Winter registration starts at 7 a.m., November 19

ort Collins

Winter 2020

HEALTH SYSTEMS

Recreators of the Year

Recreator





REDUCED FEE PROGRAM

Reduced fees available for incomequalified participants. Discounted passes and activities! Visit *fcgov.com/reducedfee* for more information.

PROGRAMA DE TARIFAS **REDUCIDAS**

Tarifas reducidas basadas en nivel de ingreso para participantes que reúnan los requistos. Pase de recreación y actividades con descueto. Visite *fcgov.com/reducedfee*

para obtener más información.



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

Winter Fun















WE HAVE YOUR GEAR BROOMFIELD • CHEYENNE • FORT COLLINS LAFAYETTE • LOVELAND • JAXGOODS.COM



Recreators of the Year

see more on pages 44 & 45

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Due to COVID-19 there will be no Trips & Travel this season

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Follow us @ParksandRecFC





Hello, Recreators -

We're several months into a pandemic that has challenged us all on a national and local level. I'm reflecting gratefully on the many ways Recreation has been able to rethink services, open facilities, offer reworked programs and classes, and continue to support the community thanks to the creative and dedicated work of our staff.

From building attendants, to customer service representatives, to those managing operational needs

of programs, to staff wearing many hats such as lifeguards and childcare teachers, the collaborative team in Recreation has truly stepped up to the plate to support the community during this time.

Looking through the Winter Recreator, you will meet four Recreators of the Year who are working to support essential needs in the community, while also taking advantage of Recreation programming and services. We are proud to highlight these individuals working in critical roles such as healthcare, police services, and dive search and rescue, reminding us all what a caring and supportive community we live in.

I remain hopeful about the future related to COVID-19, and ask that we all stay diligent and attentive to our physical, emotional and mental health needs. Please continue to follow recommended best practices both in and out of our recreation facilities including frequent handwashing, wearing your face covering, maintaining physical distance, and staying home if you are sick. We will come through the pandemic, together, and Recreation is eager to continue to support the community along the way.

Whether signing up for a new activity in the Recreator, visiting a favorite facility, getting outside at a public park, or taking a spin on one of the City's trails, I hope you will find a way to recreate this winter that best suits you. We're fortunate to live in a community full of options, and Recreation is here to help you find your next adventure.

Stay well, and we'll see you out there, Recreators!

Bob Adams, Director of Recreation

Sils Clam



Credits

City of Fort Collins Parks and Recreation Board

Catherine Carabetta, Ken Christensen, Mary Carlson, Shari Heymann, Sam Houghteling, Bob Kingsbury, Jessica MacMillan, Michael Novell, Michael Tupa

Recreation Director Bob Adams

Recreation Managers Aaron Harris

Marc Rademacher Community Relations & Marketing Emily Frare Kathryn Gehrke

Valerie Van Ryn
Pagination

Craig Powell

Cover Design Tina Chandler

Cover Photographer Tina Chandler

Contact Information

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

970.221.6655 recreation@fcgov.com

Advertising, Partnerships, & Sponsorships 970.221.6875 recreator@fcgov.com

Bob Adams Recreation Director 970.221.6354 badams@fcgov.com

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

City of Fort Collins

Vision

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

Mission

Exceptional service for an exceptional community.

FROM THE PARKS & RECREATION BOARD

We are fortunate to have over 925 acres of parks, more than 35 miles of paved trails, and 10 recreation facilities in Fort Collins – especially during the hardship of COVID-19.

The Parks Department is dedicated to maintaining public grounds while keeping the community safe. The six main trails in Fort Collins are the Poudre, Spring Creek, Fossil Creek, Power, Mason and Long View trail. These trails are easily accessed and nearly interconnected, allowing users to travel Fort Collins by foot, bike or scooter. You can also enroll to receive trail status notifications online at fcgov.com/parks.

Earlier this year, City Staff had to quickly adapt to reopen recreation facilities with COVID-friendly precautions in place. The Farm at Lee Martinez Park, Edora Pool Ice Center, the Fort Collins Senior Center, Foothills Activity Center, Northside Aztlan Community Center, Club Tico, Pottery Studio and Mulberry Pool have all reopened. In addition to these facilities, the City's three golf courses Collindale, Southridge, and City Park Nine are all open for play. Many parks also have recreational amenities open as well, including tennis and pickleball courts.

During this time, it is important to remember that in order to keep the public safe, facilities have capacity limits, modified hours, and smaller class sizes. If you plan to visit one of the City's recreation facilities, please plan ahead. Check fcgov. com/recreation for facility statuses and hours of operation. Be patient with staff, and remember we're all in this together.

The Parks and Recreation staff have carefully planned and have gone above and beyond the call of duty by continuing to provide these services for our community.

On behalf of the Parks and Recreation Board, I want to say thank you for your hard work!

Shari Heymann, Parks and Recreation Board Member

Schedule your in-person or virtual visit today. Check out one of our nine primary care offices and three urgent care locations across Fort Collins, Loveland, and Windsor.

Hours vary. Visit AFMnoco.com for details.



Here for good.

REGISTERING FOR PROGRAMS

Due to the variability regarding COVID-19 and impacts on our community, registration dates are subject to change. For up-to-date information regarding registration, visit fcgov.com/recreation.

Registration is currently scheduled to begin at 7 a.m. on November 19. Early registration will be available for Senior Center Members at 7 a.m. on November 17.

Registration may not be approved by an instructor or coach. During registration, 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.

At this time, credit cards are the only form of permitted payment. No cash refunds.

YOU CAN REGISTER FOR PROGRAMS IN THREE WAYS:



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.

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 will be applied. 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 meeting of the class 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 at staff's discretion. 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.

REDUCED FEE PROGRAM

Reduced fees are available to participants with limited incomes. Interested persons must apply in person with the Recreation Department and be approved prior to registering for programs.

Applications are available at all recreation facilities; a downloadable version is also available online.

Once approved and 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.

The following programs are excluded from the Reduced Fee Program: adult team sports, tournaments, ticketed events, and private instruction.

For more information visit fcgov.com/reduced fee.

RECREATION FACILITY REGULATIONS

To ensure a safe and welcoming atmosphere, all guests are expected to follow posted Recreation Facility Regulations when visiting City of Fort Collins Recreation facilities.

The regulations are posted at each recreation facility and available online at fcgov.com/recreation/regulations.

COVID-19 Information

The City of Fort Collins is working closely with federal, state, and local public health partners to monitor ongoing changes and developments related to COVID-19. Guests to Recreation facilities should follow all posted signage regarding COVID-19 safety, which will align with guidance provided from public health partners including:

- Maintaining physical distance
- Wearing face coverings
- Frequently washing hands or using sanitizer
- Washing high-touch surfaces
- Staying home if you are sick or exhibiting any symptoms of illness

Visit fcgov.com/eps/coronavirus for additional information regarding the City of Fort Collins' emergency response to COVID-19.

Pool Rules & Guidelines

For a full list of pool rules, please visit fcgov.com/recreation, or view in person at an aquatics facility. Rules are posted in the pool deck area of all recreation aquatic locations.

ADA Disclosure

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 15 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 of program start date.

Disability Resources

For more information contact 970.221.6655, recreation@fcgov.com. Information on personal care attendants can be found on page 15.

Translation & Interpretation/Traduccion e Interpretation

If you require assistance in another language, contact 970.221.6655, recreation@fcgov.com. Esta información

puede ser traducían, sin costo para usted.

BECOME A NATURAL AREAS VOLUNTEER



View volunteer opportunities and apply: fcgov.com/NaturalAreas/volunteers Auxiliary aids and services are available for persons with disabilities.

ADMISSION & PASS FEES

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

Reduced Fees

Available to residents with limited incomes, see page 6 for more information.

MULTI-FACILITY ADMISSION PASS

	25 Admission Pass	1 Month Pass	6 Month Pass	Annual Pass	Platinum Pass	Barnyard Buddy
Youth	\$80	\$25	\$125	\$225	-	-
Adult	\$100	\$35	\$175	\$315	-	-
60+	\$80	\$25	\$125	\$225	-	-
Family/Couple	-	\$56	\$280	\$504	-	\$85
85+	-	-	-	-	FREE	-

25 admissions to use at any of the facilities listed above. Expires one year from the date of purchase

ICE SKATING RATES & RENTALS

	Public Skate Admission	Public Skate Group Admission
Youth	\$4	\$3.50
Adult	\$5	\$4.50
60+	\$4	\$3.50
Skate rental per Drop-in	\$3	\$3

	Freestyle 30 Minute Sessions
10 Admission	\$50
50 Admission	\$125
SingleDrop-in	\$6
Drop-in Stick & Puck	\$5

*Multi-facility pass holders receive \$1 off ice skating single admission.

THE FARM ADMISSION RATES

	Daily Fee
Under 2 years	No Fee
2 years & up	\$4

DEFINITIONS

Youth: 2–17 years of age Adult: 18–59 years of age

60+: 60 years & up

Family/Couple: Two adults and up to two children under 18 years from the same household. Additional children can be added to a pass: monthly basis–\$6 per child; 6 month basis–\$25 per child; annual basis–\$50 per child.

For more information, visit fcgov.com/thefarm..

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

Please note that group rates are not available at this time.

This will be reexamined as physical distancing restrictions change. 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.

RECREATION RESERVE FUND

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 allocated to reserves for future Recreation use. These fees are not discountable.

Recreation Facilities Fort Collins, CO



	CITY PARK POOL	CLUB TICO	EDORA POOL ICE CENTER	THE FARM	FOOTHILLS ACTIVITY	FORT COLLINS SENIOR CENTER	MULBERRY POOL
FACILITIES					CENTER		
Water slide/play features	*						*
Auditorium					A		
Basketball Court					*	*	
Billiards Room							
Catering Kitchen		*				*	
Dance Floor		X	A				
Diving			*				*
Elevator		×	*		×		*
Family Changing Room			*			*	*
Fitness/Dance Rooms				4	\star	★	
Gift Shop				*			
Gymnasium					\star		
Health & Wellness Center						*	
lce Rink			\star				
Kilns							
Kitchen		\star				\star	
Lazy River	*						
Library						\star	
Locker Rooms	*		\star		*	*	*
Lounge						*	
Meeting Space		*	*	*	*	*	*
Museum				\star			
Open Curly Slide	*						
Pickleball Courts					\star	★	
Pony Rides				*			
Pro Shop						*	
Racquet Courts							
Skate Park			*				
Spectator Seating			\star				\star
Stage		\star				*	
Studio Space						*	
Swimming	\star		*			*	\star
Track						*	
Wading Pool			\star				\star
Weight/Cardio Equipment					*	*	
WIFI			\star		\star	*	\star



CITY PARK POOL

1599 City Park Dr. • 970.224.6363 • fcgov.com/cityparkpool Closed

CLUB TICO

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

EDORA POOL ICE CENTER

1801 Riverside Ave. • **970.221.6683** • *fcgov.com/epic* **M-F** 5:30AM-6PM Sa 8AM-6PM Su Closed See website for pool and ice hours.

THE FARM

600 Sherwood St. • 970.221.6665 • *fcgov.com/thefarm* Sept 1–Oct 31: W-Sa 11ам – Зрм Su Noon – 4рм Nov 1– March 31: W–Sa 10ам – 4рм Su Noon – 4рм

FOOTHILLS ACTIVITY CENTER

(Programs available for all ages, with primary focus on youth) **241 E. Foothills Pkwy. • 970.416.4280 • fcgov.com/foothillsactivitycenter M-F** 8 AM - 10 AM and 4 PM - 8 PM **Sa** 8 AM - 3 PM **Su** Closed

FORT COLLINS SENIOR CENTER

(Programs available for 18+, with primary focus on 50+) **1200 Raintree Dr. • 970.221.6644 • fcgov.com/seniorcenter М-Тh** 6Ам-7РМ **F** 6Ам-5РМ **Sa-Su** Closed Pool currently closed.

MULBERRY POOL

424 Mulberry St. • 970.221.6657 • *fcgov.com/mulberrypool* **M-F** 5:30AM-10AM & 2-6PM **Sa** 8AM-5PM **Su** Closed

NORTHSIDE AZTLAN COMMUNITY CENTER

112 E. Willow St. • 970.221.6256 • *fcgov.com/northside* **M-F** 8ам-7рм **Sa** 8ам-5рм **Su** 11 а.т. - 5 р.т.

THE POTTERY STUDIO

1541 Oak St. • 970.221.6644 • fcgov.com/potterystudio

ROLLAND MOORE RACQUET COMPLEX

2201 S. Shields • 970.493.7000 • fcgov.com/racquet-complex For information about Pro Shop hours, visit *lewistennis.com*. Racquet courts adhere to park hours.

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

Looking for golf? Visit fcgov.com/golf

FORT COLLINS MUSEUM OF DISCOVERY PRESENTS



Let's talk about speaking up.

The *Mental Health: Mind Matters* exhibit aims to build greater understanding of the importance of mental health and create a safe space for meaningful conversations about mental illness. *Free admission! Presented in English, Español and Français.*

OCTOBER 3 - JANUARY 10

Exhibit and Admission are made possible with generous support from:









408 Mason Court 970.221.6738 fcmod.org





FORT COLLINS **CONNEXION**

YOUR COMMUNITY-DRIVEN AND **COMMUNITY-OWNED FIBER NETWORK!**

- Blazing-fast Gigabit speed internet only \$59.95 per month
- 🔇 Affordable, reliable home phone
- Live TV, sports, On Demand and all your favorite shows!



NO DATA CAPS! NO CONTRACTS! NO INSTALL FEES!

LEARN MORE & SIGN UP FOR NOTIFICATIONS AT FCCONNEXION.COM



Mulberry and EPIC Pools are



STAY ACTIVE THIS WINTER WITH OUR AQUATICS PROGRAMS

Learn to Swim Kayak Roll, Stand Up Paddle Board, and more!

Visit *fcgov.com/recreation* for more information.



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, or other support need, requests should be made two weeks prior to program start date.

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. Personal care is not provided in these programs, but attendants are welcome. See section below on Attendants.

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. Fill out your Passport to Recreation profile at fcgov.com/aro.

Attendants

Individuals who are not independent in activities of daily living 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 events or being a weekly inclusion support partner, volunteers are always needed to help support individuals in the ARO program. To apply, visit engage.fcgov.com/d/aroor contact Becca Heinze at bheinze@fcgov.com.

Contact Information

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

Becca Heinze, M.Ed., CTRS, 970.224.6125, bheinze@fcgov.com Brenda McDowell, CTRS, 970.416.2024, bmcdowell@fcgov.com Sarah Olear, CTRS, 970.224.6028, solear@fcgov.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
Heart & Soul Paratransit	970.690.3338

SOCIAL PROGRAMS

Bowling

Strike it big while bowling with others. All levels welcome. Note: Fee includes two games per person each week and shoe rental.

Age: 16 years & up

Location: Chippers Lanes North, 830 N. College	Ave.
--	------

2/6-3/6	Sa	12:30-1:30 PM	\$46	102906-01

Broncos Half Time Party

Cheer on the Denver Broncos from the comfort of your home, then check in with friends to chat about the game and play interactive games during a halftime virtual Zoom meeting.

Age: 16 years & up

Location: Virtual

12/13	Su	10:30-11:00 AM	\$3	102927-01

Dinner & a Movie

Bring your own dinner to enjoy after watching a movie with friends.

Age: 16 years & up

Location: Senior Center

11/30	М	4:00-6:30 PM	\$10	102404-01
1/14	Th	4:00-6:30 PM	\$10	102404-02
2/3	W	4:00-6:30 PM	\$10	102404-03

Holiday Night Out

Enjoy a festive evening with friends at The Farm at Lee Martinez Park in honor of the holidays.

Age: 16 years & up Location: The Farm

12/16	W	5:00-7:00 PM	\$14	102320-01	

AQUATICS

Adaptive Swim Lessons

ARO aquatics specialists can support individuals in group lessons using adaptive techniques based on individualized goals. See page 19 and register for youth, teen, or adult swim lessons. Note: Contact ARO staff to schedule a swim assessment two weeks prior to lesson start date.

Aqua Fitness

Workout Partners Program offers either land or water based workout support. ARO aquatics specialists can support individuals in group aqua fitness. See page 17 to register. Note: Contact ARO staff to schedule two weeks prior to class start date.

A
N

Classes in which adults are required to attend

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

ARTS & CRAFTS

Artistic Abilities Art Club

Create unique art pieces in 2D and 3D formats. All abilities welcome; Individual adaptations offered. Note: Complete up to four unique pieces to share with your loved ones in the Holiday Gift Making session.

Age: 16 years & up Location: Senior Center

Holiday Gift Making

12/3-12/17	Th	4:00-5:30 PM	\$58	102990-01
Artistic Abili	ties Art Club			
2/4-2/25	Th	4:00-6:00 PM	\$58	102990-02

EDUCATION

Adaptive Cooking

Learn how to cook tasty food and gain positive eating habits. Small groups will cook together, set the table, then sit down to sample the finished product.

Age: 16 years & up Location: Senior Center

Holiday Treats

nonuuy neuts					
12/9	W	5:00-6:30 PM	\$15	102401-01	
Tapas					
1/21	Th	5:00-6:30 PM	\$15	102401-02	
Tuscan					
1/27	W	5:00-6:30 PM	\$15	102401-03	
Mediterranean					
2/10	W	5:00-6:30 PM	\$15	102401-04	
Small bites					
2/17	W	5:00-6:30 PM	\$15	102401-05	

FITNESS

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.

Age: 18 years & up Location: Virtual

Adaptive Yoga, Standing

1/12-2/16	Tu	3:00-3:45 PM	\$40	102980-01
Adaptive Yoga	i, Chair			
1/12-2/16	Tu	2:00-2:45 PM	\$40	102980-04

FLEXibility

Strengthen and stretch the body to maintain or improve strength and flexibility from the comfort of your home, office, backyard, in your bed or chair. Note: Chair, yoga ball, resistance bands, weights/cans of food, mat, block or books are optional for added strengthening.

FLEXibility continued

Age: 18 year Location: Vir	•	
1/14-2/18	Th	Noon-12:45 PM

Work Out Partners

Over the course of 10 weeks, participants are assigned a workout partner to exercise with for one hour, once per week at one of the City's Recreation Facilities. Schedules are created amongst partners. Participant exercise plans and goals are created and overseen by a CTRS/Certified Personal Trainer.

\$39

102982-02

Age: 16 years & up Location: Senior Center

Program Informational Meeting

2/11	Th	5:30-6:30 PM	\$42	102585-01

UNIFIED SPORTS

Adult Basketball

Unified teams get together to shoot hoops during practice and games. Note: Teams are scheduled for one hour of practice/games, within program time frame.

Age: 16 years & up Location: TBA

Competitive Division				
1/9-3/13	Sa	3:30-7:30 PM	\$26.50	102751-01
Co-ed Recreational				
1/9-3/13	Sa	3:30-7:30 PM	\$26.50	102751-03
Individual Skills				
1/9-3/13	Sa	3:30-4:30 PM	\$19	102751-04

Junior Basketball

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

Age: 8-15 years

Location: TBA

Single Child						
1/12-2/23	Tu	4:30-5:30 PM	\$24	102552-01		
Multiple Children of same family						
1/12-2/23	Tu	4:30-5:30 PM	\$38	102552-02		

Panthers Adaptive Cheer & Dance

Individuals with or without special needs experience cheer and dance together as one Unified Team. Then, perform throughout the winter in the Fort Collins area. Note: Panther shirts, \$15. Class will not be held on 3/16.

Age: All

Location: Club Tico

1/5-2/9	Tu	5:50-7:00 PM	\$49	102987-01
2/16-3/30	Tu	5:50-7:00 PM	\$49	102987-02

AQUA FITNESS

Aqua Fitness classes require a minimum number of seven 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 8.

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

Location: Mulberry Pool

11/30-12/30	M,W,F	8:00-9:00 AM	\$53	100412-01
1/4-1/29	M,W,F	8:00-9:00 AM	\$49	100412-02
2/1-2/26	M,W,F	8:00-9:00 AM	\$49	100412-03

Twinges

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

Age: 18 years & up I ocation: FPIC

11/30-12/30	M,W,F	8:30-9:30 AM	\$53	100314-01
1/4-1/29	M,W,F	8:30-9:30 AM	\$49	100314-02
2/1-2/26	M,W,F	8:30-9:30 AM	\$49	100314-03
11/30-12/30	M,W,F	9:30-10:30 AM	\$53	100314-04
1/4-1/29	M,W,F	9:30-10:30 AM	\$49	100314-05
2/1-2/26	M,W,F	9:30-10:30 AM	\$49	100314-06

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: EPIC

11/30-12/30	M,W,F	12:15-1:15 PM	\$53	100416-01
11/30-12/30	M,W,F	1:15-2:15 PM	\$53	100416-04
1/4-1/29	M,W,F	12:15-1:15 PM	\$49	100416-02
1/4-1/29	M,W,F	1:15-2:15 PM	\$49	100416-05
2/1-2/26	M,W,F	12:15-1:15 PM	\$49	100416-03
2/1-2/26	M,W,F	1:15-2:15 PM	\$49	100416-06

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: Mulberry Pool

11/30-12/30	M,W,F	9:00-10:00 AM	\$53	100424-01
12/1-12/29	Tu,Th	4:00-5:00 PM	\$41	100424-04
1/4-1/29	M,W,F	9:00-10:00 AM	\$49	100424-02
1/5-1/28	Tu,Th	4:00-5:00 PM	\$33	100424-05
2/1-2/26	M,W,F	9:00-10:00 AM	\$49	100424-03
2/2-2/25	Tu,Th	4:00-5:00 PM	\$33	100424-06
Location: EPI	Ĉ			
11/30-12/30	M,W,F	7:30-8:30 AM	\$53	100324-01
1/4-1/29	M,W,F	7:30-8:30 AM	\$49	100324-02
2/1-2/26	M,W,F	7:30-8:30 AM	\$49	100324-03

Aqua Mix

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

Age: 18 years & up

Location: EPIC

11/30-12/30	M,W,F	6:00-7:00 PM	\$53	100417-01
1/4-1/29	M,W,F	6:00-7:00 PM	\$49	100417-02
2/1-2/26	M,W,F	6:00-7:00 PM	\$49	100417-03

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

Location. I fail	0011 9 1 001			
11/30-12/30	M,W,F	6:00-7:00 AM	\$53	100422-01
11/30-12/30	M,W,F	7:00-8:00 AM	\$53	100222-01
11/30-12/30	M,W,F	5:00-6:00 PM	\$53	100422-04
12/1-12/31	Tu,Th	8:00-9:00 AM	\$41	100422-07
12/1-12/29	Tu,Th	9:00-10:00 AM	\$41	100422-10
12/1-12/29	Tu,Th	10:00-11:00 AM	\$41	100422-13
1/4-1/29	M,W,F	6:00-7:00 AM	\$49	100422-02
1/4-1/29	M,W,F	7:00-8:00 AM	\$49	100222-02
1/4-1/29	M,W,F	5:00-6:00 PM	\$53	100422-05
1/5-1/28	Tu,Th	8:00-9:00 AM	\$33	100422-08
1/5-1/28	Tu,Th	9:00-10:00 AM	\$33	100422-11
1/5-1/28	Tu,Th	10:00-11:00 AM	\$33	100422-14
2/1-2/26	M,W,F	6:00-7:00 AM	\$49	100422-03
2/1-2/26	M,W,F	7:00-8:00 AM	\$49	100222-03
2/1-2/26	M,W,F	5:00-6:00 PM	\$49	100422-06
2/2-2/25	Tu,Th	8:00-9:00 AM	\$33	100422-09
2/2-2/25	Tu,Th	9:00-10:00 AM	\$33	100422-12
2/2-2/25	Tu,Th	10:00-11:00 AM	\$33	100422-15

Fitness & Fun

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

Age: 18 years & up

Location: Mulberry Pool

11/30-12/30	M,W,F	7:00-8:00 AM	\$53	100420-01
1/4-1/29	M,W,F	7:00-8:00 AM	\$49	100420-02
2/1-2/26	M,W,F	7:00-8:00 AM	\$49	100420-03

Prenatal

Designed for women during or after pregnancy. Low and medium impact exercises maintain muscle tone and cardiovascular fitness while the water eases the pressure of pregnancy. Build muscle to help support the newborn's weight.

Age: 18 years & up

Location: Mulberry Pool

	•			
12/1-12/29	Tu,Th	6:00-7:00 PM	\$33	100418-01
1/5-1/28	Tu,Th	6:00-7:00 PM	\$33	100418-02
2/2-2/25	Tu,Th	6:00-7:00 PM	\$33	100418-03

Twist & Shout

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

Age: 18 years & up

Location: Mulberry Pool

11/30-12/30	M,W,F	4:00-5:00 PM	\$53	100426-01
1/4-1/29	M,W,F	4:00-5:00 PM	\$49	100426-02
2/1-2/26	M,W,F	4:00-5:00 PM	\$49	100426-03

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 ft.

Age: 18 years & up

Location: EPIC

11/30-12/30	M,W,F	12:15-1:00 PM	\$42.60	100230-01
11/30-12/30	M,W	5:30-6:30 PM	\$41	100330-01
1/4-1/29	M,W,F	12:15-1:00 PM	\$39.40	100230-02
1/4-1/29	M,W	5:30-6:30 PM	\$33	100330-02
2/1-2/26	M,W,F	12:15-1:00 PM	\$39.40	100230-03
2/1-2/26	M,W	5:30-6:30 PM	\$33	100330-03

Classes in which adults are required to attend

w Denotes no web registration for program

M Denotes program/activity has special membership pricing



PREMIER GYMNASTICS OF THE ROCKIES



EGENI

AQUATICS

Group Rates for Swimming

Reduced swim admissions are available for groups. A group must schedule at least 14 days (for groups of 10 or more) or 30 days (for groups of 100 or more) in advance. Reservation requests can be made online at fcgov.com/recreation or by calling the desired 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 head instructor 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 four 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.

Due to COVID regulations, one adult per child is required to be in the water for levels 2 and under.

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 and Mulberry Pool. Schedules are subject to change.

ADULT PROGRAMS

Learning the Basics

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

Age: 18 years & up	
Location: EPIC	

1/18-2/17	M,W	6:30-7:00 PM	\$73.50	101338-01	

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: 18 years & up

Location: EPIC

2/22-3/31	M,W	6:30-7:00 PM	\$73.50	101339-01	

FAMILY PROGRAMS

Kayaking Roll Class

This class will teach you important techniques to master the Kayak Roll, the centerpiece of the sport of whitewater kayaking. In partnership with Rocky Mountain Adventures' Kayak School you will be taught by experienced whitewater kayak instructors. Note: Sessions include a one-hour classroom instruction at R.M.A., and two 1.5-hour pool sessions. Fee includes all necessary gear (kayak, paddle, helmet, skirt, and P.F.D.). Prior to class, those under 18 must contact Rocky Mountain Adventures at 970.493.4005.

Age: 7 years & up Location: EPIC

2/27-3/6	Sa	2:30-5:45 PM	\$100	101358-01	

Kayak Roll 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.

Age: 18 years & up

2/27	Sa	3:30-5:30 PM	\$12	101355-02
2/27	Sa	3:30-5:30 PM	\$12	101355-02
2/13	Sa	3:30-5:30 PM	\$12	101355-01

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

Stand Up Paddle Board Basics

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

Location: EPIC

Age: 8-13 years					
1/30	Sa	2:00-3:30 PM	\$50	101357-01	
Age: 14 years & up					
1/30	Sa	4:15-5:45 PM	\$50	101357-02	

SUP Yoga

Practice yoga on a paddleboard. No experience needed. This all levels class starts with the most stable postures and adds on optional layers of difficulty to give you the right mix of challenge and success. Have fun, move, improve balance, and gain a greater awareness of your body as you become more aware of the muscles used in stabilization. Note: Additional \$20 fee if not using own paddleboard.

Age: 18 years & up

Location: Mulberry Pool

•			
Sa	Noon-1:30 PM	\$25	101260-01
PIC			
Sa	Noon-1:30 PM	\$25	101360-01
Sa	Noon-1:30 PM	\$25	101360-02
	PIC Sa	PIC Sa Noon-1:30 PM	PIC \$\$ Noon-1:30 PM \$25

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: EPIC

12/19	Sa	11:00-12:30 AM	\$36	101352-01
1/30	Sa	11:00-12:30 AM	\$36	101352-02
2/13	Sa	11:00-12:30 AM	\$36	101352-03

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 be 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: EPIC

12/19	Sa	11:00 AM-12:30 PM	\$26	101353-01
1/30	Sa	11:00 AM-12:30 PM	\$26	101353-02
2/13	Sa	11:00 AM-12:30 PM	\$26	101353-03

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: EPIC

12/2	W	6:00-8:00 PM	\$22	101356-01
12/16	W	6:00-8:00 PM	\$22	101356-02
12/30	W	6:00-8:00 PM	\$22	101356-03
1/13	W	6:00-8:00 PM	\$22	101356-04
1/27	W	6:00-8:00 PM	\$22	101356-05
2/10	W	6:00-8:00 PM	\$22	101356-06
2/24	W	6:00-8:00 PM	\$22	101356-07

Springboard Diving

Learn proper positions, jumps, water entries, and dives in the front and back directions. Note: Must be able to swim 25 yards unassisted; registration required through USA Diving (visit norcodiving.com for details); no prior diving experience necessary.

Location: Mulberry Pool

Age: 6-10 years						
2/22-3/24	M,W	3:00-3:45 PM	\$125	101236-01		
Age: 11-17 yea	Age: 11-17 years					
2/22-3/24	M,W	3:45-4:30 PM	\$125	101236-02		

Intro to Synchronized Swimming

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

Age: 6-14 years

Location: EPIC

12/1-12/15	Tu	5:00-5:45 PM	\$43	101359-01
1/5-1/19	Tu	5:00-5:45 PM	\$43	101359-02
2/2-2/16	Tu	5:00-5:45 PM	\$43	101359-03

TEEN PROGRAMS

Teen Swim Instruction

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

Age: 6-11 years

Location:	Mulberry	Pool
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1/23-2/20	Sa	10:45-11:15 AM	\$73.50	101235-01
2/28-4/4	Su	4:25-4:55 PM	\$73.50	101235-02

- EGEND Classes in which adults are required to attend
 - NW Denotes no web registration for program
 - Denotes program/activity has special membership pricing

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 must be used.

Age: 6-18 months

Location: EPIC

1/18-2/17	M,W	4:45-5:15 PM	\$73.50	101310-01
1/18-2/17	M,W	5:55-6:25 PM	\$73.50	101310-02
2/22-3/31	M,W	5:20-5:50 PM	\$73.50	101310-03
2/22-3/31	M,W	6:30-7:00 PM	\$73.50	101310-04
Location: Mu	Iberry Pool			
1/24-2/21	Su	3:15-3:45 PM	\$37.25	101210-01
1/24-2/21	Su	4:25-4:55 PM	\$37.25	101210-02
1/24-2/21	Su	5:35-6:05 PM	\$37.25	101210-03
2/28-4/4	Su	3:50-4:20 PM	\$37.25	101210-04
2/28-4/4	Su	5:00-5:30 PM	\$37.25	101210-05

Baby & Me 2 🕓

Build on the skills introduced in Baby & Me 1 and helps parents teach their child(ren) the skills necessary for future swimming success and safety. One child per adult required. Swim diapers or plastic pants must be used.

Age: 18 months-3.5 years

Location: EPIC

1/18-2/17	M,W	5:20-5:50 PM	\$73.50	101312-01
1/18-2/17	M,W	6:30-7:00 PM	\$73.50	101312-02
2/22-3/31	M,W	4:45-5:15 PM	\$73.50	101312-03
2/22-3/31	M,W	5:55-6:25 PM	\$73.50	101312-04
Location: Mu	Iberry Pool			
1/24-2/21	Su	3:50-4:20 PM	\$37.25	101212-01
1/24-2/21	Su	5:00-5:30 PM	\$37.25	101212-02
2/28-4/4	Su	3:15-3:45 PM	\$37.25	101212-03
2/28-4/4	Su	4:25-4:55 PM	\$37.25	101212-04
2/28-4/4	Su	10:10-10:40 AM	\$37.25	101212-05

Pollywog 🔕

Become oriented to the aquatic environment and taught basic aquatic skills to help develop comfort in the water. In addition, students will learn to enter and exit the water independently and float with support. No previous experience is necessary.

Age: 3-6 years

Locution. Li				
1/18-2/17	M,W	4:45-5:15 PM	\$73.50	101316-01
1/18-2/17	M,W	5:20-5:50 PM	\$73.50	101316-02
1/18-2/17	M,W	5:55-6:25 PM	\$73.50	101316-03
2/22-3/31	M,W	5:20-5:50 PM	\$73.50	101316-04
2/22-3/31	M,W	5:55-6:25 PM	\$73.50	101316-05
Location: Mu	lberry Pool			
1/19-2/18	Tu,Th	4:45-5:15 PM	\$73.50	101216-01
1/19-2/18	Tu,Th	5:20-5:50 PM	\$73.50	101216-02

Pollywog continued

1/19-2/18	Tu,Th	5:55-6:25 PM	\$73.50	101216-03
1/23-2/20	Sa	9:00-9:30 AM	\$37.25	101216-07
1/23-2/20	Sa	9:35-10:05 AM	\$37.25	101216-08
1/23-2/20	Sa	10:10-10:40 AM	\$37.25	101216-09
1/23-2/20	Sa	11:20-11:50 AM	\$37.25	101216-10
1/24-2/21	Su	3:15-3:45 PM	\$37.25	101216-15
1/24-2/21	Su	4:25-4:55 PM	\$37.25	101216-16
1/24-2/21	Su	5:00-5:30 PM	\$37.25	101216-17
2/23-4/1	Tu,Th	4:45-5:15 PM	\$73.50	101216-04
2/23-4/1	Tu,Th	5:20-5:50 PM	\$73.50	101216-05
2/23-4/1	Tu,Th	5:55-6:25 PM	\$73.50	101216-06
2/27-4/3	Sa	9:35-10:05 AM	\$37.25	101216-11
2/27-4/3	Sa	10:10-10:40 AM	\$37.25	101216-12
2/27-4/3	Sa	10:45-11:15 AM	\$37.25	101216-13
2/27-4/3	Sa	11:20-11:50 AM	\$37.25	101216-14
2/28-4/4	Su	3:50-4:20 PM	\$37.25	101216-18
2/28-4/4	Su	4:25-4:55 PM	\$37.25	101216-19
2/28-4/4	Su	5:00-5:30 PM	\$37.25	101216-20

Tadpole 🙆

Build upon the 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 will help in the development of future stroke work. Must be able to go underwater without hesitation; comfortable floating.

Age: 3-6 years

Location: EPIC

1/18-2/17	M,W	4:45-5:15 PM	\$73.50	101318-01
1/18-2/17	M,W	5:55-6:25 PM	\$73.50	101318-02
2/22-3/31	M,W	4:45-5:15 PM	\$73.50	101318-03
2/22-3/31	M,W	5:20-5:50 PM	\$73.50	101318-04
Location: Mulb	erry Pool			
1/19-2/18	Tu,Th	4:45-5:15 PM	\$73.50	101218-01
1/19-2/18	Tu,Th	5:55-6:25 PM	\$73.50	101218-02
1/19-2/18	Tu,Th	6:30-7:00 PM	\$73.50	101218-03
1/23-2/20	Sa	9:35-10:05 AM	\$37.25	101218-07
1/23-2/20	Sa	10:10-10:40 AM	\$37.25	101218-08
1/23-2/20	Sa	10:45-11:15 AM	\$37.25	101218-09
1/24-2/21	Su	3:50-4:20 PM	\$37.25	101218-14
1/24-2/21	Su	5:00-5:30 PM	\$37.25	101218-15
1/24-2/21	Su	3:15-3:45 PM	\$37.25	101218-16
2/23-4/1	Tu,Th	4:45-5:15 PM	\$73.50	101218-04
2/23-4/1	Tu,Th	5:20-5:50 PM	\$73.50	101218-05
2/23-4/1	Tu,Th	6:30-7:00 PM	\$73.50	101218-06
2/27-4/3	Sa	9:00-9:30 AM	\$37.25	101218-10
2/27-4/3	Sa	9:35-10:05 AM	\$37.25	101218-11
2/27-4/3	Sa	10:45-11:15 AM	\$37.25	101218-12
2/27-4/3	Sa	11:20-11:50 AM	\$37.25	101218-13
2/28-4/4	Su	3:15-3:45 PM	\$37.25	101218-17
2/28-4/4	Su	5:00-5:30 PM	\$37.25	101218-18
2/28-4/4	Su	5:00-5:30 PM	\$37.25	101218-19

Froggy 🙆

Learn to perform the skills presented in Pollywog and Tadpole independently to reach greater distances and develop coordination. The use of combined simultaneous arm and leg actions will continue to help the student build a foundation for proper stroke development.

Age: 3-6 years

Location: EPIC

1/18-2/17	M,W	5:20-5:50 PM	\$73.50	101320-01
1/18-2/17	M,W	6:30-7:00 PM	\$73.50	101320-02
2/22-3/31	M,W	4:45-5:15 PM	\$73.50	101320-03
Location: Mu	lberry Pool			
1/19-2/18	Tu,Th	4:45-5:15 PM	\$73.50	101220-01
1/19-2/18	Tu,Th	5:20-5:50 PM	\$73.50	101220-02
1/19-2/18	Tu,Th	6:30-7:00 PM	\$73.50	101220-03
1/23-2/20	Sa	9:00-9:30 AM	\$37.25	101220-06
1/23-2/20	Sa	10:10-10:40 AM	\$37.25	101220-07
1/23-2/20	Sa	10:45-11:15 AM	\$37.25	101220-08
1/23-2/20	Sa	11:20-11:50 AM	\$37.25	101220-09
1/24-2/21	Su	3:15-3:45 PM	\$37.25	101220-13
1/24-2/21	Su	3:50-4:20 PM	\$37.25	101220-14
1/24-2/21	Su	5:00-5:30 PM	\$37.25	101220-15
2/23-4/1	Tu,Th	5:20-5:50 PM	\$73.50	101220-04
2/23-4/1	Tu,Th	5:55-6:25 PM	\$73.50	101220-05
2/27-4/3	Sa	9:00-9:30 AM	\$37.25	101220-10
2/27-4/3	Sa	9:35-10:05 AM	\$37.25	101220-11
2/27-4/3	Sa	10:45-11:15 AM	\$37.25	101220-12
2/28-4/4	Su	3:15-3:45 PM	\$37.25	101220-16
2/28-4/4	Su	3:50-4:20 PM	\$37.25	101220-17

Level 1 🕓

Designed for the child who can roll from front to back without support, streamline front glide five feet without support, and jump into shallow water without support.

Age: 5-12 years Location: EPIC

1/18-2/17	M,W	4:45-5:15 PM	\$73.50	101322-01
1/18-2/17	M,W	5:55-6:25 PM	\$73.50	101322-02
2/22-3/31	M,W	5:20-5:50 PM	\$73.50	101322-03
2/22-3/31	M,W	6:30-7:00 PM	\$73.50	101322-04
Location: Mul	berry Pool			
1/19-2/18	Tu,Th	4:45-5:15 PM	\$73.50	101222-01
1/19-2/18	Tu,Th	5:20-5:50 PM	\$73.50	101222-02
1/23-2/20	Sa	9:00-9:30 AM	\$37.25	101222-06
1/23-2/20	Sa	9:35-10:05 AM	\$37.25	101222-07
1/23-2/20	Sa	10:10-10:40 AM	\$37.25	101222-08
1/23-2/20	Sa	11:20-11:50 AM	\$37.25	101222-09
1/24-2/21	Su	3:15-3:45 PM	\$37.25	101222-14
1/24-2/21	Su	4:25-4:55 PM	\$37.25	101222-15
1/24-2/21	Su	5:00-5:30 PM	\$37.25	101222-16
2/23-4/1	Tu,Th	4:45-5:15 PM	\$73.50	101222-03
2/23-4/1	Tu,Th	5:20-5:50 PM	\$73.50	101222-04
2/23-4/1	Tu,Th	6:30-7:00 PM	\$73.50	101222-05

Level 1 continued

2/27-4/3	Sa	9:00-9:30 AM	\$37.25	101222-10	
2/27-4/3	Sa	10:10-10:40 AM	\$37.25	101222-11	
2/27-4/3	Sa	10:45-11:15 AM	\$37.25	101222-12	
2/27-4/3	Sa	11:20-11:50 AM	\$37.25	101222-13	
2/28-4/4	Su	3:50-4:20 PM	\$37.25	101222-17	
2/28-4/4	Su	5:00-5:30 PM	\$37.25	101222-18	
2/28-4/4	Su	5:00-5:30 PM	\$37.25	101222-19	

Level 2 🕓

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

Age: 5-12 years

Location: Edora Pool Ice Center

1/18-2/17	M,W	5:20-5:50 PM	\$73.50	101324-01
1/18-2/17	M,W	6:30-7:00 PM	\$73.50	101324-02
2/22-3/31	M,W	4:45-5:15 PM	\$73.50	101324-03
2/22-3/31	M,W	5:55-6:25 PM	\$73.50	101324-04
Location: Mull	perry Pool			
1/19-2/18	Tu,Th	5:20-5:50 PM	\$73.50	101224-01
1/19-2/18	Tu,Th	5:55-6:25 PM	\$73.50	101224-02
1/19-2/18	Tu,Th	6:30-7:00 PM	\$73.50	101224-03
1/23-2/20	Sa	9:00-9:30 AM	\$37.25	101224-07
1/23-2/20	Sa	9:35-10:05 AM	\$37.25	101224-08
1/23-2/20	Sa	10:45-11:15 AM	\$37.25	101224-09
1/23-2/20	Sa	11:20-11:50 AM	\$37.25	101224-10
1/24-2/21	Su	3:50-4:20 PM	\$37.25	101224-14
1/24-2/21	Su	4:25-4:55 PM	\$37.25	101224-15
1/24-2/21	Su	3:50-4:20 PM	\$37.25	101224-16
2/23-4/1	Tu,Th	4:45-5:15 PM	\$73.50	101224-04
2/23-4/1	Tu,Th	5:55-6:25 PM	\$73.50	101224-05
2/23-4/1	Tu,Th	6:30-7:00 PM	\$73.50	101224-06
2/27-4/3	Sa	9:35-10:05 AM	\$37.25	101224-11
2/27-4/3	Sa	10:10-10:40 AM	\$37.25	101224-12
2/27-4/3	Sa	11:20-11:50 AM	\$37.25	101224-13
2/28-4/4	Su	3:15-3:45 PM	\$37.25	101224-17
2/28-4/4	Su	4:25-4:55 PM	\$37.25	101224-18
2/28-4/4	Su	5:35-6:05 PM	\$37.25	101224-19

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AC	Clas	sses in	which	adults
	-			

EGEND

Denotes no web registration for program

M Denotes program/activity has special membership pricing

are required to attend

Level 3

Class designed for the child who can perform five rotary (side) breaths with a kickboard, swim across the pool 25 yards (any stoke), jump into deep/shallow water and move to the side comfortably, and can swim 10 yards elementary backstroke. Note: Participant must be able to float independently and roll from front to back.

Age: 5-12 years

Location: EPIC

1/18-2/17	M,W	4:45-5:15 PM	\$73.50	101326-01		
1/18-2/17	M,W	6:30-7:00 PM	\$73.50	101326-02		
1/18-2/17	M,W	5:55-6:25 PM	\$73.50	101326-03		
Location: Mulberry Pool						
1/19-2/18	Tu,Th	5:20-5:50 PM	\$73.50	101226-01		
1/19-2/18	Tu,Th	5:55-6:25 PM	\$73.50	101226-02		
1/23-2/20	Sa	9:35-10:05 AM	\$37.25	101226-05		
1/23-2/20	Sa	10:45-11:15 AM	\$37.25	101226-06		
1/24-2/21	Su	3:15-3:45 PM	\$37.25	101226-09		
1/24-2/21	Su	4:25-4:55 PM	\$37.25	101226-10		
2/23-4/1	Tu,Th	4:45-5:15 PM	\$73.50	101226-03		
2/23-4/1	Tu,Th	5:55-6:25 PM	\$73.50	101226-04		
2/27-4/3	Sa	9:00-9:30 AM	\$37.25	101226-07		
2/27-4/3	Sa	10:10-10:40 AM	\$37.25	101226-08		
2/28-4/4	Su	3:50-4:20 PM	\$37.25	101226-11		
2/28-4/4	Su	5:00-5:30 PM	\$37.25	101226-12		

Level 4

Class designed for those who can swim 25 yards freestyle

(perfected), flutter kick without a kickboard for 25 yards, perform 10 deep water bobs, and is comfortable in deep water. Note: Participant must be able to float independently and roll from front to back/back to front.

Age: 5-12 years

	C					
1/18-2/17	M,W	5:20-5:50 PM	\$73.50	101328-01		
2/22-3/31	M,W	6:30-7:00 PM	\$73.50	101328-02		
Location: Mulberry Pool						
1/19-2/18	Tu,Th	4:45-5:15 PM	\$73.50	101228-01		
1/19-2/18	Tu,Th	5:55-6:25 PM	\$73.50	101228-02		
1/23-2/20	Sa	10:10-10:40 AM	\$37.25	101228-05		
1/23-2/20	Sa	11:20-11:50 AM	\$37.25	101228-06		
1/24-2/21	Su	5:00-5:30 PM	\$37.25	101228-09		
2/23-4/1	Tu,Th	5:20-5:50 PM	\$73.50	101228-03		
2/23-4/1	Tu,Th	6:30-7:00 PM	\$73.50	101228-04		
2/27-4/3	Sa	10:10-10:40 AM	\$37.25	101228-07		
2/27-4/3	Sa	11:20-11:50 AM	\$37.25	101228-08		
2/28-4/4	Su	3:15-3:45 PM	\$37.25	101228-10		
2/28-4/4	Su	5:00-5:45 PM	\$37.25	101228-11		



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Level 5

Class for those who can swim efficiently 50 yards freestyle, can tread water continuously for at least one minute, and has been introduced to breaststroke and backstroke. Note: Participant must be able to float independently and roll from front to back/back to front.

Age: 5-12 years Location: EPIC

1/18-2/17	M,W	5:55-6:25 PM	\$73.50	101330-01		
2/22-3/31	M,W	4:45-5:15 PM	\$73.50	101330-02		
Location: Mulberry Pool						
1/19-2/18	Tu,Th	6:30-7:00 PM	\$73.50	101230-01		
1/23-2/20	Sa	9:00-9:30 AM	\$37.25	101230-03		
1/24-2/21	Su	3:50-4:20 PM	\$37.25	101230-06		
2/23-4/1	Tu,Th	5:55-6:25 PM	\$73.50	101230-02		
2/27-4/3	Sa	9:35-10:05 AM	\$37.25	101230-04		
2/27-4/3	Sa	10:45-11:15 AM	\$37.25	101230-05		
2/28-4/4	Su	4:25-4:55 PM	\$37.25	101230-07		

Pre-Competitive

Class is designed for those who can swim a minimum of two laps without stopping and is efficient in competition strokes including freestyle, breaststroke, and backstroke. Note: Participant must be able to float independently and roll from front to back/back to front.

Age: 6-12 years

Location:	EPIC
-----------	------

EGEND

2/22-3/31	M,W	5:20-5:50 PM	\$73.50	101332-01
Location: Mu	lberry Pool			
1/19-2/18	Tu,Th	6:30-7:00 PM	\$73.50	101232-01
1/24-2/21	Su	5:00-5:45 PM	\$37.25	101232-04
2/23-4/1	Tu,Th	6:30-7:00 PM	\$73.50	101232-02
2/27-4/3	Sa	9:00-9:30 AM	\$37.25	101232-03

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Classes in which adults are required to attend

Denotes no web registration for program

🚺 Denotes program/activity has special membership pricing



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Colorado homes are at higher risk for radon

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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 Esta información puede ser traducida, sin costo para usted. 09/20 20-22695

ARTS & CRAFTS

ADULT PROGRAMS

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

[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: 14 years & up

1/12-2/16	Tu	4:00-6:00 PM	\$56	103407-01

Sketching Group 🚺

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

12/4-2/26	F	9:30 AM-12:30 PM	No Fee	103495-01	

[GLASS ART]

Stained Glass, Lamp

Use the copper foil method to create a lamp. Note: Supply list available on first day of class.

1/19-1/26	Tu	1:00-3:00 PM	\$40	103451-01

[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. Share ideas and designs. Note: No instructor provided. Bring supplies necessary to work.

12/3-2/25	Th	11:00 AM-1:00 PM	No Fee	103402-01

Silk Painting

Learn how to use fabric dyes to paint on silk using an elevated frame. Note: All supplies provided.

1/5-1/12	Tu	1:00-3:00 PM	\$40	103468-01

[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.

12/7-12/21	М	1:00-3:00 PM	\$37	103446-01
1/4-1/25	М	1:00-3:00 PM	\$49	103446-02
2/1-2/22	М	1:00-3:00 PM	\$49	103446-03
12/7-12/21	М	5:00-7:00 PM	\$37	103446-04
1/4-1/25	М	5:00-7:00 PM	\$49	103446-05
2/1-2/22	М	5:00-7:00 PM	\$49	103446-06

[WOODWORKING]

Woodcarving, Beginner

Carving Knives, wood and sharpening will be discussed and provided the first week. An egg or stylized bird will be the first project. Then continue with choice of carving technique. Note: Supply list available at first class; approximate cost is \$40-60. Must attend first class.

1/15-2/19	F	1:00-3:00 PM	\$107	103493-01

Woodworking, Beginner

Create a basic project with woodworking tools. Learn proper setup, safety and maintenance skills. Gain knowledge of wood skills, hand tools and finishes. Note: Supply list available at first class; approximate cost is \$20-40. Must attend first class.

1/20-2/24	W	1:00-3:00 PM	\$107	103490-01

YOUTH PROGRAMS

Creative Creations Club

Create through guided instruction. Note: All supplies included. Registration is for two people; if one participant is under 10, the second participant must be an accompanying adult.

Age: All

Location: Northside Aztlan Center

ee					
Su	10:00AM-Noon	\$36	118983-01		
String Art					
Su	10:00AM-Noon	\$36	118983-02		
Giri & Honmei Choco					
Su	10:00AM-Noon	\$36	118983-03		
	String Art Su nei Choco	Su 10:00AM-Noon String Art Su 10:00AM-Noon nei Choco	Su 10:00AM-Noon \$36 String Art Su 10:00AM-Noon \$36 nei Choco		

Cupcakes 'n Canvas

Theme inspired and geared toward teaching young artists the joy of painting. Paint on canvas while enjoying cupcakes.

Age: 5-12 years

Location: Foothills Activity Center

Holiday

12/2	W	4:00-5:30 PM	\$35	116943-01
Peace Collag	ge			
1/13	W	4:00-5:30 PM	\$35	116943-02
Love Bird				
2/10	W	4:00-5:30 PM	\$35	116943-03

Painting Pairs

Instructor will guide a duo through creating a two-canvas work of art. Price is for a two-canvas project. Only one person of the pair needs to register. Registration is for two people; if one participant is under 10, the second participant must be an accompanying adult.

Age: All

Location: Northside Aztlan Center

Happy Holidays

12/20	Su	10:00AM-Noon	\$42	118982-01
New Years				
1/3	Su	10:00 AM-Noon	\$42	118982-02
Mardi Gras				
2/7	Su	10:00 AM-Noon	\$42	118982-03

Painting Workshop

Children gain confidence creating a new piece of seasonal art in this instructor guided class. Note: All supplies included.

Age: 6-14 years

Location: Northside Aztlan Center

Winter Wonderland

12/12	Sa	2:00-3:30 PM	\$26	118985-01	
Snow Crit	ters				
1/9	Sa	2:00-3:30 PM	\$26	118985-02	
Chinese New Year Dragon					
2/13	Sa	2:00-3:30 PM	\$26	118985-03	

Pastel Explorations

Use chalk and oil pastels to create beautiful, vibrant works of art.

Age: 6-10 years

Location: Foothills Activity Center

					_
3/3-3/10	W	4:00-5:30 PM	\$55	116921-01	

School's Out Art

Keep children engaged with art and activities on their days off. Art helps develop problem solving, critical thinking and observational skills. Note: Bring sack lunch and water bottle.

Age: 6-10 years

Location: Northside Aztlan Center

How to Draw Chibi

1/18	М	9:00 AM-3:00 PM	\$65	118984-01
Celebratic	ons Through Art			
2/15	М	9:00 AM-3:00 PM	\$65	118984-02

Teen Art: Exploring Mediums

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

Age:11 -15 years

Location: Northside Aztlan Center

Zentangle				
1/6-2/3	W	5:45-7:00 PM	\$89	118986-01
Optical Illusic	ons			
2/10-3/10	W	5:45-7:00 PM	\$89	118986-02

Youth Art: How to Draw Series

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

Age: 6-10 years

Location: Northside Aztlan Center

Cartooning				
1/6-2/3	W	4:30-5:30 PM	\$60	118987-01
Superheroes				
2/10-3/10	W	4:30-5:30 PM	\$60	118987-02

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EGEND

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W Denotes no web registration for program

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DANCE & MOVEMENT

ADULT PROGRAMS

[BALLET]

Ballet, Beginner

An introduction to classical barre, positions, and steps. Note: Ages 13-17 admitted with instructor permission.

Age: 18 years & up
Location: Empire Grange, 2306 W. Mulberry St.

1/26-3/9	Tu	5:30-6:30 PM	\$57	106102-01	

Ballet, Continued

A more challenging, ongoing class for experienced dancers. Based on Cecchetti technique. Note: Ages 13-17 admitted with instructor permission.

Age: 18 years & up						
Location: En	npire Gran	ge, 2306 W. Mulberry	St.			
1/25-3/8	М	5:30-6:45 PM	\$71	106104-01		

[LINE DANCE]

Line Dance, Beginner

Learn the basic steps, terminology, and easy sequences to a variety of music rhythms. No partner necessary.

Age: 18 years & up

Location: Senior Center

12/1-12/15	Tu	12:30-1:30 PM	\$25	106436-01
1/5-1/26	Tu	12:30-1:30 PM	\$33	106436-02
2/2-2/23	Tu	12:30-1:30 PM	\$33	106436-03

Line Dance, Continued

Designed for the more experienced dancer who thrives on complex dance steps, sequences and rhythms. No partner necessary.

Age: 18 years & up

Location: Senior Center

12/1-12/15	Tu	2:00-3:00 PM	\$25	106437-01
1/5-1/26	Tu	2:00-3:00 PM	\$33	106437-02
2/2-2/23	Tu	2:00-3:00 PM	\$33	106437-03

[MODERN]

Modern Dance

Earthy, sometimes jazzy or lyrical movements follow a warm-up which leads to release of stress and interactive enjoyment. Note: Ages 13-17 admitted with instructor permission.

Age: 18 years & up

Location: Empire Grange, 2306 W. Mulberry St.

1/25-3/8	М	6:50-7:50 PM	\$57	106156-01	

YOUTH PROGRAMS

[BALLET]

Attire: Solid color leotard and tights or white t-shirt and black shorts, and ballet slippers.

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.

Location: Northside Aztlan Center

Age: 3-4 yea	ars			
1/8-1/29	F	9:00-9:45 AM	\$49	121524-02
2/5-2/26	F	9:00-9:45 AM	\$49	121524-03
Age: 3-5 yea	ars			
1/9-1/30	Sa	9:30-10:15 AM	\$49	121524-05
2/6-2/27	Sa	9:30-10:15 AM	\$49	121524-06
Age: 4.5-6 y	ears			
1/8-1/29	F	10:00-10:45 AM	\$49	121524-08
2/5-2/26	F	10:00-10:45 AM	\$49	121524-09
Age: 5.5-6 y	ears			
1/9-1/30	Sa	10:30-11:15 AM	\$49	121524-11
2/6-2/27	Sa	10:30-11:15 AM	\$49	121524-12
Location: Clu	ub Tico			
Age: 4.5-5 y	ears			
1/5-1/26	Tu	9:45-10:30 AM	\$49	121124-01

Petite Ballet

2/2-2/23

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.

9:45-10:30 AM

\$49

121124-02

Location: Mulberry Pool

Tu

Age. 7-9 years						
1/5-1/26	Tu	4:00-5:00 PM	\$56	121226-01		
2/2-2/23	Tu	4:00-5:00 PM	\$56	121226-02		
Location: Northside Aztlan Center						

Age: 9-11 years

1/9-1/30	Sa	11:30 AM-12:30 PM	\$56	121526-02
2/6-2/27	Sa	11:30 AM-12:30 PM	\$56	121526-03

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[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.

Location: Mulberry Pool

Age: 4-6 years

1/5-1/26	Tu	5:15-6:00 PM	\$49	121213-01
2/2-2/23	Tu	5:15-6:00 PM	\$49	121213-02
Location: Clu	ub Tico			

Age: 4-6 years

1/5-1/26	Tu	10:45-11:30 AM	\$49	121113-01
2/2-2/23	Tu	10:45-11:30 AM	\$49	121113-02
Location: No	orthside Az	tlan		

Age: 6.5-12 years

	, cars				_
1/9-1/30	Sa	12:45-1:45 PM	\$56	121513-01	
2/6-2/27	Sa	12:45-1:45 PM	\$56	121513-02	

Creative Movement & Gymnastics

This action-packed dance/gymnastics class offers a variety of age appropriate and creative movement while learning. Gymnastic skills, such as front rolls, handstands, bridges, cartwheels and more are incorporated into a high energy obstacle course. Note: Class will not be held on 3/15.

Age: 3-5 years

Location: Foothills Activity Center

1/4-2/8	М	4:15-5:00 PM	\$81	121720-01
2/15-3/29	М	4:15-5:00 PM	\$81	121720-02

Cheer Gymnastics

Learn jumps, motions, stunts, dance and gymnastics through sportsmanship and teamwork. The cheer team will perform in house or at a community event, once each session. Note: Poms and a take home t-shirt provided. Class will not be held on 3/15.

Age: 5-11 years

Location: Foothills Activity Center

1/4-2/8	М	5:15-6:10 PM	\$96	121721-01
2/15-3/29	М	5:15-6:10 PM	\$96	121721-02

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.

Location: Foothills Activity Center

Age: 3-4 years

7.90.0 . 900				
1/7-2/4	Th	11:15 AM-Noon	\$81	121704-03
2/11-3/11	Th	11:15 AM-Noon	\$81	121704-04
Age: 4-6 yea	ars			
1/7-2/4	Th	4:15-5:15 PM	\$81	121704-01
2/11-3/11	Th	4:15-5:15 PM	\$81	121704-02

Jazz Dance Gymnastics

45 minutes of jazz techniques and rhythms followed by 45 minutes of basic gymnastics skills and rotations.

Age: 6-8 years

Location: Foothills Activity Center

I//-Z/4 IN 5:30-7:00 PM \$121 121/05-0	1/7-2/4	Th	5:30-7:00 PM	\$121	121705-02
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Just Dance

Learn time steps, step combinations, choreography, and gymnastics

Age: 9-10y ears

Location: Foothills Activity Center

2/11-3/11	Th	5:30-7:00 PM	\$121	121716-01	

Just Tumbling

Learn basic tumbling skills and incorporate new learned skills into a mini-floor exercise routine.

Age: 7-8 years

Location: Foothills Activity Center

1/6-2/3	W	5:45-7:00 PM	\$101	121703-01
2/10-3/10	W	5:45-7:00 PM	\$101	121703-02

Ninja Kids

HYA! Bring out your child's inner Ninja. Be challenged with obstacle courses and create a special Ninja identity. Note: Class will not be held on 3/18.

Age: 3-6 years

Location: Club Tico

1/7-2/11	Th	4:00-4:45 PM	\$81	121910-01
2/18-4/1	Th	4:00-4:45 PM	\$81	121910-02

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-shirt and shorts.

Location: Foothills Activity Center

Age:	4-5	years
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1/5-2/2	Tu	4:30-5:30 PM	\$81	121702-01
2/9-3/9	Tu	4:30-5:30 PM	\$81	121702-02
Age: 5-6 yea	ars			
1/5-2/2	Tu	6:00-7:00 PM	\$81	121702-03
2/9-3/9	Tu	6:00-7:00 PM	\$81	121702-04
Age: 6-7 yea	nrs			
1/6-2/3	W	4:15-5:15 PM	\$81	121702-05
2/10-3/10	W	4:15-5:15 PM	\$81	121702-06

Pom Dance Tumblers

Learn motions, dance, and tumbling skills. Participate in obstacle courses while learning front rolls, handstands and more to practice body control and improve strength, flexibility, balance, and coordination. Note: Class will not be held on 3/16.

Age: 3-5 years

Location: Club Tico					
1/5-2/9	Tu	4:00-4:45 PM	\$81	121912-01	
2/16-3/30	Tu	4:00-4:45 PM	\$81	121912-02	

[ADULT & CHILD]

Baby Ballerinas 🕓

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

Age: 2-3 years

Location: Club Tico						
1/5-1/26	Tu	9:00-9:30 AM	\$49	121112-01		
2/2-2/23	Tu	9:00-9:30 AM	\$49	121112-02		

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.

Location: Foothills Activity Center

Age: 2 years				
12/1-12/15	Tu	11:15 AM-Noon	\$37	121701-04
1/5-1/26	Tu	11:15 AM-Noon	\$49	121701-05
2/2-2/23	Tu	11:15 AM-Noon	\$49	121701-06
12/2-12/16	W	10:15-11:00 AM	\$37	121701-08
1/6-1/27	W	10:15-11:00 AM	\$49	121701-09
2/3-2/24	W	10:15-11:00 AM	\$49	121701-10
Age: 3 years				
12/2-12/16	W	9:15-10:00 AM	\$37	121701-01
1/6-1/27	W	9:15-10:00 AM	\$49	121701-02
2/3-2/24	W	9:15-10:00 AM	\$49	121701-03



FIND NEW ROADS

DellenbachChevrolet.com

CHEVROLET 🏄





Camp FunQuest is a state-licensed childcare program for children ages 5-16 years old and is Recreation's way to keep children engaged when school is out of session, or when students are learning remotely. Unique activities, and field trips when possible, are designed with children's interests in mind including games, crafts, STEM and more.

Enrollment Information

Once registered, you will receive an emailed invitation to complete online health profiles through ePACT Emergency Network at least one week prior to the start of programs.

To meet childcare licensing requirements, all forms and waivers must be completed prior to participation, including current immunization records and any required medication administration forms that can either be uploaded into ePACT profiles or hand-delivered to Northside Aztlan Community Center.

Note: ePACT profiles and medication forms must be confirmed annually. Forms completed for 2020 Summer Camp will need to be re-confirmed in May 2021. Invitations for winter/spring programs will be sent only to families who did not complete them for summer/fall 2020.

To view camp information updates and COVID-19 guidelines, visit fcgov.com/daycamps. For questions, call 970.221.6357.

Cancellation Policy

Cancellations must be made at least five calendar days before the start of camp programs and are subject to a \$20 non-refundable cancellation fee. Submit cancellations requests by emailing your original receipt to recreation@fcgov.com.

Drop-off & Pick-up Details

Drop-off and pick-up for all campers is at Northside Aztlan Community Center. Parents or guardians are expected to sign their child in and out of camp in-person each day. Biking or walking to camp is not permitted for any camper.

Additional drop-off and pick-up procedures including staggered drop off and daily health screens have been implemented due to COVID-19. Read more about our COVID-19 considerations at fcgov.com/daycamps.

Inclusion Services

The City of Fort Collins welcomes individual 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 registering and contact Adaptive Recreation Opportunities at 970-221-6655, bheinze@fcgov.com. Note: Requests should be made at least two weeks before the program begins.

Camper Age Groups

Age groups vary based on the camp program. See age group details for more information.

Camp FunQuest

School's out days, Winter/Spring Break and Summer Camp					
Ages 5-6 years	Marmot				
Ages 7-8 yearsRed Fox					
Ages 9-11 years	Big Horn				

FunQuest: Learning Journey

Remote learning opportunities when school is in session.

Grades K-2	Porcupine
Grades 3-5	Wolf

Camp FunQuest: Thanksgiving, Winter & Spring Break Camps

Children keep busy with indoor games, arts & crafts, S.T.E.M., and outdoor activities. Weekly enrichments and field trips added dependent on current state health orders. Pack a peanut-free sack lunch, two healthy snacks, and a water bottle. Itinerary provided one week prior to camp.

All Camper Groups

/ in cumper of	oups			
11/23-11/25	M-W	8:00 AM-5:00 PM	\$110	415563-01
Marmot				
12/21-12/23	M-W	8:00 AM-5:00 PM	\$110	115550-01
12/28-12/30	M-W	8:00 AM-5:00 PM	\$110	115551-01
3/15-3/19	M-F	8:00 AM-5:00 PM	\$200	215550-01
Red Fox				
12/21-12/23	M-W	8:00 AM-5:00 PM	\$110	115550
12/28-12/30	M-W	8:00 AM-5:00 PM	\$110	115551-02
3/15-3/19	M-F	8:00 AM-5:00 PM	\$200	215550-02
Big Horn				
12/21-12/23	M-W	8:00 AM-5:00 PM	\$110	115550-03
12/28-12/30	M-W	8:00 AM-5:00 PM	\$110	115551-03
3/15-3/19	M-F	8:00 AM-5:00 PM	\$200	215550-03

FunQuest: Learning Journey

Days consist of scheduled times for remote learning and homework assignments with instructors to assist as needed, structured gym games & independent or small group projects as time allows during individual student learning schedules.

Note: Families must provide a peanut-free sack lunch and 2 healthy snacks each and a second s

Porcupire				
11/30-1/2		2:00 AM-5:001	\$75	415564-01
12/7-1/-9	NN	8 0 / 5:0 PM	\$75	15565-01
12/14-12/	M,W	5:00 M	and 1	4155 6-01
Wolf	and the second second			
Wolf 12/1-12/3	Tu,Th	8:00 AL 5:00 PM		41 564-02
	Tu,Th Tu,Th	8:00 A 5:00 PM 8:00 AM-5:00 PM	२/5 कर्नाट	41-564-02 4-5565-02

WILD Fridays

An extension of FunQuest: Learning Journey (registration in Learning Journey not required). Featuring fun, structured experiences with a focus on social-emotional learning taught by City of Fort Collins Adaptive Recreation staff and Occupational Therapy interns.

Note: Families must provide a peanut-free sack lunch and 2 healthy snacks each day. Please send your child with a water bottle and appropriate clothing/gear for outdoor play.

12/4	F	8:00 AM-5:00 PM	\$45	415955-01
12/11	F	8:00 AM-5:00 PM	\$45	415956-01
12/18	F	8:00 AM-5:00 PM	\$45	415957-01

EARLY LEARNING

Early Learning programs are tailored toward children ages 6 years & younger and are designed to enrich both their social and educational skills. Child without adult classes are designed for kids ages 3 years and older. Classes in which adults are required to attend are indicated with an <AC>. All other programs are child-only.

It is recommended that children enrolled in classes without an accompanying, responsible adult are fully toilet trained. Children not yet toilet trained are welcome to attend classes, however, an adult must be available to attend to toileting needs. City of Fort Collins Recreation staff are not permitted to change diapers. Please denote any dietary restrictions when registering and also inform class instructors on the first day of class.

For programs designed for youth ages 6 years and older, browse Youth Programs 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, or email bheinze@fcgov.com. Note: Requests should be made at least two weeks before the program begins.

FUNTIME PRESCHOOL PROGRAM

State-licensed childcare for ages 3-5.

Focus is on the development of readiness skills through childdirected discovery and teacher-led activities. Comprehensive curriculum content includes development of fine motor, cognitive, gross motor, social emotional and early literacy skills. Our playbased, intentional approach encourages self-regulation, critical thinking and problem-solving. No class on 1/18, 2/15, 3/15, 3/16, 3/17, 3/18, 3/19, 4/16 and 4/19.

Funtime Preschool: Children must be 3 by 10/1/20 and cannot begin this program until they turn 3.

Funtime Pre-K: Children must be 4 by 10/1/20.

Enrollment Information: Registration closes one week prior to each session. An invitation will come through email to complete online health profiles through ePACT Emergency Network. To meet childcare licensing requirements, all forms and waivers must be completed prior to participation, including uploading health appraisal forms, current immunization records and any required medication administration forms. NOTE: health appraisals and medication forms require a physician's signature. Completed forms should be uploaded into online ePACT profiles or hand-delivered to Northside Aztlan Community Center. Questions? Call 970-221-6256.

Funtime for Preschoolers

Age: 3-4 years Location: Northside Aztlan Center

Funtime for Preschoolers

12/1-12/17	Tu,Th	9:30 AM-Noon	\$87	117501-01
1/5-2/11	Tu,Th	9:30 AM-Noon	\$173	117501-02
2/16-4/1	Tu,Th	9:30 AM-Noon	\$173	117501-03
4/6-5/13	Tu,Th	9:30 AM-Noon	\$173	217501-01

Funtime Pre-K

Ages: 4-5 years

Location: Northside Aztlan Center

11/30-12/18	M,W,F	9:30 AM-Noon	\$130	117500-01
1/6-2/12	M,W,F	9:30 AM-Noon	\$245	117500-02
2/17-4/2	M,W,F	9:30 AM-Noon	\$245	117500-03
4/5-5/14	M,W,F	9:30 AM-Noon	\$245	217500-01

Lunch Bunch Enrichment for Funtime Pre-K

Extend your child's Funtime Pre-K days with lunch and active enrichment activities. Please provide a sack lunch that does not require refrigeration or reheating. Note: Class enrollment limited to currently enrolled Funtime Pre K students.D aily drop-ins available for \$15/day once class minimums are met. Drop-ins will not be allowed once daily capacity is reached. No class on 3/17, 3/19, 4/16.

Ages: 4-5 years

Location: Northside Aztlan Center

1/6-2/10	W	Noon-2:00 PM	\$70	117509-01
1/8-2/12	F	Noon-2:00 PM	\$70	117509-02
2/17-3/31	W	Noon-2:00 PM	\$70	117509-03
2/19-4/9	F	Noon-2:00 PM	\$70	117509-04
4/7-5/5	W	Noon-2:00 PM	\$70	217509-01
4/9-5/7	F	Noon-2:00 PM	\$58	217509-02

EXPERIENTIAL LEARNING/ENRICHMENT PROGRAMS

Play is an important part of children's learning and development. Our experiential learning and enrichment programs offer play-based learning classes that expose children to new experiences which build confidence and develop cognitive, communication and social skills.

Curious Twos

Attention is directed to games, crafts and stories to provide a positive first step to independent learning.

Age: 2 years Location: Foothills Activity Center

Shapes				
1/6-1/27	M,W	9:30-10:30 AM	\$46	117702-01
Colors				
2/1-2/24	M,W	9:30-10:30 AM	\$54	117702-02

Fun & Fitness

Develop a healthy fitness habit in a fun, festive atmosphere. Along with fitness activities, also enjoy arts & crafts, social time, and story time. Note: Adults are required to stay within the interior of the mall. Visit the front desk about fitness pass options.

Age: 2.5-4 years Location: Foothills Activity Center

Continued on next page

Fun & Fitness continued

Animal Yoga

	-			
1/5-1/28	Tu,Th	9:30-11:30 AM	\$105	117758-01
Heart Health	ny Games			
2/2-2/25	Tu,Th	9:30-11:30 AM	\$105	117758-02

Funtime Discovery

Discover arts and crafts, creative play, letter/number recognition, and gym time in this transitional class. Previous class experience recommended. Note: Class will not be held on 1/18, 2/5.

Age: 2.5-3.5 years

Location: Northside Aztlan Center

Shapes and Sizes

enapes and e	ILCO			
11/30-12/16	M,W	10:00-11:30 AM	\$69	117503-01
Colors and N	umbers			
1/6-1/27	M,W	10:00-11:30 AM	\$69	117503-02
Letters and B	ooks			
2/1-2/24	M,W	10:00-11:30 AM	\$80	117503-03

I Want to be a Scientist

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

Age: 3-6 years Location: Northside Aztlan Center

Oceanography

	,			
12/4	F	10:00-11:30 AM	\$18	117507-01
Zoology				
12/11	F	10:00-11:30 AM	\$18	117507-02
Reptiles				
1/22	F	10:00-11:30 AM	\$18	117507-03
Entomology				
1/29	F	10:00-11:30 AM	\$18	117507-04
Vet Medicine				
2/26	F	10:00-11:30 AM	\$18	117507-05

Little Explorers 🙆

Explore science, movement, arts & crafts, and music together with your young learner.

Age: 2 years

Location: Foothills Activity Center

1/8-1/22	F	10:00-11:00 AM	\$28	117761-01
2/5-2/19	F	10:00-11:00 AM	\$28	117761-02

Music Together 🕓

Music and movement classes from the comfort and safety of your home. Take part in singing, movement, and instrument making/ playing. Registration includes Bells CD/Book. Note: Siblings are welcome to participate in virtual classes at no additional charge. Link to join class will be sent the Thursday prior to the start of class. No class on 1/18, 2/15.

Age: 0-5 years Location: Virtual

1/4-3/8	М	10:30-11:15 AM	\$170	118776-01

Parent & Tot Science 🕓

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

Age: 2-3 years

Location: Northside Aztlan Center

2/5-2/12	F	10:00-11:00 AM	\$19	117560-01	

Reptile Discovery 🕓

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. Accompanying adult and siblings ages 2 and under are free. COVID -19 restrictions may limit the number guests allowed in classroom at one time.

Age: 3-11 years

Location: Northside Aztlan Center

1/16	Sa	10:00-11:30 AM	\$15	118565-01
2/20	Sa	10:00-11:30 AM	\$15	118565-03
Additional	Sibling			
1/16	Sa	10:00-11:30 AM	\$5	118565-02
2/20	Sa	10:00-11:30 AM	\$5	118565-04

Small Hands, Big Messy Art 📀

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

Age: 18 months - 2 years

Location: Northside Aztlan Center

1/8-1/15 F 10:00-11:00 AM \$19 117585-0



Salud accepts Medicaid, Medicare, CHP+, and most private insurance plans. We offer a sliding fee scale based on family size and income. Insurance enrollment assistance is available.

saludclinic.org

EDUCATION

COOKING

The Rice and Beans of the World

Every culture eats the staple of rice and beans, but each dish is different in flavor and preparation. Join us to explore the diverse ways of the world to make rice and beans! Menu: Indian Rice and Chickpeas, Mexican Black Bean Rice, Ethiopian Rice and Red Beans.

Age: 14 years & up Location: Virtual

12/7	М	5:00-6:30 PM	\$20	107420-1A

Crock-pot Curried Soups

Let your slow cooker make a warm and hearty curried soup for your dinner. Join Sapna for this easy, delicious, gluten-free, dairy-free and vegetarian class.

Menu: Black Beans and Butternut Squash Soup, Lentils (dal) Soup, and Carrot (Coconut) Curry Soup.

Age: 14 years & up

Location: Virtual

1/20	W	5:00-6:30 PM	\$20	107420-2A

Wholesome Whole Grains

This class will focus on bountiful whole grains, which are naturally gluten free and healthy.

Age: 14 years & up

Location: Virtual

			-	
2/24	W	5:00-6:30 PM	\$20	107420-3A

Thai Cooking

Learn how to select and prepare cooking ingredients and create several home-style dishes using efficient time-saving restaurnt techniques.



Plant-based Me

Learn 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.

Age: 18 years & up
Location: Virtual

1/21	Th	10:00 AM-Noon	\$30	107435-01

MUSIC

Guitar, Level I

Learn basics of the instrument, tuning, strumming chords, and picking tunes. Discover how to use guitar tabs so you can practice on your own. With instructor guidance and dedication to practice, you will be surprised how fast you can improve.

Age: 18 years & up

Location: Senior Center

12/1-12/22	Tu	5:45-6:45 PM	\$80	107466-01
1/5-1/26	Tu	5:45-6:45 PM	\$80	107466-02
2/2-2/23	Tu	5:45-6:45 PM	\$80	107466-0

Guitar, Level II

Designed as a continuation of Guitar, Level I. Explore strumming techniques and ideas as well as barre chords. Perfect Guitar Level 1 chords and learn new tabs.

Age: 18 years & up Location: Senior Center

12/2-12/23	W	5:45-6:45 PM	\$80	107468-04
1/6-1/27	W	5:45-6:45 PM	\$80	107468-05
2/3-2/24	W	5:45-6:45 PM	\$80	107468-06

YOUTH PROGRAMS

[S.T.E.M.]

LEGO® Winter Wonderland Engineering

Build bobsleds, design snowmobiles, and take a ride on the polar express. Explore ideas and learn S.T.E.M. concepts with tens of thousands of LEGO[®] pieces at your mitten-tips and the guidance of an experienced Play-Well instructor.

Age: 5-7 years

Location: Northside Aztlan Center

12/12	Sa	9:00-12:00 PM	\$36	115570-01	
,					

LEGO® Winter Wonderland Challenge

Apply concepts in engineering and architecture to brave the challenges of winter weather. Design and build motorized contraptions such as snowplows, gondolas, and a snowball launcher with the guidance of an experienced Play-Well instructor and tens of thousands of LEGO® pieces.

Age: 7-12 years

Location: Northside Aztlan Center

12/12	Sa	1:00-4:00 PM	\$36	115570-02
LEGO® Minecraft Engineers

Bring Minecraft to life using tens of thousands of LEGO® parts. 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: 5-7 years

Location: Northside Aztlan Center

1/9	Sa	9:00-12:00 PM	\$36	115573-01	

LEGO® Minecraft Master Engineers

Bring Minecraft to life by building an Iron Golem, the Nether Portal, and the Ender Dragon. Explore real-world concepts in physics, engineering, and architecture while building favorite Minecraft objects.

Age: 7-12 years

Location: Northside Aztlan Center

	1/9	Sa	1:00-4:00 PM	\$36	115573-02	
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LEGO® Intro to STEM

Let your imagination run wild with tens of thousands of LEGO® parts. Build engineer-designed projects and use special pieces to create your own unique designs. New and returning students can explore the endless creative possibilities of the LEGO® building system.

Age: 5-7 years

Location: Northside Aztlan Center

2/6	Sa	9:00-12:00 PM	\$36	115574-01

LEGO[®] STEM Challenge

Master engineering skills with Play-Well TEKnologies and tens of thousands of LEGO[®] parts. Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects. Design and build as never before and explore your ideas.

Age: 7-12 years

Location: Northside Aztlan Center

2/6	Sa	1:00-4:00 PM	\$36	115574-02



Your Hometown Baseball Club Since 1961

Summer Baseball Registration

MARK YOUR CALENDAR!

Registration for our main season (Summer Recreational and Intermediate) will **open on January 15.**

FCBC Training Center

Individual Lessons and Small Group Clinics Instructors/Coaches: college, high school players and others

Email director@fcbcmail.org for details

Force Baseball

Fort Collins Force is the new flagship competitive program for FCBC and our community. The Force program features: character development, cost controls, quality coaching, and emphasis on enjoyment <u>plus</u> skill development with baseball played the right way.

Intermediate Baseball Tryouts

Intermediate Tryouts will be held on Sunday, March 7. Register for Recreational Baseball on January 15 and check the box for Intermediate Tryouts if interested in being considered to play. **Full details about Intermediate Baseball are available at fortcollinsbaseballclub.org.**

THE 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, your contributions help provide food and care of an 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 their name listed at The Farm. All adoptive parents are invited to a special event at The Farm in December. *This will be rescheduled for 2020.

Your adopted animal stays at The Farm, where it is cared for, but welcomes your visit regularly. Please note, 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

Due to COVID-19 guidelines, birthday parties at The Farm are currently unavailable.

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 other 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. 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.

Tractors Galore

Play with tractors, read stories, learn how tractors work, and even make a tractor book of your very own.

Age: 3-5	years
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2/4-2/18	Th	9:00-10:00 AM	\$26	108612-01	

Farmer Round Up

Explore and learn about the hayloft, chicken house, and barn. Then, read, tell stories, and make craft projects to take home.

Age: 3-5 years

2/4-2/18	Th	10:30-11:30 AM	\$26	108628-01



• Year round competitive

swim program for local. state and national levels

- Pre-competitive program
- High School prep group
- Masters team

Specializing in developmental and **10 & Under Age Group Swimming**

FAST practices at EPIC, 1801 Riverside, Ft. Collins fortcollinsareaswimteam.org mike@fortcollinsareaswimteam.org Member of USA Swimming and Colorado Swimming

Farm Fun Club

Enjoy learning about animals through games, stories, crafts and activities. Note: Each session features a different animal and activities, so it is possible to sign up for more than one session.

Age: 6-10 years

Cows

2/6	Sa	1:00-3:00 PM	\$15	108635-01
Goats & Sh	еер			
2/13	Sa	1:00-3:00 PM	\$15	108635-02
Ponies				
2/20	Sa	1:00-3:00 PM	\$15	108635-04

Stuffies Sleepover - NEW!

The adventure begins the minute you drop your favorite stuffed animal off for a sleepover at The Farm. Imagine all the fun they will have, what could happen on a night away? A picture book will tell the whole story. Note: stuffed animals will be handled by staff wearing gloves and masks following COVID-19 precautions.

Age: All

12/18-12/19	F,Sa	4:00 PM-9:00 AM	\$10	108655-01

FITNESS & WELLNESS

General Information

It is recommended that your physician be consulted before beginning any exercise program. If you are 55 years and older, sedentary, or exhibit any of the major coronary risk factors, we recommend that you get your doctor's clearance to start a new exercise program.

Registration and Fitness Class Sessions

Participants may register for one or more fitness class sessions starting on or after the registratioFdate. There are two fitness class sessions that are 4-weeks long and one that is 5-weeks long. Fitness classes require a minimum number of six participants registered for the class per session to avoid cancellation for that session.

Participants may attend only the class for which they are registered for. Active facility pass holders receive 70% off enrollment price of Fitness Classes. Pass holder discount does not include the \$1 Recreation Reserves fee. Note: Wellness programs and 25 admission passes are not eligible for this discount.

Class Specifics

The Fort Collins Senior Center offers fitness classes to those ages 18 years and older unless otherwise noted. Northside Aztlan Community Center and Foothills Activity Center offer fitness classes for those ages 16 years and up unless otherwise noted.

Fitness equipment needed for class is limited but available, participants are encouraged to bring their own. Participants must sanitize equipment before and after use with provided wipes and/or towels and spray.

All participants must check in at the front desk when arriving for class each time.

SilverSneakers

For more information about SilverSneakers, inquire at the front desk of 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.

Personal Training 🖤

Nationally certified personal trainers are available to provide one-on-one guidance to help you achieve your health and fitness goals. Personal training is available at Foothills Activity Center, Northside Aztlan Community Center, and Fort Collins Senior Center and to those ages 13 years & up. For more information, including personal trainer bios and to submit a trainer interest form, visit fcgov.com/fitness.

Personal Training Pricing

Package Name	Sessions	Cost	
30 Minute Session P	ackages		
PT Single	1	\$30	
PT Bronze	4	\$115	
PT Silver	8	\$220	
PT Gold	12	\$300	
PT Platinum	24	\$540	
1 Hour Session Pack	ages		
PT Single	1	\$40	
PT Bronze	4	\$150	
PT Silver	8	\$290	
PT Gold	12	\$420	
PT Platinum	24	\$780	
2-Person hour long	Single Session		
PT 2-Person	1	\$60	

FITNESS PROGRAM DESCRIPTIONS

Key for the fitness schedules:

The following information pertains to the fitness schedules on pages 42 & 43. Each line represents a new fitness class session. Sessions include the following information:

Begin date & end date of session | Days of the week class is on | Price for session | Section number

M=Monday, Tu=Tuesday, W=Wednesday, Th=Thursday, F=Friday, Sa=Saturday, Su=Sunday

Some classes are held once per week, while others are held multiple times per week. For example, a session with Tu,Th means the class is on both Tuesday and Thursday. Participants will participate both days. A session with only Tu means the class is only held on Tuesday and participants will sign up and participate only for that day.

Note: No fitness classes will be held on 12/24, 12/25, 1/1. Additionally, any classes scheduled past 5 p.m. on 12/31 will not be held.

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.

Body Weight Bootcamp

Focus on using body weight exercises and movements, combined with equipment at times, to build cardio and strength fitness.

Boomer Blast

A full body workout that includes, strength, flexibility, balance, and reaction time with low impact cardio.

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.

Circuit SilverSneakers

Move through a series of exercises in a circuit format to improve cardiovascular endurance as well as muscular strength and endurance.

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.

Focus on Balance

Work on exercises, tips, & techniques to enhance equilibrium, posture, strength, and coordination that improve stability.

Functional Strength

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

Mat Pilates

Get energized with exercises that increase strength and flexibility while improving balance and mind/body awareness.

Movement Training

A progressive approach that will focus on developing functional movement while increasing fitness levels. Bodyweight and strength and conditioning exercises will be used. All ability levels welcome.

Pilates Fusion

A mix of exercises combining mat Pilates, core conditioning, and body weight training to improve strength, flexibility, and balance. Modifications are given to tailor the exercises to your own fitness level.

Power Yoga

A dynamic and upbeat yoga practice with emphasis on fitness to tone the entire body. Power yoga focuses on strength, stamina, and whole-body wellbeing.

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.

T'ai Chi Chih

A moving meditation that circulates and balances the internal energy of the body also known as Chi. Gain 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 or physical condition.

T'ai Chi Chi continued

Beginner I - An introduction to the first half of the movements

Beginner II - An introduction to the second half of the movements (Must Complete Beginner I)

Intermediate - A refinement of the movements and principles (Must complete Beginner I & II)

Tai Chi & Qigong

Introduction to the art of Tai Chi Chuan with health cultivation exercises that make up the basis of the long Yang style form.

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.

Viniyoga

Use gentle movements, floor stretches, and focus on breath. Designed for all levels to offer help with spine and joint issues. Gain physical and mental harmony and balance.

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.

Yoga, Beginner

Practice yoga breath work and physical exercises to gain strength, tone, flexibility, and stamina. Also experience a sense of inner calm.

Yoga, Advanced Beginner

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.

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.

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.

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.

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.

ADULT WELLNESS PROGRAMS

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

[SERVICES]

Advanced Care Planning 🖤

Create your advance care planning documents to reflect your wishes for medical care if you cannot speak for yourself. Call 970.221.6644 to schedule a 1-hour appointment. Provided by the Health District of Northern Larimer County Advance Care Planning Program. Virtual appointments also available.

12/8, 1/12, 2/9 Tu 9:00 AM-12:00 PM No Fee

Arthritis Education Quarterly ໜ

Do you see an advertisement for a medication of supplements and think, that sounds too good to be true? Learn to tell fact from fiction when a UCHealth Pharmacist discusses arthritis medications and over the counter options. To register call the Aspen Club at 970.495.8560.

2/8 M 11:30 AM-1:00 PM No Fee	
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[EMOTIONAL 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 put together a personal mental health plan.

2/23	Tu	10:00-11:00 AM	No Fee	125415-01	
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Self-care Planning Workshop

Has self-care been secondary to everything else in your life? This workshop can help you reprioritize. Identify areas of your life that need greater attention and develop an individualized self-care plan based on realistic goals, grounded in your values and vision for optimal well-being.

125422-01
12

Tame Your Stress

Stress and negative self-thoughts can be our constant companions. Mindfulness offers us a way to undo habits that keep us stuck in a cycle of stress. Explore what mindfulness means and how to apply basic principles and practices in everyday life.

[INTELLECTUAL WELLNESS]

Death Cafe

An opportunity to demystify the topic of death and engage in thoughtful and respectful conversation. This is not a bereavement or grief group, and there is no set age"nda. Provided by Larimer Advance Care Planning Program.

1/7 Th 10:00-11:00 AM No Fee 125416-01
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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. Provided by Covell Care & Rehabilitation.

12/15	Tu	1:00-2:00 PM	No Fee	125412-01
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Let's Talk About Pain

What is pain and how can I manage it? What can I do when it will not go away? Find answers to these questions as well as receive guidance on pursuing general wellness.

Medicare 101

Learn about Medicare benefits, supplemental insurance, Medicare Advantage Plans, prescription drug plans, preventive services and how Medicare works with employer health insurance. Provided by Aspen Club Medicare Counselors.

2/13	Sa	9:00-10:30 AM	\$5	125404-01

Osteoarthritis Management: Physical & Occupational Therapy Tool Kit

Education of Osteoarthritis, and information about treatment options in Physical Therapy and Occupational treatment.

2/9	Tu	10:30 AM-Noon	No Fee	125418-01
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Reflections on Past, Present & Future of Neurology

Advancements of neurological medicine such as neuroimaging, pharmaceutical discoveries, and approach to rehabilitation is astounding and has profound impacts for health and wellbeing of individuals.

12/9	W	3:00-4:30 PM	No Fee	125401-01
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Social Security Basics & Beyond

Review the basics of claiming, spousal and survivor benefits of Social Security. Provided by PVH and MCR Foundation.

2/20	Sa	9:00-10:30 AM	No Fee	125406-01	
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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. Provided by Covell Care & Rehabilitation.

1/27	W	11:00 AM-Noon	No Fee	125409-01	

Understanding Speech

Speech therapy for older adults is much more than speaking. Learn how speech therapy supports someone with cognitive impairments, swallowing, and more. Provided by Covell Care & Rehabilitation.

12/10 Th 10:00-11:00 AM No F	ee 125413-01
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	Monday	Tuesday	Wednesday
	CrossTrain 6:15-7:15 AM 109502 11/30-12/30 M,W,F \$53 -01 1/4-1/29 M,W,F \$49 -02 2/1-2/26 M,W,F \$49 -03	Boomer Blast 8-9 AM 109414 12/1-12/31 Tu,Th \$37 -01, V-1A 1/5-1/28 Tu,Th \$33 -02, V-2A 2/2-2/25 Tu,Th \$33 -03, V-3A	CrossTrain 6:15-7:15 AM 109502 11/30-12/30 M,W,F \$53 -01 1/4-1/29 M,W,F \$49 -02 2/1-2/26 M,W,F \$49 -03
	Chair Pilates 11 AM-12 PM 109403 11/30-12/28 M \$21 -01, V-1A 1/4-1/25 M \$17 -02, V-2A 2/1-2/22 M \$17 -03, V-3A	Functional Strength 9:30-10:15 AM 109401 12/1-12/31 Tu,Th \$28 -01, V-1A 1/5-1/28 Tu,Th \$25 -02, V-2A 2/2-2/25 Tu,Th \$25 -03, V-3A	Yoga, Beginner Noon-1:00 PM 109412 12/2-12/30 W \$21 -07, V-7A 1/6-1/27 W \$17 -08, V-8A 2/3-2/24 W \$17 -09, V-9A
	Circuit SilverSneakers 1-1:45 PM 109424 11/30-12/30 M,W \$31 -01, V-1A 1/4-1/27 M,W \$25 -02, V-2A 2/1-2/24 M,W \$25 -03, V-3A	Classic SilverSneakers 10:30-11:15 AM 109423 12/1-12/31 Tu,Th \$28 -01, V-1A 1/5-1/28 Tu,Th \$25 -02, V-2A 2/2-2/25 Tu,Th \$25 -03, V-3A	T'ai Chi Chih Intermediate 11:30am-12:30pm 109432 1/6-1/27 W \$33 -01 2/3-2/24 W \$33 -02
	Yoga, Advanced Beginner 4:30-5:30 PM 109413 11/30-12/28 M \$21 -01, V-1A 1/4-1/25 M \$17 -02, V-2A 2/1-2/22 M \$17 -03, V-3A	Yoga SilverSneakers 11:30am-12:15 PM 109427 12/1-12/31 Tu,Th \$28 -01, V-1A 1/5-1/28 Tu,Th \$25 -02, V-2A 2/2-2/25 Tu,Th \$25 -03, V-3A	Circuit SilverSneakers 1-1:45 PM 109424 11/30-12/30 M,W \$31 -01, V-1A 1/4-1/27 M,W \$25 -02, V-2A 2/1-2/24 M,W \$25 -03, V-3A
	Zumba 5:30-6:30 PM 109404 11/30-12/28 M \$21 -01, V-1A 1/4-1/25 M \$17 -02, V-2A 2/1-2/22 M \$17 -03, V-3A	Zumba Gold 12:30-1:15 PM 109430 12/1-12/29 Tu \$16 -01, V-1A 1/5-1/26 Tu \$13 -02, V-2A 2/2-2/23 Tu \$13 -03, V-3A	Mat Pilates 3-4 PM 109402 12/2-12/30 W \$21 -01, V-1A 1/6-1/27 W \$17 -02, V-2A 2/3-2/24 W \$17 -03, V-3A
OR	Slow Flow Hatha Yoga 5:45-6:45 PM 109409 11/30-12/28 M \$21 -01, V-1A 1/4-1/25 M \$17 -02, V-2A 2/1-2/22 M \$17 -03, V-3A	T'ai Chi Chih Beginner 1 12:30-1:30 PM 109431 1/5-1/26 Tu \$33 -01 2/2-2/23 Tu \$33 -02	Yoga, Advanced Beginner 4:30-5:30 PM 109413 12/2-12/30 W \$21 -04, V-4A 1/6-1/27 W \$17 -05, V-5A 2/3-2/24 W \$17 -06, V-6A
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Thursday	Friday	Saturday
Boomer Blast 8-9 AM 109414 12/1-12/31 Tu,Th \$37 -01, V-1A 1/5-1/28 Tu,Th \$33 -02, V-2A 2/2-2/25 Tu,Th \$33 -03, V-3A	CrossTrain 6:15-7:15 AM 109502 11/30-12/30 M,W,F \$53 -01 1/4-1/29 M,W,F \$49 -02 2/1-2/26 M,W,F \$49 -03	Zumba (Virtual Only) 9-10 AM 109404 12/5-1/2 Sa \$21 -7A 1/9-1/30 Sa \$17 -8A 2/6-2/27 Sa \$17 -9A
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Focus on Balance 1:30-2:30 PM 109415 12/3-12/31 Th \$13 -01 1/7-1/28 Th \$13 -02 2/4-2/25 Th \$13 -03		
Yoga, Beginner 2:45-3:45 PM 109412 12/1-12/31 Tu,Th \$37 -01, V-1A 1/5-1/28 Tu,Th \$33 -02, V-2A 2/2-2/25 Tu,Th \$33 -03, V-3A		
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Pilates Fusion (Virtual Only) 12-1 PM 109702 12/1-12/31 Tu,Th \$37 -1A 1/5-1/28 Tu,Th \$33 -2A 2/2-2/25 Tu,Th \$33 -3A	Movement Training 5-6 PM 109701 11/30-12/30 M,W,F \$53 -01 1/4-1/29 M,W,F \$49 -02 2/1-2/26 M,W,F \$49 -03	
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<image>

JULES TAYLOR

Occupation: Physician Assistant at CityCare Clinic, serving the City of Fort Collins employees and their families

Favorite way to recreate: Any group fitness class! When you feel the group heartbeat of energy going through the room, lifting each other up in the pursuit of growth, it's magic!

"I was fortunate enough to teach BodyPump at the Foothills Activity Center and participate in strength classes at Northside. The culture is so inclusive. I can truly say all are welcome with open arms. The convenience of participating in these classes, the variety of class types, locations and instructors, and the bonus of smaller class sizes is incredible. There really is nothing better if you want to sweat, get strong, try something new, and make a few extra friends!"

ARIEL, DAVID & AMELIA CLARKE

Occupation: Ariel is a Records Technician and David is a Dispatch Responder for Fort Collins Police Services

Favorite way to recreate: Anything outdoors – hiking with our German Shepherd, boating, tubing and horseback riding.

"At the beginning of the pandemic, everything quickly became real and intense for us. Ariel started working from home and school was closed. We were very concerned about childcare and didn't know what to do. We immediately enrolled Amelia in FunQuest programs for the entire summer. In a day and age when screens are so prevalent, we really didn't want Amelia to spend all day inside. Amelia's summer with FunQuest was the most active summer she's ever had."

WORK HARD. RECREATE HARDER.

KATIE & MAXTON JOHNSON

Occupation: Katie is a Clinical Director at Columbine Health Systems and Maxton is a 4th grade student

Favorite way to recreate: Summer softball teams. Maxton's favorite camp activity is getting outside with Camp FunQuest on WILD Fridays.

"I have participated in two different softball teams with the City. One was a coed team with all nurses who played together for about 10 years. The second team I've participated in over the last few years consisted of all women, and we won the coed division in the summer of 2019! I really enjoy getting outside and socializing, and the noncompetitive aspect of the programs. I played college sports and it's fun now to have this relaxed atmosphere where you can play and meet other people."

ROWDY LEMASTERS

Occupation: Host-home Provider; Volunteer Larimer County Dive and Rescue Team

Favorite way to recreate: Swimming

"The City of Fort Collins Recreation Department is amazing in what it has to offer! I like swimming, running, biking, and working out at the gym in the Senior Center. The City is dynamic – it has so much to offer for its citizens on so many levels and does such a great job of making it accessible. My little brother and other individuals I care for play basketball through the Adaptive Recreation Program. I have a great amount respect for all Recreation does to support those with intellectual or developmental disabilities."



TRY IDENTIFYING

'THREE GOOD THINGS'

each evening to boost happiness during the COVID-19 pandemic

BY: KATIE KERWIN MCCRIMMON, UCHEALTH

Is it possible to become a more positive, hopeful person?

Yes. **Research shows that by deliberately focusing on good things in your life**, you can become happier.

That's true even during a pandemic.

Dr. Annie Moore, an internal medicine doctor with UCHealth who also did a fellowship in integrative medicine, helps her patients boost their positive attitudes and resiliency while reducing harmful self-criticism through a daily exercise called "Three Good Things."

"The goal of Three Good Things is to build back confidence and increase motivation to help people feel more empowered to take positive actions in their lives," Moore said.

So, how exactly does a person use the Three Good Things tool?

The concept is easy. Try writing down Three Good Things every night before bed for one full week.

In order to count a deed as one of your Three Good Things, it's important that you played an active role in making it happen. Three Good Things is more than a gratitude journal. Try listing something you made happen or were actively involved in, such as making time to exercise, calling a friend, helping a neighbor or skipping a bad habit.

"The idea is that once you notice the positive things you do, you'll choose to do more and you will see more positive things others do as well," she said. "This requires action on a person's part, to see the positive, which is critical to resilience."

For most people, it's normal to feel somewhat depressed amid the COVID-19 upheaval. Using Three Good Things won't erase sorrows, Moore said. Rather, it's a practice that can help people cope better.

Anyone who feels they have severe depression should call their doctor or seek immediate help elsewhere. Anyone who is having suicidal thoughts can get help 24/7 through the National Suicide Prevention Lifeline at 800-273-8255.

WHO CAN BENEFIT?

Everyone.

Moore sees some patients who are coping with difficult, genetic health challenges. She sees patients who have avoided going to a doctor for years because they are embarrassed about their weight or they are dealing with addictions to alcohol or drugs. Or, an older patient might be struggling



with balance. A patient of any age who has had a tough surgery might be depressed about a difficult recovery.

For people in these circumstances, one good thing to celebrate can be as simple as getting out of bed.

The concept of positive psychology doesn't mean that you will go around feeling positive all the time.

"But, in the middle of a pandemic, some people find they are living in one ongoing negative emotional state. It can be great to balance the sadness with positive thinking," Moore said.

DO YOU HAVE TO DO THE EXERCISE EVERY DAY?

Yes. In order to do the activity correctly, you are supposed to do it every day for at least 7 days in a row. You can continue after the first week, but researchers found that even those who only listed Three Good Things for a week still benefited.

CAN YOU PICK THE SAME THREE EVERY DAY?

No. You need to pick new good things each day.

Do you have to do the exercise before bed?

Most advocates say it's best to do the exercise before bed. Focusing on good things clears your head and drives stress away, thus helping people sleep better. But Moore isn't a purist. If a patient is a morning person and will be more dedicated to focusing on Three Good Things in the morning, then that can work too, she said.

WHAT KIND OF RESULTS HAVE DOCTORS SEEN?

A clinical trial showed that doing Three Good Things resulted in greater happiness as measured six months later. Some medical experts say that using Three Good Things can be as effective as using anti-depressants.

"Everyone can see the world in a more positive way. Hope and confidence overlap," Moore said.

"You can do this on your own. You can do it with your family. It's not going to make bad things go away. But, it does help you cope better with them."

[PHYSICAL WELLNESS]

Am I Hungry? Mindful Eating

Receive lifelong tools for overeating and emotional eating. Provided by UCHealth Registered Dietitian.

1/19	Tu	4:30-6:00 PM	No Fee	125405-01	

Beyond Kegels

Class led by an occupational therapist focusing on exercises to help strengthen your pelvic floor and help manage incontinence issues. Prerequisite: Suggested to participate after attending Bossy Bladder or Bowel.

1/21 Th 9:00-10:00 AM No F	-ee 125414-01
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Bossy Bladder or Bowel

Bossy bladders or bowels can stand in the way of life and prevent participation in hobbies or family events. Learn how to get control to lead a worry-free life. Provided by Covell Care & Rehabilitation.

2/10 W 10.00-11.00 AM NO FEE 123410-01	2/10	W	10:00-11:00 AM	No Fee	125410-01	
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Exercise at Home

Learn how to create a safe environment and discuss which exercises and stretches can be done at home for movement and strength. Provided by Covell Care & Rehabilitation.

1/5	Tu	10:00-11:00 AM	No Fee	125411-01	

Healthy Mind Platter for Healthy Brain Matter

Learn the seven daily essential mental activities to optimize brain matter and create well-being that include focus time, play time, connecting time, physical time, time in, down time and sleep time. Provided by UCHealth

2/24	W	2:00-3:30 PM	No Fee	125407-01	

Living Well with Diabetes

Learn skills to help deal with life changes and emotions that come with living with diabetes. Strategies to help manage glucose levels through nutrition, movement, goal setting and other tools will be shared.

1/19-2/23 Tu 1:00-3:30 PM No F	ee 125402-01
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[SOCIAL WELLNESS]

The Conversation Project

EGEND

Discuss medical and end-of-life wishes and how to have more control in this uncertain time. Learn to start or continue your advance care planning journey and receive guidance on how to ensure your wishes are respected. Presented by the Aspen Club and the Larimer Advance Care Planning Team.

Classes in which adults are required to attend

Denotes no web registration for program

M Denotes program/activity has special membership pricing

ICE SKATING

Learn to Skate USA

Anyone enrolled in the Learn to Skate program at EPIC is eligible to sign up for a United States Figure Skating (USFS) program membership. This is an optional registration offered for an additional fee giving the participant access to membership privileges in USFS. 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 Learn to Skate Information

All Ice programs are held at EPIC unless otherwise noted.

Lessons are taught by Certified Professional Skater Association (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.

Parents are welcome to skate with their child during the 15-minute practice time. Individuals are not allowed on the ice with their shoes on. EPIC's rental skates are available free of charge.

Our 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 plus 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 skills. Please see your coach with any concerns.

The first day of each lesson is generally termed as Level Evaluation Day. On this day, 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 waitlist. 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 waitlist class. 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.

Classes in which adults are required to attend

Denotes no web registration for program

M Denotes program/activity has special membership pricing

Proper Attire Includes:

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 8 for public skate admission fees. Note: Skate rentals are an additional \$3.

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 call 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 service available.

Team & Club Contacts

Adult Hockey

Fort Collins Hockey League, fchl.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

EGEND

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

ADULT PROGRAMS

Fitness Skate

Intermediate to advanced skaters benefit from this aerobic exercise. Not discountable. 10 or 20 Admission Passes are available. Note: Class will not be held on 12/4, 12/25, 1/1, 1/18, 2/5.

\$7

Age: 16 years & up

12/1-2/26 M-F 11:15 AM-1:00 PM

HOCKEY

Beginner Cub Hockey

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 1/14 from 4-6 p.m.; equipment can be checked out with a \$150 check deposit. Equipment check-in is immediately following last game of the session.

Age: 4-8 years

1/19-3/11	Tu,Th	4:15-5:00 PM	\$205	110372-01	_

Drop-In Hockey

Pick-up hockey game. Full equipment required. Limited to 20 players and 4 goalies. Registration begins at 7 a.m. the day of each session. To register, visit webtrac.fcgov.com (keyword search: Hockey). Note: Not discountable. Session will not be held on 12/25, 1/1.

Age: 16 years & up

12/1-2/26	M-F	11:15 AM-12:45 PM	\$5	
12/3-2/25	Th	1:00-2:30 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 12/23, 12/30, 2/3.

\$17

Age: 9-17 years

12/2-2/24 W 5:30-6:15 PM

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. Pucks not provided, games and drills not allowed. Not discountable. Rules are posted in each arena. Limited to 30 participants. Registration begins at 7 a.m. the day of each session. To register visit webtrac.fcgov.com (keyword search: Stick). Note: Session will not be held on 12/12, 1/16.

Age: All

12/5-2/27	Sa	3:45-4:45 PM	\$5	
12/21-12/30	M-W	4:45-6:00 PM	\$5	

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 wigg as atoms bigg horse. Note: Helmets required. Warm clothes

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1/5 2/4	Tu.,	45-5 ISP \$10	110302-01
1/9-2/6		10.30 A1:0 AM 55	110302-03
2/9-3/11	Tu,Th	1.15 515 PM \$11	110302-04
2/13-3/13	Sa	10:30-11:00 Am	110302-06

No health insurance? You may qualify for financial help.



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 Snor, plow, Sam (2.2, Note: Helmets required. Warm clothes

incluc in glo	e un poe	ded.		
Age: +-5 yea	ir S		Constanting of the	
1/5-2/4	Tu,Th	45:1 PM	101	110304-01
1/9-2/6	Sa	10:30-11.00	11	110304-03
2/9-3/11	Tu,Th	4:45-5.15	\$10	110304-04
2/13-3/13	Sa	10:30-11:00 AM		110304-06

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.

Age: 5-15 years

1/5-2/4	Tu,Th	4:45-5:15 PM	\$101	110306-01
1/9-2/6	Sa	10:30-11:00 AM	\$51	110306-03
2/9-3/11	Tu,Th	4:45-5:15 PM	\$101	110306-06
2/13-3/13	Sa	10:30-11:00 AM	\$51	110306-08
1/9-2/6	Sa	9:45-10:15 AM	\$51	110306-09
2/9-3/11	Tu,Th	4:45-5:15 PM	\$101	110306-10

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.

Age: 5-15 years

J				
1/5-2/4	Tu,Th	4:45-5:15 PM	\$101	110310-01
1/9-2/6	Sa	10:30-11:00 AM	\$51	110310-03
2/9-3/11	Tu,Th	4:45-5:15 PM	\$101	110310-06
2/13-3/13	Sa	10:30-11:00 AM	\$51	110310-08

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.

Age: 5-15 years

1/5-2/4	Tu,Th	4:45-5:15 PM	\$101	110314-01
1/9-2/6	Sa	11:15-11:45 AM	\$51	110314-03
2/9-3/11	Tu,Th	4:45-5:15 PM	\$101	110314-04
2/13-3/13	Sa	11:15-11:45 AM	\$51	110314-06

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.

Age: 5-15 years

1/5-2/4	Tu,Th	4:45-5:15 PM	\$101	110316-01
1/9-2/6	Sa	10:30-11:00 AM	\$51	110316-03
2/9-3/11	Tu,Th	4:45-5:15 PM	\$101	110316-04
2/13-3/13	Sa	10:30-11:00 AM	\$51	110316-06

Basic 5 Skate

Learn to control back outside and inside edge on a circle, backward crossovers, two-foot spin, hockey stop, side toe hop, and forward outside three turn. Prerequisite: Successful completion of Basic 4.

Age: 5-15 years

1/5-2/4	Tu,Th	5:30-6:00 PM	\$101	110318-01
1/9-2/6	Sa	11:15-11:45 AM	\$51	110318-02
2/9-3/11	Tu,Th	5:30-6:00 PM	\$101	110318-03
2/13-3/13	Sa	11:15-11:45 AM	\$51	110318-04

Basic 6 Skate

Learn backward crossovers, forward inside three-turn, backward to forward two-foot turn, T-stop, bunny hop, forward straight line spiral, and begin one foot spin. Prerequisite: Successful completion of Basic 5.

Age: 5-15 years

1/5-2/4	Tu,Th	5:30-6:00 PM	\$101	110322-01
1/9-2/6	Sa	11:15-11:45 AM	\$51	110322-02
2/9-3/11	Tu,Th	5:30-6:00 PM	\$101	110322-03
2/13-3/13	Sa	11:15-11:45 AM	\$51	110322-04

Pre-Free Skate

Learn forward inside open and closed mohawk, ballet jump, backward crossovers to backward outside edge, one-foot spin, stand still waltz jump, mazurka, combination move, and forward and backward inside pivot. Prerequisite: Successful completion of Basic 6.

Age: 5-15 years

1/5-2/4	Tu,Th	5:15-6:00 PM	\$166	110324-01
1/9-2/6	Sa	9:30-10:15 AM	\$84	110324-02
2/9-3/11	Tu,Th	5:15-6:00 PM	\$166	110324-03
2/13-3/13	Sa	9:30-10:15 AM	\$84	110324-04

Free Skate 1 & 2

Focus on forward power stroking, basic forward outside and inside consecutive edges, backward outside three-turns, upright spin, half flip, toe loop, alternating forward outside and inside spirals on a continuous axis, beginning back spin, half lutz, and salchow.

Age: 5-15 years

66 110332-01
4 110332-02
66 110332-03
4 110332-04

Free Skate 3 & 4

Focus on alternating backward crossovers to back outside edges, alternating mohawk/crossover sequence, waltz three-turns, advanced back spin, Loop jump, Toe step sequence, forward power three-turns, waltz eight, forward upright spin to backward upright spin, sit spin, flip jump, stag jump or split falling leaf.

Age: 5-15 years

, iger e le jeare				
1/5-2/4	Tu,Th	5:15-6:00 PM	\$166	110334-01
1/9-2/6	Sa	9:30-10:15 AM	\$84	110334-02
2/9-3/11	Tu,Th	5:15-6:00 PM	\$166	110334-03
2/13-3/13	Sa	9:30-10:15 AM	\$84	110334-04

Register NOW: WINTER Sports at Northern Colorado's Largest INDOOR Sports Center Join us on our new turf surface!! Year-round, Daytime & Evening Late Fall Programs **INDOOR Preschool Sports!** Boys & Girls • New sessions every six weeks • Tennis - Small Group Lessons Kinder Kicker Soccer Gr K - 6 Fridavs 11/6 - 12/18 **First Baseball** Ages 3 - 5 • **Baseball** Small Group Hitting Lessons **First Football** First Basketball Gr K - 8 Mondays 11/2 - 12/7 Gr K - 8 Thursdays 11/5 - 12/17 **First Tennis** Ages 4 - 5 Call for Days and Times Little Laxer Lacrosse Winter Break Camps Family Open Play! **BASEBALL** Quality play time with your • Grades PK - 8 (Must turn 5 by 9/15/20) preschool children INDOORS Boys & Girls Weekdays - call for times - \$5 per family! Separate Camps for every level: Tee-ball, Beginning

Multi-Sport Day Camps

HEALTHY FUN FOR KIDS!

Explore & learn the basics of 4 - 5 different sports/day - Girls & Boys - Grades K - 5 (Full-Day: 9 am - 4 pm or Half-Day: 9 am - noon)

> Nov 9, Nov 25; Dec 21 - 23, Dec 28 - 30; Jan 4, Jan 18; Feb 15; March 15 - 19



Instructional Leagues

Designed for Beginning & Intermediate Players. Sessions split between skill building & small-sided scrimmages. No scores are kept. There are no fixed teams. The focus is on learning & having FUN!

- Soccer (Boys & Girls) <u>U7 - U11</u> 11/2 - 12/7, 1/4 - 2/8, 2/15 - 3/29 **U5 - U6** 11/3 - 12/15, 1/4 - 2/8, 2/15 - 3/29
- Basketball (Boys & Girls) Gr K - 2 Tue 12/1 - 12/15, 1/5 - 2/9, 2/16 - 3/30 Gr K - 2 Sat 12/5 - 12/19, 1/9 - 2/13, 2/20 - 3/27











- - Baseball, Returning Recreational Baseball, and Competitive/Travel Team
- Dec 28 30

BOYS LACROSSE VOLLEYBALL

- Grades K 8 • Dec 28 - 30
 - Boys & Girls • Dec 28 - 30
- BASKETBALL
- - Boys & Girls • Dec 28 - 30

Winter Camps

BASEBALL: Small Group Hitting Clinics

- Gr K 8 Mondavs 1/4 - 2/8 & 2/15 - 3/29
- 1/7 2/11 & 2/18 4/1 Gr K - 8 Thursdays

BASEBALL: FCBC Intermediate Pre-tryout Camps

- Ages 8 14 as of 4/30/2021
- 1-day Quick Tune-up Camp: Mar 6
- 4-day Camp: Mar 1 6 (varies by age)



Enter the following code with online registration for a \$10 discount: winterrecreator

For Details & Registration edgesportscenter.com 970.472.0048

Batting Cages - Private Baseball Instruction

• Grades 3 - 8 • Grades K - 3

Free Skate 5 & 6

Focus on backward outside three-turn mohawk, five-step mohawk sequence, camel spin, waltz jump-loop jump combination, forward power pull, creative step sequence, camel-sit spin combination, layback or attitude spin, waltz jump-half loop-salchow jump sequence, and axel. For a detailed description of skills, see the Learnto-Skate bulletin board.

Age: 5-15 years

1/5-2/4	Tu,Th	5:15-6:00 PM	\$166	110336-01
1/9-2/6	Sa	9:30-10:15 AM	\$84	110336-02
2/9-3/11	Tu,Th	5:15-6:00 PM	\$166	110336-03
2/13-3/13	Sa	9:30-10:15 AM	\$84	110336-04

Summer Ice Show Registration

Skaters enrolled in Learn to Skate classes can participate in the 2021 Summer Ice Spectacular. Must register by 2/1. Participants must attend casting call on 2/3. Time listed is on ice casting. Costume fees range from \$60-\$85. A \$60 deposit is taken at time of measuring. Rehearsals begin mid-March. Show dates are June 11 and 12, 2021. Event ticket information will be announced in the Spring Recreator, released late January.

Snowplow Sam 1 & 2

2/3	W	5:00-5:15 PM	\$20	110358-01		
Snowplow	Sam 3 & 4					
2/3	W	5:00-5:15 PM	\$20	110358-02		
Basic 1						
2/3	W	5:00-5:15 PM	\$20	110358-03		



Basic 2				
2/3	W	5:00-5:15 PM	\$20	110358-04
Basic 3				
2/3	W	5:15-5:30 PM	\$20	110358-05
Basic 4				
2/3	W	5:15-5:30 PM	\$20	110358-06
Basic 5				
2/3	W	5:15-5:30 PM	\$20	110358-07
Basic 6				
2/3	W	5:15-5:30 PM	\$20	110358-08
Pre-Free Sl	kate			
2/3	W	5:30-6:00 PM	\$20	110358-09
Free Skate	1&2			
2/3	W	5:30-6:00 PM	\$20	110358-10
Free Skate	3&4			
2/3	W	5:30-6:00 PM	\$20	110358-11
Free Skate	5&6			
2/3	W	5:30-6:00 PM	\$20	110358-12
Adult Begi	nner			
2/3	W	5:45-6:00 PM	\$20	110358-13
Adult Inter	mediate			
2/3	W	5:45-6:00 PM	\$20	110358-14
Adult Adva	inced			
2/3	W	5:45-6:00 PM	\$20	110358-15



PREMIER CARD

A reloadable card that works like cash at any course, with additional discounts earned the more you spend. Use for tee times, cart rentals, and driving range visits!

ANNUAL PASS

Visit our City courses frequently? The Annual Pass will save you money and maximize your value.

GIFT CARDS

Redeemable at any course for merchandise, golf play, cart rentals and range balls.





OUTDOOR EDUCATION & RECREATION

Feather & Flight Fridays

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

Age: 18 years & up

Location: Senior Center

12/4	F	9:00-11:00 AM	\$10	111980-01
12/18	F	9:00-11:00 AM	\$10	111980-02
1/8	F	9:00-11:00 AM	\$10	111980-03
1/22	F	9:00-11:00 AM	\$10	111980-04
2/5	F	9:00-11:00 AM	\$10	111980-05
2/19	F	9:00-11:00 AM	\$10	111980-06

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.

Age: 18 years & up

Location: Lee Martinez Park Shelter

12/19	Sa	1:00-3:00 PM	\$20	107403-01
1/16	Sa	1:00-3:00 PM	\$20	107403-02
2/13	Sa	1:00-3:00 PM	\$20	107403-03





24/7 | NO COST

Old Town Square SKATE RINK For hours and more info, visit downtownfortcollins.org/skate-rink Contact us about private parties! 970-221-6683

RECREATION'S Winter EVENTS

Holiday Village

Visit the Fort Collins Senior Center Lobby throughout December and enjoy the **SIGHTS AND SOUNDS** of a beautiful holiday village

The Nutcracker Ballet

JANUARY 16, 2021

Enjoy an abridged version of the classical Tchaikovsky/Petipa ballet at the Fort Collins Senior Center

Tickets available at fcgov.com/recreation



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

POTTERY

The Pottery Studio is a robust, fully functioning studio that offers classes for all levels and ages. The Pottery Studio is a recreational and educational facility: production work is not permitted.

The first 25 lbs. of clay are provided for adult classes, additional clay can be purchased at the studio for \$24 per 25 lbs. Only clay from the Pottery Studio is fired.

A basic tool kit is needed for all classes and can be purchases for \$13 at the Pottery Studio or purchased on your own and brought in. Shared tools are not provided for this session.

Glazes, slips, stains, and underglazes are provided.

Specialty tools and higher end hand tools are also available for purchase.

All work must be accomplished at the Pottery Studio.

For more information, contact Sarah Olear at solear@fcgov.com.

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

Private instruction, adult parties, birthday parties, and scout badges will not be offered during the winter season. Additionally, pottery lab and drop-in times will be unavailable at this time.

The Pottery Studio will only hold on to finished pieces for one session after a completed program. Any remaining pieces will be disposed of.

Fall pick up dates are 12/12 & 12/19 from 11 a.m.-1 p.m.

Winter pick up dates are 4/17 & 4/24 from 11 a.m.-1 p.m.

ADULT POTTERY

All Adult Pottery classes are available to those 18 years & older unless otherwise noted.

Creative Clay Craft

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

1/15-3/19	F	9:00 AM-Noon	\$170	104885-01

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 relationship. All levels welcome.

1/14-3/18	Th	6:00-9:00 PM	\$170	104875-01	
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Independent Study

For experienced students interested in dedicated instructed time to explore wheel and handbuilding projects of their own design. Limited demonstrations based on student interest. For intermediate and advanced students.

1/14-2/11	Th	12:30-3:30 PM	\$75	104877-01
2/18-3/18	Th	12:30-3:30 PM	\$75	104877-02

IMPROVE YOUR BLOOD PRESSURE!

We'll help you do it.



Our • Answer your questions about blood pressure

NULSES • Teach you how to monitor it at home

Will: • Help you explore healthy lifestyle goals

Borrow a blood pressure cuff at no cost!

Sessions are FREE. Call now for more information and to register.

Health District MPROVING BLOOD PRESSURE PROGRAM
970-224-5209 ext. 256 healthdistrict.org

Pottery Sampler

Introduction to handbuilding and wheel-throwing, as well as glazing, and studio operation. Create while learning beginning techniques of clay.

1/10-2/7	Su	12:30-2:30 PM	\$60	104870-01
1/13-2/10	W	1:00-3:00 PM	\$60	104870-02
2/14-3/14	Su	12:30-2:30 PM	\$60	104870-03
2/17-3/17	W	1:00-3:00 PM	\$60	104870-04

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.

1/11-3/15	М	5:30-7:30 PM	\$130	104850-01
1/11-3/15	М	9:00 AM-Noon	\$170	104850-02
1/13-3/17	W	8:00-10:00 PM	\$130	104850-03
1/9-3/13	Sa	9:00 AM-Noon	\$170	104850-04

Wheel & Handbuilding, Beginner +

For those who have previously taken a beginner class and are acquainted with the basic techniques involved in wheel throwing. Designed for those who wish to hone skills before the intermediate level. Prerequisite: Pottery Wheel, Beginner or equivalent.

1/10-3/14	Su	9:00 AM-Noon	\$170	104855-01
1/11-3/15	М	8:00-10:00 PM	\$130	104855-02
1/13-3/17	W	5:30-7:30 PM	\$130	104855-03
1/14-3/18	Th,Su	9:00 AM-Noon	\$170	104855-04

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.

1/12-3/16	Tu	6:30-9:30 PM	\$170	104860-01
1/13-3/17	W	9:00 AM-Noon	\$170	104860-02

YOUTH POTTERY

Child Handbuilding

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

Age: 6-9 years

1/11-2/8	М		4:00-5	:15 PM \$60
104805-01				
2/15-3/15M		4:00-5:15 PM	\$60	104805-02

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: All supplies provided. Registration cost includes both parent and child; each additional person is \$18.

Age: 7 years & up

1/23	Sa	6:00-8:00 PM	\$37	104827-01
1/24	Su	3:00-7:00 PM		
2/20	Sa	6:00-8:00 PM	\$37	104827-02
2/21	Su	3:00-7:00 PM		
Additional	Person			
1/23	Sa,Su	6:00-8:00 PM	\$18	104827-01A
1/24	Su	3:00-7:00 PM		
2/20	Sa	6:00-8:00 PM	\$18	104827-02A
2/21	Su	3:00-7:00 PM		

Parent, Teen & Youth Wheel & Handbuilding 🥸

Explore the world of clay together. Make functional pots and whimsical, imaginative clay objects while learning how to use the potter's wheel and handbuilding techniques. Note: Registration cost includes two participants; must register each additional person for \$25. Tools provided.

Age: 10-17 ye	ars			
1/15-2/12	F	6:00-7:30 PM	\$60	104845-01
2/19-3/19	F	6:00-7:30 PM	\$60	104845-02
Additional Pe	erson			
1/15-2/12	F	6:00-7:30 PM	\$25	104845-01A
2/19-3/19	F	6:00-7:30 PM	\$25	104845-02A

AC	Classes in which adults are required to attend
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Denotes no web registration for program

M Denotes program/activity has special membership pricing

Parent & Tot Mud, Handbuilding 📀

Parent and child combine their talents in this unique pottery class. The projects are constantly varied so it is possible to register for classes as many times as you wish. Note: Registration cost includes two participants; each additional person is \$15. Must register each additional youth for \$15. Tools provided.

Age: 3-6 years

1/9-2/6	Sa	12:30-1:30 PM	\$60	104801-01
1/11-2/8	М	12:30-1:30 PM	\$60	104801-02
1/12-2/9	Tu	9:00-10:00 AM	\$60	104801-03
2/13-3/13	Sa	12:30-1:30 PM	\$60	104801-04
2/15-3/15	М	12:30-1:30 PM	\$60	104801-05
2/16-3/16	Tu	9:00-10:00 AM	\$60	104801-06
Additional Ch	ild			
1/9-2/6	Sa	12:30-1:30 PM	\$15	104801-01A
1/11-2/8	М	12:30-1:30 PM	\$15	104801-02A
1/12-2/9	Tu	9:00-10:00 AM	\$15	104801-03A
2/13-3/13	Sa	12:30-1:30 PM	\$15	104801-04A
2/2/16-3/16	Tu	9:00-10:00 AM	\$15	104801-06A
15-3/15	М	12:30-1:30 PM	\$15	104801-05A

Teen Wheel & Handbuilding

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

Age: 13-17 years

1/12-2/9	Tu	4:30-6:00 PM	\$60	104815-01
2/16-3/16	Tu	4:30-6:00 PM	\$60	104815-02

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. Tools provided.

Age: 7 years & up

1/9-2/6	Sa	2:00-3:30 PM	\$110	104825-01	
1/14-2/11	Th	4:00-5:30 PM	\$110	104825-02	
2/13-3/13	Sa	2:00-3:30 PM	\$110	104825-03	
2/18-3/18	Th	4:00-5:30 PM	\$110	104825-04	

Youth Wheel & Handbuilding

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

Age: 9-13 years

1/13-2/10	W	3:45-5:15 PM	\$60	104810-01
1/15-2/12	F	4:00-5:30 PM	\$60	104810-02
2/17-3/17	W	3:45-5:15 PM	\$60	104810-03
2/19-3/19	F	4:00-5:30 PM	\$60	104810-04

EGEND

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

Programs are for ages 16 years & older unless otherwise noted.

Adult sports team leagues and tournaments for which individuals do not register, but instead register as a team, are not applicable in the reduced fee program.

[BASKETBALL]

Lunch Time Basketball ໜ

Break up the day and join this group of drop-in basketball players for a lunchtime game. Note: Drop-in fees apply.

Age: 18 years & up Location: Northside Aztlan Center

Ongoing M-F Noon-2:00 PM

Winter Adult Basketball

Men's and coed leagues. Teams sign up for their level of play and night preference on a first-come, first-served basis. 8 games scheduled. Registration ends 12/18 or when leagues fill. Leagues begin the week of 1/4.

Location: TBD

Cost: \$459

Men's

Monday Competitive	113901-01
Monday Recreational	113901-02
Wednesday Recreational	113901-03
Coed	
Sun Recreational	113903-01

Spring Adult Men's Basketball

Teams sign up for their level preference on a first-come, first-served basis. 6 games scheduled. Registration ends 3/19 or when leagues fill. Leagues begin the week of 3/26.

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 3/12 or when leagues fill. League begins week of 3/22.

Location: Rolland Moore Park

Cost: \$330

Mon	6:00-10:00 PM	213011-01

[KICKBALL]

Spring Coed Kickball

Enjoy playing an American classic invented on the playground. 6 games scheduled. Registration ends 3/19 or when league fills. League begins 3/26.

Location: Rolland Moore Park

Cost: \$210

Fri Coed Competitive	213061-01	
Fri Coed Recreational	213061-02	

[PICKLEBALL]

Pickleball P.O.P. (Paid Open Play)

Lots of playtime guaranteed with a limited number of players at a comfortable skill level.

Location: Northside Aztlan Center

Beginner				
11/30-12/21	М	1:45-4:00 PM	\$15	124500-01
1/4-1/25	М	1:45-4:00 PM	\$15	124500-02
2/1-2/22	М	1:45-4:00 PM	\$15	124500-03
Intermediate				
12/2-12/23	W	1:45-4:00 PM	\$15	124510-01
1/6-1/27	W	1:45-4:00 PM	\$15	124510-02
2/3-2/24	W	1:45-4:00 PM	\$15	124510-03
Advanced				
12/4-12/18	F	1:45-4:00 PM	\$15	124520-01
1/8-1/29	F	1:45-4:00 PM	\$15	124520-02
2/5-2/26	F	1:45-4:00 PM	\$15	124520-03

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.

Location: Senior Center

12/1-12/8	Tu	9:00-11:00 AM	\$20	124420-01
1/5-1/12	Tu	9:00-11:00 AM	\$20	124420-02
1/19-1/26	Tu	9:00-11:00 AM	\$20	124420-03
2/2-2/9	Tu	9:00-11:00 AM	\$20	124420-04
2/16-2/23	Tu	9:00-11:00 AM	\$20	124420-05

Pickleball Intermediate Lessons

Enhance your game through practice drills and learning the finer points of play. Must demonstrate adequate skills and be proficient at novice play. Note: This level is not designed for beginners.

Location: Senior Center

12/1-12/15	Tu	8:00-9:00 AM	\$20	124423-01
1/5-1/26	Tu	8:00-9:00 AM	\$20	124423-02
2/2-2/23	Tu	8:00-9:00 AM	\$20	124423-03

[SOFTBALL]

Teams sign up for their level of play and night preference on a firstcome, first-served basis. Levels of Play:

II-Competitive, III-Intermediate, IV-Recreational

Note: The levels of play listed above do not apply to the Coed leagues.

Spring Adult Softball

Get the rust off before the summer leagues begin. 6 games scheduled. Registration ends 3/5, or when leagues fill. Leagues begin the week of 3/21.

Location: Rolland Moore Park

Cost: \$355

Men's

Mens			
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			
Sunday Competitive	213023	-01	
Sunday Recreational	213023	-02	
Tuesday Competitive	213023	-03	
Tuesday Recreational	213023	-04	
Wednesday Competitiv	/e 213023	-05	
Wednesday Recreation	ial 213023	-06	
Thursday Recreational	213023	-07	

[VOLLEYBALL]

Teams sign up for their level of play and night preference on a firstcome, first-served basis.

Levels of Play: A-Competitive, BB-Intermediate, B-Recreational

Winter Adult Volleyball

Coed and women's leagues are offered for 6-person teams. Teams sign up for their level of play and night of preferences on a first-come, first-served basis. 8 games scheduled. Registration ends 12/30 or when leagues fill. Leagues begin the week of 1/11.

Location: TBA

Cost: \$290

Women's

Sunday B	113942-01	Wednesday BB	113942-03
Wednesday A	113942-02		
Coed			
Monday BB	113943-01	Tuesday BB	113943-04
Monday B	113943-02	Friday B	113943-05
Tuesday A	113943-03		

Spring Adult Volleyball

Coed and women's leagues are offered for 6-person teams. Teams sign up for their level of play and night of preferences on a first-come, first-served basis. 8 games scheduled. Registration ends 3/12 or when leagues fill. Leagues begin 3/22.

Age: 16 years & up Location: TBA

Cost: \$290

Women's		
Sunday B	213942-01	Wednesday BB
Wednesday A	213942-02	

Coed			
Monday BB	213943-01	Tuesday BB	213943-04
Monday B	213943-02	Friday B	213943-05
Tuesday A	213943-03		

213942-03

YOUTH SPORTS

General Information

Registration closes approximately two weeks prior to the listed start date of the program.

Teams are split up by staff at random, not by special requests, or registration dates. Special requests are not guaranteed.

Coach meetings are scheduled 1-2 weeks before the program start date. Coaches contact teams directly to establish practice dates and times after the coach meeting.

Tournaments are only played in the middle school divisions of all leagues, except for the bowl games in tackle football.

Outdoor leagues practice on a first come basis at the location (or nearby park with approval from Recreation staff) indicated when registering.

Indoor leagues scheduled practice times and locations are determined by staff prior to the season. Teams practice 1-2 times per week based on availability. In the event of gym cancelations, teams may practice in locations that differ from registration site.

Volunteer Coaching Criteria

All youth sports coaches must know the fundamentals and rules of the sport for which they are coaching. Coach trainings are offered, and it is expected for volunteer coaches to attend. Meetings will enhance coaching abilities and knowledge of rules and philosophy of the programs.

Continued on the next page

Volunteer Coaching Criteria continued

Before being approved to coach, all youth sport coaches must annually participate in a City conducted background check and complete a concussion certification. Background checks remain confidential and are valid for one year. 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 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, call 970.416.4297.

Online Sports Schedules & League Rules

All youth sports schedules and league rules are located online through Team Sideline. See page 6 for more information.

[BASKETBALL]

JUNIOR RAMS BASKETBALL

All Junior Ram players will receive a reversible Junior Rams jersey for games

Girl's Junior Rams Basketball

Develop teamplay with participation, fun, skills, and sportsmanship. 6 scheduled games with 1 official minimum for each game. Two practices per week with games on Fridays or Saturdays.

Cost: \$87

Dates: 1/11-2/27

Grade: 2–3

Uldue. Z J			
Bacon	114907-01	Lopez	114907-29
Bauder	114907-03	McGraw	114907-31
Beattie	114907-05	Odea	114907-33
Bennett	114907-07	Olander	114907-35
Bethke	114907-09	Putnam	114907-37
CLP	114907-11	Rice	114907-39
Dunn	114907-13	Riffenburgh	114907-41
Eyestone	114907-15	Shepardson	114907-43
Harris	114907-17	Tavelli	114907-45
Irish	114907-19	Polaris	114907-38
Johnson	114907-21	Timnath	114907-47
Kruse	114907-23	Traut	114907-49
Laurel	114907-25	Werner	114907-51
LibertyCommon	114907-26	Zach	114907-53
Linton	114907-27		
Grade: 4–5			
Bacon	114908-01	CLP	114908-11
Bauder	114908-03	Dunn	114908-13
Beattie	114908-05	Eyestone	114908-15
Bennett	114908-07	Harris	114908-17
Bethke	114908-09	Irish	114908-19

Girl's Junior Rams Basketball continued

Johnson	114908-21	Putnam	114908-37
Kruse	114908-23	Rice	114908-39
St Josephs	114908-24	Riffenburg	114908-41
Laurel	114908-25	Shepardson	114908-43
Liberty Common	114908-26	Tavelli	114908-45
Linton	114908-27	Timnath	114908-47
Lopez	114908-29	Traut	114908-49
McGraw	114908-31	Werner	114908-51
O'dea	114908-33	Zach	114908-53
Olander	114908-35		

Girl's Middle School Basketball

Develop a sense of team play where participation, fun, skills, and sportsmanship are stressed; winning is secondary.

Cost: \$87

Date: 1/11-2/27

Grade: 6-8

Liberty Common	114909-16	Lesher	114909-09
Blevins	114909-01	Lincoln	114909-11
Boltz	114909-03	Preston	114909-12
CLP	114909-05	Webber	114909-15
Kinard	114909-07	Wellington	114909-17

[CHEERLEADING]

For questions on cheerleading programs contact Vel Green at vel@cheercentralsuns.com.

Cheer Central Performance Cheer & Tumbling

Learn jumps, motions, stunts, dance and tumbling through sportsmanship and teamwork. Each session the team will perform in house or at a community event. Note: Poms are provided. \$15 cheer shirt fee not included. Class will not be held on 3/16.

Age: 5-11 years

Location: Club Tico

1/5-2/9	Tu	4:45-5:40 PM	\$80	114937-01
2/16-3/30	Tu	4:45-5:40 PM	\$80	114937-02
4/6-5/11	Tu	4:45-5:40 PM	\$80	114937-03

[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: 3/22-5/15

Grade: Kindergarten-1

City Park	214012-01	English Ranch Park	214012-07
Edora Park	214012-03	Fossil Creek Park	214012-11

SPORTS

Junior Rams Spring Flag Football contined

Sumor Rums Spring Flag F	ootban contined		
Greenbriar Park	214012-14	Troutman Park	214012-25
Harmony Park	214012-17	Warren Park	214012-29
Spring Canyon Park	214012-21		
Grade: 2–3			
Beattie Park	214013-01	Greenbriar Park	214013-11
Blevins Park	214013-03	Harmony Park	214013-13
Stew Case Park	214013-05	Rolland Moore Park	214013-19
City Park	214013-31	Spring Canyon Park	214013-21
Edora Park	214013-07	Troutman Park	214013-23
English Ranch	214013-06	Warren Park	214013-25
Fossil Creek	214013-29		
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
English Ranch	214014-06	Troutman Park	214014-23
Fossil Creek Park	214014-21	Warren Park	214014-25
Greenbriar Park	214014-08		
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		

[MARTIAL ARTS]

Shotokan Karate, Beginner

Introduction to karate, a Japanese martial art form. Students may be divided into groups depending on ability. Adults are welcome to participate with their children. Learn basic karate techniques and form before moving on to the intermediate level.

Age: 7 years & up

Location: Club Tico

1/4-2/3	M,W	6:00-7:00 PM	\$56	122122-02
2/8-3/10	M,W	6:00-7:00 PM	\$56	122122-03
Location: Fo	othills Activ	ity Center		
1/5-2/4	Tu,Th	5:00-6:00 PM	\$56	122119-02
2/9-3/11	Tu,Th	5:00-6:00 PM	\$56	122119-03

Shotokan Karate, Intermediate

Continue to advance your karate skills and build upon beginner concepts. Prerequisite: Successful completion of Shotokan Karate, Beginner.

Shotokan Karate, Intermediate continued

Age: 7 years & up

Location: Club Tico

1/4-2/3	M,W	6:00-7:00 PM	\$56	122123-02
2/8-3/10	M,W	6:00-7:00 PM	\$56	122123-03
Location: Fo	othills Activ	ity Center		
1/5-2/4	Tu,Th	6:00-7:00 PM	\$56	122120-02
2/9-3/11	Tu.Th	6:00-7:00 PM	\$56	122120-03

Shotokan Karate, Advanced

Learn new karate concepts while reinforcing the concepts gained in previous classes. Move at a faster pace and learn more advanced techniques.

Age: 7 years & up

Location: Club Tico

1/4-2/3	M,W	7:00-8:00 PM	\$56	122124-02
2/8-3/10	M,W	7:00-8:00 PM	\$56	122124-03

Location: Foothills Activity Center

1/5-2/4	Tu,Th	6:00-7:00 PM	\$56	122121-02
2/9-3/11	Tu,Th	6:00-7:00 PM	\$56	122121-03

[VOLLEYBALL]

Volleyball

Develop a sense of team play where participation, fun, skills and sportsmanship are stressed; winning is secondary. Practices are held one or two times per week, matches are Saturday mornings and some weeknights. Practice days and times vary. Coaches will contact participants no later than 3/16.

Cost: \$87

Location: Foothills Activity Center

Dates: 3/22-5/8

Grade: 4-5	214942-01		
Grade 6th-8th			
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 Commo	n 214944-08	Wellington	214944-17

YOUNGSTERS

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 team work.

Age: 3–5 years

Location: Northside Aztlan Center

1/6-1/20	W	10:00-10:45 AM	\$29	114771-01
1/26-2/9	Tu	10:00-10:45 AM	\$29	114771-02

Baseball for Shorties

Play ball and explore baseball. Learn the basics by working on the fundamentals of throwing, hitting, and catching. Note: Parents are not allowed in the gym in order to provide a more efficient class.

Age: 4-5 years

Location: Northside A	ztlan Center
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1/27-2/10	W	10:00-10:45 AM	\$29	114773-01	

Basketball for Shorties

Explore basketball basics by working on large and small motor skills as they relate to shooting, dribbling, and passing. Note: Parents are not allowed in the gym in order to provide a more efficient class.

Age:	4-5	years
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Location: Northside Aztlan Center

1/5-1/19	Tu	10:00-10:45 AM	\$29	114772-01

Amazing Athletes

Explore 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. Practice kid-friendly cardio, muscle terminology, motor development skills, speed, agility, and teamwork.

Location: Northside Aztlan Center

Age: 18 mont	hs-2.5 years			
1/18-2/22	М	10:40-11:10 AM	\$54	114782-02
3/1-4/5	М	10:40-11:10 AM	\$54	114782-03
Age: 2.5–3 ye	ears			
1/18-2/22	М	10:00-10:30AM	\$54	114774-02
3/1-4/5	М	10:00-10:30AM	\$54	114774-03
Age: 3.5-5 ye	ears			
1/18-2/22	М	9:00-9:45 AM	\$54	114775-02
3/1-4/5	М	9:00-9:45 AM	\$54	114775-03
Location: Foo	othills Activity	v Center		
Age: 18 mont	hs-2.5 years			
1/19-2-23	Tu	10·40-11·10 AM	\$54	114782-01

1/19-2-23	Tu	10.40-11.10 AM	4J4	114702-01
3/2-4/6	Tu	10:40-11:10 AM	\$54	114782-04
Age: 2.5–3 ye	ears			
1/19-2/23	Tu	10:00-10:30AM	\$54	114774-01
3/2-4/6	Tu	10:00-10:30AM	\$54	114774-04
Age: 3.5-5 ye	ears			
1/19-2-23	Tu	9:00-9:45 AM	\$54	114775-01
3/2-4/6	Tu	9:00-9:45 AM	\$54	114775-04

SuperTots

Incorporate 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. Note: Class will not be held 3/17, 3/18.

Cost: \$89

Location: Northside Aztlan Center

Soccer Tots			
1/6-2/10	W	9:30 AM-10:20 AM	114770-01
Hoopster Tots			
2/17-3/31	W	9:30 AM-10:20 AM	114770-07
Basketball Tots			
4/7-5/12	W	9:30 AM-10:20 AM	114770-13
Age: 3-5 years			
Soccer Tots			
1/6-2/10	W	10:30 AM-11:20 AM	114770-03
Hoopster Tots			
2/17-3/31	W	10:30 AM-11:20 AM	114770-09
Basketball Tots			
4/7-5/12	W	10:30 AM-11:20 AM	114770-15
Location: Footh	ills Activity	Center	
Age: 2-3 years			
Soccer Tots			
1/7-2/11	Th	9:30 AM-10:20 AM	114770-02
Hoopster Tots			
2/18-4/1	Th	9:30 AM-10:20 AM	114770-08
2/18-4/1 Basketball Tots			
2/18-4/1		9:30 AM-10:20 AM 9:30 AM-10:20 AM	114770-08 114770-14
2/18-4/1 Basketball Tots			
2/18-4/1 Basketball Tots 4/8-5/13			
2/18-4/1 Basketball Tots 4/8-5/13 Age: 3-5 years			
2/18-4/1 Basketball Tots 4/8-5/13 Age: 3-5 years Soccer Tots	Th	9:30 AM-10:20 AM	114770-14
2/18-4/1 Basketball Tots 4/8-5/13 Age: 3-5 years Soccer Tots 1/7-2/11	Th	9:30 AM-10:20 AM	114770-14
2/18-4/1 Basketball Tots 4/8-5/13 Age: 3-5 years Soccer Tots 1/7-2/11 Hoopster Tots 2/18-4/1 Baseball Tots	Th Th Th	9:30 AM-10:20 AM 10:30 AM-11:20 AM 10:30 AM-11:20 AM	114770-14 114770-04 114770-10
2/18-4/1 Basketball Tots 4/8-5/13 Age: 3-5 years Soccer Tots 1/7-2/11 Hoopster Tots 2/18-4/1	Th Th	9:30 AM-10:20 AM 10:30 AM-11:20 AM	114770-14 114770-04

Classes in which adults are required to attend Denotes no web registration for program Denotes program/activity has special membership pricing

EWIS TENNIS **TENNIS-THE NATURALLY SOCIAL DISTANCED SPORT**



Daytime programs for Juniors and Adults

- 10 and under, middle school, high school, and adult programs
- Performance training
- Private lessons
- Clinics for all levels
- Complete pro shop
- Tournaments and league coaching
 - Round Robins

For more info call 970-493-7000 or visit lewistennis.com





TENNIS

General Information

Lewis Tennis School directs all tennis programs for the City of Fort Collins Recreation Department. With more than 50 years of experience in the tennis industry, Lewis Tennis provides quality lessons, programs and tournaments for all levels and ages with United States Professional Tennis Association (USPTA) certified coaches on staff. Tennis Director, Larry Lewis, has managed five of the top tennis facilities in the United States. Participants learn techniques to become accomplished players, as well as life skills that help them to excel and enjoy tennis and other areas in life. Thousands of players have participated in these programs over the years as they learn and progress in this great lifetime sport.

Lewis Tennis School takes the importance of providing a safe, virus free environment for its players and staff seriously. With safety guidelines in place and the use of a decontamination system to disinfect tennis balls we are leading the industry in providing safe play.

Rolland Moore Pro Shop

Visit the fully stocked pro shop located at the Rolland Moore Racquet Center. Racquets, shoes, accessories, and 24-hour stringing available.

Winter Hours

M-F	Noon-6 p.m.
Sal	10a.m4p.m. (weather permitting)

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

1/4-1/30	Session 1
2/1-2/27	Session 2
3/1-3/27	Session 3
All program	s are offered at Polland Meere Pacquet Complex unless

All programs are offered at Rolland Moore Racquet Complex unless otherwise noted.

[ADULT TENNIS PROGRAMS]

All adult tennis programs are designed for those 18 years and older unless otherwise noted.

Beginner Lessons

Whether you have never played or are getting back into the game after a long hiatus, learn and develop your fundamentals to enjoy the game. Learn the correct way to hit forehands, backhands, volleys, overheads, and serves, as well as the basic rules and strategies as you start competition.

M, W 6:30-8:10 PM

Intermediate Lessons

Learn the "Modern Game" of tennis and refine your skills by experiencing techniques that are used by the pros. Develop your topspin, forehand, backhand and serves, as well as learn doubles and singles strategies that win.

Tu, Th 6:00-7:30 PM

League Coaching

Get your team ready for the USA Tennis Leagues. Professional coaching improves your team's strategy, technique and mental toughness to enable you to compete at your best. A variety of coaching programs available.

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.

Private Lessons & Ball Machine

Private Lessons are available with our USPTA certified professionals and our college coaching staff. Times are flexible; just let us know when you're available. Rent our ball machines to work on that pesky backhand.

[YOUTH TENNIS PROGRAM]

10 YEARS & UNDER

Exciting play format for those learning tennis. Designed to bring kids into the game by utilizing specialized equipment, shorter court dimensions and modified scoring, all tailored to age and size.

Little Lobber

Age: 4–6 years Location: Rolland Moore Tennis Complex

Sa 10:00-10:45 AM Location: Foothills Activity Center – NEW! Weekday Program TBD – call 970.493.7000 for details.

Future Star

Age: 7–8 years	
M & W or T & Th 2:50-4:20 PM	

11:00 AM-12:30 PM

Sa Aces

Age: 9–10 years

M & W or T & Th 2:50-4:20 PM

Sa 11:00 AM-12:30 PM

MIDDLE SCHOOL

Middle School players develop their games 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	
M & W	or T & Th 4:30-6:30 PM	
Sa	1:00-3:00 PM	

Competitive (Intermediate/Advanced)

Age:	11–13 years	
M & N	N or T & Th 4:30-6:30 PM	
Sa	1:00-3:00 PM	

HIGH SCHOOL

Get ready to have some fun and develop your tennis game. Whether your goal is to play on the high school team or learn the best game to enjoy with your friends, this is the class for you.

Wimbledon (New Player)

Age: 14	4–18 years	
M & W	/ or T & Th 4:30-6:30 PM	
Sa	1:00-3:00 PM	

Grand Slam (Intermediate/Advanced)

Age: 14-18	3 years	
M & W or	T & Th 4:30-6:30 PM	
Sa	1:00-3:00 PM	

Performance Training

Designed for the devoted junior player who has already developed a solid foundation of the game and has shown a high level of commitment. Players typically have goals of state and sectional rankings, high school varsity play, and college scholarships. Players must be accepted by Head Pro.

M & W or T & Th 4:30-6:30 PM

Homeschool Classes

These tennis classes are held at flexible times during the day. To arrange homeschool class for your children call 970.493.7000.

After-School Enrichment

These tennis classes are held after school in the gymnasiums of local elementary schools. Check with your school for details.

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Classes in which adults are required to attend

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

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.

Membership 50+

Membership 50+ is \$30 annually. Scholarships for membership available. Programs with special membership pricing are noted throughout the Recreator with **1**. 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 51.
- Notary service.

CLUBS & ORGANIZATIONS

Donut Make U Wonder 🕔 ໜ

Discuss current subjects and related personal experiences. Divisive matters related to religion and politics avoided to ensure comradery.

Ongoing F 10:00-11:00 AM No Fee	į
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Front Range Forum

Front Range Forum serves the residents of Northern Colorado's Front Range who are intellectually curious and dedicated to enriching their daily lives through life-long learning. Registrants facilitate classes for each other; participants take part in short presentations and informal discussions on a variety of topics. Other one day classes, movies, trips, and more are offered throughout each quarter. Please visit frontrangeforum.org for more information.

12/1 2/20	мг	C1/	107/10 01
1//1-///0	M-F	.014	10/410-01

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.

Location: Virtual

12/22, 1/26 & 2/23	Tu	1:00-3:00 PM	\$12	112401-01	
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The Writers Group 🚺 🖤

Express yourself through writing and gather weekly to share work. All writing style and skills are welcome. For more information contact Betsy Emond at 970.224.6030, bemond@fcgov.com.

Ongoing Tu	9:30 AM-Noon	No Fee
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CARDS & GAMES

Bridge 1 Virtual, Bidding Part 1

Start with card basics, bridge etiquette, hand evaluation/counting points, how to win tricks, defending, and scoring. Learn the language of bidding in a competitive auction. Focus on Suit opening bids, responses, rebids. Registration includes supplies.

Age: 18 years & up

Location: Virtual	Locatio	n: V	'irtual	
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1/14-2/25	Th	12:30-2:00 PM	\$82	112434-02

FITNESS

See a full list of fitness programs on page 38.

SilverSneakers

For more information about SilverSneakers, inquire at the front desk of 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.

Renew Active

For more information regarding Renew Active, inquire at the front desk at Fort Collins Senior Center or Northside Aztlan Community Center. Eligible members of Renew Active receive a free pass to Recreation facilities and receive 70% off fitness classes.

RESOURCES

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.

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 friendships, and enrich their community and the lives of others through purposeful activity. Volunteers may choose from one-time special events to longer term commitments in a variety of areas. To apply as a volunteer, visit engage.fcgov.com/D/ sc/App/General or contact Ashley Ruffer at 970.224.6033, aruffer@ fcgov.com.

SOCIAL PROGRAMS

Coffee with Bob 🖤

Grab a cup of coffee with Recreation Director, Bob Adams. Bring your thoughts and queetions for discussion, State: Coffee will not be provided; bring your own content to the state.

12/23	10-10-30 AM	No Fee	
1/27	9:30-10:70 AM	No Fee	
2/24	W 9:30-10:30 AM	No Fee	

Los Ancianos

Instituted more than 40 years ago, Ancianos is one of the City of Fort Collins' longest running social groups. Gather for arts and crafts, light physical activities, holiday themed parties and engage with community guest speakers. Discount available for those enrolled in the City of Fort Collins Recreation reduced fee program. Note: Class will not be held on 12/24, 12/31.

Age: 60 years & up Location: Northside Aztlan Center

12/1-2/25	Tu,Th	11:00 AM-1:00 PM	\$75	112500-01

SPECIAL EVENTS

Virtual History Hour

Learn about the lives of Alice and Helen Dickerson and their ties to the area's mountain communities. See how these remarkable women demonstrate the spirit displayed by local early residents that contribute to who we are today.

The Dickerson Sisters artistic pine needle baskets, collages, and nature art will be on display through the month of January. Note: Online meeting link will be sent two days prior to event.

Age: 18 years & up Location: Virtual

1/27	W	2:00-3:00 PM	\$6	112459-01

SPORTS

See additional sports programs on page 55.

AOA Badminton

Join the energetic fast-paced game of badminton with Active Older Adults (AOA). Note: Drop-in fees apply. Class will not be held on 12/24, 12/31

8:00-10:00 AM

Age: 18 years & up Location: Northside Aztlan Center

Ongoing Tu,Th

AOA Basketball

Suit-up and get on the court for some hoops with Active Older Adults (AOA). Note: Drop-in fees apply.

Age: 18 years & up Location: Northside Aztlan Center

Oligoling 11,11,77, 0.00-10.00 Alt	Ongoing	M,W,F	8:00-10:00 AM
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GND	-	Classes in which adults are required to attend Denotes no web registration for program
LEG	-	Denotes program/activity has special membership pricing



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At The Youth Clinic, our pediatricians are specially trained in caring for kids, like yours, so that they can grow up to live happy and healthy lives.



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Since 1986, we've helped young children get kindergarten ready! Our preschool program focuses on practicing necessary skills such as sharing, communicating, establishing boundaries, learning appropriate assertiveness and problem solving. Give your little one a head start by enrolling today!

Nounta

Mountain Kids Gymnastics

Challenges Your Child To Reach New Heights Help your child find an extracurricular activity that focuses on providing a healthy balance between work and play! At Mountain Kids, our gymnastics program does just that. We offer boys and girls gymnastics programs for ages 3-17, that will challenge and encourage your child while helping them build self-confidence!

WWW.MOUNTAIN-KIDS.COM (970) 482-3118. 419 E. STUART STREET FORT COLLINS, CO 80525

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