Fall registration starts at 7 a.m., August 8, 2019



INSIDE: CURLING PG. 67 / HOGWARTS PG. 73 / PETITE BALLERINAS PG. 35 / TREATSYLVANIA PG. 73

# **ROCKY MOUNTAIN** FAMILY PHYSICIANS



We'll keep you in flight! Call for a same-day appointment 970-484-0798 www.rmfamilyphys.com





1200 N College Ave • Fort Collins | 950 E Eisenhower Blvd • Loveland 900 S Hwy 287 • Lafayette | 5005 W 120TH Ave • Broomfield | jaxgoods.com



# Program Areas

- 14 Adaptive Recreation Opportunities
- 19 Aqua Fitness
- 21 Aquatics
- 25 Arts & Crafts
- 34 Dance & Movement
- 39 Early Learning
- 45 Education
- 50 Farm

53 Fitness & Wellness

PG 35

Ballet

PG 73

Treatsylvania

- 66 Ice Skating
- 70 Outdoor Education and Recreation
- 73 Special Events
- 74 Sports
- 91 50+
- 97 Trips & Travel

# Departments

- 3 From the Director
- 4 Registration Information
- 7 Pass Fees

- 9 Facility Regulations
- **10** Recreation Facilities

Follow us at FCRecreator







Dear Recreators,

Fall is just around the corner, but that doesn't mean you have to start hunkering down inside. Fall is a great time to be outside and enjoy what Fort Collins has to offer. Get ready for the season by taking part in some of the hundreds of recreational opportunities available to you and your family that are listed in this issue of the Recreator. In addition, there are several new parks such as Sugar Beet Park and the upcoming Poudre River Whitewater Park, trail connections, and the expansion at the Gardens on Spring Creek that offer a fun atmosphere for you to enjoy.

Speaking of fun, join us for some of our favorite fall events. For more information, see page 73:

- Grandparents Day: September 8 at the Senior Center.
- Halloween events such as Hogwarts Halloween, Treatslyvania, and Bow Wowvania.
- Dia de Muertos: November 1 at Northside Aztlan Community Center.

• Holiday Artisan Market: November 29 & 30 at the Senior Center. See you out there, Recreators!

Sincerely,

Colom

**Recreation Director** 

# Credits

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

Ragan Adams, Ben Burnham, Rob Cagen, Catherine Carabetta, Mary Carlson, Sam Houghteling, Bob Kingsbury, Jessica MacMillan, Michael Tupa

Assistant City Manager Wendy Williams

Recreation Director Bob Adams

**Recreation Managers** 

Marc Rademacher, Stephanie Munro, Jason Chadock

**Community Relations & Marketing** Valerie Van Ryn, Emily Frare, Jami McMannes

Pagination Craig Powell

**Cover** John Robson

# Contact Information

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

Registration & Programs 970.221.6655 recreation@fcgov.com

Advertising, Partnerships, & Sponsorships 970.221.6358 recreator@fcgov.com

Bob Adams Recreation Director 970.221.6354 badams@fcgov.com

For subscription information, please visit *fcgov.com/recreator*.

# City of Fort Collins

#### Vision

To provide world-class municipal services through operational excellence and a culture of innovation.

Mission

Exceptional service for an exceptional community.

Cover Photo Lily Moore

# Registering for Recreator Programs

Registration begins at 7 a.m. on August 8. Early registration is available for Senior Center Members on August 6 at 7 a.m. 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. If paying by check, make checks payable to Recreation. There is a \$25 charge for returned checks. No cash refunds. You can register for programs in three ways:

#### Online

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

Forgot your household ID? Call 970.221.6655 or email *recreation@fcgov.com*.

Once you arrive at fcgov.com/recreator:

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

#### **At Recreation Centers**

Hours are for registration. Visit *fcgov.com/recreation* for more information about operating hours.

Northside Aztlan Community Center 112 Willow St. 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 Dr. 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 Ave. 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

2411 E. Foothills Pkwy. 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 or debit card information available. Call 970.221.6655 to register over the phone.

#### **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; allow 10 days for processing. Applications are available at all recreation facilities; a downloadable version is also available online. Once enrolled in the program, a pass purchase is required to activate benefits. Discounted activity registration can then be done over the phone, in person, or online. For more information visit *fcgov.com/reducedfee*.

The following programs are excluded from the reduced fee program: Adult team sports, tournaments, ticketed events, and private instruction.

# Refund & Cancellation Policies

#### Withdrawals

If you are not satisfied with your program, you may withdraw before the second class begins and receive a refund. Refunds are not given once the second class begins (first week of youth sports practices). Programs that meet once may receive a refund up to one week prior to the scheduled program start. Refund options include:

- A full credit to your Recreation household account.
- Check or credit refund; a \$5 service charge per program is assessed. Material fees are non-refundable.
- For refunds less than \$5, a household credit is offered.

#### Transfers

You may transfer between programs prior to the second class meeting on a space-available basis. There is no charge for transfers, but you are responsible for any additional costs. If the new program costs less than the original program the difference is credited to the household account without an additional program fee.

If your age, grade level, or ability does not meet the minimum program requirements, you will be transferred to a program that better matches your level(s).

#### Cancellations

Recreation may cancel programs due to low enrollment or other reasons. If Recreation cancels a program for any reason, you will receive a full refund or credit. Recreation staff can assist you in finding another program that meets your needs.

#### **Recreation Reserves**

The Reserve Fund enables the Recreation Department to provide and sustain high quality services and facilities. To ensure future needs are met, \$1 of each activity enrollment and \$2 per hour from room rentals are dedicated to Reserves for future Recreation use.

#### **ADA Disclosure & Disability Resources**

Auxiliary aids and services are available for persons with disabilities. V/TDD: Dial 711 for Relay Colorado.

If you require assistance participating in programs due to a disability, see page 14 for information about Adaptive Recreation Opportunities and services available. Individuals of all abilities and ages are welcome to participate fully in any Recreation program. If you are interested in participation support due to a disability, requests should be made two weeks in advance. For more information contact 970.221.6655, *recreation@fcgov.com*.

Information on personal care attendants can be found on page 14.

#### Translation & Interpretation/Traducción e Interpretatión

If you require assistance in another language, contact 970.221.6655, *recreation@fcgov.com*. Esta información puede ser traducían, sin costo para usted.

# Experience life in living color

# Fall into a season of golden opportunities with AFM!

As hot summer days give way to crisp, cool air, it's time to breathe in life's brilliant possibilities. So take a hay ride, take a hike, or take the time to turn over a new leaf. Whatever adventure you choose, rely on your neighborhood AFM providers to help you reap the harvest of healthy living.

# **Fort Collins**

CSU Office 151 W. Lake St., Ste. 1500 (970) 237-8200

Harmony Office 2121 E. Harmony, Ste. 370 (970) 221-2290 Horsetooth Office 3519 Richmond Dr. (970) 204-0300

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

) (970) : Timbe

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

**Timberline Office** 2025 Bighorn Dr. (970) 229-9800 West Office 2001 S. Shields, Bldg. I (970) 221-5255

# Loveland

**Foxtrail Office** 1625 Foxtrail Dr., Ste. 190 (970) 619-6900

# Windsor

Windsor Office 1683 Main Street Windsor (970) 686-0124 NOW OPEN!

# **Urgent** Care

Hours vary. Visit AFMnoco.com for details.

**CSU Urgent Care** 151 W. Lake Ste., Ste. 1500 Fort Collins (970) 237-8200 Horsetooth Urgent Care 3519 Richmond Dr. Fort Collins (970) 204-0300 Windsor Urgent Care 1683 Main Street Windsor (970) 686-0124

NOW OPEN!



AFMnoco.com



# **Recreation's Admission and Pass Fees**

#### DEFINITIONS

Youth: 2–17 years of age Adult: 18–59 years of age 60+: 60 years & up

Platinum Pass: 85 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.

#### **PASSHOLDER ACCESS**

Passholders are allowed access to the following: open gym, lap and open swim, walking/jogging track, weight and cardio area, billiards room, library media center, and locker rooms.

#### **GROUP RATES**

Reduced facility admission is available for groups at EPIC, Mulberry Pool, and City Park Pool. To receive these rates, groups of 10 or more must schedule a reservation at least 14 days in advance. Groups greater than 100 must schedule a reservation 30 days in advance. Reservations requested outside the scheduling requirements will be based on facility availability and approval by Recreation Management. Reservation requests can be made online by visiting our website *fcgov.com/recreation* or by calling the desired facility.

#### **Group Rates**

Reduced facility admission is available for groups at EPIC, Mulberry Pool, and City Park Pool. To receive these rates, groups of 10 or more must schedule a reservation at least 14 days in advance. Groups greater than 100 must schedule a reservation 30 days in advance. Reservations requested outside the scheduling requirements will be based on facility availability and approval by Recreation Management. Reservation requests can be made online by visiting our website *fcgov*. *com/recreation* or by calling the desired facility.

#### **City Park Pool**

Admission rates for the City Park Pool only.

Single Admission			
Youth	\$6.00		
Adult	\$7.00		
Twilight Admissi	on		
Twilight Admissi Under 2	on No Fee		

#### Farm Admission

Age	Single Admission
Under 2	No Fee
2 years & up	\$4.00
Barnyard Bude	dy Pass/Family Pass
\$85 per year	Unlimited visits, up to 4 people per visit (additional guests pay half admission). Includes invitation to special event in December.

#### **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	\$4.00			
Student	\$1 at Northside Aztlan Center with school ID (high school & younger)			
Adult	\$5.00			
60+	\$4.00			
Drop–In Fitness	Class Fee*			
Single Admission	\$7.50			
10 Admission	\$67.50			
*Excludes karate of from date of purcl	lasses. Valid one year hase			

Ice Skating Rates					
Public Skate Admission					
Youth	\$4.00				
Adult	\$5.00				
60+	\$4.00				
Skate rental	\$3.00				
* Public Skate Gro	up Admission				
Youth	\$3.50				
Adult	\$4.50				
60+	\$3.50				
Skate rental/person	\$3.00				
Group rates do not in	clude skate rental.				
EPIC pass holders rec skating single admiss					
Freestyle Session	Passes				
10 Admission	\$25.00				
50 Admission	\$125.00				
Freestyle 15 Min. Drop-In	\$3.00				
Dron-In Hockey S	tick & Puck				

# Drop-In Hockey Stick & Puck All Ages \$5.00

#### **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.

of purchase.	
Youth	\$80.00
Adult	\$100.00
60+	\$80.00
1 Month Pass *	
Youth	\$23.00
Adult	\$34.00
60+	\$23.00
Family/Couple	\$55.00
6 Month Pass *	
Youth	\$115.00
Adult	\$170.00
60+	\$115.00
Family/Couple	\$275.00
Annual Pass *	
Youth	\$207.00
Adult	\$306.00
60+	\$207.00
Family/Couple	\$495.00
Platinum Pass*	
85 years & up	Free

on registrations for designated fitness programs. Health & Wellness programs and those using a 25 Admission Pass are not eligible for discount.

Facility passes do not include admission to City Park Pool.

#### No refunds on passes.

Multi-facilty and single admission pass holders also have access to the following: open gym, lap and open swim, walking/ jogging track, weight/cardio area, billiards room, library media center, and locker rooms.



# POUDRE RIVER WHITEWATER PARK

Opens summer 2019

The anticipation is rising! It's almost time to experience getting wet and close to nature at the Poudre River Whitewater Park which is scheduled to be open in late summer of 2019.

Where is this new park? This new neighborhood park will be located along the Poudre River between the College Avenue bridge on Highway 287 and the BNSF railroad bridge located north of the Northside Aztlan Community Center. The park will be accessible primarily from parking areas located on Vine Drive. A newly constructed pedestrian bridge provides a crossing to the south side of the Poudre River where a plaza and overlook will be located. There will be areas designed for kids to safely play along the river edge, and areas for sitting to enjoy the sunshine and watch river enthusiasts. The project provides opportunities for boating, tubing, and kayaking and includes new wave features that will be available throughout the spring and into the fall. Access to the wave features is provided along both banks of the river.

The Poudre River Whitewater Park is the first reach of six that are planned for improvement between Shields Street and Mulberry Street, covering about three miles of the river as it passes through Downtown Fort Collins. In 1988 on October 30, this stretch of the Poudre River was designated as the first in-stream recreational water right in Colorado near the time when the Poudre River from the Poudre Canyon to the junction of the South Platte (east of Greeley) was designated by the U.S. Congress as a National Wild and Scenic River.

Planning and outreach efforts for the Poudre River Downtown Master Plan were extensive, involving fourteen City boards and 27 different stakeholder groups. The plan was approved by City Council in 2014. Reach 3, where the Poudre River Whitewater Park is located, was identified as the first project for implementation. Actual construction on the project began in 2018 and was supported by funding from multiple sources, including grants, private donors, and funding from the Community Capital Improvement Program tax initiative passed by Fort Collins voters in 2015.

The Poudre River Whitewater Park project was supported through partnerships between several citizen groups and organizations. When complete, the park will provide for recreation, better flood control, and improved natural habitat. The project will be a significant addition to Downtown Fort Collins which could be the envy of Northern Colorado. No longer will you have to travel to Breckenridge, Salida, or Estes Park for fun on a river!

For more information and updates, visit the project website at *www. fcgov.com/parkplanning*.

Bob Kingsbury Board Member, City of Fort Collins Parks & Recreation

# Recreation Facility Regulations

To ensure a safe and welcoming atmosphere, we request that you adhere to the Recreation Facility Regulations when visiting City of Fort Collins Recreation facilities. The regulations are posted at each recreation facility and online at *fcgov.com/recreation/contact-us*.

In addition to the facility regulations we ask that children under the age of 8 years be accompanied by a parent/guardian (at least 15 years of age). The parent/guardian must pay admission and be actively participating with the child, unless otherwise noted in the program description.

Children 6 years and older are required to use the appropriate locker room. Use of the family locker room is permitted.

Patrons must pay an additional drop-in admission to use the facility outside of usage of class or private lessons.

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. Locker rooms close 15 minutes after the pool closes (where a pool is on-site). Parents must have children picked up when facilities are closed.

To teach private lessons, coach, or provide pool therapy in any facility, a contract must be completed and approved by the Recreation Department prior to any private teaching/therapy/coaching.

#### **Aquatics & Sports Registration Policies**

If the class you wish to register for is filled, you may place your name on a paid waiting list. We attempt to accommodate demand 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.

#### Mulberry, EPIC, Senior Center, & City Park Pools

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, wear a swimsuit, and actively participate 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.



# **ONE IN FOUR** families in

Fort Collins report a family member with a respiratory ailment. Just one small turn can make a big difference for air pollution and our children. To learn more, go to *fcgov.com/breatheeasy*.

The City of Fort Collins and Poudre School District Wellness Program have partnered to help spread the anti-idling message and the power of a single turn. Help us lead by example, save money, save fuel and reduce exhaust.





# 1 The Farm

#### 600 Sherwood St. • 970.221.6665 • fcgov.com/thefarm

 Nov 1 – March 31: W – Sa 10 AM – 4PM
 Su Noon – 4PM

 April 1 – May 31: W – Sa 10 AM – 5PM
 Su Noon – 5PM

 June 1 – Aug 31: T – Sa 10 AM – 5PM
 Su Noon – 5PM

 Sept 1 – Oct 31: W – Sa 10 AM – 5PM
 Su Noon – 5PM

- Meeting Space
- Museum
- Gift Shop

Pony Rides

# 2 Northside Aztlan Community Center

#### 112 E. Willow St. • 970.221.6256 • fcgov.com/northside

- **М-F**6ам-9рм **Sa**8ам-5рм **Su**9ам-5рм
- Fitness/Dance Rooms
- Skate Park
- Gymnasium
- Track

Kitchen

- Weight/Cardio Equipment
- Meeting Space

## 3 City Park Nine Golf Course

411 S. Bryan Ave. • 970.221.6650 • fcgov.com/golf

## 4 The Pottery Studio

1541 Oak St. • 970.221.6644 • *fcgov.com/potterystudio* • Kilns • Studio Space

# 5 Club Tico

**1599 City Park Dr. • 970.224.6113 •** *fcgov.com/clubtico* Reservations required.

- Catering Kitchen
- Meeting Space
- Dance Floor
- **6** City Park Pool

## **1599 City Park Dr. • 970.224.6363 •** *fcgov.com/cityparkpool* **<b>May 25–August 18: M, W, F, Sa, Su** 10:30AM-5:30PM **T, Th** 10:30–7:30PM

Twilight Swim: Daily 4:30-Close

• Swimming

- Open Curly Slide
   Picnic Area
- 30-foot Drop Slide
- Lazy River

# 7 Mulberry Pool

#### **424 Mulberry St. • 970.221.6657 •** *fcgov.com/mulberrypool* **<b>T,Th** 5:30AM - 4:30PM **M,W,F** 5:30AM - 8PM **Sa** 12:30 - 5:30PM **Su** Noon - 3PM

- Diving
- Meeting Space
- Swimming
- Wading Pool

# 8 Edora Pool Ice Center

#### 1801 Riverside Ave. • 970.221.6683 • fcgov.com/epic

**М-F** 5:30ам-8рм **Sa** 8ам-6рм **Su** Noon-5:30рм

See website for pool and ice hours.

- DivingIce Rink
- Swimming
   Wading Pool
- Meeting Space
- Weight/Cardio Equipment

# 9 Rolland Moore Racquet Complex

#### 2201 S. Shields • 970.493.7000

#### fcgov.com/recreation/racquet-complex.php

For information about Pro Shop hours, visit *lewistennis.com*. Racquet courts adhere to park hours.

- Pro Shop
- Racquet Courts

# **10** Senior Center

#### 1200 Raintree Dr. • 970.221.6644 • fcgov.com/seniorcenter

Fall, Winter, Spring: M – F GAM – 9PM Sa 8AM – 5PM Su 9AM – 8PM Summer: M – F GAM – 9PM Sa 8AM – 5PM Su Noon – 5PM See website for pool hours.

- Auditorium
- Billiards Room
- Studio Space

Meeting Space

- Swimming
   Track
- Health & Wellness Center
- Kitchen

Gymnasium

Library

# 11 Foothills Activity Center

# 241 E. Foothills Pkwy. • 970.416.4280 fcgov.com/foothillsactivitycenter

**М-F**6ам-9рм **Sa**9ам-6рм **Su**11ам-5рм

- Gymnasium
- Weight/Cardio Equipment

Weight/Cardio Equipment

Meeting Space

# 12 Collindale Golf Course

1441 E. Horsetooth Rd. • 970.221.6651 • fcgov.com/golf

# 13 Southridge Golf Course

5750 S. Lemay Ave. • 970.416.2589 • fcgov.com/golf

# 14 Carnegie Center for Creativity

**200 Mathews St. • 970.416.2069 •** *fcgov.com/creativecenter* **<b>W– Sa** Noon–6рм

- Public Gallery
   Pe
  - Performance & Studio Space

For the most current information about special hours and closures, visit *fcgov.com/recreation*.

# **FC Volunteers help to:**



# Keep our community safe.

Police Services volunteers donated **15,000 hours** last year to educate the public on crime prevention and police procedures, assist patrol officers, and provide event security. Volunteers also serve as highly trained victim advocates.

Auxiliary Police volunteers are currently needed. Apply online at fcgov.com/police/auxiliary.

# **Running on the Power of Volunteers**

The City organization runs 24/7, 365 days a year in large part because of volunteers who give their time and service to help our community.

# fcgov.com/volunteer























# TRANSFORMING NOW EMERGING FALL 2019

2145 Centre Avenue 970-416-2486 *fcgov.com/gardens* Auxiliary aids and services are available for persons with disabilities. V/TDD: 711







# Adaptive Recreation Opportunities

The Adaptive Recreation Opportunities (ARO) program provides quality and equal opportunities for recreation and leisure to community members with disabilities. ARO offers healthy, fun, and educational experiences through three service areas: Inclusion Support, Specialized Adaptive Programs, and Transition Support.

#### **Inclusion Support**

Individuals of all abilities and ages are welcome to participate in any program listed in the Recreator. If you are interested in participation support due to a disability, requests should be made two weeks prior to program start date. Contact Renee Lee at 970.224.6027, *rlee@fcgov.com.* 

#### **Specialized Adaptive Programs**

Designed to meet the unique needs of individuals with physical, intellectual, developmental, and/or emotional disabilities. ARO programs include trained staff, modifications, and adaptive equipment to provide optimal participation and quality experiences.

#### **Transition Support**

ARO offers assistance in recreation and leisure choices so you can be as independent as possible. A therapeutic recreation professional helps develop your personal Passport to Recreation profile with discussion of your strengths, needs, and interests.

#### Attendants

Individuals who are not independent in activities of daily living or who need extra supervision may participate with a personal care attendant. There is no fee for personal care attendants unless otherwise noted. Attendants need to register separately and note whom they will be assisting. Notify ARO staff to coordinate the support plan prior class start date.

#### Volunteer

Volunteers are always needed to help support individuals, whether assisting with a few events or being a weekly inclusion support partner. Training is provided. To apply, visit *engage.fcgov.com/d/aro* or contact Becca Heinze at 970.224.6125, *bheinze@fcgov.com.* 

#### **Contact Information**

For additional information about ARO programs, visit *fcgov.com/aro* or contact ARO staff:

Renee Lee, CTRS, 970.224.6027, rlee@fcgov.com

Becca Heinze, CTRS, M.Ed., 970.224.6125, bheinze@fcgov.com

Brenda McDowell, CTRS, 970.416.2024, bmcdowell@fcgov.com

Alison Cope, OTR, acope@frii.com

#### 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

# -**/--GET WITH THE BEAT!-/**/-Free Cholesterol Tests in September

<text><text><text>

\* You must be a Health District resident to be eligible for free cholesterol testing. Health District boundaries include Fort Collins, Laporte, Wellington, Red Feather Lakes, Livermore, Bellvue and Timnath. Cost for non-residents is \$15.

#### AQUATICS

#### **Adaptive Swim Lessons**

Adaptive techniques are applied in an individual or small group setting to teach and enhance swimming skills and water safety for those with disabilities. Note: Registration deadline for sections 01-03 is 9/7. For sections 04-07, the deadline is 9/11.

Age: 2 years & up Location: Mulberry Pool

9/14-10/19	Sa	1:00-1:30 PM	\$44	402326-01
9/14-10/19	Sa	1:40-2:10 PM	\$44	402326-02
9/14-10/19	Sa	2:20-2:50 PM	\$44	402326-03
9/18-10/23	W	4:30-5:00 PM	\$44	402326-04
9/18-10/23	W	5:10-5:40 PM	\$44	402326-05
9/18-10/23	W	6:00-6:30 PM	\$44	402326-06
9/18-10/23	W	6:40-7:10 PM	\$44	402326-07

#### **Adaptive H2O Fitness**

Designed for those with neuromuscular disorders and multiple sclerosis. Trained staff give exercise modifications and assistance. Exercises focus on maximizing or maintaining physical wellbeing, endurance, strength, and flexibility.

#### Age: 16 years & up

Location: Mulberry Pool

9/3-9/26	Tu,Th	9:30-10:30 AM	\$31	402228-01
10/1-10/24	Tu,Th	9:30-10:30 AM	\$31	402228-02
10/29-11/21	Tu,Th	9:30-10:30 AM	\$31	402228-03

#### **ARTS & CRAFTS**

#### **Artistic Abilities**

Create a variety of unique pieces of art with a goal of selling items for the holidays. Accommodations are made for various challenges and disabilities. All abilities welcome.

#### Age: 13 years & up

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

9/10-10/8	Tu	4:00-6:00 PM	\$38	402990-01
10/15-11/12	Tu	4:00-6:00 PM	\$38	402990-02

#### **EDUCATION**

#### **Adaptive Cooking**

Learn how to cook tasty foods and gain positive eating habits. Cook together as a group, then set the table and sit down to sample the finished product. Note: Bring a container to bring a portion to go.

#### Age: 16 years & up

Location: Senior Center

#### Farm Fresh Feasts

1 unin resi	i custs				
9/11	W	6:30-8:00 PM	\$14	402401-01	
October Fe	st Treats				
10/7	М	6:30-8:00 PM	\$14	402401-02	
Soup du jo	ur				
10/21	М	6:30-8:00 PM	\$14	402401-03	
Five Layer	Dips and Dis	hes			
10/30	W	6:30-8:00 PM	\$14	402401-04	
Special Occasions					
11/4	М	6:30-8:00 PM	\$14	402401-05	

#### **FITNESS**

#### **Adaptive Power Step**

Designed to challenge balance, coordination, strength, and flexibility. Focus on walking stride and functional movement. Modified to accommodate all movement disorders.

#### Age: 18 years & up

Location: Foothills Activity Center

9/7-9/28	Sa	11:00 AM-Noon	\$28	402984-01
10/5-10/26	Sa	11:00 AM-Noon	\$28	402984-02
11/2-11/23	Sa	11:00 AM-Noon	\$28	402984-03

#### **Adaptive Yoga**

Designed for those with MS, brain injuries, or other neuromuscular disorders and adapted for people with physical disabilities. Learn yoga practices that include breathwork, gentle movements, and deep stretch poses. Some hands-on assistance available on Thursdays; Tuesdays include standing balance work. Note: Class will not be held on 11/22.

#### Age: 18 years & up

Location: Raintree Athletic Club, 2555 S. Shields St.

#### Adaptive Yoga continued

Standing Yoga

standing rog	u			
9/3-9/24	Tu	2:00-3:00 PM	\$28	402980-01
10/1-10/22	Tu	2:00-3:00 PM	\$28	402980-02
10/29-11/19	Tu	2:00-3:00 PM	\$28	402980-03
Adaptive Chair Yoga				
9/5-9/26	Th	2:00-3:00 PM	\$28	402980-04
10/3-10/24	Th	2:00-3:00 PM	\$28	402980-05
10/31-11/21	Th	2:00-3:00 PM	\$28	402980-06

#### **Movement Challenge Course**

Be guided through circuit movements and parkour concepts to increase coordination for mobility, improve posture, flexibility, proprioception, and environmental awareness. Enhance focus and concentration. Poses are adapted for those with and without disabilities.

Age: 12 years & up

Location: Northside Aztlan Center

9/14-9/28	Sa	11:00 AM-Noon	\$21	402781-01
10/26-11/9	Sa	11:00 AM-Noon	\$21	402781-03

#### **MS Dryland Exercise**

Designed for those with multiple sclerosis or physical disability. Maximize strength and endurance through chair-based exercises. Note: Class will not be held on 9/2.

Age: 18 years & up

Location: Senior Center

M,W	11:00-11:55 AM	\$29	402483-01
M,W	11:00-11:55 AM	\$33	402483-02
M,W	11:00-11:55 AM	\$33	402483-03
ctions			
М	11:00-11:55 AM	\$12	402483-1A
М	11:00-11:55 AM	\$20	402483-2A
М	11:00-11:55 AM	\$16	402483-3A
	M,W M,W Ctions M M	M,W         11:00-11:55 AM           M,W         11:00-11:55 AM           stions         M           M         11:00-11:55 AM           M         11:00-11:55 AM           M         11:00-11:55 AM	M,W         11:00-11:55 AM         \$33           M,W         11:00-11:55 AM         \$33           tions         \$33           M         11:00-11:55 AM         \$12           M         11:00-11:55 AM         \$20

#### **Spectrum Yoga**

Designed for people with intellectual, sensory issues, or autism spectrum disorders. Learn yoga practices modified to teach breathwork, standing, and balancing poses.

#### Age: 16 years & up

Location: Northside Aztlan Center

9/4-9/25	W	1:00-1:45 PM	\$28	402982-01
10/2-10/23	W	1:00-1:45 PM	\$28	402982-02
10/30-11/20	W	1:00-1:45 PM	\$28	402982-03

#### **Work Out Partners**

Workouts are organized in small groups to meet at times, days, and locations that work best. Those with and without disabilities are matched to meet weekly at a predetermined time and day. Strength training, cardiovascular equipment, and aquatic exercise available.

#### Age: 16 years & up

Location: Senior Center

#### Match Up Meeting

9/12	Th	5:30-6:30 PM	\$22	402585-01

#### ICE

#### **Adaptive Skating**

Basic skating skills are introduced and adapted for individuals with disabilities. Focus on skill improvement.

Age: 8 years & up

Location: Edora Pool Ice Center

9/7-10/19	Sa	9:45-10:15 AM	\$37	410356-01
10/26-12/14	Sa	9:45-10:15 AM	\$37	410356-02

#### **OUTDOOR RECREATION**

#### **Adaptive Climbing**

Rock climbing techniques are introduced, enhanced, and adapted as needed. Climbing equipment, instruction from a professional instructor, and guides provided.

Age: 7 years & up

Location: Ascent Climbing Studio, 2150 Joseph Allen Dr.

|--|

#### Camp Cheley Cabin Campout

Spend a weekend at Camp Cheley in Estes Park with others from the Front Range. Activities include hiking, fishing, climbing, and a themed dance. All lodging, meals, and activities included. Designed for those who are independent in activities of daily living. Note: Registration deadline is 9/23.

Age: 16 years & up

Location: Senior Center

10/4-10/6	F-Su	1:00-12:30 PM	\$196	402925-01
Attendant Section			\$80	402925-1A

#### **PARALYMPIC SPORTS**

Paralympic Sport Club Fort Collins engages youth and adults with physical disabilities or visual impairments and veterans in sports and physical activity.

#### **Adaptive Boccia**

Played indoors on a smooth surface, boccia tests coordination, concentration, and ability to strategize. Note: Option to pay a drop-in rate of \$4 per class available. Class will not be held on 11/25.

Age: 17 years & up	
Location: Foothills Activity Center	

10/7-12/2	М	10:30 AM-Noon	\$20	402464-01

#### Wheelchair Rugby

A fast paced, full contact wheelchair sport designed for those with physical disabilities. Extra sport chairs are available. Note: Class will not be held on 11/26.

Age: 14 years Location: No		tlan Center		
9/24-12/3	Tu	6:00-8:00 PM	\$25	402560-01

#### SOCIAL PROGRAMS

#### Bowling

Strike it big while bowling with others. Option available to participate in Special Olympics bowling tournament. Note: Fee includes two games per person per week and shoe rental.

Age: 18 years & up

Location: Chipper's Lanes North, 830 N. College Ave.

9/7-10/12	Sa	10:30-11:30 AM	\$53	402906-01

#### **Friday Movie Club**

Movie showings of new releases and classics. Schedule of movie titles available at the Senior Center Front Desk.

Age: 16 years & up

Location: Senior Center

9/6	F	12:45-2:45 PM	\$5	402909-01

#### Game On

Kick off the weekend with indoor games, sports, friends, and dinner out. Different games played each week including scatter kickball, noodle hockey, and dance tag. All abilities welcome. Note: Bring money for dinner out.

Age: 16 years & up Location: Senior Center

9/13	F	5:30-9:00 PM	\$19	402318-01	
Location: Foothills Activity Center					
10/11	F	5:30-9:00 PM	\$19	402318-02	
11/8	F	5:30-9:00 PM	\$19	402318-03	

#### Monthly Themed Dances 🖤

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

Age: 18 years & up Location: Senior Center

Country D	ance			
9/27	F	6:00-8:00 PM	\$4	
Halloween	Dance			
10/25	F	6:00-8:00 PM	\$4	
Thanksgiv	ing Dance			
11/15	F	6:00-8:00 PM	\$4	

#### SPECIAL EVENTS

#### Giant Friends Special Event 🖤

Giant Friends Club brings youth of all abilities together for fun, friendship, and play at the accessible Inspiration Playground. The special event features a "Medieval Renaissance" theme with activities and entertainment for a gigantic good time. Note: This event is provided with support from the Inspiration Playground Endowment Fund.

#### Age: All

Location: Inspiration Playground, Spring Canyon Community Park

#### **Thanksgiving Meal & Dance**

The ARO Thanksgiving meal and dance brings together adults with disabilities, their families, friends and/or supportive living providers for a traditional feast of gratitude and fun. The meal will be from 5-6 p.m. with dessert and dance to follow from 6-8 p.m.. Note: Attendants pre-register separately in section 1A.

Age: 16 years & up

Location: Senior Center

11/15	F	5:00-8:00 PM	\$14	402409-01
Attendant	Section	5:00-8:00 PM	\$9	402409-1A

#### THEATRE

#### **Theatre Acting Class**

Learn stage presence and expression, participate in theater games, improvisation, and skits.

Age: 14 years & up Location: Senior Center

11/6-11/20	W	4:30-6:00 PM	\$18	402593-01

#### **TRIPS & TRAVEL**

#### **Denver Firefighter & Police**

This trip to Denver includes a guided tour with history of the Denver Fire Department and current state of the Denver Police Department. The original Fire Station One began in 1882 as home to the Broadway Hose Co. No 6. Note: Bring money for lunch out in Denver. Registration deadline is 10/28.

Age: 16 years & up

Location: Senior Center

11/1	F	9:00 AM-4:30 PM	\$45	402317-01
Attendant	Section		\$17	402317-1A

#### **Movie Bistro Night**

Watch a movie on the big screen at a local theatre while enjoying dinner service and plush seating. Note: Bring \$20 for dinner or refreshments. Movie ticket included. Registration deadline is 10/7.

Age: 16 years & up

Location: Senior Center

10/10	Th	5:30-9:00 PM	\$19	402323-01
Attendants	s Section		\$12.50	402323-1A

#### **Movie Night**

See Hollywood's finest flicks while out on the town. Bring money for the movie and snacks.

Age: 16 years & up

Location: Senior Center

9/19	Th	5:30-9:00 PM	\$7	402903-01
Attendant Section			No Fee	402903-1A

# Is it just a phase?



The CAYAC Team at Connections helps youth and families find answers, options, and support.



CAYAC -Child, Adolescent, and Young Adult Connections

# mentalhealthconnections.org • 970-221-3308

#### **Restaurant Night**

Explore different restaurants in and out of town. Note: Bring \$20 for meal and tip.

Age: 16 years & up Location: Senior Center

Loveland Restaurants

Loveland Rest						
9/26	Th	5:30-8:30 PM	\$10	402904-01		
Attendant Section			No Fee	402904-1A		
Northwest Restaurant						
10/14	М	5:30-8:30 PM	\$10	402904-02		
Attendant Sec	tion		No Fee	402904-2A		
Old Town Tour						
11/18	М	5:30-8:30 PM	\$10	402904-03		
Attendant Sec	tion	No Fee	402904-3A			

#### Take Me Out to the Ball Game

Cheer on the Colorado Rockies from shaded seats at Coors Field as they take on the San Diego Padres. Note: Fee includes club level ticket. Accessible seating with group is limited; early registration recommended. Non-refundable after 8/30.

Age: 16 years & up Location: Senior Center

9/15	Su	10:00 AM-6:00 PM	\$43	402316-01
Attendan	t Section	\$22	402316	5-1A



#### **UNIFIED SPORTS**

Athletes of all abilities play as teammates against other integrated teams. Unified teams practice, play games, and may compete in a Special Olympics Unified Area Tournament. For more information or to volunteer, contact Brenda McDowell at 970.416.2024, *bmcdowell@fcgov.com.* 

#### **Adaptive Panther Suns Cheer Squad**

Individuals with or without special needs experience cheer and dance together as one Unified Team. Note: \$15 cheer shirt not included.

#### Age: All

Location: Cheer Central Suns, 128 Racquette Dr.

9/4-10/9	W	5:30-7:00 PM	\$49	414739-01
10/16-11/20	W	5:30-7:00 PM	\$49	414739-02
12/4-12/18	W	5:30-7:00 PM	\$40	414739-02

#### **Adult Unified Flag Football**

Coed Unified teams are made up of players of all abilities to practice and play flag football in the Special Olympics Area Tournament. Note: Class will not be held on 9/2.

Age: 16 years & up
Location: City Park

8/19-9/30	М	5:30-6:30 PM	\$22.50	402157-01

#### Adult Unified Volleyball

Coed Unified teams are made up of players of all abilities to practice and play volleyball in the Special Olympics Area Tournament.

Age: 16 years & up Location: Foothills Activity Center

10/11-11/15	F	4:30-5:30 PM	\$22.50	402959-01

#### Youth Unified Flag Football

Modified techniques are used to teach the fundamentals of football and allow players of all abilities to participate fully. Note: Class will not be held on 9/2.

Age: 8-21 years Location: City Park

Single Child				
8/19-9/30	М	4:15-5:15 PM	\$22.50	402061-01
Multiple Child	lren			
8/19-9/30	М	5:30-6:30 PM	\$30.50	402061-02



Denotes no web registration for program

Denotes program/activity has special membership pricing

# Aqua Fitness

Aqua Fitness classes require a minimum number of five participants registered per class to avoid cancellation for the session. Participants may attend only the class for which they are registered.

#### Drop-In Policy

Participants may pay a drop-in fee of \$7.50 per class if space is available. Drop-in participants do not count in registration numbers. Reduced rates do not apply to daily drop-in fees. Participants may also use one admission from a 10-admission drop-in fitness pass (\$67.50).

Classes will not be held 11/27-11/29.

#### **ADULT PROGRAMS**

#### **Drop-In Water Volleyball**

An in-the-water volleyball game that is also a low-impact exercise option. Admission is the daily drop-in rate or one facility admission pass.

10:30-11:30 AM

Age: 18 years & up

Location: Senior Center

9/4-11/27 M,W,F

Day Pass

## [ LOW INTENSITY ]

#### Basic H2O

Designed for those who want to develop strength and flexibility and tone and sculpt without impact on joints. Different levels of difficulty available.

Age: 18 years & up

Location: Senior Center

9/4-9/27	M,W,F	8:30-9:30 AM	\$42.25	400410-01
9/30-10/25	M,W,F	8:30-9:30 AM	\$46	400410-02
10/28-11/29	M,W,F	8:30-9:30 AM	\$49.75	400410-03

#### Twinges

Designed for those with arthritis. Move through gentle, no-impact movements which may help relieve pain and stiffness. The water's buoyancy and resistance provide support to help maintain joint flexibility.

Age: 18 years & up

Location:	Edora	Pool	lce	Center	
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9/4-9/27	M,W,F	8:30-9:30 AM	\$42.25	400314-01
9/30-10/25	M,W,F	8:30-9:30 AM	\$46	400314-02
10/28-11/29	M,W,F	8:30-9:30 AM	\$53.50	400314-03
9/4-9/27	M,W,F	9:30-10:30 AM	\$42.25	400314-04
9/30-10/25	M,W,F	9:30-10:30 AM	\$46	400314-05
10/28-11/29	M,W,F	9:30-10:30 AM	\$53.50	400314-06

# BEGIN YOUR ADVENTURE NOW SAFE \* FUN \* EASY

Swim Lessons
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 Snorkel Lessons & Equipment

FREE DISCOVER SCUBA EXPERIENCE

**Call For Details** 

High Plains Scuba Center 115 W. Harvard St. Ft. Collins, CO 80525 970.493.8562 www.highplainsscuba.com



#### **Twinges Plus**

Combine range-of-motion exercises with low-impact cardiovascular work. Excellent for those diagnosed with arthritis or other joint-related conditions.

Age: 18 years & up

Location: Senior Center

9/4-9/27	M,W,F	12:15-1:15 PM	\$42.25	400416-01
9/30-10/25	M,W,F	12:15-1:15 PM	\$46	400416-02
10/28-11/29	M,W,F	12:15-1:15 PM	\$49.75	400416-03
9/4-9/27	M,W,F	1:15-2:15 PM	\$42.25	400416-04
9/30-10/25	M,W,F	1:15-2:15 PM	\$46	400416-05
10/28-11/29	M,W,F	1:15-2:15 PM	\$49.75	400416-06

## [ MEDIUM INTENSITY ]

#### **Advanced Water Fitness**

Increase caloric burn and overall endurance by taking cardio to the next level. Promote joint flexibility, range of motion, and agility while building cardiovascular endurance and muscular strength. Note: Not appropriate for first-time or beginner level students.

#### Age: 18 years & up

Location: Senior Center

9/3-9/26	Tu,Th	4:00-5:00 PM	\$31	400424-01
10/1-10/24	Tu,Th	4:00-5:00 PM	\$31	400424-02
10/29-11/28	Tu,Th	4:00-5:00 PM	\$34.75	400424-03

#### Aqua Mix

Tone, strengthen, stretch, and engage in cardio for a complete workout in the water.

#### Age: 18 years & up

Location: Senior Center

9/4-9/27	M,W,F	6:00-7:00 PM	\$42.25	400417-01
9/30-10/25	M,W,F	6:00-7:00 PM	\$46	400417-02
10/28-11/29	M,W,F	6:00-7:00 PM	\$46	400417-03

#### Classics

Enjoy the classic blend of aerobics, toning, and stretching. Designed as a place to begin an exercise program, maintain fitness levels, or add a challenge to a workout routine.

#### Age: 18 years & up

Location: Mulberry Pool

	· · · · <b>j</b> · · · · ·			
9/4-9/27	M,W,F	7:30-8:30 AM	\$42.25	400222-01
9/30-10/25	M,W,F	7:30-8:30 AM	\$46	400222-02
10/28-11/29	M,W,F	7:30-8:30 AM	\$53.50	400222-03
Location: Sen	ior Center			
9/4-9/27	M,W,F	6:15-7:15 AM	\$42.25	400422-01
9/30-10/25	M,W,F	6:15-7:15 AM	\$46	400422-02
10/28-11/29	M,W,F	6:15-7:15 AM	\$49.75	400422-03
9/4-9/27	M,W,F	9:30-10:30 AM	\$42.25	400422-04
9/30-10/25	M,W,F	9:30-10:30 AM	\$46	400422-05
10/28-11/29	M,W,F	9:30-10:30 AM	\$49.75	400422-06
9/4-9/27	M,W,F	5:00-6:00 PM	\$42.25	400422-07
9/30-10/25	M,W,F	5:00-6:00 PM	\$46	400422-08
10/28-11/29	M,W,F	5:00-6:00 PM	\$46	400422-09
9/3-9/26	Tu,Th	8:00-9:00 AM	\$31	400422-10
10/1-10/24	Tu,Th	8:00-9:00 AM	\$31	400422-11
10/29-11/28	Tu,Th	8:00-9:00 AM	\$34.75	400422-12
9/3-9/26	Tu,Th	9:00-10:00 AM	\$31	400422-13
10/1-10/24	Tu,Th	9:00-10:00 AM	\$31	400422-14
10/29-11/28	Tu,Th	9:00-10:00 AM	\$34.75	400422-15
9/3-9/26	Tu,Th	10:00-11:00 AM	\$31	400422-16
10/1-10/24	Tu,Th	10:00-11:00 AM	\$31	400422-17
10/29-11/28	Tu,Th	10:00-11:00 AM	\$34.75	400422-18
9/3-9/26	Tu,Th	7:00-8:00 PM	\$31	400422-19
10/1-10/24	Tu,Th	7:00-8:00 PM	\$31	400422-20
10/29-11/28	Tu,Th	7:00-8:00 PM	\$34.76	400422-21

#### Fitness & Fun

Combine a traditional water workout with water volleyball and other fun games.

#### Age: 18 years & up Location: Senior Center

Location och	ion center			
9/4-9/27	M,W,F	7:30-8:30 AM	\$42.25	400420-01
9/30-10/25	M,W,F	7:30-8:30 AM	\$46	400420-02
10/28-11/29	M,W,F	7:30-8:30 AM	\$49.75	400420-03

#### Prenatal

Designed 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. Build muscle to help support the newborn's weight.

#### Age: 18 years & up

Location: Senior Center

9/3-9/26	Tu,Th	6:00-7:00 PM	\$31	400418-01
10/1-10/24	Tu,Th	6:00-7:00 PM	\$31	400418-02
10/29-11/28	Tu,Th	6:00-7:00 PM	\$34.75	400418-03

#### **Twist & Shout**

Condition and tone heart, body, mind, and soul with fun, laughter, and games. Eliminate impact on the body with stretching, toning, and cardio.

Age: 18 years & up

Location: Senior Center

9/4-9/27	M,W,F	4:00-5:00 PM	\$42.25	400426-01
9/30-10/25	M,W,F	4:00-5:00 PM	\$46	400426-02
10/28-11/29	M,W,F	4:00-5:00 PM	\$49.75	400426-03

#### [ HIGH INTENSITY ]

#### Deep H2O

Take an aggressive approach to fitness with a vigorous, no-impact workout held in the deep water. Designed for those with back, hip, and knee injuries. Note: Comfort in the water and basic swimming skills recommended. Pool depth is 12 ft.

Age: 18 years & up

Location: Mulberry Pool

9/4-9/27	M,W,F	12:15-1:00 PM	\$42.25	400230-01
9/30-10/25	M,W,F	12:15-1:00 PM	\$46	400230-02
10/28-11/29	M,W,F	12:15-1:00 PM	\$53.50	400230-03
Location: Edo	ra Pool Ice	Center		
9/4-9/25	M,W	5:30-6:30 PM	\$27.25	400330-01
9/30-10/23	M,W	5:30-6:30 PM	\$31	400330-02
10/28-11/27	M,W	5:30-6:30 PM	\$34.75	400330-03



# Aquatics

#### **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 preferred that payment be made by one individual check/credit card.

#### Ratios

To provide a safe pool experience, we require adult supervision for children ages 8 years 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 ages 8 years and up who 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 are not permitted to swim.

#### **Birthday Party Packages**

Birthday parties are not permitted in the lobbies or spectator areas at EPIC or Mulberry Pool. For a fee, space is available for refreshments and present opening. For more information visit fcgov. com/recreation.

#### **Private Swim Instruction**

Private swim instruction is available for all ability levels. Interested persons may fill out a request form with a cashier at EPIC or Mulberry Pool or online at fcgov.com/aquatics. 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 rate.

#### Learn to Swim Policies

At the discretion of the lesson manager, if it is evident that a child is not water ready before the second lesson, the manager will contact the parent for dismissal. A full refund will be issued for the class.

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

Make-up lessons are not available.

Progress cards that are not picked up on the last day of class are held for one week at the lesson facility.

#### **Open Lap Swimming**

Current Open Lap Lane schedules are available online at fcgov.com/ recreation. Please see the corresponding facility page for specific schedules. Lap lane schedules are available for EPIC, Mulberry Pool, and Senior Center. Schedules are subject to change.

#### **ADULT PROGRAMS**

#### Learning the Basics

Introduction to basic aquatic skills and swimming strokes, including the front crawl, breaststroke, and elementary backstroke.

Age: 15 years & up Location: Edora Pool Ice Center

9/9-10/9	M,W	6:15-7:00 PM	\$61	401338-01
Location: Ser	nior Cente	er		
9/15-10/13	Su	11:00-11:45 AM	\$31	401438-01

#### **Improving Skills & Strokes**

Improve proficiency in basic aquatic skills and the six basic swimming strokes; butterfly is optional. Prerequisite: Comfort in chest-deep water, can put face in the water, and perform strokes that can be recognized as front crawl, breaststroke, and backcrawl each for 15 yards.

Age: 15 years & up Location: Edora Pool Ice Center

10/14-11/13 Location: Seni	M,W or Center	6:15-7:00 PM	\$73.50	401339-01
10/20-11/17	Su	11:00-11:45 AM	\$37.25	401439-01

#### **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. Optional online course: 7 hours. Note: Must attend all classes. Skill test on first day; continuation depends on passing. \$38 certification fee included.

Age: 17 years & up

Location: Edora Pool Ice Center

11/17	Su	8:00 AM-5:00 PM	\$107.40 401341-01
11/17	Su	8:00 AM-3:30 PM	
11/17	Su	3:30-5:00 PM	

#### **FAMILY PROGRAMS**

#### **Discover Scuba Diving**

Under the direct supervision of a PADI professional, learn how to use scuba equipment in shallow water and what it takes to explore the underwater world. Note: Prior to class start call CSDA at 1.855.557.2822 to complete required additional paperwork.

Age: 10 years & up

Location: Edora Pool Ice Center

9/14	Sa	10:00-11:30 AM	\$36	401352-01
9/28	Sa	2:00-3:30 PM	\$36	401352-02
10/26	Sa	10:00-11:30 AM	\$36	401352-03
11/2	Sa	10:00-11:30 AM	\$36	401352-04
11/23	Sa	10:00-11:30 AM	\$36	401352-05

#### **Discover Snorkeling**

Learn tips and the proper technique for snorkeling. Registration includes use of mask, fins, snorkel, booties, and wetsuit, or own gear may be worn. Must able to swim at least 25 yards using the front crawl. Note: Children under 8 years should be accompanied by a parent or guardian. Prior to class start call CSDA 1.855.557.2822 to complete required additional paperwork.

#### Age: 5 years & up

Location: Edora Pool Ice Center

9/14	Sa	10:00-11:30 AM	\$26	401353-01
9/28	Sa	2:00-3:30 PM	\$26	401353-02
10/26	Th	10:30-11:30 AM	\$26	401353-03
11/2	Sa	10:00-11:30 AM	\$26	401353-04
11/23	Sa	10:00-11:30 AM	\$26	401353-05

#### Scuba Challenge

For the experienced diver who wants to practice skills. Challenges are set-up and include some dryland information. Note: Current PADI certification required.

Age: 10 years & up

Location: Edora Pool Ice Center

9/4	W	6:00-9:00 PM	\$22	401356-01
9/18	W	6:00-9:00 PM	\$22	401356-02
10/2	W	6:00-9:00 PM	\$22	401356-03
10/16	W	6:00-9:00 PM	\$22	401356-04
10/30	W	6:00-9:00 PM	\$22	401356-05
11/13	W	6:00-9:00 PM	\$22	401356-06
11/27	W	6:00-9:00 PM	\$22	401356-07

#### **TEEN PROGRAMS**

#### **Teen Swim Instruction**

Designed for all levels of swimmers to gain endurance, strength, and efficiency, and improve technique.

#### Age: 13-17 years

Location: Mulberry Pool

9/15-10/13	Su	3:15-3:45 PM	\$37.25	401235-01
10/20-11/17	Su	5:00-5:30 PM	\$37.25	401235-02

#### **YOUTH PROGRAMS**

#### Baby & Me 1

Introduce children to the water in a friendly environment. Parents learn how to support and hold their child properly while exploring basic water skills. One child per adult required. Swim diapers or plastic pants required.

#### Age: 6-18 months

Location: Edora Pool Ice Center

9/9-10/9	M,W	4:30-5:00 PM	\$61	401310-01
9/9-10/9	M,W	5:40-6:10 PM	\$61	401310-02
10/14-11/13	M,W	5:05-5:35 PM	\$61	401310-03
10/14-11/13	M,W	6:15-6:45 PM	\$61	401310-04

#### Baby & Me continued

Location: Senior Center					
9/15-10/13	Su	9:15-9:45 AM	\$31	401410-01	
9/15-10/13	Su	10:25-10:55 AM	\$31	401410-02	
10/20-11/17	Su	9:50-10:20 AM	\$31	401410-03	
10/20-11/17	Su	11:00-11:30 AM	\$31	401410-04	

#### Baby & Me 2

Build on the skills introduced in Baby & Me 1. Parents teach their child the skills necessary for future swimming success and safety. One child per adult required. Swim diapers or plastic pants required.

#### Age: 18 months-3.5 years

Location: Edora Pool Ice Center

9/9-10/9	M,W	5:05-5:35 PM	\$61	401312-01
9/9-10/9	M,W	6:15-6:45 PM	\$61	401312-02
10/14-11/13	M,W	4:30-5:00 PM	\$61	401312-03
10/14-11/13	M,W	5:40-6:10 PM	\$61	401312-04
Location: Sen	ior Center			
9/15-10/13	Su	9:50-10:20 AM	\$31	401412-01
9/15-10/13	Su	11:00-11:30 AM	\$31	401412-02
10/20-11/17	Su	9:15-9:45 AM	\$31	401412-03
10/20-11/17	Su	10:25-10:55 AM	\$31	401412-04

#### Pollywog

Become oriented to the aquatic environment and learn basic aquatic skills to help develop comfort in the water. Learn to enter and exit the water independently and float with support. No previous experience necessary.

\$61

401216-01

#### Age: 3-6 years Location: Mulberry Pool

 9/10-10/10
 Tu,Th
 4:30-5:00 PM

 9/10-10/10
 Tu,Th
 5:05-5:35 PM

-, ,	,		+				
9/10-10/10	Tu,Th	5:05-5:35 PM	\$61	401216-02			
9/10-10/10	Tu,Th	6:15-6:45 PM	\$61	401216-03			
10/15-11/14	Tu,Th	4:30-5:00 PM	\$61	401216-04			
10/15-11/14	Tu,Th	5:40-6:10 PM	\$61	401216-05			
9/14-10/12	Sa	9:00-9:30 AM	\$31	401216-06			
9/14-10/12	Sa	9:35-10:05 AM	\$31	401216-07			
9/14-10/12	Sa	10:45-11:15 AM	\$31	401216-08			
10/19-11/16	Sa	9:35-10:05 AM	\$31	401216-09			
10/19-11/16	Sa	10:10-10:40 AM	\$31	401216-10			
10/19-11/16	Sa	11:20-11:50 AM	\$31	401216-11			
9/15-10/13	Su	3:15-3:45 PM	\$31	401216-12			
9/15-10/13	Su	3:50-4:20 PM	\$31	401216-13			
9/15-10/13	Su	5:00-5:30 PM	\$31	401216-14			
10/20-11/17	Su	3:15-3:45 PM	\$31	401216-15			
10/20-11/17	Su	4:25-4:55 PM	\$31	401216-16			
10/20-11/17	Su	5:35-6:05 PM	\$31	401216-17			
Location: Edor	a Pool Ice Ce	enter					
9/9-10/9	M,W	4:30-5:00 PM	\$61	401316-01			
9/9-10/9	M,W	5:40-6:10 PM	\$61	401316-02			
10/14-11/13	M,W	5:05-5:35 PM	\$61	401316-03			
10/14-11/13	M,W	6:15-6:45 PM	\$61	401316-04			
	antine Conten						

Location: Senior Center

L

continued on next page

401420-02

\$31

#### Pollywog continued

9/15-10/13	Su	9:15-9:45 AM	\$31	401416-01
9/15-10/13	Su	10:25-10:55 AM	\$31	401416-02
10/20-11/17	Su	9:50-10:20 AM	\$31	401416-03

#### Tadpole

Build upon the basic skills learned in Polliwog and begin to learn independent aquatic locomotion skills. The use of simultaneous and alternating arm and leg actions on the front and back assist in the development of future stroke work. Note: Must be able to go underwater without hesitation.

#### Age: 3-6 years

#### Location: Mulberry Pool

9/10-10/10	Tu,Th	4:30-5:00 PM	\$61	401218-01
9/10-10/10	Tu,Th	5:40-6:10 PM	\$61	401218-02
10/15-11/14	Tu,Th	5:05-5:35 PM	\$61	401218-03
10/15-11/14	Tu,Th	5:40-6:10 PM	\$61	401218-04
10/15-11/14	Tu,Th	6:15-6:45 PM	\$61	401218-05
9/14-10/12	Sa	9:35-10:05 AM	\$31	401218-06
9/14-10/12	Sa	10:10-10:40 AM	\$31	401218-07
9/14-10/12	Sa	11:20-11:50 AM	\$31	401218-08
10/19-11/16	Sa	9:00-9:30 AM	\$31	401218-09
10/19-11/16	Sa	10:10-10:40 AM	\$31	401218-10
10/19-11/16	Sa	10:45-11:15 AM	\$31	401218-11
9/15-10/13	Su	3:15-3:45 PM	\$31	401218-12
9/15-10/13	Su	4:25-4:55 PM	\$31	401218-13
9/15-10/13	Su	5:35-6:05 PM	\$31	401218-14
10/20-11/17	Su	3:50-4:20 PM	\$31	401218-15
10/20-11/17	Su	5:00-5:30 PM	\$31	401218-16
10/20-11/17	Su	5:35-6:05 PM	\$31	401218-17
Location: Edo	ra Pool Ice (	Center		
9/9-10/9	M,W	4:30-5:00 PM	\$61	401318-01
9/9-10/9	M,W	6:15-6:45 PM	\$61	401318-02
10/14-11/13	M,W	5:05-5:35 PM	\$61	401318-03
Location: Sen	ior Center			
9/15-10/13	Su	9:50-10:20 AM	\$31	401418-01
10/20-11/17	Su	9:15-9:45 AM	\$31	401418-02
10/20-11/17	Su	11:00-11:30 AM	\$31	401418-03

#### Froggy

Perform the skills presented in Pollywog and Tadpole independently to reach greater distances and develop coordination. Use combined simultaneous arm and leg actions to continue to help build a foundation for proper stroke development.

#### Age: 3-6 years Location: Mulberry Pool

9/10-10/10	Tu,Th	5:05-5:35 PM	\$61	401220-01
9/10-10/10	Tu,Th	5:40-6:10 PM	\$61	401220-02
10/15-11/14	Tu,Th	4:30-5:00 PM	\$61	401220-03
10/15-11/14	Tu,Th	5:05-5:35 PM	\$61	401220-04
10/15-11/14	Tu,Th	6:15-6:45 PM	\$61	401220-05
9/14-10/12	Sa	9:00-9:30 AM	\$31	401220-06
9/14-10/12	Sa	10:10-10:40 AM	\$31	401220-07

#### Froggy continued

9/14-10/12	Sa	11:20-11:50 AM	\$31	401220-08
10/19-11/16	Sa	9:00-9:30 AM	\$31	401220-09
10/19-11/16	Sa	9:35-10:05 AM	\$31	401220-10
10/19-11/16	Sa	10:45-11:15 AM	\$31	401220-11
9/15-10/13	Su	3:50-4:20 PM	\$31	401220-12
9/15-10/13	Su	5:00-5:30 PM	\$31	401220-13
9/15-10/13	Su	5:35-6:05 PM	\$31	401220-14
10/20-11/17	Su	3:15-3:45 PM	\$31	401220-15
10/20-11/17	Su	3:50-4:20 PM	\$31	401220-16
10/20-11/17	Su	4:25-4:55 PM	\$31	401220-17
Location: Edo	ora Pool Ice (	Center		
9/9-10/9	M,W	5:05-5:35 PM	\$61	401320-01
10/14-11/13	M,W	4:30-5:00 PM	\$61	401320-02
10/14-11/13	M,W	5:40-6:10 PM	\$61	401320-03
Location: Sen	ior Center			
9/15-10/13	Su	11:00-11:30 AM	\$31	401420-01

#### Level 1

10/20-11/17

For the child who can roll from front to back without support, streamline front glide five feet without support, and jump into shallow water without support. Note: No previous experience necessary.

10:25-10:55 AM

#### Age: 5-12 years

Location: Mulberry Pool

Su

9/10-10/10	Tu,Th	4:30-5:00 PM	\$61	401222-01			
9/10-10/10	Tu,Th	5:40-6:10 PM	\$61	401222-02			
9/10-10/10	Tu,Th	6:15-6:45 PM	\$61	401222-03			
10/15-11/14	Tu,Th	4:30-5:00 PM	\$61	401222-04			
10/15-11/14	Tu,Th	5:05-5:35 PM	\$61	401222-05			
10/15-11/14	Tu,Th	6:15-6:45 PM	\$61	401222-06			
9/14-10/12	Sa	9:00-9:30 AM	\$31	401222-07			
9/14-10/12	Sa	10:10-10:40 AM	\$31	401222-08			
9/14-10/12	Sa	10:45-11:15 AM	\$31	401222-09			
10/19-11/16	Sa	9:00-9:30 AM	\$31	401222-10			
10/19-11/16	Sa	10:10-10:40 AM	\$31	401222-11			
10/19-11/16	Sa	11:20-11:50 AM	\$31	401222-12			
9/15-10/13	Su	3:15-3:45 PM	\$31	401222-13			
9/15-10/13	Su	4:25-4:55 PM	\$31	401222-14			
9/15-10/13	Su	5:00-5:30 PM	\$31	401222-15			
10/20-11/17	Su	3:15-3:45 PM	\$31	401222-16			
10/20-11/17	Su	3:50-4:20 PM	\$31	401222-17			
10/20-11/17	Su	5:35-6:05 PM	\$31	401222-18			
Location: Edo	Location: Edora Pool Ice Center						
9/9-10/9	M,W	5:05-5:35 PM	\$61	401322-01			
9/9-10/9	M,W	6:15-6:45 PM	\$61	401322-02			
10/14-11/13	M,W	4:30-5:00 PM	\$61	401322-03			
10/14-11/13	M,W	5:40-6:10 PM	\$61	401322-04			
Location: Sen	ior Center						
9/15-10/13	Su	9:50-10:20 AM	\$31	401422-01			
10/20-11/17	Su	9:15-9:45 AM	\$31	401422-02			
10/20-11/17	Su	10:25-10:55 AM	\$31	401422-07			

#### Level 2

For the child who can comfortably glide on their front and back for five seconds, front float with arm reach, and flutter kick on front and back with forward motion freely without fear.

Age: 5-12 years

Location: Mulberry Pool

Location. Mul	Delly 1001			
9/10-10/10	Tu,Th	4:30-5:00 PM	\$61	401224-01
9/10-10/10	Tu,Th	5:05-5:35 PM	\$61	401224-02
9/10-10/10	Tu,Th	6:15-6:45 PM	\$61	401224-03
10/15-11/14	Tu,Th	4:30-5:00 PM	\$61	401224-04
10/15-11/14	Tu,Th	5:40-6:10 PM	\$61	401224-05
9/14-10/12	Sa	9:00-9:30 AM	\$31	401224-06
9/14-10/12	Sa	9:35-10:05 AM	\$31	401224-07
9/14-10/12	Sa	10:45-11:15 AM	\$31	401224-08
9/14-10/12	Sa	11:20-11:50 AM	\$31	401224-09
10/19-11/16	Sa	9:00-9:30 AM	\$31	401224-10
10/19-11/16	Sa	9:35-10:05 AM	\$31	401224-11
10/19-11/16	Sa	10:45-11:15 AM	\$31	401224-12
10/19-11/16	Sa	11:20-11:50 AM	\$31	401224-13
9/15-10/13	Su	3:50-4:20 PM	\$31	401224-14
9/15-10/13	Su	4:25-4:55 PM	\$31	401224-15
9/15-10/13	Su	5:35-6:05 PM	\$31	401224-16
10/20-11/17	Su	3:15-3:45 PM	\$31	401224-17
10/20-11/17	Su	4:25-4:55 PM	\$31	401224-18
10/20-11/17	Su	5:00-5:30 PM	\$31	401224-19
Location: Edo	ra Pool Ice (	Center		
9/9-10/9	M,W	4:30-5:00 PM	\$61	401324-01
9/9-10/9	M,W	5:40-6:10 PM	\$61	401324-02
10/14-11/13	M,W	4:30-5:00 PM	\$61	401324-03
10/14-11/13	M,W	6:15-6:45 PM	\$61	401324-04
Location: Sen	ior Center			
9/15-10/13	Su	9:15-9:45 AM	\$31	401424-01
9/15-10/13	Su	10:25-10:55 AM	\$31	401424-02
10/20-11/17	Su	9:50-10:20 AM	\$31	401424-06

#### Level 3

For the child who can perform five rotary (side) breaths with a kickboard, swim across the pool 25 yards (any stoke), jump into deep/shallow water and move to the side comfortably, and can swim 10 yards elementary backstroke.

Age: 5-12 years

#### Location: Mulberry Pool

Jen y i oo					
Tu,Th	5:05-5:50 PM	\$73.50	401226-01		
Tu,Th	6:15-7:00 PM	\$73.50	401226-02		
Tu,Th	4:30-5:15 PM	\$73.50	401226-03		
Sa	9:35-10:20 AM	\$37.25	401226-04		
Sa	11:20 AM-12:05 PM	\$37.25	401226-05		
Sa	10:10-10:55 AM	\$37.25	401226-06		
Sa	11:20 AM-12:05 PM	\$37.25	401226-07		
Su	3:50-4:35 PM	\$37.25	401226-08		
Su	5:35-6:20 PM	\$37.25	401226-09		
Su	3:15-4:00 PM	\$37.25	401226-10		
Su	5:00-5:45 PM	\$37.25	401226-11		
Location: Edora Pool Ice Center					
M,W	5:05-5:50 PM	\$73.50	401326-01		
M,W	5:40-6:25 PM	\$73.50	401326-02		
	Tu,Th Tu,Th Tu,Th Sa Sa Sa Sa Su Su Su Su Su ra Pool Icce M,W	Tu,Th         5:05-5:50 PM           Tu,Th         6:15-7:00 PM           Tu,Th         4:30-5:15 PM           Sa         9:35-10:20 AM           Sa         11:20 AM-12:05 PM           Sa         10:10-10:55 AM           Sa         11:20 AM-12:05 PM           Sa         10:10-10:55 AM           Sa         11:20 AM-12:05 PM           Su         3:50-4:35 PM           Su         5:35-6:20 PM           Su         3:15-4:00 PM           Su         5:00-5:45 PM           Su         5:00-5:45 PM           Su         5:05-5:50 PM	Tu,Th         5:05-5:50 PM         \$73.50           Tu,Th         6:15-7:00 PM         \$73.50           Tu,Th         6:15-7:00 PM         \$73.50           Tu,Th         4:30-5:15 PM         \$73.50           Sa         9:35-10:20 AM         \$37.25           Sa         11:20 AM-12:05 PM         \$37.25           Sa         10:10-10:55 AM         \$37.25           Sa         11:20 AM-12:05 PM         \$37.25           Su         3:50-4:35 PM         \$37.25           Su         3:50-4:35 PM         \$37.25           Su         5:35-6:20 PM         \$37.25           Su         3:15-4:00 PM         \$37.25           Su         5:00-5:45 PM         \$37.25		

#### Level 4

For the child who can swim 25 yards front crawl, flutter kick without a kickboard for 25 yards, perform 10 deep water bobs, and is comfortable in deep water.

Age: 5-12 years Location: Mulberry Pool

9/10-10/10	Tu,Th	4:30-5:15 PM	\$73.50	401228-01
10/15-11/14	Tu,Th	5:40-6:25 PM	\$73.50	401228-02
9/14-10/12	Sa	9:00-9:45 AM	\$37.25	401228-03
10/19-11/16	Sa	9:35-10:20 AM	\$37.25	401228-04
9/15-10/13	Su	3:15-4:00 PM	\$37.25	401228-05
10/20-11/17	Su	4:25-5:10 PM	\$37.25	401228-06
Location: Edo	ra Pool Ice	e Center		
9/9-10/9	M,W	4:30-5:15 PM	\$73.50	401328-01
10/14-11/13	M,W	5:05-5:50 PM	\$73.50	401328-02

#### Level 5

For the child who can swim 50 yards front crawl, can tread water continuously for at least one minute, and has been introduced to breaststroke and backstroke.

#### Age: 5-12 years

Location: Mulberry Pool

	, <b>,</b>			
9/10-10/10	Tu,Th	5:40-6:25 PM	\$73.50	401230-01
10/15-11/14	Tu,Th	6:15-7:00 PM	\$73.50	401230-02
9/14-10/12	Sa	10:10-10:55 AM	\$37.25	401230-03
10/19-11/16	Sa	10:45-11:30 AM	\$37.25	401230-04
9/15-10/13	Su	4:25-5:10 PM	\$37.25	401230-05
10/20-11/17	Su	3:50-4:35 PM	\$37.25	401230-06
Location: Edor	a Pool Ice Co	enter		
9/9-10/9	M,W	5:40-6:25 PM	\$73.50	401330-01

#### **Pre-Competitive**

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

#### Age: 6-12 years

Location: Mulberry Pool

Location randen y root						
10/15-11/14	Tu,Th	5:05-5:50 PM	\$73.50	401232-01		
9/14-10/12	Sa	10:45-11:30 AM	\$37.25	401232-02		
10/19-11/16	Sa	9:00-9:45 AM	\$37.25	401232-03		
Location: Edo	ra Pool Ice	Center				
10/14-11/13	M,W	4:30-5:15 PM	\$73.50	401332-01		

#### Intro to Synchronized Swimming

Learn sculling, unique kicking, strokes, and beginner routines in deep water. Perform in the last class to music. Prerequisite: Comfort in deep water and ability to swim at least 25 yards using the front crawl. Note: Nose clips included.

#### Age: 6-14 years

Location: Edora Pool Ice Center

9/9-9/19	M,Th	6:15-7:00 PM	\$43	401359-01
10/7-10/17	M,Th	6:15-7:00 PM	\$43	401359-02
11/4-11/14	M,Th	6:15-7:00 PM	\$43	401359-03

WELCOME TO BASE Camp

When school is out,

BASE Camp is in!

· Quality, safe, and

affordable before- and

· Improved academic,

physical, social and

communication skills

· No transportation required

· Hours between 6:30 AM-

after-school programming

# Arts & Crafts

#### **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 setup on art display panels or in showcases, are open to the public, and free of charge for viewing. Work may be for sale. Contact Betsy Emond at 970.224.6030, *bemond@fcgov.com.* 

#### **Arts & 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. For more information contact Betsy Emond at 970.224.6030, *bemond@fcgov.com*.

#### Teachers

New proposals for teaching classes from skilled arts and crafts instructors welcome. For more information contact Betsy Emond at 970.224.6030, *bemond@fcgov.com*.

## ADULT PROGRAMS

#### [ DRAWING ARTS ]

#### **Comics Essentials**

Develop a style of drawing whether it is doodles, stick figures, or superheroes. Learn to draw Manga, cartoony people, places, and animals. Turn characters and concepts into finished comics, gag cartoons, cards, or books. Note: Supply list available at registration.

Age: 14 years & up
Location: Senior Center

9/24-10/29	Tu	6:30-8:30 PM	\$54	403407-01		

#### Sketching Group 🖤

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

Age: 18 years & up Location: Senior Center

F

9/6-11/22

9:30 AM-12:30 PM No Fee

# bring on the



Before and After school care, on-site at your child's elementary school.



Tuition assistance available

6.00 PM

**Office Location** 1224 E. Elizabeth Street Fort Collins, CO 80524

 ion
 Contact Info

 h Street
 (p) (970) 266-1734

 80524
 (f) (970) 377-9865

Info Online 66-1734 mybaseca

mybasecampkids.org facebook.com/mybasecampkids

# [FIBER ARTS]

#### Felting, Needle Style

Learn the needle technique method on wool roving to create colorful handcrafted soft sculptures measuring roughly 4"-6" tall and landscapes roughly 5"x7". Note: All supplies provided.

Age: 14 years & up Location: Senior Center

Embellishing on Cloth

9/14	Sa	9:00 AM-Noon	\$28	403436-01
Pumpkins				
10/12 Pilgrims	Sa	9:00 AM-Noon	\$28	403436-02
11/9	Sa	9:00 AM-Noon	\$28	403436-03

# [ GENERAL ARTS ]

#### Basket Cases ໜ

Open time for individuals interested in basketry to meet weekly and work on projects. Work with any medium: basket reed, yarn, pine needles, etc. Different techniques such as caning are also welcome. Share ideas and designs. Note: No instructor provided. Bring supplies needed to work.

Age: 18 years & up

Location: Senior Center

9/5-11/22 Th

1:00-3:00 PM

No Fee

#### C.H.A.T. (Crafts Hobbies Arts Time) 🖤

Open for scrapbooks, crochet, watercolor, knitting, or other hobbies. Work on projects and share ideas and techniques. Learn from others and discuss the many aspects of different art related hobbies and crafts. Note: No instructor provided.

Age: 18 years & up

Location: Senior Center

9/6-11/22

No Fee

#### **Craft Night**

Create wooden Halloween monster décor in time for the holiday. Note: All materials provided.

1:00-3:00 PM

Age: 15 years & up Location: Senior Center

10/11

tion: Senior Center

W.F

F 6:30-8:30 PM \$36 403437-01

#### Open Shop 🖤

Open shop time. Tools available for use with jewelry, stained glass, and woodworking including 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

9/3-11/26	Tu	8:00 AM – Noon	No Fee	
9/04-11/27	W	1:00 – 5:00 PM		
9/6-11/21	Th	5:00 – 9:00 PM		

#### **Rain Stick Gourds**

Learn processes to clean and preserve a gourd to use for craft projects. Then decorate the gourd with various materials and finishes. Note: All supplies provided. Must be comfortable with a drill. Must attend both days.

Age: 18 years & up Location: Senior Center

10/25	F	6:00-9:00 PM	\$45	403441-01
10/26	Sa	9:00 AM-Noon		

## [ GLASS ARTS ]

#### **Stained Glass, Foil Beginner**

Create works of art in stained glass with the foil method of construction. Learn to cut glass, grind, foil, solder, and finish. Create two projects from varied patterns. Note: Some supplies provided. Supply list available at registration; approximate cost is \$20-55.

1:00-3:00 PM

Age: 18 years & up

Location: Senior Center

Tu

9/3-9/24	
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NW M 403461-01

\$60

Denotes no web registration for program

Denotes program/activity has special membership pricing



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#### **Stained Glass, Holiday Gifts**

Create a one-of-a-kind stained-glass angel or fairy, just in time for the holidays. Prerequisite: Foil Stained Glass, Beginner. Note: All supplies provided.

Age: 18 years a	& up			
Location: Seni	or Cente	er		
10/22-10/29	Tu	1:00-3:00 PM	\$40	403463-01

#### Stained Glass, 6-Sided Lamp

Cut and assemble a simple 6-sided glass lamp. Learn techniques to assemble a complicated design. View demonstrations of fitting and assembly on a Styrofoam mold. No experience required. Note: Some supplies provided. Bring three sheets of matching glass and one roll of solder.

1:00-3:00 PM

Age: 18 years & up Location: Senior Center

## 11/5-11/12 Tu

11/5-11/12 IU

#### [JEWELRY]

#### Jewelry, Beginner

Focus on cutting and piercing with a jeweler's saw, filing, and soldering, as well as proper techniques for polishing and finishing. Designed for those with no metal experience, as well as those who would like to improve their skills. Note: Tools and some supplies provided. Supply list available at registration; approximate cost is \$55-80.

Jewelry, Beginner continued

Age: 18 years & up Location: Senior Center

9/10-10/22	Tu	6:00-8:00 PM	\$98	403486-01
11/5-12/17	Tu	3:30-5:30 PM	\$98	403486-02

#### Jewelry, Intermediate & Advanced

Open time to use equipment and finish projects while an instructor is present to answer questions and assist. Prerequisite: Jewelry, Beginner. Note: Supply list available at registration. Supplies and supply cost vary with project choice; approximate cost is \$20-70.

Age: 18 years & up

Locationi och	ior cente			
9/10-10/22	Tu	3:30-5:30 PM	\$98	403487-01

#### Jewelry, Casting

403467-01

\$49.

Learn the basic lost wax process in casting. Focus on forming, spruing, investment, burn-out, and centrifugal casting. Attention to finishing and surface treatment techniques covered to create finished cast pieces. Note: Some supplies provided. Supply list available at registration; approximate cost is \$60-85.

Age: 18 years & up Location: Senior Center

11/5-12/17 Tu 6:00-8:00 PM \$101 403488-01	11/5-12/17	Tu	6:00-8:00 PM	\$101	403488-01
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#### [ PAPER ARTS ]

#### **Pointed Pen Calligraphy**

Learn the basics of writing with a pointed nib with a variety of paper and inks. Explore both traditional letterforms and modern variations. Basic layout, writing with colo,r and various papers is discussed. Note: Some materials provided. Supply list available at registration; approximate cost is \$15.

Age: 18 years & up

Location: Senior Center

10/21-11/18	М	9:00-11:30 AM	\$70	403411-01

#### [ PAINTING ]

#### **Acrylic Painting, Beginner**

Cover important basics such as preparing a canvas, starting techniques, drawing, color, value, and composition. Designed for those who have never painted before and are interested in learning how to start, or those who would like to improve their skills. Note: Supply list available at registration; approximate cost is \$30-50.

Age: 18 years & up

Location: Senior Center

9/9-9/30	М	1:00-3:00 PM	\$44	403446-01
10/7-10/28	М	1:00-3:00 PM	\$44	403446-02
11/4-11/25	М	1:00-3:00 PM	\$44	403446-03
9/9-9/30	М	6:30-8:30 PM	\$44	403446-04
10/7-10/28	М	6:30-8:30 PM	\$44	403446-05
11/4-11/25	М	6:30-8:30 PM	\$44	403446-06

#### **Bob Ross Style Painting**

Complete a finished oil painting in one day using the Bob Ross painting technique. A certified Bob Ross instructor teaches the use of different brushes, a palette knife, mixing colors, and the manipulation of special paints. Note: \$15 discount available when using own Bob Ross supplies. Bring a roll of paper towels. Other supplies provided.

Age: 18 years & up Location: Senior Center

9/12	Th	9:00 AM-3:30 PM	\$70	403427-01
10/10	Th	9:00 AM-3:30 PM	\$70	403427-02
11/7	Th	9:00 AM-3:30 PM	\$70	403427-03
9/13	F	9:00 AM-3:30 PM	\$70	403427-04
10/11	F	9:00 AM-3:30 PM	\$70	403427-05
11/8	F	9:00 AM-3:30 PM	\$70	403427-06

#### Watercolor, Beginner

Learn basics of preparing paper and board in for painting. Discover composition, painting techniques, special effects, setting up a palette, types of papers, color theory, design principles, and techniques for handling pigment. Note: Supply list available at registration; approximate cost is \$100.

Age: 18 years & up Location: Senior Center

10/10-11/14	Th	1:00-3:00 PM	\$70	403480-01

#### Watercolor, Intermediate

Emphasis on observation and various brush techniques with in-depth exploration into watercolor. Opportunity to build skills and knowledge of artistic concepts. Prerequisite: Watercolor, Beginner. Note: Supply list available at registration; approximate cost is \$100.

#### Age: 18 years & up

Location: Senior Center

9/6-9/27	F	9:00-11:00 AM	\$49	403481-01
10/4-10/25	F	9:00-11:00 AM	\$49	403481-02
11/1-11/22	F	9:00-11:00 AM	\$49	403481-03

#### Watercolor, Advanced

Designed for those who want to further master the challenges of brush techniques, values, shapes, and use of watercolor. Prerequisite: Watercolor, Beginner. Note: Supply list available at registration; approximate cost is \$100.

Age: 18 years & up

Location: Senior Center

9/6-9/27	F	1:00-3:00 PM	\$49	403482-01
10/4-10/25	F	1:00-3:00 PM	\$49	403482-02
11/1-11/22	F	1:00-3:00 PM	\$49	403482-03

## [ PHOTOGRAPHY ]

#### Intro to Photography

Learn the basics of photography including camera operation, exposure, composition, and more through an interactive slideshow and workshop. An SLR or mirrorless camera recommended, but not required.

Age: 18 years & up

Location: Senior Center

10/23	W	6:00-8:00 PM	\$27	407419-01
11/7	Th	6:00-8:00 PM	\$27	407419-02

## [WRITING]

#### **Bullet Journaling & Personal Planners**

Learn fundamentals of the bullet journal planning method. This method uses indexing, collections, tracking, and migration to manage everything from daily tasks and appointments to life-long goals, all in one place. Note: Basic journal and guide provided. Additional supply list provided at registration; approximate cost is \$10.

Age: 18 years & up Location: Senior Center

10/12	Sa	1:00-4:00 PM	\$56	403403-01

#### [ WOODWORKING ]

#### Woodworking, Beginner

Create a basic project with use of woodworking tools. Learn proper setup, safety, and maintenance skills. Gain knowledge of wood skills, hand tools, and finishes. Note: Some supplies provided. Supply list available at first class; approximate cost is \$20-30. Must attend first class.

Age: 18 years & up

Location: Senior Center

9/11-10/16	W	7:00-9:00 PM	\$107	403490-01

#### **FAMILY PROGRAMS**

#### **Curious Creations Club**

It's craft time. Create together through guided instruction. Note: Price is per project. All supplies included. Children under 10 must be accompanied by an adult.

#### Age: All

Location: Northside Aztlan Center

#### Halloween Decor

	10/4	F	6:00-8:00 PM	\$36	418983-01
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#### Family Art: Painting in Pairs

The family that paints together, laughs and makes memories together. Family pairs are guided through a dual canvas painting. Note: Price is per two-canvas project. All supplies included. Only one person of the pair need register. Children under 12 must be accompanied by an adult.

#### Age: All

Location: Northside Aztlan Center

#### Grandparents Day

	2			
9/8	Su	1:00-3:00 PM	\$42	418982-01
Día de los	Muertos			
11/1	F	6:00-8:00 PM	\$42	418982-02

#### **YOUTH PROGRAMS**

#### Youth Art: How to Draw Series

Designed for those new to art, who to love to draw, and want to expand their skills. Note: Drawing pad and kit included. Class will not be held on 11/26.

#### Age: 6-10 years

Location: Foothills Activity Center

#### Animals

9/3-10/1	Tu	4:30-5:30 PM	\$60	418987-01
Magical Creat	tures			
10/8-11/5	Tu	4:30-5:30 PM	\$60	418987-02
Cartooning				
11/12-12/17	Tu	4:30-5:30 PM	\$60	418987-03

#### **Celebrate & Create**

Celebrate fun, zany days with the creation of art. All classes include a variety of art mediums geared toward the subject matter. Note: Enter building through rear door.

Age: 6-12 years

Location: Carnegie Center for Creativity, 200 Mathews St.

Cheese Piz	za Day				
9/5	Th	4:30-6:00 PM	\$35	416942-01	
Peanut Butter Lovers Day					
11/20	W	4:30-6:00 PM	\$35	416942-03	
Location: Mulberry Pool					
Candy Cori	n Day				
10/30	W	4:30-6:00 PM	\$35	416942-02	

#### **Cupcakes 'n Canvas**

Theme inspired and designed to teach young artists the joy of painting. Paint on canvas while enjoying cupcakes. Note: Enter building through rear door.

#### Age: 6-12 years

Location: Carnegie Center for Creativity, 200 Mathews St.

#### Whacky Monster Collage

Th	3:00-4:30 PM	\$35	416943-01
Th	4:30-6:00 PM	\$35	416943-02
	Th	Th 3:00-4:30 PM	Th 3:00-4:30 PM \$35

#### **Meet the Masters**

Inspired by famous artists, create art with collage, canvas, clay, and more. Note: Enter building through rear door.

#### Age: 6-12 years

Location: Carnegie Center for Creativity, 200 Mathews St.

10/2-10/23	W	4:30-5:30 PM	\$55	418941-01	

#### **Mythical Madness**

Create magical masterpieces from an imagined make-believe land. Design a wand, personalized crest, and a magical mug. Note: Enter building through rear door.

#### Age: 6-12 years

10/18	F	1:00-4:00 PM	\$45	418948-01

#### **On Trend**

Turn trendy into art. Use paint, collage, and word phrases to create a succulent cacti themed art board. Note: Enter building through rear door.

#### Age: 7-12 years

Location: Carnegie Center for Creativity, 200 Mathews St.

11/11 M 1	:00-4:00 PM	\$50	416941-01
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#### **Painting Workshop**

Gain confidence creating a new piece of art in this instructor guided class. Note: All supplies are provided.

Age: 6-14 years

Location: Foothills Activity Center

#### Space

10/12	Sa	2:00-3:30 PM	\$24	418985-02
Location: N	lorthside Az	tlan Center		
Fall Trees				
9/14	Sa	2:00-3:30 PM	\$24	418985-01
Turkeys & P	Pumpkins			
11/9	Sa	2:00-3:30 PM	\$24	418985-03

#### School's Out Art

Keep children engaged with art on their days off. Art helps develop problem solving, critical thinking, and observational skills as well as focus, discipline, and perseverance. Note: Bring a sack lunch.

#### Age: 6-14 years

Location: Foothills Activity Center

Fun with Watercolors						
9/20	F	8:30 AM-3:30 PM	\$70	418984-01		
Haunted H	ouses					
10/17	Th	8:30 AM-3:30 PM	\$70	418984-02		
Space						
10/18	F	8:30 AM-3:30 PM	\$70	418984-03		
Location: M	Location: Mulberry Pool					
Too Many Turkeys						
11/11	М	8:30 AM-3:30 PM	\$70	418984-04		

#### **Totally Succulent**

Create colorful cactus gardens using clay and found objects. Note: Enter building through rear door.

#### Age: 8-12 years

9/20 F 1:00-4:00 PM \$50 416940-01

#### **Teen Art: Exploring Mediums**

For those who love drawing and want to expand skills. Learn about new mediums and techniques to use them. Note: Artist pad and kit Included. Class will not be held on 11/26.

Age: 11-15 years

Location: Foothills Activity Center

#### Pastels

9/3-10/1	Tu	5:45-7:00 PM	\$89	418986-01
Watercolor P	encil			
10/8-11/5	Tu	5:45-7:00 PM	\$89	418986-02
Markers				
11/12-12/17	Tu	5:45-7:00 PM	\$89	418986-03

#### 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 are provided. More clay can be purchased at the studio for \$22. Only clay purchased from the Pottery Studio is fired. If you don't already own hand tools, a basic tool kit (\$12) needs to be purchased at the first class. 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 are provided. Specialty tools and higher end hand tools are also available for purchase. All work must be accomplished at the Studio. This is a recreational and educational facility; production work is not permitted.

#### **Pottery Lab**

Lab is included for adult students who are currently enrolled in a class unless otherwise noted. Lab time is intended for practicing or finishing work in progress. Adults who have taken a 10-week class at the Pottery Studio may register as a lab student. 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.

Note: Class will not be held on 9/28 and 9/29.

Age: 18 years & up

9/9-11/16	M, W, Th, F, Sa	11:00 AM - 2:00 PM	\$170	404899-01
9/10-11/14	Tu, Th	7:30-10:00 PM		
9/10-11/12	Tu	9:00 AM – Noon		
9/15-11/17	Sun	1-4 PM		

#### **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 choice of program; approximate cost is \$37 per hour and \$18.50 each additional hour.

#### **Adult Parties**

Have a unique, creative gathering while learning and creating a masterpiece with clay. Each attendee creates one piece. A tour of the facility is included. Duration is approximately 90-minutes; tailored packages available. Cost is \$16 per adult (6 adult minimum).

#### **Birthday Parties**

Have a unique birthday while learning and creating a masterpiece with clay. Each attendee creates one piece. A tour of the facility is included. Duration is approximately 90 minutes; tailored packages available. Cost is \$16 per child (6 children minimum); 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 and create a piece they can personalize with their own creativity. Cost is \$16 per child (6 children minimum).

#### **Youth Pottery**

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

#### **Child with Parent/Guardian Pottery**

Classes specifically geared for a parent/guardian to work together with a child on pottery projects. Projects vary per class. Lab times are not provided parent/guardian and child programs. All tools and supplies are provided.

#### [ ADULT PROGRAMS ]

#### **Creative Clay Craft**

Combine creativity and inventiveness to create out of the ordinary clay structures that are not necessarily utilitarian. Draw upon inspiration with some of the more exotic tools like extruders and slab rollers and incorporate various textures for rich surfaces. All levels welcome.

Age: 18 years & up

9/10-11/12	Tu	12:30-2:30 PM	\$170	404885-01
9/13-11/15	F	9:00-11:00 AM	\$170	404885-02
Interim Sessi	on			
11/21-12/20	Th,F	9:00-11:00 AM	\$153	404885-03

#### **Functional Sculpture Handbuilding**

Learn how to make utilitarian, functional wares with sculptural elements and traditional handbuilding techniques. Explore glazing techniques to ensure all pieces are food safe and ready for use in any kitchen. All levels welcome. Note: Class will not be held on 9/29.

Age: 18 year	s & up			
9/8-11/17	Su	6:00-8:00 PM	\$170	404876-01

#### **Pottery Sampler**

Introduction to handbuilding and wheel-throwing, as well as glazing and studio operation. Create while learning the techniques of clay. All materials and tools provided. Note: Class will not be held on 9/28 and 9/29.

#### Age: 18 years & up

9/7-10/12	Sa	9:00-11:00 AM	\$60	404870-01
10/19-11/16	Sa	9:00-11:00 AM	\$60	404870-02
Interim Sessio	on			
11/17-12/15	Su	11:00 AM-1:00 PM	\$50	404870-03

#### Wheel & Handbuilding, Beginner

Learn about clay, tools, and glazing including the basic skills, techniques, and principles involved in pottery. Note: Class will not be held on 9/29.

#### Age: 18 years & up

9/9-11/11	М	9:00-11:00 AM	\$170	404850-01
9/9-11/11	М	5:45-7:45 PM	\$170	404850-02
9/11-11/13	W	8:00-10:00 PM	\$170	404850-03
9/7-11/16	Sa	9:00-11:00 AM	\$170	404850-04

#### Wheel & Handbuilding, Beginner Plus

Designed for those who are not comfortable with clay and wish to hone skills before progressing to intermediate. Prerequisite: Wheel & Handbuilding, Beginner or equivalent.

#### Age: 18 years & up

9/9-11/11	М	8:00-10:00 PM	\$170	404855-01
.,,	11		4.7.0	101000 01
9/11-11/13	W	5:45-7:45 PM	\$170	404855-02
9/12-11/14	Th	9:00-11:00 AM	\$170	404855-03

#### Wheel & Handbuilding, Intermediate

Explore more complex ceramic and pottery techniques and skills. Expression and exploration of form are taught. Experience working with clay and knowledge of wheel principles required. Prerequisite: Wheel & Handbuilding, Beginner or equivalent. Note: Class will not be held on 9/29.

Age: 18 years & up

9/10-11/12	Tu	5:30-7:30 PM	\$170	404860-01
9/11-11/13	W	9:00-11:00 AM	\$170	404860-02
9/8-11/17	Su	11:00 AM-1:00 PM	\$170	404860-03

#### Wheel & Handbuilding, Advanced

Look further into the development of form while honing high-end techniques. Emphasis is placed on combining creativity with conceptual thought into design. Prerequisite: Wheel & Handbuilding, Intermediate or equivalent.

#### Age: 18 years & up

9/12-11/14	Th	5:30-7:30 PM	\$170	404865-01

#### [ SPECIALIZED PROGRAMS ]

#### **Crystalline Glazes Introduction**

Learn glaze formulation, seed crystals, catcher design, and use combinations of glazes to grow multiple species of crystals. Glaze materials provided, bring 5-7 bisque ware pieces in various sizes. Note: Finished work available for pick-up after the holidays.

#### Age: 18 years & up

11/19-12/17	Tu	6:00-9:00 PM	\$68.50	404830-01

#### **Holiday Pottery**

Make personal and unique holiday decorations, such as Santa centerpieces, holly trivets, and holiday candleholders. Note: No previous experience necessary. All five meeting times are one class. Class will not be held on Wednesday, 11/27.

Age: 18 years & up

11/18-11/25	M,W	6:00-9:00 PM	\$75	404897-01
11/23-11/30	Sa	9:00 AM-Noon		

#### **Raku from Creation to Can**

Learn American style Raku wheel or handbuilding. Work in wet clay the first week and then move into firing and glazing. Use hands-on contemporary exploration of forming and firing processes first used by Japanese potters. Note: No experience necessary. All tools and supplies provided. Registration cost includes two participants.

Age: 18 years & up

11/21-12/19 Th 6:00-9:00 PM \$60 404895-0
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#### [ YOUTH PROGRAMS ]

#### CHILD WITH PARENT PROGRAMS

#### Pottery, Family Handbuilding

Squish, roll, pinch, scratch, and slip clay into whimsical creatures and learn the basics of clay. Each week offers a different experience that can be done by the whole family. Note: Registration includes one adult and one child; each additional person is \$16.

#### Age: 5 years & up

Owls				
9/15	Su	4:00-6:30 PM	\$37	404828-01
Pumpkins				
10/13	Su	4:00-6:30 PM	\$37	404828-03
Holiday Tre	es			
11/10	Su	4:00-6:30 PM	\$37	404828-05
Hanging W	all Pockets			
12/1	Su	4:00-6:30 PM	\$37	404828-07
Additional	Child			
9/15	Su	4:00-6:30 PM	\$16	404828-02
10/13	Su	4:00-6:30 PM	\$16	404828-04
11/10	Su	4:00-6:30 PM	\$16	404828-06
12/1	Su	4:00-6:30 PM	\$16	404828-08

#### Family Raku Workshop Paint & Fire

Fire and smoke are essential to Raku, which is an interactive firing process that results in a wide variety of colors ranging from metallic coppers and golds to greens, yellow, reds, and blues. No two are ever alike. Glaze one cup, bottle, or bowl on day one, then fire the piece on day two. Note: All supplies provided. Registration cost includes both parent and child; each additional person is \$30.

#### Age: 7 years & up

9/27	F	6:00-8:00 PM	\$65	404827-01
9/28	Sa	10:00 AM-2:00 PM		
10/18	F	6:00-8:00 PM	\$65	404827-02
10/19	Sa	10:00 AM-2:00 PM		
Additional	Person			
9/27	F	6:00-8:00 PM	\$30	404827-03
9/28	Sa	10:00 AM-2:00 PM		
10/18	F	6:00-8:00 PM	\$30	404827-04
10/19	Sa	10:00 AM-2:00 PM		

#### **Parent & Child Handbuilding**

Work on individual projects and share in the creative experience together. Note: Registration cost includes two participants; each additional youth is \$52. Class will not be held on 9/28.

Age: 6-9	years
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9/7-10/12	Sa	4:00-5:30 PM	\$110	404835-01
10/19-11/16	Sa	4:00-5:30 PM	\$110	404835-03
Additional Pe	rson			
9/7-10/12	Sa	4:00-5:30 PM	\$52	404835-02
10/19-11/16	Sa	4:00-5:30 PM	\$52	404835-04

#### Parent, Teen & Youth Wheel & Handbuilding

Explore the world of clay together. Make functional pots and whimsical, imaginative clay objects while learning how to use the potter's wheel and handbuilding techniques. Note: Registration includes two participants; each additional person is \$52.

#### Age: 10-17 years

9/13-10/11	F	5:45-7:15 PM	\$110	404845-01
10/18-11/15	F	5:45-7:15 PM	\$110	404845-03
Additional Pe	rson			
9/13-10/11	F	5:45-7:15 PM	\$52	404845-02
10/18-11/15	F	5:45-7:15 PM	\$52	404845-04

#### Parent & Tot Mud, Handbuilding

Parent and child combine their talents in this unique pottery class. New projects introduced each session. Note: Registration cost includes two participants; each additional person is \$20. Class will not be held on 9/28 and 9/29.

#### Age: 3-5 years

9/9-10/7	М	9:00-10:00 AM	\$60	404801-01
9/10-10/8	Tu	12:30-1:30 PM	\$60	404801-03
9/7-10/12	Sa	2:30-3:30 PM	\$60	404801-05
10/14-11/11	М	9:00-10:00 AM	\$60	404801-07
10/15-11/12	Tu	12:30-1:30 PM	\$60	404801-09
10/19-11/16	Sa	2:30-3:30 PM	\$60	404801-11
Additional pe	erson			
9/9-10/7	М	9:00-10:00 AM	\$20	404801-02
9/10-10/8	Tu	12:30-1:30 PM	\$20	404801-04
9/7-10/12	Sa	2:30-3:30 PM	\$20	404801-06
10/14-11/11	М	9:00-10:00 AM	\$20	404801-08
10/15-11/12	Tu	12:30-1:30 PM	\$20	404801-10
10/19-11/16	Sa	2:30-3:30 PM	\$20	404801-12

#### **Thrown Together**

Explore the basics of wheel forming techniques while working on pottery wheels. Create functional and decorative pottery and learn the basics of wedging, centering, throwing, trimming, surface decorating, and glazing. Note: Registration cost includes both parent and child; each additional person is \$52. Class will not be held on 9/28.

#### Age: 7 years & up

9/12-10/10	Th	3:45-5:15 PM	\$110	404825-01
9/7-10/12	Sa	2:30-4:00 PM	\$110	404825-03
10/17-11/14	Th	3:45-5:15 PM	\$110	404825-05
10/19-11/16	Sa	2:30-4:00 PM	\$110	404825-07
11/19-12/17	Tu	4:00-5:30 PM	\$110	404825-09
Additional Pe	erson			
9/12-10/10	Th	3:45-5:15 PM	\$52	404825-02
9/7-10/12	Sa	2:30-4:00 PM	\$52	404825-04
10/17-11/14	Th	3:45-5:15 PM	\$52	404825-06
10/19-11/16	Sa	2:30-4:00 PM	\$52	404825-08
11/19-12/17	Tu	4:00-5:30 PM	\$52	404825-10

#### CHILD WITHOUT PARENT PROGRAMS

#### **Child Handbuilding**

Create interesting clay projects while learning methods of forming and glazing. New projects introduced each session.

Age: 6-9 years

9/9-10/7	М	4:00-5:15 PM	\$59	404805-01
10/14-11/11	М	4:00-5:15 PM	\$59	404805-02

#### Youth Wheel & Handbuilding

Learn basic potter's wheel skills, handbuilding, as well as other pottery skills and techniques.

#### Age: 10-12 years

9/12-10/10	Th	3:45-5:15 PM	\$59	404810-01
9/13-10/11	F	4:00-5:30 PM	\$59	404810-02
10/17-11/14	Th	3:45-5:15 PM	\$59	404810-03
10/18-11/15	F	4:00-5:30 PM	\$59	404810-04

#### **Teen Wheel & Handbuilding**

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

#### Age: 13-17 years

9/10-10/8	Tu	3:45-5:15 PM	\$59	404815-01
10/15-11/12	Tu	3:45-5:15 PM	\$59	404815-02





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# Dance & Movement

#### **ADULT PROGRAMS**

#### [ BELLY DANCE ]

#### **Belly Dancing, Beginner**

Tribal style belly dance is a group dance performed in a lead and follow format based on a shared vocabulary of movements and cues. Learn basic, fast, and slow movements, combos, and improvisational dance, all while improving balance, core strength, and flexibility. Attire: Yoga/exercise gear and a scarf or sash to tie around hips. Bare feet recommended. Note: Ages 16 years & up welcome with instructor approval.

#### Age: 18 years & up

#### Location: Senior Center

9/3-9/24	Tu	7:00-8:00 PM	\$31	406426-01
10/1-10/22	Tu	7:00-8:00 PM	\$31	406426-02
10/29-11/19	Tu	7:00-8:00 PM	\$31	406426-03

#### **Belly Dancing, Continued**

Focus on group improvisation and expand vocabulary with more complex movements and formation. Begin prop work and introduction of Zambra Mora and Bollywood-influenced movements. Prerequisite: Completed two sessions of Belly Dancing, Beginner or instructor approval. Attire: Yoga/exercise gear and a scarf or sash to tie around hips. Bare feet recommended. Note: Ages 16 years & up welcome with instructor approval.

Age: 18 years & up

Location: Senior Center

9/3-9/24	Tu	8:00-9:00 PM	\$31	406427-01
10/1-10/22	Tu	8:00-9:00 PM	\$31	406427-02
10/29-11/19	Tu	8:00-9:00 PM	\$31	406427-03

## [ BALLET ]

#### **Ballet, Beginner**

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

Age: 18 years & up Location: Club Tico

9/10-10/22	т.,	5:30-6:30 PM	¢ 47	406102-01
9/10-10/22	IU	5.30-6.30 PM	\$43	400102-01
10/29-12/10	Tu	5:30-6:30 PM	\$37	406102-02

#### **Ballet, Low-Intermediate**

Continued work on basic technique. Note: Ages 13-17 years welcome with instructor approval. Class will not be held on 11/25.

Age: 18 years & up

Location: Empire Grange, 2306 W. Mulberry St.

9/9-10/21	М	5:30-6:45 PM	\$37	406103-01
10/28-12/9	М	5:30-6:45 PM	\$46	406103-02



#### Ballet, Intermediate

A more challenging, ongoing class for experienced dancers. Based on Cecchetti technique. Note: Ages 13-17 years welcome with instructor approval. Class will not be held on 11/28.

Age: 18 years & up

Locat	ion: (	lub	1 IC
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9/12-10/24	Th	5:45-7:00 PM	\$57	406104-01
11/7-12/19	Th	5:45-7:00 PM	\$46	406104-02

#### [DANCE]

#### West Coast Swing, Beginner

Learn all the basic 4, 6, and 8 count patterns of this partner swing dance. 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: Ages 9-15 years welcome with instructor approval.

Age: 16 years & up

Location: Senior Center

9/4-9/25	W	7:30-9:00 PM	\$40	406440-01
10/2-10/23	W	7:30-9:00 PM	\$40	406440-02
11/6-11/20	W	7:30-9:00 PM	\$30.26	406440-03
#### West Coast Swing, Continued

Expand upon the basic 6 and 8 count patterns of this partner swing dance. The inside turn, free spin, outside turn, inside whip, and slingshot are taught. Prerequisite: West Coast Swing, Beginner or instructor approval.

Age: 16 years & up

Location: Senior Center

9/5-9/26	Th	7:30-9:00 PM	\$40	406441-01
10/3-10/24	Th	7:30-9:00 PM	\$40	406441-02
11/7-11/21	Th	7:30-9:00 PM	\$30.26	406441-03

#### [LINE DANCE]

#### Line Dance, Beginner

Learn the basic steps, terminology, and easy sequences to a variety of music rhythms. No partner necessary. Note: Option to pay a drop-in rate of \$6 per class available.

Age: 18 years & up

Location: Senior Center

9/3-9/24	Tu	12:30-1:40 PM	\$21	406436-01
10/1-10/29	Tu	12:30-1:40 PM	\$26	406436-02
11/5-11/26	Tu	12:30-1:40 PM	\$21	406436-03

#### Line Dance, Continued

Designed for the more experienced dancer who thrives on complex dance steps, sequences, and rhythms. Note: Option to pay a drop-in rate of \$6 per class available.

Age: 18 years & up

Location: Senior Center

9/3-9/24	Tu	1:45-3:00 PM	\$21	406437-01
10/1-10/29	Tu	1:45-3:00 PM	\$26	406437-02
11/5-11/26	Tu	1:45-3:00 PM	\$21	406437-03

#### [ MODERN ]

#### **Modern Dance**

Earthy, sometimes jazzy or lyrical movements follow a stretching/ toning warm-up which leads to release of stress and interactive enjoyment. Note: Ages 13-17 years welcome with instructor approval. Class will not be held on 11/25.

Age: 18 years & up

Location: Empire Grange, 2306 W. Mulberry St.

9/9-10/21	М	6:50-7:50 PM	\$43	406156-01
10/28-12/9	М	6:50-7:50 PM	\$37	406156-02

#### **YOUTH PROGRAMS**

#### [ CHILD WITHOUT PARENT PROGRAMS ]

#### BALLET

#### **Ballet & Modern Dance**

Dance with live musical accompaniment and learn pre-ballet and modern dance techniques with improvisation. Build technical skills and engage in creative work.

Grade: K-2

Location: Club Tico

9/10-10/8	Tu	4:15-5:15 PM	\$39	406101-01
10/22-11/19	Tu	4:15-5:15 PM	\$39	406101-02

#### **Petite Ballerinas**

Explore movement and discover the confident dancer within. Leveled classes help attain certain skills. Instructors move dancers to the next level when they are ready. First-time dancers must sign up for lowest ability level for age. Attire: Solid color leotard and tights or white t-shirt and black shorts, and ballet slippers. Hair must be securely pulled away from face. Note: Class will not be held on 10/19.

#### **Petite Ballerinas I**

Age: 3.5-4 years Location: Mulberry Pool

9/5-9/26	Th	10:45-11:30 AM	\$48	421524-01
10/3-10/24	Th	10:45-11:30 AM	\$48	421524-02
10/31-11/21	Th	10:45-11:30 AM	\$48	421524-03
12/5-12/19	Th	10:45-11:30 AM	\$38	421524-04
Location: Nor	thside Az	tlan Center		
9/6-9/27	F	9:00-9:45 AM	\$48	421524-05
10/4-10/25	F	9:00-9:45 AM	\$48	421524-06
11/1-11/22	F	9:00-9:45 AM	\$48	421524-07
12/6-12/20	F	9:00-9:45 AM	\$38	421524-08
9/7-9/28	Sa	9:30-10:15 AM	\$48	421524-09
10/5-10/26	Sa	9:30-10:15 AM	\$38	421524-10
11/2-11/23	Sa	9:30-10:15 AM	\$48	421524-11
12/7-12/21	Sa	9:30-10:15 AM	\$38	421524-12

#### Petite Ballerinas I & II

Age: 3.5-5 years Location: Mulberry Pool

Location. I fai	belly i	561		
9/3-9/24	Tu	4:30-5:15 PM	\$48	421524-13
10/1-10/22	Tu	4:30-5:15 PM	\$48	421524-14
10/29-11/19	Tu	4:30-5:15 PM	\$48	421524-15
11/26-12/17	Tu	4:30-5:15 PM	\$48	421524-16
Location: Nor	thside A	Aztlan Center		
9/7-9/28	Sa	1:30-2:15 PM	\$48	421524-17
10/5-10/26	Sa	1:30-2:15 PM	\$38	421524-18
11/2-11/23	Sa	1:30-2:15 PM	\$48	421524-19
12/7-12/21	Sa	1:30-2:15 PM	\$38	421524-20

#### Petite Ballerinas II

Age: 4.5-5 years

Location: Northside Aztlan Center

9/6-9/27	F	10:00-10:45 AM	\$48	421524-21
10/4-10/25	F	10:00-10:45 AM	\$48	421524-22
11/1-11/22	F	10:00-10:45 AM	\$48	421524-23
12/6-12/20	F	10:00-10:45 AM	\$38	421524-24
9/7-9/28	Sa	10:30-11:15 AM	\$48	421524-25
10/5-10/26	Sa	10:30-11:15 AM	\$38	421524-26
11/2-11/23	Sa	10:30-11:15 AM	\$48	421524-27
12/7-12/21	Sa	10:30:11:15 AM	\$38	421524-28

#### **Petite Ballerinas III**

Age: 5.5-6 years

Location: Northside Aztlan Center

9/7-9/28	Sa	11:30 AM-12:15 PM	\$48	421524-29
10/5-10/26	Sa	11:30 AM-12:15 PM	\$38	421524-30
11/2-11/23	Sa	11:30 AM-12:15 PM	\$48	421524-31
12/7-12/21	Sa	11:30 AM-12:15 PM	\$38	421524-32

#### **Petite Ballet**

Develop discipline and focus to become a confident dancer. Classical training in a studio setting with trained instructors. Parents watch the last day of sessions. Registration deadline is one week prior to class. Attire: Solid color leotard and tights or white t-shirt and black shorts, and ballet slippers. Hair must be securely pulled away from face. Note: Class will not be held on 10/19.

#### Age: 7-11 years

Location: Northside Aztlan Center

9/7-9/28	Sa	12:30-1:25 PM	\$55	421526-01
10/5-10/26	Sa	12:30-1:25 PM	\$45	421526-02
11/2-11/23	Sa	12:30-1:25 PM	\$55	421526-03
12/7-12/21	Sa	12:30-1:25 PM	\$45	421526-04

#### **Petite Ballerinas Performance**

Dancers prepare for performance at the Greeley Festival of Trees and local retirement centers. Performance Prep registration deadline is 9/5. Production fee of \$65 is due 9/28. Performance session registration deadline is 10/12. Dancers must enroll in both sessions. Participation in all performances is not required. Attire: Solid color leotard and tights or white t-shirt and black shorts, and ballet slippers. Hair must be securely pulled away from face. Note: Class location on 10/19 is TBD. Class will not be held on 11/30.

Location: Northside Aztlan Center

Age. 4-0 year	5			
Performance	Prep			
9/7-10/19	Sa	12:30-1:15 PM	\$119	421525-01
Performance	Session			
10/26-12/14	Sa	12:30-1:15 PM	\$119	421525-02
Age: 7-11 years	S			
Performance	Prep			
9/7-10/19	Sa	1:30-2:30 PM	\$119	421527-01
Performance	Session			
10/26-12/14	Sa	1:30-2:30 PM	\$119	421527-02

## [ GENERAL DANCE ]

#### **Acro Dance**

Learn basic skills in tumbling, acrobatics, and dance combined with various props to produce coordination, balance, agility, and strength. Attire: Leotard and footless tights, hair pulled out of face.

Location: Mulberry Pool

Acro Dance I

Age: 3.5-5 years

9/3-9/24	Tu	5:30-6:15 PM	\$48	421213-01
10/1-10/22	Tu	5:30-6:15 PM	\$48	421213-02
10/29-11/19	Tu	5:30-6:15 PM	\$48	421213-03
11/26-12/17	Tu	5:30-6:15 PM	\$48	421213-04
9/5-9/26	Th	9:45-10:30 AM	\$48	421213-05
10/3-10/24	Th	9:45-10:30 AM	\$48	421213-06
10/31-11/21	Th	9:45-10:30 AM	\$48	421213-07
12/5-12/19	Th	9:45-10:30 AM	\$38	421213-08
Acro Dance II	& III			
Age: 6-11 year	S			
9/3-9/24	Tu	6:30-7:15 PM	\$48	421213-09
10/1-10/22	Tu	6:30-7:15 PM	\$48	421213-10
10/29-11/19	Tu	6:30-7:15 PM	\$48	421213-11

#### Dancin' Dumplin's

11/26-12/17

Introduction to dance rhythms, movement, tumbling, and creativity. Confidence results from this fun-filled class. Attire: Leotard and tights, or t-shirt and shorts. Note: Class will not be held on 11/28, 11/29.

6:30-7:15 PM

\$48

421213-12

Location: Foothills Activity Center

Tu

Age: 3 years

8/29-9/19	Th	11:15 AM-Noon	\$45	421704-01
8/30-9/20	F	10:45-11:30 AM	\$45	421704-02
9/26-10/17	Th	11:15 AM-Noon	\$45	421704-03
9/27-10/18	F	10:45-11:30 AM	\$45	421704-04
10/24-11/14	Th	11:15 AM-Noon	\$45	421704-05
10/25-11/15	F	10:45-11:30 AM	\$45	421704-06
11/21-12/12	Th	11:15 AM-Noon	\$35	421704-07
11/22-12/13	F	10:45-11:30 AM	\$35	421704-08
Age: 4-5 years	5			
8/30-9/20	F	9:30-10:30 AM	\$60	421704-09
9/27-10/18	F	9:30-10:30 AM	\$60	421704-10
10/25-11/15	F	9:30-10:30 AM	\$60	421704-11
11/22-12/13	F	9:30-10:30 AM	\$45	421704-12

#### **Jazz Dance Gymnastics**

Forty-five minutes of jazz techniques and rhythms followed by 45 minutes of basic gymnastics skills and rotations. Note: Class will not be held on 10/31, 11/28.

#### Age: 5-7 years

Location: Foothills Activity Center

Th	4·30-6·00 PM	\$89	421705-01
	1.50 0.00111	φ05	1217 05 01
Th	4:30-6:00 PM	\$89	421705-02
Th	4:30-6:00 PM	\$67	421705-03
Th	4:30-6:00 PM	\$67	421705-04
	Th	Th 4:30-6:00 PM   Th 4:30-6:00 PM	Th 4:30-6:00 PM \$89   Th 4:30-6:00 PM \$67

#### [ TUMBLING ]

#### **Tot Tumblers**

Tumble through obstacle courses and practice body control and improve strength, flexibility, balance, and coordination.

#### Age: 3-5 years

Location: Cheer Central Suns, 128 Racquette Dr.

9/4-10/9	W	10:15-11:00 AM	\$81	421911-01
10/16-11/20	W	10:15-11:00 AM	\$81	421911-02
12/4-12/18	W	10:15-11:00 AM	\$41	421911-03

#### **Tappin' & Tumbling**

45-minutes of basic tap techniques and rhythms followed by 45 minutes of basic gymnastics skills and rotations. Note: Class will not be held on 11/26.

#### Age: 4-6 years

Location: Foothills Activity Center

8/27-9/17	Tu	4:30-6:00 PM	\$89	421706-01
9/24-10/15	Tu	4:30-6:00 PM	\$89	421706-02
10/22-11/12	Tu	4:30-6:00 PM	\$89	421706-03
11/19-12/17	Tu	4:30-6:00 PM	\$89	421706-04

#### **Tumble Bumbles**

Learn basic tumbling skills (somersault, cartwheel, and push-up bridge) and how to use various pieces of equipment. Develop flexibility, balance, coordination, and self-confidence. Attire: Leotard and tights or t-shirt and shorts. Note: Class will not be held on 9/2, 9/23, 11/11, 11/25, 11/27.

Location: Foothills Activity Center

#### **Tumble Bumbles I**

Age: 4-5 years

8/26-9/30	М	4:30-5:30 PM	\$60	421702-01
8/28-9/18	W	11:45 AM-12:45 PM	\$60	421702-02
10/7-10/28	М	4:30-5:30 PM	\$60	421702-03
9/25-10/16	W	11:45 AM-12:45 PM	\$60	421702-04
11/4-12/16	М	4:30-5:30 PM	\$75	421702-05
10/23-11/13	W	11:45 AM-12:45 PM	\$60	421702-06
11/20-12/18	W	11:45 AM-12:45 PM	\$60	421702-07

#### **Tumble Bumbles II**

Age: 5-6 years

8/26-9/30	М	6:00-7:00 PM	\$60	421702-08
10/7-10/28	М	6:00-7:00 PM	\$60	421702-09
11/4-12/16	М	6:00-7:00 PM	\$75	421702-10

#### **Tumble Bumbles III**

Age: 6-7 years

• •				
8/28-9/18	W	4:30-5:30 PM	\$60	421702-11
9/25-10/16	W	4:30-5:30 PM	\$60	421702-12
10/23-11/13	W	4:30-5:30 PM	\$60	421702-13
11/20-12/18	W	4:30-5:30 PM	\$60	421702-14

## PREMIER GYMNASTICS OF THE ROCKIES



#### **Just Tumbling**

Learn basic tumbling skills and incorporate new learned skills into a mini-floor exercise routine. Note: Class will not be held on 11/27.

Age: 7-8 years

Location: Foothills Activity Center

8/28-9/18	W	6:00-7:15 PM	\$75	421703-01
9/25-10/16	W	6:00-7:15 PM	\$75	421703-02
10/23-11/13	W	6:00-7:15 PM	\$75	421703-03
11/20-12/18	W	6:00-7:15 PM	\$75	421703-04

#### **CHILD WITH PARENT PROGRAMS**

#### **Baby Ballerinas**

Discover movement, range, and dynamics as gross motor skills are developed in the form of dance.

Age: 2-3 years

Location: Mulberry Pool

9/5-9/26	Th	9:00-9:30 AM	\$48	421212-01
10/3-10/24	Th	9:00-9:30 AM	\$48	421212-02
10/31-11/21	Th	9:00-9:30 AM	\$48	421212-03
12/5-12/19	Th	9:00-9:30 AM	\$38	421212-04

#### **Roly Polys**

Discover the world of gymnastics with focus on agility, flexibility, strength, and coordination using balance beams, swing bars, parallel bars, and a mini trampoline. Note: Class will not be held on 9/2, 11/25, 11/26, 11/27.

Location: Foothills Activity Center

#### Age: 2 years

rige. 2 years				
8/26-9/16	М	10:30-11:15 AM	\$35	421701-01
8/27-9/17	Tu	11:15 AM-Noon	\$45	421701-02
8/28-9/18	W	10:30-11:15 AM	\$45	421701-03
9/23-10/14	М	10:30-11:15 AM	\$45	421701-04
9/24-10/15	Tu	11:15 AM-Noon	\$45	421701-05
9/25-10/16	W	10:30-11:15 AM	\$45	421701-06
10/21-11/4	М	10:30-11:15 AM	\$35	421701-07
10/22-11/12	Tu	11:15 AM-Noon	\$45	421701-08
10/23-11/13	W	10:30-11:15 AM	\$45	421701-09
11/18-12/16	М	10:30-11:15 AM	\$45	421701-10
11/19-12/17	Tu	11:15 AM-Noon	\$45	421701-11
11/20-12/18	W	10:30-11:15 AM	\$45	421701-12
Age: 3 years				
8/26-9/16	М	9:30-10:15 AM	\$35	421701-13
8/28-9/18	W	9:30-10:15 AM	\$45	421701-14
9/23-10/14	М	9:30-10:15 AM	\$45	421701-15
9/25-10/16	W	9:30-10:15 AM	\$45	421701-16
10/21-11/4	М	9:30-10:15 AM	\$35	421701-17
10/23-11/13	W	9:30-10:15 AM	\$45	421701-18
11/18-12/16	М	9:30-10:15 AM	\$45	421701-19
11/20-12/18	W	9:30-10:15 AM	\$45	421701-20



## Ft. Collins Community Blood Drives

Fort Collins Senior Center 1200 Raintree Dr.

Visit **vitalant.org** or call 303.363.2300 for exact dates, times and a complete list of blood drives.

We're Vitalant, formerly Bonfils Blood Center. *Give blood. Walk-ins welcome!* 



## **Do you have Medicaid?** You may also have dental coverage.



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healthdistrict.org/dental

Patients must live in the Health District, have no private dental insurance, and meet income guidelines.

## 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*, or download the free mobile app.





## Early Learning

Early Learning programs are tailored toward children ages 6 years & under and are designed to enrich both their social and educational skills. Child Without Parent Classes are designed for kids ages 3 years and older. Classes in which parents are required or permitted to attend are listed in the Child With Parent Classes on page 43.

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 are not permitted to change diapers. Please note any dietary restrictions when registering and inform class instructor.

For programs designed for youth ages 6 years & up, browse the youth portions in other sections of the Recreator (ex. Education: Youth Programs).

#### **Inclusion Services**

The City of Fort Collins welcomes individuals of all abilities into our classes and programs. If you would like to request support for your child to participate in camps and youth programs due to conditions of a disability, please indicate any special needs when you register and contact Adaptive Recreation Opportunities at 970.221.6655, *recreation@fcgov.com*. Note: Requests should be made at least two weeks before the program begins.

#### CHILD WITHOUT PARENT PROGRAMS

#### [ FUNTIME CLASSES ]

Funtime closures/holidays correspond to the Poudre School District schedule, but do not follow PSD weather closures. Class will not be held on 9/2, 9/20, 10/18, 11/11,1/6,1/20, 2/17, 2/28, 3/16, 3/18, 3/20.

#### Funtime Pre-K

Develop fundamental kindergarten readiness skills. Focus on small-motor skills, literacy, emerging reading/writing and pre-math skills, arts and crafts, movement/physical education, drama, and development of social skills. Note: Children must be 4 years of age by 9/15/2019.

#### Age: 4-5 years Location: Northside Aztlan Center

9/2-10/11	M,W,F	9:30 AM-Noon	\$220	417500-01
10/14-11/22	M,W,F	9:30 AM-Noon	\$220	417500-02
12/2-12/20	M,W,F	9:30 AM-Noon	\$124	117500-01
1/8-2/14	M,W,F	9:30 AM-Noon	\$248	117500-02
2/19-4/3	M,W,F	9:30 AM-Noon	\$234	117500-03



#### **Funtime for Preschoolers**

Participate in arts and crafts, storytelling, science, math, pre-reading, creative play/dramatics, and gym play. Previous class experience recommended. Note: Children must be 3 years of age by 9/15/2019.

#### Age: 3-4 years

Location: Northside Aztlan Center

9/4-10/11	M,W,F	9:30 AM-Noon	\$220	417501-01
10/14-11/22	M,W,F	9:30 AM-Noon	\$220	417501-02
12/2-12/20	M,W,F	9:30 AM-Noon	\$124	117500-01
1/8-2/14	M,W,F	9:30 AM-Noon	\$248	117500-02
2/19-4/3	M,W,F	9:30 AM-Noon	\$234	117500-03

#### **Funtime Discovery**

Discover arts and crafts, creative play, letter/number recognition, and gym time in this transitional class. Previous class experience recommended. Note: Class will not be held on 10/17.

Age: 2.5-3.5 years Location: Northside Aztlan Center

8/27-10/3	Tu,Th	9:30-11:30 AM	\$156	417503-01
10/8-11/14	Tu,Th	9:30-11:30 AM	\$127	417503-02



At Mountain Kids Pediatric Dentistry, we get it - we're parents too. Our office is a friendly and collaborative environment where your kiddos can have fun, and you can feel comfortable and confident in a judgement free zone.

Get in touch & mention the Recreator for a welcome kit: 970.224.3600 info@mountainkidspediatricdentistry.com



## [ ARTS & CRAFTS ]

#### Meet the Masters

Inspired by famous artists, create art with collage, canvas, clay, and more. Note: Enter building through rear door.

Age: 3-5 years Location: Carnegie Center for Creativity, 200 Mathews St. \$55 417982-01

10/2-10/23 W 10:45-11:45 AM

## Art Studio for Pre-K

Discover the inner artist. Focus on different mediums and themes or create at will with various materials provided. Age: 3-6 years

Location: Northside Aztlan Center

#### Self-Portrait

Jell Fultia	L			
9/10	Tu	10:00-11:30 AM	\$17	416506-01
Crayon Res	ist			
9/17	Tu	10:00-11:30 AM	\$17	416506-02
Clay				
9/24	Tu	10:00-11:30 AM	\$17	416506-03
Collage				
10/1	Tu	10:00-11:30 AM	\$17	416506-04
Paint on Ca	nvas			
10/8	Tu	10:00-11:30 AM	\$17	416506-05
Fall Trees				
10/15	Tu	10:00-11:30 AM	\$17	416506-06

#### Art Studio for Pre-K continued

Painting Pu	mpkins			
10/22	Tu	10:00-11:30 AM	\$17	416506-07
Spooky Art				
10/29	Tu	1:00-2:30 PM	\$17	416506-08
Make a Pup	pet			
11/5	Tu	1:00-2:30 PM	\$17	416506-09
Animal Pict	ures			
11/12	Tu	1:00-2:30 PM	\$17	416506-10
Thanksgivin	Ig			
11/19	Tu	1:00-2:30 PM	\$17	416506-11

#### Art in the Afternoon

Meet new friends and get creative. New projects featured each week.

Age: 3-6 years

Location: Northside Aztlan Center

9/10-9/24	Tu	1:00-2:30 PM	\$36	416508-01
10/1-10/22	Tu	1:00-2:30 PM	\$48	416508-02



Denotes no web registration for program

Denotes program/activity has special membership pricing

#### Cupcakes 'n Canvas, Pre-K

Theme inspired and geared towards teaching young artists the joy of painting. Paint on canvas while enjoying cupcakes. Note: Enter building through rear door.

Location: Carnegie Center for Creativity, 200 Mathews St.

## Age: 3-5 years

Whacky Monster Collage

10/17	Th	11:00 AM-Noon	\$25	417929-01
Llamas				
11/06	Th	11:00 AM-Noon	\$25	417929-03
Age: 4-7 ye	ears			
Whacky Mo	onster Collag	e		
10/17	Th	1:00-2:30 PM	\$35	417929-02
Llamas				
11/06	Th	1:00-2:30 PM	\$35	417929-04

#### **Celebrate & Create**

Celebrate fun, zany days with the creation of art. All classes include a variety of art mediums geared toward the subject matter. Note: Enter building through rear door.

Location: Carnegie Center for Creativity, 200 Mathews St.

Age: 3-4 years

Cheese Pizza Day

9/5	Th	11:00 AM-Noon	\$25	417980-01
Candy Corr	n Day			
10/30	W	11:00 AM-Noon	\$25	417980-03
Peanut But	ter Lovers Day			
11/20	W	11:00 AM-Noon	\$25	417980-05
Age: 4-7 ye	ears			
Cheese Piz	za Day			
9/5	Th	1:00-2:30 PM	\$25	417980-02
Candy Corr	n Day			
10/30	W	1:00-2:30 PM	\$25	417980-04
Peanut But	ter Lovers Day			
11/20	W	1:00-2:30 PM	\$25	417980-06

#### **Paint Me a Story**

Enjoy story time and create a project to go with it. Explore with clay, paint, collage, and more. Note: Enter building through rear door.

#### Age: 4-6 years

Location: Carnegie Center for Creativity, 200 Mathews St.

9/12	Th	10:30-11:30 AM	\$20	417984-01
10/10	Th	10:30-11:30 AM	\$20	417984-02
11/14	Th	10:30-11:30 AM	\$20	417984-03

#### **On Trend**

Turn trendy into art. Use paint, collage, and word phrases to create succulent cacti themed art board. Note: Enter building through rear door.

#### Age: 4-7 years

Location: Carnegie Center for Creativity, 200 Mathews St.

11/11	М	9:00 AM-Noon	\$50	417987-01

#### **Totally Succulent**

Create colorful cactus gardens using clay and found objects. Note: Enter building through rear door.

#### Age: 4-7 years

Location: Carnegie Center for Creativity, 200 Mathews St.

9/20	М	9:00 AM-Noon	\$50	417988-01

#### [ COOKING ]

#### Once Upon A Time in the Kitchen

Each week the cooking and craft project will be based on a different children's book.

Age: 3-6 years

Location: Northside Aztlan Center

9/12-9/26	Th	1:00-2:30 PM	\$35	417522-01
11/7-11/21	Th	1:00-2:30 PM	\$35	417522-02

#### [ GENERAL PROGRAMS ]

#### **Curious Twos**

Attention is directed to games, crafts, and stories and provides a positive first step to independent learning. Note: Class will not be held on 10/17.

#### Age: 2 years

Location: Northside Aztlan Center

Tu,Th	9:30-10:30 AM	\$58	417504-01
Tu,Th	9:30-10:30 AM	\$51	417504-03
Tu,Th	11:00 AM-Noon	\$51	417504-04
Tu,Th	9:30-10:30 AM	\$58	417504-05
Tu,Th	11:00 AM-Noon	\$58	417504-06
	Tu,Th Tu,Th Tu,Th Tu,Th	Tu,Th 9:30-10:30 AM   Tu,Th 11:00 AM-Noon   Tu,Th 9:30-10:30 AM	Tu,Th 9:30-10:30 AM \$51   Tu,Th 11:00 AM-Noon \$51   Tu,Th 9:30-10:30 AM \$58

#### **Fun & Fitness**

Develop a healthy fitness habit in a fun, festive atmosphere. Along with fitness activities, also enjoy arts and crafts, social time, and story time. Note: Class will not be held on 9/2, 10/17 10/18, 11/11.

#### Age: 2-4 years

Location: Mulberry Pool

9/4-9/25	M,W	9:30-11:30 AM	\$95	417258-01
9/30-10/23	M,W	9:30-11:30 AM	\$95	417258-02
10/28-11/20	M,W	9:30-11:30 AM	\$95	417258-03
Location: Foo	thills Activ	rity Center		
9/4-9/25	M,W	9:30-11:30 AM	\$95	417758-01
9/3-9/26	Tu,Th	9:30-11:30 AM	\$108	417758-02
9/30-10/23	M,W	9:30-11:30 AM	\$108	417758-03
10/1-10/24	Tu,Th	9:30-11:30 AM	\$95	417758-04
10/28-11/20	M,W	9:30-11:30 AM	\$95	417758-05
10/29-11/21	Tu,Th	9:30-11:30 AM	\$108	417758-06

#### **Disney Delights**

Disney movie themed class with crafts, games, music, and story time.

Age: 3-6 years Location: Mulberry Pool

Location. Mulberry For

#### Frozen

9/9 Moana	М	1:00-2:30 PM	\$17	417240-01
9/23 Trolls	М	1:00-2:30 PM	\$17	417240-02
10/7 The Incredib	M oles	1:00-2:30 PM	\$17	417240-03
10/21 The Lion Kin	M	1:00-2:30 PM	\$17	417240-04
11/4	М	1:00-2:30 PM	\$17	417240-05

#### **Fancy Nancy**

Arts and crafts, dress up, and more. Life is better when fancy. Based on the Fancy Nancy book series.

Ag	e:	3-6	year	S		
			_			

10/4	F	10:00-11:30 AM	\$17	417734-01

#### I Want to be a Scientist

Explore, learn, and discover what it is like to be a scientist by conducting hands-on investigations.

Age: 3-6 years

Location: Northside Aztlan Center

#### Concoctions

9/5 Botanist	Th	10:00-11:30 AM	\$17	417507-01
9/12 Magnets	Th	10:00-11:30 AM	\$17	417507-02
9/19 Oceanography	Th	10:00-11:30 AM	\$17	417507-03
9/26 Paleontology	Th	10:00-11:30 AM	\$17	417507-04
10/3 Entomology	Th	10:00-11:30 AM	\$17	417507-05
10/10 Zoology	Th	10:00-11:30 AM	\$17	417507-06
10/24 Reptiles	Th	10:00-11:30 AM	\$17	417507-07
10/31 Vet Medicine	Th	10:00-11:30 AM	\$17	417507-08
11/7 Geologist	Th	10:00-11:30 AM	\$17	417507-09
11/14	Th	10:00-11:30 AM	\$17	417507-10

#### **LEGO with Friends**

Use LEGO bricks to create all the imagination can dream. In addition to building, crafts and games may be included. Note: Snack provided.

Age: 3-6 years

Location: Foothills Activity Center

10/8-10/15	Tu,Th	1:00-2:30 PM	\$43	417749-01

#### Paw Patrol

Join Ryder and his Adventure Bay Friends for some Paw Patrol fun.

Age: 3-6 years

Location: Foothills Activity Center

11/15	F	10:00-11:30 AM	\$17	417550-02		
Location: Northside Aztlan Center						
10/22	Tu	1:00-2:30 PM	\$17	417550-01		

#### Pinkalicious

Embrace everything pink with the Pinkalicious book series. Find the inner pink with arts and crafts, cupcakes, and Pinkalicious stories.

Age: 3-6 years

Location: Foothills Activity Center

11/1	F	10:00-11:30 AM	\$16.50	417737-01	

#### **Pretend with Friends**

One of the first and best ways to learn is though play. Imaginative learning is fostered through guided and interactive free play, arts and crafts, games, and more.

## Age: 3-6 years

Location: Foothills Activity Center

#### **Construction Crew**

9/13 Camping	F	10:00-11:30 AM	\$17	417750-01
9/27 Zookeeper	F	10:00-11:30 AM	\$17	417750-02
10/11 Office	F	10:00-11:30 AM	\$17	417750-03
10/25 Pizzeria	F	10:00-11:30 AM	\$17	417750-04
11/8 Grocery Store	F	10:00-11:30 AM	\$17	417750-05
11/22	F	10:00-11:30 AM	\$17	417750-06

#### **Storybook Theater**

Fairytales and traditional children's stories provide a familiar base on which acting skills are encouraged. New stories are introduced each session.

Age: 3-6 years

Location: Foothills Activity Center

9/10-9/26	Tu,Th	1:00-2:30 PM	\$50	417730-01

#### Superheroes

Create superheroes and dress up and play like legendary superheroes.

Age: 3-6 years Location: Northside Aztlan Center

11/5-11/19	Tu	1:00-2:30 PM	\$35	417548-01

#### **Those Amazing Dinosaurs**

Learn about favorite dinosaurs. Hunt for fossils, classify by characteristics, and create a unique dinosaur. Note: Class will not be held on 10/17.

Age: 3-6 years	
Location: Northside Aztlan Center	

10/3-10/24	Th	1:00-2:30 PM	\$35	418508-01

#### **Ultimate Fort Making**

Construct a fort with blankets, towels, parachutes, boxes, hula hoops, floor mats, and any found objects. Note: Snack provided.

Age: 3-6 years

Location.	Northside	<b>A</b> ztlan	Center
Location.	NULLISIUC	ALLIULI	CUIICI

10/24	Th	1:00-2:30 PM	\$15	417539-01

#### When I Grow Up

One of the first and best ways to learn is though play. Learn about grown-up jobs through guided and interactive free play, arts and crafts, games, and more.

Age: 3-6 years

Location: Mulberry Pool

Fireman

9/16 Police Offic	M cer	1:00-2:30 PM	\$17	417244-01
9/30 Veterinaria	M	1:00-2:30 PM	\$17	417244-02
10/14 Doctor	М	1:00-2:30 PM	\$17	417244-03
10/28 Constructio	M on Worker	1:00-2:30 PM	\$17	417244-04
11/18	М	1:00-2:30 PM	\$17	417244-05

#### **Lunch Bunch Enrichment**

Bring a lunch, make new friends, and learn something new. Varied enrichment activities designed to complement pre-k and half-day kindergarten programs. Note: Drop-in available for \$12 per day until class maximum is reached. Class will not be held on 9/20, 10/18.

#### Age: 4-6 years

Location: Northside Aztlan Center

9/4-10/9	W	Noon-2:00 PM	\$66	417509-01
9/6-10/11	F	Noon-2:00 PM	\$55	417509-02
10/16-11/20	W	Noon-2:00 PM	\$66	417509-03
10/25-11/22	F	Noon-2:00 PM	\$55	417509-04

#### S.T.E.M.

Discover STEM

Preschoolers are introduced to S.T.E.M. education through guided and self-discovered age appropriate activities.

#### Age: 3-6 years

Location: Foothills Activity Center

9/11-9/25	W	1:00-2:00 PM	\$30	417763-01
11/6-11/20	W	1:00-2:00 PM	\$30	417763-02

#### **Preschool Tools**

Under close supervision, preschoolers have hands-on practice with hammers and nails, screws and screwdrivers, and nuts and bolts.

Age: 3-6 years

Location: Foothills Activity Center

10/9-10/23	W	1:00-2:00 PM	\$29.70	417756-01

#### **CHILD WITH PARENT PROGRAMS**

#### [ ARTS & CRAFTS ]

#### Art Start

Hands-on, independent exploration to inspire imagination and self-esteem. Explore, collage, cut, tear, drizzle, drip, paste, and paint. Note: Enter building through rear door. Class will not be held on 10/18.

#### Age: 18 months-3 years

Location: Carnegie Center for Creativity, 200 Mathews St.

9/4-9/25	W	9:30-10:30 AM	\$55	417983-01
10/2-10/23	W	9:30-10:30 AM	\$55	417983-02
11/6-11/20	W	9:30-10:30 AM	\$45	417983-03

#### Small Hands, Big Messy Art

Get hands on and in paint, playdough, shaving cream, and more.

Age: 18 months-2 years
Location: Mulberry Pool

10/15-10/29 Tu	10:00-11:00 AM	\$27	417285-01

#### Paint Me a Story

Enjoy story time and create a project to go with it. Explore with clay, paint, collage, and more. Note: Enter building through rear door.

#### Age: 2-3 years

Location: Carnegie Center for Creativity, 200 Mathews St.

9/12	Th	9:30-10:15 AM	\$20	417985-01
10/10	Th	9:30-10:15 AM	\$20	417985-02
11/14	Th	9:30-10:15 AM	\$20	417985-03

#### [DROP-IN]

#### Tot Gym

Bring the little ones in for some fun gym time. Balls, blocks, a mini obstacle course, and other activities are set up. Children must be accompanied by an adult. Note: Free admission for adults, and babies accompanying an older sibling, that will not be participating *continued on next page* 

Tot Gym continued in tot gym.

Age: 0-5 years					
Location: Foo	othills Activi	ty Center			
9/3-11/22	Tu,W,F	10:00 AM-Noon	\$2.50		
Location: Northside Aztlan Center					
9/3-11/22	M-F	10:00 AM-Noon	\$2.50		

#### [ GENERAL PROGRAMS ]

#### **Little Explorers**

Explore science, movement, arts and crafts, and music.

#### Age: 2 years

Location: Mulberry Pool

9/3-9/17	Tu	10:00-11:00 AM	\$27	417261-01	-
11/5-11/19	Tu	10:00-11:00 AM	\$27	417261-02	

#### You & Me Book Group

Explore popular children's books through reading, storytelling, and arts and crafts. Create a love of reading and develop early literacy and listening skills. New books presented each week.

#### Age: 2-4 years

Location: Mulberry Pool

9/5-9/19	Th	10:00-11:00 AM	\$25	417716-01
11/7-11/21	Th	10:00-11:00 AM	\$25	417716-02

#### **Reptile Petting Zoo**

Learn about reptiles and amphibians from Northern Colorado Herpetological Society members. Hands-on program features both local and global reptiles. Note: Reduced rate of \$5 for siblings after one full price enrollment. Accompanying adults and siblings ages 2 years & under are free.

#### Age: 3-11 years

Location: Northside Aztlan Center

9/14 Sa 10:00-11:00 AM \$15 418565-01   Additional sibling \$5 418565-02   10/12 Sa 10:00-11:00 AM \$15 418565-03   Additional sibling \$5 418565-04   11/9 Sa 10:00-11:00 AM \$15 418565-05   Additional sibling \$5 418565-06					
10/12 Sa 10:00-11:00 AM \$15 418565-03   Additional sibling \$5 418565-04   11/9 Sa 10:00-11:00 AM \$15 418565-05	9/14	Sa	10:00-11:00 AM	\$15	418565-01
Additional sibling \$5 418565-04   11/9 Sa 10:00-11:00 AM \$15 418565-05	Additional	sibling		\$5	418565-02
11/9 Sa 10:00-11:00 AM \$15 418565-05	10/12	Sa	10:00-11:00 AM	\$15	418565-03
	Additional sibling			\$5	418565-04
Additional sibling \$5 418565-06	11/9	Sa	10:00-11:00 AM	\$15	418565-05
	Additional sibling			\$5	418565-06

## [ MUSIC & THEATRE ]

#### **Music Together, Demo Class**

For prospective families who would like to visit a class before enrollment. Learn more about the research based and internationally recognized, Music Together program. Enjoy singing, movement, instrument play. Mixed age classes. Pre-registration required.

Age: 0-4 years

Location: Foothills Activity Center

9/9	М	10:00-10:45 AM	No Fee	418775-01
9/9	М	11:15 AM-Noon	No Fee	418775-02

Celebrate 20 years of Family Music Making with the Music Together program. Experience musical growth through singing, movement, and instrument play in a creative yet structured environment. Tuition includes picture songbook, CD, music download, "Hello Everybody" App, and Parent Education Resources. Note: Discount for additional sibling 9 months and older; siblings 8 months and younger are free. Class will not be held on 11/25.

#### Age: 0-4 years

Location: Foothills Activity Center

9/16-12/2	М	9:30-10:15 AM	\$212	418776-01
Additional Siblin	ng	\$167	418776-0	)2
9/16-12/2	М	10:30-11:15 AM	\$212	418776-03
Additional Siblin	ng	\$167	418776-04	
9/16-12/2	М	11:30 AM-12:15 PM	\$212	418776-05
Additional Sibling		\$167	418776-06	

#### Zumbini, Demo Class

Enjoy a free demo class to learn about Zumbini. The Zumbini program combines music and dance for a fun and educational child and caregiver interactive class. Note: Registration required.

#### Age: 0-4 years

Location: Northside Aztlan Center

9/5	Th	9:15-10:00 AM	No Fee	418577-01
9/5	Th	10:30-11:15 AM	No Fee	418577-02

#### Zumbini

Created by Zumba and BabyFirst, the Zumbini program combines music and dance for a fun and educational child and caregiver interactive class. Tuition includes 20 songs on the Zumbini app, CD, songbook, and plush toy. Note: Reduced rate of \$15 for additional sibling. Must meet age requirement. Siblings 6 months and younger are free. Class will not be held on 10/3,10/10.

Age: 0-4 years

Location: Northside Aztlan Center

## Zumbini

9/12-11/21	Th	9:15-10:00 AM	\$140	418578-01
Additional Si	bling		\$15	418578-02
Zumbini				
9/12-11/21	Th	10:30-11:15 AM	\$140	418578-03
Additional Sibling			\$15	418578-04

## [ SCIENCE ]

#### **Parent & Tot Science**

Explore the world of science by making and doing all kinds of fun science experiments.

Age: 2-3 years Location: Mulberry Pool

9/24-10/8	Tu	10:00-11:00 AM	\$27	417260-01

## Education

## ADULT PROGRAMS

#### [ COOKING ]

#### **Cooking Around the World**

Learn about a new country each week through its cuisine. All recipes are simple adaptations with locally available ingredients for convenience. Meals take 30-40 minutes to prepare. All supplies are included. At the end of each class, vote which country's cuisine to cook for the following week.

Age: 14 years & up
Location: Senior Center

	9/3-9/24	Tu	6:30-7:30 PM	\$50	407436-01
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#### **Flatbread Flutter**

Go gluten free without sacrificing bread. Let knowledge satisfy cravings. Menu: red lentils savory pancake, quinoa pizza crust, brown rice tortilla, and sorghum flatbread.

Age: 14 years & up

Location: Senior Center

9/25	W	6:00-8:15 PM	\$40	407428-01

#### **Healthy Ethiopian Dishes**

Learn basic cooking techniques and explore Ethiopian ingredients such as fresh herbs, grains, and spices. Menu:misir wot (red lentils), collard gomen, atkilt wot (cabbage, carrot, and potato stew), duba wot (butternut squash in berbere sauce), and teff flour crepe.

Age: 14 yea Location: S	ars & up enior Center			
10/23	W	10:00 AM-12:15 PM	\$40	407430-01

#### Japanese Food at Home

Learn to make easy and delicious Japanese food. Menu: tamaki sushi hand rolls (no raw fish), beef ramen stir fry, and miso soup.

Age: 18 years & up

11/5	Tu	6:00-8:30 PM	\$40	407435-01

## Lunch Time in Bangkok

Cooking Thai food is not that complicated with a little know how. Learn cooking tips and tricks and how to choose ingredients to make meals taste better than a restaurant. September menu: green curry chicken with thin rice noodles and Thai iced tea. October menu: tom yum fried rice, lemongrass iced tea, and fish sauce with chili.

Age: 18 years & up Location: Senior Center

0.0011 0011				
9/7	Sa	10:00-11:30 AM	\$30	407437-01
Tom Yum I	Fried Rice			
10/5	Sa	10:00-11:30 AM	\$30	407437-02

#### Mixology

Start the class with a welcome refreshment, then learn the history of the cocktail and create a handcrafted specialty cocktail.

Age: 21 years & up Location: Senior Center

#### Tiki Time 9/5 Th 6:00-8:00 PM \$40 407422-01 Havana Nights 10/3 Th 6:00-8:00 PM \$40 407422-02 Prohibition Classics 11/7 Th 6:00-8:00 PM 407422-03 \$40

#### **One-Pot Rice Cooker Meals**

Learn endless possibilities of making one pot meals using a rice cooker. Explore international flavors and create three mouthwatering recipes. Dump in all the ingredients, sit back, and enjoy the delicious meal that results.

Age: 14 years & up Location: Senior Center

10/22	Tu	6:00-8:15 PM	\$40	407429-01

#### **Quick Thai Food**

Make favorite Thai dishes at home. Learn how to use authentic ingredients to prepare and cook Thai food. Menu: green mango salad, stir fry chicken with cashew nuts, boba tea, jasmine rice, and Thai dipping sauce.

Age: 18 years & up Location: Senior Center

9/4	W	6:00-8:30 PM	\$40	407433-01

#### **Tasty Turkish Cuisine**

Explore the depths of delicious Turkish dishes. Menu: red lentil and bulgur kebabs, mint and dill rice pilaf, black-eyed pea pilaki, eggplant with yogurt sauce, and sesame tahini halva (nutritious dessert).

Age: 18 years & up Location: Senior Center

9/18	W	6:00-8:15 PM	\$40	407440-01

#### Thai Cuisine

Delicious Thai cuisine is all about balancing the complexity of sour, sweet, salty, spicy, and coconut flavors into a single harmonious dish. Learn how to combine aromatic herbs and spices with traditional ingredients and balance the unique flavors found in Thai cuisine. Menu: massaman curry, lemongrass salad, jasmine rice, and ginger tea.

Age: 18 years & up Location: Senior Center

10/1	Tu	6:00-8:30 PM	\$40	407434-01

#### **Thanksgiving Appetizers**

Impress family at Thanksgiving dinner with delicious, healthy appetizers. All recipes are gluten-free, dairy-free, and vegan friendly. Menu: carrot almond pate, balsamic mushrooms, pomegranate cranberry chutney, brussels sprouts and persimmon salad, and homemade boursin cheese.

Age: 14 years & up Location: Senior Center

11/14	Th	6:00-8:15 PM	\$40	407439-01

#### Wild Wine Making

Go beyond grapes and learn about adventurous winemaking. Discuss and taste an unexpected range of recipes, using readily available fruits, vegetables, flowers, and herbs. The ingredient list is irresistibly curious. How about dark chocolate peach wine or plum champagne?

Age: 21 years & up Location: Creator Hub

9/14	Sa	5:00-6:30 PM	\$13	415982-01

#### [ CURRIES ]

#### **A World of Curries**

Cooking features exotic vegetarian curries from around the world. Menu: laksa (Malaysian coconut curry soup), Indian mushroom masala, and Japanese-style curry.

Age: 14 years & up

Location: Senior Center

10/17	Th	6:00-8:15 PM	\$40	407423-01

#### **Everyday Curries**

Become introduced to the science of making curries in a simple and easy way with a focus on the role spices play in making these yummy dishes. Menu: lentil curry (dal), peas and potato curry, roasted eggplant curry (bharta), and carrot pudding.

Age: 14 years & up Location: Senior Center

9/9	М	6:00-8:15 PM	\$40	407424-01

#### **Slow Cooker Curries**

Make authentic Indian curry in a slow cooker that is easy, delicious, gluten-free, dairy-free, and vegetarian. Menu: spicy lentil soup, garbanzo bean curry, saag (spinach curry), and vegetable korma.

Age: 14 ye Location:	ears & up Senior Center			
11/6	W	10:00 AM-12:15 PM	\$40	407425-01

#### [ CPR & FIRST AID ]

#### **BLS Provider**

This American Heart Association course meets the BLS training for medical professionals. Skills and written tests required. One and Two Rescuer CPR, AED, BVM use included. Certification emailed upon completion.

#### BLS Provider continued

Age: 16 years & up

Location: Senior Center

9/11	W	5:30-9:30 PM	\$78	407442-01
10/16	W	5:30-9:30 PM	\$78	407442-02
11/13	W	5:30-9:30 PM	\$78	407442-03

#### First Aid/CPR/AED

Learn basic first aid procedures, as well as adult, child, and infant CPR. Suited for daycare providers. ECSI certificate emailed upon completion. Course book included.

Age: 14 years & up

Location: Senior Center

9/7	Sa	9:00 AM-5:00 PM	\$78	407441-01
10/19	Sa	9:00 AM-5:00 PM	\$78	407441-02
11/9	Sa	9:00 AM-5:00 PM	\$78	407441-03

#### Wilderness First Aid

Cover assessment, short- and long-term management of injury, medical emergencies, and conditions when definitive care is more than one hour away. The field day focuses on hands-on scenarios and techniques needed to stabilize the victim and others in the group. ESCI certificate emailed upon completion.

Age: 14 years & up

Location: Senior Center

10/22-10/24	Tu,Th	5:30-9:30 PM	\$156	407443-01
10/26	Sa	9:00 AM-5:00 PM		

#### [ DOG OBEDIENCE ]

#### **Canine Good Citizen**

Learn specific skills to be a well-mannered canine of society. Bring tiny treats and a 6-foot leash. Pass/fail test given on the last day to earn a Canine Good Citizen title. AKC registration not required. This is not an obedience class. Children welcome with parent as primary handler. Note: Instructor will notify participants of location prior to class.

#### Age: 18 years & up

Location: TBA

9/14-10/19	Sa	11:30 AM-12:30 PM	\$80	407453-01
9/15-10/20	Su	11:30 AM-12:30 PM	\$80	407453-02
10/26-11/30	Sa	11:30 AM-12:30 PM	\$80	407453-03
10/27-12/1	Su	11:30 AM-12:30 PM	\$80	407453-04

#### Dog Obedience, Beginner

Lean basic dog obedience with verbal commands and hand signals for sit, down, stand, stay, come, and walk on a loose leash. Bring tiny treats and 6-foot leash. Dogs must be at least 8 months old. Children welcome with parent as primary handler. Note: Instructor will notify participants of location prior to class.

#### Location: TBA

Location ibit				
9/14-10/19	Sa	10:00-11:00 AM	\$80	407451-01
9/15-10/20	Su	10:00-11:00 AM	\$80	407451-03
10/26-11/30	Sa	10:00-11:00 AM	\$80	407451-04
10/27-12/1	Su	10:00-11:00 AM	\$80	407451-05

#### Good Dogs Out on the Town

Learn a new level of obedience and attention while exploring Fort Collins parks, shops, and cafes. Dogs gain advanced skills necessary for focus during shopping, and calmness while dining. Designed for friendly dogs with basic obedience skills. Note: Instructor will notify participants of location prior to class.

Age: 18 years & up

	-			
9/17-10/15	Tu	5:30-6:30 PM	\$85	407462-01

#### **GENERAL PROGRAMS**

#### Bonsai

Create a plant and pot to take home. The indoor bonsai will include a variety of tropical plants to choose from including flowers and fruit.

Age: 18 years & up

Location: Creator Hub

9/7	Sa	1:00-3:00 PM	\$42	415981-01

#### **Modern Classic Board Games**

Modern board games often surprise people by being strategic, engaging for hours, and fun low-pressure social activities. Everything enjoyed about the games from childhood, but better. Learn strategies for modern games like 7 Wonders, Ticket to Ride, and Carcassonne.

Location: Senior Center

Age: 10 years & up

9/21	Sa	2:00-5:00 PM	No Fee	407402-01
Age: 18 years & up				
10/17	Th	6:00-9:00 PM	No Fee	407402-02

#### **Treasure Stories & Skills**

Treasures are still sought and found, although many remain unfound. Learn treasure stories, insights into treasure hunting, and a few skills used in the field. Treasures to be discussed include the Tayopa treasure, La Noche Triste, Crystal Cave, Treasure Mountain, and more.

Age: 18 years & up

Location: Senior Center

					_
9/26	Th	5:00-7:00 PM	No Fee	407482-01	

#### Utilities: New Online Billing System 🖤

The City's utility portal and how bills are paid online is changing. Drop in at any time for a 2-hour open discussion that starts with a brief, optional, educational presentation and Q&A session.

Location: Senior Center

9/25	W	9:00-11:00 AM	No Fee	
Location: N	lorthside Az	tlan Center		
10/26	Sa	2:00-4:00 PM	No Fee	
Location: F	oothills Acti	vity Center		
11/23	Sa	9:00-11:00 AM	No Fee	

## [ MUSIC ]

#### Guitar

Discover the basics of the instrument, from proper tuning to strumming chords, and picking tunes. Learn to read guitar tabs and play at home. All levels welcome.

Age: 13 years & up Location: Senior Center

9/4-9/25	W	7:00-8:00 PM	\$80	407464-01
10/2-10/23	W	7:00-8:00 PM	\$80	407464-02
10/30-11/20	W	7:00-8:00 PM	\$80	407464-03
Parenting				

#### **Best Sleep Tips: Infant & Child**

Learn how to help a child who is not sleeping well, waking multiple times a night or taking short naps. Cover the seven best tips to improve a child's sleep and the five most common sleep myths.

## Age: All

Location: Senior Center

9/4	W	6:00-7:00 PM	No Fee	407484-01
10/19	Sa	10:00-11:00 AM	No Fee	407484-04
11/5	Tu	6:00-7:00 PM	No Fee	407484-05

#### **A Discipline Intensive**

Dive into an in-depth examination of positive discipline practices that enhance effectiveness when dealing with challenges. Discuss and practice strategies to correct negative patterns and discern the child's unmet need behind the misbehavior.

Age: 18 years & up Location: Senior Center

9/14	Sa	9:30 AM-12:30 PM	\$30	407472-01

#### Nurturing a Child's Self Esteem

Explore ways for families to create a conscious culture that powerfully supports the child's growing sense of self. Learn activities to fortify a child's identity and relationships with others and introduce higher level thinking skills.

Age: 18 years & up Location: Senior Center

10/12	Sa	9:30 AM-12:30 PM	\$30	407470-01

#### **Understanding a Child's Brain**

Take a look at the current research on brain development and the "developmental windows of opportunity" as they occur in childhood. Learn ways to nurture skills that build emotional intelligence and positively support the child while the brain is actively undergoing construction.

Age: 18 years & up Location: Senior Center

11/9	Sa	9:30 AM-12:30 PM	\$30	407474-01

#### [ PERSONAL GROWTH ]

#### How to Talk to Anyone

Learn to improve ability to speak with anyone from anywhere, who does anything. This includes the power of word choice, using questions, speaking with people from other cultures, beliefs, and backgrounds.

Age: 18 years & up

Location. Sei	nor center			
9/11-9/25	W	6:00-7:00 PM	\$30	

#### **Psychological Defense**

Recognize danger before it manifests. Learn how to read human behavior and enhance awareness for protection.

## Age: 15 years & up

Location: Senior Center

9/21	Sa	9:00 AM-Noon	\$10	407416-01
10/26	Sa	9:00 AM-Noon	\$10	407416-02
11/23	Sa	9:00 AM-Noon	\$10	407416-03

#### **Transfort Travel Training**

Learn how to read the bus schedule, plan a bus trip, and see how rider tools make riding easier than ever. Training starts at the Downtown Transit Center. Ride the MAX to the South Transit Center and back Downtown.

#### Age: 18 years & up

Location: Downtown Transit Center, 250 N. Mason St.

9/10	Tu	10:00 AM-Noon	No Fee	407468-01
10/8	Tu	10:00 AM-Noon	No Fee	407468-02

#### [ S.T.E.M.]

#### **Intro to Leatherwork**

Experience the joys of leathercrafting. Explore stamping, tooling, staining, and stitching of veg-tanned leather. Make bracelets, dog collars, belts, and a beverage can holder. All tools and supplies included.

Age: 16 years & up Location: Creator Hub

10/7-10/28	М	6:00-8:00 PM	\$157	415975-02

#### Intro to Soldering

Learn safety, theory, and technique to build a cool looking lantern lit by a flickering "candle" circuit board that is soldered. Then, take the project home. No previous soldering experience necessary.

Lo	cation:	Creator	Hub

Age: 18 ye	ars & up			
11/16	Sa	1:00-3:00 PM	\$21415970-02	

## Leather Earrings

Create unique leather earrings or a pendant using a laser cutter. Learn the correct way to open jump rings to create chains and add the perfect findings to the piece. Finish with a customized jewelry card for displaying or gifting. Leather Earrings continued

Age: 16 years & up
Location: Creator Hul

Location: Creator Hub					
10/17	Th	6:00-8:30 PM	\$30	415980-01	

#### **Silver Stamped Charms**

Create a personalized hand stamped charm pendant in sterling silver. Learn how to hand stamp, oxidize, and finish a sterling silver disc charm. Use texture hammers to add additional textures. Sterling silver chain provided. Laser cut a jewelry card for displaying or gifting.

Age: 16 years & up Location: Creator Hub

407481-01

10/24	Th	6:00-8:30 PM	\$42	415979-01

#### Wood Jewelry

Create unique light weight wooden earrings and pendants using a laser cutter. Bring color to pieces by hand-dying the wood with alcohol ink stains. Learn the correct way to open jump rings to create chains and add the perfect findings to designs.

### Age: 16 years & up

Location: Creator Hub

10/10	Th	6:00-8:30 PM	\$30	415978-01

#### [ TECHNOLOGY ]

#### Preparing a Digital Estate 🚺

Learn how to pass on electronic documents and photos, organize gadgets, and inventory online accounts to reduce stress on executors who will be left with managing the digital estate.

#### Age: 18 years & up

Location: Senior Center

10/2	W	11:00 AM-Noon	\$15	407458-01
10/9	W	11:00 AM-Noon	\$15	407458-02
10/16	W	11:00 AM-Noon	\$15	407458-03
10/23	W	11:00 AM-Noon	\$15	407458-04

#### YOUTH PROGRAMS

#### [ DAY CAMPS ]

#### School's Out Day

Keep busy with arts and crafts, games, gym time, and a featured field trip: Rollerland on 9/20, Chippers Lanes on 11/11. Note: Bring a sack lunch and water bottle. Age groups may be combined.

Location: Northside Aztlan Center

Age: 6-8 years

9/20	F	8:00 AM-5:00 PM	\$40	416597-01
11/11	М	8:00 AM-5:00 PM	\$40	416597-03
Age: 9-11 ye	ears			
9/20	F	8:00 AM-5:00 PM	\$40	416597-02
11/11	М	8:00 AM-5:00 PM	\$40	416597-04

#### **Go-Kart Driving Class**

Learn to be a safe, educated Go-Kart driver. Focus on skills that transfer to the everyday driving world. Note: Must meet age requirement and be at least 54" tall.

Age: 9-12 years

Location: Fort Fun, 1513 E. Mulberry St.

8/31	Sa	8:00-10:00 AM	\$29	416989-01
9/21	Sa	8:00-10:00 AM	\$29	416989-02

#### **Ultimate Babysitting Bootcamp**

Topics covered include business and leadership principles, discipline, communication, safe play, basic care for infants and children, disaster preparedness, preventing accidents, recognizing and responding to emergencies, infant and child CPR, choking, and basic first aid.

#### Age: 11-16 years

Location: Northside Aztlan Center

9/20	F	Noon-8:00 PM	\$85	415575-01
10/26	Sa	Noon-8:00 PM	\$85	415575-02
11/11	М	Noon-8:00 PM	\$85	415575-03

#### [ MUSIC & THEATRE ]

#### **Music Production 101**

Learn the hands-on skills of music production from the Music District's professional producers. Gain an understanding of music production and create a track to take home. All equipment provided. No experience necessary. Note: Bring a sack lunch and snacks. Laptops welcome, but it's not required.

Age: 12 years & up

Location: Northside Aztlan Center

9/20	F	9:00 AM-4:00 PM	\$71	415572-01

#### Theatre Players

Learn about theatre through story dramatization. Bring a character and story to life, memorize lines, hone acting skills and perform at the final session. A collaboration with the Fort Collins Children's Theatre.

Age: 8-12 years	
Location: Northside Aztlan Center	

9/10-11/12	Tu	4:30-6:00 PM	\$130	418925-01
[ S.T.E.M.	PROGRAM	S ]		

#### **YEL Junior Robotics**

Use LEGO<sup>®</sup> bricks to build an alligator, and race car. Then, program the project to race, chew, and make noise using drag-and-drop iconbased software. Afterwards, play with the project, modify it, create extensions, and have fun working with it. Note: Class will not be held on 10/12, 10/19.

Age: 6-10 ye Location: No		tlan Center		
9/14-11/2	Sa	9:00-10:00 AM	\$96	415582-01

#### LEGO Engineering Superhero

Build the hideouts and vehicles of caped crusaders and learn what makes them not only Super Heroes, but Super Hero Engineers.

Age: 6-12	years Northside Az	tlan Contor		
LUCATION.	NOT LISIUE AZ			
9/20	F	9:00 AM-Noon	\$36	415573-01

#### **LEGO Engineering Carnival Creations**

Build swings, gravitons, or other fast spinning rides with LEGOs.

Age: 6-12	years
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Location: Foo	othills Activ	vity Center		
10/17-10/18	Th,F	9:00 AM-Noon	\$71	415770-01

#### LEGO Engineering Castles & Catapults

Build a large-scale group castle learning about the different castle parts such as the keep, archer towers, moat, battlements, and drawbridge. Then, defend the castle.

Age: 6-12 years

Location: Foothills Activity Center

11/11	М	9:00 AM-Noon	\$36	415771-01

#### YEL EV3 Robotics

New sensors, new builds, and an infrared remote controller are used to build, test, and modify a snapping snake and a two-wheeled gyro-bot. Note: Class will not be held on 10/12, 10/19.

#### Age: 7-10 years

Location: No	orthside Az	tlan Center		
9/14-11/2	Sa	10:15-11:15 AM	\$130	415581-01

#### Intro to Leatherwork

Designed for beginners. Basic stamping, tooling, staining, and stitching of veg-tanned leather. All tools and supplies included to make bracelets, bookmarks, key fobs, container, and small wallets.

Location: Creator Hub	
Age: 8-12 years	

9/9-9/30	М	5:00-7:00 PM	\$145	415975-01

#### Intro to Soldering

Learn safety, theory, and technique and build a cool looking lantern lit by a flickering "candle" circuit board that is soldered. Take projects home after class. No previous soldering experience necessary.

Age: 10-17 years

Location:	Creator	Hub

10/19	Sa	1:00-3:00 PM	\$21	415970-01

#### Intro to Arduino

Use Arduino Uno (clone) starter kit to learn about electronics, prototyping with a breadboard, sensors, and programming. Take the kit home for further exploration and future classes.

Age: 14 years & up

Location: Creator Hub

9/14	Sa	1:00-3:00 PM	\$49	415971-01

#### Raspberry Pi 101

Receive a Raspberry Pi Zero, breadboard case, LEDs, buttons, and jumper wires to build a dynamic system. The SD card is preprogrammed to allow it to interface directly with a PC via a micro USB cable to allow further learning.

#### Age: 14 years & up

Location: Creator Hub

9/25	W	6:30-9:00 PM	\$55	415977-01
11/19	Tu	6:30-9:00 PM	\$55	415977-02

## Farm

All programs are hosted at The Farm unless otherwise noted.

#### **Adopt an Animal**

Anyone can adopt an animal at The Farm and become its parent. As an adoptive parent, help provide 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 welcome your visit regularly. For all practical purposes, some of the animals are sold when they reach maturity.

For more information and to fill out an adoption form, visit *fcgov.com/thefarm*.

#### **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 unique party for your 3-8 years old. Call The Farm or stop by during open hours to reserve your date. Payment 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 & Ross Proving-Up House

Take a walk-through yesteryear's farm era. See displays that depict farming from the turn of the century to the early 1930s. Guess what the mystery tool is and how it was used. Test your farm strength by lifting a bale of hay with and without the aid of a pulley system. Also, visit the Ross Proving-Up House to learn about the first settlers of Fort Collins.

#### Volunteer

Help keep The Farm grounds and animal pens looking great. Volunteers must be at least 13 years old and willing to work hard. Volunteers usually work two hour shifts any day of the week. For more information visit engage.fcgov.com/d/fn.

#### Pony Rides 🖤

Take your child for a pony ride. Lead your cowpoke for up to 10 minutes in the arena.

Closed-toed shoes recommended. Admission to The Farm and a pony token are required. Maximum weight to ride the ponies is 150 lbs. Note: Pony rides are available weather permitting.

4/6-10/20	Sa	11:00 AM-4:00 PM
4/6-10/20	Su	1:00-4:00 PM



At this non-spooky Halloween event, take a stroll down Trick-or-Treat Street to knock on doors and collect candy. Hayrides available for everyone. Learn more and get ticket info at *fcgov.com/thefarm.* 

FRIDAY, OCT. 25 SATURDAY, OCT. 26 SUNDAY, OCT. 27

> Bow Wowvania \_ SATURDAY, OCT. 26





Auxiliary aids and services are available for persons with disabilities. V/TDD: 711

#### **FAMILY PROGRAMS**

#### Farm Chores

Join the farmer for a round of chores which include feeding the animals and milking a cow. Special treats for all when the chores are done. Note: Fee includes up to four people.

Age: All				
9/8	Su	8:30-9:30 AM	\$35	408615-01
9/15	Su	8:30-9:30 AM	\$35	408615-02
9/22	Su	8:30-9:30 AM	\$35	408615-03

#### Hayrides 🖤

Enjoy a scenic hayride along the Poudre River. The 20-minute tractor drawn hayride takes a loop down to the river and back to The Farm. Note: Children must be accompanied by a paying adult. Paid admission to The Farm is required.

Age:	All

rigerrin				
10/5-10/19	Sa	11:30 AM-Noon	\$2.50	
10/5-10/20	Sa,Su	1:30-2:00 PM	\$2.50	
10/5	Sa,Su	3:00-3:30 PM	\$2.50	

#### Pumpkin Patch 🖤

Get into the season, with a visit to the pumpkin patch at The Farm. Pumpkins sold by the pound. Note: Pumpkins are sold during open hours; groups are welcome to reserve a time to purchase pumpkins. The pumpkin patch will not be open 10/25-10/27.

#### Age: All

10/2-10/31	W-Sa	10:00 AM-5:00 PM	No Fee	
10/6-10/20	Su	Noon-5:00 PM	No Fee	

#### **YOUTH PROGRAMS**

#### [ PARENT WITHOUT CHILD PROGRAMS ]

#### **Little Peepers**

Explore the barnyard by gathering eggs, milking a cow or goat, and reading stories in the hayloft.

Age: 3 years				
8/29-9/12	Th	9:00-10:00 AM	\$31	408610-01
8/29-9/12	Th	10:15-11:15 AM	\$31	408610-02
9/17-10/1	Tu	9:00-10:00 AM	\$31	408610-03
9/17-10/1	Tu	10:15-11:15 AM	\$31	408610-04
9/25-10/9	W	9:00-10:00 AM	\$31	408610-05
9/25-10/9	W	10:15-11:15 AM	\$31	408610-06

#### **Pee Wee Farmers**

A favorite since The Farm opened. Learn what life on a farm is like through hands-on experience. Milk a cow or goat, gather eggs, help make snacks, and ride the ponies.

#### Age: 4-5 years

9/3-9/24	Tu	1:30-3:00 PM	\$46	408606-01
9/4-9/25	W	9:30-11:00 AM	\$46	408606-02
9/4-9/25	W	1:30-3:00 PM	\$46	408606-03
9/5-9/26	Th	1:30-3:00 PM	\$46	408606-04
9/6-9/27	F	9:30-11:00 AM	\$46	408606-05
9/6-9/27	F	1:30-3:00 PM	\$46	408606-06

#### **After School Farmers**

Experience life on a farm with activities like milking a cow or goat, taking a hayride, and feeding the animals.

Age:	6-10	years
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9/4-9/25	W	4:00-5:30 PM	\$46	408601-01	

#### PARENT WITH CHILD PROGRAMS

#### **Li'l Dumplin' Farmers**

Learn about life on a farm. Join in farm chores like gathering eggs and milking a cow. After the chores are finished, enjoy a picnic with the animals. Note: Bring a sack lunch. Homemade desert provided.

#### Age: 2 years

Age. 2 years				
9/9-9/23	М	11:00 AM-Noon	\$36	408609-01
9/30-10/14	М	11:00 AM-Noon	\$36	408609-02

#### Li'l Dumplin's & Beyond

Enjoy all the favorite chores Lil' Dumplin's enjoy plus a few more. Gather eggs, milk a cow or goat, ride the ponies, and create a mini scrapbook with pictures taken during class. Note: Fee includes a souvenir T-shirt. Class will not be held 9/2.

#### Age: 2 years

8/26-9/16	М	9:30-10:30 AM	\$51	408624-01
9/23-10/7	М	9:30-10:30 AM	\$51	408624-02

#### **Pony Riding Lessons**

Round 'em up and bring those cowpokes to The Farm. Learn to groom and saddle a pony then lead child's pony as the basics of riding are taught. Attire: Parent and child must wear closed toed shoes. Note: Other children not permitted due to full-time participant with child.

#### Age: 3-5 years

10/1-10/10	Tu,Th	1:30-2:30 PM	\$65	408614-01
9/8-9/29	Su	11:30 AM-12:30 PM	\$65	408614-03
9/7-9/28	Sa	9:30-10:30 AM	\$65	408614-05

#### The Great Pumpkin

All things pumpkin, with a Great Pumpkin twist. Gather in the barn for a story, snacks, and make a Classic Peanuts costume.

Age: 3-6 ye	ears			
9/28	Sa	9:00-10:00 AM	\$16	408635-01

#### **SPECIAL EVENTS**

For special events like Treatsylvania and Bow Wowvania, see the Special Events section on page 73.







# WORK LEARN THRIVE

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**COLORADO STATE UNIVERSITY** 

## Fitness & Wellness

#### **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.

Participants may register for one or more class sessions starting on or after the registration date. Sessions are 4-weeks long and 5-weeks long during major holidays: 5-week sessions are marked with an asterisk (\*).

Fitness Classes require a minimum number of 6 participants registered per session to avoid cancellation for that session. Participants may attend only the class for which they are registered.

Active facility pass holders receive 70% off enrollment price of Fitness Classes. **Note:** Wellness programs and 25 admission passes are not eligible for the discount.

#### **Drop-in Policy**

See page 7 for Fitness Class drop-in prices and passes. Note: Drop-in participants do not count toward minimum number of a fitness class. Reduced rates do not apply to the daily drop-in fee.

#### **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 family, youth and teen fitness classes, see page 62.

For 50 years and up fitness classes, see page 94.

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 equipment needed for instruction is provided, though participants are welcome to bring their own.

#### SERVICES

#### Advanced Care Planning 🖤

Create medical directives that represent individual values and matters of importance. Have a say in provided care and know who can make medical decisions if needed. Call the front desk to schedule a 1-hour appointment. By the Health District of Northern Larimer County.

Location: Senior Center

9/10, 10/8, 11/12 9:00 AM-1:00 PM

No Fee



#### Blood Pressure Clinic 🖤

Meet one-one-one with a registered nurse to check blood pressure and talk about heart health. No appointment necessary. Provided by the Health District.

Location: Senior Center

9/9, 10/14, 11/11 10:00 AM-Noon No Fee

#### Cholesterol Testing 🖤

Cholesterol panel, glucose test, and blood pressure check provided in a 25-minute one-on-one appointment with a registered nurse. Includes explanation of test results, interactive discussion, and recommendations. Appointments required; call the Health District at 970.224.5209 to set up an appointment.

Location: Senior Center

9/4, 9/14, 9/19, 10/1, 10/17, 11/5, 11/21 8:00-10:30

8:00-10:30 AM \$15



#### Manicure/Pedicure/Nail Care 🖤

Look and feel good with spa manicure and pedicure services. Nail clipping also available. Provided by Neitha Schneider, Sweetheart Nails. Appointments required; call 970.221.6644 or visit the Senior Center front desk.

Age: 18 years & up Location: Senior Center

Thursdays 10:00 AM-4	:00 PM	
Basic Manicure or Pedicure	\$36	60 minutes
Spa Manicure or Pedicure	\$54	90 minutes
Combo Spa	\$72	120 minutes
Toenail Clip	\$18	30 minutes

#### One-on-One Nutritional Instruction 🖤

Private consultations and cooking classes for those interested in improving overall health. Customized instruction may include budget friendly, healthy meal plans, as well as tips for efficient food preparation and productive grocery shopping. Instruction provided by Sapna Von Reich, a certified health coach. For more information and to schedule a session, call 970.221.6644.

Age: 18 years & up1-hour session for 1 person\$601-hour session for 2 people\$80

#### Personal Training 🖤

Personal trainers are available to train at Edora Pool Ice Center, Foothills Activity Center, Northside Aztlan Community Center, and Senior Center. Trainers provide one-on-one guidance to help you achieve your fitness goals. Personal training is available to those ages 13 years & up. For more information, including Personal Trainer bios and to submit an inquiry request, visit *fcgov.com/fitness*.

#### **Personal Training Pricing**

Package Name	Sessions	Cost	
30 Minute Packages			
PT Single	1	\$25	
PT Bronze	4	\$95	
PT Silver	8	\$180	
PT Gold	12	\$255	
PT Platinum	24	\$480	
60 Minute Packages			
PT Single	1	\$35	
PT Bronze	4	\$135	
PT Silver	8	\$260	
PT Gold	12	\$375	
PT Platinum	24	\$720	
Group Packages			
PT 2-Person	1	\$50	
PT 3-Person	1	\$67.50	
PT 4-Person	1	\$80	

#### **ADULT FITNESS**

#### [ CARDIO & STRENGTH ]

#### **Barre Fitness**

Turn classic ballet on its head. Utilize a mix of ballet barre movements, stretches, and pilates-based core exercises to burn fat. Designed to sculpt, strengthen, and stretch the entire body in an intelligent and safe way.

#### Location: Northside Aztlan Center

9/4-9/25	M,W	7:30-8:30 AM	\$29	409501-01
9/30-10/23	M,W	7:30-8:30 AM	\$33	409501-02
*10/28-11/27	M,W	7:30-8:30 AM	\$41	409501-03
9/4-9/25	M,W	9:00-10:00 AM	\$29	409501-04
9/30-10/23	M,W	9:00-10:00 AM	\$33	409501-05
*10/28-11/27	M,W	9:00-10:00 AM	\$41	409501-06
9/6-9/27	F	7:00-8:00 AM	\$17	409501-07
10/4-10/25	F	7:00-8:00 AM	\$17	409501-08
*11/1-11/29	F	7:00-8:00 AM	\$21	409501-09

#### **Boomer Blast**

A full body workout geared to increase strength and stamina. Get in shape and increase energy with guidance from trainers.

#### Location: Senior Center

9/3-9/26	Tu,Th	8:00-8:50 AM	\$33	409414-01
10/1-10/24	Tu,Th	8:00-8:50 AM	\$33	409414-02
*10/29-11/26	Tu,Th	8:00-8:50 AM	\$37	409414-03

#### CrossTrain

An intense workout that aims to maximize strength and agility with use of kettlebells, plyo boxes, ropes, and more to work every muscle in the body. Every workout is different; keep the body guessing and force it to stay at its peak.

#### Location: Northside Aztlan Center

9/4-9/27	M,W,F	6:15-7:15 AM	\$45	409502-01
9/30-10/25	M,W,F	6:15-7:15 AM	\$49	409502-02
*10/28-11/29	M,W,F	6:15-7:15 AM	\$61	409502-03
9/4-9/27	M,W,F	7:15-8:15 AM	\$45	409502-04
9/30-10/25	M,W,F	7:15-8:15 AM	\$49	409502-05
*10/28-11/29	M,W,F	7:15-8:15 AM	\$61	409502-06
9/4-9/27	M,W,F	11:30 AM-12:30 PM	\$45	409502-07
9/30-10/25	M,W,F	11:30 AM-12:30 PM	\$49	409502-08
*10/28-11/29	M,W,F	11:30 AM-12:30 PM	\$61	409502-09
9/4-9/27	M,W,F	12:30-1:30 PM	\$45	409502-10
9/30-10/25	M,W,F	12:30-1:30 PM	\$49	409502-11
*10/28-11/29	M,W,F	12:30-1:30 PM	\$61	409502-12

#### Essentrics

A unique fitness program to improve posture and cardiovascular health by strengthening and lengthening muscles. Scientifically designed to unlock the body and heal pain. With regular practice, become more flexible, limber, and mobile.

Location: Northside Aztlan Center

9/4-9/25	M,W	10:00-11:00 AM	\$29	409503-01
9/30-10/23	M,W	10:00-11:00 AM	\$33	409503-02

#### Essentrics continued

M,W	10:00-11:00 AM	\$41	409503-03
Tu,Th	10:30-11:30 AM	\$33	409503-04
Tu,Th	10:30-11:30 AM	\$33	409503-05
Tu,Th	10:30-11:30 AM	\$37	409503-06
	Tu,Th Tu,Th	Tu,Th 10:30-11:30 AM   Tu,Th 10:30-11:30 AM	Tu,Th 10:30-11:30 AM \$33   Tu,Th 10:30-11:30 AM \$33

#### **Functional Strength**

Train for an active lifestyle. Integrate strength, flexibility, balance, and agility with a personal trainer in a group setting.

#### Location: Senior Center

9/3-9/26	Tu,Th	8:00-8:50 AM	\$33	409401-01
10/1-10/24	Tu,Th	8:00-8:50 AM	\$33	409401-02
*10/29-11/26	Tu,Th	8:00-8:50 AM	\$37	409401-03
9/3-9/26	Tu,Th	9:00-9:50 AM	\$33	409401-04
10/1-10/24	Tu,Th	9:00-9:50 AM	\$33	409401-05
*10/29-11/26	Tu,Th	9:00-9:50 AM	\$37	409401-06

#### Les Mills BODYPUMP

A total body workout with light to moderate weights and high repetition. Instructors coach through the scientifically proven moves and techniques pumping out encouragement, motivation, and great music.

#### Location: Foothills Activity Center

9/4-9/25	M,W	6:15-7:15 AM	\$36	409701-01	
9/30-10/23	M,W	6:15-7:15 AM	\$41	409701-02	
*10/28-11/27	M,W	6:15-7:15 AM	\$51	409701-03	
9/4-9/25	M,W	12:15-1:00 PM	\$27.25	409701-04	
9/30-10/23	M,W	12:15-1:00 PM	\$31	409701-05	
*10/28-11/27	M,W	12:15-1:00 PM	\$38.50	409701-06	
9/3-9/26	Tu,Th	5:30-6:30 PM	\$41	409701-07	
10/1-10/24	Tu,Th	5:30-6:30 PM	\$41	409701-08	
*10/29-11/26	Tu,Th	5:30-6:30 PM	\$46	409701-09	
9/7-9/28	Sa	9:15-10:15 AM	\$21	409701-10	
10/5-10/26	Sa	9:15-10:15 AM	\$21	409701-11	
*11/2-11/30	Sa	9:15-10:15 AM	\$26	409701-12	

#### Lose to Win

Designed for those who want to lose weight. Perform a variety of exercises that are geared to burn fat and gain confidence.

Location: Northside Aztlan Center

9/4-9/27	M,W,F	9:30-10:30 AM	\$45	409504-01
9/30-10/25	M,W,F	9:30-10:30 AM	\$49	409504-02
*10/28-11/29	M,W,F	9:30-10:30 AM	\$61	409504-03

#### Low Impact Aerobics

Emphasis on low impact aerobics with floor exercise and a cooldown period. Good introduction for previously sedentary persons.

#### Location: Foothills Activity Center

9/3-9/26	Tu,Th	9:00-10:00 AM	\$33	409702-01
10/1-10/24	Tu,Th	9:00-10:00 AM	\$33	409702-02
*10/29-11/26	Tu,Th	9:00-10:00 AM	\$37	409702-03

#### **Mat Pilates**

Gain flexibility, muscle strength, definition, and core balance. Learn to correct posture and alignment through a series of body movements.

#### Location: Senior Center

9/9-9/23	М	3:00-4:00 PM	\$13	409402-01
9/30-10/21	М	3:00-4:00 PM	\$17	409402-02
*10/28-11/25	М	3:00-4:00 PM	\$21	409402-03
9/4-9/25	W	3:00-4:00 PM	\$17	409402-04
10/2-10/23	W	3:00-4:00 PM	\$17	409402-05
*10/30-11/27	W	3:00-4:00 PM	\$21	409402-06
9/6-9/27	F	3:00-4:00 PM	\$17	409402-07
10/4-10/25	F	3:00-4:00 PM	\$17	409402-08
11/1-11/22	F	3:00-4:00 PM	\$17	409402-09

#### Location: Northside Aztlan Center

9/4-9/25	M,W	10:40-11:40 AM	\$29	409505-01
9/30-10/23	M,W	10:40-11:40 AM	\$33	409505-02
*10/28-11/27	M,W	10:40-11:40 AM	\$41	409505-03
9/3-9/26	Tu,Th	1:00-2:00 PM	\$33	409505-04
10/1-10/24	Tu,Th	1:00-2:00 PM	\$33	409505-05
*10/29-11/26	Tu,Th	1:00-2:00 PM	\$37	409505-06

#### Location: Foothills Activity Center

9/3-9/26	Tu,Th	8:30-9:30 AM	\$33	409703-01
10/1-10/24	Tu,Th	8:30-9:30 AM	\$33	409703-02
*10/29-11/26	Tu,Th	8:30-9:30 AM	\$37	409703-03
9/3-9/26	Tu,Th	9:45-10:45 AM	\$33	409703-04
10/1-10/24	Tu,Th	9:45-10:45 AM	\$33	409703-05
*10/29-11/26	Tu,Th	9:45-10:45 AM	\$37	409703-06

#### **Pound Rockout Workout**

Combine cardio, strength training, balance, and pilates inspired movements with simulated drumming using lightly weighted ripstixs for total body conditioning.

#### Location: Senior Center

9/4-9/25	W	6:35-7:20 PM	\$13	409403-01
10/2-10/23	W	6:35-7:20 PM	\$13	409403-02
10/30-11/20	W	6:35-7:20 PM	\$13	409403-03

#### PowerTrain

Pump iron and the heart. An intense body strengthening workout with free weights, resistance machines, and cardio equipment. Each powerful cardio and weightlifting session is different to keep the body guessing and force it to stay at its peak. Note: Class will not be held on 11/27.

#### Location: Northside Aztlan Center

9/3-9/26	Tu,Th	6:15-7:15 AM	\$33	409506-01
10/1-10/24	Tu,Th	6:15-7:15 AM	\$33	409506-02
*10/29-11/26	Tu,Th	6:15-7:15 AM	\$37	409506-03
9/3-9/26	Tu,Th	11:30 AM-12:30 PM	\$33	409506-04
10/1-10/24	Tu,Th	11:30 AM-12:30 PM	\$33	409506-05
*10/29-11/26	Tu,Th	11:30 AM-12:30 PM	\$37	409506-06
9/3-9/26	Tu,Th	12:30-1:30 PM	\$33	409506-07
10/1-10/24	Tu,Th	12:30-1:30 PM	\$33	409506-08

#### Power Train continued

*10/29-11/26	Tu,Th	12:30-1:30 PM	\$37	409506-09
Location: Foot	hills Activ	vity Center		
9/4-9/27	M,W,F	5:30-6:30 PM	\$45	409704-01
9/30-10/25	M,W,F	5:30-6:30 PM	\$49	409704-02
*10/28-11/29	M,W,F	5:30-6:30 PM	\$57	409704-03

#### Spin & Tone

Includes the same workout challenge that other group spin classes offer, but with an additional toning segment either throughout the class or at the end. Great for cardiovascular training and total body strengthening.

#### Location: Northside Aztlan Center

9/4-9/25	M,W	5:30-6:30 PM	\$29	409507-01
9/30-10/23	M,W	5:30-6:30 PM	\$33	409507-02
*10/28-11/25	M,W	5:30-6:30 PM	\$37	409507-03
9/3-9/26	Tu,Th	6:15-7:15 AM	\$33	409507-04
10/1-10/24	Tu,Th	6:15-7:15 AM	\$33	409507-05
*10/29-11/26	Tu,Th	6:15-7:15 AM	\$37	409507-06

#### Strength & Tone

Upbeat and designed to develop strength and flexibility of every fitness level. Sculpt with free weights, toning moves, waves of cardio, and rotating fitness equipment to help rev metabolism.

#### Location: Northside Aztlan Center

9/3-9/26	Tu,Th	Noon-12:55 PM	\$33	409508-01
10/1-10/24	Tu,Th	Noon-12:55 PM	\$33	409508-02
*10/29-11/26	Tu,Th	Noon-12:55 PM	\$37	409508-03

#### Strength Training

Increase muscle strength, bone mass, and stamina. The first class of each session includes an orientation to training principles and equipment.

#### Location: Northside Aztlan Center

9/4-9/25	M,W	8:30-9:30 AM	\$29	409509-01
9/30-10/23	M,W	8:30-9:30 AM	\$33	409509-02
*10/28-11/27	M,W	8:30-9:30 AM	\$41	409509-03
9/3-9/26	Tu,Th	9:30-10:30 AM	\$33	409509-04
10/1-10/24	Tu,Th	9:30-10:30 AM	\$33	409509-05
*10/29-11/26	Tu,Th	9:30-10:30 AM	\$37	409509-06

#### **Total Body Boot Camp**

A mix of cardio, weight circuits, and stretches. Keep the body guessing and see improvements in strength, flexibility, and stamina.

#### Location: Northside Aztlan Center

9/3-9/26	Tu,Th	5:15-6:15 PM	\$33	409510-01
10/1-10/24	Tu,Th	5:15-6:15 PM	\$33	409510-02
*10/29-11/26	Tu,Th	5:15-6:15 PM	\$37	409510-03

## FOOTHILLS ACTIVITY CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
6:15 - 7:15 AM	6:15 - 7:15 AM	6:15 - 7:15 AM	6:15 - 7:15 AM	9:00 - 10:00 AM
Les Mills BodyPump	Functional Interval Training	Les Mills BodyPump	Functional Interval Training	Parent/Baby Yoga
9:00 - 10:00 AM	8:30 - 9:30 AM	9:00 - 10:00 AM	8:30 - 9:30 AM	10:00 - 10:45 AM
Trail Fit	Mat Pilates	Trail Fit	Mat Pilates	Parent/Toddler Yoga
12:15 - 1:00 PM	8:50 - 9:50 AM	12:15 - 1:00 PM	8:50 - 9:50 AM	5:00 - 5:45 PM
Les Mills BodyPump	Low Impact Aerobics	Les Mills BodyPump	Low Impact Aerobics	Parent/Child Yoga
1:15 - 2:15 PM	9:45 - 10:45 AM	1:15 - 2:15 PM	9:45 - 10:45 AM	5:30 - 6:30 PM
Power Yoga	Mat Pilates	Power Yoga	Mat Pilates	PowerTrain
5:30 - 6:30 PM	2:15 - 3:15 PM	4:15 - 5:15 PM	2:15 - 3:15 PM	5:45 - 6:30 PM
Slow Flow Hatha Yoga	Slow Flow Hatha Yoga	PlayItUp, Family Fitness	Slow Flow Hatha Yoga	Parent/Child Yoga
5:30 - 6:30 PM	5:30 - 6:30 PM	5:30 - 6:30 PM	4:15 - 5:15 PM	Saturday
PowerTrain	Les Mills BodyPump	Slow Flow Hatha Yoga	PlayItUp, Family Fitness	
	5:30 - 6:30 PM	5:30 - 6:30 PM	5:30 - 6:30 PM	9:15 - 10:15 AM
	Beginner Weight Lifting	PowerTrain	Les Mills BodyPump	Qigong & Taichi for Health
			5:30 - 6:30 PM Beginner Weight Lifting	9:15 - 10:15 AM Les Mills BodyPump
				10:30 - 11:30 AM PlayItUp, Family Fitness

## NORTHSIDE AZTLAN COMMUNITY CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
6:15 - 7:15 AM	6:15 - 7:15 AM	6:15 - 7:15 AM	6:15 - 7:15 AM	6:15 - 7:15 AM
CrossTrain	PowerTrain	CrossTrain	PowerTrain	CrossTrain
7:30 - 8:30 AM	6:15 - 7:15 AM	7:30 - 8:30 AM	6:15 - 7:15 AM	7:00 - 8:00 AM
Barre Fitness	Spin & Tone	Barre Fitness	Spin & Tone	Barre Fitness
8:30 - 9:30 AM	7:30 - 8:30 AM	8:30 - 9:30 AM	7:30 - 8:30 AM	9:00 - 10:00 AM
Strength Training	Morning Meditation & Yoga	Strength Training	Morning Meditation & Yoga	Zumba @ Club Tico
9:00 - 10:00 AM	9:00 - 10:00 AM	9:00 - 10:00 AM	9:00 - 10:00 AM	9:30 - 10:30 AM
Barre Fitness	Yoga & Meditation	Barre Fitness	Yoga & Meditation	Lose to Win
9:00 - 10:00 AM	9:30 - 10:30 AM	9:00 - 10:00 AM	9:30 - 10:30 AM	11:00 AM - Noon
Zumba @ Club Tico	Strength Training	Zumba @ Club Tico	Strength Training	Restorative Yoga
9:30 - 10:30 AM	Noon - 1:00 PM	9:30 - 10:30 AM	Noon - 1:00 PM	11:30 AM - 12:30 PM
Lose to Win	TRX Body Blast	Lose to Win	TRX Body Blast	CrossTrain
10:00 - 11:00 AM	Noon - 1:00 PM	10:00 - 11:00 AM	Noon - 1:00 PM	12:30 - 1:30 PM
Essentrics	PowerTrain	Essentrics	PowerTrain	CrossTrain
10:40 - 11:40 AM	Noon - 12:55 PM	10:40 - 11:40 AM	Noon - 12:55 PM	Saturday
Mat Pilates	Strength & Tone	Mat Pilates	Strength & Tone	
11:00 - 11:45 AM	1:00 - 2:00 PM	11:00 - 11:45 AM	1:00 - 2:00 PM	8:15 - 9:15 AM
SS Classic	Mat Pilates	SS Classic	Mat Pilates	TRX Body Blast
11:30 AM - 12:30 PM	1:00 - 2:00 PM	11:30 AM - 12:30 PM	1:00 - 2:00 PM	8:15 - 9:15 AM
CrossTrain	Sculpting Yoga	CrossTrain	Sculpting Yoga	Vinyasa Flow Yoga
Noon - 1:00 PM	5:00 - 6:00 PM	Noon - 1:00 PM	5:00 - 6:00 PM	Sunday
Restorative Yoga	Slow Flow Hatha Yoga	Restorative Yoga	Slow Flow Hatha Yoga	
12:30 - 1:30 PM	5:15 - 6:15 PM	12:30 - 1:30 PM	5:15 - 6:15 PM	10:00 - 11:00 AM
CrossTrain	Total Body Boot Camp	CrossTrain	Total Body Boot Camp	Mindfulness Yoga
4:00 - 5:00 PM	6:15 - 7:15 PM	4:00 - 5:00 PM	6:15 - 7:15 PM	11:15 AM - 12:15 PM
Slow Flow Hatha Yoga	Power Yoga	Slow Flow Hatha Yoga	Power Yoga	Meditation
5:30 - 6:30 PM	6:30 - 7:30 PM	5:30 - 6:30 PM	6:30 - 7:30 PM	
Spin & Tone	Zumba	Spin & Tone	Zumba	
		6:30 - 7:30 PM Zumba		

#### **SENIOR CENTER**

Monday	Tuesday	Wednesday	Thursday	Friday
8:30 - 9:30 AM	8:00 - 8:50 AM	8:50 - 9:50 AM	8:00 - 8:50 AM	8:50 - 9:50 AM
Yoga Chair	Boomer Blast	Back & Body Strength	Boomer Blast	Back & Body Strength
8:50 - 9:50 AM	8:00 - 8:50 AM	9:00 - 10:00 AM	8:00 - 8:50 AM	10:00 - 10:55 AM
Back & Body Strength	Functional Strength	Yoga for Osteoporosis	Functional Strength	Body & Mind in Motion
10:00 - 10:55 AM	9:00 - 9:50 AM	10:00 - 10:55 AM	9:00 - 9:50 AM	12:00 - 1:00 PM
Body & Mind in Motion	Functional Strength	Body & Mind in Motion	Functional Strength	Tai Chi for Arthritis II
10:00 - 11:00 AM	10:10 - 10:55 AM	Noon - 1:00 PM	10:00 - 11:00 AM	1:00 - 1:45 PM
Therapeutic Yoga	SS Classic	Yoga, Beginning	Therapeutic Yoga	SS Circuit
11:00 AM - Noon	11:00 AM - Noon	Noon - 12:45 PM	10:10 - 10:55 AM	2:00 - 2:45 PM
Therapeutic Yoga	Restorative Yoga	Taijifit Flow	SS Classic	SS Stability
Noon - 12:45 PM	11:10 - 11:55 AM	1:00 - 1:45 PM	11:00 AM - Noon	3:00 - 4:00 PM
Taijifit Flow	SS Yoga	SS Circuit	Therapeutic Yoga	Mat Pilates
1:00 - 1:45 PM	12: 15 - 1:10 PM	1:15 - 2:15 PM	11:10 - 11:55 AM	3:00 - 4:00 PM
SS Circuit	SS Splash	Yoga, Beginning	SS Yoga	Tai Chi for Arthritis I
2:30 - 3:30 PM, 6/3 - 7/24	1:15 - 2:10 PM	2:30 - 3:30 PM, 6/3 - 7/24	12: 15 - 1:10 PM	Saturday
N'Balance	SS Splash	N'Balance	SS Splash	
3:00 - 4:00 PM	2:45 - 3:45 PM	4:10 - 4:55 PM	12:30 - 1:30 PM	9:00 - 10:00 AM
Mat Pilates	Yoga, Beginner	SS Yoga	Balance 201	Zumba
4:10 - 4:55 PM	4:00 - 4:45 PM	4:30 - 5:20 PM	1:15 - 2:10 PM	9:30 - 10:30 AM
SS Yoga	Taijifit Tools	Yoga, Advanced Beginner	SS Splash	Yoga All Levels
4:30 - 5:20 PM	4:00 - 5:00 PM	5:30 - 6:20 PM	2:45 - 3:45 PM	10:30 - 11:15 AM
Yoga, Advanced Beginner	Yoga, Beginner	Yoga, Advanced Beginner	Yoga, Beginning	SS Classic
5:30 - 6:20 PM	5:15 - 6:15 PM	5:30 - 6:30 PM	3:00 - 3:45 PM	11:15 AM - Noon
Yoga, Advanced Beginner	Yoga, Beginner	Zumba	Taijifit Forms	SS Yoga
5:30 - 6:30 PM	5:30 - 6:30 PM	6:30 - 7:30 PM	4:00 - 5:00 PM	12:45 - 1:45 PM
Zumba	Nia	Slow Flow Hatha Yoga	Swiss Theraball	Tai Chi Beginner
6:30 - 7:30 PM	6:30 - 7:30 PM	6:35 - 7:20 PM	4:00 - 5:00 PM	
Slow Flow Hatha Yoga	Yoga, Advanced Beginner	Pound Rockout Workout	Yoga, Beginning	
			5:15 - 6:15 PM Yoga, Beginning	
			5:30 - 6:30 PM Nia	

#### **TRX Body Blast**

TRX is a suspension fitness system that helps build balance, muscle strength, and flexibility. Adjust the straps to increase or decrease the difficulty of every exercise. All levels welcome. Note: Class will not be held on 10/19.

Location: Northside Aztlan Center	Location:	Northside	Aztlan Center
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9/3-9/26	Tu,Th	Noon-1:00 PM	\$33	409511-01
10/1-10/24	Tu,Th	Noon-1:00 PM	\$33	409511-02
*10/29-11/26	Tu,Th	Noon-1:00 PM	\$37	409511-03
9/7-9/28	Sa	8:15-9:15 AM	\$17	409511-04
10/5-10/26	Sa	8:15-9:15 AM	\$13	409511-05
*11/2-11/30	Sa	8:15-9:15 AM	\$21	409511-06

#### Weightlifting, Beginner

Designed for beginners, learn the basics of exercise science and weightlifting while also getting in a good workout.

Location: Foothills Activity Center

1/3-9/26 Tu,Th 5:30-6:30 PM \$33 409705-01
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#### [ DANCE ]

#### Zumba

Zumba fuses hypnotic Latin rhythms and easy to follow movements to create a dynamic fitness program. Routines feature interval training sessions where fast and slow rhythms are combined to tone and sculpt while burning fat.

#### Location: Club Tico

Location. club	neo			
9/9-9/23	М	9:00-10:00 AM	\$13	409112-01
9/30-10/21	М	9:00-10:00 AM	\$17	409112-02
*10/28-11/25	М	9:00-10:00 AM	\$21	409112-03
9/4-9/25	W	9:00-10:00 AM	\$17	409112-04
10/2-10/23	W	9:00-10:00 AM	\$17	409112-05
*10/30-11/27	W	9:00-10:00 AM	\$21	409112-06
9/6-9/27	F	9:00-10:00 AM	\$17	409112-07
10/4-10/25	F	9:00-10:00 AM	\$17	409112-08
*11/1-11/29	F	9:00-10:00 AM	\$21	409112-09
Location: Seni	or Cente	er		
9/9-9/23	М	5:30-6:30 PM	\$13	409404-01
9/30-10/21	М	5:30-6:30 PM	\$17	409404-02
*10/28-11/25	М	5:30-6:30 PM	\$21	409404-03
9/4-9/25	W	5:30-6:30 PM	\$17	409404-04
10/2-10/23	W	5:30-6:30 PM	\$17	409404-05
10/30-11/20	W	5:30-6:30 PM	\$17	409404-06
9/7-9/28	Sa	9:00-10:00 AM	\$17	409404-07
10/5-10/26	Sa	9:00-10:00 AM	\$17	409404-08
11/2-11/23	Sa	9:00-10:00 AM	\$17	409404-09
Location: Nort	hside Az	ztlan Center		
9/3-9/24	Tu	6:30-7:30 PM	\$17	409512-01
10/1-10/22	Tu	6:30-7:30 PM	\$17	409512-02
*10/29-11/26	Tu	6:30-7:30 PM	\$21	409512-03
9/4-9/25	W	6:30-7:30 PM	\$17	409512-04
10/2-10/23	W	6:30-7:30 PM	\$17	409512-05

Zumba continued

10/30-11/20	W	6:30-7:30 PM	\$17	409512-06
9/5-9/26	Th	6:30-7:30 PM	\$17	409512-07
10/3-10/24	Th	6:30-7:30 PM	\$17	409512-08
10/31-11/21	Th	6:30-7:30 PM	\$17	409512-09

#### Zumba Gold

A modified Zumba class that recreates the same dance moves at a lower intensity. Focus on balance, range of motion, coordination, and having fun. No dance experience necessary.

Location: Senior Center

9/5-9/26	Th	12:15-1:00 PM	\$13	409430-01
10/3-10/24	Th	12:15-1:00 PM	\$13	409430-02
10/31-11/21	Th	12:15-1:00 PM	\$13	409430-03

#### [ MIND/BODY ]

#### Nia

Claim wellness and explore 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. Advance registration strongly encouraged. All levels welcome.

Location: Senior Center

9/3-9/24	Tu	5:30-6:30 PM	\$17	409405-01
10/1-10/22	Tu	5:30-6:30 PM	\$17	409405-02
*10/29-11/26	Tu	5:30-6:30 PM	\$21	409405-03
9/5-9/26	Th	5:30-6:30 PM	\$17	409405-04
10/3-10/24	Th	5:30-6:30 PM	\$17	409405-05
*10/31-11/21	Th	5:30-6:30 PM	\$17	409405-06

#### Tai Chi, Beginner

Tai Chi is an orthodox internal martial art from China. Discover the four "Mother Forms" of the art which are low-impact, meditative, and repetitive movements and provide insight into internal movement and training.

Location: Senior Center

9/7-9/28	Sa	12:45-1:45 PM	\$17	409406-01
10/5-10/26	Sa	12:45-1:45 PM	\$17	409406-02
11/2-11/23	Sa	12:45-1:45 PM	\$17	409406-03

#### Tai Chi Chih Guided Practice

This moving meditation circulates and balances the body's innate energy, or Chi. Easy to learn and can be done by all. Reduce stress, improve balance, and increase serenity. Guided practice requires some level of experience with the movements prior to class.

Location: Senior Center

9/6-9/27	F	1:00-2:00 PM	\$26	409432-01
10/4-10/25	F	1:00-2:00 PM	\$26	409432-02
11/1-11/22	F	1:00-2:00 PM	\$26	409432-03

#### **Taijifit Flow**

A style of fun and easy to follow tai chi that helps improve balance, strength, and flexibility. No routines or choreography to memorize. No experience necessary.

Location: Senior Center

9/4-9/25	M,W	Noon-12:45 PM	\$22	409407-01
9/30-10/23	M,W	Noon-12:45 PM	\$25	409407-02
*10/28-11/27	M,W	Noon-12:45 PM	\$31	409407-03

#### **Taijifit Tools**

All the flow of TaijiFit but with the addition of traditional tai chi tools such as the sword fan and weighted chi spheres, plus, new Fusion forms: Bamboo Fusion (yoga and tai chi), Iron Fusion (strength and tai chi), and Fire Fusion (karate and tai chi). No experience necessary.

Location: Senior Center

9/3-9/24	Tu	4:00-4:45 PM	\$13	409407-04
10/1-10/22	Tu	4:00-4:45 PM	\$13	409407-05
*10/29-11/26	Tu	4:00-4:45 PM	\$16	409407-06

#### **Taijifit Forms**

A stronger focus on choreography and intentional movement. The fun atmosphere of TaijiFit Flow with a focus on learning traditional tai chi forms such as the 9 and 24 forms.

#### Location: Senior Center

9/5-9/26	Th	3:00-3:45 PM	\$13	409407-07
10/3-10/24	Th	3:00-3:45 PM	\$13	409407-08
10/31-11/21	Th	3:00-3:45 PM	\$13	409407-09

#### Meditation

Join a supportive setting for regular meditation practice. Learn and experience the benefits of various techniques to help find one that can be adapted to individual challenges and needs. Time available for questions, discussion, and sharing.

#### Location: Northside Aztlan Center

9/8-9/29	Su	11:15 AM-12:15 PM	\$17	409513-01
10/6-10/27	Su	11:15 AM-12:15 PM	\$17	409513-02
*11/3-12/1	Su	11:15 AM-12:15 PM	\$21	409513-03

#### Tai Chi & Qigong for Health

An introduction to the art of Tai Chi Chuan using health cultivation exercises that make up the basis of the long Yang style form. Suitable for adults of all ages.

#### Location: Foothills Activity Center

9/7-9/28	Sa	9:15-10:15 AM	\$17	409706-01
10/5-10/26	Sa	9:15-10:15 AM	\$17	409706-02
*11/2-11/30	Sa	9:15-10:15 AM	\$21	409706-03

#### [YOGA]

#### Gentle Yoga

Includes flow practice and yin poses with a therapeutic emphasis. All levels welcome.

Location: Foothills Activity Center

#### Gentle Yoga continued

9/5-9/26 Th	Noon-1:00 PM	\$21	409433-01
10/3-10/24 Th	Noon-1:00 PM	\$21	409433-02
10/31-11/21 Th	Noon-1:00 PM	\$21	409433-03

#### Mindfulness Yoga

Integrate the practice of mindfulness with yoga poses. All levels welcome. Based on the book, Mindfulness Yoga, by Frank Jude Boccio.

#### Location: Northside Aztlan Center

9/8-9/29	Su	10:00-11:00 AM	\$17	409515-01
10/6-10/27	Su	10:00-11:00 AM	\$17	409515-02
*11/3-12/1	Su	10:00-11:00 AM	\$21	409515-03

#### **Morning Meditation & Yoga**

A positive and healthy way to balance the day. Begin the morning with meditation, moving into gentle yoga.

Location: Northside Aztlan Center

9/3-9/26	Tu,Th	7:30-8:30 AM	\$33	409516-01
10/1-10/24	Tu,Th	7:30-8:30 AM	\$33	409516-02
*10/29-11/26	Tu,Th	7:30-8:30 AM	\$37	409516-03

#### **Power Yoga**

A dynamic and upbeat yoga practice with emphasis on fitness to tone the entire body. Power yoga focuses on strength, stamina, and whole-body wellbeing.

Location: Northside Aztlan Center

9/3-9/26	Tu,Th	6:15-7:15 PM	\$33	409517-01
10/1-10/24	Tu,Th	6:15-7:15 PM	\$33	409517-02
*10/29-11/26	Tu,Th	6:15-7:15 PM	\$37	409517-03
Location: Foothills Activity Center				

9/4-9/25	M,W	1:15-2:15 PM	\$29	409707-01
9/30-10/23	M,W	1:15-2:15 PM	\$33	409707-02
*10/28-11/27	M,W	1:15-2:15 PM	\$41	409707-03

#### **Restorative Yoga**

A pleasant way to relax and create balance in life. Use bolsters, blocks, and blankets to experience the benefits of a passive practice. Allows release of effort that encourages calmness, tranquility, and connecting with self-healing.

Location: Senior Center

9/3-9/24	Tu	11:00 AM-Noon	\$17	409408-01
10/1-10/22	Tu	11:00 AM-Noon	\$17	409408-02
*10/29-11/26	Tu	11:00 AM-Noon	\$21	409408-03
Location: Nort	hside Aztlaı	n Center		
9/4-9/25	M,W	Noon-1:00 PM	\$29	409518-01
9/30-10/23	M,W	Noon-1:00 PM	\$33	409518-02
*10/28-11/27	M,W	Noon-1:00 PM	\$41	409518-03
9/6-9/27	F	11:00 AM-Noon	\$17	409518-04
10/4-10/25	F	11:00 AM-Noon	\$17	409518-05
*11/1-11/29	F	11:00 AM-Noon	\$21	409518-06

#### **Sculpting Yoga**

Sculpt with weights and yoga. Build strength and definition. All levels welcome.

Location: Northside Aztlan Center

9/3-9/26	Tu,Th	1:00-2:00 PM	\$33	409519-01
10/1-10/24	Tu,Th	1:00-2:00 PM	\$33	409519-02
*10/29-11/26	Tu,Th	1:00-2:00 PM	\$37	409519-03

#### **Slow Flow Hatha Yoga**

Nurturing, fun, and non-competitive. Improve balance, strength, and flexibility. Poses are linked together slowly with attention to breath. Philosophy and stress management techniques are touched on. Designed for beginner and intermediate levels.

#### Location: Senior Center

9/9-9/23	М	6:30-7:30 PM	\$13	409409-01
9/30-10/21	М	6:30-7:30 PM	\$17	409409-02
*10/28-11/25	М	6:30-7:30 PM	\$21	409409-03
9/4-9/25	W	6:30-7:30 PM	\$17	409409-04
10/2-10/23	W	6:30-7:30 PM	\$17	409409-05
10/30-11/20	W	6:30-7:30 PM	\$17	409409-06
Location: Nort	hside Aztla	n Center		
9/9-9/23	М	4:00-5:00 PM	\$13	409520-01
9/30-10/21	М	4:00-5:00 PM	\$17	409520-02
*10/28-11/25	М	4:00-5:00 PM	\$21	409520-03
9/3-9/24	Tu	5:00-6:00 PM	\$17	409520-04
10/1-10/22	Tu	5:00-6:00 PM	\$17	409520-05
*10/29-11/26	Tu	5:00-6:00 PM	\$21	409520-06
9/4-9/25	W	4:00-5:00 PM	\$17	409520-07
10/2-10/23	W	4:00-5:00 PM	\$17	409520-08
*10/30-11/27	W	4:00-5:00 PM	\$21	409520-09
9/5-9/26	Th	5:00-6:00 PM	\$17	409520-10
10/3-10/24	Th	5:00-6:00 PM	\$17	409520-11
10/31-11/21	Th	5:00-6:00 PM	\$17	409520-12
Location: Foot	hills Activit	ty Center		
9/4-9/25	M,W	5:30-6:30 PM	\$29	409708-01
9/30-10/23	M,W	5:30-6:30 PM	\$33	409708-02
*10/28-11/25	M,W	5:30-6:30 PM	\$37	409708-03
9/3-9/26	Tu,Th	2:15-3:15 PM	\$33	409708-04
10/1-10/24	Tu,Th	2:15-3:15 PM	\$33	409708-05

#### Svaroopa Yoga

\*10/29-11/26

A restorative style of Hatha yoga. Open and release core spinal muscles that cause pain in knees, back, shoulders and neck. Dissolve tension, stress and spinal compression. Transform outside and inside.

2:15-3:15 PM

\$37

409708-06

#### Location: Senior Center

Tu,Th

9/4-9/25	W	10:15-11:45 AM	\$36	409431-01
10/2-10/23	W	10:15-11:45 AM	\$36	409431-02
10/30-11/27	W	10:15-11:45 AM	\$36	409431-03

#### **Therapeutic Yoga**

Slow, directed yoga emphasizes joint health, circulation, and mindfulness. Designed for aging adults.

Location: Senior Center

9/9-9/23	М	10:00-11:00 AM	\$13	409410-01
9/30-10/21	М	10:00-11:00 AM	\$17	409410-02
*10/28-11/25	М	10:00-11:00 AM	\$21	409410-03
9/9-9/23	М	11:00 AM-Noon	\$13	409410-04
9/30-10/21	М	11:00 AM-Noon	\$17	409410-05
*10/28-11/25	М	11:00 AM-Noon	\$21	409410-06
9/5-9/26	Th	10:00-11:00 AM	\$17	409410-07
10/3-10/24	Th	10:00-11:00 AM	\$17	409410-08
10/31-11/21	Th	10:00-11:00 AM	\$17	409410-09
9/5-9/26	Th	11:00 AM-Noon	\$17	409410-10
10/3-10/24	Th	11:00 AM-Noon	\$17	409410-11
10/31-11/21	Th	11:00 AM-Noon	\$17	409410-12

#### Vinyasa Flow Yoga

A fun and fast paced flow which links breath with movement. Learn the fundamental postures and principles to create a strong yoga practice and build core strength to support more advanced poses. Note: Class will not be held on 10/19.

Location: Northside Aztlan Center

8:15-9:15 AM	\$17	409521-01
8:15-9:15 AM	\$13	409521-02
8:15-9:15 AM	\$21	409521-03
	8:15-9:15 AM	8:15-9:15 AM \$13

#### **Yoga All Levels**

An emphasis on precision in alignment is taught in standing, forward bending, back bending, twisting, and restorative poses.

Location: Senior Center

9/7-9/28	Sa	9:30-10:30 AM	\$17	409411-01
10/5-10/26	Sa	9:30-10:30 AM	\$17	409411-02
11/2-11/23	Sa	9:30-10:30 AM	\$17	409411-03

#### Yoga & Meditation

Learn to quiet the mind and find inner balance. Begin with meditation and move into a gentle flow of yoga asanas. This is a calm approach to being present, rejuvenated, and healthier.

Location: Northside Aztlan Center

9/3-9/26	Tu,Th	9:00-10:00 AM	\$33	409522-01
10/1-10/24	Tu,Th	9:00-10:00 AM	\$33	409522-02
*10/29-11/26	Tu,Th	9:00-10:00 AM	\$37	409522-03



Denotes no web registration for program

Denotes program/activity has special membership pricing

#### Yoga, Beginner

Practice yoga breath work and physical exercises to gain strength, tone, flexibility, and stamina. Also experience a sense of inner calm.

Location:	Senior	Center

9/3-9/26	Tu,Th	2:45-3:45 PM	\$33	409412-01
10/1-10/24	Tu,Th	2:45-3:45 PM	\$33	409412-02
*10/29-11/26	Tu,Th	2:45-3:45 PM	\$37	409412-03
9/3-9/26	Tu,Th	4:00-5:00 PM	\$33	409412-04
10/1-10/24	Tu,Th	4:00-5:00 PM	\$33	409412-05
*10/29-11/26	Tu,Th	4:00-5:00 PM	\$37	409412-06
9/3-9/26	Tu,Th	5:15-6:15 PM	\$33	409412-07
10/1-10/24	Tu,Th	5:15-6:15 PM	\$33	409412-08
*10/29-11/26	Tu,Th	5:15-6:15 PM	\$37	409412-09
9/4-9/25	W	Noon-1:00 PM	\$17	409412-10
10/2-10/23	W	Noon-1:00 PM	\$17	409412-11
*10/30-11/27	W	Noon-1:00 PM	\$21	409412-12
9/4-9/25	W	1:15-2:15 PM	\$17	409412-13
10/2-10/23	W	1:15-2:15 PM	\$17	409412-14
*10/30-11/27	W	1:15-2:15 PM	\$21	409412-15

#### Yoga, Advanced Beginner

Previous yoga experience expected, with modifications offered for varying levels. Release stress and improve balance, flexibility, and strength with some difficult poses. Mindfulness and breath techniques offered. Note: Must be able to do floor and standing exercises at a fast pace.

#### Location: Senior Center

9/9-9/23	М	4:30-5:20 PM	\$13	409413-01
9/30-10/21	М	4:30-5:20 PM	\$17	409413-02
*10/28-11/25	М	4:30-5:20 PM	\$21	409413-03
9/4-9/25	M,W	5:30-6:20 PM	\$29	409413-04
9/30-10/23	M,W	5:30-6:20 PM	\$33	409413-05
*10/28-11/25	M,W	5:30-6:20 PM	\$37	409413-06
9/4-9/25	W	4:30-5:20 PM	\$17	409413-07
10/2-10/23	W	4:30-5:20 PM	\$17	409413-08
10/30-11/20	W	4:30-5:20 PM	\$17	409413-09
9/3-9/24	Tu	6:30-7:30 PM	\$17	409413-10
10/1-10/22	Tu	6:30-7:30 PM	\$17	409413-11
*10/29-11/26	Tu	6:30-7:30 PM	\$21	409413-12

#### **FAMILY & YOUTH PROGRAMS**

#### PlayItUp

Connect with child through circuit training-based fitness play. Adults achieve a workout, while engaged with children. Note: At least one adult must be present and in the room with enrolled child/children. Fee includes one child and one parent.

#### Location: Foothills Activity Center

Age: 3-12 years

9/4-9/25	W	5:00-6:00 PM	\$51	409709-01
10/2-10/23	W	5:00-6:00 PM	\$51	409709-02
10/30-11/20	W	5:00-6:00 PM	\$51	409709-03
9/5-9/26	Th	5:00-6:00 PM	\$51	409709-04

#### PlayItUp continued

10/3-10/24	Th	5:00-6:00 PM	\$51	409709-05
10/31-11/21	Th	5:00-6:00 PM	\$51	409709-06
9/7-9/28	Sa	9:30-10:30 AM	\$51	409709-07
10/5-10/26	Sa	9:30-10:30 AM	\$51	409709-08
11/2-11/23	Sa	9:30-10:30 AM	\$51	409709-09

#### Family Yoga, Baby & Toddler

Explore yoga with an infant. 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. Fee includes up to three participants.

Location: Foothills Activity Center

Parent/Baby Yoga

Age: 6-18 months

9/6-9/27	F	9:00-10:00 AM	\$17	409710-01
10/4-10/25	F	9:00-10:00 AM	\$17	409710-02
*11/1-11/29	F	9:00-10:00 AM	\$21	409710-03

#### Parent/Toddler Yoga

Age: 18 months-3 years

9/6-9/27	F	10:00-10:45 AM	\$13	409710-04
10/4-10/25	F	10:00-10:45 AM	\$13	409710-05
*11/1-11/29	F	10:00-10:45 AM	\$16	409710-06

#### Family Yoga, Child

Parent and child enjoy yoga together. Improve body and mind with a fun approach to breath work and movement. Increase strength, flexibility, coordination, and posture. Learn relaxation techniques and fun posture poses to create a foundation for health and wellness.

Age: 4-12 years

Location: Foothills Activity Center

9/6-9/27	F	5:00-5:45 PM	\$13	409710-07
10/4-10/25	F	5:00-5:45 PM	\$13	409710-08
*11/1-11/29	F	5:00-5:45 PM	\$16	409710-09
9/6-9/27	F	5:45-6:30 PM	\$13	409710-10
10/4-10/25	F	5:45-6:30 PM	\$13	409710-11
*11/1-11/29	F	5:45-6:30 PM	\$16	409710-12

#### **Smart Fit Girls**

A 10-week program for adolescent girls aimed to promote physical and mental wellbeing. Participate in physical activity with a focus on strength training. Also discuss topics including nutrition, bullying, media, and self-love, all while building friendships and working out together.

#### Grade: 6-8

Location: Foothills Activity Center

9/10-11/14 Tu,Th 4:00-6:00 PM \$151 40971	2-01
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#### **Teen Yoga**

Become more connected with body, mind, and the world through self-discovery, mindful breathing, yoga sequences and self-confidence exercises.

Age: 11-16 years

Location: Foothills Activity Center

9/4-9/25	W	4:20-5:20 PM	\$17	409711-01
10/2-10/23	W	4:20-5:20 PM	\$17	409711-02
10/30-11/20	W	4:20-5:20 PM	\$17	409711-03

#### WELLNESS PROGRAMS

All programs are available to ages 18 years & up unless otherwise noted. All programs are held at the Senior Center unless otherwise noted.

#### **Beyond the Pill Box**

Medications play an important role in health and wellbeing. Learn about the AGS Beers Criteria, which are medications older adults may want to avoid or use with caution and other safety tips when it comes to medications.

10/23	W	2:00-3:30 PM	No Fee	409456-01

#### **Bossy Bladder or Bowel**

Bossy bladders or bowels can stand in the way of life and prevent participation in hobbies or family events. Learn how to get control to lead a worry-free life. Gain tools to manage the bladder and/or bowels. By Covell Care & Rehabilitation.

9/10 Tu 1:00-2:00 PM No Fee 409457-01
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#### **Brain Boosters**

Workout the brain with brain games, mental exercises, and new activities to keep the mind active. Learn strategies supported by brain health research that contribute to brain healthy living. By Rich Shipman with the UCHealth Aspen Club.

0/10	т.,	0.00 10.70 4 4	¢c	400451.01
9/10	IU	9:00-10:30 AM	\$6	409451-01

#### Death Café

An opportunity to demystify the topic of death and engage in thoughtful and respectful conversation about death. Discuss living well and "leaving" well. By UCHealth Aspen Club.

11/5	Tu	1:30-3:00 PM	No Fee	409454-01

#### **Exercise at Home**

Discuss which exercises can be done safely at home. Learn how to create a safe environment, along with some exercises and stretches for movement and strength. By Covell Care & Rehabilitation.

9/30 M 10:00-11:00 AM No Fee 409458-01

#### **Get Your Advanced Directives**

Receive an explanation of living wills and medical health care directives, as well as the opportunity to complete them. End-of-life discussions and the importance of sharing plans with loved ones included. By UCHealth Aspen Club.

9/11 W 9:00-10:30 AM No Fee 40945
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#### **Healing Through Meditation & Spiritual Wisdom**

Age gracefully with strength through simple yoga breathing, visualization, positive affirmations, and meditation. Techniques help with stress, fatigue, lack of sleep, high blood pressure, and emotional distress. By Swamijii Dharmananda.

9/6-9/27	F	10:00-11:30 AM	\$41	409450-01
10/4-10/25	F	10:00-11:30 AM	\$41	409450-02
11/1-11/22	F	10:00-11:30 AM	\$41	409450-03

#### **Home Safety**

Accidents and injuries often happen in or close to home. Understand hazards in the home, strategies to keep safe, and when and who to call for extra support. By Covell Care & Rehabilitation.

11/15	F	9:30-10:30 AM	No Fee	409461-01
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#### Living Well with Chronic Disease

Learn self-managing tools that may help improve health. Learn skills that can be incorporated into daily life.

10/10-11/14	Th	1:00-3:30 PM	No Fee	409455-01

#### Move, Dance, Laugh, & Brain Health

Combine humor and fun with movement to positively impact cognitive health. Humor leads to improved wellbeing, boosted morale, increased communication skills, and an enriched quality of life. Wear comfortable shoes. By UCHealth Aspen Club.

11/4	М	2:00-3:30 PM	\$6	409453-01

#### To Drive or Not to Drive

Learn how to determine if someone is fit to drive or what restrictions may need to be put in place. Discuss Colorado state regulations on driving, red flags to keep in mind, and what supportive resources exist. By Covell Care & Rehabilitation.

10/17	Th	10:00-11:00 AM	No Fee	409459-01

#### **Understanding Speech**

Speech therapy for older adults is much more than speaking. Learn how speech therapy supports someone with cognitive impairments, swallowing, and more. By Covell Care & Rehabilitation.

10/29 Tu 10:00-11:00 AM No Fee 409460-	01
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#### [ESSENTIAL OILS]

#### **Oils of the Bible**

Learn about the essential oils that are in the Bible and the use of the use of those oils.

- /	_			
9/3	Tu	6:00-7:30 PM	No Fee	409469-01

#### Men & Women's Health with Essential Oils

Learn the essential oils that will help assist men and women to better health.

10/1 Tu 6:00-7:30 PM No Fee 409469-02
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#### **Emotions & Essential Oils**

Learn about the essential oils that can help assist working through emotions.

11/5 Tu 6:00-7:30 PM No Fee 409469-03

#### [NUTRITION]

#### Healthy Cooking on a Budget

Learn tips and tricks on how to save money while shopping and planning homemade meals. A delicious recipe and samples included. By Sapna Von Reich, Food for Life Educator.

9/6 F 1:30-2:30 PM \$6 409462
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#### **Nutrition Education: Macronutrients**

Learn about carbs, fats, and proteins from a registered dietitian. Understand how each nutrient works in the body, why each is needed and bust some common myths.

Location: Foothills Activity Center

9/16-9/30	М	6:00-7:30 PM	\$41	409465-01

#### Nutrition Education: Current Diet Trends

Learn about current diet trends, which are best, and if one should be utilized. Registration includes a basic meal component and a day of recipes. Note taking encouraged.

Location: Foothills Activity Center

10/15	Tu	6:00-7:30 PM	\$16	409465-02

#### Nutrition Education: Label Reading

Decipher the phrases used on food labels and determine which phrases to look for and which ones mean nothing. Learn about different sections at the grocery store and how to make informed decision in each food group.

Location: Foothills Activity Center

	11/7	Th	6:00-7:30 PM	\$16	409465-03
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#### **The Power of Your Plate**

Learn the power of food in maintaining a healthy weight. This Food for Life class kick starts weight loss, maintaining a healthy weight, or simply embracing a healthy diet. A delicious recipe and samples included. By Sapna Von Reich, Food for Life Educator.

10/11 F 1:30-2:30 PM \$6 409463-0
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#### The 21-Day Sugar Detox

Learn to tame the sugar monster and squash cravings. Sugar is highly addictive and eating foods high in sugar and refined carbs can damage health, causing fatigue, weight gain, mood swings, aches, pains, and inflammation. By a Holistic Nutritionist. Note: Class will not be held on 9/18, 10/16, 11/13.

9/4-9/25	W	5:00-6:00 PM	\$61	409464-01
10/2-10/23	W	10:00-11:00 AM	\$61	409464-02
10/30-11/20	W	5:00-6:00 PM	\$61	409464-03

## **Recreation Subscriptions**

#### **Recreation Newsletters**



## RECREATION



Say hello to Recreation's newest e-newsletter – Pickleball Updates. Stay in the know on all things pickleball from open gym times to upcoming tournaments. Get the latest news delivered right to your inbox.

#### Subscribe at fcgov.com/recreation.





Auxiliary aids and services are available for persons with disabilities. 19-21170

#### [ ENHANCE WELLNESS ]

Enhance Wellness (EW) is an evidence-based program that helps people get healthy and stay healthy.

#### **EW – Nutrition**

Discuss nutritional choices and mindful eating strategies. By Deanna O'Connell, RD with UCHealth Community Health.

9/16	М	1:00-2:00 PM	No Fee	409467-01
10/21	М	1:00-2:00 PM	No Fee	409467-02
11/18	М	1:00-2:00 PM	No Fee	409467-03

#### EW - Mind Body Course

Take charge of thoughts to improve life, health, and overall satisfaction. Learn tools that are well researched and proven to help when applied in a consistent manner. By a registered professional counselor.

9/26-11/21	Th	3:00-5:00 PM	\$26	409468-01

#### [ EVENTS & SUPPORT GROUPS ]

#### Fall Prevention Awareness Day 🖤

Keynote presentation by Don Hunter. Seminar highlights how and why falls occur and proven techniques for falling more safely. Includes exercise previews, educational booths, balance screenings, medication reviews, and a continental breakfast. To register for the event and/or a medication review contact the Aspen Club at 970.495.8560.

No Fee

#### Arthritis Education and Support Group 🖤

A meet up group to offer information and support for those who have arthritis and their family members, friends, and caregivers. Learn more, find resources, meet people, network, and share experiences. To register or get more information contact the Aspen Club at 970.495.8560.

11/18 11:30 AM-1:00 PM No Fee
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#### Life After Stroke Support Group 🖤

For stroke survivors and their caregivers to unite with others. Find positive solutions to create meaningful and fulfilling lives after experiencing a stroke. For more information contact UCHealth at 970.624.2109.

9/12, 10/10, 11/14	12:30-2:00 PM	No Fee

#### Parkinson's Support Group 🖤

The Parkinson's Support Group of Larimer County (PSGLC) provides a variety of programs for those with Parkinson's disease and their partners. Each month find education, support, and fellowship. For more information visit pdsupportlc.net.

9/4, 10/2, 11/6 10:30 AM-12:30 PM No Fee

## Ice Skating

## Learn to Skate USA

Anyone enrolled in the Learn to Skate program at EPIC is eligible to sign up for membership in the United States Figure Skating (USFS) program. This is an optional registration offered for an additional fee giving the participant access to membership privileges in USFS. This membership with USFS is not required to participate in the Learn to Skate program at EPIC. Additional information is available at learntoskateusa.com and during all Learn to Skate classes.

#### **General Information**

All Ice programs are held at EPIC unless otherwise noted.

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 and creates an obstruction for skaters and coaches to have parents at the gate or in the hockey boxes.

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 one instructor for every 10 students. Any Snowplow Sam, Basic 1, or Basic 2 classes greater than 10 students include an additional assistant. Minimum for all classes is 5 students; class levels may be combined to meet this minimum.

Skating lesson are 30-minutes in length with a 15-minute practice time, which may be before or after 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. Please see your coach with any concerns.

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, request a progress card from your coach on the last day you attend.

#### Proper clothing may include:

• Helmet (Not provided; required for Snowplow Sam 1-4, and strongly recommended for beginners).

- 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.

#### Public Skate 🖤

Lace up and get on the ice. Rinks are open for Public Skate at various dates and times throughout the week. Visit fcgov.com/iceskating for a current schedule. See page 7 for public skate admission fees. Note: Skate rentals are an additional \$3 fee.

#### Freestyle

Interested in learning 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.

#### **Conditioning for Skaters**

See the Conditioning Information Center posted in the Green Ice Rink Lobby.

#### **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. For more information, call 970.221.6683 or fill out a private lesson request at the front desk.

#### Figure Skating Lessons for Boy & Girl Scouts

Earn a skating Merit Badge. A learn to skate lesson can be arranged for troops during a public skate session at a discounted rate. Minimum of four skaters. Flexible number of weeks available. To schedule a lesson contact 970.416.2770.

#### **Skate Sharpening Services**

EPIC offers skate sharpening services for figure and hockey skates (Blackstone Flat Bottom V or standard hollow). Drop-off and walk-in service available (check with front desk for schedule).

Team & Club Contacts

#### Adult Hockey

Fort Collins Adult Hockey Association, fcaha.org

#### **College Hockey**

Colorado State University, csuhockey.com

#### **High School Hockey**

High Plains Hockey, highplainshockey.com

#### Women's Hockey

Flames/Phoenix/Comets/Hot Flashes, wachhockey.com

#### **Youth Hockey**

Northern Colorado Youth Hockey, ncyh.org

#### Curling

Poudre Valley Curling Club, Poudrevalleycurling.com

#### **Figure Skating Club**

Fort Collins Figure Skating Club, fortcollinsfsc.org

#### **Speed Skating**

Jondon Speed, Jondonspeed.com

#### Curling

See page 73 for more information on the annual Curling Bonspiel.

#### **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. Attire: helmet, clean rubber soled sneakers, and layers that are stretchy or loose. Note: Class will not be held on 12/1.

#### Age: 8 years & up

9/15-10/27	Su	9:15-11:15 AM	\$84	410376-01
11/3-12/15	Su	9:15-11:15 AM	\$72	410376-02

#### Corporate Curling 🖤

Curling is a great team building exercise and one of the fastest growing sports. Contact 970.416.2770 for pricing and to make a reservation. No experience required. Note: All equipment provided. Reservation required.

1:00-2:30 PM

Age: 8 years & up

8/27-11/26 Tu
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#### [ HOCKEY ]

#### Hockey Skate, Basic 1

Designed for skaters who have never skated before. See Basic 1 Skate for more information about skills learned. Hockey equipment not required. Note: Class will not be held on 11/30.

#### Age: 5-9 years

9/7-10/19	Sa	11:15-11:45 AM	\$64	410308-01
10/26-12/14	Sa	11:15-11:45 AM	\$64	410308-02

#### Hockey Skate, Basic 2

Designed for skaters between the ages of 10-15 years who have never skated before or who have successfully completed Hockey Skate, Basic 1. See Basic 2 Skate for more information about skills learned. Hockey equipment not required. Note: Class will not be held on 11/30.

#### Age: 5-15 years

9/7-10/19	Sa	10:30-11:00 AM	\$64	410312-01
10/26-12/14	Sa	10:30-11:00 AM	\$64	410312-02

#### **Cub Hockey, Beginner**

Focus on basic hockey and skating skills. Practice is held on Tuesdays; recreational games are held on Thursdays. Rental skates included; sticks available for purchase at equipment check-out for \$12. Prerequisite: Snowplow Sam 1 & 2 or Basic 1 Skate. Note: Equipment handout is 9/5 from 4-6 p.m.; equipment can be checked out with a \$150 check deposit. Equipment check in is immediately following last game of the session.

Age:	4-8	years
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#### 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. Payment must be made when signing up. Limited to 30 players. Note: Session will not be held on 11/28.

#### Age: 16 years & up

8/21-11/29	M-F	11:15 AM-12:45 PM	\$5	
8/22-11/21	Th	1:00-2:30 PM	\$5	

#### Stick & Puck Drop-In 🖤

Open session. Hockey specific helmet, gloves, stick, and shin guards required. Full equipment recommended for younger skaters. No scrimmaging allowed. Rules are posted in each arena.

#### Age: All

-			
8/24-11/30	Sa,Su	2:30-3:30 PM	\$5

#### **ADULT PROGRAMS**

#### Adult Beginner & Intermediate Skate

Designed for those with little or no previous experience on ice. See descriptions for Youth Ice Skating, Basic 1–4 for skills taught. Note: Helmets are strongly recommended for beginners. Class will not be held on 11/28.

Age: 16 years & up

8/29-9/19	Th	6:15-6:45 PM	\$39	410349-01
9/26-10/17	Th	6:15-6:45 PM	\$39	410349-02
10/24-11/14	Th	6:15-6:45 PM	\$39	410349-03
11/21-12/19	Th	6:15-6:45 PM	\$39	410349-04

#### **Adult Advanced Skate**

Designed for experienced skaters wishing to learn new skills. See descriptions for Youth Ice Skating, Basic 5–6 for skills taught. Note: Class will not be held on 11/28.

#### Age: 16 years & up

8/29-9/19	Th	6:45-7:15 PM	\$39	410353-01
9/26-10/17	Th	6:45-7:15 PM	\$39	410353-02
10/24-11/14	Th	6:45-7:15 PM	\$39	410353-03
11/21-12/19	Th	6:45-7:15 PM	\$39	410353-04

#### Fitness Skate 🖤

Intermediate to advanced skaters benefit from this aerobic exercise. Not discountable. 10 or 20 Admission Passes are available. Note: Class will not be held on 9/6, 9/20, 10/25, 11/28.

Age: 16 years & up

	8/21-11/29	M-F	11:15 AM-1:00 PM	\$6
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#### Senior Coffee Club 🖤

Designed for older adults interested in social skating. Drop-in fees apply. Note: Adult ages 85 years & up are eligible for the Platinum Pass. Ask the front desk for details.

Age: 60 years & up

8/21-11/27	W	9:15-10:45 AM	No Fee	

#### **YOUTH PROGRAMS**

#### Snowplow Sam 1 & 2

Introduction to the ice at a relaxed pace. Learn to sit on the ice and stand up, to march in place, the standing swizzle, dip, march forward, march forward with two-foot glide, and introduction to backward wiggles and rocking horse. Note: Class will not be held on 11/26, 11/28, 11/30.

#### Age: 4-5 years

8/27-9/19	Tu,Th	4:45-5:15 PM	\$73	410302-01
8/27-9/19	Tu,Th	9:30-10:00 AM	\$73	410302-02
9/7-10/19	Sa	10:30-11:00 AM	\$64	410302-03
9/24-10/17	Tu,Th	4:45-5:15 PM	\$73	410302-04
9/24-10/17	Tu,Th	9:30-10:00 AM	\$73	410302-05
10/22-11/14	Tu,Th	4:45-5:15 PM	\$73	410302-06
10/22-11/14	Tu,Th	9:30-10:00 AM	\$73	410302-07
10/26-12/14	Sa	10:30-11:00 AM	\$64	410302-08
11/19-12/19	Tu,Th	4:45-5:15 PM	\$73	410302-09
11/19-12/19	Tu,Th	9:30-10:00 AM	\$73	410302-10

#### Snowplow Sam 3 & 4

Learn to march forward across ice, forward one-foot glide, two-foot turns, rocking horse, forward swizzles, snowplow stop, two-foot hop, and backward wiggles. Prerequisite: Successful completion of Snowplow Sam 1 & 2. Note: Class will not be held on 11/26, 11/28, 11/30.

#### Age: 4-5 years

8/27-9/19	Tu,Th	4:45-5:15 PM	\$73	410304-01
8/27-9/19	Tu,Th	9:30-10:00 AM	\$73	410304-02
9/7-10/19	Sa	10:30-11:00 AM	\$64	410304-03
9/24-10/17	Tu,Th	4:45-5:15 PM	\$73	410304-04
9/24-10/17	Tu,Th	9:30-10:00 AM	\$73	410304-05
10/22-11/14	Tu,Th	4:45-5:15 PM	\$73	410304-06
10/22-11/14	Tu,Th	9:30-10:00 AM	\$73	410304-07
10/26-12/14	Sa	10:30-11:00 AM	\$64	410304-08
11/19-12/19	Tu,Th	4:45-5:15 PM	\$73	410304-09
11/19-12/19	Tu,Th	9:30-10:00 AM	\$73	410304-10

#### **Basic 1 Skate**

For skaters who have never skated before. Learn to sit and stand up, to march forward, two-foot glide, glide with dip, forward two-foot swizzles, two-foot snowplow stop, two-foot hop, wiggles, and introduction to forward one-foot glide. Note: Class will not be held on 11/26, 11/28, 11/30.

#### Age: 5-9 years

8/27-9/19	Tu,Th	4:45-5:15 PM	\$73	410306-01
8/27-9/19	Tu,Th	10:00-10:30 AM	\$73	410306-02
9/7-10/19	Sa	10:30-11:00 AM	\$64	410306-03
9/9-10/21	М	4:00-4:30 PM	\$64	410306-04
9/9-10/21	М	4:30-5:00 PM	\$64	410306-05
9/24-10/17	Tu,Th	4:45-5:15 PM	\$73	410306-06
9/24-10/17	Tu,Th	10:00-10:30 AM	\$73	410306-07
10/22-11/14	Tu,Th	4:45-5:15 PM	\$73	410306-08
10/22-11/14	Tu,Th	10:00-10:30 AM	\$73	410306-09

#### Basic 1 Skate continued

10/26-12/14	Sa	10:30-11:00 AM	\$64	410306-10
10/28-12/9	М	4:00-4:30 PM	\$64	410306-11
10/28-12/9	М	4:30-5:00 PM	\$64	410306-12
11/19-12/19	Tu,Th	4:45-5:15 PM	\$73	410306-13
11/19-12/19	Tu,Th	10:00-10:30 AM	\$73	410306-14

#### Basic 2 Skate

Learn forward glides, backward two-foot swizzles, two-foot glide, turns, snowplow stop, and scooter pushes. Prerequisite: Successful completion of Basic 1 or ages 10-15 years and never skated. Note: Class will not be held on 11/26, 11/28, 11/30.

#### Age: 5-15 years

8/27-9/19	Tu,Th	4:45-5:15 PM	\$73	410310-01
8/27-9/19	Tu,Th	10:00-10:30 AM	\$73	410310-02
9/7-10/19	Sa	10:30-11:00 AM	\$64	410310-03
9/9-10/21	М	4:00-4:30 PM	\$64	410310-04
9/9-10/21	М	4:30-5:00 PM	\$64	410310-05
9/24-10/17	Tu,Th	4:45-5:15 PM	\$73	410310-06
9/24-10/17	Tu,Th	10:00-10:30 AM	\$73	410310-07
10/22-11/14	Tu,Th	4:45-5:15 PM	\$73	410310-08
10/22-11/14	Tu,Th	10:00-10:30 AM	\$73	410310-09
10/26-12/14	Sa	10:30-11:00 AM	\$64	410310-10
10/28-12/9	М	4:00-4:30 PM	\$64	410310-11
10/28-12/9	М	4:30-5:00 PM	\$64	410310-12
11/19-12/19	Tu,Th	4:45-5:15 PM	\$73	410310-13
11/19-12/19	Tu,Th	10:00-10:30 AM	\$73	410310-14

#### **Basic 3 Skate**

Learn stroking, forward pumping, forward slalom, two-foot turn, one-foot backward glide, and backward snowplow stop. Prerequisite: Successful completion of Basic 2. Note: Class will not be held on 11/26, 11/28, 11/30.

#### Age: 5-15 years

8/27-9/19	Tu,Th	4:45-5:15 PM	\$73	410314-01
8/27-9/19	Tu,Th	10:30-11:00 AM	\$73	410314-02
9/7-10/19	Sa	11:15-11:45 AM	\$64	410314-03
9/24-10/17	Tu,Th	4:45-5:15 PM	\$73	410314-04
9/24-10/17	Tu,Th	10:30-11:00 AM	\$73	410314-05
10/22-11/14	Tu,Th	4:45-5:15 PM	\$73	410314-06
10/22-11/14	Tu,Th	10:30-11:00 AM	\$73	410314-07
10/26-12/14	Sa	11:15-11:45 AM	\$64	410314-08
11/19-12/19	Tu,Th	4:45-5:15 PM	\$73	410314-09
11/19-12/19	Tu,Th	10:30-11:00 AM	\$73	410314-10

#### Basic 4 Skate

Learn stroking with power, backward one-foot glide, forward inside and outside edge on a circle, forward crossovers, backward pumps, and two-foot spin. Prerequisite: Successful completion of Basic 3. Note: Class will not be held on 11/26, 11/28, 11/30.

#### Age: 5-15 years

8/27-9/19	Tu,Th	4:45-5:15 PM	\$73	410316-01		
8/27-9/19	Tu,Th	10:30-11:00 AM	\$73	410316-02		
9/7-10/19	Sa	10:30-11:00 AM	\$64	410316-03		
continued on next page						

#### Basic 4 Skate continued

9/24-10/17	Tu,Th	4:45-5:15 PM	\$73	410316-04
9/24-10/17	Tu,Th	10:30-11:00 AM	\$73	410316-05
10/22-11/14	Tu,Th	4:45-5:15 PM	\$73	410316-06
10/22-11/14	Tu,Th	10:30-11:00 AM	\$73	410316-07
10/26-12/14	Sa	10:30-11:00 AM	\$64	410316-08
11/19-12/19	Tu,Th	4:45-5:15 PM	\$73	410316-09
11/19-12/19	Tu,Th	10:30-11:00 AM	\$73	410316-10

#### Basic 5 Skate

Learn to control back outside and inside edge on a circle, backward crossovers, two-foot spin, hockey stop, side toe hop, and forward outside three turn. Prerequisite: Successful completion of Basic 4. Note: Class will not be held on 11/26, 11/28, 11/30.

#### Age: 5-15 years

8/27-9/19	Tu,Th	5:30-6:00 PM	\$73	410318-01
9/7-10/19	Sa	11:15-11:45 AM	\$64	410318-02
9/24-10/17	Tu,Th	5:30-6:00 PM	\$73	410318-03
10/22-11/14	Tu,Th	5:30-6:00 PM	\$73	410318-04
10/26-12/14	Sa	11:15-11:45 AM	\$64	410318-05
11/19-12/19	Tu,Th	5:30-6:00 PM	\$73	410318-06

#### Basic 6 Skate

Learn backward crossovers, forward inside three-turn, backward to forward two-foot turn, T-stop, bunny hop, forward straight line spiral, and begin one-foot spin. Prerequisite: Successful completion of Basic 5. Note: Class will not be held on 11/26, 11/28, 11/30.

#### Age: 5-15 years

8/27-9/19	Tu,Th	5:30-6:00 PM	\$73	410322-01
9/7-10/19	Sa	11:15-11:45 AM	\$64	410322-02
9/24-10/17	Tu,Th	5:30-6:00 PM	\$73	410322-03
10/22-11/14	Tu,Th	5:30-6:00 PM	\$73	410322-04
10/26-12/14	Sa	11:15-11:45 AM	\$64	410322-05
11/19-12/19	Tu,Th	5:30-6:00 PM	\$73	410322-06

#### Pre-Free Skate

Learn forward inside open and closed mohawk, ballet jump, backward crossovers to backward outside edge, one-foot spin, stand still waltz jump, mazurka, combination move, and forward and backward inside pivot. Prerequisite: Successful completion of Basic 6. Note: Class will not be held on 11/26, 11/28, 11/30.

#### Age: 5-15 years

8/27-9/19	Tu,Th	5:15-6:00 PM	\$115	410326-01
9/7-10/19	Sa	9:30-10:15 AM	\$101	410326-02
9/24-10/17	Tu,Th	5:15-6:00 PM	\$115	410326-03
10/22-11/14	Tu,Th	5:15-6:00 PM	\$115	410326-04
10/26-12/14	Sa	9:30-10:15 AM	\$101	410326-05
11/19-12/19	Tu,Th	5:15-6:00 PM	\$115	410326-06

#### **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 three turns, consecutive spirals, and

#### Field Moves continued

alternating three turns. Note: Class will not be held on 11/26.

#### Age: 5-15 years

8/27-9/17	Tu	6:15-6:45 PM	\$39	410330-01
9/24-10/15	Tu	6:15-6:45 PM	\$39	410330-02
10/22-11/12	Tu	6:15-6:45 PM	\$39	410330-03
11/19-12/17	Tu	6:15-6:45 PM	\$39	410330-04

#### Free Skate 1 & 2

Focus on forward power stroking, basic forward outside and inside consecutive edges, backward outside three-turns, upright spin, half flip, toe loop, alternating forward outside and inside spirals on a continuous axis, beginning back spin, half lutz, and salchow. Note: Class will not be held on 11/26, 11/28, 11/30.

#### Age: 5-15 years

8/27-9/19	Tu,Th	5:15-6:00 PM	\$115	410332-01
9/7-10/19	Sa	9:30-10:15 AM	\$101	410332-02
9/24-10/17	Tu,Th	5:15-6:00 PM	\$115	410332-03
10/22-11/14	Tu,Th	5:15-6:00 PM	\$115	410332-04
10/26-12/14	Sa	9:30-10:15 AM	\$101	410332-05
11/19-12/19	Tu,Th	5:15-6:00 PM	\$115	410332-06

#### Free Skate 3 & 4

Focus on alternating backward crossovers to back outside edges, alternating mohawk/crossover sequence, waltz three-turns, advanced back spin, Loop jump, Toe step sequence, forward power three-turns, waltz eight, forward upright spin to backward upright spin, sit spin, flip jump, stag jump or split falling leaf. Note: Class will not be held on 11/26, 11/28, 11/30.

#### Age: 5-15 years

8/27-9/19	Tu,Th	5:15-6:00 PM	\$115	410334-01
9/7-10/19	Sa	9:30-10:15 AM	\$101	410334-02
9/24-10/17	Tu,Th	5:15-6:00 PM	\$115	410334-03
10/22-11/14	Tu,Th	5:15-6:00 PM	\$115	410334-04
10/26-12/14	Sa	9:30-10:15 AM	\$101	410334-05
11/19-12/19	Tu,Th	5:15-6:00 PM	\$115	410334-06

#### Free Skate 5 & 6

Focus on backward outside three-turn mohawk, five-step mohawk sequence, camel spin, waltz jump-loop jump combination, forward power pull, creative step sequence, camel-sit spin combination, layback or attitude spin, waltz jump-half loop-salchow jump sequence, and axel. Note: Class will not be held on 11/26, 11/28, 11/30.

#### Age: 5-15 years

8/27-9/19	Tu,Th	5:15-6:00 PM	\$115	410336-01
9/7-10/19	Sa	9:30-10:15 AM	\$101	410336-02
9/24-10/17	Tu,Th	5:15-6:00 PM	\$115	410336-03
10/22-11/14	Tu,Th	5:15-6:00 PM	\$115	410336-04
10/26-12/14	Sa	9:30-10:15 AM	\$101	410336-05
11/19-12/19	Tu,Th	5:15-6:00 PM	\$115	410336-06

## Outdoor Recreation

#### **ADULT PROGRAMS**

Challenge your mind, challenge your body. Explore what Recreation has to offer in the great outdoors.

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

Classes depart from the Senior Center unless otherwise noted.

Programs offering special pricing for Senior Center Members are denoted throughout the Recreator with 0. For more information, see page 91.

#### **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 the program. In case of cancellation, a full refund is issued. If you need to cancel, notify us by 10 a.m. one week prior to the trip departure for refund or credit, in accordance with the Recreation refund policy on page 4.

#### [ B.O.O.T.S. MEMBERSHIP ]

Building on Outdoor Trail Stewardship (B.O.O.T.S.) is a club to get out there, get dirty, be active, and have fun. Experience new social opportunities in the outdoors on various dates and times. Attend the B.O.O.T.S. Quarterly meeting to learn more about club membership and activities. For more information, including a schedule of upcoming events, visit *fcgov.com/outdoorrecreation*.

#### Quarterly B.O.O.T.S. Membership

Once registered, participants choose, hikes, stewardship, and education events to attend (listed below). After registration, the B.O.O.T.S. coordinator will contact club members to welcome them to the group.

Ongoing \$25 411930-01

#### **B.O.O.T.S. Quarterly Meeting**

Learn about the benefits of the B.O.O.T.S. Club, hear updates, and meet members.

No Fee

41192-01

## 9/2 M 3:00-4:00 PM

B.O.O.T.S. H	liking			
Riverbend P	Ponds			
9/2	М	8:00-10:00 AM	No Fee	411931-01
Pineridge N	atural Area	l		
9/9	М	8:00-10:00 AM	No Fee	411931-02
Soapstone F	Prairie			
9/16	М	8:00-10:00 AM	No Fee	411931-03
ELC				
9/23	М	8:00-10:00 AM	No Fee	411931-04
Blue Sky				
Note: This is	s a fee area	: \$9 per car.		
9/30	М	8:00-10:00 AM	No Fee	411931-05
Bobcat Ridg	je			
10/14	М	8:00-10:00 AM	No Fee	411931-06
Arapaho Be	nd			
10/21	М	8:00-10:00 AM	No Fee	411931-07

#### B.O.O.T.S. Hiking continued

Gateway Natural Area

Note: This is a fee area: \$7 per car.

10/28	М	8:00-10:00 AM	No Fee	411931-08		
Red Mount	ain Open Sp	ace				
11/4	М	8:00-10:00 AM	No Fee	411931-09		
Reservoir F	Ridge Open					
11/11	М	8:00-10:00 AM	No Fee	411931-10		
McMurry Natural Are						
11/18	М	8:00-10:00 AM	No Fee	411931-11		
B.O.O.T.S. Stewardship						

#### Heart J Ranch

incure 5 incu	licii				
10/7	М	8:00-10:00 AM	No Fee	411932-01	
B.O.O.T.S.	Education				
Seed Bank	[				
11/25	М	8:00-10:00 AM	No Fee	411933-01	_

#### [ HIKING ]

Designed for adults 18 years and older who wish to get into the outdoors with competent and experienced guides. Guides carry SPOT GPS positioning in case of emergency and are Wilderness First Aid certified.

Vans depart and return to the Senior Center and are equipped with AEDs. Participants are required to provide their own equipment, water, food, and park entrance costs (\$25 for RMNP or a park pass). Participants must be in good health and capable of moderate physical activity, meeting the distance and elevation requirement associated with each outing.

Destination of outings may change due to weather, trail conditions, or other factors at the discretion of the program coordinator.

#### Intro to Backpacking

Learn the basics of overnight backpacking with an experienced guide in our Lory State Park overnight. No equipment provided. Must meet the equipment requirement determined by guide in the Education class prior to the overnight. Rating: Moderate; Mileage: 3-6; Lowest elevation: 5,600 ft.; Highest elevation: 6,700 ft. Note: Trip is dependent on morning of permit availability.

#### Location: Senior Center

9/23	М	Education class	6:00-8:00 PM	\$125	411902-01
9/27	F	Overnight	5:00-11:59 PM		
9/28	Sa	Overnight	12:00-10:00 AM		

#### [ MOUNTAIN VIEW STROLLS 🔘 ]

Pick up and drop off provided to scenic destinations which include an afternoon picnic and optional nature walk. Note: Staff guide not provided.

#### Lily Lake

Enjoy views of Longs Peak from the scenic Lily Lake in Estes Park while having a picnic lunch.

9	/13	F	9:00 AM-3:00 PM	\$35	411908-01
Mountain View Strolls continued

# **Pinewood Reservoir**

Enjoy this hidden gem in nearby Loveland.

10/16	W	10:00 AM-3:00 PM	\$35	411908-02

# Lory State Park

Арр	reclate the	beauty	of this	nearby	state park.	

11/15	F	10:00 AM-3:00 PM	\$35	411908-03

# [ LEISURE HIKES 🚳 ]

Easy to moderate hikes with minimal elevation gain of up 700 ft. and up to 7 miles at a 1-1.5 mile per hour pace. Cost includes transportation to and from as well as experienced guides.

# Lory to Soderberg Shuttle

Experience the rolling prairie of local parks as you traverse State Park to county park. Rating: Easy; Mileage: 4-5; Lowest elevation: 5,477 ft.; Highest elevation: 5,622 ft.

9/4	W	8:00 AM-4:00 PM	\$40	411903-01

# **Bobcat Ridge Natural Area**

Explore the Rocky Mountain Foothills. Rating: Easy; Mileage: 3-5; Lowest Elevation: 5,400 ft.; Highest elevation: 5,700 ft.

9/17	Tu	8:30 AM-3:30 PM	\$40	411903-02

# Ceran St. Vrain Trail

Follow the South Saint Vrain Creek with option to go to Miller Rock for a scenic high point that offers 360-degree views. Rating: Easy; Mileage: 3-5; Lowest elevation: 8,000 ft.; highest elevation: 8,300 ft.

9/24 Tu 9:00 AM-4:00 PM \$40	411903-0	411903-04
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# Blue Sky Trail

On this out and back hike, enjoy the views from under the hogback and the views down the wide-open valley below. Rating: Easy; Mileage: 3-4; Lowest elevation: 5,840 ft.; Highest elevation: 5,682 ft.

10/4	F	9:00 AM-2:30 PM	\$40	411903-05	

# Wild Basin

A more challenging leisure hike, meander next to the North Saint Vrain drainage and enjoy views of scenic waterfalls. Rating: Moderate; Mileage: 3-5; Lowest elevation: 8,500 ft.; Highest elevation: 9,100 ft.

10/11	F	8:00 AM-4:00 PM	\$40	411903-06
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# Well Gulch & Timber Trail Loop

Enjoy this close to home, scenic hike along Wells Gulch in Lory State Park. Rating: Easy; Mileage: 3-4; Lowest elevation: 5,600 ft.; Highest elevation: 6,060 ft.

10/19	Sa	8:30 AM-3:30 PM	\$40	411903-07
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# **Rawhide Trail**

Enjoy the rolling hills of the Rawhide Trail while strolling through lovely autumn colors. Rating: Moderate; Mileage: 4-6; Lowest elevation: 7,089 ft.; Highest elevation: 7,534 ft.

10/25	F	7:00 AM-5:00 PM	\$40	411903-08
e				

# **Gould Loop**

Experience Gould in all its fall colors. Rating: Easy; Mileage: 4-6;

Gould Loop continued

Lowest el	evation: 8,50	0 ft.; Highest elevation:	9,100 ft	
11/1	F	7:00 AM-5:00 PM	\$40	411903-09

# **Homestead Meadows**

Explore beautiful open space area rich in history. Rating: Easy; Mileage: 4-5; Lowest elevation: 8,300 ft.; Highest elevation: 8,600 ft.

11/6	W	8:00 AM-3:00 PM	\$40	411903-10	

# **Pawnee Buttes**

Experience the wide-open prairie and views of the East Butte. Rating: Easy; Mileage: 5-6; Lowest elevation: 6,000 ft.; Highest elevation: 7,000 ft.

11/16	Sa	8:00 AM-4:00 PM	\$40	411903-11

# **Eagle's Nest Open Space**

Along the North Fork of the Cache La Poudre River, this open space has breathtaking views of Laramie Foothills. Rating: Easy; Mileage: 4-6; Lowest elevation: 5,640 ft.; Highest elevation: 6,080 ft.

11/21	Th	8:00 AM-4:00 PM	\$40	411903-12	

# [ ADVENTURE HIKES 🛯 ]

Moderate to strenuous hikes with varying changes in elevation of up to 2,500 ft. with up to 12 miles at a 2 mile per hour pace. Cost includes transportation to and from as well as experienced guides.

# Sandbeach Lake

Visit this old dam site and unexpected sandbeach at a high alpine lake. Rating: Strenuous; Mileage: 8-10 miles; Lowest elevation: 8,400 ft.; Highest elevation: 10,300 ft.

9/5 Th 7:00 AM-5:00 PM \$45 411907-01	1
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# **Ouzel Falls Shuttle**

Enjoy the changing aspens on this loop in Rocky Mountain National Park. Rating: Strenuous. Mileage: 9-10 miles; Lowest elevation: 8,400 ft.; Highest elevation: 9,400 ft.

	9/13	F	7:00 AM-5:00 PM	\$45	411907-02
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# **Round Mountain**

Travel through amazing granite outcroppings while traveling to the top of Round Mountain. Rating: Strenuous; Mileage: 8-9; Lowest elevation: 5,899 ft.; Highest elevation: 8,305 ft.

9/21	Sa	8:30 AM-5:30 PM	\$45	411907-03

# **Devil to Coyote Shuttle**

Weave through dramatic rock formations in the foothills known as the hogback and head north to Coyote Ridge. Rating: Moderate; Mileage: 9-10; Lowest elevation: 5,100 ft.; Highest elevation: 5,600 ft.

9/27 F 8:00 AM-4:00 PM \$45	411907-04
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# **Red Mountain to Soapstone Shuttle**

Travel from Red Mountain to Soapstone Prairie with views of rolling prairie, red rock cliffs, and interesting geology. Rating: Strenuous; Mileage: 9-10; Lowest elevation: 6,277 ft.; Highest elevation: 7,085 ft.

10/1	Tu	8:00 AM-4:00 PM	\$45	411907-05

# Hall Ranch

Enjoy scenic views majestic mountains as you hike through open prairie. Rating: Strenuous; Mileage: 9-10; Lowest elevation: 5,489 ft.; Highest elevation: 6,750 ft.

10/12 Sa 8:30 AM-4:30 PM \$4	5 411907-06
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# Green Mountain via Ranger/Saddle Rock Loop

Enjoy this challenging hike with views of the front range and the Continental Divide. Rating: Strenuous; Mileage: 8-10; Lowest elevation: 5,814 ft.; Highest elevation: 8,077 ft.

10/16	W	8:00 AM-5:00 PM	\$45	411907-07

# Chasm Lake

Hike to a high alpine lake in the shadow of Longs Peak. Rating: Strenuous; Mileage: 8-10; Lowest elevation: 9,463 ft.; Highest elevation: 11,673 ft.

10/23	W	6:30 AM-5:00 PM	\$45	411907-08

# Eldorado Canyon

Visit South Boulder Creek on this popular front country hike. Rating: Moderate; Mileage: 5-7; Lowest elevation: 6,128 ft.; Highest elevation: 7,087 ft.

10/19	Sa	8:30 AM-5:30 PM	\$45	411907-09

# Gem Lake

Located in a high rocky saddle of Lumpy Ridge. Provides terrific panoramic views and unusual granite landscape. Rating: Moderate; Mileage: 6-8; Lowest elevation: 7,840 ft.; Highest elevation: 8,860 ft.

11/8 F 8:00 AM-4:00 PM \$45 411907-10

# **Ouzel Falls**

Three waterfalls, one mountain, and the beautiful outdoors. Rating: Moderate; Mileage: 5-6; Lowest elevation: 8,500 ft.; Highest elevation: 9,360 ft.

11/13	W	7:00 AM-4:00 PM	\$45	411907-11	

# **Picture Rock**

Enjoy expansive prairie views along this newly built sustainable trail. Rating: Moderate; Mileage: 9-10; Lowest elevation: 5,400 ft.; Highest elevation: 6,400 ft.

11/22	F	7:00 AM-5:00 PM	\$45	411907-12

# [ OUTDOOR EDUCATION ]

# Feather & Flight Friday Walk

Enjoy a nature walk with Fort Collins Audubon Society members around Rolland Moore Park. Learn more about local birds and wildlife with a different topic each time.

Location: Senior Center

9/13	F	9:00-11:00 AM	\$6	407413-01
9/27	F	9:00-11:00 AM	\$6	407413-02
10/11	F	9:00-11:00 AM	\$6	407413-03

# Front Range Bird ID 🕔

A class for beginner birders who love nature and want to learn more about local birds. Learn techniques to identify birds, how to use a field guide, and binoculars.

### Front Range Bird ID continued

Location: Senior Center

9/22	Su	3:00-5:00 PM	\$15	407412-01
10/20	Su	3:00-5:00 PM	\$15	407412-02
11/17	Su	3:00-5:00 PM	\$15	407412-03

# Guided Forest Therapy 🖤

Research shows that visits to natural places have real health benefits. Experience the healing and wellness of Shinrin-Yoku: the practice of bathing the senses in nature. Take a quiet, contemplative walk that integrates gratitude, reflection, and creativity. Note: Instructor will notify participants of location prior to class.

# Location: TBA

9/21	Sa	1:00-3:00 PM	\$20	407415-01
10/26	Sa	1:00-3:00 PM	\$20	407415-03
11/23	Sa	1:00-3:00 PM	\$20	407415-04

# Low Impact Hiking

Hike a local natural area and discuss ways hikers can avoid or reduce negative impacts on nature and other outdoor enthusiasts. Learn the Leave No Trace principles, and the science behind them. If time allows, principles related to camping will be discussed. Note: Instructor will notify participants of location prior to class.

# Location: TBA

9/14	Sa	9:00 AM-Noon	No Fee	407418-01

# Wilderness Skills for Newbies

Learn techniques to feel safer in the wilderness such as camp setup and maintenance, navigation, emergency communication, how to build a shelter, and how to prepare mentally for emergency situations. Grow confidence in these skills in a classroom setting that incorporates demonstration and group practice.

Location: Senior Center

9/21	Sa	9:00 AM-Noon	\$35	407404-01
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# Wine & Wander

Gear up for an invigorating two-hour hike along the Devil's Backbone followed by a wine tasting presentation at Sweetheart Winery in Loveland. Note: Fee includes hike, snacks, and wine flight from Sweetheart Winery.

411909-01

Age: 21 years & up

Location: Senior Center

10/5	Sa	9:30 AM-3:30 PM	\$65	

# YOUTH PROGRAMS

# Archery

A skillful sport which requires balance, poise, accuracy, vision, timing, and action. Through this indoor class, learn basic techniques and how to be safe.

Age: 8-16 years

Location: Rocky Mtn. Archery, 4518 Innovation Dr.

10/11-10/18	Th	4:30-5:30 PM	\$30	415941-01
11/7-11/14	Th	4:30-5:30 PM	\$30	415941-02

# Special Events

# **Curling Bonspiel**

Get out the cowbell's, it's bonspiel time. Register as a team of four or as an individual. Curling league is offered as practice for the event, see page 67. Four games guaranteed.

# Age: 8 years & up

Team of 4				
9/6-9/8	F-Su	TBA	\$381	310378-01
Individual				
9/6-9/9	F-Su	TBA	\$96	310378-02

# Grandparent's Day 🖤

Grandparents and grandchildren are invited to participate in games, face painting, a visit to the petting zoo, playing in the swimming pool, enjoy the famous breakfast "cereal bar," and play bingo. Note: Ages 50 years & up are free.

# Age: All

Location: Senior Center

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0/0	
u/x	

Su 9:00 AM - 12:00 PM \$5

# Mahjong & Mimosa's

Bring boards and play in the 5th annual Senior Center Mahjong Marathon. Play mahjong, enjoy light refreshments, and make new friends.

Age: 21 years & up

Location:	Senior Center			
9/28	Sa	10:00 AM-3:00 PM	\$16	412450-01

# Line Dance Extravaganza

Learn some of the newest dances and some familiar ones, too. All levels welcome. Note: Step sheets and BBQ lunch included.

Age: 16 years & up

Location: Senior Center

10/5	Sa	10:00 AM-3:00 PM	\$31	406438-01

# **Hogwarts Halloween**

Play Quidditch, drink Butter Beer, create potions and charms, and walk through haunted hallways. Wizard's robes are encouraged. Note: Only adults accompanying children may attend. Children ages 10 years & under must be accompanied by an adult.

# Grade: K-8

Location: Northside Aztlan Center

# Hogwarts, Child

10/18	F	6:00-9:00 PM	\$15	416502-01	
Hogwarts,	Adult				
10/18	F	6:00-9:00 PM	\$5	416502-02	
Hogwarts, Child					
10/19	Sa	6:00-9:00 PM	\$15	416502-03	
Hogwarts,	Adult				
10/19	Sa	6:00-9:00 PM	\$5	416502-04	

# Treatsylvania 🖤

Enjoy trick-or-treating, havrides, and treats for all. Note: Tickets must be purchased for each child in advance; no fee for accompanying adults; refunds not permitted. Children must be accompanied by an adult. Tickets go on sale 10/2.

# Age: 0-10 years

10/25	F	6:00-7:30 PM	\$5	
10/26	Sa	6:00-8:00 PM	\$5	
10/27	Su	1:00-3:00 PM	\$5	
10/27	Su	5:00-7:00 PM	\$5	
10/2/	Su	5:00-7:00 PM	\$5	

# Bow Wowvania 🖤

Dress Fido up for this special Halloween event. Dogs trick-or-treat, take advantage of photo opportunities, and leave with a treat bag just for them. Note: All dogs must be on a leash. Multiple humans may attend with each dog. Tickets go on sale 10/2.

# Age: All

10/26	Sa	Noon-1:30 PM	\$5	

# Dia de los Muertos 🖤

Commemorate and honor deceased loved ones during this Mexican holiday celebration. Altar displays, food, crafts, music, and more. To set up an altar, contact Johanna Ulloa at 970.416.2012. Presented by the Poudre River Public Library in partnership with the City of Fort Collins Recreation Department.

# Age: All

Location: Northside Aztlan Center

11/1	F	5:00-9:00 PM	No Fee	

# **Big Band Swing Concert & Dance featuring Colorado Swing Cats**

Dance the night away with the Colorado Swing Cats. The swingin' band brings the music of Duke Ellington, Count Basie, Tommy Dorsey, Glenn Miller, Frank Sinatra, George & Ira Gershwin, and many more.

Age: All

Location: Senior Center

11/2	Sa	6:00-8:00 PM	\$10	412451-01
		-		

# Veterans Day Breakfast 🖤

Enjoy a morning of food, song, and patriotism to celebrate those who have honorably served our country. Presented by the Fort Collins Golden K Kiwanis Club and City of Fort Collins, Recreation Department. Note: Posting of the Colors begins at 8 a.m.; service songs to follow.

Age: All

Location: Senior Center

II/II M /:00-I0:00 AM NO Fee	11/11	М	7:00-10:00 AM	No Fee	
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# Holiday Artisan Market 🖤

Find uniquely crafted holiday gifts at this premier craft fair. More than 100 artisans and crafters gather to share handmade creations with visitors. As one of the largest craft fairs around, and a Fort Collins tradition with thousands of shoppers in attendance.

Age: All

Location: Senior Center

11/29 & 11/30 F,Sa 10:00 AM-4:00 PM No Fee

# Sports

# **Online Sports Schedules & League Rules**

All youth and adult sports schedules and league rules are located online through Team Sideline. Schedules are posted no later than one week prior to the first game of each season. Visit teamsideline. com/fortcollins for current game schedules, league updates, game cancellations, and weather updates.

# **ADULT SPORTS**

# [ BASKETBALL ]

# Fall Adult Basketball

Teams sign up for level preference on a first come first serve basis. Registration ends 8/30. Rosters are unlimited. Note: Ages 16-17 years need parent signature on roster prior to participation.

Location: Northside Aztlan Center

Cost: \$458 Date: 9/6-10/28

Men's Mon Competitive Men's Mon Recreational Coed Fri Recreational

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413501-01
413501-02
413501-03
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# [ FLAG FOOTBALL ]

# **Fall Adult Flag Football**

8-on-8 non-contact league. Registration ends 8/9 or when leagues fill; 8 games scheduled. Note: Ages 16-17 years need parent signature on roster prior to participation. Class will not be held on 9/2.

Location: Rolland Moore Park

Cost: \$445

Date: 8/26-10/28

Mon Recreational	413011-01
Tues Recreational	413011-02
Thursday Women's	413011-03

# **Adult Indoor Flag Football**

Leagues are 8-on-8 non-contact. Games played Sunday mornings between 8 a.m.-noon. Registration ends 10/26 or when leagues fill; 6 games scheduled, 6 games guaranteed. Note: class will not be held on 11/22.

Age: 16 years & up Location: The Edge, 4450 Denrose Ct.

11/3-12/15	S	6:00-11:00 PM	\$450	413912-01
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# [ KICKBALL ]

# Fall Adult Coed Kickball

Teams play in coed competitive and recreational leagues. Registration ends 8/9 or when league fills. 8 games scheduled. Rosters are unlimited. Note: Ages 16-17 years need parent signature on roster prior to participation.

Location: Rolland Moore Park Cost: \$270 Date: 8/23–10/25 Friday Competitive

Friday Competitive413061-01Friday Recreational413061-02

# Rattle Snake Rumble, Adult Kickball

Get a team together and play in this double-elimination, one-day tournament. This is the last chance to play before the season ends. Registration begins on 8/9 and ends 10/19 or when leagues fill.

Location: Rolland Moore Park

10/26	Sa	8:00 AM6:00 PM	\$141	413062-01

# [ MARTIAL ARTS ]

# Shotokan Karate, Beginner

Introduction to karate, a Japanese martial art form. Students may be divided into groups based on ability. Adults are welcome to participate with their children. Learn basic karate techniques and form before intermediate level.

Age: 7 years & up

Location: Club Tico

9/16-10/16	M.W	6:00-7:00 PM	\$56.50	422122-01		
5/10 10/10	1.1,44	0.00 7.00111	400.00	422122 01		
10/21-11/13	M.W	6:00-7:00 PM	\$45.50	422122-02		
10/21-11/13	1.1,44	0.00-7.00 FM	J4J.JU	422122-02		
11/25-12/18	M.W	6:00-7:00 PM	\$1550	422122-03		
11/23-12/10	1.1,44	0.00-7.00 FM	Ψ4J.JU	422122-05		
Location: Foothills Activity Center						
		5				

9/17-10/17	T,Th	5:00-6:00 PM	\$56.50	422121-01
10/22-11/14	T,Th	5:00-6:00 PM	\$45.50	422121-02
11/26-12/19	T,Th	5:00-6:00 PM	\$45.50	422121-03

# Shotokan Karate, Intermediate

Physical and mental benefits include enhanced physical condition and increased stamina, coordination, confidence, self-esteem, discipline, and concentration. Prerequisite: Completion of Shotokan Karate, Beginner.

Age: 7 years & up Location: Club Tico

9/16-10/16	M,W	M,W 6:00-7:00 PM		422123-01
10/21-11/13	M,W	6:00-7:00 PM	\$45.50	422123-02
11/25-12/18	M,W	6:00-7:00 PM	\$45.50	422123-03

# Location: Foothills Activity Center

Locationi i oo		and general sectors			
9/17-10/17	T,Th	6:00-7:00 PM	\$56.50	422120-01	
10/22-11/14	T,Th	6:00-7:00 PM	\$45.50	422120-02	
11/26-12/19	T,Th	6:00-7:00 PM	\$45.50	422120-03	



Explore how water moves at the Tot Spot's Water Table and much more at Fort Collins Museum of Discovery.

Visit **www.fcmod.org** for upcoming exhibits and events.



408 Mason Court 970.221.6738 www.fcmod.org

# Shotokan Karate, Advanced

Learn new karate concepts and reinforce the concepts gained in previous classes. Move at a faster pace and develop more advanced techniques.

Age: 7 years & up

Location: Club Tico

9/16-10/16	M,W	7:00-8:00 PM	\$56.50	422124-01
10/21-11/13	M,W	7:00-8:00 PM	\$45.50	422124-02
11/25-12/18	M,W	7:00-8:00 PM	\$45.50	422124-03

# Location: Foothills Activity Center

9/17–10/17 T,Th		6:00-7:00 PM	\$56.50	422119-01
10/22-11/14	T,Th	6:00-7:00 PM	\$45.50	422119-02
11/26-12/19	T,Th	6:00-7:00 PM	\$45.50	422119-03

# [ PICKLEBALL ]

# **Pickleball League**

Adult teams of various skill levels will play matches against teams with similar skills each week. Teams compete in pool play with the opportunity to move up or down brackets according to results. Fee covers 2-person team. Specific details to come in August.

# Location: Senior Center

10/1-10/29	Tu	Tu 5:30-8:00 PM		424410-01	
11/5–11/26 Tu		5:30-8:00 PM	\$25	424410-02	
Location: Spring Canyon Park					
9/3-9/24	_	5:00-8:00 PM	\$25	424410-03	

# **Pickleball, Beginner Lessons**

For those new to Pickleball or those wanting to refresh basic skills. Classroom and court time to learn rules, scoring, and basics. A perfect introduction to this fun and growing sport.

# Location: Senior Center

9/3-9/10	Tu	9:00-11:00 AM	\$20	424420-01
9/17-9/24	Tu	9:00-11:00 AM	\$20	424420-02
10/8-10/15	Tu	9:00-11:00 AM	\$20	424420-03
10/22-10/29	Tu	9:00-11:00 AM	\$20	424420-04
11/5-11/12	Tu	9:00-11:00 AM	\$20	424420-05
11/19-11/26	Tu	9:00-11:00 AM	\$20	424420-06

# Pickleball P.O.P. (Paid Open Play)

Limited number of players to ensure plenty of play time at a skill level that works for you.

# Location: Northside Aztlan Center

# Reginner Level

Deginner Lev	ei			
9/2-9/30	М	1:45-4:30 PM	\$15	424450-01
10/7-10/28	М	1:45-4:30 PM	\$15	424450-02
11/4-11/25	М	1:45-4:30 PM	\$15	424450-03
Intermediate	Level			
9/4-9/25	W	1:45-4:30 PM	\$15	424460-01
10/2-10/30	W	1:45-4:30 PM	\$15	424460-02
11/6-11/27	W	1:45-4:30 PM	\$15	424460-03

Advanced Level						
9/6-9/27	F	1:45-4:30 PM	\$15	424470-01		
10/4-10/25	F	1:45-4:30 PM	\$15	424470-02		
11/1-11/29	F	1:45-4:30 PM	\$15	424470-03		
4.0+						
10/4-10/25	F	8:30-11:00 AM	\$15	424480-02		
11/1-11/22	F	8:30-11:00 AM	\$15	424480-03		
Location: Twin Silo Park						
4.0+						
9/6-9/27	F	8:00-11:00 AM	\$15	424490-01		

# [ SOFTBALL ]

Teams sign up for their level of play and night preference on a first come basis. Levels of Play:

II-Competitive, III-Intermediate, IV-Recreational

# **Fall Adult Softball**

Opportunity to continue playing softball after the summer leagues conclude. 8 games scheduled, 8 games guaranteed. Registration ends 8/9 or when leagues fill. Note: Class will not be held on 9/1.

Location: TBA

Cost: \$520

Date: 8/25-10/28

Men's Softball	
----------------	--

Sunday IV	413021-01	Wednesday III	413021-06
Monday III	413021-02	Wednesday IV	413021-07
Monday IV	413021-03	Thursday III	413021-08
Tuesday III	413021-04	Friday Unlimited HR	413021-09
Tuesday IV	413021-05	Friday IV	413021-10
Women's Softball			
Tuesday IV	413022-01		
Coed Softball			
Sun Coed Comp	413023-01	Thurs Coed Comp	413023-07
Sun Coed Rec	413023-02	Thurs Coed Rec	413023-08
Tues Coed Rec	413023-04		
Wed Coed Comp	413023-05		
Wed Coed Rec	413023-06		

# CSU ATHLETICS INVITES YOU TO BE A PART OF TWO SPECIAL DAYS!

COLORADO ST

# SEPTEMBER 21, 2019 // vs. TOLEDO

MEN'S & WOMEN'S BASKETBALL AT MOBY ARENA, AG DAY BBO TICKET, WALK WITH THE TEAM IN RAM WALK, FUTURE RAMS EXPERIENCE AT THE CSU FOOTBALL PRACTICE FIELDS AND SPECIAL ON-FIELD RECOGNITIONS.



COLORADO ST

# 

# NOVEMBER 29, 2019 // vs. BOISE STATE

SPECIAL TICKET PRICE AND ON-FIELD EVENT FOR THE CITY OF FORT COLLINS JR. RAM MEMBERS



FOR MORE INFORMATION CALL 1-800-491-RAMS OR GO TO CSURAMS.COM





50 years providing professional tennis programs. Be a part of the largest, all inclusive tennis program in Northern Colorado.

- Lessons for all ages
- Day & evening clinics
- Performance training
- Tournaments
  - Private lessons
  - Adult lessons & leagues

# For more info call 970-493-7000 or visit lewistennis.com



Auxiliary aids and services are available for persons with disabilities. V/TDD: 711

19-212

# Adult Volleyball Tournament continued

Date: 11/4–12/18	
Monday Coed B	413544-01
Tuesday Coed A	413544-02
Tuesday Coed BB	413544-03
Wednesday Women's A	413544-04
Wednesday Women's BB	413544-05

# TENNIS

# **General Information**

Lewis Tennis School directs all tennis programs for the City of Fort Collins. With 50 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.

# [ VOLLEYBALL ]

Teams sign up for their level of play and night preference on a first come basis. Levels of Play: A–Competitive, BB–Intermediate, B–Recreational

# Fall Adult Volleyball

Coed and women's leagues offered for 6-person teams. Teams sign up for level of play and night of preference on a first come first serve basis. Registration ends 8/18, or when leagues fill. Leagues begin the week of 8/26. 8 games scheduled.

Location: TBD			
Cost: \$281			
Women's Volleyball			
Sun B	413542-03	Wed BB	413542-02
Wed A	413542-01		
Coed Volleyball			
Mon BB	413543-01	Tues A	413543-03
Mon B	413543-02	Tues BB	413543-04

# Adult Volleyball Tournament

Coed and women's tournaments offered for 6-person teams. Pool play format ending in a seeded, single elimination tournament. Registration ends 10/25.

Age: 16 years & up Location: Northside Aztlan Center Cost: \$145

# the fun USTA TFAM this fall Fall season 8/17-10/5

Contact your local facility TODAY to register for a team.

# Two Courts: 1 singles, 1 doubles Substitutions allowed! Coaching encouraged! **Contact Bryce Melcher with questions:** bmelcher10s@gmail.com #doyoujtt?

# **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.

Fall hours are noon-6 p.m. Monday thru Friday and 10 a.m.-4 p.m. Saturday.

# Registration

For full program information, court availability, and to register for programs, visit 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**

8/19-9/14	Session 1
9/16-10/12	Session 2
10/14-11/9	Session 3
11/11-12/7	Session 4

# **Beginner Lessons**

Whether new to the game or getting back into it after a long hiatus, learn and develop fundamentals. Learn the correct way to hit forehands, backhands, volleys, overheads, and serves, as well as basic rules and strategies to start competition.

Age: 18 years & up

M, W

# **Intermediate Lessons**

Learn the "Modern Game" of tennis and refine skills. Experience techniques used by the pros. Develop topspin, forehand, backhand and serves, and learn doubles and singles strategies that win.

6:00-7:30PM

Age: 18 years & up Tu, Th 6:00-7:30 PM

# League Coaching

Get the team ready for the USA Tennis Leagues. Professional coaching improves team strategy, technique, and mental toughness. A variety of coaching programs available.

# **Premier Clinics**

Designed for the beginner 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

# **Private Lessons & Ball Machine**

Private lessons are available with USPTA certified professionals and college coaching staff. Times are flexible. Rent ball machines to work on that pesky backhand.

# **Round Robins**

Enjoy social competition at Rolland Moore Racquet Complex. All levels welcome.

Th	6:00-7:30 PM

# [ YOUTH TENNIS ]

# Programs

Programs are offered at Rolland Moore Racquet Complex and Fossil Creek Park

# **Session Dates for All Classes**

8/19-9/14	Session 1	
9/16-10/12	Session 2	
10/14-11/9	Session 3	
11/11-12/7	Session 4	

# 10 Years & Under

Exciting play format for those new to 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

Sa	10:00-10:45 AM	
Sa	10:00-10:45 AM	
Sa	10:00-10:45 AM	

# **Future Star**

Age: 7–8 years	
MW	4:30-6:00 PM
Sa	11:00 AM-12:30 PM

# Aces

Age: 9–10 years		
MW	4:30-6:00 PM	
Sa	11:00 AM-12:30 PM	

# **Middle School**

Develop skills to effectively compete on middle and high school teams or just enjoy the benefits of this lifetime sport.

Challenger (New Player)

Age: 11–13 years		
Tu,Th	4:00-6:00 PM	
Sa	1:00-3:00 PM	

# Competitive (Intermediate/Advanced)

Age: 11–13 years	
Tu,Th	4:00-6:00 PM
Sa	1:00-3:00 PM

# **High School**

Develop tennis skills to play on the high school team or to enjoy with friends.

# Wimbledon (New Player)

Age: 14-18 years

Tu,Th	4:00-6:00 PM	
Sa	1:00-3:00 PM	

# Grand Slam (Intermediate/Advanced)

Age: 14–18 years

Age. 14-16 years		
Tu,Th	4:00-6:00 PM	
Sa	1:00-3:00 PM	

# **Performance Training**

Designed for the junior player who has a foundation of the game and shows a high level of commitment. Players have goals of state and sectional rankings, high school varsity play, and college scholarships. Performance players participate in NJTL tennis, leadership, and life skills training on Fridays. Players must be accepted by Head Pro. Call 970.493.7000 for additional information.

# Age: 12-18 years

M, Tu, W, Th	4:00-6:00PM	
Su	3:00-5:00PM	

# **Homeschool Classes**

These tennis classes are held at flexible times during the day. Call 970.493.7000 to arrange a homeschool class.

After-School Enrichment

These tennis classes are held after school in the gymnasiums of local elementary schools. Check with school for details.

# **Fall Junior Tournaments**

USTA sanctioned junior tournaments are offered for novice, intermediate and advanced players. Contact 970.493.7000 to enter.

Age: 7-18 years

9/21	Lewis Tennis Pumpkin Championship
9/28	Lewis Tennis Autumn Challenger
10/5	Lewis Tennis October Fest Championship

# **YOUTH SPORTS**

# **Youth Sports General Information**

Registration closes approximately two weeks prior to the listed start date of the program.

Teams are split up by staff at random, not by special requests, or registration dates. Special requests are not guaranteed.

Coach meetings are scheduled 1-2 weeks before the program start date. Coaches contact teams directly to establish practice dates and times after the coach meeting.

Tournaments are only played in the middle school divisions of all leagues, except for the bowl games in tackle football.

Outdoor leagues practice on a first come basis at the location (or nearby park with approval from Recreation staff) indicated when registering.

Indoor leagues scheduled practice times and locations are determined by staff prior to the season. Teams practice 1-2 times per week based on availability. In the event of gym cancelations, teams may practice in locations that differ from registration site.

# **Coaching Criteria**

All youth sports coaches must know the fundamentals and rules of the sport for which they are coaching. Coach trainings are offered to volunteers; volunteer coaches are expected to attend these meetings to enhance coaching abilities and know the rules and philosophy of the program. All youth sport coaches who volunteer with the City of Fort Collins must participate in a background check conducted by the City on an annual basis and complete a concussion certification before being approved to coach in any youth sport league. Background checks remain confidential and are valid for one year. Individuals are not permitted to volunteer/instruct until a completed background check has been received and approved by the City of Fort Collins. The City of Fort Collins reserves the right to deny anyone to coach based on the results found in the background check, or any coach that the City does not believe will follow our recreational philosophies.

Volunteer coaches are expected to always act in the best interests of young athletes and agree to follow the guidelines and polices of the City of Fort Collins Recreation Department.

Interested in coaching? Call 970.416.4297.

# **Online Sports Schedules & League Rules**

All youth sports schedules and league rules are located online through Team Sideline. See page 74 for more information.

# [ BASKETBALL ]

# Junior Rams Basketball – NEW!

All Junior Ram players will receive a reversible Junior Rams jersey for games and two tickets to two pre-selected CSU Basketball games.



# **Boy's Junior Rams Basketball**

Develop teamplay with participation, fun, skills, and sportsmanship; 6 scheduled games with 1 official minimum for each game. Two practices per week with games on Saturdays. Teams are randomly selected. Note: Class will not be held on 11/28.

Cost: \$87 Dates: 10/21-12/14 Grade: Kindergarten–1

Foothills Activity Center 414906-15		Northside Aztlan Center 414906-01	
Grade: 2–3 Bacon Bauder Beattie Bennett Bethke	414907-01 414907-03 414907-05 414907-07 414907-09	Lopez McGraw O'dea Olander Polaris	414907-29 414907-31 414907-33 414907-35 414907-36
CLP Dunn Eyestone Harris Irish Johnson Kruse Laurel Liberty Common Linton	414907-11 414907-13 414907-15 414907-17 414907-21 414907-21 414907-25 414907-25 414907-60 414907-27	Putnam Rice Riffenburgh Shepardson Tavelli Timnath Traut Werner Zach	414907-37 414907-39 414907-41 414907-43 414907-45 414907-47 414907-49 414907-51 414907-53
Grade: 4–5 Bacon Bauder Beattie Bennett Bethke CLP Dunn Eyestone Harris Irish Johnson Kruse Laurel Liberty Common Linton	414908-01 414908-03 414908-05 414908-06 414908-09 414908-11 414908-13 414908-15 414908-15 414908-19 414908-20 414908-22 414908-25 414908-25 414908-27	Lopez McGraw O'dea Olander Putnam Rice Riffenburgh Shepardson Tavelli Polaris Timnath Traut Werner Zach	414908-29 414908-31 414908-33 414908-35 414908-37 414908-39 414908-43 414908-43 414908-45 414908-62 414908-47 414908-51 414908-51 414908-53



# **FORT COLLINS**

Join the premier soccer club in the Front Range! With camps & leagues for every player age 3-18, from beginner to elite, there's no better time to see everything Rapids Fort Collins has to offer. For more information on programming, dates, locations, and pricing, follow the link below.

# **CRY.SC/FORT-COLLINS**



Batting Cages - Private Baseball Instruction

# Middle School Boys Basketball

Develop a sense of team play where participation, fun, skills, and sportsmanship are stressed; winning is secondary. Teams are formed by school attended and are randomly formed in the sports office and not by when the players registered. School T-shirt jerseys are provided at practice. Note: Class will not be held on 11/28.

# Cost: \$87

Dates: 10/21-12/14			
Grade: 6			
Blevins	414909-01	Lincoln	414909-25
Boltz	414909-05	Preston	414909-30
CLP	414909-10	Webber	414909-35
Kinard	414909-15	Wellington	414909-40
Lesher	414909-20		
Grade: 7–8			
Blevins	414910-01	Lincoln	414910-26
Boltz	414910-05	Preston	414910-25
CLP	414910-10	Webber	414910-35
Kinard	414910-15	Wellington	414910-40
Lesher	414910-20		

# **Girl's Junior Rams Basketball**

Develop teamplay with participation, fun, skills, and sportsmanship; 6 scheduled games with 1 official minimum for each game. Two practices per week with games on Saturdays. Teams are randomly selected.

# Cost: \$87 Dates: 1/13-2/29

Grade: Kindergarten–1

# Foothills Activity Center 114906-07

Northside Aztlan Center 114906-06

# Grade: 2–3

Gruuc. 2 J			
Bacon	114907-01	Lopez	114907-29
Bauder	114907-03	McGraw	114907-31
Beattie	114907-05	Odea	114907-33
Bennett	114907-07	Olander	114907-35
Bethke	114907-09	Putnam	114907-37
CLP	114907-11	Rice	114907-39
Dunn	114907-13	Riffenburgh	114907-41
Eyestone	114907-15	Shepardson	114907-43
Harris	114907-17	Tavelli	114907-45
Irish	114907-19	Polaris	114907-38
Johnson	114907-21	Timnath	114907-47
Kruse	114907-23	Traut	114907-49
Laurel	114907-25	Werner	114907-51
Linton	114907-27	Zach	114907-53
Grade: 4–5			
Bacon	114908-01	Dunn	114908-13
Bauder	114908-03	Eyestone	114908-15
Beattie	114908-05	Harris	114908-17
Bennett	114908-07	Irish	114908-19
Bethke	114908-09	Johnson	114908-21
CLP	114908-11	Kruse	114908-23
-			

### Girl's Junior Rams Basketball continued

Laurel	114908-25	Riffenburg	114908-41
Linton	114908-27	Shepardson	114908-43
Lopez	114908-29	Tavelli	114908-45
McGraw	114908-31	Liberty Common 1149	08-26
O'dea	114908-33	Timnath	114908-47
Olander	114908-35	Traut	114908-49
Putnam	114908-37	Werner	114908-51
Rice	114908-39	Zach	114908-53

# **Girls Middle School Basketball**

Develop a sense of team play where participation, fun, skills, and sportsmanship are stressed; winning is secondary. Teams are randomly formed in the sports office and not by when the players registered. Special requests are not guaranteed. Game T-shirt is provided at practice.

Cost: \$87 Date: 1/13–2/29 Grade: 6–8			
Liberty Common	114909-16	Lesher	114909-09
Blevins	114909-01	Lincoln	114909-11
Boltz	114909-03	Preston	114909-12
CLP	114909-05	Webber	114909-15
Kinard	114909-07	Wellington	114909-17

# [ CHEERLEADING ]

Note: Classes held at Cheer Central Suns, 128 Racquette Dr. Classes will not be held on 10/31.

# **Cheer Central Performance Team**

Enjoy a high energy community cheer program. Learn dances, arm motions, jumps, and stunts. Perform in-house or out in the community each session. Teams showcase at one competition. Note: \$15 cheer shirt not included.

Age:	5-8	years
------	-----	-------

9/3-10/8	Tu	5:00-5:55 PM	\$80	414937-01
10/15-11/19	Tu	5:00-5:55 PM	\$80	414937-03
12/3-12/17	Tu	5:00-5:55 PM	\$40	414937-06
Age: 5-12 yea	ars			
9/5-10/10	Th	5:00-5:55 PM	\$80	414937-12
9/9-10/14	М	5:00-5:55 PM	\$80	414937-15
10/17-11/21	Th	5:00-5:55 PM	\$80	414937-13
10/21-11/18	М	5:00-5:55 PM	\$80	414937-16
12/2-12/16	М	5:00-5:55 PM	\$40	414937-17
12/5-12/19	Th	5:00-5:55 PM	\$40	414937-14
Age: 8-14 yea	ars			
9/3-10/8	Tu	6:00-6:55 PM	\$80	414937-02
10/15-11/19	Tu	6:00-6:55 PM	\$80	414937-04
12/3-12/17	Tu	6:00-6:55 PM	\$40	414937-07

# LIVING WELL WITH CHRONIC DISEASE

*Evidence-based program helps people gain confidence to make changes to better manage their health conditions.* 

# ARTICLE AND PHOTOS BY KATI BLOCKER, UCHEALTH

Six months ago, Rosa Gutierrez set three daily goals: eat more fruits and vegetables, exercise, and work on her English for one hour.

"Now, when I don't do them, I feel like I'm missing something," Rosa explained.

That wasn't always the case. Rosa never exercised and family meals rarely included fruits or vegetables. She also battled high blood pressure for eight years. Then a coworker told her about UCHealth Living Well programs.

Rosa committed to the free six-week Spanish version of UCHealth Living Well with Chronic Disease. Other programs address pain, cancer, and diabetes.

For two and a half hours each week, she met with a group of peers who provided support and guidance and helped her set and be accountable for small goals. She learned to incorporate tools that would last a lifetime, such as the seven steps to problem-solving.

"Lots of times when we are not feeling well, we think, 'This is a problem,' and we jump right to step seven: I can't do anything about it," said program and health educator Ellen Pihlstrom. "But we must remind the brain to go through the steps."

After learning a tool, Rosa created an action plan.

By establishing the what, how much, when and how often, Rosa was more likely to be confident in her action plan, resulting in a higher success rate, and thus, leading to subsequent successes.

With the complexity surrounding disease management, this is extremely helpful, Pihlstrom said. Take diabetes, for example.

"When people find out they have diabetes, they are instructed to change almost every aspect of their life and it is often Rosa Gutierrez walks the track at the Northside Aztlan Community Center in Fort Collins as part of her new healthy routine.



overwhelming and scary," she said. "We support them to understand that they can change, not overnight, but little changes in little increments."

Rosa began adding fruits and vegetables to her shopping list. She added more vegetables than required in recipes.

Her husband was still a bit reluctant, she admitted. So, she found ways to "camouflage" the vegetables, like in chili. She limited meat to only a few times per week.

Each week, Rosa reported back to the class, fostering accountability. Group sharing and brainstorming lead to support, as Rosa found out.

Rosa applied similar tools to her sleep.

And that high blood pressure? It's under control now, too.

"It is behavior changes—helping them realize there are resources and where to look for them," Pihlstrom said. "We are not here to say, 'you need to ....' We are really here just for guidance, and it's what they do that makes them successful." Learn more at uchealth.org/services/community-health.



# **Cheer Central Suns, Recreational Tumbling**

Polish cheerleading tumbling skills from cartwheels and running passes, to handstands, bridges, back walkovers, and back handsprings.

# Age: 5-14 years

9/3-10/8	Tu	4:00-4:55 PM	\$80	414938-04
9/5-10/10	Th	6:00-6:55 PM	\$80	414938-09
9/9-10/14	М	6:00-6:55 PM	\$80	414938-01
10/15-11/19	Tu	4:00-4:55 PM	\$80	414938-05
10/17-11/21	Th	6:00-6:55 PM	\$80	414938-10
10/21-11/18	М	6:00-6:55 PM	\$80	414938-02
12/2-12/16	М	6:00-6:55 PM	\$40	414938-03
12/3-12/17	Tu	4:00-4:55 PM	\$40	414938-06
12/5-12/19	Th	6:00-6:55 PM	\$40	414938-11

# Ninja Kids

Bring out the inner Ninja. Be challenged with obstacle courses and create a special ninja identity.

# Age: 3-5 years

9/4-10/9	W	9:15-10:00 AM	\$81	421910-01
9/5-10/10	Th	4:00-4:45 PM	\$81	421910-04
9/6-10/11	F	5:00-5:45 PM	\$81	421910-07
10/16-11/20	W	9:15-10:00 AM	\$81	421910-02
10/17-11/21	Th	4:00-4:45 PM	\$71	421910-05
10/18-11/22	F	5:00-5:45 PM	\$81	421910-08
12/4-12/18	W	9:15-10:00 AM	\$41	421910-03

Ninja Kids continued

12/5-12/19	Th	4:00-4:45 PM	\$41	421910-06
12/6-12/20	F	5:00-5:45 PM	\$41	421910-09
Age: 6-11 year	rs			
9/6-10/11	F	6:00-6:55 PM	\$81	421910-10
10/18-11/22	F	6:00-6:55 PM	\$81	421910-11
12/6-12/20	F	6:00-6:55 PM	\$41	421910-12

# [FLAG FOOTBALL]

# Junior Rams Flag Football - NEW!

Learn the fundamentals of football, teamwork, and sportsmanship through non-contact, continuous action. Emphasis on equal participation; winning is secondary. Practices are held twice per week with games on Saturday mornings. 7 games and a Junior Rams jersey included.

Cost: \$89 Date: 9/7–10/19

Frado Kindorgarton\_

Grade Kindergarten-1			
City Park	414010-01	Spring Canyon Park	414010-15
Edora Park	414010-04	Troutman Park	414010-18
Fossil Creek Park	414010-07	Warren Park	414010-20
Rolland Moore Park	414010-12	Windsor Park	414010-23
Grade 2-3			
City Park	414011-01	Edora Park	414011-03

continued on next page



Visit www.fortcollinsbaseballclub.org for details • 211 S. Bryan Ave (in City Park) • P.O. Box 1031 • Fort Collins, CO 80522 Email: office@fcbcmail.org • FCBC Office: 970-484-3368 • FCBC Fax: 970-484-6231

### Junior Rams Flag Football continued

English Ranch Park Fossil Creek Park Greenbriar Park Harmony Park Grade 4–5	414011-05 414011-07 414011-11 414011-13	Spring Canyon Park Troutman Park Warren Park Windsor Park	414011-15 414011-17 414011-19 414011-21
Blevins Park	414012-25	Harmony Park	414012-09
City Park	414012-01	Rolland Moore Park	414012-12
Edora Park	414012-03	Spring Canyon Park	414012-15
Fossil Creek Park	414012-05	Troutman Park	414012-17
Greenbriar Park	414012-07	Warren Park	414012-19
Grade 6–8			
City Park	414013-01	Greenbriar Park	414013-07
English Ranch Park	414013-03	Rolland Moore Park	414013-09
Fossil Creek Park	414013-05	Spring Canyon Park	414013-11

# [ TACKLE FOOTBALL - NEW! ]

### **Northern Colorado Football Alliance**

Practices are held 2-3 times per week in Fort Collins. Games are held Saturday mornings in Fort Collins, Windsor, or Greeley. 7 games scheduled.

# **Football Equipment Handout**

All participants must be present to pick up equipment at Club Tico on Saturday 8/17, 10:30 a.m.-1:30 p.m. or Monday 8/19, 4-6 p.m. Tackle equipment provided. Mouthpieces purchased on own.

Cost: \$121	Dat	es: 8/26–10/19	
Grade 3	414017-01		
Grade 4	414018-01		
Grade 5	414019-01		
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
Lesher	414020-20		

# [ RUNNING ]

# Junior Rams, 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 on Saturday or Sunday each weekend. Fee includes Junior Rams jersey and fees for cross country meets.

Age: 6–14 years

Location: Varies

8/26-10/13 M,W,Sa,Sun 5:30-6:45 PM \$70 414033-01



Mighty Kicks is the premier introductory soccer program for children. Our **Classic Program** is an introductory program that is great for children who are getting started in soccer. This program is about fun and building a great foundation for each participant. The **Advanced Program** is the next progression that begins to focus on more advanced soccer techniques as well as 3v3 & 4v4 games.

# FALL 2019 PARK SCHEDULE

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
STARTS 9/9/19	STARTS 9/10/19	STARTS 9/11/19	STARTS 9/12/19	STARTS 9/13/19
SPRING PARK	TWIN SILO PARK	TWIN SILO PARK	WARREN PARK	CITY PARK
3 YEAR OLD 9:15 - 10:00 4/5 YEAR OLD 10:15 - 11:00 Riffenburgh elementary	3 YEAR OLD 9:15 - 10:00 4/5 YEAR OLD 10:15 - 11:00 Zach Elementary	3 YEAR OLD 9:15 - 10:00 4/5 YEAR OLD 10:15 - 11:00 2 YEAR OLD 11:05 - 11:35	3 YEAR OLD 9:15 - 10:00 4/5 YEAR OLD 10:15 - 11:00 Warren Park	3 YEAR OLD 9:15 - 10:00 4/5 YEAR OLD 10:15 - 11:00 2 YEAR OLD 11:10 - 11:40
3 YEAR OLD 4:30 - 5:15	2 YEAR OLD 4:15 - 4:45	2 YEAR OLD 11:40 - 12:10	3 YEAR OLD 4:15 - 5:00	CITY PARK
4/5 YEAR OLD 5:30 - 6:15	3 YEAR OLD 4:15 - 5:00 2 YEAR OLD 4:50 - 5:20 4/5 YEAR OLD 5:15 - 6:00 6 YEAR OLD 5:30 - 6:30 (ADVANCED)	TWIN SILO PARK           2 YEAR OLD 4:15 - 4:45           3 YEAR OLD 4:15 - 5:00           4/5 YEAR OLD 5:15 - 6:00           6 YEAR OLD 5:00 - 6:00	4/5 YEAR OLD 5:15 - 6:00	2 YEAR OLD 4:15 - 4:45 3 YEAR OLD 4:15 - 5:00 4/5 YEAR OLD 5:15 - 6:00 6 YEAR OLD 5:00 - 6:00 (ADVANCED)
		(ADVANCED)	NEW! 2V2 Fall League 5 game Days	۲
	* CHECK IT OUT! *		LOCATION TBD	$\boldsymbol{\boldsymbol{\boldsymbol{\xi}}}$
			SATURDAY MORNINGS	$\leq$
	PARTICIPANTS WILL RECEIVE A MIGHTY KICKS T-SHIRT	1	STARTS 9/21/19 Visit us online For More Info!	
7 WEEK SEA Ages 2-6	teach	notor skills • es life skills • confidence • techniques •	MIGHTYKICKS	REGISTER ONLINE: NORTHERNCO.NET CONTACT US // 970-682-4898 NOCOINFO@MIGHTYKICKS.NET

# [ VOLLEYBALL ]

# Junior Rams Volleyball - NEW!

All Junior Ram players receive a reversible Junior Rams jersey for games and two tickets to two pre-selected CSU Volleyball games and a player/coach clinic at CSU.

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 weeknights. Practice days and times vary. Coach reaches out the week prior to the program start.

Cost: \$87	
Date: 9/2-10/19	
Grade 2-3	414941-01
Grade 4-5	414942-01

# **Middle School 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 occasional weeknights.

Cost: \$87

Date: 9/2-10/19

Grade 6-8			
Blevins	414943-01	Lincoln	414943-11
Boltz	414943-03	Preston	414943-13
CLP	414943-05	Webber	414943-17
Kinard	414943-07	Wellington	414943-19
Lesher	414943-09	Mountain Sage	414943-21

# [WRESTLING]

# Wrestling Camp

Designed for the beginner wrestler. Learn fundamentals and skills of wrestling and conditioning.

Cost: \$25 Date: 12/07 Time: 9:00-11:00AM

Location: Foothills Activity Center

Grade 1–5	414952-02
Grade 6–8	414952-03

# Wrestling

Designed for the beginner, as well as the experienced wrestler. Learn the fundamentals and skills of wrestling and compete in interschool dual meets. Wrestling techniques and conditioning will be taught. All participants compete in an end of season tournament. Note: School shirt included.

Date: 1/6–2/22 Cost: \$75			
Grade: 1–6	11 4011 01	Dalla	11 4011 00
Blevins	114911-01	Boltz	114911-02

### Wrestling continued

CLP	114911-03	Preston	114911-07
Kinard	114911-04	Webber	114911-08
Lesher	114911-05	Wellington	114911-09
Lincoln	114911-06		

# [ YOUNGSTERS ]

# **Amazing Athletes**

Learn the basics of nine different ball sports including volleyball, basketball, tennis, football, lacrosse, golf, hockey, soccer, and baseball in a fun, non-competitive, learning based environment. Includes kid-friendly cardio, muscle terminology, motor skills, speed, and agility.

Location: Foothills Activity Center

Cost: \$46

Age: 18 months-2.5 years

riger to mone	is Lis Jears		
9/16-10/14	М	10:35-11:00 AM	414577-01
9/17-10/15	Tu	10:35-11:00 AM	414577-02
10/21-11/18	М	10:35-11:00 AM	414577-03
10/22-11/19	Tu	10:35-11:00 AM	414577-04
11/25-12/16	М	10:35-11:00 AM	414577-05
11/26-12/16	Tu	10:35-11:00 AM	414577-06
Age: 2.5-3.5 y	/ears		
9/16-10/14	М	9:00-9:30 AM	414575-01
9/17-10/15	Tu	9:00-9:30 AM	414575-02
10/21-11/18	М	9:00-9:30 AM	414575-03
10/22-11/19	Tu	9:00-9:30 AM	414575-04
11/25-12/16	М	9:00-9:30 AM	414575-05
11/26-12/16	Tu	9:00-9:30 AM	414575-06
Age: 3.5-5 ye	ars		
9/16-10/14	М	9:45-10:30 AM	414576-01
9/17-10/15	Tu	9:45-10:30 AM	414576-02
10/21-11/18	М	9:45-10:30 AM	414576-03
10/22-11/19	Tu	9:45-10:30 AM	414576-04
11/25-12/16	М	9:45-10:30 AM	414576-05
11/26-12/16	Tu	9:45-10:30 AM	414576-06

# **Sporties for Shorties**

Play ball and explore the world of sports. Work on the fundamentals of sports as they relate to throwing, kicking, and catching. Each session highlights different skills and different sports along with teamwork.

# Age: 3-5 years

Location: Northside Aztlan Center

9/2-9/16	М	1:30-2:15 PM	\$29	414571-04
9/4-9/18	W	10:00-10:45 AM	\$29	414571-01
9/23-10/7	М	1:30-2:15 PM	\$29	414571-05
9/24-10/8	Tu	10:00-10:45 AM	\$29	414571-02
11/25-12/09	М	1:30-2:15 PM	\$29	414571-06
11/27-12/11	W	10:00-10:45 AM	\$29	414571-03

# **Baseball for Shorties**

Play ball and explore baseball. Learn the basics by working on the fundamentals of throwing, hitting, and catching.

Age: 3-5 years

11/26-12/10 Tu 10:00-10:45 AM \$29 414573-01

# **Football for Shorties**

Come play ball and explore football. Learn the football basics by working on large and small motor skills as they relate to throwing, kicking, and catching.

Age: 4–5 years Location: City Park

9/25-10/9	W	10:00-10:45 AM	\$29	414572-01

# SuperTots

Safe and fun class that incorporates physical activity in a non-competitive environment. Class is designed with an engaging, skill-building curriculum in which "tots" learn through a series of fun and beneficial games. Acquire skills and fitness, but also develop an interest and love of sports.

Location: Foothills Activity Center Cost: \$89

# SoccerTots

Age: 2-3 yea	rs		
9/4-10/9	W	9:30-10:20 AM	414780-01
9/5-10/10	Th	9:30-10:20 AM	414780-04
Age: 3-4 yea	rs		
9/4-10/9	W	10:30-11:20 AM	414780-02
9/5-10/10	Th	10:30-11:20 AM	414780-05
Age: 4-5 yea	rs		
9/4-10/9	W	11:30-12:20 PM	414780-03
9/5-10/10	Th	11:30-12:20 PM	414780-06

# 1st Down Tots

2-3 years			
10/16-11/20	W	9:30-10:20 AM	414780-07
10/17-11/21	Th	9:30-10:20 AM	414780-10
3-4 years			
10/16-11/20	W	10:30-11:20 AM	414780-08
10/17-11/21	Th	10:30-11:20 AM	414780-11
4-5 years			
10/16-11/20	W	11:30-12:20 PM	414780-09
10/17-11/21	Th	11:30-12:20 PM	414780-12



# Ready for a career where you can MAKE A DIFFERENCE?

Have you always wanted to work with children? Are you interested in being your own boss and running your own business? Become a Licensed Family Child Care Provider and make a difference both in your life and in the lives of local families.

The Early Childhood Council of Larimer County offers support to prospective Licensed Child Care Home Providers for pre-licensing requirements and financial assistance.

For more information, contact: Child Care Outreach Specialist ccos@ecclc.org or 970-377-3388 ext. 200

Every single day, you'll be making a difference.



CHILDHOOD

ecclc.org

# 34 Duplex Patio Homes for Active Seniors Wanting a Maintenance-Free Lifestyle Move-in Ready. Occurs Ready. Occurs Borno Barto Homes Torino Circle in Fort Collins

Monday - Friday | 10:00 a.m. - 5:00 p.m.

970-999-2071 columbinehealth.com

# 50+

All 50+ programs are for ages 50 years & up and held at the Senior Center unless otherwise noted. For programs designed for all ages, browse the other sections of the Recreator.

Other Adult Programs in the Recreator

Adaptive Recreation	14	Fitness	53
Aqua Fitness	19	Ice Skating	66
Aquatics	21	<b>Outdoor Recreation</b>	70
Arts & Crafts	25	Special Events	73
Dance & Movement	34	Sports	74
Education	45	Trips & Travel	97

# **Senior Center Membership**

Membership 50+ is \$30 annually with scholarships available. Programs that offer special pricing for members are denoted throughout the Recreator with **1**. A 15% discount applies to the fee minus the \$1 program fee. Additional discounts do not apply. If no fee is listed for a membership program, the program is exclusive to Senior Center Members. Senior Center Membership 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 including new Hiking and Stewardship Clubs. See page 70 for more information.

Birthday and anniversary celebrations.

Notary service.

# **CLUBS & ORGANIZATIONS**

# C.H.A.T. (Crafts Hobbies Arts Time) 🚥

For more information about C.H.A.T., see page 26.

# Donut Make U Wonder 🛯 🖤

Discuss current subjects and related personal experiences. Divisive matters related to religion and politics avoided to ensure comradery. Meetings begin with a brief song and end with a few shared jokes. Coffee and donuts provided.

Ongoing F 10:00–11:00 AM No Fee

# Fort Collins Senior Center Friends 🖤

Fort Collins Senior Center Friends is a private nonprofit 501c3 organization that supports and enhances the use and enjoyment of the Senior Center through public relations, socializing, fundraising, and advocacy. Meetings are four times per year. Annual membership fees are \$10. For more information, contact Chris Hays at 970.237.9340, haysmith@frii.com.

# **Front Range Forum**

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. Registrants facilitate classes for each other; participants take part in short term presentations and informal discussions on a variety of topics.

9/1-11/30 Dates and times of classes vary \$14 407410-01

# Senior Serenaders 🛯 🖤

Formerly known as the Harmonettes, the Senior Serenaders practice and perform seasonal themed programs of popular music from years past for local assisted living facilities and special events. No choral experience required, but ability to read music is helpful. For more information, contact Betsy Emond at 970.224.6030, bemond@fcgov.com. Note: Practice not held on third Monday of the

month. Practice will not be held 9/02.

9:30-11:00 AM Ongoing М No Fee

# Older Gay Lesbian Bisexual Transgender (OGLBT) 🖤 🖤

Join the social networking group for monthly get togethers. Meetings will occur to plan future events and activities. For more information contact Katie Stieber at 970.224.6029, kstieber@fcgov.com.

# Senior Bowling Leagues 🖤 🖤

League members and substitutes play at Chippers Lanes on Horsetooth; league fees apply. For more information, contact Connie Henry at 970.420.6677.

Tuesday League T	Tu	1:00 PM	
Thursday League	Th	1:00 PM	

# 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 the community. The board consists of 11 members; 9 members are appointed by City Council. The Senior Advisory Board meets the second Wednesday of each month at 11:30 a.m. Guests are welcome.

# Senior Center Chess Club 🖤 🖤

Meet in the lobby of the Senior Center and play chess with other members. Some chess boards available; members are encouraged to bring their own. All levels welcome. For more information, contact Magic John at 970.599.1234, sc-chess@broccoli.gq.

Ongoing Tu/F 9:30-11:30 AM No Fee

# **Inquiring Minds** Never Stop Learning

Join a local community of lifelong learners. Choose from a wide variety of courses, lectures, and excursions. Explore what Osher has to offer.

# www.OsherCSU.com



# **SOAP Troupe Acting**

SOAP Troupe produces two major shows per year featuring a variety of acts/short skits, monologues, stand-up comedy, song, and dance. Whether an experienced performer or a beginner, talent can be used for each show.

9/24, 10/22 & 11/26	Tu	1:00-3:00 PM \$12
412421-01		

# The Writers Group 🖤 🖤

Expression through writing in any manner regardless of content, genre, or skill. Gather weekly to share work and occasionally write on a topic selected by all. New participants welcome. For more information. contact Betsy Emond at 970.224.6030. bemond@fcgov.com.

Ongoing	Tu	9:30 AM-Noon	No Fee

# **CARDS & GAMES**

Note: \$5 non-member drop-in option for member games and billiards available.

# Bingo 🚺 🖤

Compete in Bingo for prizes.

9/9, 10/14, 11/11 M

1:00-2:00 PM

No Fee

# Cards & Games W ໜ

Age: 18 years & up

All Games			
Ongoing	М	9:00 AM-Noon	No Fee
Party Bridge			
Ongoing	Т	12:30-4:00 PM	No Fee
Pinochle			
Ongoing	Т	12:30-4:00 PM	No Fee
Mahjong			
Ongoing	Т	1:00-4:00 PM	No Fee
All Games			
Ongoing	W	12:30-4:00 PM	No Fee
Party Bridge			
Ongoing	Th	5:00-8:00 PM	No Fee
Pinochle			
Ongoing	F	12:30-4:00 PM	No Fee

# BRIDGE

# [ BRIDGE DROP-IN PLAY ]

# Duplicate Bridge 🚺

Weekly drop-in duplicate bridge for companionable play. No partner required. Note: Member discount does not apply for drop-in.

9/6-11/22	F	Noon-4:00 PM	\$44	412420-01
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# Bridge Mentoring W 🖤

Drop-in half-hour review of one topic, followed by bridge play with class concepts. Preset boards with hand record available to play. Mentor assists with bidding and playing questions. No partner required. Note: Non-members pay \$5 drop-in fee.

Age: 18 year	s & up			
Ongoing	М	5:30-8:30 PM	No Fee	

# Learn to Play Bridge

Learn the 21st Century Standard American Bridge System using MiniBridge and the ACBL Bridge Series textbooks in Bridge 1-6. Bridge 7 uses the book, 25 More Bridge Conventions You Should Know by Barbara Seagram.

In Bridge "Play" programs (Bridge P1-P8), practice with companion materials. Receive 30-minute overview of teaching points, play 8 pre-set hands each session, and review specific analysis for each hand.

Registration includes supplies.

Courses taught by ACBL certified life-master teacher.

# Bridge 1, Getting Started 🕨

Learn MiniBridge, a trick-taking mind sport for four players played as partners. Designed for beginners to start play right away with limited knowledge of rules and language for bidding. Focus on card basics, bridge etiquette, hand evaluation/counting points, and how to win tricks.

Age: 18 years & up

9/3-9/24	Tu	5:30-8:30 PM	\$59	412460-01

# Bridge 2, Bidding W

Learn the language of bidding with a partner to use in a competitive auction against opponents to determine the final contract. Focus on suit and no trump opening bids, overcalls, responses, rebids, and Stayman convention. Prerequisite: Bridge 1 or instructor approval. Note: Class will not be held on 11/21.

Age: 18 years & up

10/1-12/03	Tu	5:30-8:30 PM	\$154	412461-01
- / /				

# Bridge 6, More Commonly Used Conventions 🖤

Cover conventions on left side Standard American Yellow Card (SAYC) including doubles, overcalls, Drury, Blackwood, Gerber, finding key cards, leads and signals, and introduction to Two-Over-One Game Force. Prerequisite: Bridge 4, Defense or instructor approval.

Age: 18 years & up

9/16-11/11	М	12:30-3:30 PM	\$134	412462-01	

# EDUCATION

# Active Minds Virtual Learning 🚺

Engage in a unique virtual learning experience. Experts from Active Minds present on topics from remote locations. Engage with the presenters through streaming systems and the technology offered in the Twinberry Auditorium.

Age: 50 years & up

Location: Senior Center

# **The National Parks**

Join Active Minds as they tell the story of the development of our National Parks. The world's first national park, Yellowstone, was created by an act of congress in 1872. Today the national park system includes more than 58 national parks and 800 million acres of land, and hosts more than 300 million visitors per year.

9/24 Tu	1:00-2:00 PM	\$9	412441-01
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# The Legacy of WWI

As we mark the one-hundred-year anniversary of the Treaty of Versailles and the end of WWI, Active Minds explores how the agreements made at the Paris Peace Conference after "the Great War" sowed the seeds of conflict soon thereafter, and conflict that continues today.

10/22 Tu 1:00-2:00 PM \$9	412441-02
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# Leonardo da Vinci

Inventor, artist, scientist, engineer, architect, philosopher, and more. Leonardo da Vinci was a true "Renaissance Man" and a clear creative genius. Join Active Minds to review his life, work, and lasting impact.

11/26 Tu 1:00-2:00 PM \$9 412441-03					
	11/26	Tu	1:00-2:00 PM	\$9	412441-03

# 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.

Participants may register for one or more class sessions starting on or after the registration date. Sessions are 4-weeks long and 5-weeks long during major holidays: 5-week sessions are marked with an asterisk (\*).

Fitness classes require a minimum number of 6 participants registered per session to avoid cancellation for that session. Participants may attend only the class for which they are registered.

Active facility pass holders receive 70% off enrollment price of Fitness classes. **Note:** 25 admission passes are not eligible for the discount.

# **Drop-in Policy**

See page 7 for Fitness Class drop-in prices and passes. Note: Drop-in participants do not count toward minimum number of Fitness classes. Reduced rates do not apply to the daily drop-in fee.

The Fitness classes listed below are specific for ages 50 years & up. See page 53 for information on additional fitness classes and personal training services.

# **Back & Body Strength**

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.

9/4-9/27	M,W,F	8:50-9:50 AM	\$45	409415-01
9/30-10/25	M,W,F	8:50-9:50 AM	\$49	409415-02
*10/28-11/27	M,W,F	8:50-9:50 AM	\$57	409415-03
9/4-9/25	M,W	8:50-9:50 AM	\$29	409415-1A
9/30-10/23	M,W	8:50-9:50 AM	\$33	409415-2A
*10/28-11/27	M,W	8:50-9:50 AM	\$41	409415-3A

### **Body & Mind in Motion**

Designed for adults with physical limitations, participants perform a variety of arm and leg movements while sitting in chairs.

9/4-9/27	M,W,F	10:00-10:55 AM	\$45	409416-01
9/30-10/25	M,W,F	10:00-10:55 AM	\$49	409416-02
*10/28-11/27	M,W,F	10:00-10:55 AM	\$57	409416-03
9/4-9/25	M,W	10:00-10:55 AM	\$29	409416-1A
9/30-10/23	M,W	10:00-10:55 AM	\$33	409416-2A
*10/28-11/27	M,W	10:00-10:55 AM	\$41	409416-3A

# **N'Balance**

Learn effective fall prevention techniques that achieve results. 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 Fall Proof, a balance program created by California State University Fullerton.

9/9-10/30	M,W	2:30-3:30 PM	\$20	409417-01

# Balance 201

Practice techniques and work to develop body awareness, methods, and confidence in facing balance challenges. Just like strength improves with practice, so can balance.

9/5-9/26	Th	1:15-2:15 PM	\$17	409418-01
10/3-10/24	Th	1:15-2:15 PM	\$17	409418-02
*10/31-11/21	Th	1:15-2:15 PM	\$17	409418-03

# **Parklane Fitness**

Receive instruction while sitting in a chair to improve flexibility, strength, coordination, and cardiovascular fitness.

Location: Parklane Towers North, 415 S. Howes St.

9/3-9/26	Tu,Th	9:30-10:30 AM	\$33	409419-01
10/1-10/24	Tu,Th	9:30-10:30 AM	\$33	409419-02
*10/29-11/26	Tu,Th	9:30-10:30 AM	\$37	409419-03

# Swiss Theraball

Enjoy gentle, effective, low-impact exercise on a Theraball. Improve balance, endurance, flexibility, and strength with this relaxing routine. Theraballs provided.

9/5-9/26	Th	4:00-5:00 PM	\$17	409420-01
10/3-10/24	Th	4:00-5:00 PM	\$17	409420-02
*10/31-11/21	Th	4:00-5:00 PM	\$17	409420-03

# Tai Chi for Arthritis I

Tai Chi for Arthritis and falls prevention is effective and evidence based. It relieves pain and maintains and improves health and the quality of life.

9/6-9/27	F	3:00-4:00 PM	\$17	409421-01
10/4-10/25	F	3:00-4:00 PM	\$17	409421-02
11/1-11/22	F	3:00-4:00 PM	\$17	409421-03

# Tai Chi for Arthritis II

Designed for those with or without Arthritis who have taken Tai Chi for Arthritis I and are looking for a challenge.

9/6-9/27	F	Noon-1:00 PM	\$17	409422-01
5/ 0 5/ 21			ψΠ	TOS TEE OT
10/4-10/25	F	Noon-1:00 PM	\$17	409422-02
10/4 10/25	1	100111.00111	ΨΠ	403422 02
11/1-11/22	С	Noon-1:00 PM	\$17	409422-03
11/ 1-11/ 22	Г	N0011-1.00 PM	φI/	409422-03

# [ SILVERSNEAKERS ]

For more information about SilverSneakers, inquire at the front desk of Senior Center or Northside. Note: SilverSneakers non-members may attend by paying the drop-in fee or registering for the session.

# **Classic SilverSneakers**

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. A chair is used for seated or standing support.

# Location: Senior Center

9/3-9/26	Tu,Th	10:10-10:55 AM	\$25	409423-01
10/1-10/24	Tu,Th	10:10-10:55 AM	\$25	409423-02
*10/29-11/26	Tu,Th	10:10-10:55 AM	\$28	409423-03
9/7-9/28	Sa	10:30-11:15 AM	\$13	409423-04
10/5-10/26	Sa	10:30-11:15 AM	\$13	409423-05
11/2-11/23	Sa	10:30-11:15 AM	\$13	409423-06
Location: Nort	thside Azt	lan Center		
0/4 0/05	N.4.1.4./	11 00 11 45 414	¢22	400514 01

9/4-9/25	M,W	11:00-11:45 AM	\$22	409514-01	
9/30-10/23	M,W	11:00-11:45 AM	\$25	409514-02	
*10/28-11/27	M,W	11:00-11:45 AM	\$31	409514-03	

# **Circuit SilverSneakers**

Move through a series of exercises in a circuit format to improve cardiovascular endurance as well as muscular strength and endurance.

9/4-9/27	M,W,F	1:00-1:45 PM	\$34	409424-01
9/30-10/25	M,W,F	1:00-1:45 PM	\$37	409424-02
*10/28-11/27	M,W,F	1:00-1:45 PM	\$43	409424-03

# Splash SilverSneakers

Utilize movement in shallow water to improve agility, flexibility, and cardiovascular endurance. No swimming ability required. A special SilverSneakers kickboard is used to develop strength, balance, and coordination.

9/3-9/26	Tu,Th	12:45-1:45 PM	\$33	409425-01
10/1-10/24	Tu,Th	12:45-1:45 PM	\$33	409425-02
*10/29-11/26	Tu,Th	12:45-1:45 PM	\$37	409425-03

# Stability SilverSneakers

Become stronger and improve balance. Designed for fall prevention and suitable for all fitness levels. Exercises are adapted depending on the skill of participants. A chair may be used for balance and support.

9/6-9/27	F	2:00-2:45 PM	\$13	409426-01
10/4-10/25	F	2:00-2:45 PM	\$13	409426-02
11/1-11/22	F	2:00-2:45 PM	\$13	409426-03

# 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.

9/4-9/25	M,W	4:10-4:55 PM	\$22	409427-01

# Yoga Silver Sneakers continued

9/30-10/23	M,W	4:10-4:55 PM	\$25	409427-02
*10/28-11/27	M,W	4:10-4:55 PM	\$31	409427-03
9/3-9/26	Tu,Th	11:10-11:55 AM	\$25	409427-04
10/1-10/24	Tu,Th	11:10-11:55 AM	\$25	409427-05
*10/29-11/26	Tu,Th	11:10-11:55 AM	\$28	409427-06
9/7-9/28	Sa	11:15 AM-Noon	\$13	409427-07
10/5-10/26	Sa	11:15 AM-Noon	\$13	409427-08
11/2-11/23	Sa	11:15 AM-Noon	\$13	409427-09

# [YOGA]

# Yoga, Chair

A form of adaptive exercise. Be supported by a chair and receive yoga's healing and restorative benefits. Yoga relaxes the body and mind and improves musculoskeletal fitness and flexibility.

9/9-9/23	М	8:30-9:30 AM	\$13	409428-01
9/30-10/21	М	8:30-9:30 AM	\$17	409428-02
*10/28-11/25	М	8:30-9:30 AM	\$21	409428-03

# Yoga for Osteoporosis

Learn and practice yoga poses that can help with the prevention and treatment of osteoporosis and strengthen bones. Focus on breathing techniques, balance, strength, and posture. Based on the book, Walk Tall, by Sara Meeks, PT.

9/4-9/25	W	9:00-10:00 AM	\$17	409429-01
10/2-10/23	W	9:00-10:00 AM	\$17	409429-02
*10/30-11/27	W	9:00-10:00 AM	\$21	409429-03

# [ ICE ]

# Senior Coffee Club 🖤

Designed for older adults interested in social skating. Drop-in fees apply. Note: Adults ages 85 years & up are eligible for the Platinum Pass. Ask the front desk for details.

Location: Edora Pool Ice Center

Age: 60 years & up	
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8/21-11/27	W	9:15-10:45 AM	No Fee	

# RESOURCES

# Library/Media Center 🕨

A quiet location for reading, reflection, relaxation, or use of a computer. 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 🕨

The Pool Room has four 8-ball tables and one snooker table. Non-members may pay a daily drop-in rate. Additionally, users are asked to contribute to the donation box located in the room to help support facility maintenance.

# 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
Location: No	orthside Aztla	n Communi <sup>.</sup>	ty Center
Ongoing	Tu,Th	Noon	\$2.50 suggested donation

# 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. 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. To apply as a volunteer, visit engage.fcgov.com/D/sc/App/General or contact Betsy Emond at 970.224.6030, *bemond@fcgov.com*.

# **SOCIAL PROGRAMS**

# **Ancianos Senior Programs**

Instituted more than 40 years ago, Ancianos is one of the City of Fort Collins' oldest running social groups. Gather for lunch, arts and crafts, bingo, holiday themed parties, and engage with community guest speakers during lunch programs. Ancianos runs in conjunction with the VOA Senior Nutrition Program. Discount available for those enrolled in the City of Fort Collins Recreation Reduced Fee Program Note: Participation in Ancianos is not required to participate in VOA Senior Nutrition Program. Class will not be held on 11/28 or 12/24.

# Age: 60 years and up

Location: Northside Aztlan Center

Ongoing	T, Th	11:00 - 1:00	\$75.00	412500-01	
Monthly sch	nedule:				
Week 1		Bingo & Gue	st Speaker		
Week 2		Exercise & Craft/Holiday Party			
Week 3		Memory Cafe	é & Movie		
Week 4		Exercise & C	raft		

# **VOA Senior Nutrition Program**

Ongoing T, Th \$2.50 suggested donation \*Participation in quarterly programs not required if attending lunch only.

# Coffee with Bob 🖤

Grab a cup of coffee with Recreation Director, Bob Adams. Coffee provided. Bring thoughts and questions for discussion.

10/23	W	8:30-9:30 AM	No Fee	
11/20	W	8:30-9:30 AM	No Fee	

# Movies, New Release, & Classics 🖤 🖤

Movie showings of new releases and classics. Schedule of movie titles available at the registration desk.

9/6	F	1:00-3:00 PM	No Fee	
9/20	F	1:00-3:00 PM	No Fee	
10/4	F	1:00-3:00 PM	No Fee	
10/18	F	1:00-3:00 PM	No Fee	
11/01	F	1:00-3:00 PM	No Fee	
11/15	F	1:00-3:00 PM	No Fee	

# Prairie Sage Dances 🖤

Dance to live music. Refreshments served. Free dance lessons at 5:30 p.m. with purchase of dance ticket.

Big	Twang	Theory	(Safari	Potluck)
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9/16	М	7:00-10:00 PM	\$5
Harris and Har	ris		
10/7	М	7:00-10:00 PM	\$5
Life in the Pas	t Lane (Hallo	ween Chili Supper)	
10/21	М	5:00-8:00 PM	\$5
Honkibilly Her	os (Honoring	g our Veterans)	
11/4	М	7:00-10:00 PM	\$5
Pepie			
11/18	М	7:00-10:00 PM	\$5

# **SPECIAL EVENTS**

See a list of Special Events, including Mahjong and Mimosa's and Big Band Swing Concert & Dance, on page 73.

# Celebrations 🕨

Celebrate July, August, and September birthdays and anniversaries of the Senior Center members with cake and entertainment.

Location: Senior Center

9/19	Th	1:30-3:00 PM	No Fee	412410-01

# Pool Tournament 🕨

8-ball tournament with prizes for the top three scores. Note: Rules will be reviewed. Snacks and beverages provided.

9/14	Sa	10:00 AM-3:00 PM	\$16	412460-01

# Trips & Travel

Trips & Travel programs 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. See trip details for more information.

# **Refunds/Cancellation**

In accordance with the Recreation refund policy, within a week of an activity no refunds are given unless we resell that seat. The Recreation refund policy can be found on page 4.

Ticketed trip sales are considered final after the deadline printed for each activity and are non-refundable. 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 listed in the activity, after which all sales are final and non-refundable. For some overnight trips, a refund schedule is available upon request.

# Discounts

The Senior Center Member discount applies to trips where an **W** is listed next to the activity title. This 15% discount applies to the fee minus the \$1 program fee. 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 to check in with the driver. 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 need extra supervision or assistance are encouraged to register and participate with a personal care attendant. At time of registration, please inform us of any accommodations needed. When registering for ticketed events, accommodations can only be guaranteed until the non-refundable date noted in the description. After that date we will make every effort to accommodate needs, but we cannot guarantee ticket availability.

There is no transportation fee for the personal care attendant providing assistance, but they must pay for ticket and meal expenses if those are part of the trip fees. Attendants must register separately from individuals they are assisting to ensure that we provide necessary seating, meals, tickets, etc. If a meal is included in the price, allergy or dietary requests must be made at the time of registration otherwise we cannot guarantee accommodation.

# 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). This service is provided prior to and after printed trip timeframes out of consideration for other participants. On some trips, a pick-up in Loveland is offered and must be requested at time of registration; pick-up time is 15 minutes after time listed in program description. The cost for these services is \$5 per person. Requests must be made at the time of registration or at least three business 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.

# **Trips & Travel Exertion Scale**

Trips are identified throughout this section with an exertion scale rating. The rating scale identifies how intense the walking may be on the trip. A rating of ● indicates a low walking level for the trip, while a ▲ indicates a high level of walking. The rating system is defined below. Please note that many trips may be at altitude regardless of the exertion rating. Distances are approximate.

• = Walk short distances. Example: To program location from parking lot. May include some stairs. Mostly sitting. Handicap accessibility available. Distance: Less than 20 yards.

Walk short distances on mostly even surfaces. Some stairs. Example: Short tours. Distance: 20-100 yards.

◆ = Walk longer distances on mostly even surfaces. Some stairs. Distance: .25-1 mile.

▲ = Walk for long distances, on uneven surfaces, and/or on stairs. You will be on your feet for most of the outing. Distance: 1-5 miles.

# **ADVENTURE**

Installment billing is available for Adventure trips. To setup reoccurring payments, contact Cate Eckenrode at 970.224.6136. To pay in full, register online using the activity number listed in the program description.

For a schedule of trip previews contact 970.224.6136, trips@fcgov. com.

All adventure trips are rated **A**. Accommodations must be requested at the time of registration. These include wheelchair transport at airports, airline seat requests, and other accommodations.

# **Iceland Winter Wonderland**

There is a whole other side to Iceland in the winter months. Hike glaciers, snowshoe through Pingvellir National Park, reflect on life under the Northern Lights, and warm up in the hot springs. Note: 7 days/6 nights. Fee includes accommodations, guides, and meals as listed in the itinerary. Airfare not included. Non-refundable after 1/15/2020.

3/15-21, 2020	Double Occupancy	\$2,490	205995-01
3/15-21, 2020	Single Occupancy	\$3,240	205995-01

# **Discover America's Music Cities**

Visit New Orleans, Memphis, and Nashville to revel in the sounds of the blues, jazz, country, and good old rock'n'roll. Experience the unique city of New Orleans, where music, food, and fun are always on the menu. Spend time in Memphis, "birthplace of the blues," and tour Graceland. Then enjoy reserved seats at the Grand Ole Opry in Nashville. Note: 8 days/7 nights. Fee includes accommodations, guide, meals as listed in the itinerary, and roundtrip airfare. Non-refundable after 2/20/20.

4/20-27, 2020	Double Occupancy	\$3,000	205994-01
4/20-27, 2020	Single Occupancy	\$3,900	205994-01

# Yellowstone & the Grand Tetons

Take in the sights of the west on an unforgettable tour. Begin with sounds of the Mormon Tabernacle Choir, then travel north along the Rocky Mountains to Yellowstone. Explore Yellowstone National Park with a naturalist and search for wildlife. Float along the Snake River to take in Grand Teton National Park. Note: 7 days/6 nights. Fee includes accommodations, guide, meals as listed in the itinerary, and roundtrip airfare. Non-refundable after 2/28/20.

5/30-6/5, 2020 Double Occupancy	\$3,145	205996-01
5/30-6/5, 2020 Single Occupancy	\$3,845	205996-01

# **ONGOING TRIPS**

# Rockies Games 🕨 🔶

Enjoy a game at Denver's Coors Field. Note: Fee includes ticket. Non-refundable after 4 weeks prior to game date.

vs. Cardinals				
9/12	Th	10:30 AM-7:00 PM	\$43	405901-01
vs. Padres				
9/15	Su	10:30 AM-7:00 PM	\$43	405901-02
vs. Mets				
9/18	W	10:30 AM-7:00 PM	\$43	405901-03
vs. Milwaukee				
9/29	Su	10:30 AM-7:00 PM	\$43	405901-04

# Casino Trips 🗖

Spend a day in the mountains at the Mardi Gras Blackhawk. Note: Fee includes \$5 coupon for lunch and \$5 free play.

9/17	Tu	8:00 AM-5:30 PM	\$11	405910-01
10/15	Tu	8:00 AM-5:30 PM	\$11	405910-02
11/19	Tu	8:00 AM-5:30 PM	\$11	405910-03

# [ OUT TO LUNCH 🖤 🔳 ]

A trip out to lunch with friends. Note: Lunch cost on own. Meal range: \$10-15.

# **AKA kitchen, Loveland**

Family owned local restaurant the serves up fresh twists on old favorites

9/11	W	11:00 AM-3:00 PM	\$21	405930-01

### The Post, Longmont

Fried chicken at its best. Chicken and waffles, chicken sandwiches, or good ole bone in crispy fried chicken.

10/2	W	10:30 AM-3:30 PM	\$21	405930-02
G5, Severa	ance			

Enjoy classic American food like pizza, burgers, and sandwiches, all with a unique flare.

11/20	W	11:00 AM-3:00 PM	\$21	405930-03

# [ SUNDAY OUT TO LUNCH ■ ]

Head somewhere in the specified area for lunch and to enjoy a day out of the house. We don't tell you which restaurant, because the mystery is half the fun. **Note:** Lunch cost is on own. Meal range is \$10-15.

Boulder				
9/22	Su	11:00 AM-3:00 PM	\$16	405932-01
Loveland				
10/6	Su	11:00 AM-3:00 PM	\$16	405932-02
Lyons				
11/3	Su	11:00 AM-3:00 PM	\$16	405932-03

# [TRAVELING GOURMET 🛛 🗖 ]

Get fancy for dinner and try gourmet Colorado cuisine. Note: Dinner cost on own. Meal range is \$40-75.

# Martini's, Longmont

Seafood and steak entrees with a comfortable and cut-above ambience.

9/19	Th	4:00-9:30 PM	\$26	405940-01
Chart Hou	isa Galdan			

# Chart House, Golden

Back by popular demand, the Chart House seafood restaurant features shrimp, fresh fish and Prime Rib. A magnificent hilltop view of Denver tops it off.

10/17 IN 4:00-9:30 PM \$26 405940-0	10/17	Th	4:00-9:30 PM	\$26	405940-02
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# **Origins, Loveland**

Wine bar and wood fired pizza along with cheese and charcuterie, bruschetta, and original paninis.

11/14	Th	4:00-9:30 PM	\$26	405940-03

# **SEPTEMBER**

# Barr Lake Birding Festival, Denver 🖤 🔺

This fun and festive community event celebrates the fall bird migration. Choose a guided bird walk, visit the fall bird banding station, or take a driving tour of the refuge on the Eagle Express. Note: Lunch cost is on own.

9/7	Sa	6:00 AM-3:00 PM	\$38	405950-	01
Fall Colo	rs, Estes Park	•			
- · ·					

Scenic drive from Estes Park to the Rainbow Curve Overlook on Trail Ridge Road in Rocky Mounatin National Park. Note: Lunch cost on own.

9/25	W	10:30 AM-4:00 PM	\$31	405952-01
9/26	Th	10:30 AM-4:00 PM	\$31	405952-02

# OCTOBER

# CSU Fermentation Science Tour 🖤 🔺

Tour the Gifford Building, Teaching & Research Brewery, and visit the Ramskeller Pub with experts in the industry. Note: Lunch cost on own.

10/7	М	10:00 AM-2:30 PM	\$40	405958-01
		<b>—</b>		

# Mamma Mia, Boulder 🖤 🗖

The story-telling magic of ABBA's timeless songs tells an enchanting tale of love, laughter, and friendship. On the eve of her wedding, a daughter's quest to discover the identity of her father brings three men from her mother's past, back to the Greek island paradise they last visited 20 years ago. Note: Fee includes ticket and dinner. Non-refundable after 9/9/19.

Location: Boulder Dinner Theater

10/9	W	10:30 AM-5:00 PM	\$80	405921-01

# Lucky Three Ranch, Loveland W 🔶

The beautiful, 127 acres, "Lucky Three Ranch" is a haven for the promotion and preservation of mules and donkeys. Watch a film that covers the history of mules and the ranch, then tour the ranch. Note: Lunch cost is on your own.

10/9	W	9:00 AM-3:30 PM	\$45	405951-01

# Monet, Denver W 🔶

The Denver Art Museum will be home to the most comprehensive U.S. exhibition of Monet paintings in more than two decades. More than 125 paintings spanning Monet's entire career will be on display. Learn about the French impressionist artist's enduring relationship with nature and his response to the varied and distinct places in which he worked. Note: Lunch cost is on your own. Non-refundable after 9/15/19.

Location: Denver Art Museum

10/22	Tu	10:30 AM-6:00 PM	\$65	405922-01
10/23	W	10:00 AM-6:00 PM	\$65	405922-02

# Pumpkin Picking, Fort Collins 🖤 🔺

Select a pumpkin at Jack Lantern's Farm. Then try out the corn maze, wagon rides, and more. Note: Lunch cost and pumpkin purchase on own.

10/24 Th 11:00 AM-4:30 PM \$40	405954-01
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# Mob Tour, Denver 🖤 🗖

Join mob historian Tom Hackett on a bus tour through North Denver's Little Italy. Explore former social clubs, homes, and haunts of some of Denver's most influential mobsters and uncover the truth behind many of the legends. After, have an Italian lunch at a formerly mob-run restaurant. Note: Fee includes guided tour and lunch at Gaetano's.

10/29 Tu 9:30 AM-3:30 PM \$61 405955-01

# **NOVEMBER**

# Celestial Seasonings & Leaning Tree 🚺 🔶

Get a behind the scenes look at how tea is made from raw ingredients to finished products. Then at Leaning Tree, watch as flat sheets of blank paper are transformed into beautiful, full color cards. Note: Lunch cost on own at Celestial Seasoning Cafe.

11/7	Th	9:00 AM-4:00 PM	\$21	405957-01

# Bighorn Sheep Festival, Devils Gate Depot 🖤 🗖

Celebrate the Bighorn Sheep Festival and catch a ride on the Georgetown Loop Railroad. This educational Sheep Festival train ride departs exclusively from the Georgetown Devils Gate Depot. Note: Lunch cost is on own. Non-refundable after 9/15/19.

11/9	Sa	7:30 AM-4:00 PM	\$80	405956-01





# DALLAS-WACO-OK CITY-LUBBOCK

### SEPTEMBER 19 - 26, 2019

Dallas Arboretum & Botanical Gardens • Dallas World Aquarium JFK 6Th Floor Museum • George W. Bush Presidential Library Dallas Trolley Fun Tour • Magnolia & The Silos • OKC Memorial

Texas Ranger Museum • Buddy Holly Museum • 14 Meals

\$1239 Double/\$1599 Single/\$1169 Triple

# CHRISTMAS IN BRANSON NOVEMBER 3 - 9, 2019

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# 6-9 P.M.

NORTHSIDE AZTLAN COMMUNITY CENTER 112 E. WILLOW STREET

# FCGOV.COM/HOGWARTSHALLOWEEN Advanced registration recommended. Space is limited.

# GO TO THE THREE BROOMSTICKS:

BUTTER BEER CHOCOLATE FROGS BERTIE BOTTS EVERY FLAVORED BEANS ANIMAGUS BISCUITS

# **TEST YOUR COURAGE:**

WIZARDS DUELING Forbidden Forrest Snape! Horcrux Hunt

**(**)

# Drop everything and join us!

# SPORTS CENTRAL

Play your game at Northside, Foothills Activity Center, and Senior Center. Programs include: 50+ Basketball, Badminton, Basketball, Family Basketball, Pickleball, Table Tennis, & Volleyball.

# EARLY LEARNING

Toddler programs like Super Tots and Tots Gym offered at Foothills Activity Center.



# DROP-IN GYM

Do your own thing. Current hours are found on each facility's webpage.



# Check available programs offered at EPIC and skate your way into: Stick & Puck Hockey Speed Skating Power Skating Public Skating Fitness Skate Hockey

**ICE ICE BABY** 

# JUMP IN FOR A SWIM

Open swim hours in lap lanes are available at three pools: Mulberry Pool, EPIC, and Senior Center. Check the web for a current schedule.

Recreation offers so many easy drop-in programs. No registration needed!

The only thing to precheck is the web for current program schedules, addresses below.

fcgov.com/**recreation** fcgov.com/**epic** fcgov.com/**foothillsactivitycenter**  fcgov.com/**mulberrypool** fcgov.com/**northside** fcgov.com/**seniorcenter** 





# BE OUR GUEST

# Recreation is about more than just fitness.

Our venues are unique and accessible locations that can fit the needs and budget for your next special event. Our facilities range in size to welcome small groups of guests for intimate gatherings and groups of more than 1,500 guests for larger events. Whether you're planning a wedding, birthday party, or neighborhood get-together, Recreation is available to make your next celebration memorable.

For more information and to inquire, visit *fcgov.com/recreation* and browse our facility pages.

ANNIVERSARIES BANQUETS BAR MITZVAHS BAT MITZVAH BIRTHD, COMMUNITY GATHERINGS CONCERTS CONFERENCES DANCES EXP FUNDRAISERS WEDDINGS GRADUATIONS HOLIDAY PARTIES LUNC MEETINGS MOVIE SHOWINGS PERFORMANCES PREMIERS QUINCE RETIREMENT CELEBRATIONS SPECIAL EVENTS SPORTING EVENTS









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