Spring registration starts at 7 a.m., February 13

Spring 2020

Recreator

Fort Collins

BABY PIGS GOATS & CHICKS AT THE FARM

GREAT TIMES

LEARN NEW SKILLS & RELIEVE STRESS AT THE DOULCI SLUCIO

City of Fort Collins Recreation 2.15 North Mason Street PO Box 580 Fort Collins, CO

PRST STD U.S. Postage PAID Permit #208 Fort Collins, CO Spring registration starts at 7 a.m., February 13

Spring 2020

Recreator

Fort Collins

BABY PIGS GOATS & CHICKS AT THE FARM



LEARN NEW SKILLS & RELIEVE STRESS AT THE DOLLERY STUDIO

ROCKY MOUNTAIN FAMILY PHYSICIANS



It's Spring... Get Outside, Have Fun!

APPAREL • CAMPING HIKING • FOOTWEAR

patagonia

KEEN.



Obor MSR









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pottery studio

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Dear Recreators,

As we're starting fresh in a new decade, it feels appropriate to think about change. While you're flipping through the pages of the spring Recreator, my hope is you'll feel inspired, challenged, and encouraged to find a new-to-you activity to try, or take those first steps towards a goal that you've set.

When I look through the programs offered at our facilities, I'm always amazed at how diverse the activities available are. There truly is a little something for everyone to connect with throughout our community.

A program I'm especially proud of is our state licensed Camp FunQuest. With day camps available for ages 5-15, Camp FunQuest is an excellent way to keep kids busy, engaged and active during Spring Break and throughout the summer.

Check out page 35 for more information on Camp FunQuest and start planning your next adventure.

While you're planning warm weather adventures, don't forget the Poudre River Whitewater Park (PRWP), which opened last fall. As things begin to thaw, I hope you'll keep this new park in mind and visit this spring.. Want to brush up on your kayaking skills before then? Try your paddle out at a kayak roll class over at EPIC (page 22) and prep for your first splash.

May this spring season bring you energy, excitement and, possibly, a new hobby to try. As always, we're here to help you be the best you... and have a little fun while you're at it.

See you out there, Recreators! Sincerely,

Bob Adams, Director of Recreation



Credits

City of Fort Collins Parks and Recreation Board

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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 Photographer John Robson

Registering for Recreator Programs

Registration begins at 7 a.m. on February 13. Early registration is available for Senior Center Members on February 11 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

New and current WebTrac account holders may visit *fcgov.com/recreator* to register online. To register:

- Click on "Register Online"
- New account holders

Click "Login" and select "Create an Account" Follow the prompts

• Existing account holders

Click "Login"

Enter your username/household ID number and password

At Recreation Centers

The hours listed below are for when registration hours are open. For a list of open facility hours, see page 11.

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: 9 a.m.-8 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 recreation reserve fund enables the City of Fort Collins to provide and sustain high quality recreation services and facilities. To ensure future needs are met, \$1 per program enrollment and \$2 per hour during facility room rentals are dedicated to reserves for future Recreation use. These fees are not discountable.

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 16 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 16.

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.

FRESHAR BARESHAR ADDERTURES Step into spring with AFM!

Check out our nine primary care offices and three urgent care locations across Windsor, Fort Collins, and Loveland. Visit **AFMnoco.com**



Here for good.

Tee up for the season with OPTIONS TO FIT YOUR GAME

JUNIOR GOLF

Junior Golf Lessons are designed to introduce and promote the game of golf to youth of all abilities. Learn the importance of rules and etiquette, and get on the course to practice your game.

5th Graders Golf Free

Green fees are free to all current 5th graders (2019/20 school year). Learn more at fcgov.com/juniorgolf.

PREMIER CARD & PASSES

The best value at City of Fort Collins Golf Courses is buying a Premier Card or Annual Pass. The premier card offers additional discounts the more you spend, while the annual pass saves money for those who visit the courses more frequently. Visit your local pro shop to find the best option for you.







COLLINDALE BOLF COURSE



Follow us at FortCollinsGolf



For more information call 970.221.6300 or visit fcgov.com/golf

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	1	
Youth	\$6	
Adult	\$7	
Twilight Admission		
I WIIIght Admissi	on	
Under 2	on No Fee	

Farm Admission

Age	Single Admission
Under 2	No Fee
2 years & up	\$4
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			
Student	\$1 at Northside Aztlan Center with school ID (high school & younger)			
Adult	\$5			
60+	\$4			
Drop–In Fitness	Class Fee*			
Single Admission	\$7.50			
10 Admission	\$67.50			
Special: Purchas	se Dec. 30-Jan. 5			
20 Admission	\$100			
*Excludes karate classes. Valid one year from date of purchase				

Ice Skating Rates				
Public Skate Admission				
Youth	\$4			
Adult	\$5			
60+	\$4			
Skate rental	\$3			
* 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			
50 Admission	\$125			
Freestyle 15 Min. Drop-In	\$3			
Drop-In Hockey S	tick & Puck			
All Ages	\$5			

Multi-Facility Admission Pass

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

25 Admission Pass : 25 a to use at any of the facili above. Expires one year to f purchase.	ties listed		
Youth	\$80		
Adult	\$100		
60+	\$80		
1 Month Pass *			
Youth	\$25		
Adult	\$35		
60+	\$25		
Family/Couple	\$56		
6 Month Pass *			
Youth	\$125		
Adult	\$175		
60+	\$125		
Family/Couple \$280			
Annual Pass *			
Youth	\$225		
Adult	\$315		
60+	\$225		
Family/Couple	\$504		
Platinum Pass*			
85 years & up	Free		
* Pass holders receive 70% discount 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			

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.

FROM THE PARKS & RECREATIO BOARD

The Fort Collins community is fortunate to have access to a wonderful park system with seven community parks and 49 neighborhood parks. We value the parks and want to preserve them for everyone's benefit. One way for people to get involved in this effort is with the City's Adopt-A-Park Program. Through this program, community members are invited to volunteer their time and talents to assist with the daily maintenance and upkeep of a local park of their choosing.

City of Fort Collins Parks Department staff work in coordination with park volunteers to create a clean and welcoming park environment for all to enjoy. Tasks at the park range from trash pickup patrols to minor landscaping, painting, spreading of mulch, and more. Depending on your abilities and time commitment, additional training may be provided for more complicated tasks such as graffiti cover-up or planting flowers.

I have been volunteering at Edora Park for about five years. I began my volunteer experience by using a gopher-stick and a small bag to pick up trash while walking my dog and quickly developed a sense of commitment and satisfaction in my work. Not only was I able to get outside and exercise with my dog, but over time, have been able to significantly help clean up the park near my house. Throughout the years, I've assisted with painting, minor concrete projects, and landscaping efforts at the park. As an active member of the City of Fort Collins volunteer program, I've also participated in group cleanup efforts along the Poudre River and in Natural Areas.

Volunteering not only helps the beautiful parks in Fort Collins to thrive, but also contributes to neighborhood pride, increased awareness of park amenities, and develops a core of knowledgeable volunteers who can share their learned experiences throughout the community. Volunteers who offer their time to assist the Parks Department also help provide cost savings, which in turn can free up other funds for park improvement projects. Appreciative comments from people passing by only increases my feelings of satisfaction, knowing I'm making a meaningful contribution for the common good. Several people doing a little work, can make a big difference for our community.

Interested in volunteering? Visit *fcgov.com/parks* and click on "Volunteer Opportunities."

Adopt your park today!

Bob Kingsbury

Member of the City of Fort Collins Parks and Recreation Board

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, Ice Skating & 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.

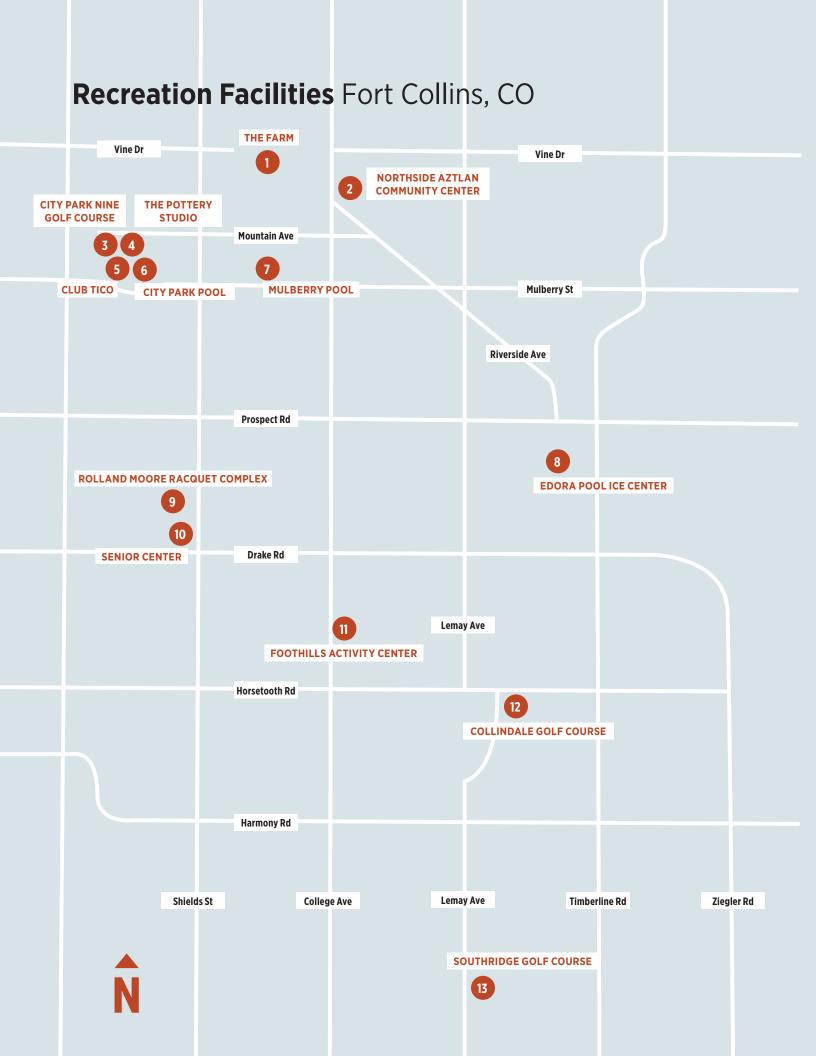
All patrons are required to shower before entering any pool.

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.



PREMIER GYMNASTICS OF THE ROCKIES





All facilities closed on April 12.

All facilities closed on May 25, except Foothills Activity Center (open during mall hours)

1 THE FARM

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

Nov 1- March 31: W-Sa 10AM-4PM Su Noon-4PM April 1- May 31: W-Sa 10AM-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 6 ам-9рм **Sa** 8 ам-5рм **Su** 9 ам-5рм

Facility closed May 18-22.

- Fitness/Dance Rooms
- Skate Park Track
- Gymnasium 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 **М-Su** 10:30ам-5:30рм

Twilight Swim: Daily 4:30–5:30PM **T, TH** 4:30–7:30PM

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

7 MULBERRY POOL

424 Mulberry St. • 970.221.6657 • fcgov.com/mulberrypool

Т,Тһ 5:30ам – 4:30рм **М,Ѡ,Ғ** 5:30ам – 8рм **Sa** 12:30 – 5:30рм Su Noon-3pm

• Diving

- Wading Pool
- Meeting Space
- Swimming

8 EDORA POOL ICE CENTER

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

М-F 5:30 AM-8 PM **Sa** 8 AM-6 PM **Su** Noon-5:30 PM

- See website for pool and ice hours.
- Diving
- Ice Rink

Wading Pool

Swimming

- Meeting Space
- Weight/Cardio Equipment
- **9 ROLLAND MOORE RACQUET COMPLEX**

2201 S. Shields • 970.493.7000

fcgov.com/racquet-complex

10 SENIOR CENTER

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

Pro Shop

Racquet Courts

(Programs available for 18+, with primary focus on 50+)

1200 Raintree Dr. • 970.221.6644 • fcgov.com/seniorcenter Fall, Winter, Spring: M-F 6 AM-9 PM Sa 8 AM-5 PM Su 9 AM-8 PM Summer: M – F 6AM – 9PM Sa 8AM – 5PM Su Noon – 5PM See website for pool hours.

Auditorium

- Billiards Room
- Gymnasium
- Health & Wellness Center
- Kitchen
- Library

11 FOOTHILLS ACTIVITY CENTER

(Programs available for all ages, with primary focus on youth) 241 E. Foothills Pkwy. • 970.416.4280 fcgov.com/foothillsactivitycenter **М-F** 6 ам-9 рм **Sa** 9 ам-6 рм **Su** 11 ам-5 рм

Facility closed May 11-15.

- Weight/Cardio Equipment
- Meeting Space

Gymnasium

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

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

Track

Meeting Space

- Weight/Cardio Equipment

Studio Space Swimming





The next U.S. Census is April 1, 2020.

Census results are used to reapportion congressional seats and to distribute more than **\$675 billion** in federal funding to support housing, education, healthcare and employment.

BE COUNTED!



Learn more at ourcity.fcgov.com/census-2020

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

Specialized Adaptive Programs

Designed to meet the unique needs of individuals with physical, intellectual, developmental, and/or emotional disabilities. Specialized Adaptive 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 to class start date.

Volunteer

Whether assisting with a few events or being a weekly inclusion support partner, volunteers are always needed to help support individuals. 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:

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

AQUATICS

Adaptive H2O Fitness

Designed for those with neuromuscular disorders and multiple sclerosis. Maximize or maintain balance, physical wellbeing, endurance, strength, and flexibility with focused exercises. Staff provides exercise modifications and assistance in a social atmosphere.

Age: 16 years & up

Location: Mulberry Pool

3/3-3/26	T,Th	10:00- 11:00 AM	\$30	202228-01
3/31-4/30	T,Th	10:00- 11:00 AM	\$37.50	202228-02
5/5-5/28	T,Th	10:00- 11:00 AM	\$30	202228-03

Adaptive Swim Lessons

Adaptive techniques are applied in an individualized setting to teach and enhance swimming skills and water safety for those with disabilities, or who are recovering from injury. Register to reserve six 30-minute lessons. Note: Time and location scheduled after registration.

Age: 3 years & up

Locations: EPIC or Mulberry Pool

3/25-5/2 M-Su

\$46.50 202326-01

ARTS & CRAFTS

Artistic Abilities 3D Art

Learn techniques to create sculptures and other 3D art. All abilities welcome.

Age: 13 years & up

Location: Colorado State University, Visual Arts Building, Room D102					
3/26-4/23	Th	4:00-6:00 PM	\$38	202990-01	

EDUCATION

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 enjoy the finished product. Note: Bring a container to take a portion to go.

Age: 16 years & up

Location: Senior Center

Spring Refreshment					
3/9	М	6:30-8:00 PM	\$14	202401-01	
March Madnes	SS				
3/23	М	6:30-8:00 PM	\$14	202401-02	
Southern Gem	าร				
4/13	М	6:30-8:00 PM	\$14	202401-03	
Flavors of Mexico					
4/27	М	6:30-8:00 PM	\$14	202401-04	
Picnic Fixins					
5/11	М	6:30-8:00 PM	\$14	202401-05	

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. Note: Class will not be held on 5/23.

Age: 18 years & up

Location: Foothills Activity Center

2/29-3/28	Sa	11:00 AM-Noon	\$35	202984-01
4/4-4/25	Sa	11:00 AM-Noon	\$28	202984-02
5/2-5/30	Sa	11:00 AM-Noon	\$28	202984-03

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 breath work, 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 3/17, 3/19.

Age: 18 years & up

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

Standing Yoga

3/3-3/31	Tu	2:00-3:00 PM	\$28	202980-01
4/7-4/28	Tu	2:00-3:00 PM	\$28	202980-02
5/5-5/19	Tu	2:00-3:00 PM	\$21	202980-03
Chair Yoga				
3/5-4/2	Th	2:00-3:00 PM	\$28	202980-04
4/9-4/30	Th	2:00-3:00 PM	\$28	202980-05
5/7-5/21	Th	2:00-3:00 PM	\$21	202980-06

MS Dryland Exercise

Designed for those with multiple sclerosis or physical impairment. Maximize strength and endurance through chair-based exercises. Note: Class will not be held on 5/25.

Age: 18 years & up Location: Senior Center

3/2-4/1	M,W	11:00-11:55 AM	\$33	202483-01
4/6-4/29	M,W	11:00-11:55 AM	\$33	202483-02
5/4-5/27	M,W	11:00-11:55 AM	\$33	202483-03
3/2-3/30	М	11:00-11:55 AM	\$17	202483-1A
4/6-4/27	М	11:00-11:55 AM	\$17	202483-2A
5/4-5/18	М	11:00-11:55 AM	\$17	202483-3A

Power Beats Boot Camp

Dynamic cardio drumming designed for those with Parkinson's, MS, brain injuries or other neurological disorders. Improve cardiovascular health, increase memory function, and elevate a sense of wellbeing. Note: Class will not be held on 5/23.

Age: 18 years & up

Location: Foothills Activity Center

2/29-3/28	Sa	12:10-1:00 PM	\$35	202984-01
4/4-4/25	Sa	12:10-1:00 PM	\$28	202984-02
5/2-5/30	Sa	12:10-1:00 PM	\$28	202984-03

Spectrum Yoga

Designed for those with intellectual, sensory integration, or on the autism spectrum. Learn yoga practices modified to teach breathwork and practice standing and balancing poses. Note: Class will not be held on 3/18.

Age: 16 years & up

Location: Northside Aztlan Center

3/4-4/1	W	1:00-1:45 PM	\$28	202982-01
4/8-4/29	W	1:00-1:45 PM	\$28	202982-02
5/6-5/27	W	1:00-1:45 PM	\$28	202982-03

OUTDOOR RECREATION

Adaptive Climbing Clinic

Rock climbing techniques are introduced, enhanced, and adapted for individuals with disabilities. Climbing equipment, instruction from a professional instructor, and guides provided.

Age: 7 years & up

Location: Whetstone Climbing, 220 Smoky St.

4/16	Th	5:00-7:00 PM	\$26	202764-01

Accessible Hiking at Staunton State Park

Staunton State Park offers use of track chairs (powered with neck/ head) or Freedom GRIT chairs (all terrain manual) on a variety of challenges and terrain offered on trails. Ambulatory hikers are welcome to attend. Staff provides push assistance if needed. Note: Bring a sack lunch and water bottle.

Age: 12 years & up

Location: Senior Center

5/21	Th	11:00 – 5:00 PM	\$30	202916-01
Attendant	Section			
5/21			No Fee	202916-1A

NW	Denotes no web registration for program
8	Denotes program/activity has special membership pricing

ADAPTIVE SKI PROGRAMS

Hit the slopes with ARO this season. Each trip includes transportation to and from Eldora Mountain Resort, ski pass, full day individual adaptive snow sport instruction, and adaptive equipment. Scholarships available; to apply contact Becca Heinze at *bheinze@fcgov.com*, 970.416.6125. Note: Attendant ski pass and equipment not included. Bring a lunch and snacks. Registration ends one week prior to listed trip date.

Age: 12 years & up Location: Senior Center

Downhill Ski/Board

DOWINING	ni Doulu			
3/11	W	7:00 AM-5:30 PM	\$140	202431-01
3/25	W	7:00 AM-5:30 PM	\$140	202431-02
Bi-Ski or №	lono-Ski			
3/11	W	7:00 AM-5:30 PM	\$140	202431-05
3/25	W	7:00 AM-5:30 PM	\$140	202431-06
Nordic Ski,	/Snowshoe			
3/11	W	7:00 AM-5:30 PM	\$111	202431-09
3/25	W	7:00 AM-5:30 PM	\$111	202431-10
Attendant	Section			
3/11	W		No Fee	202431-1A
3/25	W		No Fee	202431-2A

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 drop-in rate of \$4 per class available.

Age: 18 years & up							
Location: Fo	othills Act	ivity Center					
3/23-5/4	М	10:30 AM-Noon	\$21	202464-01			

Paralympic Sports Clinic

Experience the Paralympic sports of wheelchair rugby, boccia, and archery at this one-day clinic designed for people with physical disabilities. Equipment provided. Note: This event is provided in cooperation with the CSU Intramural Department.

Age: 16 years & up	
Location: CSU Campus	

4/25 Sa 10:00 AM-12:30 PM \$5	202765-01
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Wheelchair Rugby

A fast paced, full contact wheelchair sport designed for people with physical disabilities. Extra sport chairs available.

Age: 14 years & up Location: Northside Aztlan Center

3/24-5/5	Tu	6:00-8:00 PM	\$23	202560-01

Bowling

Strike it big while bowling with others. All skill levels welcome. 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.

4/4-5/2	Sa	10:30-11:30 AM	\$44	202906-01

Game On

Play in the park with washers, boccia, badminton, and disc golf. In case of inclement weather, games are played inside. Note: Dress for the weather and bring a water bottle.

Age: 16 years & up

Location: Senior Center

2/28	F	5:00-8:30 PM	\$19	202318-01
4/3	F	5:00-8:30 PM	\$19	202318-02
5/1	F	5:00-8:30 PM	\$19	202318-03

Monthly Themed Dances ໜ

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

Age: 18 years & up Location: Senior Center

The 80's			
3/27	F	6:00-8:00 PM	\$4
The 90's			
4/24	F	6:00-8:00 PM	\$4
Today's Top 1	0		
5/29	F	6:00-8:00 PM	\$4

SPECIAL EVENTS

Giant Friends Club 🖤

Giant Friends club brings kids of all abilities together for fun, friendships, and play at the accessible Inspiration Playground. This event features "nature" related activities and entertainment for a gigantic good time. Program is provided with support from the Inspiration Playground Endowment Fund.

Age: All			
Location:	Spring Canyo	on Community Park, 3156 S. O	verland Trl.
4/10	F	10:30 AM-12:30 PM	No Fee

THEATRE

Theatre Acting Class/Show

Express creativity on stage. Learn acting techniques, work on a short script, and present a show for the final class. Designed for people with and without disabilities. Note: The final show will take place on May 9.

Age: 16 and over Location: Senior Center

3/28-5/9	Sa	2:00-4:00 PM	\$41	202593-01

TRIPS AND TRAVEL

Denver Nuggets vs. Utah Jazz

Cheer on the Denver Nuggets, as they play the Utah Jazz. Bring binoculars and enjoy the ambiance from the upper corner. Note: Bring a snack/meal to eat during a stop on the way. Non-refundable after 3/5.

Age: 18 and over

Location: Senior Center

4/5	Tu	2:00-9:00 PM	\$76	202901-01
Attendant	Section			
4/5			\$41	202901-1A

Jack Hanna into the Wild Live Theatre Outing

Enjoy a trip to the Lincoln Center and take a wild adventure with Jack Hanna and his animal friends. Note: Bring \$20 for dinner out on the town after the show.

Age: 16 and over

Location: Senior Center

4/19	Su	2:30-8:30PM	\$65	202325-1A
Attendant	Section			
4/19			\$47	202325-1A

Stanley Hotel Tour

Journey to Estes Park and into the infamous Stanley Hotel's historic and haunted halls. Then enjoy dinner out with friends. Note: Bring \$25 for meal. Tour involves uneven surfaces with limited wheelchair accessible features.

Age: 16 and over

Location: Senior Center

5/5	Tu	1:30-8:30 PM	\$40	202325-01
Attendant	t Section			
5/5			\$20	202325-1A

Movie Night

See Hollywood's finest flicks while out on the town. Note: Bring money for the movie and additional money for snacks, if desired.

Age: 16 years & up

Location: Senior Center

3/2	М	5:30-9:00 PM	\$7	202403-01
4/14	Tu	5:30-9:00 PM	\$7	202403-02
5/18	М	5:30-9:00 PM	\$7	202403-03
Attendant	Sections			
3/2			No Fee	202403-1A
4/14			No Fee	202403-2A
5/18			No Fee	202403-3A



Restaurant Night

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

Age: 16 years & up Location: Senior Center

East Side Restaurants

3/30	М	5:30-8:30 PM	\$10	202404-01
South Side	Restaurants			
4/27	М	5:30-8:30 PM	\$10	202404-02
Old Town To	our			
5/18	М	5:30-8:30 PM	\$10	202304-03
Attendant S	Sections			
3/30	No Fee	202404-1A		
4/27	No Fee	202304-2A		
5/18	No Fee	202304-3A		



Denotes no web registration for program

Denotes program/activity has special membership pricing

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. Class will not be held 3/18.

Age: All

Location: Foothills Activity Center

2/19-4/1	W	5:30-7:00 PM	\$49	114936-02
4/8-4/22	W	5:30-7:00 PM	\$24	202766-03

Adult Soccer

Coed Unified teams develop soccer skills and play games.

Age: 16 years & up

Location: Ridgeview Park, 4700 Hinsdale Dr.

4/8-5/27	W	5:30-6:30 PM	\$22.50	202053-01

Adult Softball

Coed Unified teams are organized into two divisions to play in a summer league. Teams are scheduled for one hour of practice and one hour of play, within time frame of program. The first two weeks practice at Beattie Park. Games played at Rolland Moore Park during the remaining weeks. Note: Registration fee increases to \$30.50 after 4/27. Class will not be held on 5/25.

Age: 16 years & up

LOCATION. Dealthe & Ronand Moore Park Danneius	tion: Beattie & Rolland Moore Park Ballfields
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5/11-7/27 M 5:00-10:00 PM \$26.50

Adult Tennis

National Junior Tennis and Education coaches use modified techniques and adaptive equipment to teach the fundamentals of tennis and allow players of all abilities to participate fully.

Age: 16 years & up

Location: Northside Aztlan Community Center	
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5/26-7/14 T	Tu 🛛	6:00-7:00 PM	\$22.50	202057-01
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Youth Soccer

Modified techniques are used to teach the fundamentals of soccer and allow players of all abilities to participate fully.

Ages: 8-15 years

Location: Ridgeview Park, 4700 Hinsdale Dr.

Single Child				
4/8-5/27	W	4:15-5:15 PM	\$22.50	202054-01
Multiple Chi	ldren			
4/8-5/27	W	4:15-5:15 PM	\$30.50	202054-02

Is it just a phase?



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



mentalhealthconnections.org • 970-221-3308

Youth Tennis

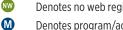
302055-01

National Junior Tennis and Education coaches use modified techniques and adaptive equipment to teach the fundamentals of tennis and allow players of all abilities to participate fully.

Ages: 8-15 years

Location: Northside Aztlan Community Center

Single child				
5/26-7/14	Tu	5:00-6:00 PM	\$22.50	202056-01
Multiple Child	dren			
5/26-7/14	Tu	5:00-6:00 PM	\$30.50	202056-02



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). For more information on admission policies and fees see page 7.

Note: Classes will not be held 5/25.

ADULT PROGRAMS

Drop-In Water Volleyball

An in-the-water volleyball game which provides a low-impact exercise option. Note: Comfort in the water and basic swimming skills recommended. Pool depth is $3 \frac{1}{2}-4 \frac{1}{2}$ feet

Age: 18 years & up

Location: Sei	nor Center			
3/2-5/29	M,W,F	10:30-11:30 AM	Day pass required	-

[LOW INTENSITY]

Basic H2O

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

Age: 18 years & up

3/2-3/27	M,W,F	8:30-9:30 AM	\$46	200412-01
3/30-4/24	M,W,F	8:30-9:30 AM	\$46	200412-02
4/27-5/29	M,W,F	8:30-9:30 AM	\$53.50	200412-03

Twinges

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

Age: 18 years & up

Location: Edora Pool Ice Center

3/2-3/27	M,W,F	8:30-9:30 AM	\$46	200314-01
3/30-4/24	M,W,F	8:30-9:30 AM	\$46	200314-02
4/27-5/29	M,W,F	8:30-9:30 AM	\$53.50	200314-03
3/2-3/27	M,W,F	9:30-10:30 AM	\$46	200314-04
3/30-4/24	M,W,F	9:30-10:30 AM	\$46	200314-05
4/27-5/29	M,W,F	9:30-10:30 AM	\$53.50	200314-06

Twinges Plus

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

Age: 18 years & up Location: Senior Center

3/2-3/27	M,W,F	12:15-1:15 PM	\$46	200416-01
3/30-4/24	M,W,F	12:15-1:15 PM	\$46	200416-02
4/27-5/29	M,W,F	12:15-1:15 PM	\$53.50	200416-03
3/2-3/27	M,W,F	1:15-2:15 PM	\$46	200416-04
3/30-4/24	M,W,F	1:15-2:15 PM	\$46	200416-05
4/27-5/29	M,W,F	1:15-2:15 PM	\$53.50	200416-06

[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: Edora Pool Ice Center

3/2-3/27	M,W,F	7:30-8:30 AM	\$46	200324-01
3/30-4/24	M,W,F	7:30-8:30 AM	\$46	200324-02
4/27-5/29	M,W,F	7:30-8:30 AM	\$53.50	200324-03
Location: Sen	ior Center			
3/2-3/27	M,W,F	9:30-10:30 AM	\$46	200424-01
3/30-4/24	M,W,F	9:30-10:30 AM	\$46	200424-02
4/27-5/29	M,W,F	9:30-10:30 AM	\$53.50	200424-03
3/3-3/26	Tu,Th	4:00-5:00 PM	\$31	200424-04
3/31-4/23	Tu,Th	4:00-5:00 PM	\$31	200424-05
4/28-5/28	Tu,Th	4:00-5:00 PM	\$38.50	200424-06

Aqua Mix

Includes toning, cardio, body strengthening, and stretching for a complete workout.

Age: 18 years & up

Location: Senior Center

3/2-3/27	M,W,F	6:00-7:00 PM	\$46	200417-01
3/30-4/24	M,W,F	6:00-7:00 PM	\$46	200417-02
4/27-5/29	M,W,F	6:00-7:00 PM	\$53.50	200417-03

Denotes no web registration for program

Denotes program/activity has special membership pricing

Classics

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

Age: 18 years & up Location: Mulberry Pool

Locationi i iai	Selly 1 001			
3/2-3/27	M,W,F	7:30-8:30 AM	\$46	200222-01
3/30-4/24	M,W,F	7:30-8:30 AM	\$46	200222-02
4/27-5/29	M,W,F	7:30-8:30 AM	\$53.50	200222-03
Location: Sen	ior Center			
3/2-3/27	M,W,F	6:15-7:15 AM	\$46	200422-01
3/30-4/24	M,W,F	6:15-7:15 AM	\$46	200422-02
4/27-5/29	M,W,F	6:15-7:15 AM	\$53.50	200422-03
3/2-3/27	M,W,F	5:00-6:00 PM	\$46	200422-04
3/30-4/24	M,W,F	5:00-6:00 PM	\$46	200422-05
4/27-5/29	M,W,F	5:00-6:00 PM	\$53.50	200422-06
3/3-3/26	Tu,Th	8:00-9:00 AM	\$31	200422-07
3/31-4/23	Tu,Th	8:00-9:00 AM	\$31	200422-08
4/28-5/28	Tu,Th	8:00-9:00 AM	\$38.50	200422-09
3/3-3/26	Tu,Th	9:00-10:00 AM	\$31	200422-10
3/31-4/23	Tu,Th	9:00-10:00 AM	\$31	200422-11
4/28-5/28	Tu,Th	9:00-10:00 AM	\$38.50	200422-12
3/3-3/26	Tu,Th	10:00-11:00 AM	\$31	200422-13
3/31-4/23	Tu,Th	10:00-11:00 AM	\$31	200422-14
4/28-5/28	Tu,Th	10:00-11:00 AM	\$38.50	200422-15
3/3-3/26	Tu,Th	7:00-8:00 PM	\$31	200422-16
3/31-4/23	Tu,Th	7:00-8:00 PM	\$31	200422-17
4/28-5/28	Tu,Th	7:00-8:00 PM	\$38.50	200422-18

Fitness & Fun

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

Age: 18 years & up

Location: Senior Center

3/2-3/27	M,W,F	7:30-8:30 AM	\$46	200420-01
3/30-4/24	M,W,F	7:30-8:30 AM	\$46	200420-02
4/27-5/29	M,W,F	7:30-8:30 AM	\$53.50	200420-03

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

3/3-3/26	Tu,Th	6:00-7:00 PM	\$31	200418-01
3/31-4/23	Tu,Th	6:00-7:00 PM	\$31	200418-02
4/28-5/28	Tu,Th	6:00-7:00 PM	\$38.50	200418-03

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

3/2-3/27	M,W,F	4:00-5:00 PM	\$46	200426-01
3/30-4/24	M,W,F	4:00-5:00 PM	\$46	200426-02
4/27-5/29	M,W,F	4:00-5:00 PM	\$53.50	200426-03

[HIGH INTENSITY]

Deep H2O

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

Age: 18 years & up

Location: Mulberry Pool

3/2-3/27	M,W,F	12:15-1:00 PM	\$37	200230-01
3/30-4/24	M,W,F	12:15-1:00 PM	\$37	200230-02
4/27-5/29	M,W,F	12:15-1:00 PM	\$43	200230-03
Location: Edo	ora Pool Ice	Center		
3/2-3/25	M,W	5:30-6:30 PM	\$31	200330-01
3/30-4/22	M,W	5:30-6:30 PM	\$31	200330-02
4/27-5/27	M,W	5:30-6:30 PM	\$34.75	200330-03

WHY I VOLUNTEER



AQUATICS

Group Rates for Swimming

Reduced swim admissions are available for groups. A group must schedule at least 14 days 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 swimming groups:

# of children	Age	# of in-water adult supervisors
1-6	1-7 years	1
1-10	8-11 years	1
1-20	12 years &	up 1

*Children ages 8 years and up who cannot swim or touch the bottom of the pool should be included in this ratio. Groups not complying with above ratio are not permitted to swim.

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

Birthday Party Packages

Space for birthday parties is 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 head instructor, if it is evident that a child is not water ready before the second lesson, the manager contacts the parent for dismissal. A full refund is 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.

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.



ADULT PROGRAMS

Learn 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

4/5-5/3	Su	11:00-11:45 AM	\$25	201438-01

Improving Skills & Strokes

Improve proficiency in basic aquatic skills and the six basic swimming strokes; butterfly is optional. Prerequisite: Comfortable 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

3/30-4/29	M,W	6:30-7:15 PM	\$74.50	201339-01

Kayak Roll Drop-in Sessions 🖤

Kayak roll sessions hosted in partnership with Rocky Mountain Adventures. No formal instruction or gear provided; must bring own gear. For more information, visit shoprma.com. Note: No roll session 4/12. Drop in only; no registration required.

Age: 18 years & up Location: Edora Pool Ice Center Su

2/9-4/26

6:00-8:00 PM

\$12

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

3/14	Sa	10:00-11:30 AM	\$36	201352-01
4/11	Sa	10:00-11:30 AM	\$36	201352-02
5/16	Sa	10:00-11:30 AM	\$36	201352-03
5/30	Sa	10:00-11:30 AM	\$36	201352-04

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

3/14	Sa	10:00-11:30 AM	\$26	201353-01
4/11	Sa	10:00-11:30 AM	\$26	201353-02
5/16	Sa	10:00-11:30 AM	\$26	201353-03
5/30	Sa	10:00-11:30 AM	\$26	201353-04
	-		+	20.000 00

Kayak Roll Class

Learn techniques to master the Kayak Roll, centerpiece of whitewater kayaking. Session includes one 1-hour classroom instruction, and two 1.5 hour pool sessions. Provided in partnership with Rocky Mountain Adventures' Kayak School. Note: Fee includes use of all gear. Those under 18 years of age must contact RMA at 970.493.4005 prior to registration.

Age: 7 years & up Location: Edora Pool Ice Center

3/22, 3/29	Su	4:30-7:45 PM	\$100	201358-01
4/19, 4/26	Su	4:30-7:45 PM	\$100	201358-02



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

3/4	W	6:00-9:00 PM	\$22	201356-01
3/25	W	6:00-9:00 PM	\$22	201356-02
4/8	W	6:00-9:00 PM	\$22	201356-03
4/22	W	6:00-9:00 PM	\$22	201356-04
5/6	W	6:00-9:00 PM	\$22	201356-05
5/27	W	7:00-9:00 PM	\$22	201356-06

Stand Up Paddle Board Basics

Learn important techniques related to the exciting sport of Stand-Up Paddle Boarding (SUP). Note: Paddle board, paddle, and PDF provided. Prior to class, those under 18 must contact Rocky Mountain Adventures at 970.493.4005.

Age: 7 years & up

Location:	Edora	P00I	Ice	Center	

3/8	Su	4:00-5:30 PM	\$50	201357-01	
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TEEN PROGRAMS

Lifeguard Training

This American Red Cross course provides entry-level lifeguard participants with the knowledge and skills to prevent, recognize, and respond to aquatic emergencies. Learn skills to provide care for breathing and cardiac emergencies, injuries, and sudden illnesses until EMS personnel take over. Online class content is 7 hours. Note: Must attend all classes. Skill test on first day; continuation depends on passing. Pocket mask and certification fee included.

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

3/13	F	5:30-9:00 PM	\$205.80 201340-01
3/14	Sa	8:30-5:30 PM	
3/15	Su	8:30 AM-4:30 PM	
4/9	Th	5:30-9:00 PM	\$205.80 201340-02
4/10	F	8:30 AM-5:30 PM	
4/11	Sa	8:30 AM-4:30 PM	
5/6	W	5:30-9:00 PM	\$205.80 201340-03
5/9	Sa	8:30 AM-5:30 PM	
5/10	Su	8:30 AM-4:30 PM	
5/15	F	5:30-9:00 PM	\$205.80 201340-04
5/16	Sa	8:30 AM-5:30 PM	
5/17	Su	8:30 AM-4:30 PM	
5/22	F	5:30-9:00 PM	\$205.80 201340-05
5/23	Sa	8:30 AM-5:30 PM	
5/24	Su	8:30 AM-4:30 PM	

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. \$39 certification fee included.

Age: 17 years & up Location: Edora Pool Ice Center

3/29	Su	8:00 AM-5:00 PM	\$108.40	201341-01
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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

4/5-5/3	Su	5:00-5:30 PM	\$25	201235-01



Sliding fee scale • Medicaid • CHP+

Health District	t

FAMILY DENTAL CLINIC

Call to see if you qualify! 970-416-5331

healthdistrict.org/dental

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

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

3/30-4/29 Location: Se	M,W nior Center	5:20-5:50 PM	\$61	201310-01
4/5-5/3	Su	9:50-10:20 AM	\$25	201410-01
4/5-5/3	Su	11:00-11:30 AM	\$25	201410-02

Baby & Me 2

Build on the skills introduced in Baby & Me 1. Parents teach children skills 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

3/30-4/29	M,W	5:55-6:25 PM	\$61	201312-01
Location: Se	nior Center			
4/5-5/3	Su	9:15-9:45 AM	\$25	201412-01
4/5-5/3	Su	10:25-10:55 AM	\$25	201412-02



Pollywog

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

Age: 3-6 years

Location: Mulberry Pool

Location. I fai	ischigt oor			
3/31-4/30	Tu,Th	4:45-5:15 PM	\$61	201216-01
3/31-4/30	Tu,Th	5:55-6:25 PM	\$61	201216-02
3/31-4/30	Tu,Th	6:30-7:00 PM	\$61	201216-03
4/4-5/2	Sa	9:00-9:35 AM	\$31	201216-04
4/4-5/2	Sa	10:10-10:40 AM	\$31	201216-05
4/4-5/2	Sa	10:45-11:15 AM	\$31	201216-06
4/5-5/3	Su	3:15-3:45 PM	\$25	201216-07
4/5-5/3	Su	4:25-4:55 PM	\$25	201216-08
4/5-5/3	Su	5:00-5:30 PM	\$25	201216-09
Location: Edd	ora Pool Ice	Center		
3/30-4/29	M,W	4:45-5:15 PM	\$61	201316-01
3/30-4/29	M,W	5:20-5:50 PM	\$61	201316-02
Location: Sen	nior Center			
4/5-5/3	Su	9:15-9:45 AM	\$25	201416-01
4/5-5/3	Su	9:50-10:20 AM	\$25	201416-02
4/5-5/3	Su	4:05-4:35 PM	\$25	201416-03

Tadpole

Build on basic skills learned in Pollywog 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

3/31-4/30	Tu,Th	4:45-5:15 PM	\$61	201218-01
3/31-4/30	Tu,Th	5:20-5:50 PM	\$61	201218-02
3/31-4/30	Tu,Th	6:30-7:00 PM	\$61	201218-03
4/4-5/2	Sa	9:00-9:30 AM	\$31	201218-04
4/4-5/2	Sa	9:35-10:05 AM	\$31	201218-05
4/4-5/2	Sa	11:20-11:50 AM	\$31	201218-06
4/5-5/3	Su	3:15-3:45 PM	\$25	201218-07
4/5-5/3	Su	3:50-4:20 PM	\$25	201218-08
4/5-5/3	Su	5:35-6:05 PM	\$25	201218-09
Location: Edd	ora Pool Ice	Center		
3/30-4/29	M,W	5:20-5:50 PM	\$61	201318-01
3/30-4/29	M,W	5:55-6:25 PM	\$61	201318-02
Location: Sen	ior Center			
4/5-5/3	Su	9:50-10:20 AM	\$25	201418-01
4/5-5/3	Su	11:00-11:30 AM	\$25	201418-02

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 building a foundation for proper stroke development.

Age: 3-6 years

Location: Mulberry Pool

3/31-4/30	Tu,Th	4:45-5:15 PM	\$61	201220-01
3/31-4/30	Tu,Th	5:20-5:50 PM	\$61	201220-02
4/4-5/2	Sa	9:35-10:05 AM	\$31	201220-03
4/4-5/2	Sa	10:10-10:40 AM	\$31	201220-04
4/4-5/2	Sa	10:45-11:15 AM	\$31	201220-05
4/5-5/3	Su	3:50-4:20 PM	\$25	201220-06
4/5-5/3	Su	5:00-5:30 PM	\$25	201220-07
4/5-5/3	Su	5:30-6:05 PM	\$25	201220-08
Location: Edd	ora Pool Ice (Center		
3/30-4/29	M,W	4:45-5:15 PM	\$61	201320-01
3/30-4/29	M,W	6:30-7:00 PM	\$61	201320-02
Location: Sen	nior Center			
4/5-5/3	Su	10:25-10:55 AM	\$25	201420-01

Level 1

Students will focus on being comfortable in the water, learn the importance of water safety, get introduced to front and back floats, front and back glides, and alternating arm and leg actions. No previous experience necessary

Age: 5-12 years

Location: Mulberry Pool

200400000000				
3/31-4/30	Tu,Th	5:20-5:50 PM	\$61	201222-01
3/31-4/30	Tu,Th	5:55-6:25 PM	\$61	201222-02
4/4-5/2	Sa	9:00-9:30 AM	\$31	201222-03
4/4-5/2	Sa	9:35-10:05 AM	\$31	201222-04
4/4-5/2	Sa	10:45-11:15 AM	\$31	201222-05
4/4-5/2	Sa	11:20-11:50 AM	\$31	201222-06
4/5-5/3	Su	3:15-3:45 PM	\$25	201222-07
4/5-5/3	Su	4:25-4:55 PM	\$25	201222-08
4/5-5/3	Su	5:35-6:05 PM	\$25	201222-09
Location: Edd	ora Pool Ice	Center		
3/30-4/29	M,W	4:45-5:15 PM	\$61	201322-01
3/30-4/29	M,W	5:55-6:25 PM	\$61	201322-02
Location: Sen	nior Center			
4/5-5/3	Su	10:25-10:55 AM	\$25	201422-01
4/5-5/3	Su	5:15-5:45 PM	\$25	201422-02

Level 2

Students will focus on complete submerging, floating and gliding without support, swim using alternating leg and arm action for five yards, and water safety rules. Children in this level should be comfortable trying things on their own.

Age: 5-12 years

Location: Mulberry Pool

3/31-4/30	Tu,Th	4:45-5:15 PM	\$61	201224-01
3/31-4/30	Tu,Th	5:55-6:25 PM	\$61	201224-02
3/31-4/30	Tu,Th	6:30-7:00 PM	\$61	201224-03
4/4-5/2	Sa	9:00-9:30 AM	\$31	201224-04
4/4-5/2	Sa	10:10-10:40 AM	\$31	201224-05
4/4-5/2	Sa	11:20-11:50 AM	\$31	201224-06
4/5-5/3	Su	3:15-3:45 PM	\$25	201224-07
4/5-5/3	Su	3:50-4:20 PM	\$25	201224-08
4/5-5/3	Su	4:25-4:55 PM	\$25	201224-09
Location, Ed.		Contor		

Location: Edora Pool Ice Center

3/30-4/29	M,W	4:45-5:15 PM	\$61	201324-01
3/30-4/29	M,W	6:30-7:00 PM	\$61	201324-02

Level 3

Students will focus on deep water entry and safety, side breathing, treading water, introduction to freestyle, backstroke, butterfly kick, and body motion. Children in this level should be able to swim five yards on their own.

Age: 5-12 years Location: Mulberry Pool

3/31-4/30	Tu,Th	5:55-6:40 PM	\$73.50	201226-01
4/4-5/2	Sa	9:00-9:45 AM	\$37.25	201226-02
4/4-5/2	Sa	10:10-10:55 AM	\$37.25	201226-03
4/5-5/3	Su	3:50-4:35 PM	\$30	201226-04
4/5-5/3	Su	5:35-6:20 PM	\$30	201226-05
Location: Edora Pool Ice Center				
3/30-4/29	M,W	5:20-6:05 PM	\$73.50	201326-01

Level 4

Students will focus on surface dives and underwater swimming, treading water using all kicks, freestyle, backstroke, butterfly, breaststroke, and diving safety. Children in this level should be able to swim 25 yards without stopping.

Age: 5-12 years

Location: Mulberry Pool

3/31-4/30	Tu,Th	5:20-6:05 PM	\$73.50	201228-01
4/4-5/2	Sa	9:35-10:20 AM	\$37.25	201228-02
4/4-5/2	Sa	11:20 AM-12:05 PM	\$37.25	201228-03
4/5-5/3	Su	5:00-5:45 PM	\$30	201228-04
Location: Edora Pool Ice Center				
3/30-4/29	M,W	4:45-5:30 PM	\$73.50	201328-01



FIND NEW ROADS

Level 5

Students will focus on refining their performance in all six strokes (i.e., front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke). Basic skills include alternate breathing, shallow angle dive, at least 25 yards in all six strokes, front crawl and backstroke flip turns.

Age: 5-12 years Location: Mulberry Pool

3/31-4/30 Tu,Th \$73.50 201230-01 4:45-5:30 PM 4/4-5/2 10:45-11:30 AM \$37.25 201230-02 Sa 4/5-5/3 Su 3:15-4:00 PM \$30 201230-03 Location: Edora Pool Ice Center 3/30-4/29 6:30-7:15 PM \$73.50 201330-01 M.W

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

	-			
3/31-4/30	Tu,Th	6:30-7:15 PM	\$73.50	201232-01
4/5-5/3	Su	4:25-5:10 PM	\$30	201232-02
Location: Edora Pool Ice Center				
3/30-4/29	M,W	5:55-6:25 PM	\$73.50	201332-01

Thinking of

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can

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- Free nicotine patches/gum/lozenges
- 6-week program
- > No judgment approach
- Experienced Tobacco Treatment Specialists
- Sliding fees for those who qualify



ARTS & CRAFTS

The Membership 50+ discount applies to programs where a O is listed next to the activity title. This 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 Membership 50+. For information about Membership 50+ benefits, see page 95.

Fort Collins Senior Center Exhibits

The Fort Collins 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. If interested in displaying pieces 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, and 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*.

Visual Art Show

A 2D art show showcasing work of those 50 years & older will be hosted at the Fort Collins Senior Center this May. For more information see page 76.

ADULT PROGRAMS

[DRAWING ARTS]

Comics Essentials

Develop a style of drawing 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: 13 years & up Location: Senior Center

3/24-4/28	Tu	6:30-8:30 PM	\$54	203407-01

Sketching Group 🚺 🖤

Open to drawing, pastels, sketching, and water media. Work from 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

3/6-5/29 F 9:30 AM-12:30 PM No Fee	
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[FIBER ARTS]

Felting, Needle Style

Learn the barbed needle technique method on wool roving to make colorful handcrafted soft sculptures measuring roughly 4"x6" and landscapes roughly 5"x7".

Age: 14 years & up Location: Senior Center

Leprechaun				
3/14	Sa	9:00 AM-Noon	\$28	203436-01
April Flowers				
4/18	Sa	9:00 AM-Noon	\$28	203436-02
Birds				
5/16	Sa	9:00 AM-Noon	\$28	203436-03

[GENERAL ARTS]

Basket Cases 🚺 🖤

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 necessary to work.

Age: 18 years & up Location: Senior Center

3/5-5/28	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 aspects of different art related hobbies and crafts. Note: No instructor provided.

Age: 18 years & up Location: Senior Center

5/4-5/25 W,F 1.00-5.00 FM NO FEE	3/4-5/29	W,F	1:00-3:00 PM	No Fee	
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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

5/28	Tu	8:00 AM-Noon	No Fee	
5/29	W	1:00-5:00 PM	No Fee	
5/30	Th	5:00-9:00 PM	No Fee	

[GLASS ARTS]

Stained Glass, Foil Beginner

Learn the traditional leaded strip method of construction and create an 11"x14" panel. Stretch and utilize real lead strips. Note: Lead strips and some glass provided. Purchase of additional glass discussed at first class.

Age: 18 years Location: Sei		er		
3/24-4/14	Tu	1:00-3:00 PM	\$58	203461-01

Stained Glass, Intermediate

Use the foil method of construction to create an 11"x14" panel designed to fit in a picture frame and display in a window. Bring a picture to the first class to use as a reference. Prerequisite: Stained Glass, Foil Beginner. Note: Supply list available at registration; approximate cost \$20-55.

Age: 18 years Location: Ser				
4/28-5/19	Tu	1:00-3:00 PM	\$58	203462-01

[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.

Age: 18 years & up Location: Senior Center			
7/17 4/20 Tu	6:00 0:00 DM	¢oo	

3/17-4/28 Tu 6:00-8:00 PM \$98 203	483-01
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Jewelry Lapidary

Learn the basic processes used for rock and gem cutting and grinding, which stones are suitable to cut and how to cut and polish cabochon stones. Prerequisite: Jewelry, Beginner preferred. Note: Students encouraged to bring material for evaluation. Supply list available at registration; approximate cost is \$15-20.

Age: 18 years & up Location: Senior Center

3/17-4/28	Tu	3:30-5:30 PM	\$103	203489-01

[PAPER ARTS]

Calligraphy, Beginner

Learn the art of beautiful writing and add a personal touch to scrapbooks, journals, or notes and invitations. Use a broad edge pen to write the italic hand and get ideas to use new skills. Learn about materials, layout and design, and a brief history of writing. Note: Supply list available at registration, approximate cost is \$35.

Age: 18 years & up Location: Senior Center

3/23-4/27	М	9:00-11:30 AM	\$89	203409-01

[PAINTING]

Acrylic Painting, Beginner

Learn basic skills to prepare a canvas, as well as drawing, color, value, and composition techniques. 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 \$65-85.

Age: 18 years & up

Location: Senior Center

3/2-3/30	М	1:00-3:00 PM	\$61	203446-01
4/6-4/27	М	1:00-3:00 PM	\$49	203446-02
5/4-5/18	М	1:00-3:00 PM	\$37	203446-03
3/2-3/30	М	6:30-8:30 PM	\$61	203446-04
4/6-4/27	М	6:30-8:30 PM	\$49	203446-05
5/4-5/18	М	6:30-8:30 PM	\$37	203446-06

Bob Ross Style Painting

Complete a finished 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 with use of own Bob Ross supplies. Bring a roll of paper towels. Other supplies provided.

Age: 18 years & up Location: Senior Center

3/12	Th	9:00 AM-3:30 PM	\$75	203427-01
4/9	Th	9:00 AM-3:30 PM	\$75	203427-02
5/7	Th	9:00 AM-3:30 PM	\$75	203427-03

Watercolor, Beginner

Learn basics to prepare paper and board 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

3/20-4/24 F 9:00-11:00 AM \$70 203480-01

Watercolor, Intermediate & Advanced

Emphasis on observation and various brush techniques with in-depth exploration of watercolor. Build skills and knowledge of artistic concepts. Note: Prerequisite: Watercolor, Beginner. Supply list available at registration; approximate cost \$50-100.

Age: 18 years & up

Location: Senior Center

3/6-3/27	F	1:00-3:00 PM	\$51	203481-01
4/3-4/24	F	1:00-3:00 PM	\$51	203481-02
5/1-5/29	F	1:00-3:00 PM	\$64	203481-03

[WOODWORKING]

Woodworking, Intermediate

Advanced techniques and concepts are taught. Further exploration into varied tools available. Projects designed with the instructor's assistance and approval to include the use of traditional joinery techniques like mortise, tenon, dovetail and rabbet. Prerequisite: Woodworking, Beginner. Note: Some supplies provided. Supply list available first day of class; approximate cost is \$20-\$30. Must attend first class.

Age: 18 years & up Location: Senior Center 3/11-4/15 W 7:00-9:00 PM \$107 203491-01

FAMILY PROGRAMS

Painting Pairs

Instructor will guide a duo through creation of a two-canvas work of art. Price includes a two-canvas project. Only one person of the pair must register. Children under 12 years must be accompanied by an adult.

Age: All

Location: Northside Aztlan Center

Luck of the Irish

3/14	Sa	2:30-4:30 PM	\$42	218982-01
Easter Bunnies	5			
4/4	Sa	3:00-5:00 PM	\$42	218982-02
Mother's Day				
5/9	Sa	2:30-4:30 PM	\$42	218982-03

In Larimer County, 7,000 children under 6 are without licensed care.

Child care options are limited in Larimer County, and working families need a place to take their children. Support local families and our community by becoming a Licensed Family Child Care Provider and be a constant in a child and their family's life.

The Early Childhood Council of Larimer County offers support to prospective Licensed Child Care Home Providers for training requirements and financial assistance.



For more information, contact: Communications and Outreach Specialist at: *tstepp@ecclc.org* or 970-377-3388 ext. 207

That's 49% of all children* under 6 in Larimer County. www.ecclc.org

*With both parents in the workforce

YOUTH PROGRAMS

Cupcakes 'n Canvas

Theme inspired and geared toward the joy of painting. Paint on canvas and enjoy cupcakes. Note: Enter building through rear door.

Age:8-12 years

Location: Carnegie Center for Creativity, 200 Mathews St

Cakes ala Wayne Thiebaud

3/4	W	4:30-6:00 PM	\$35	216943-01
5/4	vv	4.50-0.00 PM	\$22	210945-01
Earth Day				
4/22	W	4:30-6:00 PM	\$35	216943-02

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: Northside Aztlan Community Center

Spring Flowers 3/7 Sa 2:00-3:30 PM \$26 218985-01 Rainy Day 4/4 Sa 1:00-2:30 PM \$26 218985-02 Banana Split 5/2 Sa 2:00-3:30 PM \$26 218985-03

Picasso, Matisse & Pointillism

Schools out. Learn about famous artists, and distinct styles of art. Bring a snack and a water bottle. Note: Enter building through rear door.

Location: Carnegie Center for Creativity, 200 Matthews St. Age: 6-8 years

Picasso

PICasso				
3/2	М	9:00 AM-Noon	\$55	218967-01
Matisse				
4/10	F	9:00 AM-Noon	\$55	218967-03
Pointillism				
5/15	F	9:00 AM-Noon	\$55	218967-05
Age: 9-12 ye	ars			
Picasso				
3/2	М	1:00-4:00 PM	\$55	218967-02
Matisse				
4/10	F	9:00 AM-Noon	\$55	218967-03
Pointillism				
5/15	F	1:00-4:00 PM	\$55	218967-06

Schools 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

Chibi Character Workshop

3/2	М	9:00 AM-3:00 PM	\$63	218984-01
Clay Day				
4/10	F	9:00 AM-3:00 PM	\$63	218984-02
Comic Book (Camp			
3/16-3/20	M-F	9:00 AM-3:00 PM	\$195	218984-04
Origami Wor	kshop			
5/15	F	9:30 AM-Noon	\$63	218984-05
Location: Nor	rthside Azt	lan Community Center		

Earth Day

4/25 Sa 10:00 AM-Noon \$22 218984-03

Teen Art: Exploring Mediums

For those who love art and want to expand skills. Learn about new mediums and techniques to use them. Note: All supplies included.

Age: 11-15

Location: Foothills Activity Center

Zentangle 7/2/1///21

3/24-4/21	Tu	5:45-7:00 PM	\$89	218986-01
Optical Art				
4/28-5/26	Tu	5:45-7:00 PM	\$89	218986-02
Black Paper/	Canvas			
2/11-3/10	Tu	5:45-7:00 PM	\$89	218986-03

BASE Camp Summer Camp Fun | Safe | Convenient | Affordable



Learn More www.mybasecampkids.org | 970-266-1734

Youth Art: How to Draw Series

Designed for those new to art, who to love to draw, and want to expand their skills. Note: All supplies included.

Age: 6-10 Location: Foothills Activity Center

Superheroes

3/24-4/21	Tu	4:30-5:30 PM	\$60	218987-01
Trees and Flo	owers			
4/28-5/26	Tu	4:30-5:30 PM	\$60	218987-02
Bugs/Insects	;			
2/11-3/10	Tu	4:30-5:30 PM	\$60	218987-03

DANCE & MOVEMENT

ADULT PROGRAMS

[BELLY DANCING]

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/sash to tie around hips. Note: Ages 16 years & up welcome with instructor approval. Class will not be held on 3/17.

Age: 18 years & up

Location: Senior Center

3/3-3/31	Tu	7:00-8:00 PM	\$31	206426-01
4/7-4/28	Tu	7:00-8:00 PM	\$31	206426-02
5/5-5/26	Tu	7:00-8:00 PM	\$31	206426-03

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/sash to tie around hips. Note: Class will not be held on 3/17.

Age: 18 years & up

Location: Senior Center

3/3-3/31	Tu	8:00-9:00 PM	\$31	206427-01
4/7-4/28	Tu	8:00-9:00 PM	\$31	206427-02
5/5-5/26	Tu	8:00-9:00 PM	\$31	206427-03

[BALLET]

Ballet

Learn and continue work on classical barre, positions, and steps. All levels welcome. Note: Ages 13-17 years welcome with instructor approval. Note: Ages 13-17 years welcome with instructor approval.

Age: 18 years & up

3/23-4/27	М	5:30-6:45 PM	\$52	206103-01

[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.

Age: 18 years & up

Location: Empire Grange, 2306 W. Mulberry St.

Discover the wonder of dance with

Offering classes in ballet, tap, jazz, hip hop, modern, contemporary, musical theatre, and more for dancers of all ages and abilities! **First class is free**.



970-472-4156 1031 Conifer Street, Fort Collins, CO 80524 www.CCBallet.org



[LINE DANCE]

Line Dance, Beginner

Learn the basic steps, terminology, and easy choreography. Note: Option to pay a drop-in rate of \$7 per class is available.

Age: 18 years & up

Location: Senior Center

3/3-3/31	Tu	1:15-2:30 PM	\$26	206436-01
4/7-4/28	Tu	1:15-2:30 PM	\$21	206436-02
5/5-5/26	Tu	1:15-2:30 PM	\$21	206436-03

Line Dance, Continued

Designed for the more experienced dancer who thrives on complex choreography. Note: Option to pay a drop-in rate of \$7 per class is available.

Age: 18 years & up

Location: Senior Center

3/3-3/31	Tu	2:30-3:45 PM	\$26	206437-01
4/7-4/28	Tu	2:30-3:45 PM	\$21	206437-02
5/5-5/26	Tu	2:30-3:45 PM	\$21	206437-03

[WEST COAST SWING]

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.

Age:16 years & up

Location: Senior Center

3/4-3/25	W	7:30-9:00 PM	\$40	206440-01
4/8-4/29	W	7:30-9:00 PM	\$40	206440-02
5/6-5/27	W	7:30-9:00 PM	\$40	206440-03

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, outside whip, cutoff whip, reverse whip and slingshot will be taught. One-hour lesson followed by half hour practice time. Prerequisite: West Coast Swing, Beginner or instructor approval.

Age: 16 years & up

Location: Senior Center

3/5-3/26	Th	7:30-9:00 PM	\$40	206441-01
4/9-4/30	Th	7:30-9:00 PM	\$40	206441-02
5/7-5/28	Th	7:30-9:00 PM	\$40	206441-03

YOUTH PROGRAMS

[CHILD WITHOUT PARENT PROGRAMS]

BALLET

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. Note: Class will not be held on 3/14, 3/17, 3/19, 3/20.

Location: No Age: 3.5-4 ye	rthside Aztla ears	n Center		
3/6-4/3	F	9:00-9:45 AM	\$48	221524-01
4/10-5/1	F	9:00-9:45 AM	\$48	221524-02
5/8-5/29	F	9:00-9:45 AM	\$48	221524-03
3/7-4/4	Sa	9:30-10:15 AM	\$48	221524-04
4/11-5/2	Sa	9:30-10:15 AM	\$48	221524-05
5/9-5/30	Sa	9:30-10:15 AM	\$48	221524-06
Age: 3.5-5 ye	ears			
3/7-4/4	Sa	1:30-2:15 PM	\$48	221524-10
4/11-5/2	Sa	1:30-2:15 PM	\$48	221524-11
5/9-5/30	Sa	1:30-2:15 PM	\$48	221524-12
Age: 4.5-5 y	ears			
3/6-4/3	F	10:00-10:45 AM	\$48	221524-13
4/10-5/1	F	10:00-10:45 AM	\$48	221524-14
5/8-5/29	F	10:00-10:45 AM	\$48	221524-15
Age: 4.5-6 y	ears			
3/7-4/4	Sa	10:30-11:15 AM	\$48	221524-16
4/11-5/2	Sa	10:30-11:15 AM	\$48	221524-17
5/9-5/30	Sa	10:30-11:15 AM	\$48	221524-18
Location: Mu	Iberry Pool			
Age: 3.5-5 ye	ears			
3/5-4/2	Th	10:45-11:30 AM	\$48	221524-07
4/9-4/30	Th	10:45-11:30 AM	\$48	221524-08
5/7-5/28	Th	10:45-11:30 AM	\$48	221524-09
Age: 5.5-6 y	ears			
3/3-3/31	Tu	4:30-5:15 PM	\$48	221524-19

Petite Ballerinas Performance

Tu

Tu

4/7-4/28

5/5-5/26

Pre-Ballet Levels II and III (ages 4.5-6 years) will prepare for the spring production as guests of Front Range Classical Ballet Academy at the Lincoln Center. Note: Performance Prep is a prerequisite class for Petite Ballerinas Performance. Dancers must sign up for both. A production fee of \$200 is due March 14. Class will not be held on 3/14.

4:30-5:15 PM

4:30-5:15 PM

\$48

\$48

221524-20

221524-21

Age: 4-6 years Location: Northside Aztlan Center

Performance Prep

i chiomiane.	cricp				
3/7-4/18	Sa	11:30 AM-12:15 PM	\$119	221525-01	-
Performance	e Session				
4/25-6/6	Sa	11:30 AM-12:15 PM	\$119	221525-02	

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. Note: Class will not be held on 3/14.

Age: 7-11 years

Location: Northside Aztlan Center

3/7-4/4	Sa	12:30-1:25 PM	\$52	221526-01
4/11-5/2	Sa	12:30-1:25 PM	\$52	221526-02
5/9-5/30	Sa	12:30-1:25 PM	\$52	221526-03

GENERAL

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. Note: Class will not be held on 3/17, 3/19.

Location: Mulberry Pool

Age: 4-6 years

riger i o jec	410			
3/3-3/31	Tu	5:30-6:15 PM	\$48	221213-01
4/7-4/28	Tu	5:30-6:15 PM	\$48	221213-02
5/5-5/26	Tu	5:30-6:15 PM	\$48	221213-03
3/5-4/2	Th	9:45-10:30 AM	\$48	221213-04
4/9-4/30	Th	9:45-10:30 AM	\$48	221213-05
5/7-5/28	Th	9:45-10:30 AM	\$48	221213-06
Age: 7-11 yea	irs			
3/3-3/31	Tu	6:30-7:30 PM	\$52	221513-01
4/7-4/28	Tu	6:30-7:30 PM	\$52	221513-02
5/5-5/26	Tu	6:30-7:30 PM	\$52	221513-03

Dancin' Dumplin's

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 3/19, 3/20, 5/14, 5/15.

Location: Foothills Activity Center

Age: 3 years

Age. 5 years				
3/12-4/2	Th	11:15 AM-Noon	\$38	221704-01
3/13-4/3	F	10:45-11:30 AM	\$38	221704-02
4/9-4/23	Th	11:15 AM-Noon	\$38	221704-03
4/10-4/24	F	10:45-11:30 AM	\$38	221704-04
4/30-5/21	Th	11:15 AM-Noon	\$38	221704-05
5/1-5/22	F	10:45-11:30 AM	\$38	221704-07
Age: 4-5 year	rs			
3/13-4/3	F	9:30-10:30 AM	\$48	221704-08
4/10-4/24	F	9:30-10:30 AM	\$48	221704-09
5/1-5/22	F	9:30-10:30 AM	\$48	221704-10



SUMMER ENRICHMENT CAMPS AT RIVENDELL SCHOOL

MAY 26TH - AUGUST 7TH



REGISTRATION OPENS FEBRUARY 2020

970.493.9052

RIVENDELL-SCHOOL.ORG

Kivendell

Jazz Dance Gymnastics

45 minutes of jazz techniques and rhythms followed by 45 minutes of basic gymnastics skills and rotations. Note: Class will not be held on 3/19.

Age: 6-8 years

Location: Foothills Activity Center

3/12-4/9	Th	4:30-6:00 PM	\$95	221705-01
4/16-5/7	Th	4:30-6:00 PM	\$118	221705-02

TUMBLING

Just Tumbling

Learn basic tumbling skills and incorporate new learned skills into a mini-floor exercise routine. Note: Class will not be held on 3/18, 5/13.

Age: 7-8 years

Location: Foothills Activity Center

3/11-4/15	W	6:00-7:15 PM	\$99	221703-01
4/22-5/20	W	6:00-7:15 PM	\$79	221703-02

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 3/17, 5/12.

Age: 4-6 years

Location: Foothills Activity Center

3/10-4/14	Tu	4:30-6:00 PM	\$118	221706-01
4/21-5/19	Tu	4:30-6:00 PM	\$95	221706-02

Tot Tumblers

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

Age: 3-5 years

Location: TBA

4/8-4/22	W	10:15-11:00 AM	\$30	221911-01

Tumble Bumbles

Learn basic tumbling skills like somersaults, cartwheels, and push-up bridge along with use of various pieces of equipment. Develop flexibility, balance, coordination, and self-confidence. Age appropriate skills are taught. Attire: Leotard and tights, or t-shirts and shorts. Note: Class will not be held on 3/16, 3/18, 5/11, 5/13.

Location: Foothills Activity Center

Age: 4-5 year	S			
3/9-4/13	М	4:30-5:30 PM	\$79	221702-01
3/11-4/1	W	11:45 AM-12:45 PM	\$48	221702-02
4/20-5/18	М	4:30-5:30 PM	\$64	221702-03
4/8-4/22	W	11:45 AM-12:45 PM	\$48	221702-04
4/29-5/20	W	11:45 AM-12:45 PM	\$48	221702-05
Age: 5-6 year	S			
3/9-4/13	М	6:00-7:00 PM	\$79	221702-06
4/20-5/18	М	6:00-7:00 PM	\$64	221702-07
Age: 6-7 year	S			
3/11-4/15	W	4:30-5:30 PM	\$79	221702-08
4/22-5/20	W	4:30-5:30 PM	\$64	221702-09

[PARENT WITH CHILD PROGRAMS]

Baby Ballerinas

Discover movement, range, and dynamics as gross motor skills are developed in the form of dance. Note: Class will not be held on 3/19.

Age: 2-3 years

Location: Mulberry Pool

3/5-4/2	Th	9:00-9:30 AM	\$48	221212-01
4/9-4/30	Th	11:00-11:45 AM	\$48	221212-02
5/7-5/28	Th	11:00-11:45 AM	\$48	221212-03

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 3/16, 3/17, 3/18, 5/11, 5/12, 5/13

Location: Foothills Activity Center

Age: 2 years

3/9-3/30	М	10:30-11:15 AM	\$38	221701-01
3/10-3/31	Tu	11:15 AM-Noon	\$38	221701-02
3/11-4/1	W	10:30-11:15 AM	\$38	221701-03
4/6-4/20	М	10:30-11:15 AM	\$38	221701-04
4/7-4/21	Tu	11:15 AM-Noon	\$38	221701-05
4/8-4/22	W	10:30-11:15 AM	\$38	221701-06
4/27-5/18	М	10:30-11:15 AM	\$38	221701-07
4/28-5/19	Tu	11:15 AM-Noon	\$38	221701-08
4/29-5/20	W	10:30-11:15 AM	\$38	221701-09
Age: 3 years				
3/9-3/30	М	9:30-10:15 AM	\$38	221701-10
3/11-4/1	W	9:30-10:15 AM	\$38	221701-11
4/6-4/20	М	9:30-10:15 AM	\$38	221701-12
4/8-4/22	W	9:30-10:15 AM	\$38	221701-13
4/27-5/18	М	9:30-10:15 AM	\$38	221701-14
4/29-5/20	W	9:30-10:15 AM	\$38	221701-15



STATE LICENSED SUMMER DAY CAMPS

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Follow us at FCRecreator

DAY CAMPS

With camps available for ages 5-15, state licensed Camp FunQuest day camps are an excellent way to keep children busy, engaged and active when school is out of session. Unique activities and field trips are designed with children's interests in mind. Bring a lunch, snack, and water bottle each day. Download camp forms and the parent manual at *fcgov.com/daycamps*. Completed camp forms and current immunization records are required prior to attending camp.

Camp FunQuest Age Groups

- Marmot | Ages 5-6 years
- Red Fox | Ages 7-8 years
- Big Horn | Ages 9-11 years
- Black Bear | Ages 12-15 years

Camp FunQuest: Spring Break Camp

Keep busy with arts and crafts, games, gym time, and a Friday field trip. Note: Itinerary provided the week prior to camp. Age groups may be combined.

Location: Northside Aztlan Center

Red Fox 6-8	years			
3/16-3/20	M-F	8:00 AM-5:00 PM	\$201	215550-01
Big Horn 9-11	years			
3/16-3/20	M-F	8:00 AM-5:00 PM	\$201	215550-02

Camp FunQuest: Summer Camp

- Foothills Activity Center will now host Camp FunQuest programs. NEW!
- Pick-up and drop-off for campers will take place at the facility listed at registration unless otherwise noted.
- Biking/walking to or from camp is not permitted for any Camper group. Parents are required to sign their child in and out of camp each day.
- Camps run from 8 a.m.-5 p.m. Monday-Friday during the weeks listed below.

Camp FunQuest Summer Camp Themes

Week 1 | June 1-5 | Game On

- Week 2 | June 8-12 | Face Your Fear Camp
- Week 3 | June 15-19 | STEM/Inventor's Workshop
- Week 4 | June 22-26 | Wizards Camp
- Week 5 | June 29-July 3 | Time Travelers
- Week 6 | July 6-10 | CSI /Secret Agents
- Week 7 | July 13-17 | Sports Week
- Week 8 | July 20-24 | Space Academy Camp
- Week 9 | July 27-31 | CFQ Got Talent
- Week 10 | August 3-7 | Water Week
- Week 11 | August 10-14 | All Camp Olympics

Questions prior to the start of camp? Attend Parent Orientation on 5/14 at Northside Aztlan Community Center from 6-7 p.m. Meet the camp team, learn about camp expectations, field trips, ARO services and select t-shirt sizes.

Inclusion Services

The City of Fort Collins Recreation Department welcomes individuals of all abilities into all 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 registering 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.

Marmot | Age: 5-6 years

Location: Northside Aztlan Center

6/1-6/5	M-F	8:00 AM-5:00 PM	\$200	315550-01
6/8-6/12	M-F	8:00 AM-5:00 PM	\$200	315551-01
6/15-6/19	M-F	8:00 AM-5:00 PM	\$200	315552-01
6/22-6/26	M-F	8:00 AM-5:00 PM	\$200	315553-01
6/29-7/3	M-F	8:00 AM-5:00 PM	\$200	315554-01
7/6-7/10	M-F	8:00 AM-5:00 PM	\$200	315555-01
7/13-7/17	M-F	8:00 AM-5:00 PM	\$200	315556-01
7/20-7/24	M-F	8:00 AM-5:00 PM	\$200	315557-01
7/27-7/31	M-F	8:00 AM-5:00 PM	\$200	315558-01
8/3-8/7	M-F	8:00 AM-5:00 PM	\$200	315559-01
8/10-8/14	M-F	8:00 AM-5:00 PM	\$200	315560-01

Red Fox | Age: 7-8 years

Location: Northside Aztlan Center

Location. Noi	Inside Azt			
6/1-6/5	M-F	8:00 AM-5:00 PM	\$200	315550-02
6/8-6/12	M-F	8:00 AM-5:00 PM	\$200	315551-02
6/15-6/19	M-F	8:00 AM-5:00 PM	\$200	315552-02
6/22-6/26	M-F	8:00 AM-5:00 PM	\$200	315553-02
6/29-7/3	M-F	8:00 AM-5:00 PM	\$200	315554-02
7/6-7/10	M-F	8:00 AM-5:00 PM	\$200	315555-02
7/13-7/17	M-F	8:00 AM-5:00 PM	\$200	315556-02
7/20-7/24	M-F	8:00 AM-5:00 PM	\$200	315557-02
7/27-7/31	M-F	8:00 AM-5:00 PM	\$200	315558-02
8/3-8/7	M-F	8:00 AM-5:00 PM	\$200	315559-02
8/10-8/14	M-F	8:00 AM-5:00 PM	\$200	315560-02
Location: Foo	thills Activ	ity Center		
6/1-6/5	M-F	8:00 AM-5:00 PM	\$200	315750-02
6/8-6/12	M-F	8:00 AM-5:00 PM	\$200	315751-02
6/15-6/19	M-F	8:00 AM-5:00 PM	\$200	315752-02
6/22-6/26	M-F	8:00 AM-5:00 PM	\$200	315753-02
6/29-7/3	M-F	8:00 AM-5:00 PM	\$200	315754-02
7/6-7/10	M-F	8:00 AM-5:00 PM	\$200	315755-02
7/13-7/17	M-F	8:00 AM-5:00 PM	\$200	315756-02
7/20-7/24	M-F	8:00 AM-5:00 PM	\$200	315757-02
7/27-7/31	M-F	8:00 AM-5:00 PM	\$200	315758-02
8/3-8/7	M-F	8:00 AM-5:00 PM	\$200	315759-02
8/10-8/14	M-F	8:00 AM-5:00 PM	\$200	315760-02

Big Horn | Age: 9-11 years

I	ocation.	Northside	A ₇ tlan	Center
U	Location.	NULLISIUC	72uuu	CUIICI

Location: Nor	thside Azt	lan Center		
6/1-6/5	M-F	8:00 AM-5:00 PM	\$200	315550-03
6/8-6/12	M-F	8:00 AM-5:00 PM	\$200	315551-03
6/15-6/19	M-F	8:00 AM-5:00 PM	\$200	315552-03
6/22-6/26	M-F	8:00 AM-5:00 PM	\$200	315553-03
6/29-7/3	M-F	8:00 AM-5:00 PM	\$200	315554-03
7/6-7/10	M-F	8:00 AM-5:00 PM	\$200	315555-03
7/13-7/17	M-F	8:00 AM-5:00 PM	\$200	315556-03
7/20-7/24	M-F	8:00 AM-5:00 PM	\$200	315557-03
7/27-7/31	M-F	8:00 AM-5:00 PM	\$200	315558-03
8/3-8/7	M-F	8:00 AM-5:00 PM	\$200	315559-03
8/10-8/14	M-F	8:00 AM-5:00 PM	\$200	315560-03
Location: Foo	thills Activ	vity Center		
Location: Foo 6/1-6/5	thills Activ M-F	vity Center 8:00 AM-5:00 PM	\$200	315750-03
		-	\$200 \$200	315750-03 315751-03
6/1-6/5	M-F	8:00 AM-5:00 PM		
6/1-6/5 6/8-6/12	M-F M-F	8:00 AM-5:00 PM 8:00 AM-5:00 PM	\$200	315751-03
6/1-6/5 6/8-6/12 6/15-6/19	M-F M-F M-F	8:00 AM-5:00 PM 8:00 AM-5:00 PM 8:00 AM-5:00 PM	\$200 \$200	315751-03 315752-03
6/1-6/5 6/8-6/12 6/15-6/19 6/22-6/26	M-F M-F M-F M-F	8:00 AM-5:00 PM 8:00 AM-5:00 PM 8:00 AM-5:00 PM 8:00 AM-5:00 PM	\$200 \$200 \$200	315751-03 315752-03 315753-03
6/1-6/5 6/8-6/12 6/15-6/19 6/22-6/26 6/29-7/3	M-F M-F M-F M-F M-F	8:00 AM-5:00 PM 8:00 AM-5:00 PM 8:00 AM-5:00 PM 8:00 AM-5:00 PM 8:00 AM-5:00 PM	\$200 \$200 \$200 \$200	315751-03 315752-03 315753-03 315754-03
6/1-6/5 6/8-6/12 6/15-6/19 6/22-6/26 6/29-7/3 7/6-7/10	M-F M-F M-F M-F M-F M-F	8:00 AM-5:00 PM 8:00 AM-5:00 PM 8:00 AM-5:00 PM 8:00 AM-5:00 PM 8:00 AM-5:00 PM 8:00 AM-5:00 PM	\$200 \$200 \$200 \$200 \$200 \$200	315751-03 315752-03 315753-03 315754-03 315755-03
6/1-6/5 6/8-6/12 6/15-6/19 6/22-6/26 6/29-7/3 7/6-7/10 7/13-7/17	M-F M-F M-F M-F M-F M-F	8:00 AM-5:00 PM 8:00 AM-5:00 PM 8:00 AM-5:00 PM 8:00 AM-5:00 PM 8:00 AM-5:00 PM 8:00 AM-5:00 PM 8:00 AM-5:00 PM	\$200 \$200 \$200 \$200 \$200 \$200	315751-03 315752-03 315753-03 315754-03 315755-03 315756-03
6/1-6/5 6/8-6/12 6/15-6/19 6/22-6/26 6/29-7/3 7/6-7/10 7/13-7/17 7/20-7/24	M-F M-F M-F M-F M-F M-F M-F	8:00 AM-5:00 PM 8:00 AM-5:00 PM	\$200 \$200 \$200 \$200 \$200 \$200 \$200	315751-03 315752-03 315753-03 315754-03 315755-03 315756-03 315757-03

Black Bear | Age: 12-15 years

Location: Parent drop off/pickup at Northside. Camp location at EPIC.

6/1-6/5	M-F	8:00 AM-5:00 PM	\$220	315550-04
6/8-6/12	M-F	8:00 AM-5:00 PM	\$220	315551-04
6/15-6/19	M-F	8:00 AM-5:00 PM	\$220	315552-04
6/22-6/26	M-F	8:00 AM-5:00 PM	\$220	315553-04
6/29-7/3	M-F	8:00 AM-5:00 PM	\$220	315554-04
7/6-7/10	M-F	8:00 AM-5:00 PM	\$220	315555-04
7/13-7/17	M-F	8:00 AM-5:00 PM	\$220	315556-04
7/20-7/24	M-F	8:00 AM-5:00 PM	\$220	315557-04
7/27-7/31	M-F	8:00 AM-5:00 PM	\$220	315558-04
8/3-8/7	M-F	8:00 AM-5:00 PM	\$220	315559-04
8/10-8/14	M-F	8:00 AM-5:00 PM	\$220	315560-04



BIKE CAMPS

Bike I

Designed for riders with basic knowledge of bicycling, who are comfortable with two-wheel cycling. Introduction to rules for bicycling on trails and the road, safe bicycling strategies, bikehandling skills and drills, nutrition and hydration, and basic bike maintenance. Ride 4-8 miles per day. Led by a Safe Routes to School Instructor.

Age: 6-8 year	S			
Location: Spri	ing Canyo	on Park		
6/1-6/5	M-F	8:30 AM-12:30 PM	\$161	315985-01
Location: Roll	and Moo	re Park		
6/15-6/19	M-F	8:30 AM-12:30 PM	\$161	315985-03
Location: Nor	thside Az	tlan Center		
7/6-7/10	M-F	8:30 AM-12:30 PM	\$161	315985-05
Age: 9-11 year	S			
Location: Spri	ing Canyo	on Park		
6/8-6/12	M-F	8:30 AM-12:30 PM	\$161	315985-02
Location: Roll	and Moo	re Park		
6/22-6/26	M-F	8:30 AM-12:30 PM	\$161	315985-04
Location: Nor	thside Az	tlan Center		
7/13-7/17	M-F	8:30 AM-12:30 PM	\$161	315985-06

Bike II

Build on lessons from Bike I to master advanced skills, fix a flat, and practice rules of the road and trail. Ride 4-8 miles per day with a Safe Routes to School Instructor.

Location: Rolland Moore Park

Age: 6-8 yea	rs			
7/20-7/24	M-F	8:30 AM-12:30 PM	\$161	315986-01
Age: 9-11 yea	rs			
7/27-7/31	M-F	8:30 AM-12:30 PM	\$161	315986-02

Teen Bike Camp

An overview of Bike I and II with the atmosphere of camp. Use trails and bike lanes for rides to picnics, the movies, dining out, and Natural Areas. Route finding, mapping skills, basic bike maintenance and flat repair are included. Riders are expected to ride 10-20 miles per day. Led by a Safe Routes to School Instructor.

Age: 12-15 years

Location: Rolland Moore Park

7/13-7/17	M-F	9:00 AM-4:00 PM	\$220	315987-01
7/27-7/31	M-F	9:00 AM-4:00 PM	\$220	315987-02

OUTDOOR CAMPS

Survival in the Woods

Learn what to do if lost in the woods. Techniques for shelter building, water safety, trail etiquette, and basic camping skills are taught. Make a survival kit and go on a field trip to a local hiking trail. Campers should prepare for up to 3 miles of hiking at an elevation of 5,600-6,500 ft.

Age: 8-11 years

Location: Northside Aztlan Center

6/1-6/5	M-F	9:00 AM-3:00 PM	\$171	315930-01
6/8-6/12	M-F	9:00 AM-3:00 PM	\$171	315930-02
6/15-6/19	M-F	9:00 AM-3:00 PM	\$171	315930-03
6/22-6/26	M-F	9:00 AM-3:00 PM	\$171	315930-04
7/6-7/10	M-F	9:00 AM-3:00 PM	\$171	315930-05
7/13-7/17	M-F	9:00 AM-3:00 PM	\$171	315930-06
7/20-7/24	M-F	9:00 AM-3:00 PM	\$171	315930-07
7/27-7/31	M-F	9:00 AM-3:00 PM	\$171	315930-08
8/3-8/7	M-F	9:00 AM-3:00 PM	\$171	315930-09
8/10-8/14	M-F	9:00 AM-3:00 PM	\$171	315930-10



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

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 40.

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 and up, browse the youth portions in the 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]

Note: Funtime closures/holidays correspond to the Poudre School District schedule; however, it does not follow PSD weather closures. Class will not be held on 4/10.

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. Children must be age four by 9/15/2019.

Age: 4-5 yea Location Nor		n Center			
4/6-5/13	M,W,F	1:00-4:00 PM	\$248	217500-01	-

Funtime for Preschoolers

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

Age:	3-4	years
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Location: Northside Aztlan Center

4/6-5/13 M,W,F 9:30 AM-Noon \$248 217501-0	
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Spring Faire May 3rd, 2020 10am - 1pm Indian Hills Park

Bring a picnic blanket and lunch for your family and get ready to dance around the Maypole, participate in community activities, get your face painted and enjoy a lovely spring day!



Curious Twos

Attention is directed to games, crafts and stories, and providing a positive first step to independent learning. Note: Class will not be held on 3/17, 3/19.

Age: 2 years

Location: Northside Aztlan Center

3/3-4/9	Tu,Th	9:30-10:30 AM	\$76	217504-01
4/14-5/14	Tu,Th	9:30-10:30 AM	\$76	217504-02

[ARTS & CRAFTS]

Art in the Afternoon

Meet new friends and get creative. New projects featured each week. Note: Class will not be held on 3/17.

Age: 3-6 years

Location: Northside Aztlan Center

3/3-3/31	Tu	1:00-2:30 PM	\$48	216508-01
4/7-4/28	Tu	1:00-2:30 PM	\$48	216508-02

Cityscapes

Make beautiful skylines and sunsets using a variety of methods including painting and drawing. Cut and paste to develop fine motor skills. Note: Enter building through rear door.

Age: 3-5 yea	rs
--------------	----

Location: Carnegie Center for Creativity, 200 Matthews Si	t.
---	----

3/4-3/25 W 11AM-12 PM \$55 2	216924-02
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Cupcakes 'n Canvas: Pre-K

Theme inspired and geared towards the joy of painting. Paint on canvas and enjoy cupcakes. Note: Enter building through rear door.

Age: 3-5 years

Location: Carnegie Center for Creativity, 200 Matthews St.

Cakes Ala Wayne Thiebaud						
3/4	W	2:00-3:30 PM	\$35	217929-01		
Earth Day Collage						
4/22	W	1:00-2:30 PM	\$35	217929-02		

I Can Draw and Paint

Learn to use basic art supplies. Draw with pastels, pencils, and use watercolor and tempera paints. Note: Enter building through rear door.

Age: 3-5 years

Location: Carnegie Center for Creativity, 200 Matthews St.

4/1-4/22 W 11:00 AM-Noon \$55 216209-

Paint Me a Story

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

Age: 3 years

Location: Carnegie Center for Creativity, 200 Matthews St.

3/17	Tu	11:00 AM-Noon	\$20	217985-01
4/21	Tu	11:00 AM-Noon	\$20	217985-02

Woodland Creatures

Inspired by the work of Charley Harper, use mixed media and geometric shapes to create woodland animals.

Age: 3-5 years

4/29-5/20	W	3:00-4:30 PM	\$55	216921-01

[COOKING]

Once Upon A Time in the Kitchen

Cook and create a craft project each week based on a different children's book. Note: Class will not be held on 3/17.

Age: 3-6 years

Location: Northside Aztlan Center

3/3-3/24	Tu	10:00-11:30 AM	\$36	217522-01
3/31-4/14	Tu	10:00-11:30 AM	\$36	217522-02
4/21-5/5	Tu	10:00-11:30 AM	\$36	217522-03

[DROP-IN PROGRAMS]

Tot Gym

Engage with balls, blocks, a mini obstacle course, and other activities. Children must be accompanied by an adult. \$2.50 per child, adults free. Note: Free admission for babies accompanying an older sibling and do not participate. Registration is not required. Class will not be held on 4/10. Class will not be held at the Foothills Activity Center during Spring Break 3/16 to 3/20.

Tot Gym continued

Ages: 12 months-5 years Location: Northside Aztlan Center

3/2-5/10	M-F	10:00 AM-Noon	No Fee	217598-01
Location: Fo	othills Activit	ty Center		
3/3-5/15	Tu,W,F	10:00 AM-Noon	No Fee	217798-01

[GENERAL PROGRAMS]

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. Parents are required to stay within the interior of the mall. See front desk about adult fitness pass options. Note: Class will not be held on 3/16-19.

Location: Foothills Activity Center

Age: 2-3 years

3/3-4/9	Tu,Th	9:30-11:30 AM	\$131	217758-02
4/14-5/14	Tu,Th	9:30-11:30 AM	\$131	217758-04
Age: 3-4 year	rs			
3/4-4/8	M,W,F	9:30-11:30 AM	\$183	217758-01
4/13-5/13	M,W,F	9:30-11:30 AM	\$196	217758-03

Playdough World

Create scented and edible playdough.

Age: 3-6 years

Location: No	orthside Az	tlan Center			
4/2-4/16	Th	1:00-2:30 PM	\$36	217547-01	

Those Amazing Dinosaurs

Learn about favorite dinosaurs, hunt for fossils, classify by characteristic, and create a dinosaur from the imagination.

Age: 3-6 years

Location: Northside Aztlan Center

3/5-3/26	Th	1:00-2:30 PM	\$36	217508-01
4/23-5/7	Th	1:00-2:30 PM	\$36	217508-02

PARENT WITH CHILD PROGRAMS

[ARTS & CRAFTS]

Art Start

Hands-on independent art activities to inspire imagination and self-esteem. Explore, collage, cut, tear, drizzle, drip, paste, and paint. Note: Enter building through rear door.

Age: 18 months-3 years

Location: Carnegie Center for Creativity, 200 Matthews St.

3/4-3/25	W	9:30-10:30 AM	\$55	217983-01
4/1-4/22	W	9:30-10:30 AM	\$55	217983-02
4/29-5/20	W	9:30-10:30 AM	\$55	217983-03

I Can Do it Myself

Enjoy themed activities including arts and crafts, movement, and making new friends.

Age: 15 months-2 years

Location: Carnegie Center for Creativity, 200 Matthews St.

Green Eggs	s and Ham			
3/17	Tu	9:30-10:30 AM	\$20	217267-01
Earth Day				
4/21	Tu	9:30-10:15 AM	\$20	217267-02

Small Hands, Big Messy Art

Get hands-on with paint, playdough, and shaving cream.

Age: 18 months-2 years

Location: Northside Aztlan Center

3/31-4/14	Tu	10:00-11:00 AM	\$28	217585-01

[GENERAL PROGRAMS]

Little Explorers

Explore science, movement, arts and crafts, and music. Note: Class will not be held on 3/17.

Age: 2 years

Location: Northside Aztlan Center

3/3-3/24	Ти	10:00-11:00 AM	\$28	217561-01

Parent and Tot Science

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

Age: 2-3 years Location: Northside Aztlan Center

4/21-5/5 Tu 10:00-11:00 AM \$28	217560-01	
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Reptile Petting Zoo

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

Age:3-11 years

Location: Northside Aztlan Center

3/14	Sa	10:00-11:30 AM	\$15	218565-01
-,			+ · •	
4/18	Sa	10:00-11:30 AM	\$15	218565-03
Additional	Siblings			
3/14	Sa	10:00-11:30 AM	\$5	218565-02
4/18	Sa	10:00-11:30 AM	\$5	218565-04

[MUSIC]

Music Together: Demo Class

Get an introduction to the Learn about the Music Together program. Discover music through singing, instrument play, and movement. Note: Registration required.

Age: 0-4 years

Location: Foothills Activity Center

3/5	Th	10:00-10:45 AM	No Fee	218775-01
3/5	Th	11:15 AM-Noon	No Fee	218775-02

Music Together

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 class materials and online resources. Note: Discount for additional sibling nine months and older. No fee for siblings ages eight months and under.

Age: 0-4 years

Location: Foothills Activity Center.

3/30-5/18	М	9:30-10:15 AM	\$175	218776-01
3/30-5/18	М	10:30-11:15 AM	\$175	218776-03
3/30-5/18	М	11:30 AM-12:15 PM	\$175	218776-05
Additional Si	bling(s)			
3/30-5/18	М	9:30-10:15 AM	\$130	218776-02
3/30-5/18	М	10:30-11:15 AM	\$130	218776-04
3/30-5/18	М	11:30 AM-12:15 PM	\$130	218776-06

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.

Age: 0-4 years

Location: Northside Aztlan Center

3/12	Th	9:15-10:00 AM	No Fee	218577-01
3/12	Th	10:30-11:15 AM	No Fee	218577-02

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. Register two or more siblings by phone at 970.221.6256. Siblings six months and younger are free. Must meet age requirement.

Age: 0-4 years

Location: Northside Aztlan Center

Th	9:15-10:00 AM	\$130	218578-01
Th	10:30-11:15 AM	\$130	218578-03
ibling(s)			
Th	9:15-10:00 AM	\$15	218578-02
Th	10:30-11:15 AM	\$15	218578-04
	Th ibling(s) Th	Th 10:30-11:15 AM ibling(s) Th 9:15-10:00 AM	Th 10:30-11:15 AM \$130 ibling(s) Th 9:15-10:00 AM \$15



Academic Excellence in English AND your choice of: **SPANISH FRENCH CHINESE**

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K-5th grade, tuition-free, public school
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EDUCATION

ADULT PROGRAMS

All classes are for those 18 years & older and will be held at the Fort Collins Senior Center unless otherwise noted.

[CITY RELATED]

Save on Electric Bills 🖤

Explore simple ways to shift to save with Time-of-Day electric pricing. Even renters and those on a fixed income find ways to save. Drop in to learn more and speak with City of Fort Collins Utilities staff about ways to save.

Location: Senior Center

4/7	Tu	11:30 AM-1:00 PM	
Location	: Northside Azt	an Community Center	
4/16	Th	5:00-6:30 PM	

Transfort Travel Training

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

Location: Downtown Transit Center 250 N. Mason St

3/10	Tu	10:00 AM-Noon	No Fee	207483-01
4/14	Tu	10:00 AM-Noon	No Fee	207483-02
5/12	Tu	10:00 AM-Noon	No Fee	207483-03

[CPR & FIRST AID]

BLS Provider

American Heart association course meets the Basic Life Support (BLS) training for medical professionals. Skills and written tests required. One and Two Rescuer CPR, AED, BVM use included. Certification is valid for two years and emailed upon completion.

	4/15	W	5:30-9:30 PM	\$78	207442-01
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CPR & First Aid

Learn basic first aid procedures, as well as adult, child, and infant CPR and AED. Great for daycare providers. Two certificates from the Emergency Care Safety Institute-AAOS are issued at the end of the class. Book included.

3/14	Sa	9:00 AM-5:00 PM	\$78	207441-01
4/18	Sa	9:00 AM-5:00 PM	\$78	207441-02
5/9	Sa	9:00 AM-5:00 PM	\$78	207441-03

Wilderness First Aid

Learn skills for short- and long-term management of injury, medical emergencies and conditions when definitive care is more than one hour away. Field day focuses on hands-on scenarios and techniques needed to stabilize the victim and others in the group. ECSI Certificate emailed at the end of class.

4/30	Tu,Th	5:30-9:30 PM	\$156	207443-01
5/2	Sa	9:00 AM-5:00 PM		



Academic and sports summer programs for kindergarten through high school.



COLORADO STATE UNIVERSITY

EXPLORE. EXPERIENCE. EXPAND.

summer.colostate.edu/ summer-programs

[COOKING]

Chinese Cooking

Learn unique and exciting recipes to make traditional Chinese dishes. Provided by the Confucius Institute at Colorado State University.

Dumpling	S			
3/11	W	6:00-8:00 PM	\$32	207437-01
Beijing No	odles			
4/8	W	6:00-8:00 PM	\$32	207437-02
Moo Shu F	Pork			
5/13	W	6:00-8:00 PM	\$32	207437-03

Coconut "Cuckoo" Curries

Discover modern spins on traditional coconut curry and turn any dish into a flavorful masterpiece. These curry variations are delicious, vegetarian, and healthy. Menu: Coconut stew, beets with coconut, spicy pineapple curry, coconut fudge (Burfi).

5/6 W	10:00 AM-12:15 PM	\$40	207425-01
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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. All supplies included. At the end of each class, vote which country's cuisine to cook for the following week. Note: List any food allergies upon registration.

3/3-3/24	Tu	6:30-7:30 PM	\$55	207432-01

Curry in a Hurry

American efficiency meets authentic Indian curry. Learn about making curry in a modern world and try three different styles of Indian curry. Menu: Red and black bean curry with spinach, butternut squash curry, and mixed vegetable coconut curry.

3/4	W	6:00-8:15 PM	\$40	207427-01

Ethiopian Made Easy

Learn to make a healthy and easy vegetarian Ethiopian meal. Cook with all the colors or the rainbow. Menu: Key Sir Alicha (beets and potato stew), Swiss Chard Gomen, Chickpea Wot, kik Alicha (yellow split peas), Instant teff flour crepe.

Healthy Greens, Indian Style

Leafy greens pack a punch of aesthetics, flavors, and versatility. Greens are a nutritional powerhouse, delicious when sautéed, and pair beautifully with a multitude of spices, grains, beans, and proteins. Menu: Collard greens with coconut, lentils curry with swiss chard, kale and potatoes, and turmeric rice.

4/29 W 6:00-8:15 PM \$40 2074	9-01
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Indian Fusion

Bring a bit of globalization to dinner. Mix and match traditional recipes with common local ingredients and learn how easy it is to spice things up every day with an Indian spin. Menu: Indian style quinoa, mushrooms and green peas curry on pasta, tofu tikka masala on baguette, and cardamom chai tea.

3/12	Th	6:00-8:15 PM	\$40	207428-01

Let it be Lentils

Lentils (Dal) form the mainstay of the amino acid (protein) supply to the largely vegetarian Indian subcontinent. In addition to being high in protein, lentils also contain a copious amount of essential dietary fiber, vitamins, and minerals. Menu: Raw lentil salad, tomato-lentil soup (Rasam), lentil stew with veggies (Sambar), cardamom spiced sesame balls (Laddus).

	4/21	Tu	6:00-8:15 PM	\$40	207438-01
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Let's Cook Chinese Food

Learn how to cook easy and flavorful Chinese cuisine from the comfort of home. Menu: Egg drop soup, egg rolls, chicken with ginger sauce, rice.

5/5	Tu	6:00-8:00 PM	\$40	207436-01
l unch Tir	me in Bangkol	(

Lunch Time in Bangkok

Learn how to use authentic ingredients to prepare and cook Thai food from the comfort of home. Menu: Pad Thai.

5/2	Sa	11:30 AM-12:30 PM	\$30	207433-01

Denotes no web registration for program

M Denotes program/activity has special membership pricing

Thai Street Food

Learn how to use authentic ingredients to prepare and cook Thai street food form the comfort of home. Menu: Spicy noodle with basil, crispy wonton with sweet chili sauce, fried banana.

4/7	Tu	6:00-8:30 PM	\$40	207434-01

Thai Table

Thailand is one of the best places to find delicious, quick, cheap food at any time of the day. Learn how to choose ingredients, prepare and cook them. Menu: Lemongrass chicken, green curry, mango coconut pudding, rice, Thai dipping sauce.

3/25	W	6:00-8:30 PM	\$40	207430-01

One-on-One Nutritional Instruction

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

Age: 18 years & up

1-hour session for 1 person	\$60
1-hour session for 2 people	\$80

Plant-based Me

Learn the most popular plant-based theories, hear a transforming story due to a plant-based diet, and receive tools to take a two-week test drive of plant-based eating. Note: Cooking will not take place in this class.

3/5	Th	10:00-11:30 AM	\$30	207412-01
3/19	Th	10:00-11:30 AM		

[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.

Location: City Park, corner of Bryan Ave. and Oak St.

4/25-5/30	Sa	11:30 AM-12:30 PM	\$90	207453-03
4/26-5/31	Su	11:30 AM-12:30 PM	\$90	207453-04

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.

Location: City Park, corner of Bryan Ave. and Oak St.

4/25-5/30	Sa	10:00-11:00 AM	\$90	207456-03
4/26-5/31	Su	10:00-11:00 AM	\$90	207456-04

NW



Visit Dellenbach Subaru | 3103 S. College Ave. Fort Collins, CO 80525 | DellenbachSubaru.com | 970-226-2438

Teen Pups Out in the Park

During their "teen" months (6-18 months) pups seem to forget all that they have learned, and focus becomes an issue. With exercises in impulse control and positive reinforcement, improve a young dog's attention and basic obedience skills. Note: Instructor will notify participants of location prior to class. Class will not be held on 5/12.

Location: TBA				
4/21-5/26	Tu	1:00-2:00 PM	\$85	207454-01

[GENERAL INTEREST]

Genealogy, Beginner

Explore personal family genealogy by using FamilySearch. Learn how to set up an account, enter known family history, connect to existing genealogies, and more. Limited computers available, use of personal devices encouraged. Note: Enter building on the west side.

Location: 600 E. Swallow Street

3/5-3/26	Th	7:00-8:00 PM	No Fee	207413-01
4/2-4/30	Th	7:00-8:00 PM	No Fee	207413-02
5/7-5/28	Th	7:00-8:00 PM	No Fee	207413-03

[ACTIVE MINDS] 🚺

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 at the Fort Collins Senior Center.

Active Minds continued

Japan

From imperialist empire to economic power, Japan has a complicated and fascinating history. Trace the evolution of the modern Japanese state from its ancient roots to the present. Cover the impact of Japan's involvement in World War II as well as their economic recession in the 1990's.

3/24	Tu	1:00-2:00 PM	\$9	207480-01

The Civil Rights Act

The Civil Rights Act of 1964 was a landmark piece of federal legislation that outlawed major forms of discrimination against minorities and women. Examine the Act over 50 years later and evaluate its impact on civil rights in the United States today.

4/28	Tu	1:00-2:00 PM	\$9	207480-02

[MUSIC & THEATRE]

Guitar

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

Age: 12 years & older

riger in years				
3/4-3/25	W	7:00-8:00 PM	\$80	207464-01
4/1-4/22	W	7:00-8:00 PM	\$80	207464-02
5/6-5/27	W	7:00-8:00 PM	\$80	207464-03

Introduction to Stage Acting

Learn the basics of stage acting, from terminology to preparation for an audition. Discover unique talents through theater games, improvisation, and thinking outside the box. No experience necessary. Dress comfortably.

3/8-4/8	W	6:30-8:30 PM	\$60	207463-01

You Can Uke

Play the uke and learn to tune, play chords, and begin strumming. Play songs on day one adding new chords, strums, and songs each week. No music background is needed. A uke to use for duration of the class and all instructional materials and supplies are provided. Note: Class will not be held on 3/25.

3/4-4/1	W	9:00-10:30 AM	\$65	207465-01
4/8-4/22	W	9:00-10:30 AM	\$65	207465-02

You Can Uke, Level 2

Review and add new skills and songs each week. Previous class or knowledge of chords in the key of C and 3/4 and 4/4 strums required. Note: Contact instructor for use of a uke. Ukulele songbook purchase information shared at registration. Class will not be held on 3/25.

3/4-4/1	W	11:00 AM-12:30 PM	\$65	207466-01
4/8-4/22	W	11:00 AM-12:30 PM	\$65	207466-02

[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.

-			-	
3/4	W	6:00-7:00 PM	No Fee	207476-01
4/4	Sa	6:00-7:00 PM	No Fee	207476-02

Speak Now Training

This training gives parents tools to open a dialogue with children about substance use. Talking with kids early and often is effective for preventing early substance use, while strengthening parent-child relationships. Parents gain confidence to give kids the facts and help them to make healthy decisions.

Location: Northside Aztlan Center

3/2	М	6:00-7:00 PM	No Fee	215585-01
4/29	W	6:00-7:00 PM	No Fee	215585-02

[PERSONAL GROWTH]

Guided Autobiography

Forage through personal memories, a lifetime of experiences, and associated feelings. Learn what is personally important and place the stories down on paper. Learn, write, and share stories in a confidential setting. No writing experience required. Note: Class will not be held on 4/4.

3/7-4/25	Sa	9:30-11:30 AM	\$100	207481-01

[PHOTOGRAPHY]

Intro to Adobe Lightroom

The Adobe Photographer's Workflow with Lightroom Classic is explained. Learn the proper way to adjust photos using the approved Adobe method, starting with Lightroom Classic software. Organization and archival methods as well as the image editing skills are all covered. Recommended use of personal laptop or computer with Adobe Lightroom Classic software.

4/14	Tu	6:00-9:00 PM	\$30	207468-01

Intro to Digital Photo Editing

Learn the basics of improving photographs. The most common and useful professional adjustments are shown using a variety of software tools.

4/7	Tu	6:00-7:30 PM	\$15	207467-01
,				

Intro to Lightroom & Photoshop

The Adobe Photographer's Workflow with Lightroom Classic and Photoshop is explained. Learn the proper way to adjust photos using the approved Adobe method, starting with Lightroom and proceeding into Photoshop as needed. Organization and editing are covered. Recommended use of personal laptop or computer with Adobe Lightroom Classic and Photoshop software.

4/15-4/22	W	6:30-8:30 PM	\$60	207469-01
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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.

3/11	W	6:00-8:00 PM	\$30	207460-01
3/26	Th	6:00-8:00 PM	\$30	207460-02

Nature Photography 101

Through interactive practice, learn about camera equipment, exposure, composition, and lighting as it pertains to subjects in nature. An SLR or mirrorless camera recommended, but not required.

4/29	W	6:00-8:00 PM	\$30	207462-01

Portrait Photography 101

Designed for those interested in improving personal family photos. Learn the fundamentals of portrait photography including equipment, lighting, and posing techniques. A basic understanding of shutter speed, ISO, and aperture is recommended.

4/16 Ih 6:00-8:00 PM \$30 20/461-01	4/16	Th	6:00-8:00 PM	\$30	207461-01
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[S.T.E.M.]

Amateur Radio: General License

Learn educational material and concepts to advance to the General Class License where world-wide HF communications open. Must have a current Technician or Novice license. Test will be given on the last day of class.

3/4-4/15	W	6:30-9:00 PM	\$35	207490-01	
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Rosin Corps: CW Keyer Kit Build

Introduction to soldering with build the 'Ultra Pico Keyer' from Ham Gadgets. Use the completed kit to practice and learn Morse code, or with a ham radio to transmit on the air. All soldering equipment supplies and Keyer kit will be provided.

5/2	Sa	9:00 AM-Noon	\$35	207492-01

YOUTH PROGRAMS

LEGO® Helicopter Workshop

Take to the skies with a motorized helicopter. Learn about amazing machines and complete a variety of creative challenges.

Age: 6-12 years Location: Foothills Activity Center 5/15 F 9:00 AM-Noon \$40 215571-02

LEGO[®] Minecraft Engineering

Build engineer-designed projects such as a Creeper, a Lava Trap, and a Minecart. Create favorite Minecraft mobs, tools, and objects with the guidance of an experienced Play-Well instructor.

Age: 6-8 years

Location: No		lan Center		
3/16-3/20	M-F	9:00 AM-Noon	\$194	215570-01

LEGO[®] Star Wars Workshop

Young Jedi recreate one of their favorite epic battles with LEGO[®] bricks that only Play Well can provide.

Age: 6-12 years

Location: Foothills Activity Center

4/10 F 9:00 AM-Noon	\$40	215571-01
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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. Presented in collaboration with the Fort Collins Children's Theatre. Note: Class will not be held on 3/17.

Age: 8-12 years

Location: No	orthside Az	tlan Community Cente	er	
3/3-5/12	Tu	4:30-6:00 PM	\$130	218925-01

NURTURE THEIR PASSION FOR COOKING & BAKING!



SUMMER CAMPS NOW OPEN FOR REGISTRATION

Cooking Studio.com/Kids-Classes

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: Foothills Activity Center

3/16	М	Noon-8:00 PM	\$85	215575-01
5/16	Sa	8:30 AM-5:00 PM	\$85	215575-02

YEL EV3 Robotics

EV3 is the most current robotics system from LEGO[®] Mindstorms. Build, program, test and modify a robot to accomplish tasks and challenges like line following, Grand Prix race, and box battle.

Age: 11-16 years Location: Northside Aztlan Center

					_
3/28-5/9	Sa	10:00-11:30 AM	\$132	215581-01	

YEL Junior Robotics

Learn S.T.E.M. engineering through unique projects with LEGO[®] bricks. Program creations to race, chew, make noise, and more with drag-and-drop software.

Age: 7-11 years Location: Northside Aztlan Center

|--|

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 welcomes 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. Meet the animals, ride a pony (April-October), or go on a hayride for a unique party. Call The Farm or stop by during open hours to reserve your party 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 a 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 🖤

Enjoy a pony ride. Parents lead cowpokes for up to 10 minutes in the arena. Closed-toed shoes, 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.

4/4-10/18	Sa	11:00 AM-4:00 PM
	Su	1:00-4:00 PM

48 fcgov.com/recreator

ADULT PROGRAMS

Goat Therapy – NEW!

Spend time with the goats and their kids for a mid-day break. Enjoy their antics and forget about the stresses of the day.

Age: 18 ye	ears & up			
5/8	F	12:15-1:00 PM	\$12	208639-01

FAMILY PROGRAMS

Goat Yoga

Must love goats. The four-legged yoga enthusiasts join in the fun. Goats may interact or they may curl up in a corner. The City is not responsible for "acts of nature" from the goats. **Note:** Bring an old yoga mat or towel.

Ade.	6	years	&	up
Ayc.	υ	ycuis	C.	uμ

rige. o yee	n s a ap			
5/18	М	5:30-6:30 PM	\$20	208030-01
5/19	Tu	5:30-6:30 PM	\$20	208030-02

YOUTH PROGRAMS

[CHILD WITHOUT PARENT PROGRAMS]

After School Farmers

Experience life on a farm by participating in farm activities such as milking the cow or goat, taking a hayride, feeding the animals, and some surprises too.

Age: 6-10 ye	ars			
4/1-4/22	W	4:00-5:30 PM	\$46	208601-01

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				
3/18-4/8	W	9:30-11:00 AM	\$46	208606-01
3/19-4/9	Th	1:30-3:00 PM	\$46	208606-02
3/20-4/10	F	9:30-11:00 AM	\$46	208606-03
4/14-5/5	Tu	1:30-3:00 PM	\$46	208606-05
4/15-5/6	W	9:30-11:00 AM	\$46	208606-06
4/16-5/7	Th	9:30-11:00 AM	\$46	208606-07
4/16-5/7	Th	1:30-3:00 PM	\$46	208606-08
4/17-5/8	F	1:30-3:00 PM	\$46	208606-09

Little Peepers

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

Age: 3 years				
3/26-4/9	Th	9:00-10:00 AM	\$30	208610-01
3/26-4/9	Th	10:15-11:15 AM	\$30	208610-02
4/24-5/8	F	9:00-10:00 AM	\$30	208610-03
4/24-5/8	F	10:15-11:15 AM	\$30	208610-04



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ONLINE DEGREES · CERTIFICATES · PROFESSIONAL DEVELOPMENT



COLORADO STATE UNIVERSITY ONLINE www.GrowWithCSU.com



[CHILD WITH PARENT PROGRAMS]

Li'l Dumplin' Farmers

Learn about life on a farm. Meet the animals and help with farm chores like gathering eggs and milking a cow or goat. After the chores are finished enjoy a picnic with the animals. Note: Bring a sack lunch, homemade dessert provided.

Age: 2 years

5. 5.				
4/6-4/20	М	11:00 AM-Noon	\$36	208609-01
4/27 -5/11	М	11:00 AM-Noon	\$36	208609-02
4/14-4/28	Tu	11:00 AM-Noon	\$36	208609-03

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. Note: Other children may not attend this class. Parent and child must wear closed toed shoes.

Age: 3-5 years

Tu,Th	1:00-2:00 PM	\$60	208614-01
Sa	9:30-10:30 AM	\$60	208614-02
W,F	1:00-2:00 PM	\$60	208614-03
Su	11:30 AM-12:30 PM	\$60	208614-04
	Sa W,F	Sa 9:30-10:30 AM W,F 1:00-2:00 PM	Sa 9:30-10:30 AM \$60 W,F 1:00-2:00 PM \$60

Li'l Dumplin's & Beyond

All the favorite chores Lil Dumplin's enjoy, plus a few added touches. Gather eggs, milk a cow or goat, ride the ponies, and create a mini scrapbook with pictures taken during class. Each Dumplin' receives a souvenir T-shirt.

Age: 2 years

5. 5.				
4/6-4/20	М	9:30-10:30 AM	\$50	208624-01
4/7-4/21	Tu	9:30-10:30 AM	\$50	208624-02
4/27-5/11	М	9:30-10:30 AM	\$50	208624-03

[DAY CAMPS]

Mini Day Camp

Campers explore country life as they milk the cow, gather eggs, ride the ponies, and go on treasure hunts. Mornings are topped off with picnic lunches in the silo, hayloft, or maybe even on a hayride.

Age: 6-7 years

6/2-6/5	Tu-F	8:30 AM-12:30 PM	\$75	308604-01
6/9-6/12	Tu-F	8:30 AM-12:30 PM	\$75	308604-02
6/16-6/19	Tu-F	8:30 AM-12:30 PM	\$75	308604-03
7/14-7/17	Tu-F	8:30 AM-12:30 PM	\$75	308604-04

Not-So-Mini Day Camp

An extended version of Mini Day Camp. Campers gather eggs, milk the cow or goat, and ride the ponies. Other chores include crafts and going on a hayride.

Age: 6-7 years

•			
Tu-F	8:30 AM-3:30 PM	\$150	308605-01
Tu-F	8:30 AM-3:30 PM	\$150	308605-02
Tu-F	8:30 AM-3:30 PM	\$150	308605-03
	Tu-F	Tu-F 8:30 AM-3:30 PM Tu-F 8:30 AM-3:30 PM	Tu-F 8:30 AM-3:30 PM \$150 Tu-F 8:30 AM-3:30 PM \$150

Farm Day Camp

Every summer is new and exciting at day camp. Each session is packed full of games, crafts, barnyard trivia, and chores. Campers help take care of the animals, gather eggs, milk the cow, and slop the pigs. A field trip and an overnight at The Farm highlight the second week. Note: Please note children must be picked up by 8:30 a.m. on the Friday after the overnight.

Age: 8-12 years

J · · · J · ·				
6/2-6/12	Tu-F	8:30 AM-3:30 PM	\$235	308602-01
6/16-6/26	Tu-F	8:30 AM-3:30 PM	\$235	308602-02
7/7-7/17	M-F	8:30 AM-3:30 PM	\$235	308602-03
7/21-7/31	Tu-F	8:30 AM-3:30 PM	\$235	308602-04

Pony Camp, Beginner

Pony campers learn to groom, saddle, and ride a pony during their week at The Farm. Pony chores are included and safety is stressed at all times.

Age: 8-12 years

6/2-6/5	Tu-F	8:30-11:00 AM	\$160	308607-01
6/2-6/5	Tu-F	11:45 AM-2:15 PM	\$160	308607-02
6/9-6/12	Tu-F	11:45 AM-2:15 PM	\$160	308607-03
6/16-6/19	Tu-F	8:30-11:00 AM	\$160	308607-04
6/23-6/26	Tu-F	8:30-11:00 AM	\$160	308607-05
6/30-7/3	Tu-F	8:30-11:00 AM	\$160	308607-06
7/7-7/10	Tu-F	11:45 AM-2:15 PM	\$160	308607-07
7/21-7/24	Tu-F	8:30-11:00 AM	\$160	308607-08
7/28-7/31	Tu-F	Noon-2:30 PM	\$160	308607-09

Pony Camp, Advanced

Designed for the rider who has mastered grooming and saddling. The basics of riding are reviewed, and more time is spent riding.

Age:	8-12	years
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6/9-6/12	Tu-F	8:30-11:00 AM	\$160	308608-01
6/16-6/19	Tu-F	11:45 AM-2:15 PM	\$160	308608-02
6/23-6/26	Tu-F	11:45 AM-2:15 PM	\$160	308608-03
6/30-7/3	Tu-F	11:45 AM-2:15 PM	\$160	308608-04
7/7-7/10	Tu-F	8:30-11:00 AM	\$160	308608-05
7/14-7/17	Tu-F	8:30-11:00 AM	\$160	308608-07
7/14-7/17	Tu-F	11:45 AM-2:15 PM	\$160	308608-06
7/21-7/24	Tu-F	11:45 AM-2:15 PM	\$160	308608-08



Horsemanship I

Learn to groom, saddle, and ride a horse. Note: Class size is limited.

Age: 12-16 years

M-Th	12:15-2:45 PM	\$160	308616-01
M-Th	9:00-11:30 AM	\$160	308616-02
M-Th	12:15-2:45 PM	\$160	308616-03
M-Th	12:15-2:45 PM	\$160	308616-04
	M-Th M-Th	M-Th 9:00-11:30 AM M-Th 12:15-2:45 PM	M-Th 9:00-11:30 AM \$160 M-Th 12:15-2:45 PM \$160

Horsemanship II

Designed for teens who have taken Horsemanship I or Pony Camps. Spend time is riding and learning more about horses.

Age: 12-16 years

5				
6/8-6/11	M-Th	12:15-2:45 PM	\$160	308617-01
6/15-6/18	M-Th	12:15-2:45 PM	\$160	308617-02
6/22-6/25	M-Th	9:00-11:30 AM	\$160	308617-03
7/6-7/6	M-Th	9:00-11:30 AM	\$160	308617-04
7/13 -7/16	M-Th	9:00-11:30 AM	\$160	308617-05
7/15-7/18	M-Th	12:15-2:45 PM	\$160	308617-06
7/20-7/23	M-Th	12:15-2:45 PM	\$160	308617-07
7/20-7/23	M-Th	9:00-11:30 AM	\$160	308617-08





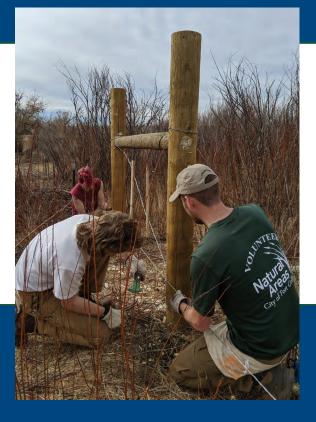
"I love volunteering

because it gives me an excuse to escape my desk and **get my boots dirty.**"



"It is so much fun to show up at a project site, meet some amazing people from the community and work alongside them to restore/maintain areas that have been destroyed due to overuse, erosion or natural disasters. "It's also exiting to have the opportunity to go back to the site a few years later and see the results of all of the hard work and be able to state that I had a hand in bringing that area back to life."

> - Brandon Smith Natural Areas Volunteer Crew Leader







Learn about volunteer opportunities at fcgov.com/volunteer

Volunteers serve as Leaders in conservation, restoration and education. Where could your experience lead you? Find your answer with FC Volunteers!

LIFE IS BETTER WITH DIABETES EDUCATION

Fewer than 7% of people get diabetes education in the first year after diagnosis, yet education is proven to reduce complications and improve outcomes.

BY: KATI BLOCKER, UCHEALTH

Karla Norvell realized something was wrong when her hair started falling out and she inadvertently lost 40 pounds in just a few months.

For about seven years, Norvell, 55, had prediabetes blood glucose levels, but she wasn't able to avert the serious chronic disease. In Aug. 2017, she was diagnosed with Type 2 diabetes.

"At first there was a lot of worrying and a lot of guilt," Norvell said. "But now I understand there is more I can do."

A SERIOUS CHRONIC DISEASE

Type 2 diabetes is a condition in which the body stops using insulin properly. There are ways to help prevent it – by making lifestyle changes to control the disease – and gaining more understanding through a diabetes prevention program.

"People will think that diabetes is basically an eating disorder and if you start eating right you can cure yourself. But it's not that simple," said Stacey Fox, a diabetes nurse educator with UCHealth Diabetes and Medical Nutrition Therapy. "It's a physical and metabolic problem made more difficult by our modern-day lifestyle, where everything is at our fingertips. It is how much your body is making insulin and how it is responding to it. The body just can't overcome that."

Through diabetes education, Norvell began to understand how important it is for her to continue to learn about her chronic disease.

"You have to take diabetes seriously," she said. "It's a major thing in life — and you're going to have it your whole life. I'm amazed at how many people are not informed about their diabetes because they have not sought out diabetes education."

In fact, fewer than 7% of people with Type 2 diabetes receive diabetes education in their first year after diagnosis, Fox said.

"Studies and data show that when someone attends classes or diabetes education, it can result in a .6% reduction in their A1C that's just through diabetes education alone," she said. "Then of course, medication and lifestyle changes can improve that number even more."



Karla Norvell realized that if she wanted to enjoy the things she loved, she needed to manage her diabetes the best way possible. Diabetes education is proven to help people with diabetes to reduce complications and improve outcomes. Photo by Joel Blocker, for UCHealth.

CONTINUING DIABETES EDUCATION

After attending the 2018 Community Diabetes Update held annually in Fort Collins by UCHealth, Norvell decided she could take an even more active role in managing her diabetes and she joined the UCHealth comprehensive diabetes education program.

This program takes patient education a step further. After she was referred to the program by her doctor, Norvell met one-on-one with a registered nurse. Then she was given the option to attend a two-day comprehensive diabetes education workshop, where she got a deep dive into the physiology of diabetes, myths and facts about the disease, information on short- and long-term complications of uncontrolled diabetes, and tips on how to prevent those complications, as well as medication options.

"We really get the class talking, and people begin to learn from each other," Fox said. "There are so many different pieces to the puzzle that it's really up to the person living with diabetes to find the pieces that really connect and work for them."

The second day is all about nutrition and its impact. Participants learn about food groups and how they influence blood sugar levels.

"I haven't had to make huge sacrifices," Norvell said. "People have the wrong idea that you can't enjoy anything. It's just about being smart, and you need to learn what that means for you."

"People feel less overwhelmed and gain more self-confidence when they receive diabetes education," Fox said. "This is not a 'Lone Ranger' disease. The more people you have surrounding you and helping you deal with the issues that arise and problem solve, the better the outcomes."

Find diabetes education near you at www.uchealth/org/services/diabetes-endocrinology-care/

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

The Fort Collins 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 63.

For 50 years and up fitness classes, see page 97.

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

Blood Pressure Checks

Meet one-on-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 3/9, 4/13, 2/11 10:00 AM-Noon

No Fee



Wrinkles and Fine Lines

- Acne Scars
- Facial Contouring
- Under-Chin Fat



Lip Rejuvenation

Book Your Free Consultation 970-818-2280 | Arktos Direct Care

Cholesterol Testing

Meet one-on-one with a registered nurse for a cholesterol panel, glucose test, and blood pressure check. Includes explanation of test results, interactive discussion, and recommendations. Appointments required; call the Health District at 970.224.5209. Note: Clinics held in February are free for Health District residents.

Location: Senior Center

3/3, 3/19, 4/7, 4/16, 5/5, 5/21 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 Fort Collins Senior Center front desk.

Age: 18 years & up

Location: Senior Center

Thursdays	10:00 A	M-4:00 PN	1
Basic Manicure or Peo	dicure	\$36	60 minutes
Spa Manicure or Pedi	cure	\$54	90 minutes
Combo Spa		\$72	120 minutes
Toenail Clip		\$18	30 minutes

FOOTHILLS ACTIVITY CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
12:15 - 1:00 PM Les Mills BodyPump	8:30 - 9:30 AM Mat Pilates	12:15 - 1:00 PM Les Mills BodyPump	8:30 - 9:30 AM Mat Pilates	9:00 - 10:00 AM Parent/Baby Yoga
1:15 - 2:15 PM Power Yoga	9:00 - 10:00 AM Low Impact Aerobics	1:15 - 2:15 PM Power Yoga	9:00 - 10:00 AM Low Impact Aerobics	10:00 - 10:45 AM Parent/Toddler Yoga
5:30 - 6:30 PM Slow Flow Hatha Yoga	9:45 - 10:45 AM Mat Pilates	4:20 - 5:20 PM Teen Yoga 11-16 years	9:45 - 10:45 AM Mat Pilates	5:00 - 5:45 PM Family Yoga
5:30 - 6:30 PM Power Train	2:15 - 3:15 PM Slow Flow Hatha Yoga	5:00 - 6:00 PM PlayItUp, Family Fitness	12:15 - 1:15 PM Gentle Yoga	5:30 - 6:30 PM Power Train
6:40 - 7:40 PM Zumba	5:30 - 6:30 PM Les Mills BodyPump	Les Mills BodyPump Slow Flow Hatha Yoga Slow Flow Hatha Yoga 5:30 - 6:30 PM 5:00 - 6:00 PM 5:00 - 6:00 PM		5:45 - 6:30 PM Family Yoga
			5:00 - 6:00 PM PlayItUp, Family Fitness	Saturday
			5:30 - 6:30 PM Les Mills BodyPump	9:15 - 10:15 AM Tai Chi & Qigong for Health
				9:15 - 10:15 AM Les Mills BodyPump
				9:30 - 10:30 AM PlayltUp, 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
7:15 - 8:15 AM	6:15 - 7:15 AM	7:15 - 8:15 AM	6:15 - 7:15 AM	7:15 - 8:15 AM
CrossTrain	Spin & Tone	CrossTrain	Spin & Tone	CrossTrain
7:30 - 8:30 AM	7:30 - 8:30 AM	7:30 - 8:30 AM	7:30 - 8:30 AM	7:00 - 8:00 AM
Barre Fitness	Morning Meditation & Yoga	Barre Fitness	Morning Meditation & Yoga	Barre Fitness
8:30 - 9:30 AM	9:00 - 10:00 AM	8:30 - 9:30 AM	9:00 - 10:00 AM	8:00 - 8:45 AM
Strength Training	Yoga & Meditation	Strength Training	Yoga & Meditation	Essentrics+Yoga Fusion
9:00 - 10:00 AM	9:30 - 10:30 AM	9:00 - 10:00 AM	9:30 - 10:30 AM	9:00 - 10:00 AM
Barre Fitness	Strength Training	Barre Fitness	Strength Training	Zumba @ Club Tico
9:00 - 10:00 AM	10:30 - 11:30 AM	9:00 - 10:00 AM	10:30 - 11:30 AM	9:30 - 10:30 AM
Zumba @ Club Tico	Essentrics	Zumba @ Club Tico	Essentrics	Lose to Win
9:30 - 10:30 AM	11:30 AM - 12:30 PM	9:30 - 10:30 AM	11:30 AM - 12:30 PM	11:00 AM - Noon
Lose to Win	PowerTrain	Lose to Win	PowerTrain	Restorative Yoga
10:00 - 11:00 AM	Noon - 1:00 PM	10:00 - 11:00 AM	Noon - 1:00 PM	11:30 AM - 12:30 PM
Essentrics	TRX Body Blast	Essentrics	TRX Body Blast	CrossTrain
10:40 - 11:40 AM	12:30 - 1:30 PM	10:40 - 11:40 AM	12:30 - 1:30 PM	12:30 - 1:30 PM
Mat Pilates	PowerTrain	Mat Pilates	PowerTrain	CrossTrain
11:00 - 11:45 AM	Noon - 12:55 PM	11:00 - 11:45 AM	Noon - 12:55 PM	Saturday
SS Classic	Strength & Tone	SS Classic	Strength & Tone	
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	Mat Pilates	CrossTrain	Mat Pilates	TRX Body Blast
Noon - 1:00 PM	1:00 - 2:00 PM	Noon - 1:00 PM	1:00 - 2:00 PM	8:15 - 9:15 AM
Restorative Yoga	Sculpting Yoga	Restorative Yoga	Sculpting Yoga	Vinyasa Flow Yoga
12:30 - 1:30 PM	5:00 - 6:00 PM	12:30 - 1:30 PM	5:00 - 6:00 PM	11:00 AM - Noon
CrossTrain	Slow Flow Hatha Yoga	CrossTrain	Slow Flow Hatha Yoga	Beginner Yoga for Men
4:00 - 5:00 PM	5:30 - 6:30 PM	4:00 - 5:00 PM	5:30 - 6:30 PM	Sunday
Slow Flow Hatha Yoga	Total Body Boot Camp	Slow Flow Hatha Yoga	Total Body Boot Camp	
5:15 - 6:15 PM	6:30 - 7:30 PM	5:15 - 6:15 PM	6:30 - 7:30 PM	10:00 - 11:00 AM
Vinyasa Flow Yoga	Zumba	Vinyasa Flow Yoga	Zumba	Mindfulness Yoga
5:30 - 6:30 PM Spin & Tone		5:30 - 6:30 PM Spin & Tone		11:15 - 12:15 PM Meditation
		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	9:45 - 11:00 AM	8:00 - 8:50 AM	10:00 - 10:55 AM
Back & Body Strength	Functional Strength	TaiChi Chih Continuing	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	Noon - 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	9:30 - 10:30 AM	10:15 - 11:45 AM	9:30 - 10:30 AM	1:00 - 1:45 PM
Therapeutic Yoga	Parklane Fitness	Svaroopa Yoga for Strength	Parklane Fitness	SS Circuit
11:00 AM - Noon	10:10 - 10:55 AM	Noon - 1:00 PM	10:00 - 11:00 AM	2:00 - 2:45 PM
Therapeutic Yoga	SS Classic	Yoga, Beginner	Therapeutic Yoga	SS Stability
Noon - 12:45 PM	11:00 AM - Noon	Noon - 12:45 PM	10:10 - 10:55 AM	3:00 - 4:00 PM
Taijifit Flow	Restorative Yoga	Taijifit Flow	SS Classic	Mat Pilates
1:00 - 1:45 PM	11:10 - 11:55 AM	1:00 - 1:45 PM	11:00 AM - Noon	3:00 - 4:00 PM
SS Circuit	SS Yoga	SS Circuit	Therapeutic Yoga	Tai Chi for Arthritis I
2:30 - 3:30 PM	12:15 - 1:15 PM	1:15 - 2:15 PM	11:10 - 11:55 AM	
N'Balance (1/6-2/26)	SS Splash	Yoga, Beginner	SS Yoga	
3:00 - 4:00 PM	1:00 - 2:00 PM	2:30 - 3:30 PM	12:15 - 1:00 PM	Saturday
Mat Pilates	TaiChi Chih Beginner	N'Balance (1/6-2/26)	Zumba Gold	
4:10 - 4:55 PM	2:45 - 3:45 PM	3:00 - 4:00 PM	12:15 - 1:15 PM	9:00 - 10:00 AM
SS Yoga	Yoga, Beginner	Mat Pilates	SS Splash	Zumba
4:30 - 5:20 PM	4:00 - 4:45 PM	4:10 - 4:55 PM	1:15 - 2:15 PM	9:30 - 10:30 AM
Yoga Advanced Beginner	SS EnerChi	SS Yoga	Balance 201	Yoga All Levels
5:30 - 6:20 PM	4:00 - 5:00 PM	4:30 - 5:20 PM	1:30 - 2:30 PM	10:30 - 11:15 AM
Yoga Advanced Beginner	Yoga, Beginner	Yoga Advanced Beginner	Yoga for Osteoporosis	SS Classic
5:30 - 6:30 PM	5:15 - 6:15 PM	5:30 - 6:20 PM	2:30 - 3:30 PM	11:15 AM - Noon
Zumba	Yoga, Beginner	Yoga Advanced Beginner	Swiss Theraball	SS Yoga
6:30 - 7:30 PM	5:30 - 6:30 PM	5:30 - 6:30 PM	2:45 - 3:45 PM	12:45 - 1:45 PM
Slow Flow Hatha Yoga	Nia	Zumba	Yoga, Beginner	Tai Chi Beginning
	6:30 - 7:30 PM Yoga Advanced Beginner	6:30 - 7:30 PM Slow Flow Hatha Yoga	4:00 - 4:45 PM SS EnerChi	
		6:35 - 7:20 PM Pound Rockout Workout	4:00 - 5:00 PM Yoga, Beginner	
			5:15 - 6:15 PM Yoga, Beginner	
			5:30 - 6:30 PM Nia	

Personal Training 🖤

Personal trainers are available to train at Edora Pool Ice Center, Foothills Activity Center, Northside Aztlan Community Center, and Fort Collins 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

30-Minute Packages

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Package Name	Sessions	Cost
PT Single	1	\$30
PT Bronze	4	\$115
PT Silver	8	\$220
PT Gold	12	\$300
PT Platinum	24	\$540
60 Minute Packages		
PT Single	1	\$40

PTSIngle	I	\$40
PT Bronze	4	\$150
PT Silver	8	\$290
PT Gold	12	\$420
PT Platinum	24	\$780

Group Packages

PT 2-Person	1	\$60	
PT 3-Person	1	\$75	
PT 4-Person	1	\$80	

Arthritis Education & 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 for more information contact the Aspen Club, 970.495.8560.

Location: Senior Center				
5/11	11:30 AM-1:00 PM	No Fee		

Life After Stroke Support Group 🖤

A monthly meeting of stroke survivors and their family/caregivers. Find support to experience meaningful and fulfilling life after a stroke. For more information contact UCHealth, 970.624.2109.

Location: Senior Center				
3/12, 4/9, 5/14	12:30-2:00 PM	No Fee		

Parkinson's Support Group ໜ

The Parkinson's Support Group of Larimer County 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*.

Location: Senior Center

10:30 AM-12:30 PM No Fee

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. Note: Class will not be held on 5/25.

Location: Northside Aztlan Center

3/2-3/25	M,W	7:30-8:30 AM	\$33	209501-01
3/30-4/22	M,W	7:30-8:30 AM	\$33	209501-02
4/27-5/27	M,W	7:30-8:30 AM	\$37	209501-03
3/2-3/25	M,W	9:00-10:00 AM	\$33	209501-04
3/30-4/22	M,W	9:00-10:00 AM	\$33	209501-05
4/27-5/27	M,W	9:00-10:00 AM	\$37	209501-06

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

3/3-3/26	Tu,Th	8:00-8:50 AM	\$33	209414-01
3/31-4/23	Tu,Th	8:00-8:50 AM	\$33	209414-02
4/28-5/28	Tu,Th	8:00-8:50 AM	\$41	209414-03

CrossTrain

An intense workout that aims to maximize strength and agility with use of kettlebells, plyo boxes, and ropes to work every muscle in the body. Every workout is different; keep the body guessing and force it to stay at its peak. Note: Class will not be held on 5/25.

Location: Northside Aztlan Center

3/2-3/27	M,W,F	6:15-7:15 AM	\$49	209502-01
3/30-4/24	M,W,F	6:15-7:15 AM	\$49	209502-02
4/27-5/29	M,W,F	6:15-7:15 AM	\$57	209502-03
3/2-3/27	M,W,F	7:15-8:15 AM	\$49	209502-04
3/30-4/24	M,W,F	7:15-8:15 AM	\$49	209502-05
4/27-5/29	M,W,F	7:15-8:15 AM	\$57	209502-06
3/2-3/27	M,W,F	11:30 AM-12:30 PM	\$49	209502-07
3/30-4/24	M,W,F	11:30 AM-12:30 PM	\$49	209502-08
4/27-5/29	M,W,F	11:30 AM-12:30 PM	\$57	209502-09
3/2-3/27	M,W,F	12:30-1:30 PM	\$49	209502-10
3/30-4/24	M,W,F	12:30-1:30 PM	\$49	209502-11
4/27-5/29	M,W,F	12:30-1:30 PM	\$57	209502-12

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

3/3-3/26	Tu,Th	10:30-11:30 AM	\$33	209503-01
3/31-4/23	Tu,Th	10:30-11:30 AM	\$33	209503-02
4/28-5/28	Tu,Th	10:30-11:30 AM	\$41	209503-03

Essentrics + Yoga Fusion

First, focus on lengthening and strengthening muscles, improving posture and joint mobility with Essentrics. Then, focus on flexibility and relaxation with a gentle, Hatha Yoga.

Location: Northside Aztlan Center

20000000000000000				
3/6-3/27	F	8:00-9:00 AM	\$17	209523-01
4/3-4/24	F	8:00-9:00 AM	\$17	209523-02
5/1-5/29	F	8:00-9:00 AM	\$21	209523-03

Functional Strength

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

Location:	Senior	Center
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Tu,Th	8:00-8:50 AM	\$33	209401-01
Tu,Th	8:00-8:50 AM	\$33	209401-02
Tu,Th	8:00-8:50 AM	\$41	209401-03
Tu,Th	9:00-9:50 AM	\$33	209401-04
Tu,Th	9:00-9:50 AM	\$33	209401-05
Tu,Th	9:00-9:50 AM	\$41	209401-06
	Tu,Th Tu,Th Tu,Th Tu,Th Tu,Th	Tu,Th 8:00-8:50 AM Tu,Th 8:00-8:50 AM Tu,Th 9:00-9:50 AM Tu,Th 9:00-9:50 AM Tu,Th 9:00-9:50 AM	Tu,Th 8:00-8:50 AM \$33 Tu,Th 8:00-8:50 AM \$41 Tu,Th 9:00-9:50 AM \$33 Tu,Th 9:00-9:50 AM \$33 Tu,Th 9:00-9:50 AM \$33

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 and motivation to music. Note: Class will not be held on 5/25.

Location: Foothills Activity Center

Ecoderio III I o o				
3/2-3/25	M,W	12:15-1:00 PM	\$31	209701-01
3/30-4/22	M,W	12:15-1:00 PM	\$31	209701-02
4/27-5/27	M,W	12:15-1:00 PM	\$34.75	209701-03
3/3-3/26	Tu,Th	5:30-6:30 PM	\$41	209701-04
3/31-4/23	Tu,Th	5:30-6:30 PM	\$41	209701-05
4/28-5/28	Tu,Th	5:30-6:30 PM	\$51	209701-06
3/7-3/28	Sa	9:15-10:15 AM	\$21	209701-07
4/4-4/25	Sa	9:15-10:15 AM	\$21	209701-08
5/2-5/30	Sa	9:15-10:15 AM	\$26	209701-09

Lose to Win

Designed for those who want to lose weight. Perform a variety of exercises to burn fat and gain confidence. Note: Class will not be held on 5/25.

Location: Northside Aztlan Center

3/2-3/27	M,W,F	9:30-10:30 AM	\$49	209504-01
3/30-4/24	M,W,F	9:30-10:30 AM	\$49	209504-02
4/27-5/29	M,W,F	9:30-10:30 AM	\$57	209504-03

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
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3/3-3/26	Tu,Th	9:00-10:00 AM	\$33	209702-01
3/31-4/23	Tu,Th	9:00-10:00 AM	\$33	209702-02
4/28-5/28	Tu,Th	9:00-10:00 AM	\$41	209702-03

Mat Pilates

Gain flexibility, muscle strength, definition, and core balance. Learn to correct posture and alignment through a series of body movements. Note: Class will not be held on 5/25.

Location: Senior Center

3/2-3/23	М	3:00-4:00 PM	\$17	209402-01
3/30-4/20	М	3:00-4:00 PM	\$17	209402-02
4/27-5/18	М	3:00-4:00 PM	\$17	209402-03
3/4-3/25	W	3:00-4:00 PM	\$17	209402-04
4/1-4/22	W	3:00-4:00 PM	\$17	209402-05
4/29-5/27	W	3:00-4:00 PM	\$21	209402-06
3/6-3/27	F	3:00-4:00 PM	\$17	209402-07
4/3-4/24	F	3:00-4:00 PM	\$17	209402-08
5/1-5/29	F	3:00-4:00 PM	\$21	209402-09

Location: Northside Aztlan Center

3/2-3/25	M,W	10:40-11:40 AM	\$33	209505-01
3/30-4/22	M,W	10:40-11:40 AM	\$33	209505-02
4/27-5/27	M,W	10:40-11:40 AM	\$37	209505-03
3/3-3/26	Tu,Th	1:00-2:00 PM	\$33	209505-04
3/31-4/23	Tu,Th	1:00-2:00 PM	\$33	209505-05
4/28-5/28	Tu,Th	1:00-2:00 PM	\$41	209505-06
3/6-3/27	F	10:40-11:40 AM	\$17	209505-07
4/3-4/24	F	10:40-11:40 AM	\$17	209505-08
5/1-5/29	F	10:40-11:40 AM	\$21	209505-09

Location: Foothills Activity Center

3/3-3/26	Tu,Th	8:30-9:30 AM	\$33	209703-01
3/31-4/23	Tu,Th	8:30-9:30 AM	\$33	209703-02
4/28-5/28	Tu,Th	8:30-9:30 AM	\$41	209703-03
3/3-3/26	Tu,Th	9:45-10:45 AM	\$33	209703-04
3/31-4/23	Tu,Th	9:45-10:45 AM	\$33	209703-05
4/28-5/28	Tu,Th	9:45-10:45 AM	\$41	209703-06

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

Location. Senior center						
3/4-3/25	W	6:35-7:20 PM	\$13	209403-01		
4/1-4/22	W	6:35-7:20 PM	\$13	209403-02		
4/29-5/27	W	6:35-7:20 PM	\$16	209403-03		

PowerTrain

Pump iron and the heart. An intense body strengthening workout with free weights, resistance machines, and cardio equipment. Each 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 5/25.

Location: Northside Aztlan Center

3/3-3/26	Tu,Th	6:15-7:15 AM	\$33	209506-01
3/31-4/23	Tu,Th	6:15-7:15 AM	\$33	209506-02
4/28-5/28	Tu,Th	6:15-7:15 AM	\$41	209506-03
3/3-3/26	Tu,Th	11:30 AM-12:30 PM	\$33	209506-04
3/31-4/23	Tu,Th	11:30 AM-12:30 PM	\$33	209506-05
4/28-5/28	Tu,Th	11:30 AM-12:30 PM	\$41	209506-06
3/3-3/26	Tu,Th	12:30-1:30 PM	\$33	209506-07
3/31-4/23	Tu,Th	12:30-1:30 PM	\$33	209506-08
4/28-5/28	Tu,Th	12:30-1:30 PM	\$41	209506-09

Location: Foothills Activity Center

3/2-3/27	M,W,F	5:30-6:30 PM	\$49	209704-01
3/30-4/24	M,W,F	5:30-6:30 PM	\$49	209704-02
4/27-5/29	M,W,F	5:30-6:30 PM	\$57	209704-03

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. Note: Class will not be held on 5/25.

Location: Northside Aztlan Center

3/2-3/25	M,W	5:30-6:30 PM	\$33	209507-01
3/30-4/22	M,W	5:30-6:30 PM	\$33	209507-02
4/27-5/27	M,W	5:30-6:30 PM	\$37	209507-03
3/3-3/26	Tu,Th	6:15-7:15 AM	\$33	209507-04
3/31-4/23	Tu,Th	6:15-7:15 AM	\$33	209507-05
4/28-5/28	Tu,Th	6:15-7:15 AM	\$41	209507-06

Strength & Stretch

A non-impact, gentle toning and stretching class. Use standing, seated and prone exercises for a longer, leaner, stronger body. A different workout every week will help your body and mind become its best. Note: Class will not be held on 5/25.

Location: Northside Aztlan Center

3/2-3/25	M,W	10:00-11:00 AM	\$33	209524-01
3/30-4/22	M,W	10:00-11:00 AM	\$33	209524-02
4/27-5/27	M,W	10:00-11:00 AM	\$37	209524-03

Strength & Tone

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

Location: Northside Aztlan Center

3/3-3/26	Tu,Th	Noon-12:55 PM	\$33	209508-01
3/31-4/23	Tu,Th	Noon-12:55 PM	\$33	209508-02
4/28-5/28	Tu,Th	Noon-12:55 PM	\$41	209508-03

Strength Training

Increase muscle strength, bone mass, and stamina. The first class of each session includes an orientation to training principles and equipment. Note: Class will not be held on 5/25.

Location: Northside Aztlan Center

3/2-3/25	M,W	8:30-9:30 AM	\$33	209509-01
3/30-4/22	M,W	8:30-9:30 AM	\$33	209509-02
4/27-5/27	M,W	8:30-9:30 AM	\$37	209509-03
3/3-3/26	Tu,Th	9:30-10:30 AM	\$33	209509-04
3/31-4/23	Tu,Th	9:30-10:30 AM	\$33	209509-05
4/28-5/28	Tu,Th	9:30-10:30 AM	\$41	209509-06
3/6-3/27	F	8:30-9:30 AM	\$17	209509-07
4/3-4/24	F	8:30-9:30 AM	\$17	209509-08
5/1-5/29	F	8:30-9:30 AM	\$21	209509-09

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

3/3-3/26	Tu,Th	5:30-6:30 PM	\$33	209510-01
3/31-4/23	Tu,Th	5:30-6:30 PM	\$33	209510-02
4/28-5/28	Tu,Th	5:30-6:30 PM	\$41	209510-03

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.

Location: Northside Aztlan Center

3/3-3/26	Tu,Th	Noon-1:00 PM	\$33	209511-01
3/31-4/23	Tu,Th	Noon-1:00 PM	\$33	209511-02
4/28-5/28	Tu,Th	Noon-1:00 PM	\$41	209511-03
3/7-3/28	Sa	8:15-9:15 AM	\$17	209511-04
4/4-4/25	Sa	8:15-9:15 AM	\$17	209511-05
5/2-5/30	Sa	8:15-9:15 AM	\$21	209511-06

[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. Note: Class will not be held on 5/25.

Location: Club Tico

LOCALION. CIU				
3/2-3/23	М	9:00-10:00 AM	\$17	209112-01
3/30-4/20	М	9:00-10:00 AM	\$17	209112-02
4/27-5/18	М	9:00-10:00 AM	\$17	209112-03
3/4-3/25	W	9:00-10:00 AM	\$17	209112-04
4/1-4/22	W	9:00-10:00 AM	\$17	209112-05
4/29-5/27	W	9:00-10:00 AM	\$21	209112-06
3/6-3/27	F	9:00-10:00 AM	\$17	209112-07
4/3-4/24	F	9:00-10:00 AM	\$17	209112-08
5/1-5/29	F	9:00-10:00 AM	\$21	209112-09
Location: Sen	ior Center			
3/2-3/23	М	5:30-6:30 PM	\$17	209404-01
3/30-4/20	М	5:30-6:30 PM	\$17	209404-02
4/27-5/18	М	5:30-6:30 PM	\$17	209404-03
3/4-3/25	W	5:30-6:30 PM	\$17	209404-04
4/1-4/22	W	5:30-6:30 PM	\$17	209404-05
4/29-5/27	W	5:30-6:30 PM	\$21	209404-06
3/7-3/28	Sa	9:00-10:00 AM	\$17	209404-07
4/4-4/25	Sa	9:00-10:00 AM	\$17	209404-08
5/2-5/30	Sa	9:00-10:00 AM	\$21	209404-09
Location: Nor	thside Azt	tlan Center		
3/3-3/24	Tu	6:20-7:20 PM	\$17	209512-01
3/31-4/21	Tu	6:20-7:20 PM	\$17	209512-02
4/28-5/26	Tu	6:20-7:20 PM	\$21	209512-03
3/4-3/25	W	6:20-7:20 PM	\$17	209512-04
4/1-4/22	W	6:20-7:20 PM	\$17	209512-05
4/29-5/27	W	6:20-7:20 PM	\$21	209512-06
3/5-3/26	Th	6:20-7:20 PM	\$17	209512-07
4/2-4/23	Th	6:20-7:20 PM	\$17	209512-08
4/30-5/28	Th	6:20-7:20 PM	\$21	209512-09
Location: Foo	thills Activ	vity Center		
3/2-3/23	М	6:40-7:40 PM	\$17	209705-01
3/30-4/20	М	6:40-7:40 PM	\$17	209705-02
4/27-5/18	М	6:40-7:40 PM	\$17	209705-03

[MIND/BODY]

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. Note: Class will not be held on 4/12.

Location: Northside Aztlan Center

3/8-3/29	Su	11:15 AM-12:15 PM	\$17	209513-01
4/5-4/26	Su	11:15 AM-12:15 PM	\$13	209513-02
5/3-5/31	Su	11:15 AM-12:15 PM	\$21	209513-03

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

Tu	5:30-6:30 PM	\$17	209405-01
Tu	5:30-6:30 PM	\$17	209405-02
Tu	5:30-6:30 PM	\$21	209405-03
Th	5:30-6:30 PM	\$17	209405-04
Th	5:30-6:30 PM	\$17	209405-05
Th	5.30-6.30 PM	\$21	209405-06
	Tu Tu Th Th	Tu 5:30-6:30 PM Tu 5:30-6:30 PM Th 5:30-6:30 PM Th 5:30-6:30 PM Th 5:30-6:30 PM	Tu 5:30-6:30 PM \$17 Tu 5:30-6:30 PM \$21 Th 5:30-6:30 PM \$17 Th 5:30-6:30 PM \$17 Th 5:30-6:30 PM \$17

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

3/7-3/28	Sa	12:45-1:45 PM	\$17	209406-01
4/4-4/25	Sa	12:45-1:45 PM	\$17	209406-02
5/2-5/30	Sa	12:45-1:45 PM	\$21	209406-03

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

		,		
3/7-3/28	Sa	9:15-10:15 AM	\$17	209706-01
4/4-4/25	Sa	9:15-10:15 AM	\$17	209706-02
5/2-5/30	Sa	9:15-10:15 AM	\$21	209706-03

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. Note: Class will not be held on 5/25.

Location: Senior Center

3/2-3/25	M,W	Noon-12:45 PM	\$25	209407-01
3/30-4/22	M,W	Noon-12:45 PM	\$25	209407-02
4/27-5/27	M,W	Noon-12:45 PM	\$28	209407-03

T'ai Chi Chih

The soft, gentle movements of T'ai Chi Chih powerfully circulate and balance internal energy. Benefits include better balance, improved health and well-being, increased flexibility, and strength, inner peace, and joy. The movements can be done by anyone regardless of age of physical condition.

Location: Senior Center

Beginner: An introduction to the movements and principles of T'ai Chi Chih.

3/3-4/21	Tu	1:00-2:00 PM	\$81	209434-01
4/28-6/16	Tu	1:00-2:00 PM	\$81	209434-02

Beginner Repeat: Prerequisite: Beginner T'ai Chi Chih.

3/3-4/21	Tu	1:00-2:00 PM	\$41	209434-03
4/28-6/16	Tu	1:00-2:00 PM	\$41	209434-04

Continued: A deepening into the movements and principles of T'ai Chi Chih.

3/4-3/25	W	9:45-11:00 AM	\$21	209434-05
4/1-4/29	W	9:45-11:00 AM	\$26	209434-06
5/6-5/27	W	9:45-11:00 AM	\$21	209434-07

[YOGA]

Yoga for Men, Beginner

A gentle way to learn yoga, safe alignment, and how breathing can help relaxation. Practice in a comfortable and non-intimidating space. All are welcome.

Location: Northside Aztlan Center

3/7-3/28	Sa	11:00 AM-Noon	\$17	209517-01
4/4-4/25	Sa	11:00 AM-Noon	\$17	209517-02
5/2-5/30	Sa	11:00 AM-Noon	\$21	209517-03

Gentle Yoga

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

Location: Foothills Activity Center

3/3-3/24	Tu	12:15-1:15 PM	\$17	209712-01
3/31-4/21	Tu	12:15-1:15 PM	\$17	209712-02
4/28-5/26	Tu	12:15-1:15 PM	\$21	209712-03
3/5-3/26	Th	12:15-1:15 PM	\$17	209712-04
4/2-4/23	Th	12:15-1:15 PM	\$17	209712-05
4/30-5/28	Th	12:15-1:15 PM	\$21	209712-06

Mindfulness Yoga

Integrate the practice of mindfulness with yoga poses. All levels welcome. Based on the book, Mindfulness Yoga, by Frank Jude Boccio. Note: Class will not be held on 4/12.

Location: Northside Aztlan Center

3/8-3/29	Su	10:00-11:00 AM	\$17	209515-01
4/5-4/26	Su	10:00-11:00 AM	\$13	209515-02
5/3-5/31	Su	10:00-11:00 AM	\$21	209515-03

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

3/3-3/26	Tu,Th	7:30-8:30 AM	\$33	209516-01
3/31-4/23	Tu,Th	7:30-8:30 AM	\$33	209516-02
4/28-5/28	Tu,Th	7:30-8:30 AM	\$41	209516-03

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. Note: Class will not be held on 5/25.

Location: Senior Center

Restorative Yoga continued

3/3-3/24	Tu	11:00 AM-Noon	\$17	209408-01
3/31-4/21	Tu	11:00 AM-Noon	\$17	209408-02
4/28-5/26	Tu	11:00 AM-Noon	\$21	209408-03
Location: Nor	thside Azt	lan Center		
3/2-3/25	M,W	Noon-1:00 PM	\$33	209518-01
3/30-4/22	M,W	Noon-1:00 PM	\$33	209518-02
4/27-5/27	M,W	Noon-1:00 PM	\$37	209518-03
3/6-3/27	F	11:00 AM-Noon	\$17	209518-04
4/3-4/24	F	11:00 AM-Noon	\$17	209518-05

11:00 AM-Noon

\$21

209518-06

209708-05

209708-06

\$33

\$41

Sculpting Yoga

5/1-5/29

Sculpt with weights and yoga. Build strength and definition. All levels welcome.

Location: Northside Aztlan Center

F

3/3-3/26	Tu,Th	1:00-2:00 PM	\$33	209519-01
3/31-4/23	Tu,Th	1:00-2:00 PM	\$33	209519-02
4/28-5/28	Tu,Th	1:00-2:00 PM	\$41	209519-03

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. Note: Class will not be held on 5/25.

Location: Senior Center

3/2-3/23	М	6:30-7:30 PM	\$17	209409-01
3/30-4/20	М	6:30-7:30 PM	\$17	209409-02
4/27-5/18	М	6:30-7:30 PM	\$17	209409-03
3/4-3/25	W	6:30-7:30 PM	\$17	209409-04
4/1-4/22	W	6:30-7:30 PM	\$17	209409-05
4/29-5/27	W	6:30-7:30 PM	\$21	209409-06

Location: Northside Aztlan Center

3/31-4/23

4/28-5/28

Tu,Th

Tu,Th

Location. Noi	IIISIUE AZII			
3/2-3/23	М	4:00-5:00 PM	\$17	209520-01
3/30-4/20	М	4:00-5:00 PM	\$17	209520-02
4/27-5/18	М	4:00-5:00 PM	\$17	209520-03
3/3-3/24	Tu	5:00-6:00 PM	\$17	209520-04
3/31-4/21	Tu	5:00-6:00 PM	\$17	209520-05
4/28-5/26	Tu	5:00-6:00 PM	\$21	209520-06
3/4-3/25	W	4:00-5:00 PM	\$17	209520-07
4/1-4/22	W	4:00-5:00 PM	\$17	209520-08
4/29-5/27	W	4:00-5:00 PM	\$21	209520-09
3/5-3/26	Th	5:00-6:00 PM	\$17	209520-10
4/2-4/23	Th	5:00-6:00 PM	\$17	209520-11
4/30-5/28	Th	5:00-6:00 PM	\$21	209520-12
Location: Foo	thills Activ	ity Center		
3/2-3/25	M,W	5:30-6:30 PM	\$33	209708-01
3/30-4/22	M,W	5:30-6:30 PM	\$33	209708-02
4/27-5/27	M,W	5:30-6:30 PM	\$37	209708-03
3/3-3/26	Tu,Th	2:15-3:15 PM	\$33	209708-04

2:15-3:15 PM

2:15-3:15 PM

Therapeutic Yoga

Slow, directed yoga emphasizes joint health, circulation, and mindfulness. Designed for aging adults.

Location: Sen	ior Center			
3/2-3/23	М	10:00-11:00 AM	\$17	209410-01
3/30-4/20	М	10:00-11:00 AM	\$17	209410-02
4/27-5/18	М	10:00-11:00 AM	\$17	209410-03
3/2-3/23	М	11:00 AM-Noon	\$17	209410-04
3/30-4/20	М	11:00 AM-Noon	\$17	209410-05
4/27-5/18	М	11:00 AM-Noon	\$17	209410-06
3/5-3/26	Th	10:00-11:00 AM	\$17	209410-07
4/2-4/23	Th	10:00-11:00 AM	\$17	209410-08
4/30-5/28	Th	10:00-11:00 AM	\$21	209410-09
3/5-3/26	Th	11:00 AM-Noon	\$17	209410-10
4/2-4/23	Th	11:00 AM-Noon	\$17	209410-11
4/30-5/28	Th	11:00 AM-Noon	\$21	209410-12

Vinyasa Flow

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 5/25.

Location: Northside Aztlan Center

3/7-3/28	Sa	8:15-9:15 AM	\$17	209521-01
4/4-4/25	Sa	8:15-9:15 AM	\$17	209521-02
5/2-5/30	Sa	8:15-9:15 AM	\$21	209521-03
3/2-3/25	M,W	5:15-6:15 PM	\$33	209521-04
3/30-4/22	M,W	5:15-6:15 PM	\$33	209521-05
4/27-5/27	M,W	5:15-6:15 PM	\$37	209521-06

Yoga All Levels

An emphasis on precision in alignment is taught in standing, forward bending, back bending, twisting, and restorative poses.

	ļ	Location:	Senior	Center
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3/7-3/28	Sa	9:30-10:30 AM	\$17	209411-01
4/4-4/25	Sa	9:30-10:30 AM	\$17	209411-02
5/2-5/30	Sa	9:30-10:30 AM	\$21	209411-03

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.

3/3-3/26	Tu,Th	9:00-10:00 AM	\$33	209522-01
3/31-4/23	Tu,Th	9:00-10:00 AM	\$33	209522-02
4/28-5/28	Tu,Th	9:00-10:00 AM	\$41	209522-03

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

3/3-3/26	Tu,Th	2:45-3:45 PM	\$33	209412-01
3/31-4/23	Tu,Th	2:45-3:45 PM	\$33	209412-02
4/28-5/28	Tu,Th	2:45-3:45 PM	\$41	209412-03

Yoga, Beginner continued

3/3-3/26Tu,Th4:00-5:00 PM\$33209412-043/31-4/23Tu,Th4:00-5:00 PM\$33209412-054/28-5/28Tu,Th4:00-5:00 PM\$41209412-063/3-3/26Tu,Th5:15-6:15 PM\$33209412-073/31-4/23Tu,Th5:15-6:15 PM\$33209412-084/28-5/28Tu,Th5:15-6:15 PM\$33209412-093/4-3/25WNoon-1:00 PM\$17209412-104/1-4/22WNoon-1:00 PM\$17209412-123/4-3/25W1:15-2:15 PM\$17209412-123/4-3/25W1:15-2:15 PM\$17209412-134/1-4/22W1:15-2:15 PM\$17209412-134/1-4/22W1:15-2:15 PM\$17209412-144/29-5/27W1:15-2:15 PM\$17209412-144/29-5/27W1:15-2:15 PM\$17209412-144/29-5/27W1:15-2:15 PM\$17209412-14
4/28-5/28 Tu,Th 4:00-5:00 PM \$41 209412-06 3/3-3/26 Tu,Th 5:15-6:15 PM \$33 209412-07 3/3-3/26 Tu,Th 5:15-6:15 PM \$33 209412-07 3/31-4/23 Tu,Th 5:15-6:15 PM \$33 209412-08 4/28-5/28 Tu,Th 5:15-6:15 PM \$41 209412-09 3/4-3/25 W Noon-1:00 PM \$17 209412-10 4/1-4/22 W Noon-1:00 PM \$17 209412-12 3/4-3/25 W Noon-1:00 PM \$17 209412-12 3/4-3/25 W 1:15-2:15 PM \$17 209412-12 3/4-3/25 W 1:15-2:15 PM \$17 209412-13 4/1-4/22 W 1:15-2:15 PM \$17 209412-13
3/3-3/26 Tu,Th 5:15-6:15 PM \$33 209412-07 3/31-4/23 Tu,Th 5:15-6:15 PM \$33 209412-08 4/28-5/28 Tu,Th 5:15-6:15 PM \$41 209412-09 3/4-3/25 W Noon-1:00 PM \$17 209412-10 4/1-4/22 W Noon-1:00 PM \$17 209412-11 4/29-5/27 W Noon-1:00 PM \$21 209412-12 3/4-3/25 W 1:15-2:15 PM \$17 209412-13 4/1-4/22 W 1:15-2:15 PM \$17 209412-13
3/31-4/23 Tu,Th 5:15-6:15 PM \$33 209412-08 4/28-5/28 Tu,Th 5:15-6:15 PM \$41 209412-09 3/4-3/25 W Noon-1:00 PM \$17 209412-10 4/1-4/22 W Noon-1:00 PM \$17 209412-11 4/29-5/27 W Noon-1:00 PM \$21 209412-12 3/4-3/25 W 1:15-2:15 PM \$17 209412-13 4/1-4/22 W 1:15-2:15 PM \$17 209412-13
4/28-5/28 Tu,Th 5:15-6:15 PM \$41 209412-09 3/4-3/25 W Noon-1:00 PM \$17 209412-10 4/1-4/22 W Noon-1:00 PM \$17 209412-11 4/29-5/27 W Noon-1:00 PM \$21 209412-12 3/4-3/25 W 1:15-2:15 PM \$17 209412-13 4/1-4/22 W 1:15-2:15 PM \$17 209412-14
3/4-3/25 W Noon-1:00 PM \$17 209412-10 4/1-4/22 W Noon-1:00 PM \$17 209412-11 4/29-5/27 W Noon-1:00 PM \$21 209412-12 3/4-3/25 W 1:15-2:15 PM \$17 209412-13 4/1-4/22 W 1:15-2:15 PM \$17 209412-14
4/1-4/22 W Noon-1:00 PM \$17 209412-11 4/29-5/27 W Noon-1:00 PM \$21 209412-12 3/4-3/25 W 1:15-2:15 PM \$17 209412-13 4/1-4/22 W 1:15-2:15 PM \$17 209412-14
4/29-5/27 W Noon-1:00 PM \$21 209412-12 3/4-3/25 W 1:15-2:15 PM \$17 209412-13 4/1-4/22 W 1:15-2:15 PM \$17 209412-14
3/4-3/25 W 1:15-2:15 PM \$17 209412-13 4/1-4/22 W 1:15-2:15 PM \$17 209412-14
4/1-4/22 W 1:15-2:15 PM \$17 209412-14
4/29-5/27 W 1:15-2:15 PM \$21 209412-15

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. Class will not be held on 5/25.

Location: Senior Center

3/2-3/23	Μ	4:30-5:20 PM	\$17	209413-01
3/30-4/20	М	4:30-5:20 PM	\$17	209413-02
4/27-5/18	Μ	4:30-5:20 PM	\$17	209413-03
3/2-3/25	M,W	5:30-6:20 PM	\$33	209413-04
3/30-4/22	M,W	5:30-6:20 PM	\$33	209413-05
4/27-5/27	M,W	5:30-6:20 PM	\$37	209413-06
3/4-3/25	W	4:30-5:20 PM	\$17	209413-07
4/1-4/22	W	4:30-5:20 PM	\$17	209413-08
4/29-5/27	W	4:30-5:20 PM	\$21	209413-09
3/3-3/24	Tu	6:30-7:30 PM	\$17	209413-10
3/31-4/21	Tu	6:30-7:30 PM	\$17	209413-11
4/28-5/26	Tu	6:30-7:30 PM	\$21	209413-12

FAMILY & YOUTH FITNESS

[CARDIO & STRENGTH]

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. Class will not be held on 3/19, 3/21.

Age: 3-12 years Location: Foothills Activity Center

3/5-4/2	Th	5:30-6:30 PM	\$51	209709-01
4/9-4/30	Th	5:30-6:30 PM	\$51	209709-02
5/7-5/28	Th	5:30-6:30 PM	\$51	209709-03
3/7-4/4	Sa	9:30-10:30 AM	\$51	209709-04
4/11-5/2	Sa	9:30-10:30 AM	\$51	209709-05
5/9-5/30	Sa	9:30-10:30 AM	\$51	209709-06

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. Note: Class will not be held on 3/17, 3/19.

Grade: 6-8					
Location: Foothills Activity Center					
3/3-5/14	Tu,Th	4:00-6:00 PM	\$151	209713-01	-

[YOGA]

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. Price is flat rate for up to three participants.

Location: Foothills Activity Center

Parent/Baby Yoga

Age: 6-18 months

Age: 0 10 III	JIIIII			
3/6-3/27	F	9:00-10:00 AM	\$17	209710-01
4/3-4/24	F	9:00-10:00 AM	\$17	209710-02
5/1-5/29	F	9:00-10:00 AM	\$21	209710-03

Parent/Toddler Yoga

Age: 18 months-3 years

5				
3/6-3/27	F	10:00-10:45 AM	\$13	209710-04
4/3-4/24	F	10:00-10:45 AM	\$13	209710-05
5/1-5/29	F	10:00-10:45 AM	\$16	209710-06

Family Yoga, Child

Parent and child enjoy yoga together. Improve body and mind with a fun approach to breathwork 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

3/6-3/27	F	5:00-5:45 PM	\$13	209710-07
4/3-4/24	F	5:00-5:45 PM	\$13	209710-08
5/1-5/29	F	5:00-5:45 PM	\$16	209710-09
3/6-3/27	F	5:45-6:30 PM	\$13	209710-10
4/3-4/24	F	5:45-6:30 PM	\$13	209710-11
5/1-5/29	F	5:45-6:30 PM	\$16	209710-12

Teen Yoga

Become more connected with body, mind, and the world through self-discovery, mindful breathing, yoga sequences and self-confidence exercises.

Location: Foothills Activity Center

3/4-3/25	W	4:20-5:20 PM	\$17	209711-01
4/1-4/22	W	4:20-5:20 PM	\$17	209711-02
4/29-5/27	W	4:20-5:20 PM	\$21	209711-03

ADULT WELLNESS PROGRAMS

All Programs are available to ages 18 years & up unless otherwise noted. All programs are held at the Fort Collins Senior Center Unless otherwise noted.

[EMOTIONAL WELLNESS]

Authentic Connection

Explore four elements of authentic connection presence, mindfulness, attunement, and compassion. Practice mindful listening as a foundation for extending the gift of presence to others. By CSU/ Larimer County Extension.

4/16	Th	10:30 AM-Noon	No Fee	225421-01	
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Get Advanced Directives Done

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.

4/13	М	3:00-4:30 PM	No Fee	225408-01
1	M. II			

Laughter Wellness

A series of breath work, movement, positive thought, laughter and fun create an environment of wellness and joy. Reduce stress as the body, mind, and spirit thrive with connection to others.

3/14	Sa	9:00-10:00 AM	No Fee	225417-01
4/18	Sa	9:00-10:00 AM	No Fee	225417-02
5/30	Sa	9:00-10:00 AM	No Fee	225417-03
3/28	Sa	3:00-4:00 PM	No Fee	225417-04
4/25	Sa	3:00-4:00 PM	No Fee	225417-05
5/16	Sa	3:00-4:00 PM	No Fee	225417-06

Tame Stress

Stress and negative self-thoughts can be constant companions. Mindfulness offers a way to undo negative habits that keep the cycle of stress going. Explore what mindfulness means and how to apply basic principles and practices in everyday life to decrease stress. By CSU/Larimer County Extension.

3/26	Th	10:30 AM-Noon	No Fee	225425-01

[INTELLECTUAL WELLNESS]

A Focus on Mental Health

People are quick to go to the doctor for a sore throat, but what about mental health? Discover information on causes of mental health issues, coping techniques, how to get help, and even put together a personal mental health plan.

5/4 M	10:00-11:00 AM	No Fee	225415-01
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Beyond Canned Soup

As people age it gets harder to shop, cook, and prepare healthy meals. Learn what should be on a plate, eating for health, how to make good choices at a restaurant, and best grocery shopping practices.

3/5	Th	10:00-11:00 AM	No Fee	225414-01

Brain Boosters for your Noggin

Workout the brain with brain games, mental exercises, and new activities to keep the mind active. Learn strategies supported by brain health research for brain healthy living. By UCHealth Aspen Club.

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7//	14/	9:00-10:30 AM	C.C.	225 401 01
.3/4	VV	9.00-10.50 AM	JC	775401-01

Brain Health Fun: Move, Dance & Laugh

Humor and fun are woven into movement, dance, and singing to positively impact cognitive health. Humor leads to improved wellbeing, boosted morale, increased communication skills, and an enriched quality of life. Attire: Comfortable shoes. By UCHealth Aspen Club.

4/24	F	2:00-3:30 PM	\$5	225402-01

Effective Communication

Decode verbal and behavioral communication of someone with Alzheimer's and other dementias. Participants leave with strategies for meaningful connection with people in early, middle and late stage dementia.

3/10	Tu	Noon-1:00 PM	No Fee	225426-01

Hiking Preparedness Class

Focus on therapeutic and balance exercises to get in shape for the hiking season. Get prepared for outdoors on the trails.

4/21	Tu	3:30-5:00 PM	No Fee	225423-01

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.

4/7	Tu	Noon-1:00 PM	No Fee	225412-01
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Palliative vs. Hospice Care: What's the Difference?

Both palliative and hospice care focus on relieving suffering related to a life-limiting disease process and improving the quality of life for people of any age. Learn more about key similarities and differences between services.

5/7	Th	9:00-10:30 AM	No Fee	225407-01

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 regulations on driving, red flags to keep in mind, and what supportive resources exist. By Covell Care & Rehabilitation.

4/29	W	11:00 AM-Noon	No Fee	225409-01	

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.

3/23	М	10:00-11:00 AM	No Fee	225413-01

[PHYSICAL WELLNESS]

Beyond Kegels

Class led by an occupational therapist focusing on exercises to help strengthen your pelvic floor and help manage incontinence issues. Recommended after participating in Bossy Bladder/Bowel.

5/20	W	9:00-10:00 AM	No Fee	225416-01
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Bossy Bladder/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.

5/13	W	10:00-11:00 AM	No Fee	225410-01	
5/15	**	10.00 H.00 AH	NOTCC	223410 01	

Diabetes Prevention Strategies

Learn lifestyle strategies to help prevent or delay Type 2 diabetes. By UCHealth.

3/31 IU I:00-2:30 PM No Fee 225406-01

Enhance Wellness: Nutrition

Discuss nutritional choices and mindful eating strategies. By UCHealth Community Health.

3/16	М	1:00-2:00 PM	No Fee	225403-01
4/20	М	1:00-2:00 PM	No Fee	225403-02
5/18	М	1:00-2:00 PM	No Fee	225403-03

Exercise at Home

Discuss which exercises can be done safely at home. Learn how to create a safe environment, along with exercises and stretches for movement and strength. By Covell Care & Rehabilitation.

3/10	Tu	10:00-11:00 AM	No Fee	225411-01	

Living Well with Diabetes

Learn how to take control of diabetes, whether dealing with diabetes or living with someone with diabetes. Gain skills to deal with the life and emotional changes that come with it. By UCHealth Aspen Club.

3/26-4/30	Th	1:30-4:00 PM	No Fee	225405-01
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Neuropathy and Balance

Learn what Neuropathy is, how to minimize the effects it has on balance, interventions to maintain and improve balance and what needs to be done to prevent falls from neuropathy.

4/23 Th 1:00-2:00 PM No	o Fee 225422-01
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Nutrition Essentials

This food for life class is all about losing weight, maintaining a healthy weight, or simply embracing an overall healthful way of eating. It's about making a qualitative shift in the way we eat as opposed to a quantitative shift. By Sapna Von Reich, Food for Life Educator.

4/2 Th 10:00-11:30 AM No Fee 225424-01

Nutrition, Inflammation and Brain Health

An anti-inflammatory diet can have a positive effect on health. Learn lifestyle factors and how to support the body, mind, and digestion with wise food choices. By UCHealth.

4/14	Tu	1:00-2:30 PM	No Fee	225404-01

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 3/11, 4/15.

2/26-3/18	W	Noon-1:00 PM	\$66	225418-01
4/1-4/22	W	6:00-7:00 PM	\$66	225418-02

[SPIRITUAL WELLNESS]

Healing through Meditation and Spiritual Wisdom

Age gracefully with strength and healing through simple yoga breath work, visualization, positive affirmations, and meditation. Techniques help with stress, fatigue, lack of sleep, high blood pressure, and emotional distress.

3/6-3/27	F	10:00-11:30 AM	\$40	225400-01
4/3-4/24	F	10:00-11:30 AM	\$40	225400-02
5/1-5/22	F	10:00-11:30 AM	\$40	225400-03

Morning Meditation

Basic instruction offered as well as a guided meditation and time for silent practice. Practices will vary week to week. Each session concludes with reflections on how to make and maintain space for everyday mindfulness. All levels welcome.

3/5	Th	9:00-10:00 AM	No Fee	225419-01
3/26	Th	9:00-10:00 AM	No Fee	225419-02
4/2	Th	9:00-10:00 AM	No Fee	225419-03
4/16	Th	9:00-10:00 AM	No Fee	225419-04
5/7	Th	9:00-10:00 AM	No Fee	225419-05
5/21	Th	9:00-10:00 AM	No Fee	225419-06

The Gift of Presence

Designed to access inherent wisdom through the power of images. Explore what "presence" means through an art form with insightful collage cards. No experience necessary. Materials provided.

5/21 Th 10:30 AM-12:30 PM No Fee 225420-01

YOUTH WELLNESS PROGRAMS

[PHYSICAL WELLNESS]

Food for Life: Kids Health

Poor diet and lack of exercise put today's children at greater risk for heart disease, diabetes, and cancer later in life. A foundation for healthy eating is needed. Learn about nutrition and how to cook new healthy recipes in each class. Topics include: Bang-Up Breakfast, In-Between Meals, Rainbow Lunches, Digging these Dinners.

Age: 6-12 years

3/16-3/20 M-F 10:00 AM-Noon \$89 225700-01
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THE RADON RISK IS REAL

- 2nd leading cause of lung cancer
- Colorado homes are at higher risk for radon
- **Buy a radon test kit today** *at the Fort Collins Senior Center, 1200 Raintree Dr.*

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



fcgov.com/radon

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 ໜ

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*

ADULT PROGRAMS

Fitness Skate ໜ

Intermediate to advanced skaters benefit from this aerobic exercise. 10 or 20 admission passes available. Note: Class will not be held on 4/2, 4/3, 5/6, 5/7, 5/8.

Age: 16 years & up 3/2-5/22 M-F

11:15 AM-1:00 PM \$6

Senior Coffee Club 🖤

For older adults interested in social skating. Regular fees apply. Note: Adults ages 85 years & up are eligible for the Platinum Pass. Ask the front desk for details.

Age: 60 years & up 3/4-5/20 W 9:15-10:45 AM

CURLING

Curling League

League is for those who want to experience competitive curling. Each curling team consists of four curlers. Sign-up individually and add team names to the roster note. Attire: Helmet, clean rubber soled sneakers, and layers that are stretchy or loose.

Age: 8 years	& up			
4/19-5/17	Su	9:15-11:15 AM	\$56	210376-01

Learn to Curl

For those that have never curled before and would like to see what it's all about. Discuss terminology and proper curling technique. Learn to slide, throw stones, and sweep.

Age: 8 years & up	
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3/29	Su	9:15-11:15 AM	No Fee	210376-02	

HOCKEY

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 at equipment check-out for \$12. Prerequisite: Snowplow Sam 1&2 or Basic 1. Note: Equipment handout is Thursday, March 26 from 4-6 p.m. at EPIC; equipment can be checked out with a \$150 check deposit. Equipment check-in is immediately following last game of the session. Class will not be held on 5/7.

Age: 4-8 years

3/31-5/21	Tu,Th	4:15-5:00 PM	\$181	210372-01	
3/31 3/21	ra,rri		φισι	210372 01	

Drop-In Hockey 🖤

Pick-up hockey game. Full hockey equipment required. 10 or 20 admission passes available. Sign up at the front desk beginning at 6 a.m. for morning session and 7 p.m. for evening session. Payment must be made at sign-up. Limited to 30 players. Note: Session will not be held on 4/2, 4/3, 5/7, 5/8.

Age: 16 years & up

5 5.				
3/2-5/22	M-F	11:15 AM-12:45 PM	\$5	
3/5-5/21	Th	1:00-2:30 PM	\$5	
3/24-5/21	Tu,Th	9:15-10:45 PM	\$5	

Power Skating Drop-In 🖤

Hockey skaters develop power, agility, and endurance. Program developed by two-time Olympic speed skater, Jondon Trevena. Full hockey gear required. Note: Class will not be held on 3/18.

Age: 9-17 yea	ars			
3/4-5/20	W	4:00-4:45 PM	\$14	

Stick and Puck Drop-In 🖤

Open session for working on hockey skills. Hockey specific helmet, gloves, stick, and shin guards required. Full equipment recommended for younger skaters. No scrimmaging allowed. Rules are posted in each arena. Pucks not provided. Note: Session will not be held on 4/4, 4/5, 4/12, 5/9.

Age: All

3/1-5/24	Sa,Su	2:30-3:30 PM	\$5	
3/16-3/20	M-F	4:30-6:30 PM	\$5	

SPEED SKATING

Speed Skating 🖤

Designed to enhance skating speed technique for all types of skating. Gain knowledge of edges, pushes, balance, and pressure. Wear warm-up pants, long sleeved shirt, and speed skates (Intermediate and Advanced). Developed by two-time Olympic speed skater, Jondon Trevena. Previous skating experience required. Note: Class will not be held on 3/18.

Age: 7 years & up

Beginner			
3/7-5/23	W	5:00-5:30 PM	\$10
Intermediate			
3/7-5/23	W	5:00-6:00 PM	\$19

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.

Age: 4-5 years

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3/24-	-4/30	Tu,Th	9:30-10:00 AM	\$109	210302-01

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.

Age: 4-5 years

	3/24-4/30	Tu,Th	9:30-10:00 AM	\$109	210304-01
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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 4/2.

Age: 5-15 years

3/23-5/4	М	4:00-4:30 PM	\$64	210306-01
3/23-5/4	М	4:30-5:00 PM	\$64	210306-02
3/24-4/21	Tu,Th	6:00-6:30 PM	\$73	210306-03

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 10-15 years and never skated. Note: Class will not be held on 4/2.

Age: 5-15 years

3/23-5/4	М	4:00-4:30 PM	\$64	210310-01
3/23-5/4	М	4:30-5:00 PM	\$64	210310-02
3/24-4/21	Tu,Th	6:00-6:30 PM	\$73	210310-03

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 4/2.

Age: 5-15 years

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3/24-4/21	Tu,Th	6:00-6:30 PM	\$73	210314-01	

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 4/2.

Age: 5-15 years

3/24-4/21	Tu,Th	6:00-6:30 PM	\$73	210316-01

Basic 5 & 6 Skate

Learn forward crossovers, hold outside and inside edge on a circle, backward crossovers, one-foot spin, t-stop, side toe hop, forward inside and outside three-turn, backward to forward two-foot turn, hockey stop, bunny hop, forward straight line spiral, and forward lunge. Prerequisite: Successful completion of Basic 4. Note: Class will not be held on 4/2.

Age: 5-15 years

3/24-4/21	Tu,Th	6:00-6:30 PM	\$73	210320-01

Introduction to Showcase Team

Introduction of acting talent while skating to music in an artistic way. Skaters will learn a production number and perform in the 2020 Spring Spectacular Ice Show in May and National Showcase Competition August 3-8 in Fort Collins. Open to all Pre-Free Skate - Pre-Preliminary level skaters.

Age: 5-15 years

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3/16-3/19	M-Th	4:45-5:45 PM	\$77	210338-01	

NW	Denotes no web registration for program
M	Denotes program/activity has special membership pricing

OUTDOOR RECREATION & EDUCATION

Designed for adults 18 years & older who wish to get into the outdoors with experienced guides. Guides carry inReach GPS positioning in case of emergencies and are Wilderness First Aid certified. All participants must follow guide instructions while on the trail.

Vans depart and return to the Fort Collins 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). All participants are encouraged to use trekking poles which can be provided upon request. Participants must be in good health and capable of moderate physical activity and meet the distance and elevation requirement associated with each outing. Each participant is also required to provide an emergency contact. Please note that destination of outings and turnaround times may change due to weather, trail conditions, or other factors at the discretion of the program coordinator prior to the program or day of at the discretion of the guides.

Programs offering special pricing for Senior Center Members are denoted throughout the Recreator with **W**. For more information, see page 95.

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.

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. Return times are impacted by turnaround times followed by instructors. Turnaround times are the times at which a group must turn around whether they have reached their destination or not. Turnaround times consider the pace of the group, departure time, estimated return time, safety, elevation, mileage, weather, and current trail conditions.

Activity Classification – NEW!

Please carefully read through our new outing descriptions and contact *outdoor@fcgov.com* with any questions.

- Class A: Outings with 0-500 ft. in elevation change.
- Class B: Outings with 500-1,000 ft. in elevation change.
- Class C: Outings with 1,000-2,000 ft. in elevation change.

Class D: Outings over 2,000 ft. in elevation change.

Example in next column

EXAMPLE

Activity Classification continued [DAY HIKES]

LEVEL 2

Outings up to 5 miles. Pace ranges from 1-2 mph and is dependent on the individual.

Zimmerman Lake

Beautiful views of Neota Wilderness Area. Peaceful trail on an old logging road. Note: Mileage: 4-5: lowest elevation: 10,026 ft.; highest elevation: 10,479 ft.

Example	Tu	7:00 AM-4:00 PM	\$40	Example	

ADULT PROGRAMS

[B.O.O.T.S]

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. Dip your toe in the great outdoors and start locally with a B.O.O.T.S. instructor to guide you. Attend the quarterly kickoff 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 🚺

Participate in weekly hikes and quarterly educational and stewardship opportunities. Note: Registration enrolls participants in club membership. Once enrolled, choose desired hikes, education, and stewardship opportunities.

3/1-5/31	Ongoing	\$25	211930-01
5/15/51	ongoing	Ψ25	211550 01

B.O.O.T.S. Quarterly Kickoff Meeting

Learn about the hiking club, B.O.O.T.S. The club hosts a combination of hiking, stewardship, and education opportunities each quarter. The kickoff meeting discusses the benefits and registration options for the coming quarter.

3/2 M 2:00-3:00 PM	No Fee 211931-01	
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B.O.O.T.S. Education

Learn about the Habitat Hero Garden at the Fort Collins Senior Center. See the benefits it provides and learn how to make one. Quarterly B.O.O.T.S. membership required. Note: Meet on the patio off the Senior Center Lounge.

4/6 M	10:00 AM-Noon	211933-01
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B.O.O.T.S. Hikes

Quarterly B.O.O.T.S. membership required.

Leave No Trace Running Deer

Leave no nue	c Running D	CCI	
3/9	Μ	10:00 AM-Noon	211932-01
Reservoir Ridg	ge		
3/16	М	10:00 AM-Noon	211932-02
Arapaho Bend			
3/23	М	10:00 AM-Noon	211932-03
Bobcat Ridge			
3/30	Μ	10:00 AM-Noon	211932-04

B.O.O.T.S. Hikes continued

Maxwell Natu	ral Area			
4/13	М	10:00 AM-Noon	211932-05	
Guided Fores	t Therapy at t	he ELC		
4/20	М	10:00 AM-Noon	211932-06	
Horsetooth O	pen Space			
Note: Entrance	e Fee not inc	luded.		
4/27	М	10:00 AM-Noon	211932-07	
Soapstone Na	itural Area			
5/11	М	10:00 AM-Noon	211932-08	
B.O.O.T.S. Stewardship Clean up trails with the City of Fort Collins Natural Areas Department.				

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5/4	М	10:00 AM-Noon	211934-01

Brunch Social

End of quarter B.O.O.T.S. potluck at the Senior Center.

5/18	М	10:00 AM-Noon	211932-09	

[DAY HIKES] 🚺

LEVEL 2

Level 2 outings are up to 5 miles. Pace ranges from 1-2 mph and is dependent on the individual.

Pawnee Buttes

Experience the wide-open prairie and views of the East Butte. Mileage: 4-5 miles; Lowest Elevation: 6,000 feet; Highest Elevation: 7,000 feet.

5/22	F	8:00 AM-5:00 PM	\$40	211902-01	

LEVEL 3

Level 3 outings are between 5-10 miles. Pace ranges from 1-2 mph and is dependent on the individual. Includes higher elevation trips (Class D).

Bent Rock and K-Lynn Loops in Soapstone

Complete a figure 8 loop in Soapstone Natural Area that allows for solitude and beautiful views in northern Colorado. Mileage: 6-8 miles; Lowest Elevation: 6,269 feet; Highest Elevation: 6,747 feet.

5/14	Th	8:00 AM-4:00 PM	\$45	211903-01

[DOWNHILL SKI TRIPS] 🔘

Take away the stress of I-70 traffic with transportation to and from some of Colorado's iconic ski resorts.

Motorcoach trips are made to various ski resorts. Equipment, lift ticket, and lunch not included. Trips depart from Rolland Moore Park promptly at 7 a.m. and pickup in Loveland at I-25 and Highway 34 at 7:20 a.m. Ski trips are subject to the City of Fort Collins one-week cancellation policy. If the minimum number of participants are not registered for the program, or weather conditions are unsafe, it is at the discretion of the coordinator to cancel the program. All cancellations due to low enrollment or weather will receive a full refund back to their method of payment.

Winter Park

3/4	W	7:00 AM-7:00 PM	\$50	211910-01
3/18	W	7:00 AM-7:00 PM	\$50	211910-03
Copper				
3/11	W	7:00 AM-7:00 PM	\$50	211910-02
3/25	W	7:00 AM-7:00 PM	\$50	211910-05
Arapahoe Basin/Keystone				
3/23	М	7:00 AM-7:00 PM	\$50	211910-04

[EXTENDED TRAVEL]

Reference Trips & Travel exertion scale on page 91.

Backcountry Boundary Waters Canoe Expedition

Experience the serenity and beauty of the Boundary Waters Canoe Wilderness Area on a 7 day/6 night backcountry experience. Experience five days of canoeing, including portaging, with experienced guides. This is a strenuous expedition where participants paddle, portage, carry personal and group gear, set up their campsites, and work as a team to experience one of the countries scenic wilderness areas. For more information contact *outdoor@fcgov.com* with any questions. Note: Fee includes accommodations (cabins and tents), gear, meals as listed in the itinerary, guides, and permitting. Fee does not include round trip airfare. Cancellation schedule available upon request.

8/20-8/26	Double Occupancy	\$2,900	311991-01	
8/20-8/26	Single rates available upon request			

Couch to 14er: Part 1

3/1-5/31

Ongoing

It's never too early or too late to dream big and tackle a Colorado bucket list item. Over the course of this three-part series learn about pacing, nutrition, equipment, and fitness to make it to the top. Engage in fitness and outdoor education classes and hikes that are designed to build confidence to complete an alpine expedition. Note: Fee includes participation in Functional Strength fitness classes, two Level 2 activities, one Level 3 activity, and two outdoor education classes to help educate and mentally prepare for a tough hike.

W Denotes no web registration for program

Denotes program/activity has special membership pricing

211940-01

\$150

[SNOWSHOE/CROSS COUNTRY SKI] 🔘

To cross country ski during any of the outings listed below, contact *outdoor@fcgov.com*.

LEVEL 2

Level 2 outings are up to 5 miles. Pace ranges from 1-2 mph and is dependent on the individual.

Zimmerman Lake

Beautiful views of Neota Wilderness Area. Peaceful trail on an old logging road. Mileage: 4-5 miles; Starting Elevation: 10,026 feet; Highest Elevation: 10,500 feet.

3/3 Tu 7:00 AM-4:00 PM \$40 211921-01

Bierstadt Lake

Scenic wooded glacial moraine with excellent views along the way. Mileage: 4-5 miles; Lowest Elevation: 8,818 feet; Highest Elevation: 4,465 feet.

3/11	W	8:00 AM-4:30 PM	\$40	211915-01

Lake Haiyaha 📲

Explore Chaos Creek on the way to Lake Haiyaha from the Bear Lake trail head. Mileage: 4-5 miles; Lowest Elevation: 9,450 feet; Highest Elevation: 10,197 feet.

3/27	F	8:00 AM-4:30 PM	\$40	211915-02

LEVEL 3

Level 3 outings are between 5-10 miles. Pace ranges from 1-2 mph and is dependent on the individual. Longer hikes follow guide established turn around times.

Gould Loop

Quiet trails along Michigan River through wooded sections. Overlooks Moose habitat. Mileage: 5-6 miles; Lowest elevation:9,400 feet; Highest Elevation: 9,460 feet.

3/21 Sa 8:00 AM-5:00 PM \$45	211922-01
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Mt. Margaret

Travel through ponderosa pine forest with stands of quaking aspen and view a unique rock tower. Mileage: 7-9 miles; Lowest elevation: 8,090 feet; Highest Elevation: 8,180 feet.

3/31	Tu	8:00 AM-5:00 PM	\$45	211922-02
Laba Hala				

Lake Helene

Practice orienteering on the trail to Lake Helene. Start from Bear Lake trailhead and hike 3 miles to Lake Helene with the option to continue to Two Rivers Lake. Mileage: 6-8 miles; Lowest Elevation: 9,469 feet; Highest Elevation: 10,640 feet.

4/8	W	7:00 AM-5:30 PM	\$45	211916-01

Michigan Ditch

Snowshoe or cross country ski along Michigan Ditch and enjoy spectacular views of Nokhu Crags. Mileage: 4-10 miles; Lowest Elevation: 10,255 feet; Highest Elevation: 10,320 feet.

4/18	Sa	8:00 AM-4:30 PM	\$45	211916-02
72 fcgov.com/recreator				

Finch Lake via Allenspark

Snowshoe through ponderosa pines and take in scenic views of Finch Lake. Mileage: 8-10 miles; Lowest Elevation: 8,470 feet; Highest Elevation: 10,320 feet.

Gould Mountain Loop

Enjoy magnificent views of State Forest State Park on this lollipop loop inside the State Park. Mileage: 5-8 miles; Lowest elevation:8,860 feet; Highest Elevation: 9,700 feet.

4/28	Tu	8:00 AM-5:00 PM	\$45	211922-04

Lake Agnes Cabin

Enjoy spectacular views of Nokhu Cras. Mileage: 4-6 miles; Lowest Elevation: 10,000 feet; Highest Elevation: 10,381 feet.

5/6	W	8:00 AM-5:00 PM	\$45	211916-04	

Big South

Vistas of rugged canyon while trekking through the sub alpine forest. Mileage: 6-7 miles; Lowest Elevation: 8,455 feet; Highest Elevation: 9,333 feet.

5/23	Sa	7:00 AM-5:00 PM	\$45	211916-05

[OUTDOOR EDUCATION]

Flight and Feather Fridays 🚺

Learn about birds, their behaviors, distinguishing characteristics, and bird songs. Meet at the Fort Collins Senior Center and walk around Rolland Moore Park with a Fort Collins Audubon Society enthusiast to discover the fascinating world of birds.

3/13	F	9:00-11:00 AM	\$10	207409-01
3/27	F	9:00-11:00 AM	\$10	207409-02
4/10	F	9:00-11:00 AM	\$10	207409-03
4/24	F	9:00-11:00 AM	\$10	207409-04
5/8	F	9:00-11:00 AM	\$10	207409-05
5/22	F	9:00-11:00 AM	\$10	207409-06

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.

Location: Lee Martinez Par	Location:	Lee	Martinez	Park
----------------------------	-----------	-----	----------	------

3/28	Sa	1:00-3:00 PM	\$20	207403-01
4/18	Sa	1:00-3:00 PM	\$20	207403-02
5/9	Sa	1:00-3:00 PM	\$20	207403-03

Native Plant Identification M

Native plants conserve water and attract birds, bees, and butterflies. Learn the basic principles of plant identification in the classroom. Then practice skills at the new pollinator garden and at Rolland Moore Park. Apply knowledge to create a backyard wildlife habitat at home.

4/15	W	9:00 AM-Noon	\$15	207407-01
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POTTERY

The Pottery Studio is a robust fully functioning studio that offers classes for all levels and ages. For adult classes, the first 25 lbs. of clay 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 Pottery Studio. This is a recreational and educational facility; production work is not permitted.

Note: No classes will be held on 4/12 or 5/25.

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

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.

Age: 18 years & up

<u> </u>				
3/22-5/30	M,W,Th,F,Sa	11:00 AM-2:00 PM	\$170	204899-01
3/24-5/26	Tu	9:00 AM-Noon		
3/24-5/28	Tu,Th	7:30-10:00 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; six adults 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; six children minimum. Birthday child is free with 10 kids or more.

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

ADULT PROGRAMS

Cool Clay

Explore imaginative methods of wheel and handbuilding while using extruders, slab rollers, various textures, and forms. Push the traditional boundaries of utilitarian clay and focus on functionality. All levels welcome.

Age: 18 years & up

riger ie jeare				
3/23-4/20	Μ	6:00-8:00 PM	\$90	204880-01
4/27-6/1	М	6:00-8:00 PM	\$90	204880-02

Creative Clay Craft

Combine creativity and inventiveness to create out of the ordinary clay structures. Draw upon inspiration using exotic tools like extruders, slab rollers, and incorporating various textures for rich surfaces. All levels welcome.

Age: 18 years & up

5 5				
3/24-5/26	Tu	12:30-2:30 PM	\$170	204885-01
3/27-5/29	F	9:00-11:00 AM	\$170	204885-02

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. Limited class time for construction. Focus is on pedestals.

Age:	18 years & up	

3/31-5/12	Su	9:00-11:00 AM	\$170	204869-01

Handbuilding Expressions

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

Age: 18 years & up

3/25-5	5/27	W	6:00-8:00 PM	\$170	204875-01	

Independent Study

For intermediate/advanced students interested in dedicated instructed time to explore wheel and handbuilding projects of their own design. Limited demonstrations based on student interest. Learn and practice under the guidance of an instructor. Note: Class will not be held on 4/12.

Age: 18 years & up

5				
3/22-4/26	Su	1:00-4:00 PM	\$115	204877-01
5/3-5/31	Su	1:00-4:00 PM	\$115	204877-02

Pottery Sampler

Introduction to handbuilding and wheel-throwing, as well as glazing, and studio operation. Create while learning beginning techniques of clay. Note: All materials and tools provided. Lab times not available.

|--|

3/28-4/25	Sa	3:45-5:45 PM	\$60	204870-01	
5/2-5/30	Sa	3:45-5:45 PM	\$60	204870-02	

Wheel & Handbuilding, Beginner

Learn about clay, tools, glazing, basic skills, techniques, and principles involved in pottery. Primary emphasis on creation with use of the potter's wheel. Some handbuilding is covered.

Age: 18 years & up

/ Get le Jeale	0. 0.10			
3/23-6/1	М	9:00-11:00 AM	\$170	204850-01
3/23-6/1	М	5:45-7:45 PM	\$170	204850-02
3/25-5/27	W	8:00-10:00 PM	\$170	204850-03
3/28-5/30	Sa	9:00-11:00 AM	\$170	204850-04

Wheel & Handbuilding, Beginner Plus

Designed for those who wish to hone skills before the intermediate level. Prerequisite: Pottery Wheel, Beginner or equivalent.

Age: 18 years & up

rige. to years	o up			
3/23-6/1	М	8:00-10:00 PM	\$170	204855-01
3/25-5/27	W	5:45-7:45 PM	\$170	204855-02
3/26-5/28	Th	9:00-11:00 AM	\$170	204855-03
3/22-5/31	Su	11:00 AM-1:00 PM	\$170	204855-04

Wheel & Handbuilding, Intermediate

Explore more complex ceramic and pottery techniques and skills. Expression and exploration of form are taught. Prerequisite: Beginner Wheel or equivalent experience with clay and knowledge of wheel principles required.

Age: 18 years & up

	5				
3/24-5	/26	Tu	5:30-7:30 PM	\$170	204860-01
3/25-5	/27	W	9:00-11:00 AM	\$170	204860-02

Wheel & Handbuilding, Advanced

Look further into the development of form while honing high-end techniques. Emphasis on combination of creativity and conceptual thought in design. Prerequisite: Intermediate Wheel or equivalent.

Age: 18 years	& up			
3/26-5/28	Th	5:45-7:45 PM	\$170	204865-01

YOUTH PROGRAMS

[CHILD WITH PARENT PROGRAMS]

Family Handbuilding

Learn the basics of clay and squish, roll, pinch, scratch, and slip clay into whimsical creatures. Each week offers a different experience for the whole family. Note: Registration cost includes two participants; each additional person is \$10 and must register for the corresponding additional person section.

Age: 5 years & up

Animal Mask

/				
3/29	Su	4:30-7:00 PM	\$25	204828-01
Trivets				
4/19	Su	4:30-7:00 PM	\$25	204828-03
Cupcakes				
5/3	Su	4:30-7:00 PM	\$25	204828-05
Fish				
5/17	Su	4:30-7:00 PM	\$25	204828-07
Additional	Person			
3/29	Su	4:30-7:00 PM	\$10	204828-02
4/19	Su	4:30-7:00 PM	\$10	204828-04
5/3	Su	4:30-7:00 PM	\$10	204828-06
5/17	Su	4:30-7:00 PM	\$10	204828-08

Family Raku Workshop Paint & Fire

Fire and smoke are essential to Raku pottery, 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: Each class is two days long. All supplies provided. Registration cost includes both parent and child; each additional person is \$18 and must register for the corresponding additional person section.

Age: 7 years & up

4/3	F	6:00-8:00 PM	\$37	204827-01
4/4	Sa	10:00 AM-2:00 PM		
5/8	F	6:00-8:00 PM	\$37	204827-03
5/9	Sa	10:00 AM-2:00 PM		

Additional Person

4/3	F	6:00-8:00 PM	\$18	204827-02
4/4	Sa	10:00 AM-2:00 PM		
5/8	F	6:00-8:00 PM	\$18	204827-04
5/9	Sa	10:00 AM-2:00 PM		

Parent & Tot Mud, Handbuilding

Parent and child combine their talents to create unique pottery. Projects are varied so it is possible to register for classes multiple times. Note: Registration cost includes two participants; each additional person is \$15 and must register for the corresponding additional person section.

Age: 3-5 years.

5 5				
3/23-4/20	М	9:00-10:00 AM	\$30	204801-01
3/24-4/21	Tu	12:30-1:30 PM	\$30	204801-03
3/28-4/25	Sa	2:15-3:15 PM	\$30	204801-05
4/27-6/1	М	9:00-10:00 AM	\$30	204801-07
4/28-5/26	Tu	12:30-1:30 PM	\$30	204801-09
5/2-5/30	Sa	2:15-3:15 PM	\$30	204801-11
Additional Pe	erson			
3/23-4/20	М	9:00-10:00 AM	\$15	204801-02
3/24-4/21	Tu	12:30-1:30 PM	\$15	204801-04
3/28-4/25	Sa	2:15-3:15 PM	\$15	204801-06
4/27-6/1	М	9:00-10:00 AM	\$15	204801-08
4/28-5/26	Tu	12:30-1:30 PM	\$15	204801-10
5/2-5/30	Sa	2:15-3:15 PM	\$15	204801-12

Parent & Child Handbuilding

Work on individual projects and share a creative experience together. Note: All supplies provided. Registration cost includes two participants; each additional person is \$25 and must register for the corresponding additional person section.

Age: 6-9 years

3/28-4/25	Sa	9:00-10:30 AM	\$50	204835-01
5/2-5/30	Sa	9:00-10:30 AM	\$50	204835-03
Additional Pe	erson			
3/28-4/25	Sa	9:00-10:30 AM	\$25	204835-02
5/2-5/30	Sa	9:00-10:30 AM	\$25	204835-04

Parent Teen and 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 cost includes two participants; each additional person is \$25 and must register for the corresponding additional person section.

Age: 10-17 years

Parent, Teen & Youth

3/27-4/24	F	5:45-7:15 PM	\$50	204845-01
5/1-5/29	F	5:45-7:15 PM	\$50	204845-03
Additional Pe	erson			
3/27-4/24	F	5:45-7:15 PM	\$25	204845-02
5/1-5/29	F	5:45-7:15 PM	\$25	204845-04

Thrown Together

Explore basics of wheel forming techniques while working on the potter's wheel. Create functional and decorative pottery and learn the basics of wedging, centering, throwing, trimming, surface decorating, and glazing. Note: Registration cost includes two participants. Class is limited to a one adult to one child ratio.

Age: 7 years & up

5. 5.				
3/26-4/23	Th	4:00-5:30 PM	\$65	204825-01
3/28-4/25	Sa	2:30-4:00 PM	\$65	204825-02
4/30-5/28	Th	4:00-5:30 PM	\$65	204825-03
5/2-5/30	Sa	2:30-4:00 PM	\$65	204825-04

[CHILD WITHOUT PARENT PROGRAMS]

Pottery Sampler, Homeschool Edition

Introduction to handbuilding, wheel-throwing, and glazing. Create and learn beginner clay techniques. All materials and tools provided.

Age: 6-12 yea	ars			
3/26-4/23	Th	2:15-3:45 PM	\$50	204820-01
4/30-5/28	Th	2:15-3:45 PM	\$50	204820-02

Child Handbuilding

Create unique clay projects and learn various methods of forming and glazing. New projects introduced each session.

Age: 6-9 years

3/23-4/20	М	4:00-5:15 PM	\$50	204805-01
3/25-4/22	W	4:00-5:15 PM	\$50	204805-02
4/27-6/1	М	4:00-5:15 PM	\$50	204805-03
4/29-5/27	W	4:00-5:15 PM	\$50	204805-04

Youth Wheel & Handbuilding

Learn basic potter's wheel skills. Handbuilding and other skills and techniques are taught.

Age: 9-13 years

3/26-4/23	Th	4:00-5:30 PM	\$50	204810-01
3/27-4/24	F	4:00-5:30 PM	\$50	204810-02
4/30-5/28	Th	4:00-5:30 PM	\$50	204810-03
5/1-5/29	F	4:00-5:30 PM	\$50	204810-04

Teen Wheel & Handbuilding

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

Age: 13-17 years

3/24-4/21	Tu	4:30-6:00 PM	\$50	204815-01
4/28-5/26	Tu	4:30-6:00 PM	\$50	204815-02

SPECIAL EVENTS

Mom and Superhero Night

Come dressed as favorite superheroes for a night of pizza, games, music, and other superhero fun. Fee is per mother/child pair; option for additional child to attend available. Note: Adult chaperones other than mom are welcome.

Age: 3-10 years

Location: Foothills Activity Center

Parent and Child

3/14	Sa	5:00-7:00 PM	\$25	216701-01
Additiona	l Child			
3/14	Sa	5:00-7:00 PM	\$10	216701-02

Spring Artisan Market 🖤

Spring is in the air and handmade goods are at the Fort Collins Senior Center. Support over 50 local artisans and crafters selling their wares.

Age: All

4/18

Location: Senior Center

Sa 10:00 AM- 4:00 PM No Fee

Spring S.O.A.P. Show 🖤

Be entertained this spring with S.O.A.P. Troupe. Enjoy the annual show of comedy skits and music. Tickets available at the Fort Collins Senior Center or by calling 970.221.6644. Space is limited to 300.

Age: All

Location: Senior Center

5/1	F	1:30 PM	\$6	Ticketed Event
5/1	F	7:00 PM	\$6	Ticketed Event
5/2	Sa	2:00 PM	\$6	Ticketed Event

Visual Art Show ໜ

Celebrate Older Americans' Month at the 2D Visual Art Show. Show features local artists, aged 50 years & up, showcasing their 2D artwork.

5/4-5/28	M-F	6:00 AM-9:00 PM	No Fee
	Sa	8:00 AM-5:00 PM	
	Su	10:00 AM-8:00 PM	

Spring Ice Spectacular 🖤

Skaters from the Learn to Skate program perform in the fifth annual spring ice show. Tickets available starting 4/6 at EPIC or by calling 970.221.6683.

Age: All

Location: Edora Pool Ice Center

5/8	F	7:00 PM	\$8-14	Ticketed Event
5/9	Sa	1:00 PM	\$8-14	Ticketed Event
5/9	Sa	6:00 PM	\$8-14	Ticketed Event

Kids in the Park 🖤

Encourage kids to get outside and play. Learn about new and exciting recreation activities, play in the park, dance to live music, enjoy savory snacks from the food trucks, and of course, fly kites.

Age: All

Location: Twin Silo Park				
5/17	Su	10:00 AM-3:00 PM	No Fee	



Kite Flying · Live Music · Food Trucks

May 17th 10 am-3pm

Twin Silo Community Park, Fort Collins

() fnbo



PRESENTING SPONSOR

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 cancelations, and weather updates.

ADULT SPORTS

[BASKETBALL]

Spring Adult Men's Basketball

Teams register for their level preference on a first come, first served basis. 6 games scheduled. Registration ends 3/19 or when leagues fill. League begins the week of 3/27.

Location: Northside Aztlan Center

Cost: \$341 Friday Competitive 213901-01 Friday Recreational 213901-02

[FLAG FOOTBALL]

Spring Adult Flag Football

8-on-8 non-contact. 6 games scheduled; 6 games guaranteed. Registration ends 3/13 or when leagues fill.

Location: Rolland Moore Park

3/23-4/27	М	6:00-10:00 PM	\$330	213011-01	

[KICKBALL]

Spring Coed Kickball

Play an American classic invented on the playground. 6 games scheduled. Registration ends 3/6 or when league fills. League begins 3/20.

Location: Rolland Moore Park

Cost: \$210

Fri Coed Competitive 213061-01

Fri Coed Recreational 213061-02

[MARTIAL ARTS]

Shotokan Karate, Beginner

Introduction to karate and a Japanese martial art form. Learn basic karate techniques and form before continuation to the intermediate level. Participants may be divided into groups depending on ability. Adults welcome to participate with their children. Note: Class will not be held 5/25.

Age: 7 years & up Location: Club Tico

Shotokan Karate, Beginer continued

	, ,					
3/23-4/22	M,W	6:00-7:00 PM	\$56	222122-01		
4/27-5/27	M,W	6:00-7:00 PM	\$50	222122-02		
Location: Foothills Activity Center						
3/24-4/23	Tu,Th	5:00-6:00 PM	\$56	222122-04		
4/28-5/14	Tu.Th	5:00-6:00 PM	\$36	222122-05		

Shotokan Karate, Intermediate

Physical and mental benefits include enhanced physical condition and increased stamina, coordination, confidence, self-esteem, discipline, and concentration. Prerequisite: Successful completion of Shotokan Karate, Beginner. Note: Class will not be held 5/25.

Age: 7 years & up

Location: Club Tico

3/23-4/22	M,W	6:00-7:00 PM	\$56	222123-01		
4/27-5/27	M,W	6:00-7:00 PM	\$50	222123-02		
Location: Foothills Activity Center						
3/24-4/23	Tu,Th	6:00-7:00 PM	\$56	222123-04		

Shotokan Karate, Advanced

Tu.Th

Learn new karate concepts and reinforce concepts gained previously. Move at a faster pace and learn more advanced techniques. Note: Class will not be held 5/25.

6:00-7:00 PM

\$36

222123-05

Age: 7 years & up

4/28-5/14

Location: Club Tico

3/23-4/22	M,W	7:00-8:00 PM	\$56	222124-01		
4/27-5/27	M,W	7:00-8:00 PM	\$50	222124-02		
Location: Foothills Activity Center						
3/24-4/23	Tu,Th	6:00-7:00 PM	\$56	222124-04		
4/28-5/14	Tu,Th	6:00-7:00 PM	\$36	222124-05		

[PICKLEBALL]

Pickleball, Beginner Lessons

For those new to pickleball or those wanting to freshen up basic skills. Classroom and court time to learn rules, scoring, and basics. Designed as an introduction to a fun and growing sport.

Age: 18 years & up Location: Senior Center

3/3-3/10 Tu 9:00-11:00 AM

5/ 5/ 10	i a	5.00 11.007411	Ψ20	221120 01
3/17-3/24	Tu	9:00-11:00 AM	\$20	224420-02
4/7-4/14	Tu	9:00-11:00 AM	\$20	224420-03
4/21-4/28	Tu	9:00-11:00 AM	\$20	224420-04
5/5-5/12	Tu	9:00-11:00 AM	\$20	224420-05
5/19-5/26	Tu	9:00-11:00 AM	\$20	224420-06

224420-01

\$20

Pickleball, Intermediate Lessons

Designed for those above beginner level. Enhance game through practices drills and learn the finer pints of play. Must demonstrate adequate skills and proficiency at novice play.

Age: 18 years & up

Location: Senior Center

3/3-3/10	Tu	8:00-9:00 AM	\$20	224422-01
3/17-3/24	Tu	8:00-9:00 AM	\$20	224422-02
4/7-4/14	Tu	8:00-9:00 AM	\$20	224422-03
4/21-4/28	Tu	8:00-9:00 AM	\$20	224422-04
5/5-5/12	Tu	8:00-9:00 AM	\$20	224422-05
5/19-5/26	Tu	8:00-9:00 AM	\$20	224422-06

Pickleball Ladder League, Individual Doubles

Adult mixed teams 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 is per person. Note: List teammate at registration.

Age: 18 years & up

Location: Senior Center

3/3-3/31	Tu	5:30-8:00 PM	\$25	224414-01
4/7-4/28	Tu	5:30-8:00 PM	\$25	224414-02
5/5-5/26	Tu	5:30-8:00 PM	\$25	224414-03

Pickleball P.O.P. (Paid Open Play)

Playtime guaranteed with a limited number of players at a comfortable skill level.

Age: 18 years & up

Location: Northside Aztlan Center

Beginner

3/2-3/30	М	1:45-4:00 PM	\$15	224600-01
4/6-4/27	М	1:45-4:00 PM	\$15	224600-02
5/4-5/25	М	1:45-4:00 PM	\$15	224600-03
Intermediate				
3/4-3/25	W	1:45-4:00 PM	\$15	224610-01
4/3-4/24	W	1:45-4:00 PM	\$15	224610-02
5/6-5/27	W	1:45-4:00 PM	\$15	224610-03
Advanced				
3/6-3/27	F	1:45-4:00 PM	\$15	224620-01
4/5-4/26	F	1:45-4:00 PM	\$15	224620-02
5/1-5/29	F	1:45-4:00 PM	\$15	224620-03
4.0+				
3/4-3/25	W	7:30-9:30 AM	\$15	224630-01
4/3-4/24	W	7:30-9:30 AM	\$15	224630-02
5/6-5/27	W	7:30-9:30 AM	\$15	224630-03

Skills & Drills

Drills designated to improve play. No games played. Different courts designated for different skill levels.

Age: 18 years & up

5 ,				
3/5-3/26	Th	7:30-9:00 AM	\$20	224455-01
4/2-4/30	Th	7:30-9:00 AM	\$20	224455-02

[SOFTBALL]

Spring Adult Softball

Get the rust off before the summer leagues begin. 6 games scheduled. Registration ends 3/6, or when leagues fill. Leagues begin the week of 3/16.

Location: Rolland Moore Park

Cost: \$355

Men's			
Sunday IV	213021-01	Wednesday II	213021-06
Monday III	213021-02	Wednesday III	213021-07
Monday IV	213021-03	Wednesday IV	213021-08
Tuesday III	213021-04	Thursday III	213021-09
Tuesday IV	213021-05	Friday IV	213021-10
Women's Thursday III	213022-01		
Coed			
Sun Competitive	213023-01	Wed Competitive	213023-05
Sun Recreational	213023-02	Wed Recreational	213023-06
Tues Competitive	213023-03	Thur Recreational	213023-07
Tues Recreational	213023-04		

Summer Adult Softball

Season ends with league tournaments and awards given to winners. Optic yellow balls are used. Coed leagues play with men hitting 12" softballs and women hitting 11" softballs. Registration ends 4/26 or when leagues fill. Rosters are unlimited.

Age: 16 years & up

Location: Fossil Creek, Lee Martinez, & Rolland Moore Parks

Cost: \$605

.. .

Date: 5/10-8/02

Men's			
Sun III	313021-01	Wed III	313021-09
Sun IV	313021-02	Wed IV	313021-10
Mon III	313021-03	Thurs III	313021-11
Mon IV	313021-04	Thurs IV	313021-12
Tues II	313021-05	Fri IV	313021-13
Tues III	313021-06	Fri Wood Bat	313021-14
Tues IV	313021-07	Friday 40 years & Up	313021-15
Wed II	313021-08		
Women's			
Tues IV	313022-01	Thurs IV	313022-04
Wed IV	313022-02	Thurs Leisure	313022-05
Thurs III	313022-03		

Continued on next page

Summer Adult Softball continued

Coed			
Sun Competitive	313023-01	Wed Recreational	313023-06
Sun Recreational	313023-02	Thurs Competitive	313023-07
Tues Competitive	313023-03	Thurs Recreational	313023-08
Tues Recreational	313023-04	Fri Recreational	313023-09
Wed Competitive	313023-05		
Men's Fast Pitch			

[VOLLEYBALL]

Thurs

Teams sign up for their level of play and night preference on a first come, first served basis.

313024-01

Levels of Play: A-Competitive, BB-Intermediate, B-Recreational

Spring Adult Volleyball

Coed and women's leagues are offered for 6-person teams. 8 games scheduled. Registration ends 3/13 or when leagues fill. Leagues begin 3/25;.

Age: 16 years & up

Location: TBA

Cost: \$281

Women's Sunday B Wednesday A	213942-01 213942-02	Wednesday BB	213942-03
Coed Monday BB	213943-01	Tuesday BB	213943-04
Monday B	213943-02	Friday B	213943-05
Tuesday A	213943-03		

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, first served 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.

For more information about coaching, contact 970.416.4297.

Online Sports Schedules & League Rules

All youth sports schedules and league rules are located online through Team Sideline. For more information see page 77.

[BASKETBALL]

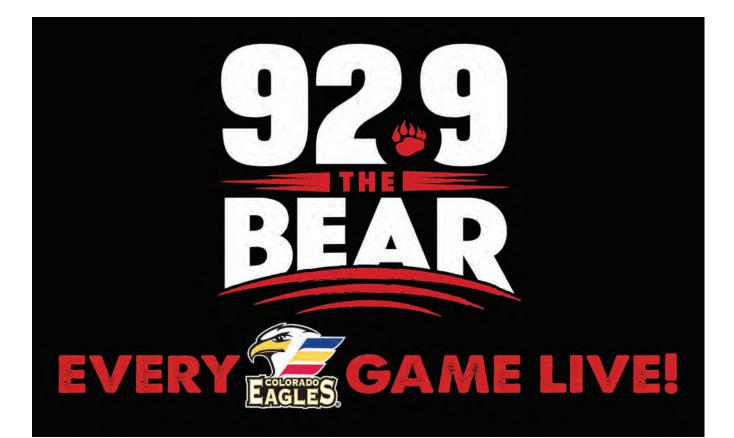
Summer Boys and Girls Basketball

Teams formed by park practice location. 1-2 practices outside; 6 games on indoor courts. Games scheduled in the evenings on various weeknights. Based on the 2019-2020 school year grade. NBA replica jerseys provided. Note: Class will not be held on 7/3.

Cost: \$87

Dates: 6/1-7/22

Coed Grade: Kindergarten-	1		
Foothills Activity Cen	ter	314700-01	
Boys Grade 2/3 City Park Fossil Creek Park Lee Martinez Park Rogers Park	314001-01 314001-10 314001-15 314001-02	Rolland Moore Park Spring Canyon Park Stewart Case Park Troutman Park	314001-20 314001-05 314001-31 314001-25
Boys Grade 4/5 City Park Fossil Creek Park Lee Martinez Park Rolland Moore Park	314002-01 314002-11 314002-15 314002-20	Spring Canyon Park Troutman Park Warren Park	314002-06 314002-25 314002-30
Boys Grade 6/7/8 City Park continued on next page	314003-01	Fossil Creek Park Recreator Spring	314003-11 2020 79



Summer Boys & Girls Basketball continued

Landings Park Lee Martinez Park Rolland Moore Park	314003-25 314003-15 314003-20	Spring Canyon Park Warren Park	314003-06 314003-26
Girls Grade 2/3 City Park Fossil Creek Park Lee Martinez Park Rogers Park	314004-01 314004-10 314004-15 314004-02	Rolland Moore Park Spring Canyon Park Stewart Case Park Troutman Park	314004-20 314004-05 314004-31 314004-25
Girls Grade 4/5 City Park Fossil Creek Park Lee Martinez Park Rolland Moore Park	314005-01 314005-10 314005-15 314005-20	Spring Canyon Park Troutman Park Warren Park	314005-05 314005-25 314005-30
Girls Grade 6/7/8 City Park Fossil Creek Park Landings Park	314006-01 314006-10 314006-25	Lee Martinez Park Rolland Moore Park Spring Canyon Park	314006-15 314006-20 314006-05

[CHALLENGER SPORTS CAMPS]

International Soccer Camp

High-level soccer coaching provided from a team of international experts. Receive the appropriate level of curriculum and a culture/ educational experience. Practice foot skills, technical drills, tactical drills, small-sided games, scrimmages, and a World Cup tournament. Note: Includes jersey, t-shirt, ball, and graduation party. Register at *challengersports.com*. Note: Must sign up for half day camp to participate

Location: City	y Park		
Tiny Tykes Age: 4-5 yea	rs		
6/1-6/5	M-F	8:00-9:00 AM	\$77
7/27-7/31	M-F	8:00-9:00 AM	\$77
Half Day Age: 6–14 ye	ars		
6/1-6/5	M-F	9:00 AM-Noon	\$182
7/27-7/31	M-F	9:00AM-Noon	\$182
Golden Goal			
6/1-6/5	M-F	9:00 AM-Noon	\$69
7/27-7/31	M-F	9:00AM-Noon	\$69

Questions? Contact Nathan Robinson at *nrobinson@challengersports.com*, 720.204.4093.



Remember to Register for Summer Baseball!

Registration for 2020 Summer Baseball is currently open for Pre-K through 12th Grade!

Registration closes on 3/20/20. Details at FortCollinsBaseballClub.org





Intermediate Tryouts:

March 8, 2020 at The Edge Sports Center Ages 8-14 (age as of 4/30/20)

*To tryout, players <u>must</u> be registered for FCBC Recreational Baseball *prior* to the Intermediate Tryouts.

www.FortCollinsBaseballClub.org

211 S. Bryan Ave (in City Park) • P.O. Box 1031 • Fort Collins, CO 80522

[CHEERLEADING & TUMBLING]

Cheer Central Recreational 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.

Baseball Club

Location: TBD

Age: 5-8 yea	ars					
4/7-4/21	Tu	5:00-5:55 PM	\$30	214937-01		
Age: 5-12 ye	ars					
4/9-4/23	Th	5:00-5:55 PM	\$30	214937-03		
Age: 8-14 years						
4/7-4/21	Tu	6:00-6:55 PM	\$30	214937-02		

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

Location: TBD

4/7-4/21	Tu	4:00-4:55 PM	\$30	214938-02
4/9-4/23	Th	6:00-6:55 PM	\$30	214938-04

[FOOTBALL]

Junior Rams Spring Flag Football

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

Dates: 4/4-5/16

Grade:	Kindergarten-1

orader rander garteri			
City Park	214012-01	Harmony Park	214012-17
Edora Park	214012-03	Spring Canyon Park	214012-21
English Ranch Park	214012-07	Troutman Park	214012-25
Fossil Creek Park	214012-11	Warren Park	214012-29
Greenbriar Park	214012-14		
Grade: 2-3			
Beattie Park	214013-01	Fossil Creek	214013-29
Blevins Park	214013-03	Greenbriar Park	214013-11
Stew Case Park	214013-05	Harmony Park	214013-13
City Park	214013-31	Rolland Moore Park	214013-19
Edora Park	214013-07	Spring Canyon Park	214013-21

continued on next page

Junior Rams Spring Flag Football continued

Troutman Park	214013-23	Warren Park	214013-25
Grade: 4-5			
Blevins Park	214014-07	Harmony Park	214014-11
City Park	214014-03	Rolland Moore Park	214014-13
Edora Park	214014-05	Spring Canyon Park	214014-17
Fossil Creek Park	214014-21	Troutman Park	214014-23
Greenbriar Park	214014-08	Warren Park	214014-25
Grade: 6			
Blevins	214015-01	Preston	214015-13
Boltz	214015-03	Heritage	214015-18
CLP	214015-05	Mountain Sage	214015-19
Kinard	214015-07	Webber	214015-15
Lesher	214015-09	Wellington	214015-17
Lincoln	214015-11		
Grade: 7-8			
Blevins	214017-01	Preston	214017-13
Boltz	214017-03	Heritage	214017-18
CLP	214017-05	Mountain Sage	214017-19
Kinard	214017-07	Webber	214017-15
Lesher	214017-09	Wellington	214017-17
Lincoln	214017-11		

[SOFTBALL]

Softball Coed Tee Ball

Designed to develop skills, sportsmanship, and coordination. Teams practice 30 minutes before each game, once per week. Based on 2019-2020 current school year grade level. Registration closes 5/24. Team shirts included.

Age: 5-6 years

Cost: \$42

Date: 6/2-7/7

Spring Canyon Park 314020-03

Summer Girls' Softball

Learn and improve slow pitch softball skills and enjoy team competition. 1-2 practices per week. Grades 2-3 play coach pitch style softball. Grades 4-5 play modified fast pitch. Grades 6-8 play regular fast pitch. Based on 2019-2020 current school year grade level. Games played Tuesdays and/or Thursdays. Team shirts included.

Cost: \$75

Date: 5/26-7/09

Grade 2-3			
City Park	314021-16	Fossil Creek	314021-17

Summer Girls' Softball continued

Beattie Rolland Moore	314021-18 314021-19	Spring Canyon	314021-20
Grade 4-5 City Park Fossil Creek Beattie	314022-16 314022-17 314022-18	Spring Canyon Rolland Moore Fossil Creek	314022-19 314022-20 314022-21
Grade 6-8 Blevins Boltz CLP Kinard Lesher	314023-20 314023-21 314023-22 314023-23 314023-24	Lincoln Preston Webber Wellington	314023-25 314023-26 314023-27 314023-28

[SKYHAWKS SPORTS CAMPS]

All participants receive a t-shirt and a merit award. Wear appropriate clothing, running shoes, and sunscreen. Bring two snacks and a water bottle. For more information, visit *skyhawks.com/Colorado*.

SPRING BREAK CAMPS

Mini-Hawk Spring Break Camp

Baseball, basketball, and soccer programs give children a fun and positive first step into athletics. Through games and activities, campers explore balance, hand/eye coordination, and skill development at their own pace. Camp includes t-shirt, ball, and award. Note: Participants need to bring two snacks, water bottle, and athletic shoes.

Age: 4-7 years Location: Foothills Activity Center

3/16-3/20	M-F	9:00 AM-Noon	\$140	214072-01

Spring Break Skyhawks Basketball Camp

Fun, skill-intensive program is designed for beginner to intermediate players. Camp includes passing, shooting, dribbling, defense, and rebounding. Camp includes t-shirt, ball, and award.

Age: 6-12 years

Location: Foothills Activity Center

3/16-3/20	M-F	1:00-4:00 PM	\$140	214072-02



2721 S. College Ave., Fort Collins, CO 80525 - 970.226.4253 - www.soccerfortcollins.org

SUMMER CAMPS

Baseball & Softball

This camp is designed for beginner and intermediate players. Using a progressive curriculum, we teach the fundamentals of fielding, catching, throwing, hitting, and base running, as well as respect, teamwork, and responsibility, in a fun, positive environment.

Age: 6-12 years	
Location: Rolland Moore Park	

Baseball				
7/6-7/10	M-F	9:00 AM-Noon	\$140	314071-11
Softball				
7/6-7/10	M-F	9:00 AM-Noon	\$140	314071-25

Basketball

A camp for beginner and intermediate players focuses on the whole player. Using a progressive curriculum, we teach the skills to be a better athlete on and off the court. A "skill of the day" progresses into passing, shooting, dribbling, and rebounding drills and games.

Age: 6-12 years

Location: Spring Canyon Park

6/1-6/5	M-F	9:00 AM-12:00 PM	\$140	314071-06		
Location: Northside Aztlan Community Center						
6/15-6/19	M-F	9:00 AM-3:00 PM	\$195	314071-18		
6/29-7/2	M-Th	1:00 PM-4:00 PM	\$112	314071-14		
7/20-7/24	M-F	9:00 AM-12:00 PM	\$140	314071-27		

Cheerleading

Entry-level cheer camp teaches athletes skills to lead crowds and support teams. Cheers, proper hand and body movements, jumping techniques, and a final choreographed performance are taught. No stunting, but a focus on fun and important life skills such as teambuilding and leadership.

Age: 5–9 years

ocatio	n. Euu	la Palk	

8/3-8/7	M-F	9:00 AM-Noon	\$140	314071-01	

Flag Football

Beginner and intermediate athletes learn skills on both sides of the ball including the core components of passing, catching, and de-flagging or defensive positioning. The week ends with the Skyhawks Super Bowl, giving participants a chance to showcase their skills on the gridiron.

Age: 6-12 years

Location: Miramont Park

6/1-6/5	M-F	9:00 AM-Noon	\$140	314071-02
Location: Ed	ora Park			
8/3-8/7	M-F	9:00 AM-Noon	\$140	314071-17

Golf, Beginner

Entry-level players gain confidence in golf with focus on proper technique and the fundamentals of form, swinging, putting, and body positioning. By adopting S.N.A.G. (Starting New at Golf), instruction is simplified so players can transition with ease onto the golf course. All equipment is provided.

Age: 5-8 years Location: Twin Silo Park

Location in							
6/8-6/12	M-F	9:00 AM-Noon	\$140	314071-10			
Location: Edd	ora Park						
6/22-6/26	M-F	9:00 AM-Noon	\$140	314071-22			
7/27-7/31	M-F	9:00 AM-Noon	\$140	314071-26			

Indoor Volleyball

Designed for beginner and intermediate players. Learn all aspects of the game through drills and exercises with focus on passing, setting, hitting and serving. Athletes will develop fundamental skills with game-speed drills and daily scrimmages aimed at developing the whole player. Note: Class will not be held on 7/4.

Age: 7-14 years

Location: Northside Aztlan Community Center

6/8-6/12	M-F	9:00 AM-Noon	\$140	314071-08
6/29-7/2	M-Th	9:00 AM-Noon	\$112	314071-20
7/13-7/17	M-F	1:00 PM-4:00 PM	\$140	314071-21
Location: Wa	arren Park			
8/10-8/14	M-F	9:00 AM-Noon	\$140	314071-30

Lacrosse

Learn the fundamentals of running, cradling, passing, and shooting in a fun, non-checking environment. Campers will also learn respect, teamwork, and discipline. Skyhawks ensures athletes will gain a deep understanding of the game and its traditions. Note: Equipment rental is not included. Rental equipment is available through Skyhawk's.

Age: 6-12 years	
Location: Twin Silo Park	

7/13-7/17	M-F	9:00 AM-Noon	\$140	314071-09

Mini-Hawk

Multi-sport program is designed for campers to explore balance, movement, hand/eye coordination, and skill development at their own pace. Baseball, basketball and soccer are taught in a safe, structured environment with lots of encouragement and focus on fun.

Age: 4-7 years

	/ PdIK			
6/1-6/5	M-F	9:00 AM-Noon	\$140	314071-03
Location: Gre	enbriar Parl	<		
6/8-6/12	M-F	9:00 AM-Noon	\$140	314071-24
Location: Fos	sil Creek Pa	rk		
6/22-6/26	M-F	9:00 AM-Noon	\$140	314071-07
Location: Mir	amont Park			
7/13-7/17	M-F	9:00 AM-Noon	\$140	314071-12

Mini-Hawk continued

Location: Sp	ring Canyor	ı		
7/27-7/31	M-F	9:00 AM-Noon	\$140	314071-16
Location: Wa	arren Park			
8/10-8/14	M-F	9:00 AM-Noon	\$140	314071-29

Skyhawks Sports Camp

Designed to introduce young athletes to a variety of sports, this multi-sport camp combines basketball and flag football into one fun-filled week. Athletes will learn the rules and essentials of each sport, along with respect, teamwork, and self-discipline, through skill-based games and scrimmages.

Age: 6–12 years

6/22-6/26	M-F	9:00 AM-3:00 PM	\$195	314071-04		
Location: Spring Canyon Park						
7/27-7/31	M-F	9:00 AM-Noon	\$140	314071-15		

Soccer

Skyhawks was founded as a soccer club in 1979. Designed for beginner and intermediate players, learn the sport knowledge and fundamentals of dribbling, passing, shooting, and ball control.

Age: 6-12 years

Location: Fossil Creek Park

6/15-6/19	M-F	9:00 AM-Noon	\$140	314071-05
Location: City	y Park			
7/20-7/24	M-F	9:00 AM-3:00 PM	\$195	314071-19

SuperTots Camp – NEW!

Safe and fun camp that incorporates physical activity in a non-competitive environment. Camp 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.

Age: 2-3 years Soccer Tots Location: Fossi				
6/15-6/19	M-F	9:30 AM-10:20 AM	\$74	314071-31
Baseball Tots Location: Rolla	ind Moore Pa	ark		
6/6-6/10	M-F	9:30 AM-10:20 AM	\$74	314071-33
Basketball Tots Location: North		Community Center		
7/20-7/24	M-F	9:30 AM-10:20 AM	\$74	314071-35
Age: 3-4 years Soccer Tots Location: Fossi				
6/15-6/19	M-F	10:30 AM-11:20 AM	\$74	314071-32
Baseball Tots Location: Rolla	ind Moore Pa	ark		
Continued on nex	t page			

SPORTS

SuperTots Camp - NEW! continued

6/6-6/10	M-F	10:30 AM-11:20 AM	\$74	314071-34
Basketball To	ots			
Location: No	rthside Azt	lan Community Center		
7/20-7/24	M-F	10:30 AM-11:20 AM	\$74	314071-36

Track and Field

Prepare for a future in cross country, track and field events, distance running, while inspiring a love for running and being active. Learn fundamentals of body positioning, stride, proper stretching and cooldown techniques.

Age: 6-12 years

Location: Harmony Park

20000000000000					
7/20-7/24	M-F	9:00 AM-Noon	\$140	314071-23	-
Location: We	estfield Park				
8/3-8/7	M-F	9:00 AM-Noon	\$140	314071-28	

[TRACK & FIELD]

C.A.R.A. Track

Basic techniques of track are taught. Participants will be able to compete in Colorado Association of Recreational Athletics track meets held in various cities along the Front Range on Saturday mornings. Participants are responsible for their own transportation to practices and meets. Meet schedules are given out at the first practice. Fee includes team shirt and fees for track meets.

Location: Fort Collins High School Cost: \$90

Date: 6/1-7/18			
Age: 3.5-8 years	9:00-10:15 AM	M,W, F	314031-03
Age: 9-16 years	10:30-11:45 AM	M,W, F	314031-04

[ULTIMATE FRISBEE]

Ultimate Frisbee 4th-6th

Learn the basics of ultimate frisbee. Emphasis on equal participation; winning is secondary. Practices are held twice per week with games on Saturday mornings. 6 games scheduled. Coach will send an email with the practice days and times. Note: \$15 jersey not included.

Gra	ade: 4	1-12	
		-	

Location: Troutman Park

4/6-5/16	M,W,Sa	6:00-7:30 PM
Grade 4-6	214061-01	
Grade 7-12	214062-01	

[VOLLEYBALL]

Youth Volleyball

Develop a sense of team play where participation, fun, skills and sportsmanship are stressed; winning is secondary. Practices are

Youth Volleyball continued

held 1-2 times per week; matches are Saturday mornings and some weeknights. Practice days and times vary. Coaches contact players by 3/16.

Cost: \$75 Location: Foothills A	ctivity Center		
Dates: 3/23-5/9			
Grade: 4-5	214942-01		
Grade: 6-8			
Blevins	214944-01	Lesher	214944-09
Boltz	214944-03	Lincoln	214944-11
CLP	214944-05	Preston	214944-13
Kinard	214944-07	Webber	214944-15
Liberty Common	214944-08	Wellington	214944-17

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

Ages: 18 months-2.5 years

riges. to mor	10115 Z.5 yeu	15		
3/9-4/6	М	10:35-11:00 ам	\$45	214779-05
3/10-4/7	Tu	10:35-11:00 AM	\$45	214779-06
4/13-5/18	М	10:35-11:00 AM	\$54	214779-07
4/14-5/19	Tu	10:35-11:00 ам	\$54	214779-08
Ages: 2.5-3.5	years			
3/9-4/6	М	9:00-9:30 AM	\$45	214774-05
3/10-4/7	Tu	9:00-9:30 AM	\$45	214774-06
4/13-5/18	М	9:00-9:30 AM	\$54	214774-07
4/14-5/19	Tu	9:00-9:30 AM	\$54	214774-08
Ages: 3.5-5 y	ears			
3/9-4/6	М	9:45-10:30 AM	\$45	214775-03
3/10-4/7	Tu	9:45-10:30 AM	\$45	214775-06
4/13-5/18	М	9:45-10:30 AM	\$54	214775-07
4/14-5/19	Tu	9:45-10:30 AM	\$54	214775-08

Basketball for Shorties

Learn the basketball basics and work on large and small motor skills as they relate to shooting, dribbling, and passing. Note: Parents/ guardians will not be allowed as spectators in the gym in order to provide a more efficient class. Players will demonstrate what they learned the last

Age: 4-6 years Location: Foothills Activity Center

Location. I oothinis Activity Center						
2/11-2/25	Tu	10:00-10:45 AM	\$29	214777-01		



fcgov.com/cityparkpool —



Follow us at FCRecreator

Football for Shorties

Learn the basics of football and work on large and small motor skills as they relate to throwing, kicking, and catching.

Age: 4-5 years

Location:	Northside	Aztlan	Center
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3/18-4/1 W 10:00-10:45 AM \$29	214778-02
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Ninja Kids

Bring out the inner ninja through obstacle courses and create a special ninja identity.

Location: TBA

Age:	3-5	years
------	-----	-------

rige. 5 5 year	5			
4/8-4/22	W	9:15-10:00 AM	\$30	221910-01
4/10-4/24	F	5:00-5:45 PM	\$30	221910-02
Age: 3-6 year	S			
4/9-4/23	Th	4:00-4:45 PM	\$30	221910-03
Age: 6-11 year	S			
4/10-4/24	F	6:00-6:55 PM	\$30	221910-04

S.N.A.G. for Shorties

Explore S.N.A.G. (Starting New at Golf) and on the fundamentals of golf. All equipment provided.

Age: 4-5 years

Location: City Park

5/5-5/19	Tu	10:00-10:45 AM	\$33	314092-01
5/6-5/20	W	10:00-10:45 AM	\$33	314092-02

Sporties for Shorties

Play ball and explore the world of sports in this fun-filled class. 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. Note: Parents are not allowed in the gym in order to provide a more efficient class.

Age: 3-5 years

Location: Northside Aztlan Center

2/19-3/4	W	10:00-10:45 AM	\$29	214776-04
3/17-3/31	W	10:00-10:45 AM	\$29	214776-05
4/8-4/22	W	10:00-10:45 AM	\$29	214776-06

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.

Cost: \$89

Location: Foothills Activity Center

Age: 2-3 years

4/8-5/13	W	9:30 AM-10:20 AM	114770-13
4/9-5/14	Th	9:30 AM-10:20 AM	114770-14
Age: 3-4 yea	ars		
4/8-5/13	W	10:30 AM-11:20 AM	114770-15

SuperTots continued

4/9-5/14	Th	10:30 AM-11:20 AM	114770-16
Age: 4-5 yea	ars		
4/8-5/13	W	11:30 AM-12:20 PM	114770-17
4/9-5/14	Th	11:30 AM-12:20 PM	114770-18

TENNIS

General Information

Lewis Tennis School directs all tennis programs for the City of Fort Collins. With over 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.

All courses take place at the Rolland Moore Racquet Complex unless otherwise noted.

Rolland Moore Pro Shop

Visit the pro shop located at the Rolland Moore Racquet Complex. Racquets, shoes, accessories, and 24-hour stringing available.

Spring hours are noon-6 p.m. Monday-Friday and 10 a.m.-4 p.m. on 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.

Session Dates for All Classes

3/2-3/28	Session 1
3/30-4/25	Session 2
4/27-5/23	Session 3

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	6:00-7:30 PM

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.

Age: 18 years & up

LEWIS TENNIS



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

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.

[YOUTH TENNIS PROGRAMS]

Programs

Programs are offered at Rolland Moore Racquet Complex.

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. For additional information call 970.493.7000.

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.



MIGHTYKICKSNORTHERNCO.NET

SPRING SEASON STARTS MARCH 23 | SUMMER SEASON STARTS JUNE 8 | AGES 2-8

WELCOME TO MIGHTY KICKS- THE PREMIER INTRODUCTORY SOCCER PROGRAM FOR CHILDREN! MIGHTY KICKS IS MORE THAN A SOCCER PROGRAM. OUR CREATIVE CURRICULUM, COACHES AND HIGH ENERGY CLASSES PROVIDE YOUR CHILD WITH EXPERIENCES THAT APPLY BOTH ON AND OFF THE SOCCER FIELD. OUR CURRICULUM WAS DESIGNED TO ENHANCE YOUR CHILD'S GROWTH AND DEVELOPMENT IN CONFIDENCE, COORDINATION, CHARACTER, SOCIAL SKILLS, AND BASIC SOCCER TECHNIQUES. THE RESULT IS AN IMPACTFUL SOCCER PROGRAM FOR KIDS THAT WILL CREATE MEMORIES AND SKILLS THAT LAST A LIFETIME.

SPRING 2V2 LEAGUE FOR KIDS AGE 4-6 IS BACK BY POPULAR DEMAND!

CONTACT US | MOCOINFO@MIGHTYKICKS.NET | S 970-682-4898

Summer Junior Team Tennis

Low cost 8-week program with practice and competition. Matches are held on Monday's from June 8 thru July 20. Competition includes teams from Fort Collins, Loveland, Windsor, and Greeley. Entry deadline is May 1.

8 Years & Under Tennis Courts at Rolland Moore Park

Experience the courts designed for young players 8 years and under.

10 Years & Under

Exciting play format to learn 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

10:00 -10:45 AM

Future Star

Age: 7-8 years		
M,W	4:30-6:00 PM	
Sa	11:00 AM-12:30 PM	

Aces

Sa

IM,VV	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	4:30-6:30 PM	
Sa	1:00-3:00 PM	

Competitive (Int/Adv)

Age: 11–13 years			
Tu,Th	4:30-6:30 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 (Beginner player)

Age: 14-18 years

	J	
Tu,Th	4:00- 6:00 PM	
Sa	1:00-3:00 PM	

Grand Slam (Intermediate/Advanced player)

Age: 14-18 years

Age. 14 To years			
Tu,Th	4:00- 6:00 PM		
Sa	1:00-3:00 PM		

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 a seat is resold. 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 Membership 50+ discount applies to trips where an 0 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

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 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. May include some stairs. Mostly sitting. Handicap accessibility available. Example: To program location from parking lot. 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 are on your feet for most of the outing. Distance: 1-5 miles.

EXTENDED TRAVEL

For more information on extended travel activities including all 2020 tours, contact Sarah Olear, 970.224.6028.

For a schedule of trip previews contact, 970.224.6028 *trips@fcgov.com* or visit *fcgov.com/trips*.

All extended travel activities are rated \blacktriangle . Accommodations must be requested at the time of registration. These include wheelchair transport at airports, airline seat requests, and other accommodations.

Fee and cancelation schedules available upon request.

For Outdoor Recreation's Extended Travel activities see page 71.

Strawberry Days Getaway

Begin with a train ride to Glenwood Springs and soak away the evening in the hot springs. Enjoy the town's summer Strawberry Days festival before touring Redstone Castle and heading to Snowmass. Finish the getaway with a Leadville train ride. Note: 4 days/3 nights. Includes lodging, food as listed in the itinerary, admissions, and train rides. Deadline to register and non-refundable after 5/15/2020.

6/19-6/22, 2020	Double Occupancy	\$1,500	305992-01
6/19-6/22, 2020	Single Occupancy	\$2,000	305992-01

Journey Through Southern France

Heady with a seduction of vine-gilded countryside and centuries-old castles that tower the cerulean depths of the Mediterranean,

Southern France is to be explored. This small group tour expands the palette, and opens the eye to expression of flavor, color, and culture. Note: 10 days/9 nights. Fee includes accommodations, guide, meals as listed in the itinerary, and roundtrip airfare.

6/13-6/22, 2020	Double Occupancy	\$5,350	305990-01
6/13-6/22, 2020	Single Occupancy	\$6,850	305990-01

Oregon Culinary & Wine Experience

Made up of seven diverse regions, Oregon has it all: ocean, mountains, valleys, high desert, and everything in between. From the charm of Portland to the delicacies of Willamette Valley. Enjoy a cooking lesson for a farm to table feast, the beach, Multnomah Falls, and Hood River. This small group tour offers a taste of the magical land. Note: 7 days/6 nights. Fee includes roundtrip airfare, accommodations, guide, and meals as listed on the itinerary. Rates may change.

8/3-8/10, 2020 Double Occupancy	\$3,500	305991-01
8/3-8/10, 2020 Single Occupancy	\$3,999	305991-01

Exploring South Africa, Victoria Falls, & Botswana

The ultimate African travel adventure through the brilliant expanses of Southern Africa. Explore the famous wilderness that stirs the soul from Cape Town to Victoria Falls and the Rainbow Nation. Note: 14 days/13 nights. Fee includes accommodations, guide, meals as listed in the itinerary, and roundtrip airfare. Rates may change.

9/21-10/4, 2020 Double Occupancy	\$7600	405995-01
9/21-10/4, 2020 Single Occupancy	\$8600	405995-01

New England Fall Foliage Adventure

No better time to visit New England than when the famous reds, yellows, and oranges abound. Enjoy the colors and explore the history from Massachusetts, Vermont, New Hampshire, and Maine. Note: 7 days/6 nights. Fee includes accommodations, guide, meals as listed in the itinerary, and roundtrip airfare.

9/27-10/3, 2020 Double Occupancy	\$2995	405996-01
9/27-10/3, 2020 Single Occupancy	\$3695	405996-01

Discover Scotland

Tour from its rugged sea-sprayed islands to its stately castles rich in history. Scotland's treasures are as diverse as they are compelling. Visit stunning landscapes, lively cities, and hear stirring history.

Discover Scotland continued

Note: 10 days/9 nights. Fee includes accommodations, guide, meals as listed in the itinerary, and roundtrip airfare. Triple occupancy available. Rates may change after 4/13/20.

10/11-20, 2020	Double Occupancy	\$3800	405997-01
10/11-20, 2020	Single Occupancy	\$4200	405997-01

Wellness Nepal

Mindful travelers come blissfully close to inner peace in Nepal. Visit Boudhanath Stupa, one of the world's largest Buddhist shrines. Dive deeper into self-reflection with a monastery stay, followed by a visit to Buddha's birthplace in Lumbini. Note: 14 days/13 nights, not including travel. Fee includes accommodations, guide, yoga and meditation classes, meals as listed in the itinerary. Airfare not included.

10/31-11/13, 2020	Double Occupancy	\$3,415 405998-01
10/31-11/13, 2020	Single Occupancy	\$4,415 405998-01

LOCAL OUTINGS

[GET TO KNOW YOUR FOCO] 🚺 🗖

Explore Fort Collins and be a hometown tourist. Enjoy small groups, low prices, local cuisine. Note: Lunch cost is on your own.

Confucius Institute, CSU

The Confucius Institute at Colorado State University offers courses on Chinese language and culture. Specialized Confucius Institute topics related to China and the United States on water and environmental sustainability are discussed.

3/25	W	Noon-3:30 PM	\$14	205922-01

Fuego! The Spirit of Spain

Armed with his Spanish guitar, Benise is brings his Emmy Awardwinning PBS spectacular, Fuego!–Spirit of Spain, live to Fort Collins at the Lincoln Center.

4/18	Sa	5:30-10:00 PM	\$14	205922-02

CSU Stadium

Visit the CSU Rams home turf and the state of the art stadium, Canvas Stadium.

5/28	Th	10:45 AM-2:30 PM	\$14	205922-03

ONGOING TRIPS

Casino Trips 🗖

Enjoy a day in the mountains at Mardi Gras Blackhawk. Note: Fee includes motor coach transportation, \$5 coupon for lunch, and \$5 free play.

3/17	Tu	8:00 AM-5:30 PM	\$11	205910-01
4/21	Tu	8:00 AM-5:30 PM	\$11	205910-02
5/19	Tu	8:00 AM-5:30 PM	\$11	205910-03

Rockies Games 🔶

Note: Fee includes ticket. Non-refundable 4 weeks prior to game date.

Vs. White Sox	(
4/29	W	10:30 AM-6:30 PM	\$43	205901-01
vs. Reds				
5/10	Su	10:30 AM-6:30 PM	\$43	205901-02
vs. Dodgers				
5/28	Th	10:30 AM-6:30 PM	\$43	205901-03

[OUT TO LUNCH] 🚺 ●

A trip out to lunch with friends. Note: Lunch cost is on your own.

Mike O'Shays, Longmont

Celebrate St. Patrick's Day at Mike O'Shays. Traditional St. Patrick's Day fare will be on the menu; including corn beef and cabbage, shepherd's pie, and fish and chips.

3/11	W	10:30 AM-3:00 PM	\$21	205930-01
3/12	Th	10:30 AM-3:30 PM	\$21	205930-02

Poppy's, Estes Park

Riverfront dining with pizza, burgers, and sandwiches on the menu.

4/28 Tu 10:30 AM-3:00 PM \$21 205930-03

Mo'Betta Gumbo, Loveland

Taste southern hospitality in every dish at this southern comfort food and seafood re staurant.

5/7	Th	11:00 AM-3:00 PM	\$21	205930-04

[SUNDAY SURPRISE OUT TO LUNCH] 🚺 ●

Head somewhere in the specified area for lunch at a surprise restaurant and enjoy a day out of the house. Note: Lunch cost on your own.

Greeley				
3/29	Su	11:00 AM-3:00 PM	\$21	205932-01
Lafayette				
4/19	Su	11:00 AM-3:00 PM	\$21	205932-02
Loveland				
5/17	Su	11:00 AM-3:00 PM	\$21	205932-03

[TRAVELING GOURMET] •

Get fancy for dinner and try gourmet Colorado cuisine. Note: Dinner cost on your own.

Chimney Park, Windsor

Merging the refined elements of fine dining with a feeling of accessibility and simplicity, owner and chef, Jason Shaeffer, and staff, pride themselves on relationships with local producers and the ability to provide delicious dishes using only the freshest, seasonal ingredients.

3/5	Th	4:30-9:30 PM	\$26	205940-01
3/5	In	4:30-9:30 PM	\$26	205940-0

1914 House, Niwot

Sustainable-grown ingredients all prepared from scratch. Diverse mix of offerings from steak and sea food to vegetarian dishes.

4/9	Th	4:00-9:30 PM	\$26	205940-02

The Bent Fork, Loveland

Award winning menu featuring homemade soups, sauces and marinades for a variety of traditional favorites. Salmon, stuffed pork chops, and buffalo pot roast are just a few of the unique menu items.

5/26 Tu 4:30-9:00 PM \$26 205940-

MARCH

Tribute to John Denver, Johnstown •

Chris Collins and Boulder Canyon pay tribute to the great John Denver. Note: Fee includes ticket and dinner. Non-refundable after 2/10.

Location: Candlelight Dinner Theater

3/10	Tu	4:30-9:30 PM	\$80	205942-01

Celtic Obsession Show, Denver •

One of Denver's best annual St. Patrick's Day celebrations. Brass, bagpipes, hammered dulcimer, penny whistle, guitar, voice and some of the best Irish and Highland dancing in town. Note: Fee includes ticket. Bring a snack/meal to enjoy on the van. Non-refundable after 2/27

Location: Newman Center for the Performing Arts					
3/15	Su	12:30-6:30 PM	\$91	205920-01	

Stranahan's Whiskey Tour, Denver 🚺 🗖

Learn about the fascinating history of Stranahan's, their ingredients and the process that makes Stranahan's so unique. Samples of three American Single Malt Whiskeys will be offered. Note: Lunch cost is on your own.

National Oceanic and Atmospheric Administration, Boulder 🔘 = Learn about the various research divisions of the National Oceanic

and Atmospheric Administration, as well as the National Weather Service Forecast Office. Note: Lunch cost is on your own.

3/24	Tu	8:30 AM-3:30 PM	\$36	205923-01

APRIL

Pepsi Center Tour, Denver 🚺 🔶

See where the Denver Nuggets, Colorado Avalanche, and Colorado Mammoth call home. Get a behind the scenes look at this world-class sports and entertainment arena. Note: Lunch cost on your own.

4/1	W	8:30 AM -3:30 PM	\$42	205924-01

NW	Denotes no web registration for program	
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Denotes program/activity has special membership pricing

Nuggets vs. Utah Jazz 🚺 🔶

Come cheer on the Denver Nuggets as they play the Utah Jazz. Seats are in the upper corner so bring binoculars, enjoy the ambiance, and experience the crowd. Note: Bring snack/meal to eat on the bus. Fee includes ticket. Non-refundable after 3/5.

Lucky Three Ranch, Loveland 🚺 💻

Home of Meredith Hodges (daughter of Charles Shultz) and her Champion Mules and Donkeys. Meet the equines, from saddle mules to the minis. Experience the life-sized bronze sculptures of the Loveland Longears Museum and Sculpture Park. Note: Lunch cost on your own.

4/8 W 9:00 AM-3:30 PM \$45

Curtains, Johnstown •

A classic who-done it musical. The entire cast and crew are suspects. Enjoy a hilarious journey for both performers and the audience. Note: Fee includes ticket and dinner. Non-refundable after 3/22/19.

Location: Candlelight Dinner Theater				
4/22	W	4:30-9:30 PM	\$80	205927-01

MAY

Always, Patsy Cline, Johnstown •

Based on the true story of Patsy Cline's friendship with Houston housewife, Louise Seger. Filled with unforgettable country hits. Note: Fee includes ticket and dessert only. Non-refundable after 4/3.

Location: Candlelight Dinner Theater				
5/3	Su	5:00-9:30 PM	\$70	205928-01

Morning Fresh Dairy, Bellevue 🚺 🔶

Learn about local farming and what it means for the community at a fifth-generation family dairy and enjoy the beautiful countryside the cows call home. Note: Lunch cost on your own.

5/6	W	9:15 AM-2:30 PM	\$21	205929-01
J/0	v v	J.IJ AN 2.JUTN	ΨZI	203323 01

Virginia Dale Stage Station, Virginia Dale 🚺 💻

Virginia Dale is a ghost town located in the northern part of Larimer County, about 45 miles northwest of Fort Collins, and just about four miles south of the Wyoming border on US Highway 287. The old Overland Trail Stage Station is listed on the National Register of Historical sites. Note: Catered box lunch included. Note any dietary restrictions upon registration.

5/13 W 8:0	0 AM-3:30 PM \$41 205931-01
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Lion King, Denver 🗖

Winner of six Tony Awards, including Best Musical, The Lion King brings together the awe-inspiring visual artistry, the unforgettable music, and the uniquely theatrical storytelling of this Broadway spectacular. Note: Bring a snack/lunch to enjoy on the van. Fee includes ticket.

Location: Denver Center for Performing Arts

5/14 Th 4:30-11:00 PM 5	\$115	205949-01
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SPRINGTIME IN BRANSON JUNE 7 - 13, 2020

New Jersey Nights • Clay Cooper • The Blackwoods • Noah - The Bible Comes Alive • Six • Rick Thomas Illusionist "Mansioin Of Dreams" • Hot Rods And High Heels • #1 Hits Of The 60'S • Grand Country Jubilee • The Yellow Brick Road & Wizard Of Oz Museum • 16 Meals & 9 Shows

\$1169 Double/\$1469 Single/\$1099 Triple

CLICKETY CLACK TO THE RUINS & BACK

JUNE 20 - 25, 2020

Royal Gorge Murder Mystery Dinner Train The Silverton-Durango Narrow Guage The Cumbre-Toltec Narrow Guage • Mesa Verde • Royal Gorge Park, Bridge & Tram 2 nights in Historic Old Town Durango Pagosa Springs Hot Mineral Pools Wine Tasting at the acclaimed Abbey Winery 10 Meals

\$1299 Double/\$1699 Single/\$1249 Triple

RevaltyExcursions.com 970-222-5115 www.RoyaltyExcursions.com SPACE LIMITED - CALL TODAY!

Dinosaur Ridge, Morrison 🚺 🗖

Tour sites where over 300 footprints were left by several dinosaurs. The Dinosaur Bone Quarry has dinosaur bones embedded in sandstone. Stegosaurus, Colorado's State Fossil, was first discovered here in 1877. Note: Lunch cost on your own.

The Golden Girls Show, A puppet parody, Denver

Devoted fans fondly remember four girls from Miami, and for the first timers, this will be a joyful introduction to the brilliance of the beloved television series. Note: Bring a meal/snack to enjoy on the van. Non-refundable after 4/24.

Location: Garner Galleria

5/24	Su	Noon-6:00 PM	\$76	205951-01	
_	- •				

Denver Zoo 🚺 🔺

The Denver Zoo spans 75 acres and is home to more than 4,000 animals including rare Amur Leopards, okapi, black rhinoceros, elephants and orangutans. Live feeding demonstrations will take place throughout the day. Note: Fee includes admission. Lunch cost on your own.

5/27	W	8:30 AM-4:00 PM	\$56	205952-01

50+

All 50+ programs are for ages 50 years & up and held at the Fort Collins 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
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Membership 50+

Membership 50+ is \$30 annually. Programs with special membership pricing are noted throughout the Recreator with **W** Additional discounts do not apply on membership programs. If no fee is listed for a membership program, the program is exclusive to Membership 50+. Membership 50+ 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 Outdoor Recreation clubs. For more information, see page 70.

Notary service.

CLUBS & ORGANIZATIONS

C.H.A.T. (Crafts Hobbies Arts Time) 🚥

For more information about C.H.A.T., see page 27.

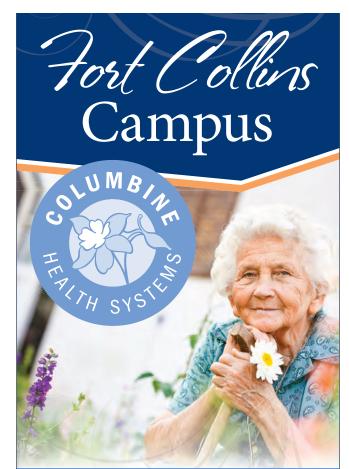
Donut Make U Wonder 🚺 🖤

F

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

10:00-11:00 АМ No Fee



Serving the Fort Collins community with a complete campus

BLOOM AT HOME CENTRE AVENUE HEALTH & REHAB COLUMBINE MEDICAL EQUIPMENT COLUMBINE PATIO HOMES COLUMBINE POUDRE HOME CARE COLUMBINE WEST HEALTH & REHAB NEW MERCER COMMONS THE WORTHINGTON THE WINSLOW POUDRE INFUSION THERAPY

columbinehealth.com

It Matters that We Care!™

Fort Collins Senior Center Friends is a private nonprofit 501c3 organization. The group supports and enhances the use and enjoyment of the Fort Collins Senior Center through public relations, socializing, fundraising, and advocacy. Meetings are four times per year. Annual membership fees are \$10. For more information contact *fcscfriends@gmail.com.*

Front Range Forum

Front Range Forum serves the residents of Northern Colorado's front range who are intellectually curious and dedicated to enrichment of daily lives through life-long education. Participants facilitate classes for each other by conducting short term presentations and informal discussions on a variety of topics. Additional one day classes, movies, and trips are offered each quarter. For more information visit *frontrangeforum.org.*

3/1-5/31	M-F	\$14	207410-01

Older Gay Lesbian Bisexual Transgender (OGLBT) 🖤 🖤

Join the social networking group for monthly get togethers. Meetings occur to plan future events and activities. For more information contact Katie Stieber at 970.224.6029, *kstieber@fcgov.com.*

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 nine members 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 Fort Collins Senior Center and play chess with other members. Some chess boards available; members 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
engenig	164/1	

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, hemond@forgev.com Note: Practice not held on third Mandau of the

bemond@fcgov.com. Note: Practice not held on third Monday of the month.

 Ongoing
 M
 9:30–11:00 AM
 No Fee

Denotes no web registration for program

Denotes program/activity has special membership pricing

NW

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. Meetings are held monthly.

3/24, 4/28, 5/26	Tu	1:00-3:00 PM	\$12	212410-01	

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 ам-Noon	No Fee	
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CARDS & GAMES

Note: \$5 non-member drop-in option available for member games and billiards.

Bingo 🚺 🖤

Compete in bingo for prizes.

3/09, 4/13, 5/11 M 1:00-2:00 PM No Fee

Bunco 🚺

Take a turn rolling the dice at this popular parlor game. Note: Non-members pay \$5 drop-in fee.

Age: 18 years & up

J				
3/13	F	9:30 -12:00 PM	No Fee	212100-01
3/27	F	9:30 -12:00 PM	No Fee	212100-01
4/10	F	9:30 -12:00 PM	No Fee	212100-01
4/24	F	9:30 -12:00 PM	No Fee	212100-01
5/01	F	9:30 -12:00 PM	No Fee	212100-01
5/15	F	9:30 -12:00 PM	No Fee	212100-01
5/29	F	9:30-12:00 PM	No Fee	212100-01

Cards & Games 🚺 🖤

Age: 18 years & up

Ongoing	All Games	М	9:00 AM-Noon	No Fee
Ongoing	Party Bridge	Т	12:30-4:00 PM	No Fee
Ongoing	Pinochle	Т	12:30-4:00 PM	No Fee
Ongoing	Mahjong	Т	1:00-4:00 PM	No Fee
Ongoing	All Games	W	12:30-4:00 PM	No Fee
Ongoing	Party Bridge	Th	5:00-8:00 PM	No Fee
Ongoing	Pinochle	F	12:30-4:00	No Fee

[BRIDGE]

BRIDGE DROP-IN PLAY

Bridge Mentoring 🚺 🖤

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	

Duplicate Bridge 🚺

Weekly drop-in duplicate bridge for companionable play. No partner required. Note: Member discount does not apply for drop-in.

3/6-5/29 F Noon-4:00 PM \$44	112420-01
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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 a 30-minute overview of teaching points, play eight pre-set hands each session, and review specific analysis for each hand.

Registration includes supplies for all programs except Bridge 7, More Advanced Conventions.

Courses taught by ACBL certified life-master teacher.

Bridge R2, Bidding 🚺

Learn the language of bidding with a partner to use in competitive action against opponents to determine a final contract. Focus on Suit and Notrump opening bids, overcalls, responses, rebids, and Stayman convention. Prerequisite: Bridge R1 or instructor approval. Note: Class will not be held on 3/25, 4/22.Age: 18 years & up

5/4 - 5/20 W IZ.50-5.50 PM \$59 IIZ4	12:30-3:30 PM \$59 112465-01	W	3/4 – 5/20
--------------------------------------	------------------------------	---	------------

Bridge 4, Defense M

Add Negative Double convention in competitive bidding. Improve skills as Defender to defeat Declarer through opening leads against Notrump and suit contacts, third hand and second hand play, defensive signals and developing defensive tricks. Prerequisite: Bridge 3, or instructor approval.

Age: 18 years & up

3/17-5/12	Tu	5:30-8:30 PM	\$134	213463-01

Bridge 7, More Advanced Conventions 🚺

Add conventions to bidding language beyond SAYC: New Minor Forcing, Inverted Minors, Cappelletti, DON'T, Bergen, DOP/ROPI/ DEPO, Puppet Stayman, 4-suit transfers. Prerequisite: Bridge 5, Commonly Used Conventions or instructor approval.

Age: 18 years	s & up				
3/19-5/21	Th	1:30-4:30 PM	\$149	212461-01	_

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 at the Fort Collins Senior Center. See page 45 for a full list of Active Minds programs.



Curiosity Never Retires

Attend lectures and venture out on group learning excursions. Discuss ideas, collaborate, and make lasting friendships in a local community of inquisitive minds.

Spring 2020 registration opens January 3.

COLORADO STATE UNIVERSITY

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 six 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.

The fitness classes listed below are specific for ages 50 years & up. See page 58 for information on additional fitness classes and personal training services.

Drop-in Policy

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

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. Note: Class will not be held on 5/25.

3/2-3/27	M.W.F	8:50-9:50 AM	\$49	209415-01
3/30-4/24	M,W,F	8:50-9:50 AM	\$49	209415-02
4/27-5/29	M,W,F	8:50-9:50 AM	\$57	209415-03

Back & Body Strength, 2x/Week

3/2-3/25	M,W	8:50-9:50 AM	\$33	209415-1A
3/30-4/22	M,W	8:50-9:50 AM	\$33	209415-2A
4/27-5/27	M,W	8:50-9:50 AM	\$37	209415-3A

Body & Mind in Motion

Designed for adults with physical limitations, participants perform a variety of arm and leg movements while sitting in chairs. Note: Class will not be held on 5/25.

3/2-3/27	M,W,F	10:00-10:55 AM	\$49	209416-01
3/30-4/24	M,W,F	10:00-10:55 AM	\$49	209416-02
4/27-5/29	M,W,F	10:00-10:55 AM	\$57	209416-03

Body & Mind 2x/Week

	,			
3/2-3/25	M,W	10:00-10:55 AM	\$33	209416-1A
3/30-4/22	M,W	10:00-10:55 AM	\$33	209416-2A
4/27-5/27	M,W	10:00-10:55 AM	\$37	209416-3A

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.

3/9-4/29	M,W	2:30-3:30 PM	\$21	209417-01

Balance 201

Practice techniques and work to develop body awareness, methods, and confidence in facing challenging balance issues. Just like strength improves with practice, so can balance.

3/5-3/26	Th	1:15-2:15 PM	\$17	209418-01
4/2-4/23	Th	1:15-2:15 PM	\$17	209418-02
4/30-5/28	Th	1:15-2:15 PM	\$21	209418-03

Parklane Fitness

Improve flexibility, strength, coordination, and cardiovascular fitness all while seated in a chair.

Location: Parklane	Towers North	. 415 S.	Howes St.

3/3-3/26	Tu,Th	9:30-10:30 AM	\$33	209419-01
3/31-4/23	Tu,Th	9:30-10:30 AM	\$33	209419-02
4/28-5/28	Tu,Th	9:30-10:30 AM	\$41	209419-03

Swiss Theraball

Enjoy gentle, effective, low-impact exercise on a Theraball. Improve balance, endurance, flexibility, and strength with this relaxing routine. Theraballs provided.

3/5-3/26 Th 2:30-3:30 PM \$17 209420-01

Swiss Theraball continued

4/2-4/23	Th	2:30-3:30 PM	\$17	209420-02
4/30-5/28	Th	2:30-3:30 PM	\$21	209420-03

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 as well as the quality of life.

3/6-3/27	F	3:00-4:00 PM	\$17	209421-01
4/3-4/24	F	3:00-4:00 PM	\$17	209421-02
5/1-5/29	F	3:00-4:00 PM	\$21	209421-03

Tai Chi for Arthritis II

Designed for those with or without Arthritis and are looking for a challenge. Prerequisite: Tai Chi for Arthritis I.

3/6-3/27	F	Noon-1:00 PM	\$17	209422-01
4/3-4/24	F	Noon-1:00 PM	\$17	209422-02
5/1-5/29	F	Noon-1:00 PM	\$21	209422-03

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.

3/3-3/24	Tu	12:15-1:00 PM	\$13	209430-01
3/31-4/21	Tu	12:15-1:00 PM	\$13	209430-02
4/28-5/26	Tu	12:15-1:00 PM	\$16	209430-03
3/5-3/26	Th	12:15-1:00 PM	\$13	209430-01
4/2-4/23	Th	12:15-1:00 PM	\$13	209430-02
4/30-5/28	Th	12:15-1:00 PM	\$16	209430-03

[SILVERSNEAKERS]

For more information about SilverSneakers, inquire at the front desk of the Fort Collins Senior Center or Northside Aztlan Community Center. 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. Note: Class will not be held on 5/25.

or Center			
Tu,Th	10:10-10:55 AM	\$25	209423-01
Tu,Th	10:10-10:55 AM	\$25	209423-02
Tu,Th	10:10-10:55 AM	\$31	209423-03
Sa	10:30-11:15 AM	\$13	209423-04
Sa	10:30-11:15 AM	\$13	209423-05
Sa	10:30-11:15 AM	\$16	209423-06
hside Aztlan	Center		
M,W	11:00-11:45 AM	\$25	209514-01
M,W	11:00-11:45 AM	\$25	209514-02
M,W	11:00-11:45 AM	\$28	209514-03
	Tu,Th Tu,Th Tu,Th Sa Sa Sa hside Aztlan M,W M,W	Tu,Th 10:10-10:55 AM Tu,Th 10:10-10:55 AM Tu,Th 10:10-10:55 AM Sa 10:30-11:15 AM Maximum Center M M,W 11:00-11:45 AM M,W 11:00-11:45 AM	Tu,Th 10:10-10:55 AM \$25 Tu,Th 10:10-10:55 AM \$25 Tu,Th 10:10-10:55 AM \$31 Sa 10:30-11:5 AM \$13 Sa 10:30-11:15 AM \$13 Sa 10:30-11:15 AM \$16 hside Aztlan Center M,W \$25 M,W 11:00-11:45 AM \$25

Circuit SilverSneakers

Move through a series of exercises in a circuit format to improve cardiovascular endurance as well as muscular strength and endurance. Note: Class will not be held on 5/25.

3/2-3/27	M,W,F	1:00-1:45 PM	\$37	209424-01
3/30-4/24	M,W,F	1:00-1:45 PM	\$37	209424-02
4/27-5/29	M,W,F	1:00-1:45 PM	\$43	209424-03

EnerChi SilverSneakers

Combine modified tai chi forms and qigong exercises to promote wellness. Purposeful movement performed with awareness and focused breathing cultivates a strong, balanced body and a calm mind.

3/3-3/26	Tu,Th	4:00-4:45 PM	\$25	209435-01
3/31-4/23	Tu,Th	4:00-4:45 PM	\$25	209435-02
4/28-5/28	Tu,Th	4:00-4:45 PM	\$31	209435-03

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.

Splash SilverSneakers, Advanced

3/3-3/26	Tu,Th	12:15-1:15 PM	\$33	209425-01
3/31-4/23	Tu,Th	12:15-1:15 PM	\$33	209425-02
4/28-5/28	Tu,Th	12:15-1:15 PM	\$41	209425-03

Splash SilverSneakers, Beginner

3/3-3/26	Tu,Th	1:20-2:20 PM	\$33	209425-04
3/31-4/23	Tu,Th	1:20-2:20 PM	\$33	209425-05
4/28-5/28	Tu,Th	1:20-2:20 PM	\$41	209425-06

Stability SilverSneakers

Become stronger and improve balance. Designed for fall prevention and suitable for all fitness levels. Exercise is adapted depending on the skill of participants. A chair may be used for balance and support.

3/6-3/27	F	2:00-2:45 PM	\$13	209426-01
4/3-4/24	F	2:00-2:45 PM	\$13	209426-02
5/1-5/29	F	2:00-2:45 PM	\$16	209426-03

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. Note: Class will not be held on 5/25.

3/2-3/25	M,W	4:10-4:55 PM	\$25	209427-01
3/30-4/22	M,W	4:10-4:55 PM	\$25	209427-02
4/27-5/27	M,W	4:10-4:55 PM	\$28	209427-03
3/3-3/26	Tu,Th	11:10-11:55 AM	\$25	209427-04
3/31-4/23	Tu,Th	11:10-11:55 AM	\$25	209427-05
4/28-5/28	Tu,Th	11:10-11:55 AM	\$31	209427-06
3/7-3/28	Sa	11:15 AM-Noon	\$13	209427-07
4/4-4/25	Sa	11:15 AM-Noon	\$13	209427-08
5/2-5/30	Sa	11:15 AM-Noon	\$16	209427-09

[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.

3/2-3/23	М	8:30-9:30 AM	\$17	209428-01
3/30-4/20	М	8:30-9:30 AM	\$17	209428-02
4/27-5/18	М	8:30-9:30 AM	\$17	209428-03

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.

3/5-3/26	Th	1:30-2:30 PM	\$17	209429-01
4/2-4/23	Th	1:30-2:30 PM	\$17	209429-02
4/30-5/28	Th	1:30-2:30 PM	\$21	209429-03

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: Edd	ora Pool	Ice Center
3/4-5/20	W	9:15-10:45 AM

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 Fort Collins 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: Northside Aztlan Community 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 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, and holiday themed parties. 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. Participation in quarterly programs not required if attending lunch only.

Age: 60 years and up Location: Northside Aztlan Center

Ongoing	T, Th	11:00 AM-1:00 PM	\$75	212500-01	
Monthly sche	edule:				
Week 1		Bingo & Guest S	Speaker		
Week 2		Exercise & Craft/Holiday Party			
Week 3		Memory Café &	Movie		
Week 4		Exercise & Craft	t		

VOA Senior Nutrition Program

Ongoing

T, Th \$2.50 suggested donation

Coffee with Bob 🚥

Grab a cup of coffee with Recreation Director, Bob Adams. Coffee provided. Bring thoughts and questions for discussion.

3/25	W	9:30-10:30 AM	No Fee	
4/22	W	9:30-10:30 AM	No Fee	
5/27	W	9:30-10:30 AM	No Fee	

Movies, New Release, & Classics 🚺 🖤

Movie showings of new releases and classics. Schedule of movie titles available at the registration desk.

3/06	F	1:00-3:00 PM	No Fee	
3/20	F	1:00-3:00 PM	No Fee	
4/03	F	1:00-3:00 PM	No Fee	
4/17	F	1:00-3:00 PM	No Fee	
5/01	F	1:00-3:00 PM	No Fee	
5/15	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. Tickets may be purchased in advance.

Pepie (Potluc	k)		
3/2	М	7:00-10:00 PM	\$6
Davy and the	Honkib	illy Heros (St. Patrick's Day	y Dance)
3/16	М	7:00-10:00 PM	\$6
Harris and Ha	irris		
4/6	М	7:00-10:00 PM	\$6
Just Us (Scot	tish Dan	ice, plaid theme)	
4/20	М	7:00-10:00 PM	\$6
Big Twang Th	eory (P	otluck)	
5/4	М	7:00-10:00 PM	\$6
Davy and the	Honkib	ily Heros (Western Dance))
5/18	М	7:00-10:00 PM \$6	

Sing Along/Jam Session 🚺

Guitar, banjo, uke players, and singers meet for fun, enjoyment, and education. All levels welcome. Songs, song sheets, and basic chord and strumming suggestions provided.

3/19, 4/16, 5/21 Th 3:00-5:00 PM No Fee

SPECIAL EVENTS

Celebrate Older American's month this May at the 2D art show showcasing work of those 50 years & older. For more information see page 76.

History Hour: Women of the Frontier

Women have been largely bypassed by history, even though the frontier West would never have been civilized without them. Learn about amazing womenwho each has a unique, fascinating story to tell. Light appetizers served after presentation. Space is limited to 150.

Age: 18 years and up

	3/19	Th	4:00-5:30 PM	\$11	212440-01
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Pool Tournament 🖤

8-ball billiards tournament with prizes for the top three scores. Note: Rules will be reviewed. Snacks and beverages provided.

Age: 18 years & up

3/14	Sa	10:00 AM-3:00 PM	\$16	212421-01



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