoga, strengthening, and toning techniques to sculpt all major muscle groups using a variety of old and new exercises and equipment.

### 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.

### Strength Training

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

## Yoga

### Yoga, Beginning

Practice yoga breathing and physical exercises to gain physical strength, tone, flexibility, and stamina. Students may also experience a sense of inner calm.

### Yoga, Beginning Advanced

Advanced beginner level yoga. Previous yoga experience expected, with modifications offered for varying level. Release stress, improve balance, flexibility, and strength with sometimes challenging poses. Mindfulness and breathing techniques also offered. **Note:** Must be able to do floor and standing exercises at a fast pace.

### Laughter Yoga

Series of simple, yet profound exercises based on the philosophy of acting happy. Relieve tension and feel good by engaging the body in physical actions of happiness and relaxation, e.g.: laughter and deep breathing.

### Restorative Yoga

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

### Sculpting Yoga

Sculpt your body with this weights infused yoga class. Build strength and definition. Beginners to advanced level.

### Slow Flow Hatha Yoga

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

### Therapeutic Yoga

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

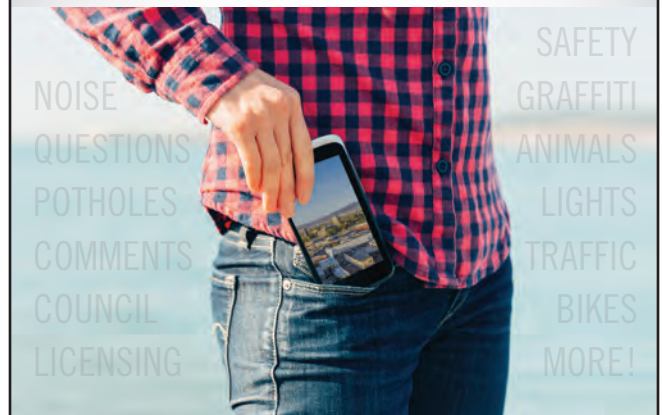
### Vinyasa Flow Yoga

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

### Yoga All Level

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

## NEED ACCESS TO THE CITY IN YOUR POCKET?



**Access Fort Collins** is an easy way to send your questions, comments and service requests directly to City staff anytime, anywhere. Find it online at [fcgov.com](http://fcgov.com), or download the free mobile app.



**Yoga for Cancer Survivors** H

Gentle restorative yoga class for beginners, patients, and survivors. Be motivated to envision the “best you”, evoke empowerment, and embrace peace.

**Yoga Flow**

A gentle yoga flow. Guidance to listening to your body. The pace is based on breath and body; a time to be in the moment and let go of your day.

**Yoga & Meditation**

Enhance your health with Hatha Yoga through incorporating mindful meditation into your yoga practice. Learn more about yourself, quieting the mind, and finding inner balance. Begin class with meditation moving into asana. This class is a calm approach to being present, rejuvenated, and healthier you.

**Yoga for Athletes**

For athletes of all abilities. Increase strength, mobility, and flexibility. This class is for teen and adult athletes.

**Youth & Family Fitness Classes**

**Athletic Conditioning**

**Teen Boot Camp**

This class embraces adult exercises, but is formatted for teens. Learn proper movement when performing a variety of old and new exercises and see improvements in your strength, flexibility, and stamina.

Beginner to intermediate levels welcome.

**Teen TRX**

This full-body workout incorporates the TRX suspension training system and other equipment including kettle bells and stability balls to increase strength while ensuring proficient with your own body weight before adding weight on the machines.

**Yoga**

**Family Yoga**

Explore yoga with your baby or toddler. Both child and guardian benefit physically, emotionally, and mentally with this fun approach to breathing and movement together. **Note:** At least one adult must be present and in the room with enrolled child/children. Price is flat rate for up to three participants.

**Yoga Intro for Kids (3–6)** H

Yoga comes to life in this fun and creative class designed to stimulate a young child’s growing curiosity. Yoga poses, animated breathing exercises, and imaginative relaxation techniques, teach 3–6 year olds about their budding bodies. Enhance motor development, balance, coordination, and play skills.

**Kids Yoga**

Designed for 4–12 year olds. Nurturing, fun, non-competitive Slow Flow Hatha Yoga session to improve balance, strength, and flexibility. Poses are linked together slowly, with attention to breath. Philosophy and stress management techniques are touched on.

**Teen Yoga**

Designed for 13–16 year olds. Nurturing, fun, non-competitive Slow Flow Hatha Yoga session to improve balance, strength, and flexibility. Poses are linked together slowly, with attention to breath. Philosophy and stress management techniques are touched on. Beginner to intermediate level.

Fitness Schedule

**Adult Fitness**

**Club Tico**

**Dance**

**Zumba**

Class will not be held on 7/4.

6/27–7/25	M	9:00–10:00 AM	\$12	309118-01
8/1–8/22	M	9:00–10:00 AM	\$12	309118-02
6/29–7/27	W	9:00–10:00 AM	\$15	309118-03
8/3–8/24	W	9:00–10:00 AM	\$12	309118-04
7/1–7/29	F	9:00–10:00 AM	\$15	309118-05
8/5–8/26	F	9:00–10:00 AM	\$12	309118-06

**Zumba – Vida Sana**

Class will not be held on 7/4.

6/27–7/25	M	9:00–10:00 AM	No Fee	309119-01
8/1–8/22	M	9:00–10:00 AM	No Fee	309119-02
6/29–7/27	W	9:00–10:00 AM	No Fee	309119-03
8/3–8/24	W	9:00–10:00 AM	No Fee	309119-04
7/1–7/29	F	9:00–10:00 AM	No Fee	309119-05
8/5–8/26	F	9:00–10:00 AM	No Fee	309119-06

**Foothills Activity Center**

**Athletic Conditioning**

**Boot Camp**

Class will not be held on 7/4.

6/27–7/29	M,W,F	5:30–6:30 PM	\$42	309774-01
8/1–9/2	M,W,F	5:30–6:30 PM	\$45	309774-02
6/28–7/28	Tu,Th	6:15–7:15 AM	\$30	309774-03
8/2–9/1	Tu,Th	6:15–7:15 AM	\$30	309774-04
7/3–7/31	Su	12:30–1:30 PM	\$15	309774-05
8/7–9/4	Su	12:30–1:30 PM	\$15	309774-06
7/2–7/30	Sa	8:30–9:30 AM	\$15	309774-07
8/6–9/3	Sa	8:30–9:30 AM	\$15	309774-08

**Bosu Conditioning**

6/28-7/28	Tu,Th	1:00-2:00 PM	\$30	309778-01
8/2-9/1	Tu,Th	1:00-2:00 PM	\$30	309778-02

**Lose to Win**

6/28-7/28	Tu,Th	11:00 AM-Noon	\$30	309775-01
8/2-9/1	Tu,Th	11:00 AM-Noon	\$30	309775-02

**Mom Fit: Boot Camp**

6/28-7/28	Tu,Th	10:00-11:00 AM	\$30	309777-01
8/2-9/1	Tu,Th	10:00-11:00 AM	\$30	309777-02

**TRX Body Blast**

Class will not be held on 7/4.

6/27-7/27	M,W	6:15-7:15 AM	\$27	309780-01
8/1-8/31	M,W	6:15-7:15 AM	\$30	309780-02
6/28-7/28	Tu,Th	4:30-5:30 PM	\$30	309780-03
8/2-9/1	Tu,Th	4:30-5:30 PM	\$30	309780-04
7/3-7/31	Su	1:30-2:30 PM	\$15	309780-05
8/7-9/4	Su	1:30-2:30 PM	\$15	309780-06

**Pilates**

**Mat Pilates**

6/28-7/28	Tu,Th	9:00-10:00 AM	\$30	309720-01
8/2-8/30	Tu,Th	9:00-10:00 AM	\$30	309720-02
6/30-7/28	Th	5:30-6:30 PM	\$15	309720-03
8/4-9/1	Th	5:30-6:30 PM	\$15	309720-04

**Strength & Toning**

**Sculpt & Tone**

Class will not be held on 7/4.

6/27-7/29	M,W,F	Noon-1:00 PM	\$42	309732-01
8/1-9/2	M,W,F	Noon-1:00 PM	\$45	309732-02

**Strength Training**

Class will not be held on 7/4.

6/27-7/27	M,W	11:00 AM-Noon	\$27	309731-01
8/1-8/31	M,W	11:00 AM-Noon	\$30	309731-02

**Yoga**

**Slow Flow Hatha Yoga**

6/28-7/28	Tu,Th	7:15-8:15 AM	\$30	309761-01
8/2-9/1	Tu,Th	7:15-8:15 AM	\$30	309761-02

**Vinyasa Flow Yoga**

Class will not be held on 7/4.

6/27-7/27	M,W	10:00-11:00 AM	\$27	309765-01
8/1-8/31	M,W	10:00-11:00 AM	\$30	309765-02
6/28-7/28	Tu,Th	7:30-8:30 PM	\$30	309765-03
8/2-9/1	Tu,Th	7:30-8:30 PM	\$30	309765-04
7/2-7/30	Sa	Noon-1:00 PM	\$15	309765-05
8/6-9/3	Sa	Noon-1:00 PM	\$15	309765-06

**Yoga Flow**

Class will not be held on 7/4.

6/28-7/28	Tu,Th	Noon-1:00 PM	\$30	309762-01
8/2-9/1	Tu,Th	Noon-1:00 PM	\$30	309762-02
6/27-7/27	M,W	6:30-7:30 PM	\$27	309762-03
8/1-8/31	M,W	6:30-7:30 PM	\$30	309762-04
7/3-7/31	Su	9:30-10:30 AM	\$15	309762-05
8/7-9/4	Su	9:30-10:30 AM	\$15	309762-06

**Yoga for Athletes**

Class will not be held on 7/4.

6/27-7/29	M,W,F	3:30-4:30 PM	\$42	309766-01
8/1-9/2	M,W,F	3:30-4:30 PM	\$45	309766-02

**Northside Aztlan Community Center**

**Athletic Conditioning**

**CrossTrain**

Class will not be held on 7/4.

6/27-7/29	M,W,F	6:15-7:15 AM	\$42	309571-01
8/1-8/26	M,W,F	6:15-7:15 AM	\$36	309571-02
6/27-7/29	M,W,F	Noon-1:00 PM	\$42	309571-03
8/1-8/26	M,W,F	Noon-1:00 PM	\$36	309571-04

**Lose to Win**

Class will not be held on 7/4.

6/27-7/29	M,W,F	9:30-10:30 AM	\$42	309570-01
8/1-8/22	M,W,F	9:30-10:30 AM	\$36	309570-02
5/23-6/24	M,W,F	9:30-10:30 AM	\$42	309570-03

**Power Train**

6/28-7/28	Tu,Th	Noon-1:00 PM	\$30	309575-01
8/2-8/25	Tu,Th	Noon-1:00 PM	\$24	309575-02
6/28-7/28	Tu,Th	6:15-7:15 AM	\$30	309575-03
8/2-8/25	Tu,Th	6:15-7:15 AM	\$24	309575-04

**Total Body Boot Camp**

6/28-7/28	Tu,Th	5:30-6:30 PM	\$30	309572-01
8/2-8/25	Tu,Th	5:30-6:30 PM	\$24	309572-02

**TRX Body Blast**

Class will not be held on 7/4.

7/2-7/30	Sa	8:00-9:00 AM	\$15	309580-01
8/6-8/27	Sa	8:00-9:00 AM	\$12	309580-02
6/28-7/28	Tu,Th	Noon-1:00 PM	\$30	309580-03
8/2-8/25	Tu,Th	Noon-1:00 PM	\$24	309580-04
6/27-7/27	M,W	6:30-7:30 PM	\$27	309580-05
8/1-8/24	M,W	6:30-7:30 PM	\$24	309580-06

**Dance**

**Zumba**

6/28-7/26	Tu	6:30-7:30 PM	\$15	309518-01
8/2-8/23	Tu	6:30-7:30 PM	\$12	309518-02
6/30-7/28	Th	6:30-7:30 PM	\$15	309518-03
8/4-8/25	Th	6:30-7:30 PM	\$12	309518-04
6/29-7/27	W	6:30-7:30 PM	\$15	309518-05
8/3-8/24	W	6:30-7:30 PM	\$12	309518-06

**Zumba – Vida Sana**

6/28–7/26	Tu	6:30–7:30 PM	No Fee	309519-01
8/2–8/23	Tu	6:30–7:30 PM	No Fee	309519-02
6/29–7/27	W	6:30–7:30 PM	No Fee	309519-03
8/3–8/24	W	6:30–7:30 PM	No Fee	309519-04
6/30–7/28	Th	6:30–7:30 PM	No Fee	309519-05
8/4–8/25	Th	6:30–7:30 PM	No Fee	309519-06

**General**

**Essentrics – Classical Stretch**

Class will not be held on 7/4.

6/27–7/27	M,W	10:00–11:00 AM	\$27	309583-01
8/1–8/24	M,W	10:00–11:00 AM	\$24	309583-02

**Group Lift – Vida Sana**

6/28–7/26	Tu	10:30–11:30 AM	No Fee	309505-1
8/2–8/23	Tu	10:30–11:30 AM	No Fee	309505-2
7/1–7/29	F	9:00–10:00 AM	No Fee	309505-3
8/5–8/26	F	9:00–10:00 AM	No Fee	309505-4
7/1–7/29	F	3:00–4:00 PM	No Fee	309505-5
8/5–8/26	F	3:00–4:00 PM	No Fee	309505-6

**Group Track – Vida Sana**

Class will not be held on 7/4.

6/27–7/25	M	9:30–10:30 AM	No Fee	309506-1
8/1–8/22	M	9:30–10:30 AM	No Fee	309506-2
6/27–7/25	M	7:00–8:00 PM	No Fee	309506-3
8/1–8/22	M	7:00–8:00 PM	No Fee	309506-4
6/29–7/27	W	6:30–7:30 PM	No Fee	309506-5
8/3–8/24	W	6:30–7:30 PM	No Fee	309506-6

**Pilates**

**Mat Pilates**

Class will not be held on 7/4.

6/28–7/28	Tu,Th	1:00–2:00 PM	\$30	309520-01
8/2–8/25	Tu,Th	1:00–2:00 PM	\$24	309520-02
6/27–7/25	M	5:30–6:30 PM	\$12	309520-03
8/1–8/22	M	5:30–6:30 PM	\$12	309520-04
6/29–7/27	W	5:30–6:30 PM	\$15	309520-05

**Spin**

**Spin & Tone**

Class will not be held on 7/4.

6/27–7/27	M,W	6:15–7:15 AM	\$27	309551-01
8/1–8/24	M,W	6:15–7:15 AM	\$24	309551-02
6/28–7/28	Tu,Th	6:15–7:15 AM	\$30	309551-03
8/2–8/25	Tu,Th	6:15–7:15 AM	\$24	309551-04
6/28–7/28	Tu,Th	6:30–7:30 PM	\$2125	309551-05
8/2–8/25	Tu,Th	6:30–7:30 PM	\$24	309551-06
6/27–7/27	M,W	5:30–6:30 PM	\$30	309551-07
8/1–8/24	M,W	5:30–6:30 PM	\$24	309551-08

**Strength & Toning**

**Barre Fitness**

Class will not be held on 7/4.

6/27–7/27	M,W	9:00–10:00 AM	\$27	309534-01
8/1–8/24	M,W	9:00–10:00 AM	\$24	309534-02
6/27–7/27	M,W	1:00–2:00 PM	\$27	309534-03
8/1–8/24	M,W	1:00–2:00 PM	\$24.30	309534-04
6/30–7/28	Th	6:30–7:30 PM	\$15	309534-05
8/4–8/25	Th	6:30–7:30 PM	\$12	309534-06

**Strength & Tone**

6/28–7/28	Tu,Th	12:10–12:55 PM	\$30	309530-01
8/2–8/23	Tu,Th	12:10–12:55 PM	\$24	309530-02

**Strength Training**

Class will not be held on 7/4.

6/27–7/27	M,W	8:30–9:30 AM	\$27	309531-01
8/1–8/22	M,W	8:30–9:30 AM	\$24	309531-02
6/28–7/28	Tu,Th	9:30–10:30 AM	\$30	309531-03
8/2–8/25	Tu,Th	9:30–10:30 AM	\$24	309531-04

**Yoga**

**Restorative Yoga**

Class will not be held on 7/4.

6/27–7/27	M,W	Noon–1:00 PM	\$27	309565-01
8/1–8/24	M,W	Noon–1:00 PM	\$24	309565-02
7/1–7/29	F	11:00 AM–Noon	\$15	309565-03
8/5–8/26	F	11:00 AM–Noon	\$12	309565-04

**Sculpting Yoga**

6/28–7/28	Tu,Th	1:00–2:00 PM	\$30	309584-01
8/2–8/25	Tu,Th	1:00–2:00 PM	\$24	309584-02

**Slow Flow Hatha Yoga**

Class will not be held on 7/4.

6/27–7/25	M	4:00–5:00 PM	\$12	309561-01
8/1–8/22	M	4:00–5:00 PM	\$12	309561-02
6/28–7/26	Tu	5:00–6:00 PM	\$42	309561-03
8/2–8/23	Tu	5:00–6:00 PM	\$12	309561-04
6/29–7/27	W	4:00–5:00 PM	\$15	309561-05
8/3–8/24	W	4:00–5:00 PM	\$12	309561-06
6/30–7/28	Th	5:00–6:00 PM	\$15	309561-07
8/4–8/25	Th	5:00–6:00 PM	\$12	309561-08

**Vinyasa Flow Yoga**

7/2–7/30	Sa	8:00–9:00 AM	\$15	309568-01
8/6–8/27	Sa	8:00–9:00 AM	\$12	309568-02

**Yoga Flow**

Class will not be held on 7/4.

6/29–7/27	W	6:30–7:30 PM	\$15	309562-01
8/3–8/24	W	6:30–7:30 PM	\$12	309562-02

**Yoga & Meditation**

6/28–7/28	Tu,Th	9:00–10:00 AM	\$30	309569-01
8/2–8/25	Tu,Th	9:00–10:00 AM	\$24	309569-02

## Senior Center

### Aerobics

Low Impact Aerobics

Class will not be held on 8/4, 8/6.

6/28-7/28	Tu,Th	8:50-9:50 AM	\$30	309401-01
8/9-9/1	Tu,Th	8:50-9:50 AM	\$24	309401-02

### Athletic Conditioning

#### Boomer Boot Camp **H**

6/6-6/29	M,W	8:00-8:50 AM	\$22	325417-01
7/11-7/27	M,W	8:00-8:50 AM	\$16.50	325417-02
8/8-8/31	M,W	8:00-8:50 AM	\$22	325417-03

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

6/6-6/29	M,W	9:00-9:50 AM	\$22	325418-01
7/11-7/27	M,W	9:00-9:50 AM	\$20.50	325418-02
8/8-8/31	M,W	9:00-9:50 AM	\$22	325418-03

### Dance

Zumba

Class will not be held on 7/4, 8/3, 8/10, 8/5.

6/27-7/25	M	5:30-6:25 PM	\$12	309416-01
8/8-8/29	M	5:30-6:25 PM	\$12	309416-02
6/29-7/27	W	5:30-6:25 PM	\$15	309416-03
8/10-8/31	W	5:30-6:25 PM	\$12	309416-04

Zumba Toning

Location: Senior Center

7/2-7/30	Sa	9:15-10:15 AM	\$15	309417-01
8/13-9/3	Sa	9:15-10:15 AM	\$15	309417-02

### General

Nia

6/28-7/26	Tu	5:30-6:25 PM	\$15	309411-01
8/9-8/30	Tu	5:30-6:25 PM	\$22	309411-02
6/28-7/26	Th	6:30-7:20 PM	\$15	309411-03
8/9-8/30	Th	6:30-7:20 PM	\$22	309411-04

Pound Rockout Workout

Class will not be held on 8/5.

6/29-7/27	W	6:45-7:30 PM	\$11.25	309418-01
8/10-8/31	W	6:45-7:30 PM	\$9	309418-02

### Martial Arts

Integral Taichi

6/29-7/29	W,F	9:00-9:55 AM	\$30	309427-01
8/10-9/2	W,F	9:00-9:55 AM	\$24	309427-02

Tai Chi, Beginning

7/2-7/30	Sa	12:45-1:45 PM	\$15	309428-01
8/13-9/3	Sa	12:45-1:45 PM	\$12	309428-02

Tai Chi, Beginning Yang

Class will not be held on 7/4.

6/27-7/27	M,W	3:00-4:00 PM	\$27	309430-01
8/8-8/31	M,W	3:00-4:00 PM	\$27	309430-02

Tai Chi, Continuing

7/2-7/30	Sa	2:00-3:00 PM	\$15	309429-01
8/13-9/3	Sa	2:00-3:00 PM	\$12	309429-02

Taijifit

Class will not be held on 7/4, 8/4, 8/6, 8/8.

6/27-7/27	M,W	7:00-7:45 AM	\$20.25	309419-01
8/8-8/31	M,W	7:00-7:45 AM	\$18	309419-02
6/28-7/26	Tu	4:00-4:45 PM	\$11.25	309419-03
8/9-8/30	Tu	4:00-4:45 PM	\$9	309419-04
6/30-7/28	Th	3:00-3:45 PM	\$11.25	309419-05
8/11-9/1	Th	3:00-3:45 PM	\$9	309419-06
7/2-7/30	Sa	3:15-4:00 PM	\$11.25	309419-07
8/13-9/3	Sa	3:15-4:00 PM	\$9	309419-08

### Pilates

Mat Pilates

Class will not be held on 7/4.

6/27-7/25	M	1:45-2:45 PM	\$12	309408-01
8/8-8/29	M	1:45-2:45 PM	\$12	309408-02
7/1-7/29	F	8:45-9:45 AM	\$15	309408-03
8/12-9/2	F	8:45-9:45 AM	\$22	309408-04

## Strength & Toning

Strength Training

Class will not be held on 8/4, 8/6.

6/28-7/28	Tu,Th	9:00-10:00 AM	\$30	309410-01
8/9-9/1	Tu,Th	9:00-10:00 AM	\$24	309410-02
6/28-7/28	Tu,Th	8:00-9:00 AM	\$30	309410-03
8/9-9/1	Tu,Th	8:00-9:00 AM	\$24	309410-04

### Yoga

Laughter Yoga **H**

Class will not be held on 6/25, 8/6.

6/4-8/27	Sa	9:00-10:00 AM	No Fee	325452-01
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Therapeutic Yoga

Class will not be held on 7/4.

6/27-7/25	M	11:00 AM-Noon	\$12	309469-01
8/8-8/29	M	11:00 AM-Noon	\$22	309469-02
6/30-7/28	Th	11:00 AM-Noon	\$15	309469-03
8/11-9/1	Th	11:00 AM-Noon	\$12	309469-04

Vinyasa Yoga

Class will not be held on 7/4, 8/3, 8/10.

6/27-7/25	M	6:30-7:30 PM	\$15	309471-01
8/8-8/29	M	6:30-7:30 PM	\$15	309471-02

Yoga All Level

7/2-7/30	Sa	9:30-10:30 AM	\$15	309470-01
8/13-9/3	Sa	9:30-10:30 AM	\$15	309470-02

Yoga, Beginning

Class will not be held on 8/4, 8/6.

6/28-7/28	Tu,Th	2:45-3:45 PM	\$30	309463-01
8/9-9/1	Tu,Th	2:45-3:45 PM	\$24	309463-02
6/28-7/28	Tu,Th	4:00-5:00 PM	\$30	309463-03
8/9-9/1	Tu,Th	4:00-5:00 PM	\$24	309463-04
6/28-7/28	Tu,Th	5:15-6:15 PM	\$30	309463-05
8/9-9/1	Tu,Th	5:15-6:15 PM	\$24	309463-06
6/29-7/27	W	Noon-1:00 PM	\$15	309463-07
8/10-8/31	W	Noon-1:00 PM	\$12	309463-08
6/29-7/27	W	1:15-2:15 PM	\$15	309463-09
8/10-8/31	W	1:15-2:15 PM	\$12	309463-10

Yoga, Beginning Advanced

Class will not be held on 7/4.

6/27-7/25	M	4:30-5:20 PM	\$12	309464-01
8/8-8/29	M	4:30-5:20 PM	\$12	309464-02
6/27-7/27	M,W	5:30-6:20 PM	\$27	309464-03
8/8-8/31	M,W	5:30-6:20 PM	\$24	309464-04
6/28-7/26	Tu	6:30-7:30 PM	\$15	309464-05
8/9-8/30	Tu	6:30-7:30 PM	\$12	309464-06

Yoga for Cancer Survivors **H**

6/6-6/29	M,W	10:00-11:00 AM	\$20	325426-01
8/8-8/31	M,W	10:00-11:00 AM	\$20	325426-03

Yoga for Breast Cancer Survivors

7/11-7/27	M,W	10:00-11:00 AM	\$15	325426-02
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Youth & Family Fitness Classes

Foothills Activity Center

Athletic Conditioning

Teen Boot Camp

Class will not be held on 7/4.

Age: 13-16 years

6/27-7/29	M,W,F	6:15-7:15 AM	\$42	309776-01
8/1-9/2	M,W,F	6:15-7:15 AM	\$45	309776-02
6/28-7/28	Tu,Th	3:30-4:30 PM	\$30	309776-03
8/2-9/1	Tu,Th	3:30-4:30 PM	\$30	309776-04
7/3-7/31	Su	10:00-11:00 AM	\$15	309776-05
8/7-9/4	Su	10:00-11:00 AM	\$15	309776-06

Teen TRX

6/28-7/28	Tu,Th	6:15-7:15 AM	\$30	309781-01
8/2-9/1	Tu,Th	6:15-7:15 AM	\$30	309781-02

Yoga

Family Yoga

Parent/Baby Yoga

Age: 6-18 months

7/1-7/29	F	10:00-11:00 AM	\$15	309760-01
8/5-9/3	F	10:00-11:00 AM	\$15	309760-02

Parent/Toddler Yoga

Age: 18 months-3 years

7/1-7/29	F	11:00 AM-Noon	\$15	309760-03
8/5-9/2	F	11:00 AM-Noon	\$15	309760-04

Kids Yoga

Age: 4-5 years

7/1-7/29	F	4:30-5:00 PM	\$7.50	309764-01
8/5-9/2	F	4:30-5:00 PM	\$7.50	309764-02
7/3-7/31	Su	12:45-1:15 PM	\$7.50	309764-03
8/7-9/4	Su	12:45-1:15 PM	\$7.50	309764-04

Age: 6-8 years

7/1-7/29	F	5:10-5:40 PM	\$7.50	309764-05
8/5-9/2	F	5:10-5:40 PM	\$7.50	309764-06
7/3-7/31	Su	1:20-1:50 PM	\$7.50	309764-07
8/7-9/4	Su	1:20-1:50 PM	\$7.50	309764-08

Age: 9-12 years

7/1-7/29	F	5:45-6:30 PM	\$11.25	309764-09
8/5-9/2	F	5:45-6:30 PM	\$11.25	309764-10
7/3-7/31	Su	2:00-2:45 PM	\$11.25	309764-11
8/7-9/4	Su	2:00-2:45 PM	\$11.25	309764-12

Teen Yoga

7/1-7/29	F	3:30-4:30 PM	\$15	309763-01
8/5-9/2	F	3:30-4:30 PM	\$15	309763-02
7/3-7/31	Su	3:00-4:00 PM	\$15	309763-03
8/7-9/4	Su	3:00-4:00 PM	\$15	309763-04

Yoga Intro for Kids (3-6) **H**

8/9	Tu	9:00-10:00 AM	No Fee	325712-01
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## The Gardens on Spring Creek

All programs are hosted at the Gardens on Spring Creek unless otherwise noted. Hours and location information is on page 14. Members of the Gardens on Spring Creek receive discounted rates. For more information about the Gardens on Spring Creek programming and to register, visit [fcgov.com/gardens](http://fcgov.com/gardens).

### Special Events

#### Yoga in the Gardens

Set in the lawn of the North Patio, these classes are suitable for all skill levels. Bring your own water and mat and get ready to start the day out in a beautiful way.

Age: 12 years & up

6/11	Sa	8:30–9:30 AM	\$10
7/9	Sa	8:30–9:30 AM	\$10
8/13	Sa	8:30–9:30 AM	\$10

#### NoCo Urban Homestead Tour

Go on a self-guided tour off site to explore six working homesteads in Fort Collins and Loveland. Learn tricks of the trade while getting inspired for your own home and garden. Bees, chickens, goats, greenhouses, repurposed and recycled materials, edible gardens and other demonstrations are featured on the tour. Proceeds benefit the Gardens on Spring Creek and Loveland Youth Gardeners. Children ages 12 & under are free.

Age: All

7/30	Sa	9:00 AM–3:00 PM	\$15
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#### Garden a'Fare

A series of two culinary pairing events highlighting edible garden creations by local chefs featuring produce grown in the Garden of Eatin' paired with Blue Skies wine or Odell beers. Local music, silent auction, and a complimentary event tasting glass included.

Age: 21 years & up

#### Progressive Wine Tour with Blue Skies Winery

Features modern “progressive dinner” style courses by local chefs paired with four varietals of wine from Blue Skies Winery.

8/6	Sa	5:00–8:00 PM	\$75
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#### Beer Tour with Odell Brewing

Includes savory and sweet tapas paired with Odell brews.

8/27	Sa	5:00–8:00 PM	\$55
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### Adult Programming

Classes are recommended for ages 18 years & up unless otherwise noted. Pre-registration is highly recommended. Register at [fcgov.com/gardens](http://fcgov.com/gardens).

YOUR GUIDE TO FREE NATURAL AREAS  
ACTIVITIES, JUNE–OCTOBER 2016

# TRACKS & TRAILS

Look for the next issue in June!



*naturally yours*

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

### NoCo Urban Homesteading Series

A new series of classes to teach and inspire the urban homesteader in you. Make the most of your backyard, garden, and home.

#### Herbal Remedies from Common Plants

Dream up or use what you have already growing in your garden to enhance your health and overall well-being. Learn how to grow and harvest medicinal plants, and about the tools to utilize these herbal powerhouses in your everyday life.

6/29	W	5:30–7:00 PM	\$15
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#### Introduction to Backyard Chickens

Learn the ins and outs of keeping chickens within the City of Fort Collins from a veteran chicken keeper.

7/6	W	5:30–7:00 PM	\$15
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#### Introduction to Urban Beekeeping

Play a role in protecting and offering a habitat for these important pollinators by learning how to start and keep bees within City of Fort Collins.

7/13	W	5:30–7:00 PM	\$15
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## General

### Tough Plants for Tough Places

Spend a couple of hours at the popular 300-foot-long hell strip along the south side of the Gardens on Spring Creek with its designer and caretaker. Learn about tough yet beautiful plants (long-lived, long-blooming, low-water, and low-maintenance) and how to combine them to make the most difficult spots in your landscape immensely rewarding. **Note:** Class is subsidized by Fort Collins Utilities to promote water conservation practices.

6/11–6/12	Sa,Su	10:00 AM–Noon	\$20
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## Youth Programming

### Read and Seed

Storytime plus a fun, educational hands-on activity. Develop school readiness skills of early language comprehension and fine motor skills through creativity, curiosity, and exploration of the natural world. **Note:** This is a parent/child participation class. No class 7/4, 7/5. Drop-in class; registration not required. Class is not discountable. Age: 0–5 years. Cost: \$3 per child

Monday	10:00–10:45 AM and 11:00–11:45 AM
Tuesday	10:00–10:45 AM and 11:00–11:45 AM

### June

Week of 6/6	Hungry Frogs
Week of 6/13	Nature Scavenger Hunt
Week of 6/20	Natural Play Dough
Week of 6/27	Nasturtium Delights

### July

Week of 7/4	No Read and Seed this week
Week of 7/11	Not a Stick
Week of 7/18	Nature Light Catchers
Week of 7/27	Walnut Shell Boats

### August

Week of 8/1	Wooden Spoon Lady Bugs + release
Week of 8/8	Vegetable Memory Game
Week of 8/15	Nature Find Pouch
Week of 8/22	Garden Tasting
Week of 8/29	Turtles

## Summer Camps

Fun summer outdoor opportunities for investigation of gardening and the natural world. Camps are full of garden-centric activities, art, music, and cooking. Unique programming is guaranteed each week of camp. Receive a \$10 discount with a family membership to The Gardens. Scholarships available.

Age: 6–11 years, or children who are entering grades 1–5.

### What to bring

Dress for the weather.

Half-day camps: bring water, snack, and sunscreen.

Full-day camps: bring water, snack, sunscreen, and a lunch. Pre-registration required.

Drop-Off and Pick-up: For morning camps and full day camps, children may be dropped off as early as 8:30 a.m.; camp programming begins at 9 a.m. For afternoon and full day camps, children may be picked up as late as 5 p.m. and programming ends at 4 p.m. Half-day camps end at noon and begin at 1 p.m.

### Lunch

Does your half-day camper need to come early or stay late? Pack a lunch and stay at The Gardens for supervised fun in the Children's Garden from noon–1 p.m. for an additional \$20 for the week.

## Programming

### Gardeners and Chefs – Allergy Aware

Spend the week learning and making fun recipes, exploring the plants that flavor our foods, and making our own book of recipes to take home. The first edition features dairy free, nut free, and gluten free recipes. If you have additional recipe concerns, contact 970.416.2486.

6/13–6/17	M–F	9:00 AM–Noon	\$135
6/13–6/17	M–F	9:00 AM–4:00 PM	\$250

### Garden Animals

In the morning, explore the exciting world of insects, arachnids, and bugs by discovering what they do and how they work, and meet a few close up. In the afternoon, learn about different animals living in the Gardens and Colorado through exploration, games, and crafts.

6/20–6/24	M–F	9:00 AM–Noon	\$135
6/20–6/24	M–F	1:00 PM–4:00 PM	\$135
6/20–6/24	M–F	9:00 AM–4:00 PM	\$250

### Arts Camp

In the morning, focus on different types of art each day. In the afternoon, explore music, theater, and dance, all in the beautiful outdoor spaces of the Gardens.

6/27–7/1	M–F	9:00 AM–Noon	\$135
6/27–7/1	M–F	1:00 PM–4:00 PM	\$135
6/27–7/1	M–F	9:00 AM–4:00 PM	\$250

### Gardeners and Chefs – Conventional Cooking

Spend the week learning and making fun recipes, exploring the plants that flavor our foods, and making your own book of recipes to take home. The second edition of camp features more conventional recipes than the first. Note allergies when registering.

7/11–15	M–F	9:00 AM–Noon	\$135
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**Garden STEM Camp**

In the morning, practice physics, chemistry, and engineering experiments. In the afternoon, discover what lives in the Garden and what makes it tick.

7/25-7/29	M-F	9:00 AM-Noon	\$135
7/25/7/29	M-F	1:00 PM-4:00 PM	\$135
7/25-7/29	M-F	9:00 AM-4:00 PM	\$250

**Colorful Colorado Camp**

Explore grassland to glacial landscapes, as well as fun activities related to Colorado history. Build your own fossils, plant a native tree, and make herbed butter just like a pioneer.

8/8-8/12	M-F	9:00 AM-Noon	\$250
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**Youth Tours**

Youth tours are available from 4/1-10/31 to schools, homeschool groups, day cares, camps, and youth groups. We offer a variety of topics built around grade level learning goals. All tours are \$4 per child. Scholarships available.

**Birthday Parties**

Enjoy 90 minutes of birthday fun in our Green Roof Shelter. Birthday parties include 30 minutes of Gardens instructor-led activities and playtime in the Children’s Garden. Guests provide food, beverages, paper products, and utensils. One adult chaperone per party required. Two week advanced registration required.

Age: 2-9 years

Cost: \$130 for up to 10 children

**Discovery Zone**

Have fun, get dirty, and learn about nature here at The Gardens. Get acquainted with the new Discovery Zone in the Children’s Garden, designed and built for the young and the young at heart. Explore our various root viewers, explorer tables, garden tools, games, and activities. This summer, the Discovery Zone is staffed with a volunteer host who will guide you through the fun on Saturdays, 10 a.m.-noon. The Discovery Zone is free and open to all ages.

**Tree Trunks**

Filled to the brim with activities and materials for all ages, Tree Trunks make teaching lessons about stress successful and fun. These arbor-themed kits are a collaborative project made possible by Society of American Foresters, the Gardens on Spring Creek, Front Range Community College, Colorado State Forest Service, and US Forest Service. Trunks are available for elementary school and middle school to adult.

**Scout Badge Program**

Scout programs are customized to fit the needs of your troop including, but not limited to gardening, natural resources, and cooking. Programs last two hours and cost \$10 per scout. One adult required per five scouts. Each program offers hands-on exploration and activities led by Gardens guides. All ages welcome. Pre-registration required. Programs available year-round; garden activities dependent on weather and seasonal availability.



**JULY 4TH PARADE**

10:00 AM | Mountain Avenue  
Traveling east on Mountain Ave.  
between Jackson Ave. & Meldrum St.

**CITY PARK POOL**

10:00 AM - 5:30 PM  
\$3 All ages! Take a dip in  
Fort Collins’ favorite pool.

**LIVE MUSIC**

4:15-9:30 PM | City Park

**FIREWORKS**

9:35 PM | City Park  
Celebrate the 4th of July with an amazing  
fireworks display over Sheldon Lake!  
Weather permitting.

**TRANSFERT  
SHUTTLE SERVICE**

Downtown Transportation Center & Moby  
Arena Free Transfort shuttles to and from City  
Park starting at 5:30 PM from the Downtown  
Transportation Center and Moby Arena.

Visit [fcgov.com/4thofjuly](http://fcgov.com/4thofjuly) for more info.



Auxiliary aids and services are available for persons with disabilities. V/TDD: Dial 711 for Relay Colorado.

# Health & Wellness

City of Fort Collins Recreation, Columbine Health Systems, and University of Colorado Health provide unique and comprehensive services to the public through the Health & Wellness program.

## THREE ORGANIZATIONS

One goal



## Health and Wellness

Health and Wellness Services is a unique and comprehensive public health and wellness program provided in partnership by the City of Fort Collins, Columbine Health Systems, and UC Health. All services are for ages 18 years & up unless otherwise noted. Find additional Health & Wellness sponsored programs throughout the Recreator; they are denoted with a **H**.

### Health & Wellness Services

#### Blood Pressure Checks **H**

Take this opportunity to sit down with a registered nurse one-on-one to get blood pressures taken and ask any health-related questions.

Location: Senior Center Lobby

6/13, 7/11, 8/8	M	10:00 AM–Noon	No Fee
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#### Cholesterol Screenings **H**

Blood pressure, cholesterol panel and glucose tests with counseling and recommendations in 20 minutes. 8-hour fast recommended (water and medications permitted). Contact the Health District, 970.224.5209 to schedule an appointment; walk-ins only accepted if space allows.

Location: Senior Center

6/7, 7/5	T	8:15–10:30 AM	\$15
6/16, 7/21, 8/18	Th	8:15–10:30 AM	\$15

#### Fitness Check-Up **H**

Check body fat percentage and BMI. Then, perform simple strength, cardio, and flexibility tests to determine your strengths and weaknesses. Test periodically to see changes. 45-minute appointments.

Location: Senior Center

6/6, 7/18, 8/22	M	1:00–4:00 PM	\$5
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Location: Foothills Activity Center

6/13, 7/11, 8/29	M	9:00 AM–Noon	\$5
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#### Golf Fitness Assessment **H**

Designed to help improve your overall golf game by assessing strength and flexibility components specific to golf. Based on the results, exercises and suggestions are shared to help you become a stronger golfer. Contact 970.416.4280 to schedule a 30-minute appointment.

Location: Foothills Activity Center

7/14	Th	8:00–11:30 AM	\$20
8/11	Th	8:00–11:30 AM	\$20

#### Hearing Screenings and Wax Removal **H**

If you are experiencing ringing in the ears, have frequent exposure to loud noises, feel like your ears are clogged, or have difficulty hearing, visit with a licensed audiologist for a hearing test and review.

Provider: Dr. Stuart Tomlin, Hearing Rehab Center of Fort Collins

Location: Senior Center

6/1, 7/6, 8/10	W	10:00 AM–Noon	No fee
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#### Massage, Reflexology, Compression Massage **H**

Benefit from traditional massage, reflexology, and compression massage (for those who need just enough pressure to ensure a calming and soothing sensation). Provider: Cynthia DiRaimondo. Contact the Senior Center to schedule an appointment, 970.221.6644.

Location: Senior Center

20 minute / \$20    40 minute / \$40    60 minute / \$60

#### Rossiter **H**

Restore connective tissue to its natural, healthy state creating freedom from pain and increased mobility. Relieve back pain, sciatica, knee pain, hip pain, tennis elbow, plantar fasciitis, and more. Rossiter is done fully clothed and takes about 30 minutes. You must be able to get up and down off the floor.

Location: Senior Center

6/7–8/30	T	10:00 AM–1:00 PM	\$45
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Location: Foothills Activity Center

Call 970.416.4280 for available dates and times.

## Medical Education

### Mall Walkers **H**

An informative and interactive class about how to utilize our new mall space for walking and exercise without devices. Provider: UC Health Physical Therapist.

Age: 18 years & up

Location: Foothills Activity Center

6/6–6/27	M	9:00–10:00 AM	\$20	325710-01
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### Roll Away the Pain **H**

An informative and interactive class about how to use the foam roller to ease pain. Bring your roller if you have one. Provider: Bobbett Hickson, Physical Therapist from Outpatient Services MCR/UCH.

Age: 18 years & up

Location: Senior Center

6/8	W	3:30–4:30 PM	\$10	325401-01
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### Bossy Bladder **H**

A lecture and exercise class for individuals looking to improve bladder and bowel control. Provider: Krista Covell-Pierson, Occupational Therapist.

Age: 18 years & up

Location: Senior Center

6/9	Th	9:30–10:30 AM	\$25	325453-01
7/26	Tu	1:00–2:00 PM	\$25	325453-02
8/15	M	2:00–3:00 PM	\$25	325453-03

### Opening the Medicine Cabinet **H**

New over-the-counter medications are released every year, many of them after years of use as a prescription drug. Take a look at the most common OTC medications, how they work, what they won't do, how to take them, and precautions to follow with all medications. Provider: Dianne Grimmitt, RN, M.Ed.

Age: 18 years & up

Location: Senior Center

6/22	W	2:00–3:00 PM	\$5	325425-01
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### Magical Power of Sleep **H**

Discover why sleep is so important, how we can improve our sleep, what disorders cause us to lose sleep, and what can we do to get better sleep. Provider: Rene DeMattei, UCHealth Sleep Lab.

Age: 18 years & up

Location: Senior Center

Importance of Sleep and Getting a Good Night's Rest

7/12	Tu	10:00–11:30 AM	\$5	325423-01
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Snoring, Sleep Apnea and Movement Disorders

7/19	Tu	10:00–11:30 AM	\$5	325423-02
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Insomnia and Circadian Rhythm

7/26	Tu	10:00–11:30 AM	\$5	325423-03
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### Stay Active & Independent **H**

Discuss the importance of strength, balance, fitness, and home safety. Learn a self-check system and discuss innovative programs to help you stay in your home safely as you age. Provider: Front Range Therapy Physical Therapist.

Age: 18 years & up

Location: Senior Center

7/13	W	9:30–10:30 AM	\$5	325428-01
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### Bone Health for Osteoporosis **H**

Get a basic overview regarding osteoporosis education, exercise, and prevention. Provider: Columbine Health Systems Physical Therapist.

Age: 18 years & up

Location: Senior Center

7/13	W	11:00 AM–Noon	\$5	325427-01
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### Safe at Home **H**

As we age, our risk of going to the ER increases dramatically. Learn simple ways to reduce these risks and increase your safe years at home. Learn how to prevent the most common injuries, address gaps in patient education, and avoid medication errors that send people over the age of 65 to the ER every year. Provider: Dianne Grimmitt, RN, M.Ed.

Age: 18 years & up

Location: Senior Center

7/19	Tu	10:00–11:00 AM	\$5	325424-01
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### Return to Function: After Cancer Treatment **H**

An informative class regarding breast cancer rehab/education and information on lymphedema. Provider: Michelle Bardino, Physical Therapist, STAR certified, Outpatient Services/Cancer Center, PVH.

Age: 18 years & up

Location: Senior Center

7/19	Tu	4:30–5:30 PM	No Fee	325415-01
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### Running Rehab **H**

An informative and interactive class on running injury prevention and treatment. Stretching, strengthening, and gait strategies are reviewed. Provider: Lewis Benedict, Physical Therapist at PVH, Outpatient Services.

Age: 18 years & up

Location: Foothills Activity Center

7/20	W	3:30–4:30 PM	No Fee	325711-01
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### How to Improve Your Memory **H**

Review how to improve your memory and activities to improve functional memory at home and work. Provider: Nancy Malley, Speech Therapist at Outpatient Services, PVH.

Age: 18 years & up

Location: Senior Center

8/18	Th	9:30–10:30 AM	\$10	325416-01
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## Nutrition

### The Mediterranean Diet **H**

Have you always wanted to learn more about the Mediterranean Diet? Discover how this meal plan can be part of your healthy lifestyle. Provider: Jenifer Bowman, MS, RD, Cardiac Dietitian, UCHealth.

Age: 18 years & up

Location: Senior Center

6/23	Th	10:30 AM–Noon	\$5	325405-01
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### Diabetes Cooking for 1 or 2 **H**

Discuss how to prepare healthy, diabetes-friendly meals for one or two people. Learn helpful tips, tricks, and recipes to make cooking nutritious meals both easy and cost-effective. Provider: Katharine Kissane, RD, UCHealth Diabetes Services.

Age: 18 years & up

Location: Senior Center

8/17	W	9:30–11:00 AM	\$5	325412-01
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## Wellness Education

### Aging Mastery Program **H**

Explore the realities of aging, making the most out of the gift of longevity and taking small steps to improve health, financial well-being, and quality of life. The National Council on Aging designed this class so every week expert speakers share their valuable insights on 10 key topics.

Age: 18 years & up

Location: Senior Center

7/14–9/15	Th	9:30–11:00 AM	\$50	325400-01
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### EnhanceWellness **H**

Open classes on a variety of wellness topics. Designed to help you set achievable goals and work toward enhancing your life. Provider: EnhanceWellness Program, UCHealth. Contact 970.495.7335 to register. Class will not be held on 8/3.

Age: 18 years & up

Location: Senior Center

6/1–8/31	W	10:00–11:00 AM	No Fee	325439-01
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### Parkinson's Support Group **H**

The Parkinson's Support Group in Larimer County (PSGLC) provides a variety of programming for person's with Parkinson's disease and their care partners. Monthly meetings offer education, support, and fellowship. Visit [pdsupportlc.net](http://pdsupportlc.net) for more information.

Age: 18 years & up

Location: Senior Center

6/1	W	10:30 AM–12:30 PM	No Fee
7/6	W	10:30 AM–12:30 PM	No Fee

### Effective Communication Strategies **H**

Caregivers learn to decode verbal and behavioral communication by someone with Alzheimer's or another dementia. Leave with strategies for meaningful connection with people in early, middle, and late stage dementia.

Age: 18 years & up

Location: Senior Center

6/7	Tu	10:00 AM–Noon	No Fee	325422-01
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### Save Your Knees **H**

Whether you have had a replacement, want to avoid a replacement, or simply function better and help your knees last a lifetime, learn how to relieve knee pain naturally. Explore Rossiter for knee pain, as well as self-care that can reduce knee discomfort.

Age: 18 years & up

Location: Foothills Activity Center

8/11	Th	5:00–6:00 PM	\$5	325408-02
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Location: Senior Center

6/7	Tu	1:30–2:30 PM	\$5	325408-01
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**Navigating Senior Living** H

Learn the difference between independent living, assisted living, skilled nursing, rehabilitation, home care, and non-medical home care and walk away from this discussion with a full understanding of the levels available for you and your loved ones at Columbine Health Systems. Provider: Yvonne Myers, Director, Columbine Health Systems.

Age: 18 years & up

Location: Senior Center

6/10	F	1:30–3:00 PM	No Fee	325440-01
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**Death Cafe** H

Demystify the topic of death and engage in thoughtful and respectful conversation. This is not a bereavement or grief group, and there is no set agenda. This is a discussion about living well and “leaving” well. Provider: Patti Welfare, UCHealth Aspen Club.

Age: 18 years & up

Location: Senior Center

6/14	Tu	1:30–3:00 PM	No Fee	325420-01
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**Eating for Energy** H

With the demands of today’s hectic lifestyles combined with too few hours of quality sleep and poor eating habits, it’s no wonder many people complain of fatigue and low energy. Learn how to boost your energy and vitality by making some strategic changes to your diet and lifestyle.

Age: 18 years & up

Location: Senior Center

6/14	Tu	6:00–7:00 PM	No Fee	325430-01
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**Gremlin Speak** H

Negative self-talk may be stopping you from being, doing and having what you really want out of life. This workshop comes to the rescue with fun, creative and interactive ways to help you identify when and how your gremlin pops its ugly head up, and how to turn that gremlin into an ally for your success.

Age: 18 years & up

Location: Senior Center

6/16	Th	10:00 AM–Noon	\$18	325462-01
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**Making It Stick** H

Behavior changes rarely stick the first time around. Understanding the process of behavior change can help alter the dynamic of our efforts. Explore the stages of change and how to assess and address the impediments that get us stuck. Learn practical strategies that enhance confidence and motivation.

Age: 18 years & up

Location: Senior Center

6/16	Th	Noon–1:00 PM	No Fee	325406-01
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**Memory Workshop** H

Learn helpful, useful tools in a fun, interactive way for keeping your mind sharp, and your memory working for you. Provider: Covell Care Therapy.

Age: 18 years & up

Location: Senior Center

6/20	M	9:00–10:00 AM	\$15	325436-01
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**5 Wishes** H

Discuss the importance of having your wishes and preferences at the end of life known, and how the 5 Wishes document can easily provide this, as well as create the opportunity to have this very important conversation.

Age: 18 years & up

Location: Senior Center

6/21	Tu	10:00–11:00 AM	No Fee	325443-01
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**Essential Oils & Wellness** H

Learn the basics of how pure essential oils can work to keep you healthy and balanced.

Age: 18 years & up

Location: Senior Center

6/28	Tu	Noon–1:00 PM	\$15	325447-01
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**Take the 5210 Challenge** H

Join the UCHealth Healthy Kids Club team to help your grandkids stay healthy by the taking the 5210 Challenge. Learn practical, fun ways to incorporate the goals of healthy habits into the precious time you spend with your grandkids.

Age: 18 years & up

Location: Senior Center

6/29	W	10:00–11:30 AM	\$5	325411-01
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**Living Well with Chronic Pain** H

Are you living with pain? Learn how to manage pain so that you can live a satisfying, fulfilling life. Receive a Chronic Pain Self Management book and a Moving Easy Program CD.

Age: 18 years & up

Location: Senior Center

7/7–8/11	Th	1:30–4:00 PM	No Fee	325407-01
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**Community Sign Language** H

Learn the American Sign Language signs for useful, everyday words. Provider: Covell Care Therapy.

Age: 18 years & up

Location: Senior Center

7/11	M	10:00–11:00 AM	\$15	325448-01
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**Music Fun & Brain Health** 

An interactive program on music's profound impact on brain health. Enjoy activities, music, and movement that will have those brain neurons firing with glee. Provider: Jill Taylor and Patti Welfare, UCHealth Aspen Club.

Age: 18 years & up

Location: Senior Center

7/12	Tu	9:30–11:00 AM	\$5	325403-01
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**T'ai Chi Chih** 

The soft, gentle, movements of T'ai Chi Chih promote health in every part of the body; circulating and balancing our internal energy. Movements can be done by anyone regardless of age or physical condition. Benefits include better balance, increased flexibility and strength, inner peace, and improved health and joy. **Note:** Class will not be held on 8/2.

Age: 18 years & up

Location: Senior Center

7/12–9/6	Tu	1:00–2:00 PM	\$80	325410-01
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**Traits of Long-Lived People** 

Fascinating and practical exploration of how attitudes, personality, and feelings about life impact health, happiness, well-being, and longevity. Book included. Provider: Fred Singer, Regis University Adjunct Professor, and author of Change Your Mind, Save Your Life.

Age: 18 years & up

Location: Senior Center

7/13–8/10	W	10:30–11:30 AM	\$25	325454-01
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**The Summer Garden** 

The “dog days” of summer are tough on everyone, including gardens. Learn why common summer ailments occur, like brown spots in turf, vegetable disease and insect problems, boosting blooms in flowers, and why continued maintenance is important.

Age: 18 years & up

Location: Senior Center

7/18	M	10:00–11:30 AM	No Fee	325413-01
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**Rewire Your Brain** 

Neuroplasticity refers to the brain's capacity to change. Recent research in neuroscience allows us to understand our potential for rewiring our brains for the good. Explore the connection between mind, brain, emotions, and health and learn practical strategies for directing positive neuroplasticity.

Age: 18 years & up

Location: Senior Center

7/19	Tu	10:00–11:00 AM	No Fee	325414-01
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**Boost Your Immunity** 

It's no secret that boosting your immune system helps fight illness. Your immune system requires balance and harmony to function well. Learn what your mind and body need to maintain optimal health all year round.

Provider: Kellie Falbo, Peak Health & Wellness.

Age: 18 years & up

Location: Senior Center

7/20	W	6:00–7:00 PM	No Fee	325431-01
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**Palliative Care & Hospice** 

Knowledge is power and this could not be truer than when trying to navigate the healthcare system. Discuss the differences between these very important services, get a better understanding about what each provides, and how it is paid for.

Age: 18 years & up

Location: Senior Center

7/21	Th	1:30–2:30 PM	No Fee	325441-01
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**Arthritis Support Group** 

Designed to offer information and support for those who have arthritis, their family members, friends, and/or caregivers. Learn more, find related resources, network, and share experiences.

Register with the Aspen Club at 970.495.8560.

Age: 18 years & up

Location: Senior Center

8/15	M	11:00 AM–12:30 PM	No Fee	
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**Dementia: A Loss Like No Other** 

A discussion on dealing with the grief and loss caregivers undertake with on a daily basis. Learn how we can find peace through honoring this process, by giving it a name, understanding how we grieve, and meeting our loved ones where they are in the disease process.

Age: 18 years & up

Location: Senior Center

8/16	Tu	2:00–3:00 PM	No Fee	325442-01
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**Attention Workshop** 

Learn how attention can impact all areas of our lives. Gain useful tools for keeping your focus sharp. Provider: Covell Care Therapy.

Age: 18 years & up

Location: Senior Center

8/18	Th	9:00–10:00 AM	\$15	325449-01
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## Financial

### Understanding Home Buying **H**

Learn from industry insiders about the purchase process, from checking credit, to being handed the keys. Learn about loan types, down payments, choosing a Realtor, fees, buying or renting considerations, and more.

Age: 18 years & up

Location: Foothills Activity Center

6/7	Tu	6:30–7:30 PM	No Fee	325732-01
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### Tax Free Investing **H**

It's not what you make, it's what you keep. Learn how certain investments can deliver tax-free income and possibly keep you in a lower tax bracket. Suitable for retirees and investors in the 25% tax bracket or higher.

Age: 18 years & up

Location: Senior Center

6/14	Tu	10:00–11:00 AM	No Fee	325438-01
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### A Woman's Retirement Outlook **H**

How do you feel about retirement? Just reading the word retirement may raise a mix of emotional responses for you. This seminar is specifically tailored for women who are getting ready for or have recently transitioned into retirement.

Age: 18 years & up

Location: Senior Center

7/12	Tu	10:00–11:00 AM	No Fee	325437-01
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### Women & Money **H**

Many women face unique challenges around their financial security. Discuss the issues of longer life expectancy, career interruptions, employment earning gaps, and more. Take control of your personal finances, prepare for life's uncertainties, and develop an action plan.

Age: 18 years & up

Location: Foothills Activity Center

7/26	Tu	6:30–7:30 PM	No Fee	325733-01
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### Insider Tips to Buying a Car **H**

Get informed about the options available when purchasing a vehicle. Discuss buying a new versus a used vehicle, what type of vehicle is right for you, leasing and ownership costs, and research resources.

Age: 18 years & up

Location: Foothills Activity Center

8/2	Tu	6:30–7:30 PM	No Fee	325734-01
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## Holistic Options

### Cleaning with Essential Oils **H**

Learn which essential oils are best for cleaning.

Age: 18 years & up

Location: Senior Center

6/4	Sa	9:30–11:00 AM	No Fee	325466-01
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### Staying Healthy in Summer **H**

Maintain optimal health in the summer, harnessing energy to do all the things you want to do. Learn herbal formulas and home remedies. Provider: Susan Goldstone, L.Ac, Oriental Medical Practitioner.

Age: 18 years & up

Location: Senior Center

6/6	M	10:00–11:00 AM	\$5	325433-01
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### Conscious Aging **H**

Acupuncture and Oriental medicine view life's rhythm in cycles and seasons. Learn how this profound ancient medicine can have impact on your health and wellbeing. Make the choice to age consciously, integrating body, mind, spirit, and heart. Provider: Susan Goldstone, L.Ac.

Age: 18 years & up

Location: Senior Center

6/13	M	10:00–11:00 AM	\$5	325432-01
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### Healthy Thyroid, Naturally **H**

Do you have dry skin, difficulty concentrating, constipation, or depression? Discuss symptoms of thyroid dysfunction, ways to support your thyroid naturally, and the importance of proper thyroid testing to identify the source of the problem. Provider: Dr. Joan Waters, local naturopathic doctor.

Age: 18 years & up

Location: Foothills Activity Center

6/13	M	Noon–1:00 PM	\$25	325456-02
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Location: Senior Center

6/13	M	4:00–5:00 PM	\$25	325456-01
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### Balance in a Stressful World **H**

Feeling tired and drained at the end of the day? Are you carrying the weight of the world on your shoulders? Learn how to reduce negative stressors in life and increase your body's adaptive capacities to handle them. Provider: Dr. Ryan Harward.

Age: 18 years & up

Location: Foothills Activity Center

6/14	Tu	12:30–1:30 PM	No Fee	325450-02
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Location: Senior Center

7/19	Tu	12:30–1:30 PM	No Fee	325450-01
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### Resolving Adrenal Fatigue **H**

Do you often wake unrested? Do you have diabetes, blood sugar, or thyroid problems? Does anxiety keep you awake at night? Discuss practical strategies to pamper your adrenal glands in the midst of your active lifestyle. Provider: Dr. Joan Waters, N.D.

Age: 18 years & up

Location: Senior Center

6/29	W	Noon–1:00 PM	\$25	325465-01
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**Deep Restorative Sleep** **H**

Are you unable to fall asleep? Do you awaken earlier than you would like to? Discuss practical strategies to achieve deep, restorative sleep so that you feel rejuvenated, not drained, in the morning.

Provider: Joan Waters, local naturopathic doctor.

Age: 18 years & up

Location: Senior Center

7/12	Tu	Noon–1:00 PM	\$25	325464-01
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**Cooking with Essential Oils** **H**

Learn how to use essential oils in your everyday cooking.

Age: 18 years & up

Location: Senior Center

7/16	Sa	9:30–11:00 AM	No Fee	325467-01
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**Natural Treatment of IBS** **H**

Discuss a condition found in 80% of those with irritable bowel syndrome and learn how to identify the cause of your condition so that you can treat it without drugs. Provider: Dr. Joan Waters

Age: 18 years & up

Location: Foothills Activity Center

7/18	M	4:00–5:00 PM	\$25	325455-02
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Location: Senior Center

7/18	M	Noon–1:00 PM	\$25	325455-01
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**Is Acupuncture Right for You?** **H**

Learn how acupuncture helps you feel better and can have affects on surgeries, recovery, pain-relief, balance, energy, memory, arthritis, allergies, asthma, digestion, and more. Provider: Susan Goldstone, L.Ac, Goldstone Acupuncture & Whole Health LLC.

Age: 18 years & up

Location: Foothills Activity Center

8/1	M	10:00–11:00 AM	\$5	325749-01
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**Immune Support with Essential Oils** **H**

Learn how to use essential oils to improve your immune support.

Age: 18 years & up

Location: Senior Center

8/6	Sa	9:30–11:00 AM	No Fee	325468-01
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**Shamanism: Ancient Wisdom** **H**

Shamanism is an ancient tradition of healing and transformation that was practiced by indigenous people cross-culturally through time. Discuss challenges faced in the second half of life, as described by Carl Jung, and the relevancy of shamanic practice. Provider: Scott Tate, licensed Psychotherapist.

Age: 18 years & up

Location: Senior Center

8/13	Sa	9:00–11:30 AM	\$10	325419-01
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*Rocky Mountain  
Family Physicians, P.C.*

**Let the fun begin!**  
Call for a same-day appointment  
970-484-0798 [www.rmfamilyphys.com](http://www.rmfamilyphys.com)

**Your Optimal Diet** **H**

Have you been 'yo-yo dieting', trying to keep your weight down, but struggling to adhere to your diet with your busy lifestyle? Explore practical suggestions to plan a diet that is sustainable with an active lifestyle, prevents disease, and helps you meet your health goals. Provider: Joan Waters, N.D.

Age: 18 years & up

Location: Foothills Activity Center

8/29	M	4:00–5:00 PM	\$25	325457-02
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Location: Senior Center

8/29	M	Noon–1:00 PM	\$25	325457-01
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◀ARO *The City of Fort Collins will make reasonable accommodations for persons with disabilities to access to City services, programs, and activities. For more information about these resources, and additional Adaptive Recreation Opportunities, see page 16.*

**LEGEND**

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



# FEELING THE HEAT

*from your*

# ENERGY BILL?

**FOLLOW THESE TIPS TO SAVE MONEY AND HELP FORT COLLINS MAKE IT INTO THE TOP 10!**

- 1** Close the blinds during the day to block the heat from the sun.
- 2** Turn up your AC by 5 degrees while you're away.
- 3** Wash your clothes using cold water – they'll last longer, and get just as clean.

**GET US** *TO THE* **TOP 10**

Check out our energy prize standings online at  
**[lose-a-watt.com/progress](http://lose-a-watt.com/progress)**



## Ice Skating

### Learn to Skate Lessons

#### General Information

Lessons are taught by Certified P.S.A. instructors and are in compliance with the United States Figure Skating Association.

Parents may observe lessons from the upstairs bleachers; it is distracting for skaters and coaches to have parents at the gate and also creates an obstruction for skaters that are entering or exiting the ice.

Individuals are not allowed on the ice with their shoes on. Parents are welcome to skate with their child during the 15-minute practice time. EPIC's rental skates are available free of charge.

Our class student to instructor ratio is 1 instructor for every 10 students. Any Tot, Basic 1 or Basic 2 classes larger than 10 students include an additional assistant. Minimum for all classes is 5 students; class levels may be combined to meet this minimum.

Skating lessons are 30 minutes in length with a 15-minute practice time, which may be before or after the lesson depending on scheduling.

Instructors have time in between classes to talk to parents and address their concerns. Be aware that some levels need to be repeated to master all the skills.

The first day of each lesson is generally termed as Level Evaluation Day. At this time, instructors evaluate all participants in their assigned classes to make certain they have been correctly enrolled; if there is a problem, the instructor will discuss the best course of action with the parent. Students are moved if there is space available in the appropriate level of class.

There are no make-up lessons for missed skating classes.

If the class you wish to register for is filled, you may place your name on a paid waiting list. We attempt to accommodate the demand for skating lessons by adding new classes, however they may not be at the same time/day as the waiting list class. Classes that do not meet the minimum may be canceled or combined.

If you are unable to attend the last day of classes for testing, please request a progress card on the last day you attend.

#### Proper clothing may include:

Helmet (also available at EPIC; required for Tot 1 & 2)

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

See the Conditioning Information Center posted in the Green Ice Rink. Program not discountable.

#### Private Skating Instruction

Private ice skating instruction available for all abilities in figure skating, dance, edges, style, choreography, hockey, and power. Fees vary. Ice time and skate rental not included. Program not discountable.

#### Figure Skating Lessons for Boy & Girl Scouts

Earn your skating Merit Badge. A learn to skate lesson can be arranged for your troop during a public skate session at a discounted rate. Minimum of 4 skaters. Flexible number of weeks available. Contact 970.416.2770 to make arrangements.

#### Skate Sharpening Services

EPIC offers skate sharpening services for figure and hockey skates (Blackstone Flat Bottom V). Drop-off and walk-in service available.

### Team & Club Contacts

#### Adult Hockey

Fort Collins Adult  
Hockey Association  
[fcaha.org](http://fcaha.org)

#### Youth Hockey

Northern Colorado Youth Hockey  
[ncyh.org](http://ncyh.org)

#### Figure Skating Club

Fort Collins Figure Skating Club  
[fortcollinsfsc.org](http://fortcollinsfsc.org)

#### Women's Hockey

Flames / Phoenix / Comets  
[wachockey.com](http://wachockey.com)

#### College Hockey

Colorado State University  
[csuhockey.com](http://csuhockey.com)

#### High School Hockey

High Plains Hockey  
[highplainshockey.com](http://highplainshockey.com)

#### Speed Skating

Jondon Speed  
[Jondonspeed.com](http://Jondonspeed.com)

#### Curling

Poudre Valley Curling Club  
[Poudrevalleycurling.com](http://Poudrevalleycurling.com)

### Special Events

For information about our Special Events, including Ice Theatre, see page 89.

## Curling

### Curling League

League is for those who want to experience competitive curling. Each curling team consists of four curlers. Sign-up individually and add team names to the roster note. **Note:** Participants need to wear helmet, clean rubber soled sneakers, and dress in layers that are stretchy or loose. **Note:** League will not be held on 7/2, 8/7.

Age: 8 years & up

Location: Edora Pool Ice Center

6/18–7/16	Sa	2:45–4:45 PM	\$44	310376-01
7/23–8/20	Sa	2:45–4:15 PM	\$44	310376-02

### Learn to Curl

For those that have never curled before and would like to see what it's all about. Learn to slide, throw stones, sweep, terminology and proper curling technique. **Note:** Participants need to wear helmet, clean rubber soled sneakers, and dress in layers that are stretchy or loose.

Age: 8 years & up

Location: Edora Pool Ice Center

6/26	Su	2:45–4:15 PM	No Fee	310377-01
7/24	Su	2:45–4:15 PM	No Fee	310377-02
8/21	Su	2:45–4:15 PM	No Fee	310377-03

### Curling Drop-In

Come practice and improve your delivery, sweeping, strategy, and basic rules curling. Maximum 24 per session. Please attend a Learn to Curl session if you need instruction. **Note:** Wear a helmet, clean rubber soled sneakers, and dress in layers that are stretchy or loose. Session will not be held on 6/26, 7/24, 8/7.

Age: 8 years & up

Location: Edora Pool Ice Center

6/5–8/14	Su	2:45–4:15 PM	\$7.50	
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## Hockey

### Beginner Cub Hockey

Prerequisite: Tot 1 or Basic 1. Practice held on Tuesdays; focus is on basic hockey and skating skills. Recreational games held on Thursdays. Equipment can be checked out with a \$150 deposit check. Rental skates included, sticks available at equipment check-out for \$10. **Note:** Equipment handout is 6/2 from 4–6 p.m. at EPIC. Equipment check-in is immediately following last game of the session. Class will not be held on 7/5, 7/7.

Age: 4–8 years

Location: Edora Pool Ice Center

6/7–8/4	Tu,Th	5:00–5:45 PM	\$168	310372-01
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### Power Skating

Hockey skaters develop power, agility, and endurance. Program developed by Olympic speed skater, Jondon Trevena. Full hockey gear required.

Age: 9–17 years

Location: Edora Pool Ice Center

6/1–6/22	W	3:45–4:30 PM	\$48	310370-01
6/29–7/20	W	3:45–4:30 PM	\$48	310370-02
7/27–8/17	W	3:45–4:30 PM	\$48	310370-03

### Drop-In Hockey

Open practice session to sharpen skating and shooting skills. Full equipment required. 10 or 20 Admission Passes available. Sign up at the front desk beginning at 6 a.m. for morning sessions and at 6 p.m. for evening sessions. Payment must be made when signing up unless a hockey punch pass is on file for phone-ins. Limited to 30 players. Not discountable. **Note:** Session will not be held on 7/4, 8/6.

Location: Edora Pool Ice Center

Age: 16 years & up

5/31–8/19	M–F	11:30 AM–1:00 PM	\$4.50	
6/4–8/20	Sa	6:00–7:30 PM	\$4.50	

Age: 18 years & up

5/31–8/19	Tu,W,F	9:15–10:45 PM	\$4.50	
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### Stick and Puck Drop-In

Open session. Helmet, gloves, stick, and shin guards required. Full equipment recommended for younger skaters. Not discountable. No scrimmaging allowed during stick and puck. Rules are posted in each arena. **Note:** Session will not be held on 6/11, 7/4, 8/6, 8/7, 8/10.

Age: All

Location: Edora Pool Ice Center

6/6–8/15	M	3:15–4:30 PM	\$4.50	
5/31–8/18	Tu,Th	1:30–2:45 PM	\$4.50	
6/1–8/17	W	6:15–7:15 PM	\$4.50	
6/3–8/19	F	4:45–6:00 PM	\$4.50	
6/4–8/20	Sa	1:00–2:30 PM	\$4.50	
6/5–8/21	Sa,Su	4:15–5:45 PM	\$4.50	

## Speed Skating

### Speed Skating Beginner

Designed to enhance skating speed technique for all types of skating. Gain knowledge of edges, pushes, balance, and pressure. Wear warm-up pants, long sleeved shirt, and speed skates (intermediate and advanced). Program developed by Olympic speed skater, Jondon Trevena. Previous skating experience required.

Age: 7 years & up

Location: Edora Pool Ice Center

6/1–8/10	W	4:45–5:30 PM	\$12	
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## Adult Ice Skating

### Adult Beginning and Intermediate Skate

Designed for those with little or no previous experience on ice. See descriptions for Youth Classes, Basic 1–4 for skills learned. **Note:** Helmets are strongly recommended for beginners.

Age: 16 years & up

Location: Edora Pool Ice Center

6/7–6/28	Tu	6:00–6:30 PM	\$34	310349-01
7/12–8/2	Tu	6:00–6:30 PM	\$34	310349-02

### Adult Advanced

Good skaters wishing to learn new skills may take the advanced level. See descriptions for Youth Classes, Basic 5–6 for skills learned.

Age: 16 years & up

Location: Edora Pool Ice Center

6/7–6/28	Tu	6:00–6:30 PM	\$34	310353-01
7/12–8/2	Tu	6:00–6:30 PM	\$34	310353-02

### Fitness Skate

Intermediate to advanced skaters benefit from this aerobic exercise. Not discountable. 10 or 20 Admission Passes are available. **Note:** Session will not be held on 7/1, 7/4, 7/29.

Age: 16 years & up

Location: Edora Pool Ice Center

6/1–8/19	M, W, F	11:15 AM–12:45 PM	\$6	
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### Senior Coffee Club

For older adults interested in social skating. Regular fees apply.

Age: 60 years & up

Location: Edora Pool Ice Center

6/1–8/17	W	9:15–11:15 AM	No fee	
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## Youth Ice Skating

### Tot 1 Skate

Introduction to the ice at a relaxed pace. Learn to sit on ice and stand up, march in place, standing swizzle, dip, march forward, forward marching with two-foot glide, and introduced to backward wiggles and rocking horse. **Note:** Helmets required. Warm clothes including gloves or mittens needed. Parents may observe from the seating area.

Age: 4–5 years

Location: Edora Pool Ice Center

6/6–6/29	M, W	4:30–5:00 PM	\$64	310302-01
6/7–6/30	Tu,Th	9:30–10:00 AM	\$64	310302-02
6/7–6/30	Tu,Th	4:30–5:00 PM	\$64	310302-03
7/11–8/3	M, W	4:30–5:00 PM	\$64	310302-04
7/12–8/4	Tu,Th	9:30–10:00 AM	\$64	310302-05
7/12–8/4	Tu,Th	4:30–5:00 PM	\$64	310302-06

### Tot 2 Skate

Prerequisite: Successful completion of Tot 1. Learn to march forward across ice, forward two-foot glide, dip while moving, rocking horse, forward swizzles, snowplow stop, two-foot hop, and backward wiggles. **Note:** Helmets required. Warm clothes including gloves or mittens needed. Parents may observe from the seating area.

Age: 4–5 years

Location: Edora Pool Ice Center

6/6–6/29	M, W	4:30–5:00 PM	\$64	310304-01
6/7–6/30	Tu,Th	9:30–10:00 AM	\$64	310304-02
6/7–6/30	Tu,Th	4:30–5:00 PM	\$64	310304-03
7/11–8/3	M, W	4:30–5:00 PM	\$64	310304-04
7/12–8/4	Tu,Th	9:30–10:00 AM	\$64	310304-05
7/12–8/4	Tu,Th	4:30–5:00 PM	\$64	310304-06

### Basic 1 Skate

For skaters who have never skated before. Learn to sit and stand up, march forward, two-foot glide, glide with dip, rocking horse, forward two-foot swizzles, two-foot snowplow stop, two-foot hop, wiggles, and intro to forward one-foot glide. **Note:** Helmets strongly recommended for beginners. Warm clothes including gloves or mittens needed. Parents may observe from the seating area.

Age: 5–9 years

Location: Edora Pool Ice Center

6/6–6/29	M, W	4:30–5:00 PM	\$64	310306-01
6/6–6/29	M, W	4:30–5:00 PM	\$64	310306-02
6/7–6/30	Tu,Th	10:00–10:30 AM	\$64	310306-03
6/7–6/30	Tu,Th	4:30–5:00 PM	\$64	310306-04
6/7–6/30	Tu,Th	4:30–5:00 PM	\$64	310306-05
7/11–8/3	M, W	4:30–5:00 PM	\$64	310306-06
7/11–8/3	M, W	4:30–5:00 PM	\$64	310306-07
7/12–8/4	Tu,Th	10:00–10:30 AM	\$64	310306-08
7/12–8/4	Tu,Th	4:30–5:00 PM	\$64	310306-09
7/12–8/4	Tu,Th	4:30–5:00 PM	\$64	310306-10

### Basic 2 Skate

Prerequisite: Successful completion of Basic 1 or be between ages 10–15 years and never skated. Learn forward glides, pumping, slalom, backward two-foot swizzles, two-foot glide, turn, snowplow stop, and T-position. **Note:** Helmets are strongly recommended for beginners. Warm clothes including gloves or mittens are needed. Parents may observe from the seating area.

Age: 5–15 years

Location: Edora Pool Ice Center

6/6–6/29	M, W	4:30–5:00 PM	\$64	310310-01
6/7–6/30	Tu,Th	4:30–5:00 PM	\$64	310310-02
7/11–8/3	M, W	4:30–5:00 PM	\$64	310310-03
7/12–8/4	Tu,Th	4:30–5:00 PM	\$64	310310-04

**Basic 3 Skate**

Prerequisite: Successful completion of Basic 2. Learn stroking, forward and backward pumping, backward slalom, two-foot turn, gliding backward on one foot, hold inside and outside edge on a circle, and two-foot spin.

Age: 5–15 years

Location: Edora Pool Ice Center

6/6–6/29	M, W	4:30–5:00 PM	\$64	310314-01
6/7–6/30	Tu,Th	4:30–5:00 PM	\$64	310314-02
7/11–8/3	M, W	4:30–5:00 PM	\$64	310314-03
7/12–8/4	Tu,Th	4:30–5:00 PM	\$64	310314-04

**Basic 4 Skate**

Prerequisite: Successful completion of Basic 3. Learn stroking with power, backward one-foot glide, forward inside and outside edge on an axis, forward crossovers, forward outside three turn right and left, and backward snowplow stop.

Age: 5–15 years

Location: Edora Pool Ice Center

6/6–6/29	M, W	5:15–5:45 PM	\$64	310316-01
6/7–6/30	Tu,Th	5:15–5:45 PM	\$64	310316-02
7/11–8/3	M, W	5:15–5:45 PM	\$64	310316-03
7/12–8/4	Tu,Th	5:15–5:45 PM	\$64	310316-04

**Basic 5 & 6 Ice Skating**

Prerequisite: Successful completion of Basic 4. Learn forward crossovers, hold outside and inside edge on a circle, backward crossovers, one-foot spin, t-stop, side toe hop, forward inside and outside three-turn, backward to forward two-foot turn, hockey stop, bunny hop, forward straight line spiral, and forward lunge.

Age: 5–15 years

Location: Edora Pool Ice Center

6/6–6/29	M, W	5:15–5:45 PM	\$64	310320-01
6/7–6/30	Tu,Th	5:15–5:45 PM	\$64	310320-02
7/11–8/3	M, W	5:15–5:45 PM	\$64	310320-03
7/12–8/4	Tu,Th	5:15–5:45 PM	\$64	310320-04

**Basic 7 & 8 Ice Skating**

Prerequisite: Basic 6. Learn backward to forward two-foot turn, forward inside open and closed mohawk, ballet jump, backward crossovers to backward outside edge, one-foot spin, stand still waltz jump, mazurka, combination move, forward and backward inside pivot, and moving forward outside and inside three turn.

Age: 5–15 years

Location: Edora Pool Ice Center

6/6–6/29	M, W	5:15–5:45 PM	\$64	310326-01
6/7–6/30	Tu,Th	5:15–5:45 PM	\$64	310326-02
7/11–8/3	M, W	5:15–5:45 PM	\$64	310326-03
7/12–8/4	Tu,Th	5:15–5:45 PM	\$64	310326-04

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*A service of the Health District of  
Northern Larimer County and  
Larimer County Department of  
Health and Environment.*

**Field Moves**

Learn pre-preliminary and preliminary moves in the field. Learn stroking, crossovers, forward and backward outside and inside consecutive edges, waltz eight, straight line spiral, figure eight crossovers, right and left 3 turns, consecutive spirals, and alternating 3 turns.

Age: 8–15 years

Location: Edora Pool Ice Center

6/7–6/28	Tu	6:00–6:30 PM	\$34	310330-01
7/12–8/2	Tu	6:00–6:30 PM	\$34	310330-02

**Beginning Free Skate 1 & 2**

Prerequisite: Successful completion of Basic 8. Focus on spins, jumps, and moves (15 minutes each). For a detailed description of skills, see the Learn-to-Skate bulletin board at EPIC.

Age: 5–15 years

Location: Edora Pool Ice Center

6/7–6/30	Tu,Th	5:15–6:00 PM	\$102	310332-01
7/12–8/4	Tu,Th	5:15–6:00 PM	\$102	310332-02

**Intermediate Free Skate 3 & 4**

Focus on spins, jumps, and moves (15 minutes each). For a detailed description of skills, see the Learn-to-Skate bulletin board at EPIC.

Age: 5–15 years

Location: Edora Pool Ice Center

6/7–6/30	Tu,Th	5:15–6:00 PM	\$102	310334-01
7/12–8/4	Tu,Th	5:15–6:00 PM	\$102	310334-02

**Advanced Free Skate 5 & 6**

Focus on spins, jumps, and moves (15 minutes each). For a detailed description of skills, see the Learn-to-Skate bulletin board.

Age: 5–15 years

Location: Edora Pool Ice Center

6/7–6/30	Tu,Th	5:15–6:00 PM	\$102	310336-01
7/12–8/4	Tu,Th	5:15–6:00 PM	\$102	310336-02

**Special Skate****Synchronized Introduction**

Prerequisite: Successful completion of Basic 7. Learn unison team skating in formations.

Age: 6–13 years

Location: Edora Pool Ice Center

6/7–6/28	Tu	6:00–6:30 PM	\$34	310340-01
7/12–8/2	Tu	6:00–6:30 PM	\$34	310340-02

**Introduction to Ice Dancing**

Prerequisite: Successful completion of Basic 6 or coach recommendation. Learn the basic components of ice dance such as dance steps (progressives, chasses, swing rolls, etc.), dance tempos (tango, waltz, foxtrot), and presentation.

Age: 6 years & up

Location: Edora Pool Ice Center

6/6–6/27	M	6:00–6:45 PM	\$51	310344-01
7/11–8/1	M	6:00–6:45 PM	\$51	310344-02

**Ice Dance**

Prerequisite: Successful completion of Basic 7. Learn 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

Location: Edora Pool Ice Center

6/18–7/23	Sa	9:30–10:30 AM	\$102	310346-01
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# FATHER'S DAY 5K

JUNE 19, 2016

OLD TOWN

FORT COLLINS

Registration is open  
[fcgov.com/fathersday5k](http://fcgov.com/fathersday5k)

**Races**

- 1-Mile Premium Race
- Individual Open 5k Run/Walk
- Father/Child Team 5k Run/Walk
- Wheelchair Open 5k

Entry Fee: \$10–\$45;

All ages welcome.

Auxiliary aids & services are available for persons with disabilities. VTDD: Dial 711 for Relay Colorado.

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of Parks and Recreation.



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## Outdoor Recreation

### Cancellation/Refund 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. In case of a cancellation, a full refund is issued. If you need to cancel a trip, notify us by 10 a.m. two (2) business days prior to trip departure for refund or credit, unless otherwise noted.

### Adult Programming

#### Hunter Education

Learn the skills and information necessary to hunt without accidents. Colorado Division of Wildlife certificates issued to those who successfully complete the course. Saturday's class involves reviewing of class material, written testing, and live fire testing. **Note:** Attendance at all classes mandatory (19 hours.) This session meets on Tuesdays and Thursdays for two weeks and concludes on Saturday. All firearms provided; do not bring them to class.

Age: 12 years & up

Location: The Farm

8/8–8/18	Tu,Th	7:00–10:00 PM	\$10	311932-01
8/20	Sa	8:00 AM–3:00 PM		

#### Hiking Trips – M

Designed for adults ages 50 years & up who enjoy a good physical challenge, but can also accommodate a range of individual paces. Ages 18 years & up also welcome. Please note difficulty level, mileage (roundtrip), elevation change, and time as they differ for each hike. For less of a challenge and still enjoy the great outdoors, check out our Outdoor Strolls on page 108.

No formal instruction, but trips are led by experienced guides with wilderness first aid training. Vans are equipped with portable AEDs and guides carry SPOT GPS positioning in case of emergency.

Some trips are in the backcountry of the Poudre Canyon without available Nordic Centers. Trips made to Rocky Mountain National Park (RMNP) require a Parks Pass, Golden Age Pass, or \$20 entry fee.

You should be in good health and capable of moderate physical activity. Bring your own equipment, water, and food. Cost includes transportation and guide.

Age: 18 years & up

Location: Senior Center.

#### Lower Dadd Gulch

Forested hike with flowers, interesting rock formations and canyon views. **Note:** Easy; mileage: 7 miles; lowest elevation: 7030 ft.; highest elevation: 8474 ft.

6/8	W	8:00 AM–4:00 PM	\$30	311901-01
			\$25.50 Member	

#### Mount Margaret

Scenic hike through Ponderosa Pine Forest. **Note:** Easy; mileage: 8; lowest elevation: 8093 ft.; highest elevation: 8183 ft.

6/14	Tu	8:00 AM–4:30 PM	\$30	311901-02
			\$25.50 Member	

#### Ouzel Falls (RMNP)

Visit three different waterfalls along this trail ending with the 40 foot Ouzel Falls. **Note:** Moderate; mileage: 5.4 miles; lowest elevation: 8500 ft.; highest elevation: 9366 ft.

6/21	Tu	8:00 AM–4:30 PM	\$30	311901-03
			\$25.50 Member	

#### Cirque Meadows (Pingree Park)

Stunning views of four great cirques via CSU Mountain Campus.

**Note:** Moderate; mileage: 7 miles; lowest elevation: 8930 ft.; highest elevation: 9790 ft.

6/30	Th	8:00 AM–4:30 PM	\$30	311901-04
			\$25.50 Member	

#### Montgomery Pass

This short route to get to the timberline offers a spectacular view of wildflowers. **Note:** Moderate; mileage: 4 miles; lowest elevation: 9920 ft.; highest elevation: 10999 ft.

7/7	Th	8:00 AM–4:30 PM	\$30	311901-05
			\$25.50 Member	

#### Lost Glacier – Wyoming

Views include several alpine lakes, Snowy Range peaks, and lots of wildflowers. **Note:** Moderate; mileage: 4 miles; lowest elevation: 10800 ft.; highest elevation: 11000 ft.

7/14	Th	8:00 AM–4:30 PM	\$41	311901-06
			\$34.85 Member	

#### B-17 Bomber Site (Pingree Park)

Wonderful views around the boulder field crash site. **Note:** Moderate; mileage: 5 miles; lowest elevation: 9000 ft.; highest elevation: 10300 ft.

7/20	W	8:00 AM–4:30 PM	\$30	311901-07
			\$25.50 Member	

#### Mummy Pass Trail

Trek to the timberline with views galore. **Note:** Challenging; mileage: 9 miles; lowest elevation: 9000 ft.; highest elevation: 10800 ft.

7/28	Th	7:30 AM–4:30 PM	\$41	311901-08
			\$34.85 Member	

#### Medicine Bow Peak Trail – Wyoming

Begins at timberline and offers scenic views of alpine lakes and forest below. **Note:** Challenging; mileage: 10 miles; lowest elevation: 10200 ft.; highest elevation: 11500 ft.

8/3	W	7:30 AM–4:30 PM	\$41	311901-09
			\$34.85 Member	

### American Lakes Trail

Scenic hike to the lakes with lots of wildflowers on the Rocky Mountain National Park boundary at Thunder Pass. **Note:** Challenging; mileage: 10 miles; lowest elevation: 9800 ft.; highest elevation: 11200 ft.

8/10	W	7:30 AM–4:30 PM	\$41	311901-10
			\$34.85 Member	

### Big South

Vistas of rugged canyon as you trek through the subalpine forest. **Note:** Moderate; mileage: 5 miles; lowest elevation: 8500 ft.; highest elevation: 8900 ft.

8/18	Th	8:00 AM–4:30 PM	\$30	311901-11
			\$25.50 Member	

### Trap Park

Expansive views of Neota wilderness. It also happens to be a popular moose area. **Note:** Easy; mileage: 6 miles; lowest elevation: 10000 ft.; highest elevation: 10500 ft.

8/23	Tu	8:00 AM–4:30 PM	\$30	311901-12
			\$25.50 Member	

### Teen Hiking

Age: 12–15 years

Location: Northside Aztlan Center

### Horsetooth Rock

Waterfall views of Fort Collins. Mileage (round trip): 5 miles; lowest elevation: 5800 ft.; highest elevation: 7200 ft.

6/15	W	7:00 AM–1:00 PM	\$25	315550-01
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### Grey Rock

Travel up a narrow valley and follows switchbacks up a ridge and then down to Greyrock Meadow through a stand of fir trees. Mileage (round trip): 7.15 miles; lowest elevation: 5600 ft.; highest elevation: 7500 ft.

7/6	W	7:00 AM–2:00 PM	\$25	315550-02
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### Emerald Lake

Located in Rocky Mountain National Park, this popular trail offers scenic views of Long’s Peak. Mileage (round trip): 3.16 miles; lowest elevation: 9400 ft.; highest elevation: 10000 ft.

7/27	W	7:00 AM–4:00 PM	\$30	315550-03
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<b>LEGEND</b>	<b>NW</b>	Denotes no web registration for program
	<b>M</b>	Denotes program/activity has special membership pricing
	<b>H</b>	Denotes Health and Wellness program
	<b>ARO</b>	Denotes Adaptive Recreation Opportunity program



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### Fishing Trips

Beginner fishing trip. Fish in town at some of Fort Collins’ best bass ponds. Bring a sack lunch and a water bottle. Fishing poles and supplies provided.

Age: 9–12 years

Location: Northside Aztlan Center

6/7	Tu	9:00 AM–Noon	\$20	315946-01
6/14	Tu	9:00 AM–Noon	\$20	315946-02
6/21	Tu	9:00 AM–Noon	\$20	315946-03
6/28	Tu	9:00 AM–Noon	\$20	315946-04
7/5	Tu	9:00 AM–Noon	\$20	315946-05
7/12	Tu	9:00 AM–Noon	\$20	315946-06
7/19	Tu	9:00 AM–Noon	\$20	315946-07
7/26	Tu	9:00 AM–Noon	\$20	315946-08

### Whitewater Rafting Trips

Half day rafting trip down the lower half of the Poudre Canyon. Rocky Mountain Adventures guides as we paddle through the beautiful scenery and take in a few splashes along the way. **Note:** Parent or legal guardian must be present the day of the trip to sign a waiver.

Age: 12–15 years

Location: Rocky Mountain Adventures

7/18	M	8:00 AM–12:30 PM	\$65	315989-01
7/25	M	8:00 AM–12:30 PM	\$65	315989-02
8/1	M	8:00 AM–12:30 PM	\$65	315989-03

## Special Events

### Kites In The Park

Celebrate spring, family, and the outdoors. Watch kite demonstrations with giant kites, battling kites, and kite ballet. Make your own kite, visit food and merchandise vendors, and bring your own kite to fly.

Location: Spring Canyon Park

5/15	Su	10:00 AM–3:00 PM	No Fee
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### Father's Day 5k

Registration is now open! Sign-up online for the 19th annual Father's Day 5k. The race features race categories including the Father/Daughter and Father/Son teams, individual races, and the wheelchair division. The Father's Day 5k is also a designated Healthy Kids Running Series and Fit.Teen Run. After the race, enjoy a live band performance, the Health & Wellness Fair, and Awards Ceremony during the After Race Celebration. **Note:** Proceeds from the race benefit the Adaptive Recreation Opportunities and Reduced Fee programs.

Location: Mountain Avenue

#### Youth Open

Age: 0–12 years

6/19	Su	8:00 AM	\$20	313035-04
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#### Father/Daughter Team

Age: All

6/19	Su	8:00 AM	\$60	313035-05
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#### Father/Son Team

Age: All

6/19	Su	8:00 AM	\$60	313035-06
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#### Wheelchair Open

Age: 13 years & up

6/19	Su	8:00 AM	\$40	313035-03
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#### Male Open

Age: 19 years & up

6/19	Su	8:00 AM	\$40	313035-01
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#### Female Open

Age: 19 years & up

6/19	Su	8:00 AM	\$40	313035-02
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### Visiting Artist Demonstrations

Visiting artists demonstrate how they create and discuss aesthetics, inspiration, and technical ceramic concepts. Artists talk about the clays they use and decorating and glazing techniques. Demonstrations are open to all levels.

Location: Pottery Studio

6/25	Sa	1:00–4:00 PM	\$15
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7/23	Sa	1:00–4:00 PM	\$15
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### All American Picnic

What's more American than Apple Pie? Come to the All American Picnic BBQ and Apple Pie Baking Contest. Enjoy live music from Big Twang Theory. Fun for all ages.

Location: Senior Center

7/1	F	5:00–8:00 PM	\$15 ages 16+
			\$8 ages 8–16

### Ice Theatre

Amazing new productions are performed on a frozen stage in an intimate theatre setting. General admission tickets can be purchased at EPIC for \$5 each beginning 7/27. Seating is limited. Contact 970.221.6683 for more information.

8/9–10	T,W	6:00–6:45 PM	\$5
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### Pool Tournament

8 Ball tournament with prizes for the top three scores. Snacks provided.

Age: 18 years & up

Location: Senior Center

8/13	Sa	10:00 AM–3:00 PM	\$10	312460-01
			\$8.50 Member	

### Picnic in the Park

Take a break from the routine and invite the older people in your life to join you for lunch. At this annual event, picnickers enjoy great food, entertainment, games, walks around the lake, meet new friends, and enjoy a day out in City Park—our iconic 100 year old park.

Location: City Park Shelters 1–5

8/17	W	11:00 AM–1:00 PM	\$3 suggested donation
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## Summer Concert Series

### Grey Madderz

Grey Madderz is back by popular demand playing your favorites from the 50s, 60s, and 70s.

Location: Senior Center

6/17	F	7:00–9:00 PM	\$5	312445-01
			No Fee Member	

### The Music of Steely

My Old School, A Tribute to the Music of Steely Dan, takes you back to relive the 70s with applied jazz sensibilities to pop music.

Location: Senior Center

7/15	F	7:00–9:00 PM	\$5	312445-02
			No Fee Member	

### 50th Anniversary of Parks & Recreation Summer Celebration

Parks and Recreation is partnering with SpokesBuzz to host a celebration for the 50th Year Anniversary of Parks & Recreation. Kick up your heels to three live band performances featuring family friendly entertainment. We'll also host outdoor activities for all ages.

Location: Heritage Park, Northside Aztlan Community Center

8/20	Sa	4:00–8:00 PM	No Fee
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# Sports

## Adult Sports Leagues

### Summer Men's Basketball

Teams sign up for their level/playing preference on a first come basis. Registration begins 5/2, ends 5/27 or when leagues fill. League begins 6/3. **Note:** Class will not be held on 7/1.

Age: 16 years & up Location: Northside Aztlan Center  
Cost: \$369

Friday Competitive 313001-01 Friday Recreational 313001-02

### Summer Adult Coed Kickball

Form your team and come have some fun playing a game invented on the playground. Registration begins 5/2, ends 5/27 or when league fills. League begins 6/3. 8 games scheduled. **Note:** Class will not be held on 7/1.

Age: 16 years & up Location: Rolland Moore Park  
Cost: \$254

Friday Competitive 313061-01 Friday Recreational 313061-02

### Summer Adult Softball

Season ends with league tournaments and awards given to winners. Optic yellow balls are used. Coed leagues play with men hitting 12" softballs and women hitting 11" softballs. Registration begins 3/28, ends 4/22 or when leagues fill. **Note:** Games will not be held on 5/27–5/30, 6/29–7/4.

Age: 16 years & up  
Location: Fossil Creek, Lee Martinez, and Rolland Moore Parks  
Cost: \$569 Date: 5/8–8/12

#### Men's Softball

Sunday III	313021-01	Wednesday III	313021-09
Sunday IV	313021-02	Wednesday IV	313021-10
Monday III	313021-03	Thursday III	313021-11
Monday IV	313021-04	Thursday IV	313021-12
Tuesday II	313021-05	Friday Men's IV	313021-13
Tuesday III	313021-06	Friday Wood Bat	313021-14
Tuesday IV	313021-07	Friday 40 & Over	313021-15
Wednesday II	313021-08		

#### Women's Softball

Tuesday IV	313022-01	Thursday IV	313022-04
Wednesday IV	313022-02	Thursday Leisure	313022-05
Thursday III	313022-03		

#### Coed Softball

Sun Competitive	313023-01	Wed Recreational	313023-06
Sun Recreational	313023-02	Thurs Competitive	313023-07
Tues Competitive	313023-03	Thurs Recreational	313023-08
Tues Recreational	313023-04	Fri Recreational	313023-09
Wed Competitive	313023-05		

Adult Fast Pitch Softball 313024-01

### Showdown Softball Tournament

Games are played at Rolland Moore Park and other community parks if needed. Play begins 9 a.m. and continues until 10 p.m. (depending on number of entries). Registration begins 5/2, ends 5/27 or when divisions fill. 2 games guaranteed.

Age: 16 years & up Location: Rolland Moore Park  
Cost: \$254 Date: 6/4

Men's II	313025-01	Coed Competitive	313025-04
Men's III	313025-02	Coed Recreational	313025-05
Men's IV	313025-03		

### Outdoor Adult Volleyball

Self-officiated outdoor grass league with 3 matches per night. The season is approximately seven weeks long. Individual awards are given to league winners. Registration begins 5/2, ends 5/27 or when leagues fill. **Note:** Games will not be held on 7/4.

Age: 16 years & up Location: Spring Canyon Park  
Cost: \$44 Dates: 6/14–8/12

#### Men's Volleyball

Thursday BB Doubles 313041-01

#### Women's Volleyball

Tuesday BB Doubles 313042-01 Tuesday B Doubles 313042-02

#### Coed Volleyball

Monday A Doubles	313043-01	Wednesday BB Fours	313043-04
Monday BB Doubles	313043-02	Thursday B Fours	313043-05
Wednesday A Fours	313043-03		

### Adult Fall Volleyball

Coed and women's leagues are offered for 6-person teams. Teams sign up for their level of play and night preference on a first come basis. Levels: A - Competitive, BB - Intermediate, B Recreational. Registration begins 7/21, ends 8/12 or when leagues fill. 8 games scheduled.

Age: 16 years & up Location: TBA  
Cost: \$274 Dates: 9/5–10/26

#### Women's

Wednesday A 413542-01 Wednesday BB 413542-02

#### Coed

Monday BB	413543-01	Tuesday BB	413543-04
Monday B	413543-02	Friday B	413543-05
Tuesday A	413543-03		

### Adult Open Pickleball Tournament

Come play in the open doubles pickleball tournament. All skill levels welcome. Each team plays 2 games of pool play and are guaranteed 3 games total.

Age: 16 years & up Location: Northside Aztlan Center  
Cost: \$60

Date: 8/20 313582-01

# LEWIS TENNIS CLUB

## SPEND LESS / PLAY MORE

First 50 members receive a  
\$50 Pro Shop gift certificate

New members receive a  
welcome package including:

- ½ hour free lesson
- Free syngut stringing
- 1 can of tennis balls
- Free ball machine rental
- T-shirt
- + Member discounts



lewistennis.com 970-493-7000

### Adult Coed Wiffleball Tournament

Wiffleball is coming to Fort Collins! Participate in the 1st Annual Memorial Day Wiffleball Tournament and help raise money for the Strike 3 Foundation; benefitting children with pediatric cancer. **Note:** Rosters are unlimited. Participants ages 16–17 years need parent signature on roster prior to participation. League is not discountable.

Age: 16 years & up Location: Troutman Park  
Cost: \$70

Date: 5/28–5/29 313002-01

### Adult Instructional Sports

#### Shotokan, Karate Beginners

Introduction to Karate, a Japanese martial art form. Students may be divided into groups depending on ability. Adults are welcome to participate with their children. Learn basic karate techniques and form before moving on to the intermediate level. **Note:** Class will not be held 5/30, 7/4.

Age: 7 years & up  
Location: Club Tico

5/23–6/22	M,W	6:00–7:00 PM	\$49.50	322122-01
6/27–7/27	M,W	6:00–7:00 PM	\$49.50	322122-02
8/1–8/31	M,W	6:00–7:00 PM	\$55	322122-03

#### Shotokan, Karate Intermediate

Experience physical and mental benefits such as enhanced physical condition, increased stamina and coordination, increased confidence, self-esteem, discipline, and concentration. Learn intermediate techniques and forms before moving forward to the advanced level. **Note:** Class will not be held on 5/30, 7/4.

Age: 7 years & up  
Location: Club Tico

5/23–6/22	M,W	6:00–7:00 PM	\$49.50	322123-01
6/27–7/27	M,W	6:00–7:00 PM	\$49.50	322123-02
8/1–8/31	M,W	6:00–7:00 PM	\$55	322123-03

#### Shotokan Karate, Advanced

Move at a faster pace. An introduction to more advanced karate techniques. Achieve a higher level of skill for self-defense. In addition to introducing new concepts, previously introduced concepts are reinforced. **Note:** Class will not be held on 5/30, 7/4.

Age: 7 years & up  
Location: Club Tico

5/23–6/22	M,W	7:00–8:00 PM	\$49.50	322124-01
6/27–7/27	M,W	7:00–8:00 PM	\$49.50	322124-02
8/1–8/31	M,W	7:00–8:00 PM	\$55	322124-03

### Drop-in Pickleball

Offered at Northside Aztlan Community Center and the Senior Center. There are numerous opportunities in a week's time to drop-in and play. Pick up a copy of the current gym schedule at Northside or the Senior Center. Call 970.221.6644 for more information.

### Pickleball Beginner Lessons

For those brand new to pickleball or beginners needing some enhanced skill instruction. Class consists of some classroom time to learn the rules, scoring, and the basics. Rotational court time to begin to play.

Age: 18 years & up

Location: Senior Center

5/24–6/14	Tu	9:45–11:00 AM	\$20	309478-01
6/28–7/19	Tu	9:45–11:00 AM	\$20	309478-02

## Tennis

### General Information

Lewis Tennis School directs all tennis programs for the City of Fort Collins. With more than 45 years of experience in the tennis industry, Lewis Tennis provides quality lessons, programs and tournaments for all levels and ages with USPTA certified coaches on staff. Tennis director, Larry Lewis, has managed five of the top tennis facilities in the United States.

The programs at Lewis Tennis School provide a positive learning environment for players of all ages. Players learn techniques to become accomplished players, as well as life skills that help them to excel and enjoy tennis and other areas in their life. Thousands of players have participated in these programs over the years as they learn and progress in this great lifetime sport.

New! Join Lewis Tennis Club and receive discounts on all pro shop merchandise and lesson programs.

### Rolland Moore Pro Shop

Visit our fully stocked pro shop located at the Rolland Moore Racquet Center. Racquets, shoes, accessories, and 24-hour stringing available.

Summer Hours are 8 a.m.–6 p.m., Monday–Saturday; closed on Sunday.

### Registration

For full program information, court availability, and to register for programs, visit [Lewistennis.com](http://Lewistennis.com) or call 970.493.7000. Discounts available for additional family members.

### Programs

Programs are offered at Rolland Moore Racquet Complex and Fossil Creek Park.

### Session Dates for All Classes

5/30–6/11	Session 1	7/11–7/23	Session 4
6/13–6/25	Session 2	7/25–8/6	Session 5
6/27–7/9	Session 3	8/8–8/20	Session 6

### Beginner Lessons

Whether you have never played or are getting back into the game after a long hiatus, learn and develop fundamentals to really enjoy the game. Learn the correct way to hit forehands, backhands, volleys, overheads, and serves, as well as the basic rules and strategies as you start competition. (Daytime classes are also available; check pro shop for times)

Age: 18 years & up

M,W,	6:00–7:30 PM
Tu,Th	6:00–7:30 PM

### Intermediate Lessons

Learn the “Modern Game” of tennis and refine your skills by experiencing techniques that are used by the pros. Develop your topspin, forehand, backhand and serves, as well as learn doubles and singles strategies that win. (Daytime classes are also available; check pro shop for times)

Age: 18 years & up

M,W	7:30–9:00 PM
Tu,Th	7:30–9:00 PM

### League Coaching

Get your team ready for the USA Tennis Leagues. Professional coaching improves your team's strategy, technique, and mental toughness to enable you to compete at your best. A variety of coaching programs available.

### Coached Competition

Join us on Saturday to receive expert coaching while you compete in a round robin format.

### Premier Clinics

Designed for the beginning through advanced player who wants more personal attention in their group instruction. Great for friends who want to learn together. Clinic times are flexible. Low student to pro ratio.

Age: 18 years & up

### Round Robins

Come on out to Rolland Moore and enjoy some great social competition! All levels.

Th	7:30–9:00 PM
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### Adult Tournaments

5/7	Adult Warmup
7/30	Adult Dog Day

### Private Lessons & Ball Machine

Private lessons are available with our USPTA certified professionals and our college coaching staff. Times are flexible; just let us know when you're available. Rent our ball machines to work on that pesky backhand.

## Youth Tennis

### Summer Junior Team Tennis

Sign up now and be part of a team. This 8-week program includes lessons and matches. Practices are held on Wednesday and Friday afternoons. Matches are held on Mondays. Competitions include teams from Fort Collins, Loveland, Windsor, and Greeley. Entry deadline is 5/16. Viewing days are 5/19–20.

Age: 9 years & up

6/13–7/25 M,W,F

### Programs

Programs are offered at Rolland Moore Racquet Complex, Fossil Creek Park, Warren Park, and Fossil Ridge High School.

### Session Dates for All Classes

5/30–6/11	Session 1
6/13–6/25	Session 2
6/27–7/9	Session 3
7/11–7/23	Session 4
7/25–8/6	Session 5
8/8–8/20	Session 6

### 10 Years & Under

Exciting play format for those learning tennis. Designed to bring kids into the game by utilizing specialized equipment, shorter court dimensions, and modified scoring, all tailored to age and size.

### Little Lobber

Age: 4–6 years

M,W	8:15–9:00 AM
Tu,Th	8:15–9:00 AM
Sa	8:15–9:00 AM

### Future Star

Age: 7–8 years

M,T,W,Th,F	9:00–10:30 AM
Sa	9:00–10:30 AM

### Aces

Age: 9–10 years

M,T,W,Th,F	9:00–10:30 AM
Sa	9:00–10:30 AM

### Middle School

Just starting the game or a seasoned competitor? Middle School players develop their games to effectively compete on middle and high school teams or just enjoy the benefits of this great lifetime sport.

### Challenger (new player)

Age: 11–13 years

M,T,W,Th,F	10:30 AM–12:30 PM
Sa	10:30 AM–12:30 PM

### Competitive (Int/Adv)

Age: 11–13 years

M,T,W,Th,F	10:30 AM–12:30 PM
Sa	10:30 AM–12:30 PM

### 6th Grade League

Get ready to learn the game of tennis, or improve your existing skills. Open to beginners and veterans. **Note:** Registration closes 8/29.

Age: 11–12 years

9/3–9/24	Sa	3:00–6:00 PM
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### High School

Get ready to have some fun and develop your tennis game! Whether your goal is to play on your high school team or learn the best game to enjoy with your friends, this is the class for you.

### Wimbledon (new player)

Age: 14–18 years

M,T,W,Th,F	10:30 AM–12:30 PM
Sa	10:30 AM–12:30 PM

### Grand Slam (Int/Adv)

Age: 14–18 years

M,T,W,Th,F	10:30 AM–12:30 PM
Sa	10:30 AM–12:30 PM

### Performance Training

For the devoted junior player who has already developed a solid foundation of the game and has shown a high level of commitment. Players typically have goals of state and sectional rankings, high school varsity play, and college scholarships. Players must be accepted by Head Pro. Call 970.493.7000 for times and additional information.

Tier #1 & Tier #2

M,Tu,W,Th	1:30–3:00 PM
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Tier #3

M,Tu,W,Th	3:00–4:30 PM
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### High School Preseason Camp

High School players have used this camp over the past 13 years to prepare for competition on their teams. Stroke production, competitive play, drills, physical conditioning, and mental toughness get you ready to start the season in tip top shape.

Location: Rolland Moore Park

7/25–29	M,Tu,W,Th,F	1:00–4:00 PM
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# Register **NOW**: Summer Youth Sports 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

### Kinder Kicker Soccer

First Baseball

First Football

First Basketball

Ages 4 - 5

First Tennis

First Golf

Kinder Karate



## Summer Sports Camps

### BASEBALL CAMPS

w/The Fort Collins Foxes

- Ages 4 to 14 (Must turn 5 by 9/15/16)
- Separate classes for all skill levels
- Mon - Fri, Camp I: Jun 13 - 17; Camp II: Jul 11 - 15



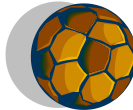
### BOYS LACROSSE CAMPS

- Grades K - 8
- Camp I: Mon-Fri, Jun 20 - 24
- Camp II: Mon-Fri, Aug 1 - 5



### GIRLS LACROSSE CAMP

- Grades 1 - 8
- Mon - Fri, Jun 13 - 17



### VOLLEYBALL CAMPS

- Grades 3 - 8
- Mon - Fri, Camp I: Jun 20 - 24; Camp II: July 25 - 29

### TACKLE FOOTBALL CAMP

- Grades 3 - 8, Mon - Fri, July 25 - 29
- This is full equipment/full contact camp



### BASEBALL CAMPS

w/The Windsor Beavers

- Ages 4 to 14 (Must turn 5 by 9/15/16)
- Separate classes for all skill levels
- Mon - Fri, June 27 - Jul 1



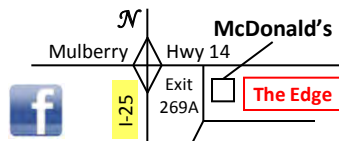
### BASKETBALL CAMPS

- Grades K - 3
- Mon - Fri, Camp I: Jun 20 - 24; Camp II: July 18 - 22



### GIRLS RECREATIONAL SOFTBALL CAMP

- Grades K - 8, Mon - Fri, Jul 18 - 22



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

## Instructional Leagues

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

- **Soccer**
  - Ages U5-U11 Tues 5/31 - 6/28 OR 7/12 - 8/9
- **Flag Football**
  - Gr K - 5 Thur 6/2 - 6/30 OR 7/7 - 8/11
- **Basketball**
  - Gr K - 2 Tues 5/24 - 6/14
  - Fri 5/27 - 6/17

## 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 9 am - 4 pm  
Jun 6 - 10; Jul 18 - 22; Aug 1 - 5; Aug 8 - 12, Aug 15-19

## "Pinball" Boys Lacrosse

- U8 - U15 players with Club Team Experience
- Learn, compete, and have FUN!
- Wednesdays, 6 weeks, July 6 - August 10

## Pre-tryout Camps

- **Competitive/travel Baseball**
  - Ages 7 - 14 Mon - Fri July 18 - 22
- **Middle School Volleyball**
  - Gr 6 - 8 Mon - Fri Aug 15 - 19

## "Perpetual Motion" Program

This fitness program was designed by a local  
pediatric occupational therapist to help kids who  
"don't fit" in the typical youth athletic stereotype.  
Classes on Wednesdays and Fridays all Summer!



**For Details & Registration**  
**edgesportscenter.com**  
**970.472.0048**

Sports-themed Birthday Parties for all Ages!



## Junior Tournaments

USTA sanctioned junior tournaments are offered for novice, intermediate, and advanced players.

Age: 7–18 years

5/28	Futures Summer Kick Off
6/4	Super Set Challenger #2
6/11	Slammin' Summer Championship
6/18	Spectacular Futures
6/25	Firecracker Challenger
7/2	Midsummer Championship
7/9	Sizzling Summer Challenger
7/16	Super Set Challenger #3
8/6	Back to School Futures
8/13	Rockin' Summer Championship
8/20	Fall Challenger
9/3	Indian Summer Championship
9/24	Pumpkin Championship
10/1	Autumn Challenger
10/8	October Fest Championship

## Youth Sports Leagues

### Summer Boys and Girls Basketball

Teams formed by park practice location. 1–2 practices outside, 6 games on indoor courts, and end of season tournament. Games scheduled in the evenings on various week nights. Based on the 2015/2016 current school year grade. **Note:** NBA replica jerseys provided. Interested in coaching? Call 970.221.6308. Class will not be held on 7/4.

Cost: \$63      Dates: 6/6–7/23

Coed Grade K/1

Northside Aztlan Center      314700-01

Boys Grade 2/3

City Park	314001-01	Rolland Moore Park	314001-20
Fossil Creek Park	314001-10	Spring Canyon Park	314001-05
Lee Martinez Park	314001-15	Stewart Case Park	314001-31
Rogers Park	314001-02	Troutman Park	314001-25

Boys Grade 4/5

City Park	314002-01	Spring Canyon Park	314002-06
Fossil Creek Park	314002-11	Troutman Park	314002-25
Lee Martinez Park	314002-15	Warren Park	314002-30
Rolland Moore Park	314002-20		

Boys Grade 6/7/8

City Park	314003-01	Rolland Moore Park	314003-20
Fossil Creek Park	314003-11	Spring Canyon Park	314003-06
Landings Park	314003-25	Warren Park	314003-26
Lee Martinez Park	314003-15		

Boys Grade 9/10/11/12      314007-01

Girls Grade 2/3

City Park	314004-01	Lee Martinez Park	314004-15
Fossil Creek Park	314004-10	Rogers Park	314004-02

Rolland Moore Park	314004-20	Stewart Case Park	314004-31
Spring Canyon Park	314004-05	Troutman Park	314004-25

Girls Grade 4/5

City Park	314005-01	Spring Canyon Park	314005-05
Fossil Creek Park	314005-10	Troutman Park	314005-25
Lee Martinez Park	314005-15	Warren Park	314005-30
Rolland Moore Park	314005-20		

Girls Grade 6/7/8

City Park	314006-01	Lee Martinez Park	314006-15
Fossil Creek Park	314006-10	Rolland Moore Park	314006-20
Landings Park	314006-25	Spring Canyon Park	314006-05
Girls Grade 9/10/11/12	314008-01		

### Basketball Team League

For pre-formed teams. 6 games and a single elimination tournament. Teams must provide an adult coach to be on the bench during the games and same colored jerseys with identifiable numbers on the back. Based on the 2015/2016 school year grade. Tuesday or Thursday night games. **Note:** Single elimination tournament is the week of 7/11.

Location: Northside Aztlan Center      Cost: \$469

Date: 6/7–7/16

Boys League

Grade 4/5	314909-01	Grade 8	314909-04
Grade 6	314909-02	Grade 9–12	314909-05
Grade 7	314909-03		

Girls League

Grade 4/5	314909-06	Grade 8	314909-09
Grade 6	314909-07	Grade 9–12	314909-10
Grade 7	314909-08		

### Girls' Softball 1–3

This summer, learn and improve your slow pitch softball skills and enjoy team competition. 1–2 practices held per week (days and times to be announced). Based on 2015/2016 current school year grade. Games played Tuesdays and/or Thursdays. Team visors are provided.

Grade 1–3

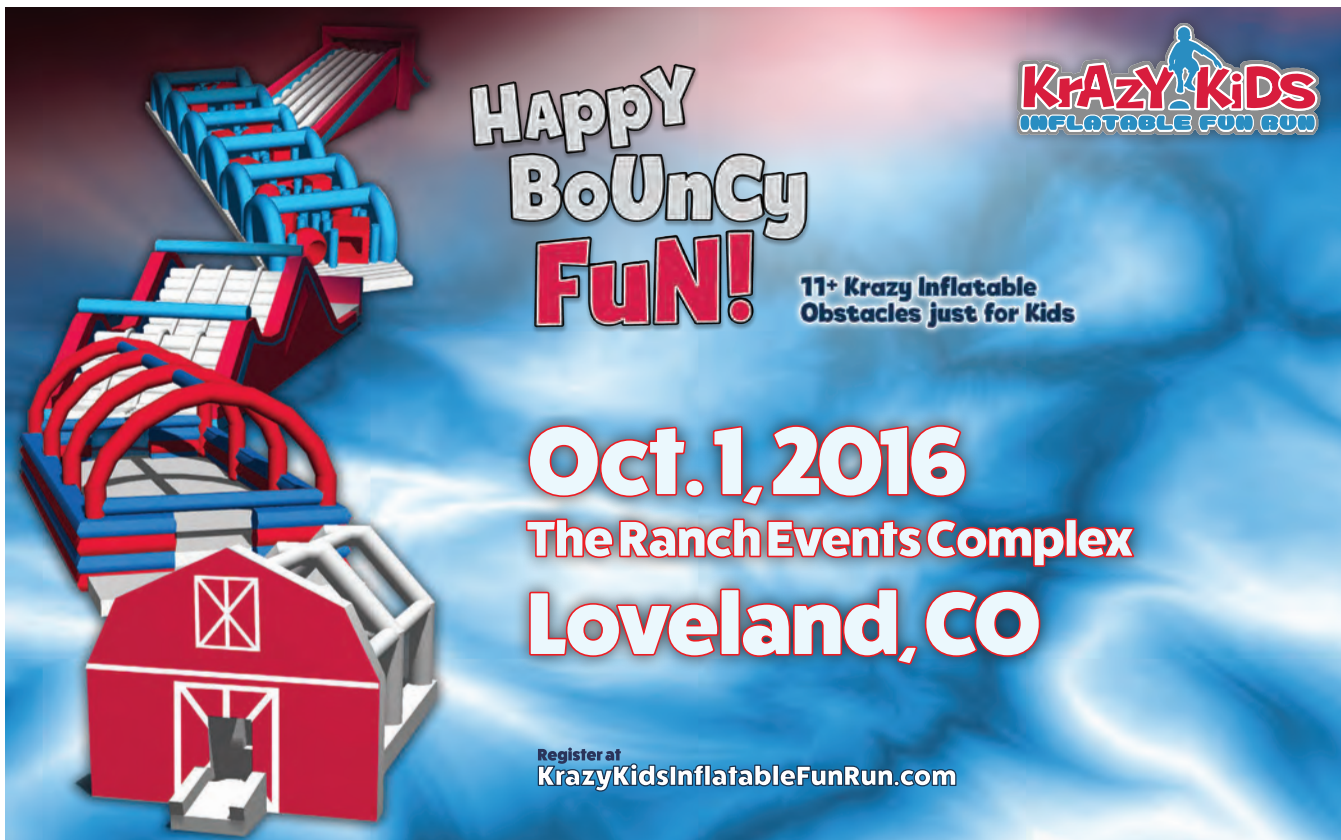
City Park	314021-16	Spring Canyon	314021-20
Fossil Creek	314021-17	Rolland Moore	314021-21
Beattie	314021-18		

Grade 4–5

City Park	314022-16	Spring Canyon	314022-19
Fossil Creek	314022-17	Rolland Moore	314022-20

Grade 6–8

Blevins	314023-20	Lincoln	314023-25
Boltz	314023-21	Preston	314023-26
CLP	314023-22	Webber	314023-27
Kinard	314023-23	Wellington	314023-28
Leshner	314023-24		



**Happy BoUnCy FuN!**

**11+ Krazy Inflatable Obstacles just for Kids**

**Oct. 1, 2016**  
**The Ranch Events Complex**  
**Loveland, CO**

Register at  
[KrazyKidsInflatableFunRun.com](http://KrazyKidsInflatableFunRun.com)

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

Basic track techniques are taught. Also, compete in Colorado Association of Recreational Athletics track meets in various cities along the Front Range on Saturday mornings. You are responsible for your own transportation to practices and meets. **Note:** Meet schedules are distributed at the first practice. Fee includes team shirt and fees for track meets.

Location: Fort Collins High School

Cost: \$81

Age: 3.5–8 years

6/6–7/22	M,W,F	9:00–10:15 AM	314031-03
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Age: 9–16 years

6/6–7/22	M,W,F	10:30–11:45 AM	314031-04
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#### C.A.R.A. Cross Country

Recreational cross country program. Practices are held twice per week in various parks around Fort Collins. Meets are held in Front Range cities. Fee includes team shirt and fees for cross country meets.

Age: 6–14 years

Location: City Park

9/7–10/22	M,W,Sa	5:30–6:45 PM	\$63	414033-01
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#### Fall Youth Volleyball

Develop a sense of team play where participation, fun, skills and sportsmanship are stressed; winning is secondary. Practices are held 1–2 times per week, matches are Saturday mornings and week nights. Practices days and times vary. You will hear from the coach the week prior to the program.

Cost: \$63

Dates: 9/5–10/29

Grade 2/3

414941-01

Grade 4/5

414942-01

Grade 6

Blevins

414943-01 Lincoln

414943-11

Boltz

414943-03 Preston

414943-13

CLP

414943-05 Webber

414943-17

Kinard

414943-07 Wellington

414943-19

Leshner

414943-09

Grade 7/8

Blevins

414944-01 Lincoln

414944-11

Boltz

414944-03 Preston

414944-13

CLP

414944-05 Webber

414944-15

Kinard

414944-07 Wellington

414944-17

Leshner

414944-09

## Youth Fall Flag Football

Learn the fundamentals of football, teamwork, and sportsmanship through non-contact, continuous action. Emphasis is on equal participation; winning is secondary. Practices are held twice a week with games on Saturday mornings. 6 games. Official NFL jersey included.

Cost: \$60      Dates: 9/10–10/22

### Grade K–1

City Park	414010-01	Spring Canyon Park	414010-15
Edora Park	414010-04	Warren Park	414010-20
Fossil Creek Park	414010-07		

### Grade 2–3

Harmony	414011-20	Greenbriar Park	414011-11
Windsor	414011-21	Harmony Park	414011-13
City Park	414011-01	Spring Canyon Park	414011-15
Edora Park	414011-03	Troutman Park	414011-17
English Ranch Park	414011-05	Warren Park	414011-19
Fossil Creek Park	414011-07		

### Grade 4–5

Blevins Park	414012-25	Rolland Moore Park	414012-12
City Park	414012-01	Spring Canyon Park	414012-15
Edora Park	414012-03	Troutman Park	414012-17
Fossil Creek Park	414012-05	Warren Park	414012-19
Greenbriar Park	414012-07	Windsor	414012-21
Harmony Park	414012-09		

### Grade 6–8

Windsor	414013-13	Greenbriar Park	414013-07
City Park	414013-01	Rolland Moore Park	414013-09
English Ranch Park	414013-03	Spring Canyon Park	414013-11
Fossil Creek Park	414013-05		

## Fall Youth Tackle Football

Tackle football practices are held 2–3 times per week with games on Saturday mornings or week nights. 8 games scheduled. Teams formed by weight and practice area; areas might be combined due to numbers. **Note:** Grades based on 2016/2017 school year.

Cost: \$109      Dates: 8/29–10/29

Area 1: Bacon, Traut, Linton, Kruse, Zach, Timnath, Bethke

Area 2: Werner, McGraw, Lopez, Johnson, Beattie, Olander

Area 3: Odea, Shepardson, Riffenburgh, Harris, Laurel, Tavelli, Wellington

Area 4: Bauder, Bennett, Lab School, Dunn, Putnam, Irish, CLP, Mt. Schools

Equipment Checkout: Equipment handout for all ages is at Club Tico in City Park on 8/12 from 5–7 p.m., 8/13 from 10:30 a.m.–12:30 p.m., 8/15 from 5–6:30 p.m. and 8/16 from 5–6:30 p.m. Mouthpieces required; tackle equipment provided. Player must be present.

### Grades 3/4

Area 1	414018-01	Area 3	414018-03
Area 2	414018-02	Area 4	414018-04

### Grade 5

Area 1	414019-01	Area 3	414019-03
Area 2	414019-02	Area 4	414019-04

## Fall Youth Tackle Football continued

### Grade 6

Blevins	414020-01	Lincoln	414020-25
Boltz	414020-05	Preston	414020-30
CLP	414020-10	Webber	414020-35
Kinard	414020-15	Wellington	414020-40
Leshner	414020-20		

## Youth Sports

### Archery

A skillful sport requiring balance, poise, accuracy, vision, timing and action. Through this indoor class, learn the basic techniques and how to be safe.

Age: 8–16 years

Location: Rocky Mountain Archery, 4518 Innovation Drive

6/9–6/16	Th	4:30–5:30 PM	\$30	315941-01
6/23–6/30	Th	4:30–5:30 PM	\$30	315941-02
7/14–7/21	Th	4:30–5:30 PM	\$30	315941-03
7/28–8/4	Th	4:30–5:30 PM	\$30	315941-04

### Challenger British Soccer Camp

International experts provide high-level soccer coaching, appropriate level of curriculum, and a cultural/educational experience for participants, including foot skills, technical drills, tactical drills, small-sided games, scrimmages, and a daily tournament.

Location: City Park

Age: 3 years

### First Kicks

6/6–6/10	M–F	11:00 AM–Noon	\$104	314081-01
8/1–8/5	M–F	11:00 AM–Noon	\$104	314081-05

Age: 4–5 years

### Mini Soccer

6/6–6/10	M–F	9:00–10:30 AM	\$125	314081-02
8/1–8/5	M–F	9:00–10:30 AM	\$125	314081-06

Age: 6–14 years

### Half Day

6/6–6/10	M–F	9:00 AM–Noon	\$160	314081-03
8/1–8/5	M–F	9:00 AM–Noon	\$160	314081-07

### Golden Goal

6/6–6/10	M–F	1:00–3:00 PM	\$57	314081-04
8/1–8/5	M–F	1:00–3:00 PM	\$61	314081-08

### Skateboard Lessons

Learn basic skateboarding skills and safety from Launch instructors with 20 years of experience. Learn skateboarding essentials including pushing, turning, stopping, and balance.

Age: 7–15 years

Location: Northside Aztlan Center

6/25	Sa	9:00–10:30 AM	\$25	315544-01
7/23	Sa	9:00–10:30 AM	\$25	315544-02

**Skateboarding I**

Travel to all five Fort Collins skateboard parks to learn the basics of skateboarding including safety and skate park etiquette from Launch instructors with over 20 years of experience.

Age: 7–11 years

Location: Northside Aztlan Center

6/6–6/10	M–F	9:00 AM–Noon	\$135	315545-01
7/11–7/15	M–F	9:00 AM–Noon	\$135	315545-05

Location: Spring Canyon Park

6/20–6/24	M–F	9:00 AM–Noon	\$135	315545-03
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Age: 12–15 years

Location: Northside Aztlan Center

6/13–6/17	M–F	9:00 AM–Noon	\$135	315545-02
7/18–7/22	M–F	9:00 AM–Noon	\$135	315545-06

Location: Spring Canyon Park

6/27–7/1	M–F	9:00 AM–Noon	\$135	315545-04
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**Skateboarding II**

An intermediate level camp for those who are ready to further develop their skateboard skills. Travels to all five Fort Collins skate parks to explore a variety of skateboard experiences and terrain.

Age: 7–15 years

Location: Northside Aztlan Center

7/25–7/29	M–F	9:00 AM–Noon	\$135	315546-01
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**Tackle Football Camps**

Instruction provided by CSU football players/grad assistants. Learn proper tackling instruction and character building. Fee includes equipment use, t-shirt, and mouthpiece. **Note:** Equipment check out is 7/8 and 7/15 from 4–6 p.m. at Club Tico. Grade based on 2015/2016 school year.

Location: City Park Cost: \$85 per session

Grade 3/4

7/11–7/15	314016-01	7/18–7/24	314016-03
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Grade 5/6

7/25–7/29	314016-02	8/1–8/5	314016-04
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**TCDC Wildcat Cheerleading**

Learn the basics of dance, cheer motions, jumps, stunts, and tumbling skills in a safe/high energy atmosphere. A local performance is included for each session.

Age: 5–14 years

Location: TBA

5/17–6/21	Tu	5:30–6:45 PM	\$64	314737-01
7/12–8/16	Tu	5:30–6:45 PM	\$64	314737-02

**Skyhawk's Sports Camps**

Nationwide camp program teaches children sports skills in a fun and safe environment. Visit [skyhawks.com/colorado](http://skyhawks.com/colorado) for more information.

**Baseball**

Designed for beginner and intermediate players. Using a progressive curriculum, we teach the fundamentals of fielding, catching, throwing, hitting, and base running, as well as respect, teamwork, and responsibility, in a fun, positive environment.

Age: 6–12 years

Location: Cottonwood Glen Park

7/11–7/15	M–F	9:00 AM–Noon	\$122	314071-11
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**Basketball**

A camp for beginner and intermediate players that focuses on the whole player. Using a progressive curriculum, we teach the skills to be a better athlete on and off the court. A “skill of the day” progresses into passing, shooting, dribbling, and rebounding drills and games.

Location: Foothills Activity Center

Age: 6–10 years

6/20–6/24	M–F	9:00 AM–Noon	\$122	314071-06
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Age: 7–12 years

7/25–7/29	M–F	9:00 AM–Noon	\$122	314071-14
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**Cheerleading**

Entry-level cheer camp teaches athletes skills to lead crowds and support teams. Cheers, proper hand and body movements, jumping techniques, and a final choreographed performance are taught. There is no stunting; focus is on fun and important life skills such as teambuilding and leadership.

Location: Northside Aztlan Center

Age: 5–9 years

6/13–6/17	M–F	9:00 AM–Noon	\$122	314071-01
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**Flag Football**

Beginner and intermediate athletes learn skills on both sides of the ball including the core components of passing, catching, and de-flagging or defensive positioning. The week ends with the Skyhawk's Super Bowl, giving participants a chance to showcase their skills on the gridiron.

Location: Miramont Park

Age: 6–12 years

6/6–6/10	M–F	9:00 AM–Noon	\$122	314071-02
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**Beginning Golf**

Entry-level players gain confidence in golf by focusing on proper technique and the fundamentals of form, swinging, putting, and body positioning. By adopting SNAG (Starting New At Golf), instruction is simplified so players can transition with ease onto the golf course. All equipment is provided.

Location: Cottonwood Glen Park

Age: 5–8 years

7/11–7/15	M–F	9:00 AM–Noon	\$122	314071-10
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**Lacrosse**

Suit up and learn the fundamentals of stick handling, cradling, passing, and shooting in a fun, non-checking environment. Campers also learn respect, teamwork, and discipline. Skyhawk's ensures athletes gain a deep understanding of the game and its traditions.

Location: Cottonwood Glen Park

Age: 6–12 years

7/18–7/22	M–F	9:00 AM–Noon	\$122	314071-09
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**Mini-Hawk**

This multi-sport program is designed for campers to explore balance, movement, hand/eye coordination, and skill development at their own pace. Baseball, basketball, and soccer are taught in a safe, structured environment with lots of encouragement and focus on fun.

Age: 4–6 years

Location: City Park

6/6–6/10	M–F	9:00 AM–Noon	\$122	314071-03
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8/1–8/5	M–F	9:00 AM–Noon	\$122	314071-16
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Location: Miramont Park

6/27–7/1	M–Th	9:00 AM–Noon	\$122	314071-07
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7/18–7/22	M–F	9:00 AM–Noon	\$122	314071-12
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**Skyhawk's Sports Camp**

Designed to introduce young athletes to a variety of sports, this multi-sport camp combines basketball and flag football into one fun-filled week. Athletes learn the rules and essentials of each sport, along with respect, teamwork, and self-discipline, through skill-based games and scrimmages.

Location: Radiant Park

Age: 6–12 years

6/13–6/17	M–F	9:00 AM–Noon	\$122	314071-04
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Location: Miramont Park

Age: 6–12 years

8/1–8/5	M–F	9:00 AM–Noon	\$122	314071-15
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**Soccer**

Designed for beginner and intermediate players, our progressive curriculum will teach the sport knowledge and fundamentals of dribbling, passing, shooting, and ball control.

Location: Miramont Park

Age: 6–12 years

6/20–6/24	M–F	9:00 AM–Noon	\$122	314071-05
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**Indoor Volleyball**


This coed program, designed for the beginning and intermediate player, teaches all aspects of the game through drills and exercises that focus on passing, setting, hitting and serving. Athletes develop fundamental skills with game-speed drills and daily scrimmages aimed at developing the whole player.

Location: Foothills Activity Center

Age: 7–14 years

7/5–7/8	Tu–F	9:00 AM–Noon	\$99	314071-08
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**Youngsters****Amazing Athletes**

Learn the basic fundamentals and mechanics of soccer, volleyball, football, basketball, tennis, golf, lacrosse, hockey and baseball.

**Note:** Class will not be held on 7/3.

Location: Cottonwood Glen Park

Age: 18 months–2.5 years

6/6–6/27	M	10:40–11:10 AM	\$36	314077-01
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6/9–7/7	Th	10:40–11:10 AM	\$45	314077-02
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7/11–8/8	M	10:40–11:10 AM	\$45	314077-03
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7/14–8/11	Th	10:40–11:10 AM	\$45	314077-04
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Age: 2.5–3.5 years

6/6–6/27	M	9:00–9:30 AM	\$36	314074-01
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6/9–7/7	Th	9:00–9:30 AM	\$45	314074-02
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7/11–8/8	M	9:00–9:30 AM	\$45	314074-03
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7/14–8/11	Th	9:00–9:30 AM	\$45	314074-04
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Age: 3.5–5 years

6/6–6/27	M	9:45–10:30 AM	\$36	314075-01
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6/9–7/7	Th	9:45–10:30 AM	\$45	314075-02
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7/11–8/8	M	9:45–10:30 AM	\$45	314075-03
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7/14–8/11	Th	9:45–10:30 AM	\$45	314075-04
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**Mighty Kicks Soccer Program**

A fun introduction to soccer. Each innovative session is designed to build motor skills, life skills, self-confidence, and basic soccer skills.

Age: 3–4 years

Location: City Park

6/8–7/27	W	9:00–9:45 AM	\$90	314072-05
6/8–7/27	W	3:45–4:30 PM	\$90	314072-07
8/8–8/12	M–F	9:00–10:00 AM	\$65	314072-13

Location: Harmony Park

6/9–7/28	Th	9:00–9:45 AM	\$90	314072-17
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Location: Troutman Park

6/7–7/26	Tu	9:00–9:45 AM	\$90	314072-01
6/7–7/26	Tu	3:45–4:30 PM	\$90	314072-03
7/18–7/22	M–F	9:00–10:00 AM	\$65	314072-09

Age: 4–6 years

Location: City Park

6/8–7/27	W	10:00–10:45 AM	\$90	314072-06
6/8–7/27	W	4:45–5:30 PM	\$90	314072-08
8/8–8/12	M–F	10:15–11:15 AM	\$65	314072-14

Location: Harmony Park

6/9–7/28	Th	10:00–10:45 AM	\$90	314072-18
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Location: Troutman Park

6/7–7/26	Tu	10:00–10:45 AM	\$90	314072-02
6/7–7/26	Tu	4:45–5:30 PM	\$90	314072-04
7/18–7/22	M–F	10:15–11:15 AM	\$65	314072-12



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# SUMMER 2016 JUNIOR PLAY DAYS

## \$10

15 MINUTE CLINIC  
NINE HOLES  
RANGE BALLS

MUST HAVE OWN CLUBS | PARENTS WELCOME  
ALL JUNIOR PLAY DAYS START AT 12:30 PM



CITY PARK NINE



COLLINDALE



SOUTHRIDGE

June 6 City Park Nine  
June 13 Collindale  
June 20 Southridge  
June 27 City Park Nine

July 11 Collindale  
July 18 Southridge  
July 25 City Park Nine

August 1 Collindale  
August 8 Southridge



City of  
Fort Collins



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## 50 Plus

All 50+ programs are held at the Senior Center unless otherwise noted. All programs are for ages 50 years & up unless otherwise noted. For programming designed for all ages, browse the other sections of the Recreator.

### Other Adult Programs in the Recreator

Adaptive Recreation	16	Gardens on Spring Creek	71
Aqua Fitness	21	Heath & Wellness	74
Aquatics	23	Ice Skating	82
Arts & Crafts	32	Outdoor Recreation	87
Bicycling	38	Pottery	34
Dance & Movement	40	Special Events	89
Education	52	Sports	90
Fitness	62	Trips & Travel	107
Fitness 50+	104		

### Senior Center Membership

Membership 50+ is \$25 annually with scholarships available. Programs that offer a free or discounted fee are indicated throughout the Recreator with an M. Benefits include:

- \$3 per month discount for fitness passes and full access passes, or \$1 off daily fitness admissions.
- Free admission to drop-in programs including Pool Room, Open Shop, Library & Media Center, BINGO and Cards & Games at the Senior Center.
- 2-day advance registration to Recreator programs.
- Member discounts on select services and activities.
- Membership in member-only clubs.
- Member celebrations.
- Free limited legal counseling.
- Notary service.
- Health and Wellness services.

### New Member Orientations

Get a tour of the Senior Center and learn about the resources and opportunities available to you. Ask questions and begin a relationship with the people at the Senior Center.

First Friday	9:00–10:00 AM	No Fee
Third Tuesday	5:30–6:30 PM	No Fee

#### LEGEND

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

## Cards and Games

### Bridge

#### Duplicate Bridge – M

Weekly duplicate bridge skill development and companionable play.

Age: 18 years & up

Location: Senior Center

Ongoing	F	11:30–4:00 PM	\$3.50
			\$2.80 Member

#### Introduction to Duplicate

Quarterly drop-in game for people new to Duplicate Bridge to develop skills and have companionable play in preparation for the weekly Friday duplicate bridge game.

Age: 18 years & up

Location: Senior Center

7/24	Sun	1:00–4:00 PM	\$3.50
			\$2.80 Member

#### Bridge Mentoring – M

Learn Bridge under the instruction of a mentor. Mentoring instruction is based on Standard American Bridge. Instructor gives half hour review then helps work through the play of the hands.

Age: 18 years & up

Location: Senior Center

6/13	M	6:00–8:30 PM	No fee
6/27	M	6:00–8:30 PM	No fee
7/11	M	6:00–8:30 PM	No fee
7/25	M	6:00–8:30 PM	No fee
8/22	M	6:00–8:30 PM	No fee

#### Party Bridge and Pinochle – M

Drop-in bridge and pinochle card games for Senior Center members.

Age: 18 years & up

Location: Senior Center

Ongoing	T	12:30–4:00 PM	No Fee
Ongoing	Th	5:00–8:00 PM	No Fee

## General Games

### BINGO – M

Senior Center members compete against each other in BINGO for prizes.

6/13	M	1:00–2:00 PM	No Fee
7/11	M	1:00–2:00 PM	No Fee
8/8	M	1:00–2:00 PM	No Fee

**Cards & Games – M**

Cards and board games played including canasta, mahjongg, scrabble, and cribbage.

Age: 18 years & up

Ongoing	M	9:00 AM–Noon	No Fee
Ongoing	W	12:30 PM–4:00 PM	No Fee

**Clubs and Organizations****C.H.A.T. (Crafts Hobbies Arts Time) – M**

For more information about C.H.A.T., see page 32.

**Donut Make U Wonder – M**

The group engages in local, national, and global topical discussions with donuts and coffee.

Ongoing	F	10:00–11:30 AM	No Fee
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**Front Range Forum – M**

Front Range Forum serves the residents of Northern Colorado's Front Range who are intellectually curious and dedicated to enriching their daily lives through life-long learning. Members facilitate classes for each other; participants take part in short presentations and informal discussions. Subjects have varied from the Vikings to the stories of Chekov and Jewett; from the Civil War to ethics; and from Van Gogh to Broadway musicals. In addition, the Forum sponsors lectures, a summer arts program, and offers programs – FRF Travels and FRF Goes to the Movies. Membership is \$20 per year. For more information, including our newsletter, visit [fronrangeforum.org](http://fronrangeforum.org).

**Harmonettes – M**

The Harmonettes practice and perform seasonal and themed programs of popular music from years past for local assisted living facilities and for special events. No choral experience required, but ability to read music is helpful. Contact Ashley Ruffer at 970.224.6033, [aruffer@fcgov.com](mailto:aruffer@fcgov.com) for more information.

Location: Senior Center

Practice	M	9:30–11:00 AM	(Except 3rd Monday)
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**Older Gay Lesbian Bisexual Transgender (OGLBT)**

This social networking group is for persons that are OGLBT and ages 50 years & up. Meetings are monthly for breakfast or dinner; locations and times change monthly. Contact Katie Stieber at 970.224.6029, [kstieber@fcgov.com](mailto:kstieber@fcgov.com) for more information.

**Senior Bowling Leagues**

Bowling leagues are open to league members and substitutes ages 50 years & up. Leagues play at Chippers Lanes on Horsetooth; league fees apply. Contact Karen Burgess at 970.484.2906 for information about Tuesday leagues. Contact Jan Daggett at 970.229.9886 for information about Thursday leagues. Both leagues meet at 1 p.m.



To learn more about our senior housing with services and assisted living communities, call (970) 226-4909.



All faiths or beliefs are welcome.

**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; 9 members are appointed by City Council, and 2 members are appointed from the Senior Center Council. The Senior Advisory Board meets the 2nd Wednesday of each month at 11:30 a.m. Guests are welcome.

**Senior Center Council – M**

Senior Center Council assists and advises the administrative staff in matters regarding the operation of the Senior Center and are elected representatives from the senior membership. Elected representatives meet the 3rd Monday of each month at 1:30 p.m. Members are invited to attend.

**SOAP Troupe (Slightly Older Adult Players) – M**

SOAP Troupe produces two major shows per year featuring a variety of acts/short skits, monologues, stand-up comedy, song, dance or instrumental performances, a short play, and usually a melodrama or short comedy. Whether you are experienced or a beginner, your talent can be used to act, pound nails, sew, sing, and/or write. SOAP meets at 1:30 p.m. on the 4th Tuesday of each month. Contact Ashley Ruffer at 970.224.6033.



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## The Play's the Thing – M

We sit in a circle with our playbooks and start with a scene. Starting with a person at a random spot in the circle, the parts for each character in the scene are assigned. You could be reading a part for a man, woman, boy, girl, pet, or ghost! At the next scene, the parts are assigned to the next set of people in the circle, 'round and 'round. We start with Shakespeare and see which other playwrights are appealing. Meetings are the 2nd and 4th Tuesday of the month from 6:30–8:30 p.m. Contact [fcsc.plaything@gmail.com](mailto:fcsc.plaything@gmail.com) for more information.

## The Writers Group – M

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. You are asked to sign in at the meetings; new participants welcome. Contact Ashley Ruffer at 970.224.6033, [aruffer@fcgov.com](mailto:aruffer@fcgov.com) for more information.

Ongoing	Tu	10:00 AM–Noon	No fee
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## Education

### Bus Education 101

An educational bus trip to help you ride the bus with confidence. Learn how to buy a ticket or pass, read the bus schedule, plan bus trips, make route transfers, and more, all while riding the bus with Transfort's travel trainer.

Age: 50 years & up  
Location: Senior Center

7/15	F	10:30 AM–1:00 PM	No Fee	305982-01
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### Fall Prevention

Senior Falls happen every day in Fort Collins, but they don't have to. The majority of falls are preventable and the Poudre Fire Authority teaches how to avoid them. Learn what hazards exist in the home, how you can keep yourself safe, and the best way to get up in case of a fall.

6/14	Tu	6:00–7:30 PM	No Fee	307478-01
7/12	Tu	6:00–7:30 PM	No Fee	307478-02

### Fraud Prevention

Fort Collins Police Services explains how to prevent fraud and identity theft. These crimes seek out thousands of seniors each year; don't become a victim.

8/9	Tu	6:00–7:30 PM	No Fee	307480-01
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## Fitness

### General Information

It is recommended that your physician be consulted before beginning any exercise program. If you are 55 years & up, sedentary, or exhibit any of the major coronary risk factors, we recommend that you get your doctor's clearance to start a new exercise program.

### Registration Options

For fitness classes, participation options are available:

- 1) Participants may register for an entire class session.  
With this option, active facility pass holders receive 70% off enrollment price.
- 2) Participants may pay a drop-in rate of \$6 per class, except for Karate.

The fitness classes listed below are specific for ages 50 years & up. See page 62 for information about additional fitness classes, as well as information about personal training services.

## Land Fitness

### Ageless Grace

Ageless Grace® teaches 21 Simple Tools for Lifelong Comfort and Ease. Movements come naturally, stimulate the body, and initiate a mind-body link, providing anti-aging exercises that almost anyone can do. Fun and a little silly—we laugh a lot. Usually practiced in a chair.

6/28–7/26	Tu	11:00–11:50 AM	\$15	309436-01
8/9–8/30	Tu	11:00–11:50 AM	\$12	309436-02

### Back & Body

Strengthen and stretch the major muscle groups of the body. Physical conditions like back, hip, knee, and neck problems can be prevented or alleviated through a holistic training routine.

**Note:** Class will not be held on 7/4

6/27–7/29	M,W,F	8:50–9:50 AM	\$42	309437-01
8/8–9/2	M,W,F	8:50–9:50 AM	\$36	309437-02

### Body & Mind in Motion

Perform a variety of arm and leg movements while sitting in chairs. Designed for adults with physical limitations. **Note:** Class will not be held on 7/4.

6/27–7/29	M,W,F	10:00–10:55 AM	\$42	309442-01
8/8–9/2	M,W,F	10:00–10:55 AM	\$36	309442-02

### Dynamic Senior Fitness

A workout for active seniors focused on agility, balance, flexibility, and strength. Designed around low impact games and drills to enhance ability to participate in a variety of sports.

7/1–7/29	F	2:00–2:45 PM	\$11.25	309441-01
8/12–9/2	F	2:00–2:45 PM	\$9	309441-02

### MS Dryland Exercise

For people with multiple sclerosis or physical impairment. Designed to maximize strength and endurance through chair based-exercises. The instructor is aware of symptom issues and monitors participants closely. **Note:** Class will not be held on 7/4.

6/27–7/27	M,W	11:00–11:55 AM	\$27	309438-01
8/8–8/31	M,W	11:00–11:55 AM	\$24	309438-02
6/27–7/25	M	11:00–11:55 AM	\$12	309438-1A
8/8–8/29	M	11:00–11:55 AM	\$12	309438-2A

### N'Balance

An effective fall prevention class that achieves results. Enjoy practice exercises and movements to strengthen core balance and to overcome the fear of falling. This is an evidence-based program designed from the kinetic principles of FallProof!, a balance program created by Cal State University/Fullerton. **Note:** Class will not be held on 8/1, 8/3.

7/11–8/31	M,W	2:30–3:30 PM	No Fee	309439-01
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### Parklane Fitness

Receive instruction while sitting in a chair to improve flexibility, strength, coordination and cardiovascular fitness.

Location: Parklane Towers North

6/28–7/28	Tu,Th	9:30–10:30 AM	\$30	309440-01
8/9–9/1	Tu,Th	9:30–10:30 AM	\$24	309440-02

### Swiss Theraball

Enjoy gentle, effective, low-impact exercise on the Theraball. Improve balance, endurance, flexibility, and strength with this relaxing routine. Theraballs provided.

6/30–7/28	Th	4:00–5:00 PM	\$15	309443-01
8/11–9/11	Th	4:00–5:00 PM	\$13.80	309443-02

### Yoga, Chair

Improve health through this adaptive exercise. Supported by a chair. Receive yoga's healing and restorative benefits. Yoga relaxes body and mind and improves musculoskeletal fitness and flexibility. **Note:** No drop-ins. Class will not be held on 7/4.

6/27–7/25	M	8:30–9:30 AM	\$12	309466-01
8/8–8/29	M	8:30–9:30 AM	\$12	309466-02

## SilverSneakers

Do you want to learn more about SilverSneakers? Inquire at the front desk at the Senior Center. **Note:** Nonmembers may attend by paying the drop-in fee or register for the month.

### Classic – SilverSneakers

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. **Note:** Class will not be held on 7/4.

Location: Senior Center

6/28–7/28	Tu,Th	10:10–10:55 AM	\$22.50	309444-01
8/9–9/1	Tu,Th	10:10–10:55 AM	\$18	309444-02
7/2–7/30	Sa	10:30–11:15 AM	\$11.25	309444-03
8/13–9/3	Sa	10:30–11:15 AM	\$9	309444-04

Location: Northside Aztlan Center

6/27–7/27	M,W	11:00–11:45 AM	\$20.25	309545-01
8/1–8/24	M,W	11:00–11:45 AM	\$18	309545-02

### Circuit – SilverSneakers

Move through a series of exercises in a circuit format to improve cardiovascular endurance and muscular strength and endurance.

**Note:** Class will not be held on 7/4.

6/27–7/29	M,W,F	1:00–1:45 PM	\$31.50	309446-01
8/8–9/2	M,W,F	1:00–1:45 PM	\$27	309446-02

### Splash – SilverSneakers

Fun shallow-water moves that improve agility, flexibility, and cardiovascular endurance. No swimming ability required. A special SilverSneakers kickboard is used to develop strength, balance, and coordination.

Age: 50 years & up

6/28–7/28	Tu,Th	12:15–1:00 PM	\$22.50	309447-01
8/9–9/1	Tu,Th	12:15–1:00 PM	\$18	309447-02
6/28–7/28	Tu,Th	1:15–2:00 PM	\$22.50	309447-03
8/9–9/1	Tu,Th	1:15–2:00 PM	\$18	309447-04

### Yoga – SilverSneakers

Focus on poses and postures to improve joint range of movement, muscular strength, endurance, and balance. Static and dynamic movements are presented with a chair for seated and standing support. **Note:** Class will not be held on 7/4.

6/28–7/28	Tu,Th	11:10–11:55 AM	\$22.50	309467-01
8/9–9/1	Tu,Th	11:10–11:55 AM	\$18	309467-02
6/27–7/27	M,W	4:10–4:55 PM	\$20.25	309467-03
8/8–8/31	M,W	4:10–4:55 PM	\$18	309467-04
7/2–7/30	Sa	11:15 AM–Noon	\$11.25	309467-05
8/13–9/3	Sa	11:15 AM–Noon	\$9	309467-06

## Sports

### AOA Badminton

If you enjoy the energetic fast-paced game of badminton, join the group of Active Older Adults that play on Tuesday and Thursday mornings. **Note:** Drop-in fees apply.

6/6–8/25	Tu,Th	07:00–10:00 AM		
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### AOA Basketball

Still got game? Suit-up and get on the court for some hoops. Active Older Adults own the court on Monday, Wednesday, and Friday mornings. **Note:** Drop-in fees apply.

6/5–8/26	M,W,F	09:00–11:00 AM		
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## Resources

### Legal Services – MO

Free 30-minute sessions every 1st Thursday of the month. Contact the Senior Center to schedule an appointment.

6/2	Th	1:00–5:00 PM	No fee
7/7	Th	1:00–5:00 PM	No fee
8/4	Th	1:00–5:00 PM	No fee

### Library/Media Center

The Library/Media Center offers a quiet location for reading, reflection, relaxing, or using one of the computers. Users must be members of the Senior Center. Book library includes large print, hard cover, and paperback books, as well as works by local artists. Volunteer Library Attendants are available to assist members during the day. Book donations are accepted as space allows.

### Pool Room – M

The Pool Room has four 8-ball tables and 1 snooker table. Players must be a member of the Senior Center or pay a daily drop-in rate. Additionally, we ask that users contribute to the maintenance of the facility by making a donation in the donation box located in the room.

### VOA Senior Nutrition Program

Volunteers of America and the City of Fort Collins Recreation Department host the Senior Nutrition Program to provide hot lunch at Northside Aztlan Community Center and the Senior Center. There is no charge for ages 60 years & up (and their spouses). Reservations required; contact 970.472.9630 by 1:30 p.m. one business day prior.

Location: Senior Center

Ongoing	M,Tu,Th,F	Noon	\$2.50 suggested donation
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Location: Northside Aztlan Center

Ongoing	Tu,W,Th	Noon	\$2.50 suggested donation
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### Volunteers

We strive to provide our trained volunteers with quality opportunities that meet their expectations, align with their skills and needs, and capitalize on the many talents they possess. Our volunteers gain new skills, forge new friendships, interact with fellow community members, enrich their community through purposeful activity, utilize their life experiences to enhance the lives of others, learn new things about themselves, set and achieve personal goals, and make a positive difference in the lives of others.

Volunteers may choose from one-time special events to longer term commitments in a variety of areas. For more information, visit [fcgov.com/recreation/joinus](http://fcgov.com/recreation/joinus) or contact Betsy Emond at 970.224.6030, [bemond@fcgov.com](mailto:bemond@fcgov.com).

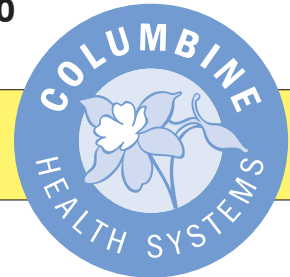


**OPEN NOW!**

New Mercer Commons' growth features 40 all private Assisted Living Suites, restaurant-style dining, an exercise center, and much more!

Located on Columbine's park at Drake and Shields in Fort Collins.

**Call today. . . .**  
**495-1000**



# New Mercer Commons

Columbine is Growing

[www.columbinehealth.com](http://www.columbinehealth.com)

## Social Programs

### Celebrations – M

Celebrate April, May, and June birthdays and anniversaries of the Senior Center members with cake, gifts, and entertainment.

6/23	Th	1:30–3:00 PM	No Fee	312410-01
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### Lunch and Learn-Gardening as Therapy

Learn how to use gardening as a therapeutic tool and how being in nature provides relief from stress and promotes a sense of peace. This program outlines the basis for this positive nature-human connection and provides a few activities that enhance this relationship.

6/8	W	11:30 AM–1:30 PM	\$22	312440-01
			\$18.70 Member	

### Movies, New Release and Classics – M

Movie showings of new releases and classics. Schedule of movie titles available at the registration desk.

6/3	F	1:00–3:00 PM	No fee
6/17	F	1:00–3:00 PM	No fee
7/1	F	1:00–3:00 PM	No fee
7/15	F	1:00–3:00 PM	No fee
8/5	F	1:00–3:00 PM	No fee
8/19	F	1:00–3:00 PM	No fee

### Prairie Sage Dances

Dance to live music. Refreshments served.

#### Big Twang Theory (1950's Dance)

6/6	M	7:00–10:00 PM	\$4
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#### Ray Cox

6/20	M	7:00–10:00 PM	\$4
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7/4	No Dance		
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#### Ray Cox (Hula Dance Potluck)

7/18	M	7:00–10:00 PM	\$4
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8/1	No Dance		
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#### Ray Cox (Denim and Lace Dance)

8/15	M	7:00–10:00 PM	\$4
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### Special Events

See a list of Special Events available for all ages on page 89.

## Trips & Travel

Senior Center trips are for ages 50 years & up unless otherwise noted.

### Registration

Pre-registration is required for all trips. Some ticketed events have an early registration deadline. Register online at [webtrac.fcgov.com](http://webtrac.fcgov.com) or call 970.221.6644.

### Refunds/Cancellation

If you need to cancel a trip, notify us by 10 a.m. two (2) business days prior to trip departure for refund or credit, unless otherwise noted below.

Ticketed trip sales are considered final and non-refundable. No refunds are given unless we resell that ticket. Ticketed trips include but are not limited to shows, special events, and sports games. Full refunds are available for overnight trips until the final payment deadline, after which all sales are final and non-refundable.

### Discounts

The Senior Center Member discount applies to trips when listed. Additional discounts do not apply.

### Departure

All trips leave from the Fort Collins Senior Center unless otherwise noted. We recommend you arrive at least 15 minutes prior to departure. Out of respect for the other participants, we do not wait for late arrivals; trips leave promptly at the posted trip time.

### Return Times

All return times are approximate. Please do not schedule appointments close to return times in case delays occur.

### What's Included

All trip prices include transportation and escort, unless otherwise noted. Many trips include more amenities depending on the trip. See trip details for more information.

### Accommodations

Individuals who are not independent in daily living activities or are in need of extra supervision are encouraged to register and participate with a personal care attendant. At time of registration, please inform us of any accommodation needed.

There is no transportation fee for the personal care attendant providing assistance but he/she must pay for ticket and meal expenses if those are part of the trip fees. Attendants must register separately from individuals they are assisting in order to ensure that we provide necessary seating, meals, tickets, etc.

### Smoking

Trips are smoke-free whenever possible. Smoking is not allowed on vans or buses.

### Door-to-Door Transportation

Round trip transportation to and from your home is available for most trips if you reside within the Fort Collins city limits (with some exceptions). The cost for this service is \$3 per person. Requests must be made at the time of registration or at least 3 days prior to the trip.

### Waitlist

If a trip is sold out you may have your name placed on a waitlist. We will contact you directly if space becomes available. Reservations are on a first-come-first-served basis.

## Adventure Travel

### Snowy Range Getaway

Visit ol' Wyoming on a mini-vacation. Travel along the Snowy Range Byway for a scenic trip to historic Saratoga. Spend a night at the Saratoga Resort and Spa enjoying the private hot springs. On the way home, stop by the Wyoming Territorial Prison Historic Site for a guided tour. **Note:** 2 days/1 night. Fee includes most meals, hot springs, lodging, and guided tour.

#### Single Occupancy, Per Person

7/15–7/16	F–Sa	\$399	305991-01
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#### Double Occupancy, Per Person

7/15–7/16	F–Sa	\$299	305991-01
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### Trains, Peaches, and Arches

Ride an Amtrak train to Glenwood Hot Springs to soak the night away and then through the picturesque beauty of the Colorado National Monument on our way to Moab to tour Arches National Park and Red Cliffs Lodge. Wine and dine on a cruise along the Colorado River and tour High Country Peaches. **Note:** 4 days/3 nights. Includes lodging, food, admissions, hot springs, tours, and escort. \$200 deposit taken at time of registration.

#### Single Occupancy, Per Person

8/29–9/1	W–Sa	\$899	305990-01
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#### Double Occupancy, Per Person

8/29–9/1	W–Sa	\$699	305990-01
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### Norsk Hostfest

A truly cultural experience featuring all five Scandinavian countries: Denmark, Finland, Iceland, Norway, and Sweden. Start with a scenic trip through the Black Hills and end with a stop at Devil's Tower Monument. Visit with artisans showcasing ancient traditions or take a walk back in time to Viking Village and Tromso Cultural Village. Enjoy lively entertainment, a 6-course feast, and an array of learning opportunities. **Note:** 5 days/4 nights. Includes lodging, two ticketed shows, all entrance fees, most meals, and festival transportation. \$300 deposit taken at time of registration.

#### Single Occupancy, Per Person

9/27–10/1	Tu–Sa	\$1499	405990-01
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#### Double Occupancy, Per Person

9/27–10/1	Tu–Sa	\$999	405990-01
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## Ongoing Trips

### Casino Trips

A day in the mountains at the Mardi Gras Blackhawk.

Location: Rolland Moore Park

6/28	Tu	8:00 AM–5:30 PM	\$8	305910-01
7/26	Tu	8:00 AM–5:30 PM	\$8	305910-02
8/23	Tu	8:00 AM–5:30 PM	\$8	305910-03

### Outdoor Strolls – M

Short, easy, level strolls in scenic areas at your own pace and you determine the distance you want to walk. Perfect for photographers and artists. No guide, but driver accompanies. Appropriate footwear is required. **Note:** Bring your own lunch, snacks, water, and appropriate clothing. For more of a challenge see Hikes on page 87.

#### Soapstone

6/7	Tu	9:00 AM–3:00 PM	\$20	311902-01
				\$17 Member

#### Dowdy Lake

6/20	M	9:00 AM–3:00 PM	\$20	311902-02
				\$17 Member

#### Wonderland Lake

7/11	M	9:00 AM–3:00 PM	\$20	311902-03
				\$17 Member

#### Bobcat Ridge

7/25	M	9:00 AM–3:00 PM	\$20	311902-04
				\$17 Member

#### Walburga Abbey

8/1	M	9:00 AM–3:00 PM	\$20	311902-05
				\$17 Member

#### Lady Moon

8/15	M	9:00 AM–3:00 PM	\$20	311902-06
				\$17 Member

### Rockies Games – Denver – M

Enjoy the game from shaded seats in Denver's Coors Field.

#### vs Padres

6/12	Su	11:30 AM–7:00 PM	\$37	305902-01
				\$31.45 Member

#### vs Blue Jays

6/29	W	10:30 AM–6:00 PM	\$37	305902-02
				\$31.45 Member

#### vs Phillies

7/10	Su	11:30 AM–7:00 PM	\$37	305902-03
				\$31.45 Member

#### vs Rays

7/20	W	10:30 AM–6:00 PM	\$37	305902-04
				\$31.45 Member

#### vs Rangers

8/9	Tu	10:30 AM–6:00 PM	\$37	305902-05
				\$31.45 Member

#### vs Dodgers

8/31	W	10:30 AM–6:00 PM	\$37	305902-06
				\$31.45 Member

### Day at the Races, Aurora – M

Spend a day at the races at Arapahoe Park Racetrack in Colorado's only venue for horse racing. Thoroughbreds, Quarter Horses, Arabians, Paint, and Appaloosa race during the track's season. Box seats are air-conditioned and comfy. **Note:** Includes admission, program and betting seminar, clubhouse seats, and lunch.

7/22	F	10:30 AM–6:00 PM	\$60	305904-01
				\$51 Member
8/12	F	10:30 AM–6:00 PM	\$60	305904-02
				\$51 Member

### Bus to Lunch

Learn how to read the bus schedule, plan your next trip and see how new rider tools make bus riding easier than ever. Build your bus riding confidence in just one session.

### Fort Collins

When was the last time you took a class while riding a bus? Educational travel training class and with lunch at Enzo's in Old Town. **Note:** Fee includes instruction, lunch, non-alcoholic drink, and gratuity.

6/17	F	11:30 AM–2:00 PM	\$20	305980-01
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### FLEX to Longmont

Learn about the new FLEX system from Transfort trainers. Then, take a ride to Longs Peak Pub and Tap House for lunch. Shuttle ride back to Fort Collins. **Note:** Fee includes training, lunch, non-alcoholic drink, and gratuity.

8/19	F	8:30 AM–2:00 PM	\$20	305980-02
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### Mountain View Picnics

Scenic drive, an afternoon picnic, and a nature walk (optional). **Note:** Fee includes park entrance and a boxed lunch.

#### Golden Ponds Park – Longmont

6/15	W	10:00 AM–2:30 PM	\$25	305934-01
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#### Gateway Park – Laporte

7/27	W	10:00 AM–2:30 PM	\$25	305934-02
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#### Lake Estes – Estes Park

8/24	W	10:00 AM–3:30 PM	\$25	305934-03
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### Out to Lunch – M

Join friends for a trip out to lunch. **Note:** Lunch cost is on your own.

### Casa Bonita, Lakewood

The greatest show in Denver: a 30 foot waterfall and daring cliff divers entertain during lunch. Entree range is \$8–15.

6/23	Th	10:30 AM–3:30 PM	\$20	305930-01
				\$17 Member

**Mishawaka, Poudre Canyon**

Enjoy the mountain air, sunshine, rushing river, and a burger on a beautiful deck overlooking the river.

7/8	F	10:30 AM–3:30 PM	\$20	305930-02
\$17 Member				
7/29	F	10:30 AM–3:30 PM	\$20	305930-04
\$17 Member				

**Barnstormer, Greeley**

Located at the Weld County Airport. This is not your typical airport food. Plus, it has a great view of the planes taking off from the dining room.

8/11	Th	10:30 AM–3:30 PM	\$20	305930-03
\$17 Member				
8/12	F	10:30 AM–3:30 PM	\$20	305930-05
\$17 Member				

**Sunday Out to Lunch – M**

Head somewhere in the specified area for lunch to enjoy a day out of the house. We don't tell you which restaurant because the mystery is half the fun. A scenic ride home tops it off. **Note:** Lunch is on your own. Entree range is \$8–15.

**Frederick**

6/5	Su	11:00 AM–3:00 PM	\$10	305932-01
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**Poudre Canyon**

7/24	Su	11:00 AM–3:00 PM	\$10	305932-02
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**Windsor**

8/21	Su	11:00 AM–3:00 PM	\$10	305932-03
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**Traveling Gourmet – M**

Get fancy for dinner and try gourmet Colorado cuisine. **Note:** Dinner cost on your own.

**Colterra – Niwot**

Surrounded by a canopy of hundred-year old trees and a beautiful stone patio, Colterra welcomes you with an authentic simple charm that evokes relaxation. The Chef selects the foods with local farmers to harvest and the freshest produce, in season and full of flavor. Entree range \$20–50.

6/14	Tu	3:30 PM–9:30 PM	\$25	305940-01
\$21.25 Member				

**Flagstaff House – Boulder**

Built into a mountainside at an elevation of 6,000 feet, the Flagstaff House overlooks Boulder offering breathtaking views and an award-winning wine list and menu. The French-American cuisine is a splurge as entrees range from \$30–70

7/19	Tu	3:30 PM–9:30 PM	\$25	305940-02
\$21.25 Member				

**Gold Hill Inn – Boulder**

Nestled beneath the Continental Divide the Gold Hill Inn is remote from the city lights and city noise of the 21st Century. The menu reflects the seasonal offerings of the local markets along with a unique wine list and full bar to complement your meal. Entrees range from \$28–36.

8/18	Th	3:30 PM–9:30 PM	\$25	305940-03
\$21.25 Member				

**June****Denver Zoo – M**

Denver Zoo spans over 75 acres and is home to more than 4,000 animals including rare Amur leopards, okapi, black rhinoceros, elephants, orangutans, and Komodo dragons. Watch live shows or feeding demonstrations of sea lions, penguins, or elephants (depending on staff and weather). Bring your children or grandchildren. **Note:** Fee includes admission. Lunch cost on your own at the Zoo.

6/9	Th	8:00 AM–3:30 PM	\$37	305955-01
\$31.45 Member				

**Renaissance Festival – Larkspur – M**

The Colorado Renaissance Festival is celebrating its 40th season with music and dance. Enjoy jugglers, jousting and other performers; watch artisans; and taste tantalizing roast turkey legs. Celtic musicians, belly dancer troupes, Irish dance groups, and pipe bands featured. **Note:** Lunch is on your own. Includes a lot of walking.

6/11	Sa	8:30 AM–4:30 PM	\$50	305958-01
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**Loveland Sculpture Garden – M**

This public treasure draws tens of thousands of visitors from around the globe each year. The Benson Sculpture Garden features 148 pieces by renowned artists. It has been recognized as one of the 200 most important modern and contemporary art sites around the world. **Note:** Fee includes guided outdoor tour. Lunch cost is on your own at Origins.

6/16	Th	9:30 AM–2:00 PM	\$20	305950-01
\$17 Member				

**Beer, Beautiful Beer – Denver – M**

It is no exaggeration to say that beer built the state of Colorado as much as gold ever did, even as some were accusing the frothy drink of tearing the state down again. Join Active Minds on a walking tour for a look at the golden glasses once drunk more frequently than water, and learn how beer changed our future forever. Breweries lost and others long working, explore it all. **Note:** Fee includes guided tour. Lunch cost on your own at Wynkoop Brewing Company.

6/22	W	8:30 AM–4:00 PM	\$72	305951-01
\$61.20 Member				

## DEADWOOD - ALL INCLUSIVE

**May 2 - 5**  
**Mammoth Site • Badlands National Park • Wall Drug**  
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### The Westernaires – Estes Park – M

Westernaires is a mounted precision drill organization composed of Colorado youngsters ages 9–19 years. After years of training in western riding, precision drills, and teamwork, these kids put on quite a show. **Note:** Fee includes great tickets. Concessions offered at the fairground or bring your own food and snacks.

6/24	F	5:30 PM–10:00 PM	\$40	305952-01
\$34 Member				

### The Sound of Music – Denver

The spirited, romantic, and beloved story of Maria and the Von Trapp Family thrills audiences with its Tony, Grammy and Academy Award winning Best Score, including “My Favorite Things,” “Do-Re-Mi,” “Climb Ev’ry Mountain,” and the title song. Location: Buell Theater. Bring a lunch for the van ride.

6/26	Su	12:00 PM–6:30 PM	\$105	305920-01
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### When Swing Was King – Boulder

Paul Cosentino and the Boilermake Jazz Band bring to life the energy and delicate swing of Benny Goodman’s small bands with a touch of the Goodman Big Band melodies. Jenny McNulty brings you selections from the wonderful collaborations between Benny Goodman and some of the best female vocalists of the era. Location: Boulder Dinner Theater. **Note:** Fee includes great center seats and lunch.

6/28	Tu	11:00 AM–5:30 PM	\$72	305921-01
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## July

### The Anschutz Collection – Denver – M

Located in the historic Navarre Building, The Anschutz Collection offers an array of art depicting the American West during the age of industrialization from the early 1800s to present day. Representing a broad spectrum of art genres, the collection shows an appreciation for the character, history, and beauty of the peoples, individuals, and ideas that transformed it over time. **Note:** Fee includes a guided tour. Lunch cost on your own.

7/6	W	8:00 AM–4:00 PM	\$35	305953-01
\$29.75 Member				

### Into the Woods – Johnstown

How far would you go to make your wish come true? Find out when familiar storybook characters get tangled up together and take a magical journey into the woods – a bewildering place full of witches, wolves, giants, and mysterious strangers. Even storybook characters must face the music – of which there is plenty – in Stephen Sondheim’s Tony Award-winning musical.

Location: Candlelight Dinner Theater. **Note:** Fee includes center seats and dinner.

7/7	Th	5:00 PM–11:00 PM	\$72	305922-01
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**Fiske Planetarium – Boulder – M**

Visit the Fiske Planetarium at CU Boulder for BELLA GAIA, a globally recognized experience created by award winning director, composer, and violinist Kenji Williams. Described as a “Silk Road” experience expanded to a global, cosmic scale, BELLA GAIA tells a cosmic story, exploring both human and natural expressions of the living universe. **Note:** Lunch cost is on your own at the Gondolier.

7/12	Tu	11:00 AM–4:30 PM	\$28	305959-01
\$23.80 Member				

**Lunch and a Song – Central City – M**

Enjoy lunch provided by Kevin Taylor’s Face Bar restaurant at the historic Teller House before a delightful 30-minute opera performance with selections performed by members of the prestigious Bonfils-Stanton Foundation Artists Training Program. Location: Central City Opera. **Note:** Fee includes ticket and lunch.

7/13	W	9:00 AM–5:00 PM	\$60	305923-01
\$51 Member				

**Mystery Tour – M**

Jump into this mystery educational outing. The day is full of surprises. Trust us; it’s going to be fun. **Note:** Fee includes a guided tour. Lunch is on your own.

7/21	Th	9:30 AM–3:00 PM	\$20	305960-01
\$17 Member				

**Stanley Hotel Tour – Estes Park – M**

This tour brings to life the hotel’s history and architecture, as well as some of its most notable spirits. See the hallways of the haunted fourth floor and the tunnel which allowed servants to enter/exit the building unseen. Hear how the Stanley inspired Stephen King’s fictional Overlook Hotel in his novel, The Shining. **Note:** Lunch cost is on your own at the Cascades Restaurant.

7/26	Tu	8:30 AM–3:00 PM	\$48	305956-01
\$40.80 Member				

**Beautiful – Denver**

This Tony Award-winning musical tells the inspiring true story of Carole King’s remarkable rise to stardom. Along the way, she made more than beautiful music, she wrote the soundtrack to a generation. Location: Buell Theater. Fee includes great orchestra seats. Please bring lunch to eat on the bus.

7/28	Th	12:00 PM–6:00 PM	\$110	305924-01
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**August****Sports Authority Field Tour – Denver – M**

Go behind the scenes at the state-of-the-art home field of current Super Bowl Champions, the Denver Broncos. Visit the Colorado Sports Hall of Fame Museum, NFL Visiting Team Locker Room located right next to Thunder’s Stall, and the field from the End Zone Area. **Note:** Fee includes guided tour. Lunch cost is on your own at the Cheese-cake Factory.

8/2	Tu	10:45 AM– 4:30 PM	\$35	305957-01
\$29.75 Member				

**The Ballad of Baby Doe – Central City**

The Ballad of Baby Doe is the story of love, loss, and loneliness set during the mining boom in Leadville, Colorado during the late 1800s. Silver baron Horace Tabor falls for Baby Doe and leaves his wife Augusta. They enjoy great fortune together but when silver goes bust, the once rich pair end up penniless and alone. Location: Central City Opera. Fee includes great seats. Bring lunch and snacks to eat on the bus.

8/4	Th	11:30 AM–6:30 PM	\$105	305925-01
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**State Capitol Tour – Denver – M**

Learn about this historical building, the work of our General Assembly, and our unique Colorado heritage. The state capitol welcomes about 250,000 visitors annually. Finish the day exploring the History of Colorado Center. **Note:** Fee includes guided tour. Lunch cost is on your own.

8/16	Tu	8:30 AM–5:00 PM	\$35	305962-01
\$29.75 Member				

**LODO Walking Tour – Denver – M**

From Union Station to Wynkoop, Tattered Cover to Warehouse Row. Learn how the largest collection of historic warehouses in the West transformed from railroad hub to skid row to urban hot spot. This private architecture and history walking tour from Historic Denver starts and ends at Denver’s Union Station. **Note:** Fee includes guided tour. Lunch cost is on your own. Tour is 75-minutes.

8/19	F	9:00 AM–3:30 PM	\$40	305961-01
\$34 Member				

**Footloose – Boulder**

When Ren and his mother move from Chicago to a small farming town, he isn’t prepared for the rigorous local edicts, including a ban on dancing instituted by the local preacher. Footloose celebrates the wisdom of listening to young people, and guiding them with a warm heart and an open mind. Location: Boulder Dinner Theater. **Note:** Fee includes great center seats and lunch.

8/28	Su	11:00 AM–6:00 PM	\$72	305926-01
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