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. New to ARO? Visit our site to complete a New participant information form to begin the support request process. 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/aro or contact Brenda McDowell at bmcdowell@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

Aquatics

Adaptive Swim Lessons

ARO Aquatics Specialists 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

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

Arts & Theatre

Artistic Abilities Art Club

Create unique art pieces in 2D and 3D formats. All abilities welcome and individual adaptations offered.

Age: 16 years & up

Location: Senior Center

3/25-4/29 Th 4:00-5:30 PM $58 202990-01

Theatre Acting Class & Show

Express your creativity on stage! Learn acting techniques, develop a short script, and present a show on during the last class. Designed for those with and without disabilities. Note: Performers and attendants not required to purchase tickets to the final show; all others must purchase tickets to final show.

Age: All

Location: Senior Center

Theatre Acting Class & Show

3/29-5/3 M 4:00-5:30 PM $49 202593-05

Theatre Acting Performance Ticket

5/3 M 4:00-5:00 PM $2 202593-06

Camps

Bike Camp, Adaptive

Designed to build community around biking and introduce riders with adaptive needs to safe bicycling. Adaptive cycles available or provide your own. Introduction to rules for bicycling on trails, safe bicycling strategies, bike-handling skills and drills, nutrition and hydration, and basic bike maintenance. Ride 4-8+ miles per day. Led by ARO Therapeutic Recreation Staff and League Cycling Instructors experienced in leading group rides.

Age: 18 years & up

Location: Lee Martinez Park

6/21-6/25 M-F 9:00 AM-12:30 PM $175 315987-03

Fitness

Cycling, Adaptive

Feel the freedom of cycling in this group ride on the Poudre Trail. Adaptive cycles available or provide your own. Led by ARO Therapeutic Recreation Staff and League Cycling Instructors experienced in leading group rides.

Age: 18 years & up

Location: Lee Martinez Park

5/6-5/20 Th 4:00-6:00 PM $45 202936-01

FLEXibility

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

Age: 16 years & up

Location: Virtual

2/25-3/30 Th 12:00-12:45 PM $40 202990-03

Yoga, Adaptive

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. Note: Class not held 3/16.

Age: 16 years & up

Location: Senior Center

Adaptive Yoga, Chair

2/23-3/30 Tu 2:00-2:45 PM $40 202980-01

4/6-5/11 Tu 2:00-2:45 PM $40 202980-01

Adaptive Yoga, Standing

2/23-3/30 Tu 3:00-3:45 PM $40 202980-03

4/6-5/11 Tu 3:00-3:45 PM $40 202980-01

Social Programs

Bowling

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

Age: 16 years & up

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

4/10-5/8 Sa 12:30-1:30 PM $46 202906-01

Dinner & a Movie

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

Age: 16 years & up

Location: Senior Center

Comedy

3/24 W 4:00-6:30 PM $10 202404-01

Animation

4/21 W 4:00-6:30 PM $10 202404-02

Action

5/19 W 4:00-6:30 PM $10 202404-03

Park Games

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

Age: 16 years & up

Location: Northside Aztlan Community Center

3/26 F 4:30-6:00 PM $10 202318-01

4/23 F 4:30-6:00 PM $10 202318-02

5/21 F 4:30-6:00 PM $10 202318-03

Monthly Themed Dances

Outdoor dances are fun filled events to celebrate with friends. Dressing for the theme is highly encouraged. Note: Preregistration required, no drop in. Snack not provided.

Age: 16 years & up

Location: Parking lot at the Senior Center

80’s

3/25 Th 5:45-6:45 PM $4 202405-01

90’s

4/29 Th 5:45-6:45 PM $4 202405-02

Today’s Top 10

5/27 Th 5:45-6:45 PM $4 202405-03

Game On

Enjoy interactive themed games with friends. Theme based costumes encouraged. Note: Zoom link will be sent to you the week of the program.

Age: 16 years & up

Location: Virtual

3/12 F 4:30-6:00 PM $5 202403-01

4/9 F 4:30-6:00 PM $5 202403-02

5/7 F 4:30-6:00 PM $5 202403-03

Education Programs

Cooking, Adaptive

Learn how to cook tasty foods and gain positive eating habits. Small groups will cook together, set the table, then sit down to sample the finished product. Note: Bring a container to take a portion to go.

Age: 16 years & up

Location: Senior Center

Spring Fixins

3/3 W 5:00-6:30 PM $15 202401-01

Farm Country

3/31 W 5:00-6:30 PM $15 202401-02

Charcuterie Board

4/14 W 5:00-6:30 PM $15 202401-03

Breakfast for Dinner

4/28 W 5:00-6:30 PM $15 202401-04

Spice It Up

5/12 W 5:00-6:30 PM $15 202401-05

Comfort Foods

5/26 W 5:00-6:30 PM $15 202401-06

Unified Sports

Panther Adaptive SUNS Cheer & Dance

Individuals with or without special needs experience cheer and dance together as one Unified Team. Performance schedule, and class format will be updated based on current health regulations. Note: Panther shirts not included in registration fee; available for $15

Location: Club Tico

Age: All

4/6-5/11 Tu 5:50-7:00 PM $49 202987-01

Softball

Coed Unified teams are organized into two divisions to play in a summer league. Teams are scheduled for one hour of practice and one hour of play, within time frame of program. The first two weeks are practices at Beattie, the remaining weeks will be games played at Rolland Moore park. Note: Registration fee increases to $30.50 after 4/27.

Age: 16 years & up

Location: Beattie Park

5/17-8/9 M 5:00-10:00 PM $27.50 202055-01

Tennis

National Junior Tennis and Education coaches use modified techniques and adaptive equipment to teach the fundamentals of tennis and allow players of all abilities to participate fully. Note: Class will not be held on 3/15.

Location: TBA

Age: 16 years & up

3/8-4/19 M 5:45-6:45 PM $22.50 202057-01

Age: 8-15 years (single child)

3/8-4/19 M 4:30-5:30 PM $22.50 202056-01

Age: 8-15 years (multiple children)

3/8-4/19 M 4:30-5:30 PM $30.50 202056-02

Special Events

Giant Friends Club

Giant Friends club brings kids of all abilities together for fun, friendships, and play at the accessible Inspiration Playground. This event features “nautical” related activities and entertainment for a gigantic good time. Note: Program is provided with support from the Inspiration Playground Endowment Fund. Pre-registration required.

Age: All

Location: Inspiration Playground at Spring Canyon Park

4/16 F 10:30 AM-12:30 PM No Fee 202070-01

Aqua Fitness

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

Drop-In Policy

Participants may pay a drop-in fee of $7.50 per class if space is available. Drop-in participants do not count in registration numbers. Reduced rates do not apply to daily drop-in fees. Participants may also use one admission from a 10-admission drop-in fitness pass ($67.50). For more information on admission policies and fees see page 8.

Low Intensity

Basic H2O Workout

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

3/1-3/26 M,W,F 8:00-9:00 AM $49 200212-01

3/29-4/30 M,W,F 8:00-9:00 AM $61 200212-02

5/3-5/28 M,W,F 8:00-9:00 AM $49 200212-03

Twinges

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

Age: 18 years & up

Location: Mulberry Pool

3/1-3/26 M,W,F 8:30-9:30 AM $49 200314-01

3/1-3/26 M,W,F 9:30-10:30 AM $49 200314-04

3/29-4/30 M,W,F 8:30-9:30 AM $61 200314-02

3/29-4/30 M,W,F 9:30-10:30 AM $61 200314-05

5/3-5/28 M,W,F 8:30-9:30 AM $49 200314-03

5/3-5/28 M,W,F 9:30-10:30 AM $49 200314-06

Twinges Plus

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

Age: 18 years & up

Location: EPIC

3/1-3/26 M,W,F 12:15-1:15 PM $49 200316-01

3/29-4/30 M,W,F 12:15-1:15 PM $61 200316-02

5/3-5/28 M,W,F 12:15-1:15 PM $49 200316-03

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

3/1-3/26 M,W,F 9:00-10:00 AM $49 200224-01

3/2-3/25 Tu,Th 4:00-5:00 PM $33 200224-04

3/29-4/30 M,W,F 9:00-10:00 AM $61 200224-02

3/30-4/29 Tu,Th 4:00-5:00 PM $41 200224-05

5/3-5/28 M,W,F 9:00-10:00 AM $49 200224-03

5/4-5/27 Tu,Th 4:00-5:00 PM $33 200224-06

Location: Edora Pool Ice Center

3/1-3/26 M,W,F 7:30-8:30 AM $49 200324-01

3/29-4/30 M,W,F 7:30-8:30 AM $61 200324-02

5/3-5/28 M,W,F 7:30-8:30 AM $49 200324-03

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

3/1-3/26 M,W, 6:00-7:00 AM $49 200222-13

3/1-3/26 M,W,F 7:30-8:30 AM $49 200222-01

3/1-3/26 M,W,F 5:00-6:00 PM $49 200222-05

3/2-3/25 Tu,Th 8:00-9:00 AM $33 200222-07

3/2-3/25 Tu,Th 9:00-10:00 AM $33 200222-10

3/29-4/30 M,W,F 6:00-7:00 AM $61 200222-14

3/29-4/30 M,W,F 7:30-8:30 AM $61 200222-02

3/29-4/30 M,W,F 5:00-6:00 PM $61 200222-05

3/30-4/29 Tu,Th 8:00-9:00 AM $41 200222-08

3/30-4/29 Tu,Th 9:00-10:00 AM $41 200222-11

5/3-5/28 M,W,F 6:00-7:00 AM $49 200222-15

5/3-5/28 M,W,F 7:30-8:30 AM $49 200222-03

5/3-5/28 M,W,F 5:00-6:00 PM $49 200222-06

5/4-5/27 Tu,Th 8:00-9:00 AM $33 200222-09

5/4-5/27 Tu,Th 9:00-10:00 AM $33 200222-12

Fitness & Fun

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

Age: 18 years & up

Location: Mulberry Pool

3/1-3/26 M,W,F 7:00-8:00 AM $49 200220-01

3/29-4/30 M,W,F 7:00-8:00 AM $61 200220-02

5/3-5/28 M,W,F 7:00-8:00 AM $49 200220-03

Prenatal

Designed for women during or after pregnancy. Low and medium impact exercises maintain muscle tone and cardiovascular fitness. The water may also ease the pressure of the pregnancy. Build muscle to help support the newborn’s weight.

Age: 18 years & up

Location: Mulberry Pool

3/2-3/25 Tu,Th 6:00-7:00 PM $33 200218-01

3/30-4/29 Tu,Th 6:00-7:00 PM $41 200218-02

5/4-5/27 Tu,Th 6:00-7:00 PM $33 200218-03

Twist & Shout

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

Age: 18 years & up

Location: Mulberry Pool

3/1-3/26 M,W,F 4:00-5:00 PM $49 200226-01

3/29-4/30 M,W,F 4:00-5:00 PM $61 200226-02

5/3-5/28 M,W,F 4:00-5:00 PM $49 200226-03

High Intensity

Deep H2O

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

Age: 18 years & up

Location: EPIC

3/1-3/26 M,W,F 12:15-1:00 PM $39.40 200330-04

3/1-3/24 M,W 5:30-6:30 PM $33 200330-01

3/29-4/30 M,W,F 12:15-1:00 PM $49 200330-05

3/29-4/28 M,W 5:30-6:30 PM $41 200330-02

5/3-5/28 M,W,F 12:15-1:00 PM $39.40 200330-06

5/3-5/28 M,W 5:30-6:30 PM $33 200330-03

Aquatics

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 & 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.

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 3 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 all 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

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

4/5-5/5 M,W 6:30-7:00 PM $73.50 201339-01

Family Programs

Kayak 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

3/27-4/3 Sa 2:30-5:45 PM $100 201358-01

4/10-4/17 Sa 2:30-5:45 PM $100 201358-02

5/1-5/8 Sa 2:30-5:45 PM $100 201358-03

Kayak Roll Session

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: 7 years & up

Location: EPIC

3/6 Sa 3:30-5:30 PM $12 201355-01

3/13 Sa 3:30-5:30 PM $12 201355-02

3/20 Sa 3:30-5:30 PM $12 201355-03

3/27 Sa 3:30-5:30 PM $12 201355-04

4/3 Sa 3:30-5:30 PM $12 201355-05

4/10 Sa 3:30-5:30 PM $12 201355-06

4/17 Sa 3:30-5:30 PM $12 201355-07

5/1 Sa 3:30-5:30 PM $12 201355-08

5/8 Sa 3:30-5:30 PM $12 201355-09

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

3/10 W 6:00-8:00 PM $22 201356-01

3/24 W 6:00-8:00 PM $22 201356-02

4/7 W 6:00-8:00 PM $22 201356-03

4/21 W 6:00-8:00 PM $22 201356-04

5/5 W 6:00-8:00 PM $22 201356-05

5/19 W 6:00-8:00 PM $22 201356-06

Stand-Up Paddle Board, Basics

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

Location: EPIC

Age: 8-13 years

3/6 Sa 2:00-3:30 PM $50 201357-01

Age: 14 years & up

3/6 Sa 4:15-5:45 PM $50 201357-02

Stand-Up Paddle Board, Yoga

Practice yoga on a paddleboard. Start with the most stable postures and add on optional layers of difficulty to give the right mix of challenge and success. Have fun, move, improve balance, and gain a greater awareness of the body as you become more aware of the muscle used in stabilization. Note: Additional $20 fee if not using own paddleboard.

Age: 18 years & up

Location: EPIC

3/6 Sa Noon-1:30 PM $25 201360-01

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

4/10-5/8 Sa 11:20-11:50 AM $37.25 201235-01

Youth Programs

Instructors and participants must maintain six feet of physical distance, unless there is an emergency that requires physical contact.

Private Swim Lessons

Private swim instruction for those who can independently float and roll from front to back/back to front. Parent or adult must participate if the swimmer does not meet those requirements. Private lessons are not discountable. Note: Registration is for a private, one-on-one 30-minute lessons. Semi-private lessons for up to three people of the same household are available for a prorated fee. Individuals will be contacted based on their position on the waitlist, which is a first-come, first-served basis. Times are limited and are not available during group programs.

Age: 6 months & up

Location: EPIC

5/17-5/21 M-F 4:45-5:15 PM $126 201300-01

5/24-5/28 M-F 4:45-5:15 PM $126 201300-02

5/17-5/21 M-F 5:20-5:50 PM $126 201300-03

5/24-5/28 M-F 5:20-5:50 PM $126 201300-04

Baby & Me 1

Introduces 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: Mulberry Pool

4/6-5/6 Tu,Th 4:45-5:15 PM $73.50 201210-01

4/10-5/8 Sa 9:00-9:30 AM $37.25 201210-02

Location: EPIC

4/5-5/5 M,W 4:45-5:15 PM $73.50 201310-01

4/5-5/5 M,W 5:20-5:50 PM $73.50 201310-02

Baby & Me 2

Builds 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: Mulberry Pool

4/6-5/6 Tu,Th 5:20-5:50 PM $73.50 201212-01

4/10-5/8 Sa 9:35-10:05 AM $37.25 201212-02

4/10-5/8 Sa 10:45-11:15 AM $37.25 201212-03

4/11-5/9 Su 4:25-4:55 PM $37.25 201212-04

Location: EPIC

4/5-5/5 M,W 5:55-6:25 PM $73.50 201312-01

4/5-5/5 M,W 6:30-7:00 PM $73.50 201312-02

Pollywog

Students are 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. Parent must participate if child cannot float independently.

Age: 3-6 years

Location: Mulberry Pool

4/6-5/6 Tu,Th 4:45-5:15 PM $73.50 201216-01

4/6-5/6 Tu,Th 5:55-6:25 PM $73.50 201216-02

4/6-5/6 Tu,Th 6:30-7:00 PM $73.50 201216-03

4/10-5/8 Sa 9:00-9:30 AM $37.25 201216-04

4/10-5/8 Sa 9:35-10:05 AM $37.25 201216-05

4/10-5/8 Sa 11:20-11:50 AM $37.25 201216-06

4/11-5/9 Su 3:15-3:45 PM $37.25 201216-07

4/11-5/9 Su 4:25-4:55 PM $37.25 201216-08

4/11-5/9 Su 5:00-5:30 PM $37.25 201216-09

4/11-5/9 Su 5:35-6:05 PM $37.25 201216-10

Location: EPIC

4/5-5/5 M,W 4:45-5:15 PM $73.50 201316-01

4/5-5/5 M,W 5:20-5:50 PM $73.50 201316-02

4/5-5/5 M,W 6:30-7:00 PM $73.50 201316-03

Tadpole

Students will 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: Mulberry Pool

4/6-5/6 Tu,Th 5:20-5:50 PM $73.50 201218-01

4/6-5/6 Tu,Th 6:30-7:00 PM $73.50 201218-02

4/10-5/8 Sa 9:00-9:30 AM $37.25 201218-03

4/10-5/8 Sa 10:10-10:40 AM $37.25 201218-04

4/10-5/8 Sa 11:20-11:50 AM $37.25 201218-05

4/11-5/9 Su 3:50-4:20 PM $37.25 201218-06

4/11-5/9 Su 4:25-4:55 PM $37.25 201218-07

4/11-5/9 Su 5:00-5:30 PM $37.25 201218-08

Location: EPIC

4/5-5/5 M,W 5:20-5:50 PM $73.50 201318-01

4/5-5/5 M,W 5:55-6:25 PM $73.50 201318-02

Froggy

Students will be taught 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. Must be able to independently float.

Age: 3-6 years

Location: Mulberry Pool

4/6-5/6 Tu,Th 4:45-5:15 PM $73.50 201220-01

4/6-5/6 Tu,Th 5:55-6:25 PM $73.50 201220-02

4/10-5/8 Sa 9:35-10:05 AM $37.25 201220-03

4/10-5/8 Sa 10:45-11:15 AM $37.25 201220-04

4/11-5/9 Su 3:15-3:45 PM $37.25 201220-05

4/11-5/9 Su 3:50-4:20 PM $37.25 201220-06

4/11-5/9 Su 5:00-5:30 PM $37.25 201220-07

4/11-5/9 Su 5:35-6:05 PM $37.25 201220-08

Location: EPIC

4/5-5/5 M,W 4:45-5:15 PM $73.50 201320-01

4/5-5/5 M,W 5:55-6:25 PM $73.50 201320-02

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: Mulberry Pool

4/6-5/6 Tu,Th 5:20-5:50 PM $73.50 201222-01

4/6-5/6 Tu,Th 5:55-6:25 PM $73.50 201222-02

4/10-5/8 Sa 9:00-9:30 AM $37.25 201222-03

4/10-5/8 Sa 10:10-10:40 AM $37.25 201222-04

4/10-5/8 Sa 10:45-11:15 AM $37.25 201222-05

4/10-5/8 Sa 11:20-11:50 AM $37.25 201222-06

4/11-5/9 Su 3:15-3:45 PM $37.25 201222-07

4/11-5/9 Su 4:25-4:55 PM $37.25 201222-08

4/11-5/9 Su 5:35-6:05 PM $37.25 201222-09

Location: EPIC

4/5-5/5 M,W 4:45-5:15 PM $73.50 201322-01

4/5-5/5 M,W 6:30-7:00 PM $73.50 201322-02

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: Mulberry Pool

4/6-5/6 Tu,Th 4:45-5:15 PM $73.50 201224-01

4/6-5/6 Tu,Th 5:20-5:50 PM $73.50 201224-02

4/6-5/6 Tu,Th 6:30-7:00 PM $73.50 201224-03

4/10-5/8 Sa 9:35-10:05 AM $37.25 201224-04

4/10-5/8 Sa 10:10-10:40 AM $37.25 201224-05

4/10-5/8 Sa 10:45-11:15 AM $37.25 201224-06

4/11-5/9 Su 3:15-3:45 PM $37.25 201224-07

4/11-5/9 Su 3:50-4:20 PM $37.25 201224-08

4/11-5/9 Su 5:00-5:30 PM $37.25 201224-09

4/11-5/9 Su 5:35-6:05 PM $37.25 201224-10

Location: EPIC

4/5-5/5 M,W 5:20-5:50 PM $73.50 201324-01

4/5-5/5 M,W 5:55-6:25 PM $73.50 201324-02

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: Mulberry Pool

4/6-5/6 Tu,Th 5:20-5:50 PM $73.50 201226-01

4/10-5/8 Sa 9:00-9:30 AM $37.25 201226-02

4/10-5/8 Sa 11:20-11:50 AM $37.25 201226-03

4/11-5/9 Su 3:50-4:20 PM $37.25 201226-04

Location: EPIC

4/5-5/5 M,W 4:45-5:15 PM $73.50 201326-01

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

Location: Mulberry Pool

4/6-5/6 Tu,Th 4:45-5:15 PM $73.50 201228-01

4/10-5/8 Sa 9:35-10:05 AM $37.25 201228-02

4/11-5/9 Su 4:25-4:55 PM $37.25 201228-03

4/11-5/9 Su 5:35-6:05 PM $37.25 201228-04

Location: EPIC

4/5-5/5 M,W 5:20-5:50 PM $73.50 201328-01

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: Mulberry Pool

4/6-5/6 Tu,Th 6:30-7:00 PM $73.50 201230-01

4/10-5/8 Sa 10:10-10:40 AM $37.25 201230-02

4/11-5/9 Su 5:00-5:30 PM $37.25 201230-03

Location: EPIC

4/5-5/5 M,W 5:55-6:25 PM $73.50 201330-01

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: Mulberry Pool

4/6-5/6 Tu,Th 5:55-6:25 PM $73.50 201232-01

4/10-5/8 Sa 10:45-11:15 AM $37.25 201232-02

4/11-5/9 Su 3:15-3:45 PM $37.25 201232-03

Location: EPIC

4/5-5/5 M,W 5:55-6:25 PM $73.50 201332-01

Arts & Crafts

Adult Programs

Programs are designed for those 18 years & up and held at the Fort Collins Senior Center unless otherwise noted.

Drawing Programs ]

Comics Essentials

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

Age: 14 years & up

3/23-4/27 Tu 4:00-6:00 PM $56 203407-01

Sketching Group

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

3/5-5/28 F 9:30 AM-12:30 PM No Fee 203495-01

General Programs ]

Basket Cases

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

3/4-5/27 Th 1:00-3:00 PM No Fee 203402-01

C.H.A.T. Crafts Hobbies Arts Time

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

3/3-5/28 W,F 1:00-3:00 PM No Fee 203496-01

Bob Ross Style Painting

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

3/4 Th 9:00 AM-3:30 PM $75 203427-01

4/1 Th 9:00 AM-3:30 PM $75 203427-02

5/6 Th 9:00 AM-3:30 PM $75 203427-03

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.

3/1-3/29 M 1:00-3:00 PM $61 203446-01

3/1-3/29 M 5:00-7:00 PM $61 203446-04

4/5-4/26 M 1:00-3:00 PM $49 203446-02

4/5-4/26 M 5:00-7:00 PM $49 203446-05

5/3-5/24 M 1:00-3:00 PM $49 203446-03

5/3-5/24 M 5:00-7:00 PM $49 203446-06

Woodworking, Intermediate

Advanced techniques and concepts are taught. Further exploration into varied tools available. Projects designed with the instructor’s assistance and approval to include the use of traditional joinery techniques like mortise, tenon, dovetail and rabbet. Prerequisite: Woodworking, Beginner check back other seasons for this course. Note: Some supplies provided.

3/24-4/28 W 1:00-3:00 PM $107 203491-01

Family Programs

Painting Pairs

Instructor will guide a duo through creating a 2-canvas work of art. Price is for a 2-canvas project. Only one person of the pair needs to register. Children under 12 must be accompanied by an adult.

Age: All

Location: Northside Aztlan Center

Easter

3/14 Su 10:00 AM-Noon $42 218982-01

Spring Colors

4/4 Su 10:00 AM-Noon $42 218982-02

Birds of a Feather

5/23 Su 10:00 AM-Noon $42 218982-03

Creative Creations

Create through guided instruction. All supplies included. Children under 10 must be accompanied by an adult.

Age: All

Location: Northside Aztlan Center

Umbrella Painting

3/7 Su 10:00 AM-Noon $36 218983-01

Seed Bombs and Bird Feeders

4/18 Su 10:00 AM-Noon $36 218983-02

Mother’s Day Bouquet

5/2 Su 10:00 AM-Noon $36 218983-03

Youth Programs

Art History & Creation

Travel through time and learn about historic artists and their style of art. Create your own masterpiece and showcase your creativity. Note: Supplies will be available for pick-up at Northside Aztlan Community Center the Friday before each class. Zoom links will be sent via email. Classes will not be held on 3/15, 3/16.

Location: Virtual

Age: 5-7 years

Pollock, Degas, DaVinici, & Van Gogh

2/8-3/1 M 4:00-5:00 PM $55 215554-01

Kandinsky, Picasso, & Mondrian

3/8-3/29 M 4:00-5:00 PM $55 215554-02

Age: 8-11 years

Pollock, Degas, Da Vinci, & Van Gogh

2/9-3/2 Tu 4:00-5:30 PM $60 215555-01

Kandinsky, Picasso, & Mondrian

3/9-3/30 Tu 4:00-5:30 PM $60 215555-02

Youth Art-How to Draw Series

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

Age: 6-10 years

Location: Northside Aztlan Center

4/28-5/26 W 4:30-5:30 PM $60 218987-01

Cookies ‘n Canvas

Theme inspired and geared towards teaching young artists the joy of painting. Paint on canvas while enjoying cookies. Supplies and cookies available for pick-up the Monday before class at Northside Aztlan Center. Zoom links will be sent via email.

Age: 6-12 years

Location: Virtual

Koala

4/22 Th 4:30-6:30 PM $42 216243-01

Collage & Draw

Use images from magazines to spark imagination. Paint and draw a unique layered art piece. Supplies available for pick-up the Monday before class at Northside Aztlan Center. Zoom links will be sent via email.

Age: 6-12 years

Location: Virtual

3/4-3/11 Th 4:00-5:00 PM $35 216913-01

4/8-4/15 Th 4:00-5:00 PM $35 216913-02

Painting Workshop

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

Age: 6-14 years

Location: Northside Aztlan Center

Baby Animals

3/13 Sa 2:00-3:30 PM $26 218985-01

Rainy Day

4/3 Sa 2:00-3:30 PM $26 218985-02

Just Keep Swimming

5/8 Sa 2:00-3:30 PM $26 218985-03

Teen Art: Exploring Mediums

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

Age: 11-15 years

Location: Northside Aztlan Center

4/28-5/26 W 5:45-7:00 PM $89 218986-01

Dance & Movement

Adult Programs

All classes are designed for those 18 years & up and held at the Senior Center unless otherwise noted.

Ballet, Beginner

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

3/23-4/27 Tu 5:30-6:30 PM $49 206102-01

Ballet, Intermediate

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

3/22-4/26 M 5:30-6:45 PM $61 206104-01

Line Dance, Beginner

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

3/2-3/30 Tu 12:30-1:30 PM $41 206436-01

4/6-4/27 Tu 12:30-1:30 PM $33 206436-02

5/4-5/25 Tu 12:30-1:30 PM $33 206436-03

Line Dance, Continued

Designed for the more experienced dancer who thrives on complex dance steps, sequences and rhythms.

3/2-3/30 Tu 2:00-3:00 PM $41 206437-01

4/6-4/27 Tu 2:00-3:00 PM $33 206437-02

5/4-5/25 Tu 2:00-3:00 PM $33 206437-03

Modern Dance

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

3/22-4/26 M 7:00-8:00 PM $49 206156-01

Youth Programs

Ballet ]

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

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

3/2-3/30 Tu 9:00-9:30 AM $49 221112-01

4/6-4/27 Tu 9:00-9:30 AM $49 221112-02

5/4-5/25 Tu 9:00-9:30 AM $49 221112-03

Petite Ballerinas

Explore movement and discover the confident dancer within. Leveled classes help attain certain skills. Instructors move dancers to the next level when they are ready. First-time dancers must sign up for lowest ability level for age. Note: Class will not be held on 3/16.

Location: Northside Aztlan Center

Age: 3-4 years

3/5-3/26 F 9:00-9:45 AM $48 221524-01

4/9-4/30 F 9:00-9:45 AM $48 221524-02

5/7-5/21 F 9:00-9:45 AM $38 221524-03

Age: 3-5 years

3/6-3/27 Sa 9:30-10:15 AM $48 221524-04

4/10-5/1 Sa 9:30-10:15 AM $48 221524-05

5/8-5/22 Sa 9:30-10:15 AM $38 221524-06

Age: 4.5-6 years

3/5-3/26 F 10:00-10:45 AM $48 221524-10

4/9-4/30 F 10:00-10:45 AM $48 221524-11

5/7-5/21 F 10:00-10:45 AM $38 221524-12

Age: 5.5-6 years

3/6-3/27 Sa 10:30-11:15 AM $48 221524-13

4/10-5/1 Sa 10:30-11:15 AM $48 221524-14

5/8-5/22 Sa 10:30-11:15 AM $38 221524-15

Location: Club Tico

Age: 4.5-5 years

3/2-3/30 Tu 9:45-10:30 AM $48 221524-07

4/6-4/27 Tu 9:45-10:30 AM $48 221524-08

5/4-5/25 Tu 9:45-10:30 AM $48 221524-09

Petite Ballet

Develop discipline and focus to become a confident dancer. Classical training in a studio setting with trained instructors. Parents watch the last day of sessions. Registration deadline is one week prior to class.

Age: 7-11 years

Location: Northside Aztlan Center

3/6-3/27 Sa 11:30 AM-12:30 PM $56 221526-01

4/10-5/1 Sa 11:30 AM-12:30 PM $56 221526-02

5/8-5/22 Sa 11:30 AM-12:30 PM $46 221526-03

General Dance ]

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. Class will not be held on 3/17.

Location: Foothills Activity Center

Age: 2 years

3/3-3/31 W 10:30-11:15 AM $49 221701-01

4/7-4/28 W 10:30-11:15 AM $49 221701-02

5/5-5/19 W 10:30-11:15 AM $39 221701-03

Age: 3 years

3/3-3/31 W 9:30-10:15 AM $49 221701-04

4/7-4/28 W 9:30-10:15 AM $49 221701-05

5/5-5/19 W 9:30-10:15 AM $39 221701-06

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. Class will not be held on 3/18.

Location: Foothills Activity Center

Age: 3 years

3/4-4/1 Th 10:45-11:30 AM $49 221704-01

4/8-4/29 Th 10:45-11:30 AM $49 221704-02

5/6-5/20 Th 10:45-11:30 AM $39 221704-03

Age: 4-5 years

3/25-4/22 Th 4:30-5:30 PM $81 221704-04

4/29-5/20 Th 4:30-5:30 PM $65 221704-05

Creative Movement & Gymnastics

Learn a variety of age appropriate and creative movement while having fun. Gymnastic skills, such as front rolls, handstands, bridges, cartwheels etc. all incorporated into a high energy obstacle course.

Age: 3-5 years

Location: Foothills Activity Center

4/5-5/10 M 4:15-5:00 PM $81 221720-01

Tiny Pom Dance

Learn motions, dance and tumbling. A fun-filled high energy class with obstacle courses. Learn front rolls and handstands, practice body control and improve strength, flexibility, and balance.

Age: 3-5 years

Location: Club Tico

4/6-5/11 Tu 4:00-4:45 PM $81 221912-01

Ninja Kids

HYA! This six-week class is sure to bring out a child’s inner Ninja. They will be challenged with obstacle courses and create a special Ninja identity.

Age: 3-6 years

Location: Club Tico

4/8-5/13 Th 4:45-5:30 PM $81 221910-01

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. Class will not be held on 3/16.

Age: 4-6 years

Location: Club Tico

3/2-3/30 Tu 10:45-11:30 AM $49 221113-01

4/6-4/27 Tu 10:45-11:30 AM $49 221113-02

5/4-5/25 Tu 10:45-11:30 AM $49 221113-03

Age: 4-6 years

Location: Mulberry Pool

3/2-3/30 Tu 5:15-6:00 PM $49 221113-04

4/6-4/27 Tu 5:15-6:00 PM $49 221113-05

5/4-5/25 Tu 5:15-6:00 PM $49 221113-06

Age: 6.5-12 years

Location: Mulberry Pool

3/2-3/30 Tu 4:00-5:00 PM $56 221113-07

4/6-4/27 Tu 4:00-5:00 PM $56 221113-08

5/4-5/25 Tu 4:00-5:00 PM $56 221113-09

Tumble Bumbles

Learn basic tumbling skills like somersaults, cartwheels, and push-up bridge along with use of various pieces of equipment. Develop flexibility, balance, coordination, and self-confidence. Age appropriate skills are taught. Attire: Leotard and tights, or t-shirts and shorts.

Location: Foothills Activity Center

Age: 4-5 years

3/23-4/20 Tu 4:30-5:30 PM $81 221702-01

4/27-5/18 Tu 4:30-5:30 PM $65 221702-02

Age: 5-6 years

3/23-4/20 Tu 6:00-7:00 PM $81 221702-03

4/27-5/18 Tu 6:00-7:00 PM $65 221702-04

Age: 6-7 years

3/24-4/21 W 4:30-5:30 PM $81 221702-05

4/28-5/19 W 4:30-5:30 PM $65 221702-06

Cheer Gymnastics

Learn jumps, motions, stunts, dance and gymnastics through sportsmanship and teamwork. Each session the cheer team will perform in house or at a community event. Poms and t-shirt provided.

Age: 5-11 years

Location: Foothills Activity Center

4/5-5/10 M 5:15-6:10 PM $96 221721-01

Jazz Dance Gymnastics

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

Age: 7-9 years

Location: Foothills Activity Center

3/25-4/22 Th 5:30-7:00 PM $101 221705-01

Just Dance

Learn time steps, step combinations, choreography, and gymnastics

Age: 7-9 years

Location: Foothills Activity Center

4/29-5/20 Th 5:45-7:00 PM $81 221711-01

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

3/24-4/21 W 5:45-7:00 PM $101 221703-01

4/28-5/19 W 5:45-7:00 PM $812 21703-02

Day Camps

Enroll your child in a one-time enrichment camp or pre-register
them for a licensed, summer childcare camp.

For more information and COVID-19 safety guidelines visit
fcgov.com/youthprograms.

Adventure & Enrichment Camps

Bike I

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

Age: 6-8 years

Location: Spring Canyon Park

6/7-6/11 M-F 8:30 AM-12:30 PM $175 315985-01

Location: Rolland Moore Park

6/21-6/25 M-F 8:30 AM-12:30 PM $175 315985-03

Location: Northside Aztlan Center

7/5-7/9 M-F 8:30 AM-12:30 PM $175 315985-05

Age: 9-11 years

Location: Spring Canyon Park

6/14-6/18 M-F 8:30 AM-12:30 PM $175 315985-02

Location: Rolland Moore Park

6/28-7/2 M-F 8:30 AM-12:30 PM $175 315985-04

Location: Northside Aztlan Center

7/12-7/16 M-F 8:30 AM-12:30 PM $175 315985-06

Bike II

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

Location: Rolland Moore Park

Age: 6-8 years

7/19-7/23 M-F 8:30 AM-12:30 PM $175 315986-01

Age: 9-11 years

7/26-7/30 M-F 8:30 AM-12:30 PM $175 315986-02

Teen Bike Camp

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

Age: 12-15 years

Location: Rolland Moore Park

8/2-8/6 M-F 9:00 AM-3:00 PM $230 315987-02

Camp FunQuest & FUNTIME ADVENTURES

State-licensed childcare programs for children ages 4-16 years old when school is out of session and during summer break. Unique activities including games, crafts, S.T.E.M., and field trips (when possible) are designed with children’s age, developmental stage, and interests in mind.

Enrollment Information

Enrollment for spring and summer programming, including pre-registration for Camp FunQuest Summer Camps, opens on February 11. Detailed information regarding required electronic health profiles, camp activities and packing lists, and how to select individual summer camp weeks is included on registration receipts.

Questions? Call 970.221.6357!

SPRING PROGRAMS ]

MAGIC Mondays & WILD Fridays

Children keep busy with fun, structured activities that focus on social-emotional learning when schools have a scheduled out day. Daily itineraries emailed one week prior to program start date.

Location: Northside Aztlan Community Center

Age: 5-12 years

4/16 F 8:00 AM-5:00 PM $45 215551-01

4/19 M 8:00 AM-5:00 PM $45 215552-01

5/17 M 8:00 AM-5:00 PM $45 215553-01

Spring Break Camp

Days are filled with indoor games, arts & crafts, S.T.E.M., and outdoor activities. Weekly enrichments and field trips added dependent on current local health orders. Weekly itinerary provided one week prior to camp.

Location: Northside Aztlan Community Center

Age: 5-12 years

Marmot (ages 5-6 years)

3/15-3/19 M-F 8:00 AM-5:00 PM $200 215550-01

Red Fox (ages 7-8 years)

3/15-3/19 M-F 8:00 AM-5:00 PM $200 215550-02

Big Horn (ages 9-12 years)

3/15-3/19 M-F 8:00 AM-5:00 PM $200 215550-03

Summer Camp ]

Weekly themes guide activity planning with a general daily structure that includes traditional camp activities such as songs, games, crafts, cooking, science, drama, music, sports and more. Camps run Monday-Friday from 8 a.m.-5 p.m. during the weeks listed below, unless otherwise noted.

Locations: Northside Aztlan Center and Foothills Activity Center

2021 Summer Camp Schedule and Themes

Week 1 | June 2-5 (Wed-Fri only) | Welcome Week

Week 2 | June 7-11 | Adventure Race

Week 3 | June 14-18 | Escape Room

Week 4 | June 21-25 | Creative Chefs

Week 5 | June 28-July 2 | Around the World

Week 6 | July 5-9 | Animaltopia

Week 7 | July 12-16 | CSI/Investigations Unit

Week 8 | July 19-23 | Water Week

Week 9 | July 26-30 | Got Talent

Week 10 | August 2-6 | Time Travelers

Week 11 | August 9-13 | Spirit Week

Summer Camp Pre-Registration

The pre-registration period for summer camps opens on February 11 at 7 a.m. At this time, registrants will select preferred camp location, and pay a non-refundable $30 fee (per child) to reserve a spot.

This pre-registration grants families priority registration for individual weeks throughout the summer (additional fees will be charged per weekly enrollment beginning April 19).

Northside Aztlan Center

(All camper age groups) $30 315550-01

Foothills Activity Center

(Marmot, Red Fox, Big Horn age groups only) $30 315750-01

Camp Age Groups ]

Funtime Adventures Age: 4-5 years and entering Kindergarten Fall 2021

Designed for younger children new to the camp experience. Half-day and full-day options available. All activities take place on-site.

Marmot Age: 5-6 years and completed Kindergarten Spring 2021

Traditional, on-site camp activities with weekly enrichments, special guests, and field trips when possible.

Red Fox Age: 7-8 years

Traditional, on-site camp activities with weekly enrichments, special guests, and field trips when possible.

Big Horn Age: 9-12 years and entering grade 5 or below in Fall 2021

Traditional, on-site camp activities with weekly enrichments, special guests, and field trips when possible.

Black Bear Age: 12-16 years and entering grade 6 or above in Fall 2021

A camp experience designed for teens, with full days of outdoor, physical activity, skill development and social fulfillment.

Family Information Meetings

Beginning in March, virtual monthly meetings will be held via Zoom to discuss topics including changing COVID-19 guidelines, how to register, camp policies and procedures, what to expect once camp begins, and more. Meetings are not required, but are strongly encouraged for families planning to attend camp this summer.

Weekly Enrollments, Deposits & Cancellations

Registration for individual camp weeks begins April 19 (pre-registration required, see “Summer Camp Pre-Registration”).

A $20/week, non-refundable deposit per child enrolled is due at the time of enrollment and is applied to balance due for weekly fee.

Remaining fees for camp weeks are due by monthly designated due dates:

June camp weeks due May 17

July camp weeks due June 21

August camp weeks due July 19

Camp week transfers can be made without penalty as long as space is available.

Cancellation requests can be submitted by emailing your original purchase receipt to recreation@fcgov.com.

Total Weekly Fees

Half-Day Funtime Adventure\*

M-F $100 \*Note: Week 1 is W-F only (June 2-4); $60

Full-Day Funtime Adventure, Marmot, Red Fox and Big Horn\*

M-F $200 \*Note: Week 1 is W-F only (June 2-4); $120

Full-Day Black Bear

M-F $240 (no camp offered June 2-5)

Early Learning

Early Learning programs are tailored toward children ages 6 years & younger and are designed to enrich both their social and educational skills. Classes in which adults are required to attend are indicated with a . 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 inform class instructors on the first day of class.

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, bhenzie@fcgov.com. Note: Requests should be made at least two weeks before the program begins.

Funtime Preschool Program

Funtime Preschool Program is a state-licensed childcare program for ages 3-5 years focused on the development of readiness skills through child-directed discovery and teacher-led activities. Comprehensive curriculum content includes development of fine motor, cognitive, gross motor, social emotional and early literacy skills. The play-based, intentional approach encourages self-regulation, critical thinking and problem-solving. Note: No class on 3/15, 3/16, 3/17, 3/18, 3/19, 4/16 and 4/19.

Enrollment Information

You will receive an email 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 (or exemption form), a health appraisal form signed by a physician, and any required medication administration forms. Completed forms can either be uploaded into ePACT profiles or hand-delivered to Northside Aztlan Community Center.

Funtime for Preschoolers

Must have turned 3 years of age by 10/1/20.

Age: 3-4 years

Location: Northside Aztlan Community Center

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

Must have turned 4 years of age by 10/1/20.

Age: 4-5 years

Location: Northside Aztlan Community Center

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 peanut-free sack lunch that does not require refrigeration or reheating. Note: Daily drop-ins available for $15/day once class minimums are met. Drop-ins will not be allowed once daily capacity is reached.

Age: 4-5 years

Location: Northside Aztlan Center

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

Music Together, Outdoors

Socially distanced, outdoor classes follow local health ordinances. Explore singing, movement, and instrument play. Tuition includes the “Triangle Collection” materials and online resources. Note: Discount for additional sibling 9 months and older. No fee for siblings ages 8 months and younger. Only one adult caregiver per family. Adults are required to wear masks. Class will meet at the picnic tables.

Location: Warren Park

Age: Newborn-4 years

3/29-5/24 M 9:30-10:15 AM $190 218776-01

3/29-5/24 M 10:30-11:15 AM $190 218776-03

3/29-5/24 M 11:30 AM-12:15 PM $190 218776-05

3/30-5/25 Tu 10:30-11:15 AM $190 218776-07

Additional Sibling(s)

3/29-5/24 M 9:30-10:15 AM $140 218776-02

3/29-5/24 M 10:30-11:15 AM $140 218776-04

3/29-5/24 M 11:30 AM-12:15 PM $140 218776-06

3/30-5/25 Tu 10:30-11:15 AM $140 218776-08

Small Hands, Big Messy Art

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

Age: 18 months-2 years

Location: Northside Aztlan Center

3/5-3/12 F 10:00-11:00 AM $19 217585-01

Art Start

Hands-on independent art activities to inspire imagination and self-esteem. Explore, collage, cut, tear, drizzle, drip, paste, and paint. Supplies available for pick-up the Monday before class at the Northside Aztlan Center. Zoom links will be sent via email.

Age: 18 months-3 years

Location: Virtual

3/4-3/25 Th 9:30-10:30 AM $55 217983-01

4/8-4/29 Th 9:30-10:30 AM $55 217983-02

5/6-5/27 Th 9:30-10:30 AM $55 217983-03

Little Explorers

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

Age: 2 years

Location: Foothills Activity Center

3/5-3/12 F 10:00-11:00 AM $19 217761-01

3/26-4/9 F 10:00-11:00 AM $28 217761-02

4/23-4/30 F 10:00-11:00 AM $19 217761-03

5/7-5/14 F 10:00-11:00 AM $19 217761-04

Curious Twos

Attention is directed to games, crafts, and stories, and provide a positive first step to independent learning. Note: Class will not be held on 3/15, 3/17

Age: 2 years

Location: Foothills Activity Center

Favorite Stories

3/1-3/31 M,W 9:30-10:30 AM $61 217702-01

Farm Animals

4/5-4/28 M,W 9:30-10:30 AM $61 217702-02

Bugs

5/3-5/12 M,W 9:30-10:30 AM $31 217702-03

Adult & Tot Science

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

Age: 2-3 years

Location: Northside Aztlan Community Center

4/2-4/9 F 10:00-11:00 AM $19 217560-01

Science Explorers

Explore the world of science by making and doing all kinds of fun science experiments using easily purchased and common-household items. Supply lists and activity instructions will be emailed with Zoom link one week prior to class. Note: Class will not be held on 3/18.

Age: 2-6 years

Location: Virtual

3/4-3/25 Th 1:00 PM-1:45 PM $30 217595-01

4/1-4/15 Th 1:00 PM-1:45 PM $30 217595-02

4/22-5/6 Th 1:00 PM-1:45 PM $30 217595-03

Big Messy Art

Discover your inner artist using easily purchased and common-household items. Supply lists and activity instructions will be emailed with Zoom link one week prior to the start of class. Note: Class will not held on 3/17.

Age: 2-6 years

Location: Virtual

3/3-3/24 W 1:00 PM-1:45 PM $30 217538-01

3/31-4/14 W 1:00 PM-1:45 PM $30 217538-02

4/21-5/5 W 1:00 PM-1:45 PM $30 217538-03

Storytime with Crafts

Favorite story books are brought to life through reading, storytelling, and featured craft. Activity instructions will be emailed with Zoom link the Friday prior to class. Recorded links will be sent on Wednesday following live class. Note: This program is available in two formats; watching a live zoom class and participating with the instructor in real time or receiving access to a pre-recorded video to watch at your leisure. Class supplies for each session will be available for pick-up at Northside Aztlan Center the Friday before the start of the session. Note: Class will not be held on 3/16.

Age: 2-6 years

Location: Virtual

3/3-3/23 T 11:00-11:30 AM $20 217534-01

3/30-4/13 T 11:00-11:30 AM $20 217434-02

4/20-5/4 T 11:00-11:30 AM $20 217434-03

Location: Recorded

3/3-3/24 W $20 217534-01

3/31-4/14 W $20 217534-02

4/21-5/5 W $20 217534-03

Preschool Discovery

Designed to prepare students for Funtime Preschool Program. 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 3/15, 3/17.

Age: 2.5-3.5 years

Location: Northside Aztlan Center

Favorite Stories

3/1-3/31 M,W 9:30-11:30 AM $91 217503-01

Farm Animals

4/5-4/28 M,W 9:30-11:30 AM $91 217503-02

Bugs

5/3-5/12 M,W 9:30-11:30 AM $46 217503-03

Fun & Fitness

Develop a healthy fitness habit in a fun, festive atmosphere. Along with fitness activities, also enjoy arts and crafts, socialization, and story time. Parents are required to stay within the interior of the mall. See front desk about adult fitness options. Note: Class will not be held on 3/16, 3/18.

Age: 2.5-4 years

Location: Foothills Activity Center

Yoga Stories

3/2-4/1 Tu,Th 9:30-11:30 AM $105 217758-01

Fitness Games

4/6-4/29 Tu,Th 9:30-11:30 AM $105 217758-02

Intro to Sports

5/4-5/13 Tu,Th 9:30-11:30 AM $53 217758-03

Virtual Preschool

Meet new friends and learn something new. Class includes social time, dance/movement time, story time and a featured activity. (M-Math, W-Literacy, F-Science). 5 minutes at the end of class reserved for adult questions and comments. Note: Class will not meet on 3/15, 3/17, 3/19.

Age: 3-5 years

Location: Virtual

3/1-4/2 M,T,Th 11:00 AM-Noon $105 217517-01

4/5-4/30 M,T,Th 11:00 AM-Noon $105 217517-02

5/3-5/14 M,T,Th 11:00 AM-Noon $53 217517-03

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

Reptiles

3/26 F 10:00-11:30 AM $18 217507-01

Concoctions

4/30 F 10:00-11:30 AM $18 217507-02

Entomology

5/14 F 10:00-11:30 AM $18 217507-03

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 of guests allowed in the classroom at one time.

Age: 3-11 years

Location: Northside Aztlan Community Center

3/13 Sa 10:00-11:30 AM $15 218565-01

4/17 Sa 10:00-11:30 AM $15 218565-03

Additional Sibling(s)

3/13 Sa 10:00-11:30 AM $5 218565-02

4/17 Sa 10:00-11:30 AM $5 218565-04

Music Together, Rhythm Kids, Outdoors

Explore drumming, singing, movement, and interactive games. Tuition includes the “Elephant Collection” materials, and online resources. Socially distanced outdoor classes follow local health ordinances. Adults must wear a mask or facial covering during class.Families with younger siblings please consider Music Together-Outdoors class.

Age: 4-5 years

Location: Warren Park, 1101 E. Horsetooth

3/30-5/25 Tu 11:30 AM-12:15 PM $190 218777-01

Education

Adult Programs

All adult programs are designed for those 18 years or older.

Active Minds ]

Engage in a unique virtual experience. Experts from Active Minds present on topics from remote locations. Engage with the presenters through streaming systems and the technology offered in the Twinberry Auditorium at the Fort Collins Senior Center.

Japan

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

4/27 Tu 1:00-2:00 PM $11 207480-01

The Story of Beer

Discuss the origins and history of beer, how it is made, different types and the rise of several great American brewers and beer families. Learn the current trends of microbrews and craft beers and their strong Colorado connections.

5/20 Th 1:00-2:00 PM $11 207480-02

Cooking ]

All cooking classes will be held virtually unless otherwise noted.

Everyday Curries

This class is an introduction to the science of making curries in a simple and easy way, with a focus on the role spices play in making these yummy dishes. Menu: Peas and Potato Curry, Roasted Eggplant Curry (Bharta), Carrot Pudding.

3/10 W 5:00-6:30 PM $20 207420-1A

Healthy Eating with Pantry Staples

Keeping a pantry well-stocked ensures there’s always food on hand to fix a quick and healthful meal. Learn creative ideas for using pantry staples and tips and tricks to save money while shopping and planning homemade meals.

3/25 Th 5:00-6:30 PM $20 207420-2A

Indian Fusion

Bring a bit of globalization to dinner. Mix and match traditional recipes with common local ingredients and learn how easy it is to add spice everyday with an Indian spin. Menu: Indian Style Quinoa, Mushroom Curry on Pasta, Tofu Tikka Masala on Baguette.

4/13 Tu 5:00-6:30 PM $20 207420-3A

Ethiopian Made Easy

Learn to make a healthy and easy vegetarian Ethiopian meal. Cook with all the colors of the rainbow. Menu: Key Sir Alicha (beets and potato stew), Swiss Chard, Gomen, Kik Alicha (yellow split peas stew).

4/26 M 5:00-6:30 PM $20 207420-4A

Coconut ‘Cuckoo’ Curries

Discover modern spins on traditional coconut curry and turn any dish into a flavorful masterpiece. These curry variations are delicious, vegetarian and healthy. Menu: Coconut Stew, Beets with Coconut, Spicy Pineapple Curry, Coconut Balls.

5/4 Tu 5:00-6:30 PM $20 207420-5A

Healthy Greens, Indian Style

Leafy greens pack a punch of aesthetics, flavor and versatility. Greens are a nutritional powerhouse, delicious when sauteed and pair beautifully with a multitude of spices, grains, beans and proteins. Menu: Collard Greens with oconut, Lentils Curry with Swiss Chard, Kale with Potatoes.

5/13 Th 5:00-6:30 PM $20 207420-6A

Beans, Grains, Vegetables & More

Add more plants to your meals. This observational class includes learning flavors, textures, spices and more to create enjoyable, quick meals. Features NoCo produce and products.

5/13 Th 10:00-11:30 AM $20 207440-01

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.

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

One-on-One Virtual Nutritional Instruction

Private consultations and cooking classes for those interested in improving overall health. Customized instruction options include: budget-friendly cooking, healthy meal plans, and tips for efficient food preparation. Instruction is provided by a certified health coach. For more information and to schedule a session, contact 970.221.6644.

45 -minute session for 1 person $45

45-minute session for 2 people $65

Dog Training ]

Dog Obedience, Beginner

Lean basic dog obedience with verbal commands and hand signals for sit, down, stand, stay, come, and walk on a loose leash. Bring tiny treats and 6-foot leash. Dogs must be at least 8 months old. Children welcome with parent as primary handler.

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

4/24-5/29 Sa 10:00-11:00 AM $90 207456-01

4/25-5/30 Su 10:00-11:00 AM $90 207456-02

Canine Good Citizen

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

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

4/24-5/29 Sa 11:30 AM-12:30 PM $90 207453-01

4/25-5/30 Su 11:30 AM-12:30 PM $90 207453-02

Teen Pups out in the Park

During their “teen” months (6-18 months) pups seem to forget all that they have learned, and focus becomes an issue. With exercises in impulse control and positive reinforcement, improve a young dog’s attention and basic obedience skills.

Location: TBA

4/20-5/18 Tu 1:00-2:00 PM $85 207454-01

Music & Theatre ]

Guitar 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: 12 years & up

Location: Senior Center

3/2-3/23 Tu 5:45-6:45 PM $80 207464-01

4/6-4/27 Tu 5:45-6:45 PM $80 207464-02

5/4-5/25 Tu 5:45-6:45 PM $80 207464-03

Guitar II

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

Age: 12 years & up

Location: Senior Center

3/3-3/24 W 5:45-6:45 PM $80 207445-01

4/7-4/28 W 5:45-6:45 PM $80 207445-02

5/5-5/26 W 5:45-6:45 PM $80 207445-03

FAMILY PROGRAMS ]

Car Seat Safety Class - Clase de Seguridad de Asiento de Coche

For families in need of a car seat or booster for their child. Distribution is limited to one seat per family, per year. Register at least 48 hours in advance by calling 970.495.7508. $30 fee is a requested donation. For more information visit sklarimer.org/car-seat-resources. Presented in partnership by UCHealth, Safe Kids Larimer County and The Family Center La Familia.Para registrar en Español, llame a La Familia al 970.221.1615. Note: The classes are taught in Spanish. Las clases son impartidas en Español.

Ages: All

Location: Northside Aztlan Center

2/17 W 4:00-5:00 PM $30 219345-01

3/17 W 4:00-5:00 PM $30 219345-01

4/21 W 4:00-5:00 PM $30 219567-01

5/19 W 4:00-5:00 PM $30 214256-01

Youth Programs

LEGO® Pokémon Engineering

Build, capture, train, and explore the vast world of Pokémon with tens of thousands of LEGO® parts. Design your own Poké Balls, explore the Kanto region, and fly with Charizard. Explore engineering through the fun world of Pokémon with the guidance of a Play-Well Teknologies instructor.

Age: 5-7 years

Location: Northside Aztlan Center

3/15-3/19 M-F 9:00 AM-Noon $180 215570-01

LEGO® Pokémon Master Engineer

Start your training in Pallet Town and expand your Pokédex as you collect your favorite Pokémon with LEGO® materials. Surf with Blastoise, challenge Team Rocket, and earn badges from gym leaders on your way to the Pokémon League. Design and build as never before and explore your craziest ideas while learning about S.T.E.M. concepts. Led by Play-Well Teknologies instructor.

Age: 7-12 years

Location: Northside Aztlan Center

3/15-3/19 M-F 1:00-4:00 PM $180 215570-02

Ultimate Babysitting Bootcamp

Topics covered include, business and leadership principles, discipline, communication, safe play, basic care for infants and children, disaster, preparedness, preventing accidents, recognizing and responding to emergencies, infant and child CPR, choking, and basic first aid. Students receive a certification for Babysitting by the American Safety and Health Institute.

Age: 11-16 years

Location: Northside Aztlan Center

3/20 Sa 9:00 AM-3:00 PM $85 215575-01

4/17 Sa 9:00 AM-3:00 PM $85 215575-02

5/15 Sa 9:00 AM-3:00 PM $85 215575-03

Farm

All programs are hosted at The Farm unless otherwise noted.

Adopt an Animal

Anyone can adopt an animal at The Farm and become its parent. As an adoptive parent, help provide the food and care of your animal.

It’s easy to adopt: choose your favorite Farm animal and adopt it for a year by making a tax-deductible donation. A Farm parent receives an adoption certificate and his/her name listed at The Farm.

Your adopted animal stays at The Farm where it is cared for by Farm staff and welcome your visit regularly. For all practical purposes, some of the animals are sold when they reach maturity.

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

The Farm Store

Looking for a unique farm-related gift? The Farm Store is the place to shop. We are stocked with farm toys, puzzles, t-shirts, and novelties.

The Farm Museum

Take a walk through yesteryear’s farm era. See displays that depict farming from the turn of the century to the early 1930s including the Ross Proving Up House.. 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.

Volunteer

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

Pony Rides

Take your child for a pony ride, you will lead your cowpoke for up to 10 minutes in the arena. Closed-toed shoes recommended. Admission to The Farm and a pony token are required. Maximum weight to ride the ponies is 150 lbs. Weather permitting.

4/3-10/17 Sa 11:00 AM-3:00 PM

 Su Noon-3:00 PM

Family Programs

Goat Therapy

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

Age: 16 years & up

5/7 F 12:15-1:00 PM $12 208639-01

Goat Yoga

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

Age: 5 years & up

5/17 M 5:30-6:15 PM $20 208030-01

5/18 Tu 5:30-6:15 PM $20 208030-02

Spring Youth Programs

Li’l Dumplin’ Farmers

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

Age: 2 years

4/5-4/19 M 11:00 AM-Noon $36 208609-01

4/26-5/10 M 11:00 AM-Noon $36 208609-02

4/13-4/27 Tu 11:00 AM-Noon $36 208609-03

Li’l Dumplin’s & Beyond

All the favorite chores Lil Dumplins enjoy, plus a few added touches. Along with gathering eggs, milking a cow or goat and riding the ponies, create a mini-scrapbook using pictures taken during class. Each Dumplin also receives a souvenir T-shirt.

Age: 2 years

4/5-4/19 M 9:30-10:30 AM $50 208624-01

4/6-4/20 Tu 9:30-10:30 AM $50 208624-02

4/26-5/10 M 9:30-10:30 AM $50 208624-03

Little Peepers

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

Age: 3 years

4/16-4/30 F 9:00-10:00 AM $30 208610-01

4/16-4/30 F 10:15-11:15 AM $30 208610-02

5/6-5/20 Th 9:00-10:00 AM $30 208610-03

5/6-5/20 Th 10:15-11:15 AM $30 208610-04

Pony Riding Lessons

Round ‘em up and bring those cowpokes to The Farm where both you and your child will learn to groom and saddle a pony. Lead your child’s pony as the basics of riding are taught. Note: Other children may not attend this class. Parent and child must wear closed toed shoes.

Age: 3-5 years

5/4-5/13 Tu,Th 1:00-2:00 PM $60 208614-01

4/10-5/1 Sa 9:30-10:30 AM $60 208614-02

5/5-5/14 W,F 1:00-2:00 PM $60 208614-03

4/18-5/9 Su 11:00 AM-Noo $60 208614-04

Pee Wee Farmers

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

Age: 4-5 years

4/6-4/27 Tu 1:30-3:00 PM $46 208606-05

4/7-4/28 W 9:30-11:00 AM $46 208606-06

4/8-4/29 Th 9:30-11:00 AM $46 208606-07

4/8-4/29 Th 1:30-3:00 PM $46 208606-08

4/9-4/30 F 1:30-3:00 PM $46 208606-09

After School Farmers

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

Age: 6-10 years

4/7-4/28 W 4:00-5:30 PM $46 208601-01

Summer Day Camps

Mini Day Camp

Fun on The Farm involves your child, the animals, and hours of activities designed to entertain and educate. Campers explore country life as they milk the cow, gather eggs, ride the ponies, and go on treasure hunts. Mornings are topped off with picnic lunches in the silo, hayloft, or maybe even on a hayride. Note: Sack lunch required.

Age: 6-7 years

6/1-6/4 Tu-F 8:30 AM-12:30 PM $75 308604-01

6/8-6/11 Tu-F 8:30 AM-12:30 PM $75 308604-02

6/15-6/18 Tu-F 8:30 AM-12:30 PM $75 308604-03

7/13-7/16 Tu-F 8:30 AM-12:30 PM $75 308604-04

Not-So-Mini Day Camp

An extended version of Mini Day Camp. Campers can be found doing typical farm chores such as gathering eggs, milking the cow or goat, and riding the ponies. Other activities include crafts and going on a hayride. Note: Sack lunch required.

Age: 6-7 years

6/22-6/25 Tu-F 8:30 AM-3:30 PM $150 308605-01

6/29-7/2 Tu-F 8:30 AM-3:30 PM $150 308605-02

8/3-8/6 Tu-F 8:30 AM-3:30 PM $150 308605-03

Farm Day Camp

Every summer is new and exciting at day camp. Each session is packed full of games, crafts, barnyard trivia, and chores. Campers help take care of the animals by gathering eggs, milking the cow, and slopping the pigs. A field trip and an overnight at the Farm highlight the second week. Note: Sack lunch required. Children must be picked up by 8:30 a.m. on the Friday after the overnight.

Age 8-12 years

6/1-6/11 Tu-F 8:30 AM-3:30 PM $235 308602-01

6/15-6/25 Tu-F 8:30 AM-3:30 PM $235 308602-02

7/6-7/16 Tu-F 8:30 AM-3:30 PM $235 308602-03

7/20-7/30 Tu-F 8:30 AM-3:30 PM $235 308602-04

Pony Camp, Beginner

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

Age: 8-12 years

6/1-6/4 Tu-F 8:30-11:00 AM $160 308607-01

6/1-6/4 Tu-F 11:45 AM-2:15 PM $160 308607-02

6/8-6/11 Tu-F 11:45 AM-2:15 PM $160 308607-03

6/15-6/18 Tu-F 8:30-11:00 AM $160 308607-04

6/22-6/25 Tu-F 8:30-11:00 AM $160 308607-05

6/29-7/2 Tu-F 8:30-11:00 AM $160 308607-06

7/6-7/9 Tu-F 11:45 AM-2:15 PM $160 308607-07

7/20-7/23 Tu-F 8:30-11:00 AM $160 308607-08

7/27-7/30 Tu-F Noon-2:30 PM $160 308607-09

Pony Camp, Advanced

Once your child has mastered grooming and saddling, this camp is for them. The basics of riding are reviewed and more time is spent riding.

Age: 8-12 years

6/8-6/11 Tu-F 8:30-11:00 AM $160 308608-01

6/15-6/18 Tu-F 11:45 AM-2:15 PM $160 308608-02

6/22-6/25 Tu-F 11:45 AM-2:15 PM $160 308608-03

6/29-7/2 Tu-F 11:45 AM-2:15 PM $160 308608-04

7/6-7/9 Tu-F 8:30-11:00 AM $160 308608-05

7/13-7/16 Tu-F 11:45 AM-2:15 PM $160 308608-06

7/13-7/16 Tu-F 8:30-11:00 AM $160 308608-07

7/20-7/23 Tu-F 11:45 AM-2:15 PM $160 308608-08

Horsemanship I

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

Age: 12-15 years

6/7-6/10 M-Th 12:15-2:45 PM $160 308616-01

6/14-6/17 M-Th 12:15-2:45 PM $160 308616-02

6/28-7/1 M-Th 12:15-2:45 PM $160 308616-03

7/12-7/15 M-Th 9:00-11:30 AM $160 308616-04

Horsemanship II

Designed for teens who have taken Horsemanship I or Pony Camps. Now that you know how to groom and saddle, additional time is spent riding and learning more about horses.

Age: 12-15 years

6/21-6/24 M-Th 9:00-11:30 AM $160 308617-01

6/21-6/24 M-Th 12:15-2:45 PM $160 308617-02

6/28-7/1 M-Th 9:00-11:30 AM $160 308617-03

7/5-7/8 M-Th 9:00-11:30 AM $160 308617-04

7/5-7/8 M-Th 12:15-2:45 PM $160 308617-05

7/12-7/15 M-Th 12:15-2:45 PM $160 308617-06

7/19-7/22 M-Th 12:15-2:45 PM $160 308617-07

7/19-7/22 M-Th 9:00-11:30 AM $160 308617-08

Fitness & Wellness

General Information

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

Registration and Fitness Class Sessions

Participants may register for one or more fitness class sessions starting on or after the registration date. Each season, there are two fitness class sessions that are 4-weeks long and one that is 5-weeks long. 5-week long sessions are notated with an asterisk (\*). See below for the schedule of 2021 sessions,

Spring

Session #1 3/1-28

Session #2 3/29-5/2\* Class will not be held on 4/4

Session #3 5/3-30

Summer

Session #1 5/31-7/4\* Class will not be held on 5/31 or 7/4

Session #2 7/5-8/1

Session #3 8/2-29

Fall

Session #1 8/30-10/3\* Class will not be held on 9/6

Session #2 10/4-31

Session #3 11/1-28\* Class will not be held on 11/25

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 Rec 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 up unless otherwise noted.

Northside Aztlan Community Center and Foothills Activity Center offer fitness classes for those ages 16 years and up unless otherwise noted.

Fitness equipment needed for class is provided, however participants are welcome and encouraged to bring their own. Participants must sanitize any equipment they use 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 the Fort Collins Senior Center or Northside Aztlan Community Center. Note: SilverSneakers non-members may attend by paying the drop-in fee or registering for the session.

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. Personal training is available for those 13 years and up. For more information, including personal trainer bios and to submit a trainer interest form, visit fcgov.com/fitness.

Package Name Sessions Cost

30 Minute Session Packages

PT Single 1 $30

PT Bronze 4 $115

PT Silver 8 $220

PT Gold 12 $300

PT Platinum 24 $540

1 Hour Session Packages

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 Class Schedule Key

Title of Class | Begin & End Time | Days of the week

Begin & End Date | Price for the session | Activity Number

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

Note: Signing up for a class with multiple days listed means participants will be able to attend all the days, i.e. Tu,Th gets you Tuesday & Thursday. A class that has only one day listed means participants will be able to attend only the day listed, i.e Tu gets you Tuesday only.

Fitness Class Descriptions

Boomer Blast

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

Chair Pilates

Learn Pilates fundamentals, with the support of a chair, to activate abdominals and increase flexibility and body awareness.

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 (Virtual Only)

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.

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.

Vinyasa Flow Yoga

A fun and fast-paced flow which links breath with movement. Learn the fundamental postures and principles to create a strong yoga practice and build core strength to support more advanced poses.

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, 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.

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.

SilverSneakers ]

Circuit SilverSneakers

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

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.

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.

Wellness Programs

All wellness programs are designed for those 18 years & up and are held at the Fort Collins Senior Center unless otherwise noted.

Services ]

Quarterly Arthritis Education

Learn about the wide range of diseases related to arthritis and rheumatology, the treatments used, both conventional and alternative, and how to incorporate preventive measures. Register with the Aspen Club at 970.495.8560.

5/10 M 11:30 AM-1:00 PM

Intellectual Wellness ]

A Focus on Mental Health

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

5/25 Tu 10:00-11:00 AM No Fee 225415-01

Cancer: Thriving and Surviving

A 6-week interactive workshop for cancer survivors developed by Stanford University. Sessions are highly participative where mutual support and success builds your confidence in your ability to manage your health and maintain an active and fulfilling life. Open to people with cancer, survivors, family, friends, and caregivers.

4/14 W 1:30-4:00 PM No Fee 225402-01

Get Your Advance Directives Done

Learn medical health care directives including Medical Durable Power of Attorney. We will also talk about end-of-life discussions and the importance of sharing your plans with loved ones. Depending on COVID regulations at the time, virtual participation is possible.

3/16 Tu 5:30-7:00 PM No Fee 225414-01

Home Safety

Accidents and injuries often happen in or close to home. Understand hazards in the home, strategies to keep safe, and when and who to call for extra support. Provided by Covell Care & Rehabilitation.

3/16 Tu 1:00-2:00 PM No Fee 225412-01

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.

5/15 Sa 9:00-10:30 AM No Fee 225400-01

Pelvic Floor Health in Women

Learn about the body from pregnancy to post menopause with a pelvic floor physical therapist. Topics to be covered are prolapse, constipation, exercise, and body mechanics. Provided by UCHealth.

3/5 F 10:00-11:30 AM No Fee 225407-01

Saving Your Brain

Learn about activities and lifestyle factors that have been shown to decrease the risk of developing Mild Cognitive Impairment (MCI). All the most up-do-date research will be covered and integrated into fun practice activities. Participants will leave with tangible and low-cost resources for reducing MCI risk.

4/21 W 9:00-10:00 AM No Fee 225404-01

Stroke and Rehabilitation

Participants will learn more in depth about stroke symptoms, medical management, and focused interventions in rehabilitation.

Location: Virtual

3/31 W 1:00-2:30 PM No Fee 225406-01

To Drive or Not to Drive

Learn how to determine if someone is fit to drive or what restrictions may need to be put in place. Discuss Colorado regulations on driving, red flags to keep in mind, and what supportive resources exist. Provided by Covell Care & Rehabilitation.

4/28 W 11:00 AM-Noon No Fee 225409-01

Understanding Speech

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

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

Physical Wellness ]

Beyond Kegels

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

4/15 Th 9:00-10:00 AM No Fee 225416-01

Bossy Bladder or Bowel

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

5/5 W 10:00-11:00 AM No Fee 225410-01

Enhance Wellness

A monthly class that covers a variety of trending nutrition topics, and a UCHealth Registered Dietitian is there to answer all your nutrition and food related questions.

3/15 M 1:00-2:00 PM No Fee 225403-01

4/19 M 1:00-2:00 PM No Fee 225403-02

5/17 M 1:00-2:00 PM No Fee 225403-03

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.

4/6 Tu 10:00-11:00 AM No Fee 225411-01

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 Community health Improvement.

5/14 F 2:00-3:30 PM No Fee 225401-01

Living Well with Diabetes

Participate in a self-management education program can help you learn skills to manage your diabetes more effectively by checking blood sugar regularly, eating healthy food, being active, taking medicines as prescribed, and handling stress.

5/6-6/3 Th 9:30 AM-Noon No Fee 225405-01

Sleep Health

Discuss the impact of sleep on our health and its relationship to pain. In addition, participants will leave with actionable sleep management strategies.

5/12 W 5:00-6:00 PM No Fee 225408-01

The Whole30

Reset your health, hormones, and relationship with food with the Whole30! This 30-day program will help you take control of your diet and leave you feeling energized and in control. Provided by a Certified Whole30 Coach. Note: Class will not be held on 5/12.

4/28-5/26 W 6:00-7:00 PM $151 225417-01

21-Day Sugar Detox Program

Take control of your diet and feel energized and alert. Led by a Certified 21 Day Sugar Detox Coach. Note: Class will not be held on 4/14.

3/3-3/24 W 6:00-7:00 PM $71 225418-01

3/31-4/21 W 6:00-7:00 PM $71 225418-02

Ice Skating

Learn to Skate USA

Anyone enrolled in the Learn to Skate program at EPIC is eligible to sign up for membership in the United States Figure Skating (USFS) program 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 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 classes is 5 students; class levels may be combined to meet this minimum.

Skating lesson are 30-minutes in length with a 15-minute practice time, which may be before or after the lesson depending on scheduling.

Instructors have time in between classes to talk to parents and address their concerns. Be aware that some levels need to be repeated to master 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 waiting list. We attempt to accommodate the demand for skating lessons by adding new classes, however they may not be at the same time/day as the waiting list class.

If you are unable to attend the last day of classes for testing, request a progress card from your coach on the last day you attend.

Proper 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

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 fee.

Freestyle

Interested in learning more about competitive or recreational figure skating programs?

Call 970.221.6683 and ask to speak with one of the professional skate instructors on staff.

Conditioning for Skaters

See the Conditioning Information Center posted in the Green Ice Rink Lobby.

Private Skating Instruction

Private ice skating instruction available for all abilities in figure skating, dance, edges, style, choreography, hockey, and power. Fees vary. Ice time and skate rental not included. For more information, call 970.221.6683 or fill out a private lesson request at the front desk.

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

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 available. Note: Session will not be held on 4/8, 4/9, & 5/7.

Age: 16 years & up

3/1-5/28 M-F 11:15 AM-1:00 PM $6

Hockey

Cub Hockey, Beginner

Focus on basic hockey and skating skills. Practice is held on Tuesdays; recreational games are held on Thursdays. Rental skates included sticks available at equipment check-out for $12. Prerequisite: Snowplow Sam 1&2 or Basic 1. Note: Equipment handout is 4/1 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

4/6-5/20 Tu,Th 4:15-5:00 PM $180 210372-01

Drop-In Hockey

Pick-up hockey game. Full equipment required. Registration begins at 7 a.m. the day of each session. To register, visit fcgov.com/recreation/reservations. Note: Not discountable. Goalies must call the front desk to reserve a spot. 970-221-6683. Session will not be held on 4/9. COVID-19 restrictions may apply.

Age: 16 years & up

3/1-5/28 M-F 11:15 AM-12:45 PM $5

3/4-5/27 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. Registration begins at 7 a.m. the day of each session. To register visit fcgov.com/recreation/reservations.
Note: Class will not be held on 3/18.

Age: 9-17 years

3/4-5/26 W 4:00-4:45 PM $17

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. To register, visit fcgov.com/recreation/reservations. COVID-19 restrictions may apply. Note: Session will not be held on 4/10.

Age: All

3/6-5/29 Sa 4:00-5:00 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 wiggles and rocking horse. Note: Helmets required. Warm cloths including gloves are needed.

Age: 4-5 years

3/23-4/15 Tu,Th 4:45-5:15 PM $81 210302-01

4/12-5/5 M,W 4:00-4:30 PM $81 210302-02

Snowplow Sam 3 & 4

Learn to march forward across ice, forward one-foot glide, two-foot turns, rocking horse, forward swizzles, snowplow stop, two-foot hop, and backward wiggles. Prerequisite: Successful completion of Snowplow Sam 1 & 2. Note: Helmets required. Warm clothes including gloves are needed.

Age: 4-5 years

3/23-4/15 Tu,Th 4:45-5:15 PM $81 210304-01

4/12-5/5 M,W 4:30-5:00 PM $81 210304-02

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

3/23-4/15 Tu,Th 4:45-5:15 PM $81 210306-01

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

3/23-4/15 Tu,Th 4:45-5:15 PM $81 210310-01

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 Skate.

Age: 5-15 years

3/23-4/15 Tu,Th 4:45-5:15 PM $81 210314-01

Basic 4 Skate

Learn stroking with power, backward one-foot glide, forward inside and outside edge on a circle, forward crossovers, backward pumps, and two-foot spin. Prerequisite: Successful completion of Basic 3 Skate.

Age: 5-15 years

3/23-4/15 Tu,Th 4:45-5:15 PM $81 210316-01

Basic 5 & 6 Skate

Learn forward crossovers, hold outside and inside edge on a circle, backward crossovers, one-foot spin, t-stop, side toe hop, forward inside and outside three-turn, backward to forward two-foot turn, hockey stop, bunny hop, forward straight line spiral, and forward lunge. Prerequisite: Successful completion of Basic 4 Skate.

Age: 5-15 years

3/23-4/15 Tu,Th 5:30-6:00 PM $81 210320-01

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 Skate.

Age: 5-15 years

3/23-4/15 Tu,Th 5:15-6:00 PM $132 210326-01

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

3/23-4/15 Tu,Th 5:15-6:00 PM $132 210332-01

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

3/23-4/15 Tu,Th 5:15-6:00 PM $132 210334-01

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.

Age: 5-15 years

3/23-4/15 Tu,Th 5:15-6:00 PM $132 210336-01

Introduction to Showcase Team

Introduction of acting talent while skating to music in an artistic way. Skaters will learn a production number and perform in the 2021 Summer Spectacular Ice Show in May and National Showcase Competition in August (TBD) in Fort Collins. Open to all Pre-Free Skate - Pre-Preliminary level skaters.

Age: 5-15 years

3/15-3/18 M-Th 4:45-5:45 PM $89 210338-01

Outdoor Education & Recreation

Activity Classification

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

 Class A: Outings with 0-500 ft. in elevation change.

 Class B: Outings with 500-1,000 ft. in elevation change.

 Class C: Outings with 1,000-2,000 ft. in elevation change.

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

Example

Day Hikes: Level 2 ]

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

Zimmerman Lake

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

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

Adult Programs

Programs are designed for those 18 years & up unless otherwise noted.

B.O.O.T.S. ]

Building on Outdoor Trail Stewardship (B.O.O.T.S.) is a club to get out there, get dirty, be active, and have fun. Experience new social opportunities in the outdoors on various dates and times. Dip your toe in the great outdoors and start locally with a B.O.O.T.S. instructor to guide you. Attend the Quarterly kickoff meeting to learn more about club membership and activities. For more information contact outdoor@fcgov.com.

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

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

Location: Senior Center

3/8 M 2:15-3:00 PM No Fee 211931-01

Quarterly B.O.O.T.S. Membership

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

3/1-5/31 M 8:00-10:00 AM $30 211930-01

B.O.O.T.S. Hikes

Meet at trailheads throughout Fort Collins, directions will be emailed each week. Note: Hikes are for B.O.O.T.S. Members only.

Red Fox Meadows

3/22 M 8:00-10:00 AM No Fee 211932-01

Arapaho Bend

3/29 M 8:00-10:00 AM No Fee 211932-02

Pineridge Natural Area

4/5 M 8:00-10:00 AM No Fee 211932-03

McMurry Natural Area

4/12 M 8:00-10:00 AM No Fee 211932-04

Soapstone Prairie

4/19 M 8:00-10:00 AM No Fee 211932-05

Gateway Natural Area

4/26 M 8:00-10:00 AM No Fee 211932-06

Horsetooth Mountain Open Space

5/3 M 8:00-10:00 AM No Fee 211932-07

Maxwell Natural Area

5/10 M 8:00-10:00 AM No Fee 211932-08

Outdoor Education ]

Bird Science Lecture Series

Learn about bird research projects from the Bird Conservancy of the Rockies’ biologists. Hear stories from the field, the status of local birds, and how community members can get involved in real science and bird conservation.

Location: Virtual

Grassland Birds in Winter

3/18 Th 5:00-6:00 PM $5 211981-01

Motus Wildlife Tracking System

4/8 Th 5:00-6:00 PM $5 211981-02

Stewardship Stories

5/20 Th 5:00-6:00 PM $5 211981-03

Feather & Flight Fridays

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

Location: Senior Center

3/12 F 9:00-11:00 AM $10 211980-01

3/26 F 9:00-11:00 AM $10 211980-02

4/16 F 9:00-11:00 AM $10 211980-03

4/30 F 9:00-11:00 AM $10 211980-04

5/14 F 9:00-11:00 AM $10 211980-05

5/28 F 9:00-11:00 AM $10 211980-06

Wilderness First Aid

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

Age: 14 years & up

Location: Northside Aztlan Center

3/27-4/3 Sa 9:00 AM-5:00 PM $156 211960-01

5/15-5/22 Sa 9:00 AM-5:00 PM $156 211960-02

Outdoor Recreation ]

Fly Fishing, Beginner

Learn to hit the water with confidence in this waterless fly fishing class. Learn various fly types, fish eating habits, rods, fly lines, hands on knot tying, and fishing etiquette. At the end, practice casting. Cost is per person. Location: City of Park, corner of W. Mulberry and Jackson Ave.

Age: 10 years & up

3/6 Sa Noon-2:00 PM $40 211971-01

4/3 Sa Noon-2:00 PM $40 211971-02

5/1 Sa Noon-2:00 PM $40 211971-03

Wellness Walks

Research shows that visits to natural places have real health benefits. Experience the healing and wellness of Shinrin-Yoku: the practice of bathing the senses in nature. Take a quiet, contemplative walk that integrates gratitude, reflection, and creativity.

Location: Lee Martinez Park

3/20 Sa 1:00-3:00 PM $20 211970-01

4/24 Sa 1:00-3:00 PM $20 211970-02

5/15 Sa 1:00-3:00 PM $20 211970-03

Yoga Hikes: Eagle’s Nest Open Space

Hike along beautiful trails and practice yoga in a scenic location. Connect to nature as you build strength, improve balance, and find ease in mind and body while taking in the fresh air. Yoga is suitable for all ages. Meet at the trailhead. Mileage: 3-5 miles; Lowest Elevation: 5,659 ft.; Highest Elevation: 6,079 ft.

Age: 16 years & up

4/24 Sa 9:00 AM-Noon $30 211951-01

Youth Programs

Kids in Nature

Explore your own backyard and learn about the changes and creations the new season brings. Following an hour with an instructor and friends, instructions will be provided for an independent outdoor activity. Note: Zoom links and supply lists will be sent via email. Class will not be held on 3/17, 3/19.

Location: Virtual

Age: 5-7 years

Weather, Wildlife,& Worms, Oh My!

3/2-3/30 Tu 3:30-5:00 PM $55 215558-01

H2O + Living Things

4/6-4/27 Tu 3:30-5:00 PM $55 215558-02

Age: 8-11 years

Weather, Wildlife, & Worms, Oh My!

3/4-4/1 Th 3:30-5:00 PM $55 215559-01

H2O + Living Things

4/8-4/29 Th 3:30-5:00 PM $55 215559-02

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.

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

Pottery lab and drop-in times will be unavailable at this time.

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

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

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

Spring pick up dates are: 6/26 & 7/10 from 11 a.m.-1p.m.

Adult Programs

Programs are designed for those 18 years & older unless otherwise noted.

Creative Clay Craft

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

3/26-5/28 F 9:00 AM-Noon $170 204885-01

Handbuilding Expressions

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

3/25-5/27 Th 6:00-9:00 PM $170 204875-01

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. Learn and practice under the guidance of an instructor. For intermediate and advanced students.

3/24-4/21 W 1:00-3:00 PM $75 204877-01

3/25-4/22 Th 12:30-3:30 PM $110 204877-02

4/28-5/26 W 1:00-3:00 PM $75 204877-03

4/29-5/27 Th 12:30-3:30 PM $110 204877-04

Pottery Sampler

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

3/21-4/18 Su 12:30-2:30 PM $60 204870-01

4/25-5/23 Su 12:30-2:30 PM $60 204870-02

Wheel & Handbuilding, Beginner

Learn about clay, tools, glazing, basic skills, techniques, and principals involved in pottery. Primary emphasis on creation with use of the potters wheel. Some handbuilding is covered. Tools not provided. Note: $13 tool set available for purchase.

3/20-5/22 Sa 9:00 AM-Noon $170 204850-01

3/22-5/24 M 9:00 AM-Noon $170 204850-02

3/22-5/24 M 5:30-7:30 PM $130 204850-03

3/24-5/26 W 8:00-10:00 PM $130 204850-04

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.

3/21-5/23 Su 9:00 AM-Noon $170 204855-01

3/22-5/24 M 8:00-10:00 PM $130 204855-02

3/24-5/26 W 5:30-7:30 PM $130 204855-03

3/25-5/27 Th 9:00 AM-Noon $170 204855-04

Wheel & Handbuilding, Intermediate

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

3/23-5/25 Tu 6:30-9:30 PM $170 204860-01

3/24-5/26 W 9:00 AM-Noon $170 204860-02

Family Programs

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 adult and child; each additional person is $18.

Age: 7 years & up

4/9 F 6:00-8:00 PM $37 204827-01

4/10 Sa 3:00-7:00 PM

4/30 F 6:00-8:00 PM $37 204827-02

5/1 Sa 3:00-7:00 PM

Additional Person

4/9 F 6:00-8:00 PM $18 204827-01A

4/10 Sa 3:00-7:00 PM

4/30 F 6:00-8:00 PM $18 204827-02A

5/1 Sa 3:00-7:00 PM

Parent & Tot Mud, Handbuilding

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

Age: 3-5 years

3/20-4/17 Sa 12:30-1:30 PM $60 204801-01

3/22-4/19 M 12:30-1:30 PM $60 204801-02

3/23-4/20 Tu 9:00-10:00 AM $60 204801-03

4/24-5/22 Sa 12:30-1:30 PM $60 204801-04

4/26-5/24 M 12:30-1:30 PM $60 204801-05

4/27-5/25 Tu 9:00-10:00 AM $60 204801-06

Additional Person

3/20-4/17 Sa 12:30-1:30 PM $15 204801-01A

3/22-4/19 M 12:30-1:30 PM $15 204801-02A

3/23-4/20 Tu 9:00-10:00 AM $15 204801-03A

4/24-5/22 Sa 12:30-1:30 PM $15 204801-04A

4/26-5/24 M 12:30-1:30 PM $15 204801-05A

4/27-5/25 Tu 9:00-10:00 AM $15 204801-06A

Parent Teen and Youth Wheel

Explore the world of clay together. Make functional pots and whimsical, imaginative clay objects while learning how to use the potters wheel and handbuilding techniques. Note: Registration cost includes two participants; each additional person needs to register in the corresponding additional person section and is $25.

Age: 10-17 years

3/26-4/23 F 6:00-7:30 PM $60 204845-01

4/30-5/28 F 6:00-7:30 PM $60 204845-02

Additional Person

3/26-4/23 F 6:00-7:30 PM $25 204845-01A

4/30-5/28 F 6:00-7:30 PM $25 204845-02A

Thrown Together

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

Age: 7 years & up

3/20-4/17 Sa 2:00-3:30 PM $110 204825-01

3/25-4/22 Th 4:00-5:30 PM $110 204825-02

4/24-5/22 Sa 2:00-3:30 PM $110 204825-03

4/29-5/27 Th 4:00-5:30 PM $110 204825-04

Youth Programs

Child Handbuilding

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

Age: 6-9 years

3/22-4/19 M 4:00-5:15 PM $60 204805-01

4/26-5/24 M 4:00-5:15 PM $60 204805-02

Teen Wheel & Handbuilding

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

Age: 13-17 years

3/23-4/20 Tu 4:30-6:00 PM $60 204815-01

4/27-5/25 Tu 4:30-6:00 PM $60 204815-02

Youth Wheel & Handbuilding

Learn basic potters wheel skills. Handbuilding, as well as other skills and techniques are taught.

Age: 9-13 years

3/24-4/21 W 3:30-5:00 PM $60 204810-01

3/26-4/23 F 4:00-5:30 PM $60 204810-02

4/28-5/26 W 3:30-5:00 PM $60 204810-03

4/30-5/28 F 4:00-5:30 PM $60 204810-04

Special Events

Fort Collins School of Witchcraft and Wizardry

Make a wand, a dragon, and a Snitch. Learn about fantastic beasts and attend magical classes in the comfort of your own home. Register to pick-up your supply bag before classes begin and come dressed in your wizardly finest to pick them up in-person at Club Tico. Then attend live or pre-recorded classes online. All classes will take place the week of 3/29. Class schedules for live classes and links to all classes sent via email. Note: Price is per supply bag.

Age: All

Location: Virtual

3/27-3/28 Sa,Su 9:00 AM-3:00 PM $25 216502-01

Wellness & Retirement Expo Drive Through

Attend this free annual event in the parking lot of the Fort Collins Senior Center with community vendors dedicated to wellness, fitness, and retirement planning. Register now to reserve your goodie bag of resources.

Age: 50 years & up

Location: Senior Center Parking Lot

4/7 W 9:00 -11:30 AM No Fee 212417-01

Spring Artisan Market

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

Age: All

Location: Senior Center

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

Spring S.O.A.P. Show

Be entertained this spring with S.O.A.P. Troupe. Enjoy the annual show of comedy skits and music. Pre-registration is required. Space is limited to 100.

Age: All

Location: Senior Center

5/7 Fri 1:30 PM $6 212411-01

5/7 Fri 7:00 PM $6 212411-02

5/8 Sa 2:00 PM $6 212411-03

Summer Ice Spectacular

Skaters from the Learn to Skate program perform in the summer ice show. Tickets available starting 5/3 at EPIC or by calling 970.221.6683.

Age: All

Location: EPIC

6/11 F 7:00 PM $10 Ticketed Event

6/12 Sa 1:00 PM $10 Ticketed Event

6/12 Sa 6:00 PM $10 Ticketed Event

For ARO special events like Giant Friends Club and Acting Performance see page 14.

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 Programs

BADMINTON ]

Adult Badminton

Drop-in activity based on first-come basis. Sunday matches are a round robin. Reservations may be required. Call 970.221.6256.

Ages: 18 years & up

Location: Northside Aztlan Center

Cost: Daily drop-in fee

T,Th Drop-in 119504-01

Su Tournament 119504-02

Basketball ]

Spring Adult Men’s Basketball

Teams sign up for their level preference on a first-come 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. Registration ends 3/12 or when leagues fill. 6 games scheduled. 6 games guaranteed.

Location: Rolland Moore Park

Cost: $330

3/22-4/26 M 6:00-10:00 PM 213011-01

Kickball ]

Spring Coed Kickball

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

Location: Rolland Moore Park

Cost: $210

Fri Coed Competitive 213061-01

Fri Coed Recreational 213061-02

Summer Coed Kickball

Have fun playing an American classic invented on the playground. Registration ends 5/28 or when league fills. League begins 6/4. 6 games scheduled.

Location: Rolland Moore Park

Cost: $270

Fri Coed Competitive 313061-01

Fri Coed Recreational 313061-02

Pickleball ]

Pickleball Ladder League- Mixed Doubles

Adult mixed teams play matches against teams with similar skills each week. Teams compete in pool play with the opportunity to move up or down brackets according to results. Fee is per person. Note: List your teammate when registering.

Age: 18 years & up

Location: Senior Center

3/16-3/30 Tu 5:30-8:00 PM $15 224414-01

4/6-4/27 Tu 5:30-8:00 PM $25 224414-02

5/4-5/25 Tu 5:30-8:00 PM $25 224414-03

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. Designed as an introduction to a fun and growing sport.

Age: 18 years & up

Location: City Park

4/6-4/13 Tu 9:00–11:00 AM $20 224420-03

4/20-4/27 Tu 9:00–11:00 AM $20 224420-04

5/4-5/11 Tu 9:00–11:00 AM $20 224420-05

5/18-5/25 Tu 9:00–11:00 AM $20 224420-06

Pickleball, Intermediate Lesson

Designed for those above beginner level. Enhance game through practices drills and learn the finer pints of play. Must demonstrate adequate skills and proficiency at novice play.

Age: 18 years & up

Location: City Park

4/6-4/13 Tu 8:00-9:00 AM $20 224422-03

4/20-4/27 Tu 8:00-9:00 AM $20 224422-04

5/4-5/11 Tu 8:00-9:00 AM $20 224422-05

5/18-5/25 Tu 8:00-9:00 AM $20 224422-06

Skills & Drills

Drills designated to improve play. No games played. Different courts designated for different skill levels.

Age: 18 years & up

Location: Various parks and courts

4/1-4/29 Th 7:30–9:00 AM $20 224455-02

Pickleball POP (Paid Open Play)

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

Age: 18 years & up

Location: Northside Aztlan Center

Beginner

3/1–3/29 M 1:45–4:00 PM $15 224600-01

4/5–4/26 M 1:45–4:00 PM $15 224600-02

5/3–5/24 M 1:45–4:00 PM $15 224600-03

Intermediate

3/3–3/31 W 1:45–4:00 PM $15 224610-01

4/7–4/28 W 1:45–4:00 PM $15 224610-02

5/5–5/26 W 1:45–4:00 PM $15 224610-03

Advanced

3/5–3/26 F 1:45–4:00 PM $15 224620-01

4/2–4/30 F 1:45–4:00 PM $15 224620-02

5/7–5/28 F 1:45–4:00 PM $15 224620-03

4.0+

3/3–3/31 W 8:00-11:00 AM $15 224630-01

4/7–4/28 W 8:00-11:00 AM $15 224630-02

5/5–5/26 W 8:00-11:00 AM $15 224630-03

Softball ]

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

II–Competitive, III–Intermediate, IV–Recreational.

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. Registration ends 3/5, or when leagues fill. Leagues begin the week of 3/21; 6 games scheduled.

Location: Rolland Moore Park

Cost: $355

Men’s

Sunday IV 213021-01

Monday III 213021-02

Monday IV 213021-03

Tuesday III 213021-04

Tuesday IV 213021-05

Wednesday II 213021-06

Wednesday III 213021-07

Wednesday IV 213021-08

Thursday III 213021-09

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 Competitive 213023-05

Wednesday Recreational 213023-06

Thursday Recreational 213023-07

Summer Adult Softball

Season ends with league tournaments and awards given to winners. Optic yellow balls are used. Coed leagues play with men hitting 12” softballs and women hitting 11” softballs. Registration ends 4/30 or when leagues fill. Rosters are unlimited.

Age: 16 years & up

Location: Fossil Creek, Lee Martinez, and Rolland Moore Parks

Cost: $605

Date: 5/16-8/08

Men’s Softball

Sun III 313021-01

Sun IV 313021-02

Mon III 313021-03

Mon IV 313021-04

Tues II 313021-05

Tues III 313021-06

Tues IV 313021-07

Wed II 313021-08

Wed III 313021-09

Wed IV 313021-10

Thurs III 313021-11

Thurs IV 313021-12

Fri IV 313021-13

Fri Wood Bat 313021-14

Friday 40 years & Up 313021-15

Women’s Softball

Tues IV 313022-01

Wed IV 313022-02

Thurs III 313022-03

Thurs IV 313022-04

Thurs Leisure 313022-05

Coed Softball

Sun Competitive 313023-01

Sun Recreational 313023-02

Tues Competitive 313023-03

Tues Recreational 313023-04

Wed Competitive 313023-05

Wed Recreational 313023-06

Thurs Competitive 313023-07

Thurs Recreational 313023-08

Fri Recreational 313023-09

Men’s Fast Pitch Softball

Thurs 313024-01

Volleyball ]

Teams sign up for their level of play and night preference on a first-come-first-serve basis.

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

Spring Adult Volleyball

Coed and women’s leagues are offered for 6-person teams. Registration ends 3/12 or when leagues fill. Leagues begin 3/22; 8 games scheduled.

Age: 16 years & up

Location: TBA

Cost: $290

Women’s

Sunday B 213942-01

Wednesday A 213942-02

Wednesday BB 213942-03

Coed

Monday BB 213943-01

Monday B 213943-02

Tuesday A 213943-03

Tuesday BB 213943-04

Friday B 213943-05

Youth Sports

Youth Sports General Information

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

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

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

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

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

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

All youth sports coaches must know the fundamentals and rules of the sport for which they are coaching. Coach trainings are offered to volunteers; volunteer coaches are expected to attend these meetings to enhance coaching abilities and know the rules and philosophy of the program.

All youth sport coaches who volunteer with the City of Fort Collins must participate in a background check conducted by the City on an annual basis and complete a concussion certification before being approved to coach in any youth sport league. Background checks remain confidential and are valid for one year. Individuals are not permitted to volunteer/instruct until a completed background check has been received and approved by the City of Fort Collins. The City of Fort Collins reserves the right to deny anyone to coach based on the results found in the background check, or any coach that the City does not believe will follow our recreational philosophies.

Volunteer coaches are expected to always act in the best interests of young athletes and agree to follow the guidelines and polices of the City of Fort Collins Recreation Department.

For more information about coaching, contact 970.416.4297.

Online Sports Schedules & League Rules

All youth sports schedules and league rules are located online through Team Sideline. See page 57 for more information.

Basketball ]

Summer Boys and Girls Basketball

Teams formed by park practice location. 1-2 practices outside; 6 games on indoor courts. Games scheduled in the evenings on various weeknights. Based on the 2020-2021 school year grade. NBA replica jerseys provided. Note: Class will not be held on 7/5

Cost: $89

Dates: 5/24-7/21

Coed

Grade: Kindergarten-1

Foothills Activity Center 314700-01

Boys 2/3

City Park 314001-01

Fossil Creek Park 314001-10

Lee Martinez Park 314001-15

Rogers Park 314001-02

Rolland Moore Park 314001-20

Spring Canyon Park 314001-05

Stewart Case Park 314001-31

Troutman Park 314001-25

Boys 4/5

City Park 314002-01

Fossil Creek Park 314002-11

Lee Martinez Park 314002-15

Rolland Moore Park 314002-20

Spring Canyon Park 314002-06

Troutman Park 314002-25

Warren Park 314002-30

Boys 6/7/8

City Park 314003-01

Fossil Creek Park 314003-11

Landings Park 314003-25

Lee Martinez Park 314003-15

Rolland Moore Park 314003-20

Spring Canyon Park 314003-06

Warren Park 314003-26

Girls 2/3

City Park 314004-01

Fossil Creek Park 314004-10

Lee Martinez Park 314004-15

Rogers Park 314004-02

Rolland Moore Park 314004-20

Spring Canyon Park 314004-05

Stewart Case Park 314004-31

Troutman Park 314004-25

Girls 4/5

City Park 314005-01

Fossil Creek Park 314005-10

Lee Martinez Park 314005-15

Rolland Moore Park 314005-20

Spring Canyon Park 314005-05

Troutman Park 314005-25

Warren Park 314005-30

Girls 6/7/8

City Park 314006-01

Fossil Creek Park 314006-10

Landings Park 314006-25

Lee Martinez Park 314006-15

Rolland Moore Park 314006-20

Spring Canyon Park 314006-05

Cheerleading & Tumbling ]

Cheer Central Recreational Performance Team

Enjoy a high energy community cheer program. Learn dances, arm motions, jumps, and stunts. Perform in-house or out in the community each session. Teams showcase at one competition. Note: $15 cheer shirt not included.

Age: 5-11 years

Location: Club Tico

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

Edora Park 214012-03

English Ranch Park 214012-07

Fossil Creek Park 214012-11

Greenbriar Park 214012-14

Harmony Park 214012-17

Spring Canyon Park 214012-21

Troutman Park 214012-25

Warren Park 214012-29

Grade: 2-3

Beattie Park 214013-01

Blevins Park 214013-03

Stew Case Park 214013-05

City Park 214013-31

Edora Park 214013-07

English Ranch 214013-06

Fossil Creek 214013-29

Greenbriar Park 214013-11

Harmony Park 214013-13

Rolland Moore Park 214013-19

Spring Canyon Park 214013-21

Troutman Park 214013-23

Warren Park 214013-25

Grade: 4-5

Blevins Park 214014-07

City Park 214014-03

Edora Park 214014-05

English Ranch 214014-06

Fossil Creek Park 214014-21

Greenbriar Park 214014-08

Harmony Park 214014-11

Rolland Moore Park 214014-13

Spring Canyon Park 214014-17

Troutman Park 214014-23

Warren Park 214014-25

Grade: 6

Blevins 214015-01

Boltz 214015-03

CLP 214015-05

Kinard 214015-07

Lesher 214015-09

Lincoln 214015-11

Preston 214015-13

Heritage 214015-18

Mountain Sage 214015-19

Webber 214015-15

Wellington 214015-17

Grade: 7-8

Blevins 214017-01

Boltz 214017-03

CLP 214017-05

Kinard 214017-07

Lesher 214017-09

Lincoln 214017-11

Preston 214017-13

Heritage 214017-18

Mountain Sage 214017-19

Webber 214017-15

Wellington 214017-17

Martial Arts ]

Shotokan Karate, Beginner

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

Age: 7 years & up

Location: Club Tico

3/22-4/21 M,W 6:00-7:00 PM $56 222122-01

4/26-5/26 M,W 6:00-7:00 PM $56 222122-02

Location: Foothills Activity Center

3/22-4/21 M,W 5:00-6:00 PM $56 222122-04

4/26-5/26 M,W 5:00-6:00 PM $56 222122-05

Shotokan Karate Intermediate

Physical and mental benefits include enhanced physical condition and increased stamina, coordination, confidence, self-esteem, discipline, and concentration. Prerequisite: Successful completion of Shotokan Karate, Beginner. Note: Class will not be held 5/31

Age: 7 years & up

Location: Club Tico

3/22-4/21 M,W 6:00-7:00 PM $56 222123-01

4/26-5/26 M,W 6:00-7:00 PM $56 222123-02

Location: Foothills Activity Center

3/22-4/21 M,W 6:00-7:00 PM $56 222123-04

4/26-5/26 M,W 6:00-7:00 PM $56 222123-05

Shotokan Karate Advanced

Learn new karate concepts and reinforce concepts gained previously. Move at a faster pace and learn more advanced techniques. Note: Class will not be held 5/31

Age: 7 years & up

Location: Club Tico

3/22-4/21 M,W 7:00-8:00 PM $56 222124-01

4/26-5/26 M,W 7:00-8:00 PM $56 222124-02

Location: Foothills Activity Center

3/22-4/21 M,W 6:00-7:00 PM $56 222124-04

4/26-5/26 M,W 6:00-7:00 PM $56 222124-05

Soccer ]

Challenger International Soccer Camp

High-level soccer coaching provided from a team of international experts. Receive the appropriate level of curriculum and a culture/educational experience. Practice foot skills, technical drills, tactical drills, small-sided games, scrimmages, and a World Cup tournament. Note: Fee includes jersey, t-shirt, ball, and graduation party. Register at challengersports.com.

Location: City Park

Tiny Tykes

Age: 4-5 years

6/7-6/11 M-F 8:00-9:00 AM $70

7/26-7/30 M-F 8:00-9:00 AM $70

Half Day

Age: 6-14 years

6/7-6/11 M-F 9:00 AM-Noon $146

7/26-7/30 M-F 9:00AM-Noon $146

Softball ]

Softball Coed Tee Ball

Designed to develop skills, sportsmanship, and coordination. Teams practice 30 minutes before each game, on Tuesday evenings. Based on 2020-2021 current school year grade level. Registration closes 5/14. Team shirts included.

Age: 5-6 years

Cost: $42

Date: 6/8-7/13

Spring Canyon Park 314020-03

Summer Girls’ Softball

Learn and improve your slow pitch softball skills and enjoy team competition. 1-2 practices per week (days and times TBA). Grades 2-3 play coach pitch style softball. Grades 4-5 play modified fast pitch. Grades 6-8 play regular fast pitch. Based on 2020-2021 current school year grade level. Games played Tuesdays and/or Thursdays. Team shirts included.

Cost: $75

Date: 5/24-7/17

Grade: 2-3

City Park 314021-16

Fossil Creek 314021-17

Beattie 314021-18

Rolland Moore 314021-19

Spring Canyon 314021-20

Grade: 4-5

City Park 314022-16

Fossil Creek 314022-17

Beattie 314022-18

Spring Canyon 314022-19

Rolland Moore 314022-20

Fossil Creek 314022-21

Grade: 6-8

Blevins 314023-20

Boltz 314023-21

CLP 314023-22

Kinard 314023-23

Lesher 314023-24

Lincoln 314023-25

Preston 314023-26

Webber 314023-27

Wellington 314023-28

Track & Cross Country ]

C.A.R.A. Track

Basic techniques of track are taught. Participants will be able to compete in Colorado Association of Recreational Athletics track meets held in various cities along the Front Range on Saturday mornings. Participants are responsible for their own transportation to practices and meets. Meet schedules are given out at the first practice. Fee includes team shirt and fees for track meets.

Location: Fort Collins High School

Cost: $90

Age: 3.5-8 years

6/2-7/17 M,W,F 9:00-10:15 AM 314031-03

Age: 9-16 years

6/2-7/17 M,W,F 10:30-11:45 AM 314031-04

Ultimate Frisbee ]

Ultimate Frisbee

Learn the basic fundamentals of ultimate. Emphasis on equal participation; winning is secondary. Practices are held twice per week with games on Saturday mornings. 6 games scheduled. Practice days and times may vary, coach will send an email to confirm. Note: $15 jersey cost, if needed.

Location: Troutman Park

Grade: 4-12

4/5-5/15 M,W,Sa 6:00-7:30 PM $64 214061-01

Grade: 7-10

4/5-5/15 M,W,Sa 6:00-7:30 PM $64 214062-01

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 occasional weeknights. Practices days and times vary. You will hear from the coach by 3/16.

Cost: $87

Location: Foothills Activity Center

Dates: 3/22–5/8

Grade: 4-5 214942-01

Grade: 6-8

Blevins 214944-01

Boltz 214944-03

CLP 214944-05

Kinard 214944-07

Liberty Common 214944-08

Lesher 214944-09

Lincoln 214944-11

Preston 214944-13

Webber 214944-15

Wellington 214944-17

Skyhawks Sports Programs ]

Spring Programs

SuperTots

Safe and fun class that incorporates physical activity in a non-competitive environment. Class is designed with an engaging, skill-building curriculum in which “tots” learn through a series of fun and beneficial games. Acquire skills and fitness, but also develop an interest and love of sports.

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

Cost: $89

Baseball Tots

Location: Northside Aztlan Center

Age: 2-3 years

4/7-5/12 W 9:30 AM-10:20 AM 114770-13

Age: 3-5 years

4/7-5/12 W 10:30 AM-11:20 AM 114770-15

Location: Foothills Activity Center

Age: 2-3 years

4/8-5/13 Th 9:30 AM-10:20 AM 114770-14

Age: 3-5 years

4/8-5/13 Th 10:30 AM-11:20 AM 114770-16

Sporties for Shorties

Come play ball and explore the world of sports in this fun-filled class. Work on the fundamentals of sports as they relate to throwing, kicking, and catching. Each session highlights different skills and different sports along with teamwork.

Age: 3-5 years

Location: Northside Aztlan Center

2/17-3/3 W 10:00-10:45 AM $29 214776-04

3/17-3/31 W 10:00-10:45 AM $29 214776-05

4/7-4/21 W 10:00-10:45 AM $29 214776-06

Basketball for Shorties

Learn the basketball basics and work on large and small motor skills as they relate to shooting, dribbling, and passing. Note: Parents/guardians will not be allowed as spectators in the gym in order to provide a more efficient class. Players will demonstrate what they learned the last

Age: 4-6 years

Location: Foothills Activity Center

2/9-2/23 Tu 10:00-10:45 AM $29 214777-01

SNAG Golf for Shorties

Explore SNAG (Starting New At Golf) by working on the fundamentals of golf. All equipment provided.

Age: 4-5 years

Location: City Park

5/4-5/18 Tu 10:00-10:45 AM $33 314092-01

5/5-5/19 W 10:00-10:45 AM $33 314092-02

Summer Camps

All participants receive a t-shirt and a merit award. Wear appropriate clothing, running shoes, and sunscreen. Bring two snacks and a water bottle. For more information, visit skyhawks.com/Colorado

SuperTots Camp

Safe and fun camp that incorporates physical activity in a non-competitive environment. Camp is designed with an engaging, skill-building curriculum in which “tots” learn through a series of fun and beneficial games. Acquire skills and fitness, but also develop an interest and love of sports.

Age: 2-3 years

Soccer Tots

Location: Fossil Creek Park

6/14-6/18 M-F 9:30 AM-10:20 AM $74 314071-31

Basketball Tots

Location: Northside Aztlan Community Center

6/28-7/2 M-F 9:30 AM-10:20 AM $74 314071-35

Baseball Tots

Location: Rolland Moore Park

7/6-7/9 T-F 9:30 AM-10:20 AM $59 314071-33

Age: 3-5 years

Soccer Tots

Location: Fossil Creek Park

6/14-6/18 M-F 10:30 AM-11:20 AM $74 314071-32

Basketball Tots

Location: Northside Aztlan Community Center

6/28-7/2 M-F 10:30 AM-11:20 AM $74 314071-36

Baseball Tots

Location: Rolland Moore Park

7/6-7/9 T-F 10:30 AM-11:20 AM $59 314071-34

Mini-Hawk

Multi-sport program is designed for campers to explore balance, movement, hand/eye coordination, and skill development at their own pace. Baseball, basketball and soccer are taught in a safe, structured environment with lots of encouragement and focus on fun.

Age: 4-7 years

Location: City Park

6/2-6/4 W-F 9:00 AM-Noon $84 314071-03

Location: Greenbriar Park

6/7-6/11 M-F 9:00 AM-Noon $140 314071-24

Location: Fossil Creek Park

6/21-6/25 M-F 9:00 AM-Noon $140 314071-07

Location: Miramont Park

7/12-7/16 M-F 9:00 AM-Noon $140 314071-12

Location:Twin Silo Park

7/12-7/16 M-F 9:00AM-Noon $140 314071-09

Location: Spring Canyon

7/26-7/30 M-F 9:00 AM-Noon $140 314071-16

Location: Warren Park

8/9-8/13 M-F 9:00 AM-Noon $140 314071-29

Golf, Beginner

Entry-level players will gain confidence in golf by focusing on proper technique and the fundamentals of form, swinging, putting, and body positioning. By adopting S.N.A.G. (Starting New at Golf), instruction is simplified so players can transition with ease onto the golf course. All equipment is provided.

Age: 5-8 years

Location: Twin Silo Park

6/7-6/11 M-F 9:00 AM-Noon $140 314071-10

Location: Edora Park

6/21-6/25 M-F 9:00 AM-Noon $140 314071-22

Location: Cottonwood Glen Park

7/26-7/30 M-F 9:00 AM-Noon $140 314071-26

Cheerleading

Entry-level cheer camp teaches athletes skills to lead crowds and support teams. Cheers, proper hand and body movements, jumping techniques, and a final choreographed performance are taught. No stunting, but a focus on fun and important life skills such as teambuilding and leadership.

Age: 5-9 years

Location: Fossil Creek Park

6/14-6/18M-F 9:00 AM-Noon $140 314071-01

Baseball & Softball

This camp is designed for beginner and intermediate players. Using a progressive curriculum, we teach the fundamentals of fielding, catching, throwing, hitting, and base running, as well as respect, teamwork, and responsibility, in a fun, positive environment. For more information visit skyhawks.com/colorado.

Age: 6-12 years

Location: Rolland Moore Park

Baseball

7/6-7/9 T-F 9:00 AM-Noon $112 314071-11

Softball

7/6-7/9 T-F 9:00 AM-Noon $112 314071-25

Basketball

A camp for beginner and intermediate players focuses on the whole player. Using a progressive curriculum, we teach the skills to be a better athlete on and off the court. A “skill of the day” progresses into passing, shooting, dribbling, and rebounding drills and games.

Age: 6-12 years

Location: Spring Canyon Park

6/2-6/4 W-F 9:00 AM-12:00 PM $84 314071-06

Location: Northside Aztlan Community Center

6/14-6/18 M-F 9:00 AM-3:00 PM $195 314071-18

6/28-7/2 M-F 9:00 AM-Noon $140 314071-14

7/19-7/23 M-F 9:00 AM-Noon $140 314071-27

Flag Football

Beginner and intermediate athletes will learn skills on both sides of the ball including the core components of passing, catching, and de-flagging or defensive positioning. The week ends with the Skyhawks Super Bowl, giving participants a chance to showcase their skills on the gridiron.

Age: 6-12 years

Location: Miramont Park

6/2-6/4 W-F 9:00 AM-Noon $84 314071-02

Location: Edora Park

8/2-8/6 M-F 9:00 AM-Noon $140 314071-17

Skyhawks Sports Camp

Designed to introduce young athletes to a variety of sports, this multi-sport camp combines basketball and flag football into one fun-filled week. Athletes will learn the rules & essentials of each sport, along with respect, teamwork, and self-discipline, through skill-based games and scrimmages.

Age: 6-12 years

Location: Fossil Creek Park

6/21-6/25 M-F 9:00 AM-3:00 PM $195 314071-04

Location: Spring Canyon Park

7/26-7/30 M-F 9:00 AM-3:00 PM $195 314071-15

Soccer

Skyhawks was founded as a soccer club in 1979. We remain the number one choice for introducing children to the fundamentals of soccer. Designed for beginner and intermediate players, our progressive curriculum will teach the sport knowledge and fundamentals of dribbling, passing, shooting, and ball control.

Age: 6-12 years

Location: Fossil Creek Park

6/14-6/18 M-F 9:00 AM-Noon $140 314071-05

Location: City Park

7/20-7/24 M–F 9:00 AM-3:00 PM $195 314071-19

Track & Field

Prepare for a future in cross country, track and field events, distance running, while inspiring a love for running and being active. Learn fundamentals of body positioning, stride, proper stretching, and cool-down techniques.

Age: 6-12 years

Location: Harmony Park

7/19-7/23 M-F 9:00 AM-Noon $140 314071-23

Location: Westfield Park

8/2-8/6 M-F 9:00 AM-Noon $140 314071-28

Indoor Volleyball

This co-ed program, designed for the beginning and intermediate player, teaches all aspects of the game through drills and exercises that focus on passing, setting, hitting and serving. Athletes will develop fundamental skills with game-speed drills and daily scrimmages aimed at developing the whole player. Note: Class will not be held on 7/4.

Age: 7-14 years

Location: Northside Aztlan Center

6/7-6/11 M-F 9:00 AM-Noon $140 314071-08

6/28-7/2 M-F 1:00 PM-4:00 PM $140 314071-20

7/12-7/16 M-F 1:00 PM-4:00 PM $140 314071-21

Location: Warren Park

8/9-8/13 M-F 9:00 AM-Noon $140 314071-30

Tennis

General Information

Lewis Tennis School directs all tennis programs for the City of Fort Collins. Lewis Tennis is celebrating 51 years of experience in the tennis industry this year. Lewis Tennis provides quality lessons, programs and tournaments for all levels and ages with USPTA certified coaches on staff. Tennis director, Larry Lewis, has managed five of the top tennis facilities in the United States.

The programs at Lewis Tennis School provide a positive learning environment for players of all ages. Players learn techniques to become accomplished players, as well as life skills that help them to excel and enjoy tennis and other areas in their life. Thousands of players have participated in these programs over the years as they learn and progress in this great lifetime sport.

Rolland Moore Pro Shop

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

Spring hours are Noon-6:00PM Monday thru Friday and 10:00AM-4:00PM Saturday

Registration

For full program information, court availability and to register for programs, visit Lewistennis.com or call 970.493.7000. Discounts available for additional family members.

Programs

Programs are offered at Rolland Moore Racquet Complex.

Session Dates for All Classes

3/1-3/27 Session 1

3/29-4/24 Session 2

4/26-5/22 Session 3

Adult Programs ]

Adult Tennis Programs are designed for those 18 years & up 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 so you can really enjoy the game. Learn the correct way to hit forehands, backhands, volleys, overheads, and serves, as well as the basic rules and strategies as you start competition.

M,W 6:40-8:10 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 6:40-8:10 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 beginning through advanced player who wants more personal attention in their group instruction. Great for friends who want to learn together. Clinic times are flexible. Low student to pro ratio.

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 Programs ]

Summer Junior Team Tennis

Low cost 8-week program with practice and competition.

Matches are held on Mondays starting June 14. Competition will include teams from Fort Collins, Loveland, Windsor, and Greeley. Entry deadline is May 1.

8 & Under Tennis Courts at Rolland Moore Park

Experience the courts designed for young players 8 years and under.

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

Sa 10:00-10:45 AM

Future Star

Age: 7–8 years

M,Tu,W,Th 2:50-4:20 PM

Sa 11:00 AM-12:30 PM

Aces

Age: 9–10 years

M,Tu,W,Th 2:50-4:20 PM

Sa 11:00 AM-12:30 PM

Middle School

Just starting the game or a seasoned competitor? Middle School players develop their games to effectively compete on middle and high school teams or just enjoy the benefits of this great lifetime sport.

Challenger (new player)

Age: 11–13 years

M,Tu,W,Th 4:30-6:30 PM

Sa 1:00-3:00 PM

Competitive (Int/Adv)

Age: 11–13 years

M,Tu,W,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 your high school team or learn the best game to enjoy with your friends, this is the class for you.

Age: 14-18 years

Wimbledon (new player)

M,Tu,W,Th 4:30–6:30 PM

Sa 1:00-3:00 PM

Grand Slam (Intermediate/Advanced)

M,Tu,W,Th 4:30-6:30 PM

Sa 1:00-3:00 PM

Performance Training

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

M,Tu,W,Th 4:30-6:30 PM

Homeschool Classes

These tennis classes are held at flexible times during the day. Give us a call to arrange a homeschool class for your children.

After-School Enrichment

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

Junior Spring Tournaments

For tournament information visit lewistennis.com or call 970.493.7000.

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 . 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 52

Birthday and anniversary celebrations.

Notary service.

Clubs & Organizations

Donut Make U Wonder

Discuss current subjects and related personal experiences. Diverse matters related to religion and politics avoided to ensure comradery. Meetings begin with a brief song and end with a few shared jokes. Note: Class will not be held on 5/7.

3/5-5/28 F 10:00-11:00 AM No Fee 212412-01

Fort Collins Senior Center Friends

Fort Collins Senior Center Friends is a private nonprofit 501c3 organization that supports and enhances the use and enjoyment of the Senior Center through public relations, socializing, fundraising, and advocacy. Meetings are four times per year. Annual membership fees are $10. For more information contact Ashley Ruffer at aruffer@fcgov.com.

Front Range Forum

Front Range Forum serves the residents of Northern Colorado’s front range who are intellectually curious and dedicated to enrichment of daily lives through life-long education. Registrants facilitate classes for each other; participants take part in short term presentations and informal discussions on a variety of topics. Additional one day classes, movies, trips, and more are offered throughout each quarter. Classes are available for registration through frontrangeforum.org quarterly and held at the Senior Center.

Dates vary $14 207410-01

Older Lesbian Gay Bisexual Transgender (OLGBT+) Group

Join the social networking group for monthly get togethers. Meetings occur to plan future events and activities and movies are often shown. For more information contact Ashley Ruffer at aruffer@fcgov.com.

S.O.A.P. Troupe Acting

S.O.A.P. 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

3/23, 4/27 & 5/25 Tu 1:00-2:00 PM $12 212410-01

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

Cards & Games

Bridge 2, Bidding Part 2

Continue with Notrump opening bids, responses, rebids, Stayman & transfer conventions. Add competitive bidding overcalls & doubles, pre-empts, strong bids & slams. Prerequisite: Bridge 1 or instructor approval.

Age: 18 years & up

Location: Virtual

3/4-4/15 Th 12:30-2:00 PM $70 212434-01

Fitness

See a full list of fitness programs on page 41.

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 trained volunteers with quality opportunities that meet their expectations, align with their skills and needs, and capitalize on the many talents they possess. Volunteers gain new skills, forge new friendships, interact with fellow community members, enrich their community through purposeful activity, utilize their life experiences to enhance the lives of others, learn new things about themselves, set and achieve personal goals, and make a positive difference in the lives of others.

Volunteers may choose from one-time special events to longer term commitments in a variety of areas. To apply as a volunteer, visit engage.fcgov.com/D/sc/App/General or contact Ashley Ruffer at 970.224.6033, aruffer@fcgov.com.

Social Programs

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.

Age: 60 years & up

Location: Northside Aztlan Center

3/1-5/29 Tu,Th 11:00 AM-1:00 PM $75 212500-0