Adaptive Recreation Opportunities

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

Inclusion

Individuals of all abilities are welcome to fully participate in classes and programs listed in the Recreator. If you are interested in participation support, indicate any accommodations or adaptations when registering. Note: Requests should be made at least two weeks before the class begins by contacting Renee Lee at 970.224.6027, rlee@fcgov.com.

Transition

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

Specialized

Designed to meet the unique needs of individuals with physical, intellectual, and/or emotional disabilities. ARO programs include trained staff, modifications, and adaptive equipment to provide for optimal participation and quality experiences. Alternative Programs are specialized programs designed for individuals with intellectual disabilities. These programs focus on community based activities including monthly dances, social outings, cooking classes, and trips.

Attendants

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

Volunteer

Volunteers are always needed, whether assisting with a few events or being a weekly support partner. No experience necessary; training provided. To apply, visit engage.fcgov.com/d/aro or contact Becca Heinze at 970.224.6125, bheinze@fcgov.com.

Contact Information

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

Renee Lee, CTRS, 970.224.6027, rlee@fcgov.com
Becca Heinze, CTRS, M.Ed., 970.224.6125, bheinze@fcgov.com
Brenda McDowell, 970.416.2024, bmcdowell@fcgov.com
Alison Cope, OTR, acope@frii.com
ARO Interns, 970.224.6034, aro@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

Aquatics

Adaptive Swim Lessons

Swimming skills and water safety are introduced and/or enhanced for individuals with disabilities. Attendants encouraged if assistance outside of the water is needed. Note: Registration deadline is 9/5.

Age: 3 years & up

Location: Mulberry Pool

9/12-10/17 W 4:30-5:00 PM $40 402326-01

9/12-10/17 W 5:10-5:40 PM $40 402326-02

9/22-10/27 Sa 9:15-9:45 AM $40 402326-03

9/22-10/27 Sa 9:55-10:25 AM $40 402326-04

Early Learning

Giant Friends Club Special Event

The Giant Friends Club (GFC) is the coolest club for children, inspired by the spirit and magic of Inspiration Playground. GFC brings together children of all abilities to play, learn about each other, and build friendships. The theme for this event is “Ninja Warrior”.

Age: All

Location: Inspiration Playground, Spring Canyon Community Park

9/21 F 10:30 AM-12:30 PM No Fee

Fitness

Adaptive Yoga

Learn yoga practices that include breathwork, slow movements, and poses practiced in a chair. Some hands-on assistance is available on Thursdays; standing balance work is on Tuesdays. Designed for people with multiple sclerosis or other neuromuscular disorders and adapted for people with physical disabilities. Note: Class will not be held on 11/22.

Age: 18 years & up

Location: Raintree Athletic Club, 2555 S Shields St.

Standing Yoga

9/4-9/25 Tu 2:00-3:00 PM $28 402980-01

10/2-10/23 Tu 2:00-3:00 PM $28 402980-02

10/30-11/20 Tu 2:00-3:00 PM $28 402980-03

Chair Yoga

9/6-9/27 Th 2:00-3:00 PM $28 402980-04

10/4-10/25 Th 2:00-3:00 PM $28 402980-05

11/1-11/15 Tu 2:00-3:00 PM $21 402980-06

Movement Challenge Course - NEW

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

Age: 12 years & up

Location: Foothills Activity Center

9/8, 9/22, 10/6,10/20, 11/10 Sa 11:00-12:30 pM $35 402781-01

MS Aqua, Adaptive H2O Fitness

Designed for those with multiple sclerosis or other neuromuscular disorders. Trained staff give exercise modifications and assistance in a supportive social atmosphere. Exercises focus on maximizing or maintaining physical wellbeing, endurance, strength, and flexibility. Note: Class will not be held on 11/20, 11/22.

Age: 18 years & up

Location: Mulberry Pool

9/4-9/27 Tu,Th 9:30-10:30 AM $30.80 402228-01

10/2-10/25 Tu,Th 9:30-10:30 AM $30.80 402228-02

10/30-11/29 Tu,Th 9:30-10:30 AM $30.80 402228-03

MS Dryland Exercise

Designed for those with multiple sclerosis or physical impairment. Maximize strength and endurance through chair based exercises. Note: Class will not be held on 9/3, 11/21.

Age: 18 years & up

Location: Senior Center

9/5-9/26 M,W 11:00-11:55 AM $29 402483-01

10/1-10/24 M,W 11:00-11:55 AM $33 402483-02

10/29-11/19 M,W 11:00-11:55 AM $29 402483-03

9/10-9/24 M 11:00-11:55 AM $12 402483-1A

10/1-10/22 M 11:00-11:55 AM $16 402483-2A

10/29-11/19 M 11:00-11:55 AM $16 402483-3A

Spectrum Yoga

Designed specifically for those with intellectual, sensory integration, or autism spectrum disorders. Learn yoga practices modified to teach breathwork and standing and balancing poses. Note: Class will not be held on 11/21.

Age: 16 years & up

Location: Northside Aztlan Center

9/5-9/26 W 1:15-2:00 PM $28 402982-01

10/3-10/24 W 1:15-2:00 PM $28 402982-02

10/31-11/28 W 1:15-2:00 PM $28 402982-03

Work Out Partners

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

Age: 16 years & up

Location: Senior Center

9/13 Th 5:30-6:30 PM $22 402585-01

Ice

Adaptive Skating

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

Age: 8 years & up
Location: Edora Pool Ice Center

9/8-10/20 Sa 9:45-10:15 AM $64 410356-01

10/27-12/15 Sa 9:45-10:15 AM $64 410356-02

Music & Theatre

Artistic Abilities

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

Age: 13 years & up
Location: Colorado State University

9/20-11/8 Th 4:00-6:00 PM $51 402990-01

Theatre Acting Class

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

Age: 14 years & up
Location: Senior Center

10/24-11/7 W 4:30-6:00 PM $18 402593-01

Outdoor Recreation

Adaptive Climbing

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

Age: 8 years & up
Location: Ascent Climbing Studio, 2150 Joseph Allen Dr.

10/23 Tu 5:00-7:00 PM $26 402764-01

Adaptive Cycling

Handcycles, tandems, and three-wheel bikes available for riders with disabilities to take out on the Poudre River Trail.

Age: 14 years & up
Location: TBA

9/15 Sa 10:00 AM-12:00 PM $6 402034-01

Cooperative Cabin Campout

Spend a weekend at Cheley Camp in Estes Park with others from the Front Range region. Activities include hiking, fishing, climbing, and a Hawaiian themed dance. All lodging, meals, and activities included. Note: Designed for individuals who are independent in activities of daily living. You may also register a care attendant as section 1A. Registration deadline is 9/21.

Age: 18 years & up

Location: Depart from Senior Center

10/5-10/7 F-Su 1:00-Noon $170 402925-01

Attendant Section $70 402925-1A

Paralympic Sports

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

Adaptive Boccia

A Paralympic sport adapted for athletes with physical disabilities. Played indoors on a smooth surface, boccia tests coordination, concentration, and ability to strategize. Note: Option to pay the $4 drop-in fee per class is available. Class will not be held on 11/19.

Age: 17 years & up
Location: Foothills Activity Center

10/15-12/10 M 10:30 AM-Noon $20 402464-01

Wheelchair Rugby

A fast paced, full contact wheelchair sport designed for those with physical disabilities. Extra sport chairs available. Note: Class will not be held on 11/20.

Age: 14 years & up
Location: Northside Aztlan Center

9/18-11/27 Tu 6:00-8:00 PM $25 402560-01

Unified Sports

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

Adaptive Panther Cheer Squad

Learn dance and cheer moves to perform around the Fort Collins community. Note: $15 cheer shirt not included. Note: Class will not be held on 11/22.

Age: All
Location: Cheer Central Suns, 128 Racquette Dr.

9/5-10/10 W 5:30-7:00 PM $49 414739-01

10/17-11/28 W 5:30-7:00 PM $49 414739-02

12/5-12/19 W 5:30-7:00 PM $25 414739-03

Adult Unified Flag Football

Coed unified teams are made up of players of all abilities to practice and play in the Special Olympics Area Tournament. Note: Class will not be held on 9/3.

Age: 16 years & up

Location: City Park

8/20-10/1 M 5:30-6:30 PM $22 402157-01

Youth Unified Flag Football

Modified techniques are used to teach the fundamentals of football and allow players of all abilities to participate fully. Note: Class will not be held on 9/3.

Age: 8-21 years
Location: City Park

Child

8/20-10/1 M 4:15-5:15 PM $22 402061-01

Family

8/20-10/1 M 4:15-5:15 PM $30 402061-02

Adult Unified Volleyball

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

Age: 16 years & up
Location: Foothills Activity Center

10/12-11/16 F 4:30-5:30 PM $22 402959-01

Alternative Programs

Activities listed in this section are designed for individuals with intellectual disabilities. See each program description for age requirements. These programs focus on fun community involvement and are designed to enhance confidence and social skills.

Individuals who are not independent in activities of daily living or who need extra supervision are encouraged to register and participate with a personal care attendant. There is no fee for personal care attendants unless otherwise noted. Attendants are asked to register separately and note whom they will be assisting so that staff can appropriately provide seating, space, and assistance in the class. When listed, attendants register in section -1A.

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

Education ]

Cooking

Learn how to cook tasty foods while gaining positive eating habits. Cook together as a group, then set the table and sit down to sample the finished product. Note: Class will not be held on 11/14, 11/21.

Age: 16 years & up
Location: Senior Center

Japanese

9/12-9/19 W 6:30-8:00 PM $24 402401-06

Baking

10/3-10/10 W 6:30-8:00 PM $24 402401-07

Savory Soups

11/7-11/28 W 6:30-8:00 PM $24 402401-08

Farm Table Fieldtrip

Visit and harvest at a local farm at tonight’s cooking class. Transportation to/from Senior Center included.

Age: 16 years & up

Location: Depart from Senior Center

9/5 W 6:00-8:30 PM $16 402401-05

Healthy Appetizers

Learn to prepare a variety of healthy snacks in a social group setting.

Age: 18 years & up
Location: Senior Center

9/27 Th 6:30-8:00 PM $9 402408-01

10/25 Th 6:30-8:00 PM $9 402408-02

Mindfulness Symposium

Learn how to destress at this wellness workshop with yoga, mindfulness education, and activities.

Age: 14 years & up
Location: Primrose Studio, 4300 Michaud Ln.

11/3 Sa 10:00 AM-1:00 PM $10 402065-01

Social Programs ]

Bowling

Strike it big while bowling with others. Option available to go to the Special Olympics bowling tournament. Note: Fee includes two games per person per week and shoe rental. All skill levels welcome.

Age: 18 years & up
Location: Chipper’s Lanes North, 830 N. College Ave.

9/15-10/27 Sa 10:30-11:30 AM $58 402906-01

Friday Movie Club

Meet up for a matinee including new releases and classics. Each month, a variety of movies are shown in the Twinberry Auditorium. Note: Schedule of movie titles available at the front desk. Registration is free with a Senior Center Membership.

Age: 18 years & up
Location: Senior Center

9/21 F 12:45-2:45 PM $3 402909-01

10/19 F 12:45-2:45 PM $3 402909-02

11/2 F 12:45-2:45 PM $3 402909-03

Movie Night

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

Age: 16 years & up
Location: Senior Center

9/18 Tu 5:45-9:30 PM $6 402903-01.

10/16 Tu 5:45-9:30 PM $6 402903-02

11/13 Tu 5:45-9:30 PM $6 402903-03

9/18 Tu 5:45-9:30 PM No Fee 402903-1A

10/16 Tu 5:45-9:30 PM No Fee 402903-2A

11/13 Tu 5:45-9:30 PM No Fee 402903-3A

Restaurant Night

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

Age: 16 years & up
Location: Senior Center

9/26 W 5:45-8:00 PM $6 402904-01

10/22 M 5:45-8:00 PM $6 402904-02

11/26 M 5:45-8:00 PM $6 402904-03

9/26 W 5:45-8:00 PM No Fee 402904-1A

10/22 M 5:45-8:00 PM No Fee 402904-2A

11/26 M 5:45-8:00 PM No Fee 402904-3A

Monthly Themed Dances

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

Age: 18 years & up
Location: Senior Center

Wild West

9/28 F 6:00-8:00 PM $4

Monsters Ball

10/26 F 6:00-8:00 PM $4

Happy Harvest

11/16 F 6:00-8:00 PM $4

Special Events ]

Billiards Tournament

A night of billiards practice and matches. Players are paired up during competition. Snacks and prizes provided.

Age: 18 years & up
Location: Senior Center

11/9 F 6:00-8:00 PM $13 402407-01

Attendant Section No Fee 402407-1A

Thanksgiving Meal & Dance

The ARO Thanksgiving meal and monthly dance brings together adults with disabilities and their families, friends, and/or supportive living providers for a traditional, homemade feast of gratitude and fun. The meal is from 5-6 p.m. with dessert and dancing to follow.

Age: 18 years & up
Location: Senior Center

11/16 F 5:00-8:00 PM $12 402409-01

Attendant Section $8 402409-1A

Trips & Travel ]

Visit the Trips & Travel section on page 107 for more travel programs. When registering for programs, please note if you will need accommodations; attendants register in section -1A.

Longs Peak Highland Festival, Estes Park, ARO

Estes Park hosts one of the nation’s largest gatherings celebrating Scottish/Irish heritage. Watch international competitions in bagpiping, drumming, jousting, Highland dance, Irish step dance, athletics, and Dogs of the British Isles. Also see Tattoo, a group of several military bands, perform ceremonial military music. Note: Fee includes admission to the festival, as well at the Tattoo performance. Meals on your own. Wear comfortable walking shoes. Non-refundable after 8/24/17.

Age: 16 years & up

Location: Senior Center

9/7 F Noon-9:00 PM $90 402511-01

Attendant Section $80 402511-1A

Elitch Gardens

Get a thrill on this group adventure to Elitch Gardens Amusement Park. Go on classic rides and try out new ones like Star Flyer Extreme Swing. Note: Bring $25 for dinner and refreshments. Designed for those independent in activities of daily living.

Age: 16 years & up

Location: Senior Center

9/22 Sa 1:00-9:30 PM $62 402315-01

Attendant Section $42 402315-1A

A Christmas Story Dinner Theatre

Broadway comes to Boulder. Produced by Tony Award-winning John Rando and choreographed by Warren Carlyle, this musical is based on the classic 1983 movie featuring funny and heartfelt songs by Benj Pasek and Justin Paul. The musical captures holiday wonder and wit. Note: Dinner, tip, show, and transportation included. Registration deadline is 11/20.

Age: 16 years & up

Location: Senior Center

11/30 F 11:30 AM-5:00 PM $76 402594-01

Attendant Section $52 402594-1A

Aqua Fitness

Classes with fewer than five participants registered by the end of the first day of class are canceled for that session and there is no drop-in. Participants may attend only the class for which they are registered.

Drop-In Policy

Drop-in participants do not count in registration numbers. Reduced rates do not apply to daily drop-in fee. Participants may drop-in to aqua fitness classes if space is available by paying the $6 class admission or using one admission from a 10-admission drop-in fitness pass ($50).

Classes will not be held on 11/22.

Adult Programs

Drop-In Water Volleyball

An in-the-water volleyball game that is also a low-impact exercise option. Admission is the daily drop-in rate or one facility admission pass. Note: Comfort in the water and basic swimming skills recommended. Pool depth is 3 ½-4 ½ ft.

Age: 18 years & up

Location: Senior Center

9/3-11/30 M,W,F 10:30-11:30 AM Day Pass

Low Intensity ]

Stretch & Tone

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

Age: 18 years & up

Location: Senior Center

9/5-9/28 M,W,F 8:30-9:30 AM $42.26 400410-01

10/1-10/26 M,W,F 8:30-9:30 AM $46 400410-02

10/29-11/30 M,W,F 8:30-9:30 AM $57.26 400410-03

Twinges

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

Age: 18 years & up

Location: Edora Pool Ice Center

9/5-9/28 M,W,F 8:30-9:30 AM $42.26 400314-01

10/1-10/26 M,W,F 8:30-9:30 AM $46 400314-02

10/29-11/30 M,W,F 8:30-9:30 AM $57.26 400314-03

9/5-9/28 M,W,F 9:30-10:30 AM $42.26 400314-04

10/1-10/26 M,W,F 9:30-10:30 AM $46 400314-05

10/29-11/30 M,W,F 9:30-10:30 AM $57.26 400314-06

Twinges Plus

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

Age: 18 years & up

Location: Senior Center

9/5-9/28 M,W,F 12:15-1:15 PM $42.26 400416-01

10/1-10/26 M,W,F 12:15-1:15 PM $46 400416-02

10/29-11/30 M,W,F 12:15-1:15 PM $57.26 400416-03

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. Not appropriate for first-time or beginner level students.

Age: 18 years & up

Location: Edora Pool Ice Center

9/5-9/28 M,W,F 7:30-8:30 AM $42.26 400324-01

10/1-10/26 M,W,F 7:30-8:30 AM $46 400324-02

10/29-11/30 M,W,F 7:30-8:30 AM $57.26 400324-03

Location: Senior Center

9/4-9/27 Tu,Th 4:00-5:00 PM $31 400424-01

10/2-10/25 Tu,Th 4:00-5:00 PM $31 400424-02

10/30-11/29 Tu,Th 4:00-5:00 PM $34.76 400424-03

Aqua Mix

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

Age: 18 years & up

Location: Senior Center

9/5-9/28 M,W,F 6:00-7:00 PM $42.26 400417-01

10/1-10/26 M,W,F 6:00-7:00 PM $46 400417-02

10/29-11/30 M,W,F 6:00-7:00 PM $57.26 400417-03

Classics

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

Age: 18 years & up

Location: Mulberry Pool

9/5-9/30 M,W,F 7:30-8:30 AM $42.26 400222-01

10/1-10/26 M,W,F 7:30-8:30 AM $46 400222-02

10/29-11/30 M,W,F 7:30-8:30 AM $57.26 400222-03

Location: Senior Center

9/5-9/28 M,W,F 6:15-7:15 AM $42.26 400422-01

10/1-10/26 M,W,F 6:15-7:15 AM $46 400422-02

10/29-11/30 M,W,F 6:15-7:15 AM $57.26 400422-03

9/5-9/28 M,W,F 9:30-10:30 AM $42.26 400422-04

10/1-10/26 M,W,F 9:30-10:30 AM $46 400422-05

10/29-11/30 M,W,F 9:30-10:30 AM $57.26 400422-06

9/5-9/28 M,W,F 5:00-6:00 PM $42.26 400422-07

10/1-10/26 M,W,F 5:00-6:00 PM $46 400422-08

10/29-11/30 M,W,F 5:00-6:00 PM $57.26 400422-09

9/4-9/27 Tu,Th 8:00-9:00 AM $31 400422-10

10/2-10/25 Tu,Th 8:00-9:00 AM $31 400422-11

10/30-11/29 Tu,Th 8:00-9:00 AM $34.76 400422-12

9/4-9/27 Tu,Th 9:00-10:00 AM $31 400422-13

10/2-10/25 Tu,Th 9:00-10:00 AM $31 400422-14

10/30-11/29 Tu,Th 9:00-10:00 AM $34.76 400422-15

9/4-9/27 Tu,Th 10:00-11:00 AM $31 400422-16

10/2-10/25 Tu,Th 10:00-11:00 AM $31 400422-17

10/30-11/29 Tu,Th 10:00-11:00 AM $34.76 400422-18

9/4-9/27 Tu,Th 7:00-8:00 PM $31 400422-19

10/2-10/25 Tu,Th 7:00-8:00 PM $31 400422-20

10/30-11/29 Tu,Th 7:00-8:00 PM $34.76 400422-21

Fitness & Fun

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

Age: 18 years & up

Location: Senior Center

9/5-9/28 M,W,F 7:30-8:30 AM $42.26 400420-01

10/1-10/26 M,W,F 7:30-8:30 AM $46 400420-02

10/29-11/30 M,W,F 7:30-8:30 AM $57.26 400420-03

Prenatal

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

Age: 18 years & up

Location: Senior Center

9/4-9/27 Tu,Th 6:00-7:00 PM $31 400418-01

10/2-10/25 Tu,Th 6:00-7:00 PM $31 400418-02

10/30-11/29 Tu,Th 6:00-7:00 PM $34.76 400418-03

Twist & Shout

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

Age: 18 years & up

Location: Senior Center

9/5-9/28 M,W,F 4:00-5:00 PM $42.26 400426-01

10/1-10/26 M,W,F 4:00-5:00 PM $46 400426-02

10/29-11/30 M,W,F 4:00-5:00 PM $57.26 400426-03

High Intensity ]

Deep H2O

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

Age: 18 years & up

Location: Mulberry Pool

9/5-9/28 M,W,F 12:15-1:00 PM $30.94 400230-01

10/1-10/26 M,W,F 12:15-1:00 PM $34.76 400230-02

10/29-11/30 M,W,F 12:15-1:00 PM $43.19 400230-03

Location: Edora Pool Ice Center

9/5-9/28 M,W,F 5:30-6:30 PM $42.26 400330-01

10/1-10/26 M,W,F 5:30-6:30 PM $46 400330-02

10/29-11/30 M,W,F 5:30-6:30 PM $57.26 400330-03

Land to Water

Flip land sports into water sports. Practice skills and techniques used during typical land activities while in the pool. Cross-country ski, downhill ski, jump rope, skateboard, kickbox, play basketball, and lift weights while supported by the buoyancy and feeling the resistance of the water.

Age: 18 years & up

Location: Senior Center

9/4-9/27 Tu,Th 5:00-6:00 PM $31 400428-01

10/2-10/25 Tu,Th 5:00-6:00 PM $31 400428-02

10/30-11/29 Tu,Th 5:00-6:00 PM $34.76 400428-03

Aquatics

Group Rates for Swimming

Reduced swim admissions are available for groups. A group must schedule at least 48-hours in advance by calling the appropriate facility. It is preferable that payment be made by one individual check/credit card.

Ratios

To provide a safe pool experience, we require adult supervision for children ages 8 years and under\* according to the following ratios:

# of children # of in-water adult supervisors

1-6 1
7-12 2
13-18 3
19-24 4

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

Birthday Party Packages

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

Private Swim Instruction

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

Learn To Swim Policies

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

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

Make-up lessons are not available.

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

Classes will not be held on 11/22.

Open Lap Swimming

Open Lap Lane schedules are available on our website at fcgov.com/recreation. Please see the corresponding facility page for information specific to that facility. Lap lane schedules are available for EPIC, Mulberry Pool, and Senior Center.

Adult Programs

Adult Learn to Swim ]

Learning the Basics

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

Age: 15 years & up

Location: Edora Pool Ice Center

9/10-10/10 M,W 6:15-7:00 PM $73.50 401338-01

Location: Senior Center

9/16-10/14 Su 4:40-5:25 PM $73.50 401438-01

Improving Skills & Strokes

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

Age: 15 years & up

Location: Edora Pool Ice Center

10/15-11/14 M,W 6:15-7:00 PM $73.50 401339-01

10/15-11/14 M,W 7:00-7:45 PM $73.50 401339-02

Advanced Blended Learning ]

Lifeguard Review

Opportunity to review the course content within a formal course setting. Individuals with a current American Red Cross lifeguarding/first aid/CPR/AED certificate may participate in a review course. Optional online course: 7 hours. Note: Must attend all classes. Skill test on first day; continuation depends on passing. $36 certification fee is included.

Age: 17 years & up

Location: Edora Pool Ice Center

11/3 Sa 8:00 AM-5:00 PM $105.40 401341-01

Snorkel & Scuba Diving ]

Discover Snorkeling

Learn tips and proper technique for snorkeling. Registration includes use of mask, fins, snorkel, booties, and wetsuit, or own gear may be worn. Participants need to be able to swim at least 25 yards using the front crawl. Note: Children under 8 years should be accompanied by a parent or guardian. Prior to class start, call CSDA at 1.855.557.2822. Children under 18 years must have a release signed.

Age: 5 years & up

Location: Edora Pool Ice Center

9/15 Sa 10:00-11:30 AM $26 401353-01

10/27 Sa 10:00-11:30 AM $26 401353-02

11/24 Sa 10:00-11:30 AM $26 401353-03

Discover Scuba Diving

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

Age: 10 years & up

Location: Edora Pool Ice Center

9/15 Sa 10:00-11:30 AM $36 401352-01

10/27 Sa 10:00-11:30 AM $36 401352-02

11/24 Sa 10:00-11:30 AM $36 401352-03

Scuba Challenge

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

Age: 10 years & up
Location: Edora Pool Ice Center

9/12 W 6:00-9:00 PM $22 401356-01

9/26 W 6:00-9:00 PM $22 401356-02

10/10 W 6:00-9:00 PM $22 401356-03

10/24 W 6:00-9:00 PM $22 401356-04

11/7 W 6:00-9:00 PM $22 401356-05

11/28 W 6:00-9:00 PM $22 401356-06

Teen Learn to Swim ]

Teen Swim Instruction

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

Age: 13-17 years

Location: Senior Center

10/21-11/18 Su 4:05-4:35 PM $73.50 401435-01

Youth Programs

Youth Learn to Swim ]

Baby & Me 1

Parents help introduce infants to the water while learning how to work with their child safely in the pool. One child per adult required. Swim diapers or plastic pants must be used.

Age: 6-18 months

Location: Mulberry Pool

9/11-10/11 Tu,Th 5:05-5:35 PM $61 401210-01

10/16-11/15 Tu,Th 4:30-5:00 PM $61 401210-02

10/16-11/15 Tu,Th 5:40-6:10 PM $61 401210-03

9/15-10/13 Sa 9:00-9:30 AM $31 401210-04

9/15-10/13 Sa 10:10-10:40 AM $31 401210-05

10/20-11/17 Sa 9:35-10:05 AM $31 401210-06

10/20-11/17 Sa 10:45-11:15 AM $31 401210-07

9/16-10/14 Su 3:15-3:45 PM $31 401210-08

9/16-10/14 Su 4:25-4:55 PM $31 401210-09

10/21-11/18 Su 3:50-4:20 PM $31 401210-10

10/21-11/18 Su 5:00-5:30 PM $31 401210-11

Location: Edora Pool Ice Center

9/10-10/10 M,W 4:30-5:00 PM $61 401310-01

9/10-10/10 M,W 5:40-6:10 PM $61 401310-02

10/15-11/14 M,W 5:05-5:35 PM $61 401310-03

9/11-10/11 Tu,Th 10:25-10:55 AM $61 401310-04

10/16-11/15 Tu,Th 9:15-9:45 AM $61 401310-05

Location: Senior Center

9/16-10/14 Su 3:30-4:00 PM $31 401410-01

9/16-10/14 Su 4:40-5:10 PM $31 401410-02

10/21-11/18 Su 4:05-4:35 PM $31 401410-03

10/21-11/18 Su 5:15-5:45 PM $31 401410-04

Baby & Me 2

Parents introduce children to the water using songs, building confidence, becoming comfortable in and around the pool, and staying safe. Basic water activities are introduced. One child per adult required. Swim diapers or plastic pants must be used.

Age: 18 months-3.5 years

Location: Mulberry Pool

9/11-10/11 Tu,Th 4:30-5:00 PM $61 401212-01

9/11-10/11 Tu,Th 5:40-6:10 PM $61 401212-02

10/16-11/15 Tu,Th 5:05-5:35 PM $61 401212-03

9/15-10/13 Sa 9:35-10:05 AM $31 401212-04

9/15-10/13 Sa 10:45-11:15 AM $31 401212-05

10/20-11/17 Sa 9:00-9:30 AM $31 401212-06

10/20-11/17 Sa 10:10-10:40 AM $31 401212-07

9/16-10/14 Su 3:50-4:20 PM $31 401212-08

9/16-10/14 Su 5:00-5:30 PM $31 401212-09

10/21-11/18 Su 3:15-3:45 PM $31 401212-10

10/21-11/18 Su 4:25-4:55 PM $31 401212-11

Location: Edora Pool Ice Center

9/10-10/10 M,W 5:05-5:35 PM $61 401312-01

10/15-11/14 M,W 4:30-5:00 PM $61 401312-02

10/15-11/14 M,W 5:40-6:10 PM $61 401312-03

9/11-10/11 Tu,Th 9:15-9:45 AM $61 401312-04

10/16-11/15 Tu,Th 10:25-10:55 AM $61 401312-05

Location: Senior Center

9/16-10/14 Su 4:05-4:35 PM $31 401412-01

9/16-10/14 Su 5:15-5:45 PM $31 401412-02

10/21-11/18 Su 3:30-4:00 PM $31 401412-03

10/21-11/18 Su 4:40-5:10 PM $31 401412-04

Pollywog

For the child who is new to the water or will not put their face in the water, and can hold on to the side of the pool independently.

Age: 3-6 years

Location: Mulberry Pool

9/11-10/11 Tu,Th 5:05-5:35 PM $61 401216-01

9/11-10/11 Tu,Th 6:15-6:45 PM $61 401216-02

10/16-11/15 Tu,Th 4:30-5:00 PM $61 401216-03

10/16-11/15 Tu,Th 5:40-6:10 PM $61 401216-04

9/15-10/13 Sa 9:00-9:30 AM $31 401216-05

9/15-10/13 Sa 10:10-10:40 AM $31 401216-06

9/15-10/13 Sa 11:20-11:50 AM $31 401216-07

10/20-11/17 Sa 9:35-10:05 AM $31 401216-08

10/20-11/17 Sa 10:45-11:15 AM $31 401216-09

9/16-10/14 Su 3:15-3:45 PM $31 401216-10

9/16-10/14 Su 4:25-4:55 PM $31 401216-11

9/16-10/14 Su 5:35-6:05 PM $31 401216-12

10/21-11/18 Su 3:50-4:20 PM $31 401216-13

10/21-11/18 Su 5:00-5:30 PM $31 401216-14

Location: Edora Pool Ice Center

9/10-10/10 M,W 4:30-5:00 PM $61 401316-01

9/10-10/10 M,W 5:40-6:10 PM $61 401316-02

10/15-11/14 M,W 5:05-5:35 PM $61 401316-03

10/15-11/14 M,W 6:15-6:45 PM $61 401316-04

9/11-10/11 Tu,Th 9:50-10:20 AM $61 401316-05

10/16-11/15 Tu,Th 9:50-10:20 AM $61 401316-06

10/15-11/14 M,W 5:05-5:35 PM $61 401316-07

Location: Senior Center

9/16-10/14 Su 4:05-4:35 PM $31 401416-01

10/21-11/18 Su 4:05-4:35 PM $31 401416-02

Tadpole

For the child who will put their face in the water, can fully submerge, can perform supported front and back floats without apprehension, and will explore the water freely without fear.

Age: 3-6 years

Location: Mulberry Pool

9/11-10/11 Tu,Th 4:30-5:00 PM $61 401218-01

9/11-10/11 Tu,Th 5:40-6:10 PM $61 401218-02

10/16-11/15 Tu,Th 5:05-5:35 PM $61 401218-03

10/16-11/15 Tu,Th 6:15-6:45 PM $61 401218-04

9/15-10/13 Sa 9:35-10:05 AM $31 401218-05

9/15-10/13 Sa 10:45-11:15 AM $31 401218-06

10/20-11/17 Sa 9:00-9:30 AM $31 401218-07

10/20-11/17 Sa 10:10-10:40 AM $31 401218-08

10/20-11/17 Sa 11:20-11:50 AM $31 401218-09

9/16-10/14 Su 3:50-4:20 PM $31 401218-10

9/16-10/14 Su 5:00-5:30 PM $31 401218-11

10/21-11/18 Su 3:15-3:45 PM $31 401218-12

10/21-11/18 Su 4:25-4:55 PM $31 401218-13

10/21-11/18 Su 5:35-6:05 PM $31 401218-14

Location: Edora Pool Ice Center

9/10-10/10 M,W 5:05-5:35 PM $61 401318-01

9/10-10/10 M,W 6:15-6:45 PM $61 401318-02

10/15-11/14 M,W 4:30-5:00 PM $61 401318-03

10/15-11/14 M,W 5:40-6:10 PM $61 401318-04

9/11-10/11 Tu,Th 11:00-11:30 AM $61 401318-05

Location: Senior Center

9/16-10/14 Su 3:30-4:00 PM $31 401418-01

9/16-10/14 Su 5:15-5:45 PM $31 401418-02

10/21-11/18 Su 4:40-5:10 PM $31 401418-03

Froggy

For the child who can front float with their face in the water
without support, can back float for five seconds without support,
and can submerge and pick up objects in shallow water. Treading water is introduced.

Age: 3-6 years

Location: Mulberry Pool

9/11-10/11 Tu,Th 5:05-5:35 PM $61 401220-01

9/11-10/11 Tu,Th 6:15-6:45 PM $61 401220-02

10/16-11/15 Tu,Th 4:30-5:00 PM $61 401220-03

10/16-11/15 Tu,Th 5:40-6:10 PM $61 401220-04

9/15-10/13 Sa 9:00-9:30 AM $31 401220-05

9/15-10/13 Sa 10:10-10:40 AM $31 401220-06

9/15-10/13 Sa 11:20-11:50 AM $31 401220-07

10/20-11/17 Sa 9:35-10:05 AM $31 401220-08

10/20-11/17 Sa 10:45-11:15 AM $31 401220-09

9/16-10/14 Su 3:15-3:45 PM $31 401220-10

9/16-10/14 Su 5:35-6:05 PM $31 401220-11

10/21-11/18 Su 3:15-3:45 PM $31 401220-12

10/21-11/18 Su 4:25-4:55 PM $31 401220-13

10/21-11/18 Su 5:35-6:05 PM $31 401220-14

Location: Edora Pool Ice Center

9/10-10/10 M,W 4:30-5:00 PM $61 401320-01

9/10-10/10 M,W 5:40-6:10 PM $61 401320-02

10/15-11/14 M,W 5:05-5:35 PM $61 401320-03

10/15-11/14 M,W 6:15-6:45 PM $61 401320-04

10/16-11/15 Tu,Th 11:00-11:30 AM $61 401320-05

Location: Senior Center

9/16-10/14 Su 4:40-5:10 PM $31 401420-01

10/21-11/18 Su 3:30-4:00 PM $31 401420-02

Level 1

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

9/11-10/11 Tu,Th 4:30-5:00 PM $61 401222-01

9/11-10/11 Tu,Th 5:40-6:10 PM $61 401222-02

10/16-11/15 Tu,Th 5:05-5:35 PM $61 401222-03

10/16-11/15 Tu,Th 6:15-6:45 PM $61 401222-04

9/15-10/13 Sa 9:35-10:05 AM $31 401222-05

9/15-10/13 Sa 10:45-11:15 AM $31 401222-06

10/20-11/17 Sa 9:00-9:30 AM $31 401222-07

10/20-11/17 Sa 10:10-10:40 AM $31 401222-08

10/20-11/17 Sa 11:20-11:50 AM $31 401222-09

9/16-10/14 Su 3:15-3:45 PM $31 401222-10

9/16-10/14 Su 4:25-4:55 PM $31 401222-11

10/21-11/18 Su 3:15-3:45 PM $31 401222-12

10/21-11/18 Su 5:35-6:05 PM $31 401222-13

Location: Edora Pool Ice Center

9/10-10/10 M,W 5:05-5:35 PM $61 401322-01

9/10-10/10 M,W 6:15-6:45 PM $61 401322-02

10/15-11/14 M,W 4:30-5:00 PM $61 401322-03

10/15-11/14 M,W 5:40-6:10 PM $61 401322-04

Location: Senior Center

9/16-10/14 Su 4:05-4:35 PM $31 401422-01

10/21-11/18 Su 5:15-5:45 PM $31 401422-02

Level 2

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

Age: 5-12 years

Location: Mulberry Pool

9/11-10/11 Tu,Th 4:30-5:00 PM $61 401224-01

9/11-10/11 Tu,Th 6:15-6:45 PM $61 401224-02

10/16-11/15 Tu,Th 4:30-5:00 PM $61 401224-03

10/16-11/15 Tu,Th 6:15-6:45 PM $61 401224-04

9/15-10/13 Sa 9:00-9:30 AM $31 401224-05

9/15-10/13 Sa 11:20-11:50 AM $31 401224-06

10/20-11/17 Sa 9:00-9:30 AM $31 401224-07

10/20-11/17 Sa 11:20-11:50 AM $31 401224-08

9/16-10/14 Su 3:50-4:20 PM $31 401224-09

9/16-10/14 Su 5:00-5:30 PM $31 401224-10

9/16-10/14 Su 5:35-6:05 PM $31 401224-11

10/21-11/18 Su 3:50-4:20 PM $31 401224-12

10/21-11/18 Su 5:00-5:30 PM $31 401224-13

Location: Edora Pool Ice Center

9/10-10/10 M,W 4:30-5:00 PM $61 401324-01

9/10-10/10 M,W 6:15-6:45 PM $61 401324-02

10/15-11/14 M,W 4:30-5:00 PM $61 401324-03

10/15-11/14 M,W 6:15-6:45 PM $61 401324-04

10/15-11/14 M,W 4:30-5:00 PM $61 401324-05

10/15-11/14 M,W 6:15-6:45 PM $61 401324-06

Location: Senior Center

9/16-10/14 Su 3:30-4:00 PM $31 401424-01

10/21-11/18 Su 3:30-4:00 PM $31 401424-02

Level 3

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

Age: 5-12 years

Location: Mulberry Pool

9/11-10/11 Tu,Th 5:40-6:25 PM $73.50 401226-01

10/16-11/15 Tu,Th 4:30-5:15 PM $73.50 401226-02

10/16-11/15 Tu,Th 6:15-7:00 PM $73.50 401226-03

9/15-10/13 Sa 9:35-10:20 AM $73.50 401226-04

9/15-10/13 Sa 10:45-11:30 AM $73.50 401226-05

10/20-11/17 Sa 9:35-10:20 AM $73.50 401226-06

10/20-11/17 Sa 11:20 AM-12:05 PM $73.50 401226-07

9/16-10/14 Su 3:15-4:00 PM $73.50 401226-08

9/16-10/14 Su 5:35-6:20 PM $73.50 401226-09

10/21-11/18 Su 3:50-4:35 PM $73.50 401226-10

10/21-11/18 Su 5:00-5:45 PM $73.50 401226-11

Location: Edora Pool Ice Center

9/10-10/10 M,W 5:40-6:25 PM $73.50 401326-01

10/15-11/14 M,W 5:05-5:50 PM $73.50 401326-02

Level 4

For the child 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.

Age: 5-12 years

Location: Mulberry Pool

9/11-10/11 Tu,Th 4:30-5:15 PM $73.50 401228-01

10/16-11/15 Tu,Th 5:40-6:25 PM $73.50 401228-02

9/15-10/13 Sa 9:00-9:45 AM $73.50 401228-03

9/15-10/13 Sa 11:20 AM-12:05 PM $73.50 401228-04

10/20-11/17 Sa 10:45-11:30 AM $73.50 401228-05

9/16-10/14 Su 4:25-5:10 PM $73.50 401228-06

10/21-11/18 Su 3:15-4:00 PM $73.50 401228-07

10/21-11/18 Su 5:35-6:20 PM $73.50 401228-08

Location: Edora Pool Ice Center

9/10-10/10 M,W 5:05-5:50 PM $73.50 401328-01

10/15-11/14 M,W 5:40-6:25 PM $73.50 401328-02

Level 5

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

Age: 5-12 years

Location: Mulberry Pool

9/11-10/11 Tu,Th 6:15-7:00 PM $73.50 401230-01

10/16-11/15 Tu,Th 5:05-5:50 PM $73.50 401230-02

9/15-10/13 Sa 10:10-10:55 AM $73.50 401230-03

10/20-11/17 Sa 10:10-10:55 AM $73.50 401230-04

9/16-10/14 Su 3:50-4:35 PM $73.50 401230-05

10/21-11/18 Su 4:25-5:10 PM $73.50 401230-06

Location: Edora Pool Ice Center

9/10-10/10 M,W 4:30-5:15 PM $73.50 401330-01

Pre-Competitive

Designed to prepare swimmers for swimming on a team. For the child who can swim a minimum of two laps without stopping and is efficient in competition strokes including freestyle, breaststroke, and backstroke.

Age: 6-12 years

Location: Mulberry Pool

9/11-10/11 Tu,Th 5:05-5:50 PM $73.50 401232-01

10/20-11/17 Sa 9:00-9:45 AM $73.50 401232-02

9/16-10/14 Su 5:00-5:45 PM $73.50 401232-03

Location: Edora Pool Ice Center

10/15-11/14 M,W 4:30-5:15 PM $73.50 401332-01

Arts & Crafts

The Senior Center Member discount applies to programs where an is listed next to the activity title. This 15% discount applies to the fee minus the $1 program fee. Additional discounts do not apply. If no fee is listed for a membership program, the program is exclusive to Senior Center members. For information about Senior Center Membership benefits, see page 97.

Senior Center Exhibits

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

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

Arts & Crafts Volunteers

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

Teachers

New proposals for teaching classes from skilled arts and crafts instructors welcome.

Adult Programs

Basket Arts ]

Basket Cases

Open time is for individuals interested in basketry to come together weekly and work on projects. Work with any medium: basket reed, yarn, pine needles, etc. Different techniques such as caning are also welcome. Share ideas and designs. Note: No instructor provided. Bring supplies necessary to work. Class will not be held on 11/22.

Age: 18 years & up

Location: Senior Center

9/6-11/15 Th 1:00-3:00 PM No Fee 403402-01

Drawing Arts ]

Comics Essentials

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

Age: 14 years & up

Location: Senior Center

9/25-10/30 Tu 6:30-8:30 PM $54 403407-01

Sketching Group

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

Age: 18 years & up
Location: Senior Center

9/7-11/16 F 9:30 AM-12:30 PM No Fee

Fiber Arts ]

Felting, Needle Style

Learn the needle technique method on wool while making colorful handcrafted soft sculptures measuring roughly 4”-6” tall and landscapes roughly 5”x7.” Note: All supplies provided.

Age: 14 years & up

Location: Senior Center

Back to School

9/8 Sa 9:00 AM-Noon $28 403436-01

Pumpkins

10/13 Sa 9:00 AM-Noon $28 403436-02

Pilgrims

11/10 Sa 9:00 AM-Noon $28 403436-03

Quilting Quorum

All levels of quilters are welcome. Work on any project of interest or on items for a charity the group has adopted which offers quilts for people in need. Ask the experts; no instructor provided. Meet other local quilters, swap tips, and share techniques, ideas, and a common interest in quilting. Note: Class will not be held on 11/24.

Age: 18 years & up

Location: Senior Center

9/7-11/16 F 1:00-3:00 PM No Fee

Glass Arts ]

Stained Glass, Foil Beginner

Learn how to create works of art in stained glass using the foil method of construction. Learn to cut glass, grind, foil, solder,
and finish. Create two projects from varied patterns. Note: Some supplies provided. Glass supply list available at registration; approximate cost $20-25.

Age: 18 years & up
Location: Senior Center

9/4-9/25 Tu 1:00-3:00 PM $60 403461-01

Stained Glass, Foil Intermediate

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

Age: 18 years & up

Location: Senior Center

10/16-11/6 Tu 1:00-3:00 PM $58 403462-01

Stained Glass, Holiday Gifts

Make several small holiday ornaments or suncatchers that can be used as special one of a kind gifts or to brighten the holidays. Prerequisite: Foil Stained Glass, Beginner. All supplies provided.

Age: 18 years & up

Location: Senior Center

11/20-11/27 Tu 1:00-3:00 PM $30 403463-01

General Arts ]

Art History Video Series

Learn about the history of impressionism through two video courses in each session. Detailed weekly course descriptions are available at the front desk. Note: Class will not be held on 10/25, 11/22.

Age: 18 years & up

Location: Senior Center

9/13-12/13 Th 10:30-11:30 AM No Fee 403455-01

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 the many aspects of different art related hobbies and crafts. Note: No instructor provided. Class will not be held on 11/21.

Age: 18 years & up

Location: Senior Center

9/5-11/14 W 1:00-3:00 PM No Fee

Halloween Gourds

Learn the process for making a gourd into a jack-o-lantern or a ghost. Decorate one for Halloween while learning about materials and finishes. Continuing students may choose from other subjects. Note: All supplies provided. Children under 15 years must be accompanied by an adult.

Age: 10 years & up

Location: Senior Center

10/6 Sa 9:00 AM-1:00 PM $34 403440-01

Open Shop

Open shop time. Tools are available for use with jewelry, stained glass, and woodworking, including scroll saws, wood lathes, other wood related tools, and basic tools for mechanical repairs. A shop attendant is on duty to assist with questions. Production work or work on items for sale is not permitted. Note: Class will not be held on 11/21, 1/22.

Age: 18 years & up

Location: Senior Center

9/4-11/20 Tu 8:00 AM-Noon No Fee

9/5-11/14 W 1:00-5:00 PM

9/6-11/15 Th 5:00-9:00 PM

Rain Stick Gourds

Learn the process for cleaning and preserving a gourd for craft projects. While decorating a gourd, learn about materials and finishes to create a musical rain stick. Note: All supplies provided. Prerequisite: Must be comfortable using a drill. Must attend both days.

Age: 18 years & up

Location: Senior Center

11/9 F 6:00-9:00 PM $45 403441-01

11/10 Sa 9:00 AM-1:00 PM

Jewelry ]

Lapidary Open Shop Time

Open shop time for grinding and working on stones for jewelry. Limited equipment is available; use of specific equipment is not guaranteed. Full knowledge of lapidary required. Note: No instructor provided. Shop supervisors are available. Open to Senior Center Members, or those currently enrolled in a Jewelry class.

Age: 18 years & up

Location: Senior Center

9/10-11/19 M 7:00-9:00 PM $25 403485-01

Jewelry, Beginner

Concentration is on cutting and piercing with a jeweler’s saw, filing, and soldering, as well as covering proper techniques for polishing and finishing. Designed for those with no metal experience, as well as those wanting to get back into it. Note: Tools and some supplies provided. Supply list available at registration; approximate cost is $55-80.

Age: 18 years & up

Location: Senior Center

9/11-10/23 Tu 6:00-8:00 PM $98 403486-01

10/30-12/11 Tu 6:00-8:00 PM $98 403486-02

Jewelry, Intermediate & Advanced

Class and open time to use equipment and finish projects while an instructor is present to answer questions and assist. Finish items in progress or practice skills. Prerequisite: Jewelry, Beginner. Note: Supply list available at registration. Supplies and supply cost vary with project choice; approximate cost is $10-70.

Age: 18 years & up

Location: Senior Center

9/11-10/23 Tu 3:30-5:30 PM $98 403487-01

10/30-12/11 Tu 3:30-5:30 PM $98 403487-02

Paper Arts ]

Calligraphy, Beginner

Learn the art of beautiful writing and add a personal touch to scrapbooks, journals, or notes and invitations. Use a broad edge pen to write the italic hand and get ideas for using new skills. Learn about materials, layout and design, and a brief history of writing. Note: Supply list available at registration; approximate cost is $20.

Age: 18 years & up

Location: Senior Center

9/17-10/22 M 9:00-11:30 AM $79 403409-01

Stab Bookbinding Workshop

Learn a variety of stitching patterns to create a uniquely bound hardcover book. Perfect for beautiful scrapbooks and photo albums to enjoy for years to come. Note: There will be a one-hour lunch break on your own. Supply list available at registration.

Age: 18 years & up

Location: Senior Center

10/20 Sa 9:00 AM-4:00 PM $39 403413-01

Painting ]

Acrylic Painting, Beginner

Ongoing entry level course covers important basics such as preparing a canvas, starting techniques, drawing, color, value, and composition. Designed for those who have never painted before and are interested in learning how to start, or those who would like to stretch their emerging skills to new levels. Note: Supply list available at registration; approximate cost $30-50. Class will not be held on 9/4.

Age: 18 years & up

Location: Senior Center

9/10-9/24 M 1:00-3:00 PM $34.26 403446-01

10/1-10/29 M 1:00-3:00 PM $53.75 403446-02

11/5-11/26 M 1:00-3:00 PM $34.26 403446-03

9/10-9/24 M 6:30-8:30 PM $34.26 403446-04

10/1-10/29 M 6:30-8:30 PM $53.75 403446-05

11/5-11/26 M 6:30-8:30 PM $34.26 403446-06

Bob Ross Style Painting

Complete a finished oil painting in one day using the Bob Ross painting technique. A certified Bob Ross instructor teaches the use of different brushes, a palette knife, mixing colors, and the manipulation of special paints. Note: $15 discount available when using own Bob Ross supplies. Bring a role of paper towels. Other supplies provided. An example of the painting can be seen at the Senior Center one month prior to the start of class.

Age: 18 years & up

Location: Senior Center

9/13 Th 9:00 AM-3:30 PM $65 403427-01

10/11 Th 9:00 AM-3:30 PM $65 403427-02

11/8 Th 9:00 AM-3:30 PM $65 403427-03

Porcelain Painting, Beginner

Learn proper painting techniques that include the use of oils, thinners, wiping tools, and specialty brushes. Techniques and processes for completion of the finished product takes several weeks. The entire process usually requires several firings to get the desired result. Note: Firing of work included. Reduced fee when using own supplies. Class will not be held on 11/21.

Age: 18 years & up

Location: Senior Center

9/5-9/26 W 9:00-11:30 AM $48 403470-01

10/3-10/31 W 9:00-11:30 AM $57.50 403470-02

11/7-11/28 W 9:00-11:30 AM $38.50 403470-03

Porcelain Painting, Intermediate

Expand current skills and knowledge. Learn varied techniques for achieving desired results, including the mixing of pigments and their application. Note: Firing of work is included. Painting supplies not provided. Class will not be held on 11/21.

Age: 18 years & up

Location: Senior Center

9/5-9/26 W 9:00-11:30 AM $43 403471-01

10/3-10/31 W 9:00-11:30 AM $52.50 403471-02

11/7-11/28 W 9:00-11:30 AM $33.50 403471-03

Porcelain Painting, Advanced

Attention given to advanced techniques, creating the image while observing color, value, and using specific approaches to painting. One-on-one and group demonstrations are given. Note: Firing of work is included. Painting supplies not provided. Class will not be held on 11/21.

Age: 18 years & up

Location: Senior Center

9/5-9/26 W 1:00-4:00 PM $49 403472-01

10/3-10/31 W 1:00-4:00 PM $60 403472-02

11/7-11/28 W 1:00-4:00 PM $37 403472-03

Watercolor, Beginner

Learn basics of preparing paper and board in preparation for painting. Learn composition, painting techniques, and special effects, including setting up a palette, types of papers, color theory, design principals, and techniques for handling the pigment. Note: Supply list available at registration; approximate cost is $50-75.

Age: 18 years & up

Location: Senior Center

9/14-10/26 F 9:00-11:00 AM $70 403480-01

Watercolor, Intermediate &Advanced

An ongoing class with in-depth exploration into watercolor techniques. Emphasis on observation and various brush techniques will be covered. A challenge for beginners and an opportunity to build skills and knowledge of artistic concepts. Prerequisite: Watercolor, Beginner. Note: Supply list available at registration; approximate cost is $50-100. Class will not be held on 11/23.

Age: 18 years & up

Location: Senior Center

9/7-9/28 F 1:00-3:00 PM $49 403481-01

10/5-10/26 F 1:00-3:00 PM $49 403481-02

11/2-11/30 F 1:00-3:00 PM $49 403481-03

Woodworking ]

Woodworking, Beginner

Create a basic project that requires the use of special skills. While using woodworking tools, learn proper setup and maintenance.
Gain knowledge of wood skills, materials, and finishes to work alone or in Open Shop. Note: Some supplies provided. Supply list available at first class; approximate cost is $20-30. Students must attend
first class.

Age: 18 years & up

Location: Senior Center

9/12-10/17 W 7:00-9:00 PM $107 403490-01

Woodworking, Intermediate

A continuation of Woodworking, Beginner. Advanced techniques and concepts are taught. Further exploration into varied tools are 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. Some supplies provided. Supply list available first day of class; approximate cost is$20-30. Must attend first class. Class will not be held on 11/21.

Age: 18 years & up

Location: Senior Center

11/7-12/19 W 7:00-9:00 PM $107 403491-01

Family Programs ]

Curious Creations Club

Guided 3D creations to be made by adults with a youth partner.

Age: 9-14 years
Location: Northside Aztlan Center

Wind Chimes

9/8 Sa 1:00-3:30 PM $50 418983-01

Fall Wreath

10/13 Sa 1:00-3:30 PM $50 418983-02

Candleholder

11/10 Sa 1:00-3:30 PM $50 418983-03

Partners in Paint

Guided step-by-step painting class. Adult and youth partner each paint an individual painting.

Age: 9-14 years

Location: Northside Aztlan Center

As the Leaves Fall

9/8 Sa 9:30 AM-Noon $50 418982-01

Pumpkin Patch

10/13 Sa 9:30 AM-Noon $50 418982-02

Thankful Turkey

11/10 Sa 9:30 AM-Noon $50 418982-03

Youth Programs ]

Artistic Encounters

Focus on creative development with the introduction of a variety of mediums. Children are encouraged to create and use imagination. Note: Class will not be held on 10/18.

Age: 6-12 years

Location: Carnegie Center for Creativity, 200 Mathews St.

9/6-9/27 Th 4:30-6:00 PM $65 416922-01

10/4-10/25 Th 4:30-6:00 PM $65 416922-02

11/1-11/15 Th 4:30-6:00 PM $50 416922-03

Cupcakes ‘n Canvas

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

Age: 6-12 years

Location: Mulberry Pool

Van Gogh Sunflowers

9/21 F 3:00-4:30 PM $30 416243-01

Sugar Skull Collage

10/19 F 3:00-4:30 PM $30 416243-02

Thanksgiving Dinner

11/12 M 3:00-4:30 PM $30 416243-03

Dream Weaver

Be inspired to day dream. Explore creative ways that dreams inspire art. Create dream boxes with trinkets and found objects. Bring any personal items for embellishment.

Age: 6-12 years

Location: Mulberry Pool

9/21 F 9:00 AM-Noon $50 416942-01

Scary Sculpture

Release the inner wild thing and create a monster world. Populate this world with creatures from the imagination. Draw and sculpt with clay.

Age: 6-12 years

Location: Mulberry Pool

10/19 F 9:00 AM-Noon $60 416949-01

School’s Out Art

Keep the kids busy and have fun while school is out. Create works of art using a variety of media.

Age: 9-14 years

Location: Carnegie Center for Creativity, 200 Mathews St.

Mythical Beasts (Markers & Sharpies)

9/21 F 1:00-3:30 PM $35 418984-01

Thanksgiving Turkeys (Water Color)

11/12 M 9:30 AM-Noon $35 418984-05

Cornucopia (Water Color)

11/12 M 1:00-3:30 PM $35 418984-06

Location: Foothills Activity Center
Autumn Leaves (Paper Mosaic)

10/18 Th 9:30 AM-Noon $35 418984-02

Pumpkins O’ Plenty (Paper Mosaic)

10/18 Th 1:00-3:30 PM $35 418984-03

Grisly, Gruesome Scene (Crayons & Tempera)

10/19 F 1:00-3:30 PM $35 418984-04

The Art of the Selfie

Use clay, collage, and paint to create a unique self-portrait.

Age: 6-12 years

Location: Mulberry Pool

11/12 M 9:00 AM-Noon $50 416951-01

Pottery

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

For adult classes, the first 25 lbs. of clay are provided. More clay can be purchased at the Studio for $22. Only clay purchased from the Pottery Studio is fired. A basic tool kit ($12) needs to be purchased at the first class if you don’t already own your own hand tools. Large tools and project specific tools are provided, as well as a slab-roller and two extruders with many different dies. Glazes, slips, stains, and engobes are provided. Specialty tools and higher end hand tools are also available for purchase. Lab time is included with adult classes unless otherwise noted. Note: All work must be accomplished at the Studio. Production work is not permitted. Due to the Independence Day holiday, all Tuesday classes will skip 7/4 and will finish one week later than rest of the classes.

Pottery Lab

Lab is included for adult students who are currently enrolled in a class and is intended for practicing or finishing work in progress. Adults who have taken a 10-week class at the Pottery Studio may register as a lab student. This is a recreational and educational facility; production work is not permitted. Staff is in attendance, but no formal instruction is provided. Lab fee includes 25 lbs. of clay. Lab hours are for adults only. Open lab times are not available for students enrolled in the Sampler Class. See pottery section page 31 to register as a Lab only participant.

Private Instruction

Private pottery lessons are available for all levels interested in having one-on-one time to rapidly develop skills and knowledge. Fees vary depending on the choice of program.

Birthday Parties

Have a unique birthday while learning and creating a masterpiece with clay. Each attendee creates a piece. Also, a tour of the facility is included. Duration is about 90 minutes; tailored packages available. Cost is $16 per child (6 children minimum); with 10 kids or more, the birthday child is free.

Scout Badges

Boy and Girl Scouts can learn the fundamentals of clay while completing their badge requirements. Scouts go on a tour and see the workings of a Pottery Studio, as well as create a piece that they can personalize with their own creativity. Cost is $16 per child (6 children minimum).

Youth Pottery

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

Child with Parent Pottery

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

Parents or Grandparents & Children Together

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

Adult Programs ]

Wheel & Handbuilding, Beginner

Designed for beginners. Learn about clay, tools, and glazing. Learn the basic skills, techniques, and principles involved in pottery. Primary emphasis is on creating while using the potter’s wheel. Some handbuilding is covered. Note: Supply list available at registration. Class will not be held on 9/29.

Age: 18 years & up

Location: Pottery Studio

9/10-11/12 M 9:00-11:00 AM $170 404850-01

9/10-11/12 M 5:45-7:45 PM $170 404850-02

9/5-11/7 W 8:00-10:00 PM $170 404850-03

9/8-11/17 Sa 9:00-11:00 AM $170 404850-04

Wheel & Handbuilding, Beginner Plus

For those who have previously taken a beginner class and are acquainted with the basic techniques involved in wheel throwing. Designed for those that are not comfortable with the clay and wish to hone skills before progressing to intermediate. Prerequisite: Pottery, Beginning Wheel or equivalent.

Age: 18 years & up

Location: Pottery Studio

9/10-11/12 M 8:00-10:00 PM $170 404855-01

9/5-11/7 W 5:45-7:45 PM $170 404855-02

9/6-11/8 Th 9:00-11:00 AM $170 404855-03

Wheel & Handbuilding, Intermediate

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

Age: 18 years & up

Location: Pottery Studio

9/4-11/6 Tu 9:00-11:00 AM $170 404860-01

9/5-11/7 W 9:00-11:00 AM $170 404860-02

Wheel & Handbuilding, Advanced

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

Age: 18 years & up

Location: Pottery Studio

9/6-11/8 Th 5:30-7:30 PM $170 404865-01

Pottery Sampler

Introduction to handbuilding and wheel-throwing, as well as glazing and studio operation. Create while learning the techniques of clay. No lab is offered with this class. All materials and tools provided. Note: Class will not be held on 9/29.

Age: 18 years & up

Location: Pottery Studio

9/8-10/13 Sa 9:00-11:00 AM $60 404870-01

10/20-11/17 Sa 9:00-11:00 AM $60 404870-02

Handbuilding Expressions

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

Age: 18 years & up

Location: Pottery Studio

9/5-11/7 W 6:00-8:00 PM $170 404875-01

Cool Clay

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

Age: 18 years & up

Location: Pottery Studio

9/7-10/5 F 4:00-6:00 PM $90 404880-01

10/13-11/9 F 4:00-6:00 PM $90 404880-02

Creative Clay Craft

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

Age: 18 years & up

Location: Pottery Studio

9/7-11/9 F 9:00-11:00 AM $170 404885-01

Holiday Pottery

Make personal and unique holiday decorations. Make items such as Santa centerpieces, holly trivets, and holiday candleholders. Finish in fun, bright colors. Note: No previous experience necessary.

Age: 18 years & up

Location: Pottery Studio

11/27-12/6 Tu,Th 6:00-9:00 PM $75 404897-01

12/1-12/8 Sa 9:00 AM-Noon

Pottery Lab

Lab is for current students to practice or finish work in progress. Anyone who has taken a ten-week class at the Pottery Studio
may register as a lab student. This is a recreational and educational facility; production work is not permitted. Staff is in attendance,
but no formal instruction is provided. Note: Class will not be held
on 9/29.

Age: 18 years & up

Location: Pottery Studio

9/4-11/8 Tu, Th 7:30-10:00 PM $170 404899-01

9/4-11/6 Tu 9:00 AM-Noon

9/5-11/17 M, W, Th, F, Sa 11:00 AM-2:00 PM

Child with Parent Programs

Youth Programs ]

Family Handbuilding

Squish, roll, pinch, scratch, and slip clay into whimsical creatures while learning some of the basics of clay. Each week offers a different experience that can be done by the whole family.

Age: 5 years & up

Location: Pottery Studio

9/7 F 6:00-8:30 PM $16 404828-01

9/14 F 6:00-8:30 PM $16 404828-02

9/21 F 6:00-8:30 PM $16 404828-03

9/28 F 6:00-8:30 PM $16 404828-04

10/5 F 6:00-8:30 PM $16 404828-05

10/12 F 6:00-8:30 PM $16 404828-06

10/19 F 6:00-8:30 PM $16 404828-07

10/26 F 6:00-8:30 PM $16 404828-08

Family Raku Workshop

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

Age: 7 years & up

Location: Pottery Studio

11/16 F 6:00-7:00 PM $65 404827-01

11/17 Sa 12:30-2:30 PM

11/16 F 7:00-8:00 PM $65 404827-02

11/17 Sa 3:00-5:00 PM

Fancy Face Mug Workshop

Working from a pre-prepared wheel-thrown mug form, learn how to shape, mold, and squish clay to create 3-D facial features onto a whimsical creation. Emphasis is on self-expression and creativity. Add colored slips to finished creations. All mugs are fired and clear glazed. Note: Participants age 8 years and under must be accompanied by an adult. Registration cost includes two participants; each additional person is $25.

Age: 8 years & up

Location: Pottery Studio

10/7 Su 2:00-4:00 PM $55 404826-01

Parent & Child Handbuilding

Work on individual projects and together share in the creative experience. Registration cost includes two participants; each additional youth is $52.50. Note: Class will not be held on 9/29.

Age: 6-9 years

Location: Pottery Studio

9/8-10/13 Sa 4:00-5:30 PM $110 404835-01

10/20-11/17 Sa 4:00-5:30 PM $110 404835-02

Parent, Teen, & Youth Wheel & Handbuilding

Explore the world of clay together. Make functional pots and whimsical, imaginative clay objects while learning how to use the potter’s wheel and handbuilding techniques. Note: Registration cost includes two participants; each additional youth is $52.50.

Age: 10-17 years

Location: Pottery Studio

9/7-10/5 F 5:45-7:15 PM $110 404845-01

10/12-11/9 F 5:45-7:15 PM $110 404845-02

Parent & Tot Mud, Handbuilding

Parent and child combine their talents in this unique pottery class. The projects are constantly being varied so it is possible to register for classes as many times as you wish. Note: Registration cost includes two participants. Class will not be held on 9/29.

Age: 3-5 years

Location: Pottery Studio

9/4-10/2 Tu 12:30-1:30 PM $45 404801-01

9/5-10/3 W 2:45-3:45 PM $45 404801-02

9/8-10/13 Sa 2:30-3:30 PM $45 404801-03

10/9-11/6 Tu 12:30-1:30 PM $45 404801-04

10/10-11/7 W 2:45-3:45 PM $45 404801-05

10/20-11/17 Sa 2:30-3:30 PM $45 404801-06

Thrown Together

Explore the basics of wheel forming techniques while working on pottery wheels. Create functional and decorative pottery and learn the basics of wedging, centering, throwing, trimming, surface decorating, and glazing. Note: Registration cost includes both parent and child; each additional person is $52.50.

Age: 7 years & up

Location: Pottery Studio

9/6-10/4 Th 3:30-5:00 PM $110 404825-01

10/11-11/8 Th 3:30-5:00 PM $110 404825-02

Child without Parent ]

Child Handbuilding

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

Age: 6-9 years

Location: Pottery Studio

9/10-10/8 M 4:00-5:15 PM $59 404805-01

9/5-10/3 W 4:00-5:15 PM $59 404805-02

10/15-11/12 M 4:00-5:15 PM $59 404805-03

10/10-11/7 W 4:00-5:15 PM $59 404805-04

Youth Wheel & Handbuilding

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

Age: 10-12 years

Location: Pottery Studio

9/6-10/4 Th 3:45-5:15 PM $59 404810-01

9/7-10/5 F 4:00-5:30 PM $59 404810-02

10/11-11/8 Th 3:45-5:15 PM $59 404810-03

10/12-11/9 F 4:00-5:30 PM $59 404810-04

Teen Wheel & Handbuilding

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

Age: 13-17 years

Location: Pottery Studio

9/4-10/2 Tu 3:45-5:15 PM $59 404815-01

10/9-11/6 Tu 3:45-5:15 PM $59 404815-02

Dance & Movement

Adult Programs

Belly Dance ]

Belly Dancing, Beginner

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

Age: 16 years & up

Location: Senior Center

9/4-9/25 Tu 7:00-8:00 PM $31 406426-01

10/2-10/30 Tu 7:00-8:00 PM $38.50 406426-02

11/6-11/27 Tu 7:00-8:00 PM $31 406426-03

Belly Dancing, Continued

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

Age: 16 years & up

Location: Senior Center

9/4-9/25 Tu 8:00-9:00 PM $31 406427-01

10/2-10/30 Tu 8:00-9:00 PM $38.50 406427-02

11/6-11/27 Tu 8:00-9:00 PM $31 406427-03

Ballet ]

Ballet, Beginner

An introduction to classical barre, positions, and steps. Note: Ages 13-17 years welcome with instructor approval. Class will not be held on 11/20.

Age: 18 years & up

Location: Club Tico

9/11-10/16 Tu 5:30-6:30 PM $37 406102-01

10/23-12/11 Tu 5:30-6:30 PM $43 406102-02

Ballet, Low-Intermediate

Continuing work on basic technique. Note: Ages 13-17 years welcome with instructor approval. Class will not be held on 11/19.

Age: 18 years & up

Location: Empire Grange, 2306 W. Mulberry St.

9/10-10/15 M 5:30-6:45 PM $46 406103-01

10/22-12/10 M 5:30-6:45 PM $53.50 406103-02

Ballet, Intermediate

Designed for experienced dancers. Learn challenges and skills based on Cecchetti technique. Note: Ages 13-17 years welcome with instructor approval. Class will not be held on 11/22.

Age: 18 years & up

Location: Club Tico

9/13-10/18 Th 5:45-7:00 PM $46 406104-01

10/25-12/13 Th 5:45-7:00 PM $53.50 406104-02

Dance ]

West Coast Swing, Beginner

Learn all the basic 4, 6, and 8 count patterns of this partner swing dance. Dance the starter step, the side pass, the underarm pass, the sugar push, the tuck, the basket whip, and the basic whip. Singles and couples welcome. Note: Class will not be held on 11/21.

Age: 18 years & up

Location: Senior Center

9/5-9/26 W 7:30-9:00 PM $40 406440-01

10/3-10/24 W 7:30-9:00 PM $40 406440-02

11/7-11/28 W 7:30-9:00 PM $30.26 406440-03

West Coast Swing, Continued

Expand upon the basic 6 and 8 count patterns of this partner swing dance. The inside turn, free spin, outside turn, inside whip, and slingshot are taught. Note: Class will not be held on 11/22.

Age: 16 years & up

Location: Senior Center

9/6-9/27 Th 7:30-9:00 PM $40 406441-01

10/4-10/25 Th 7:30-9:00 PM $40 406441-02

11/1-11/29 Th 7:30-9:00 PM $40 406441-03

Line Dance ]

Line Dance, Beginner

Designed for beginners. Learn the basic steps, terminology, and easy choreography. Note: Option to pay a drop-in rate of $6 per class is available.

Age: 18 years & up

Location: Senior Center

9/4-9/25 Tu 12:30-1:45 PM $21 406436-01

10/2-10/30 Tu 12:30-1:45 PM $26 406436-02

11/6-11/27 Tu 12:30-1:45 PM $21 406436-03

Line Dance, Continued

Designed for the more experienced dancer who thrives on complex choreography. Note: Option to pay a drop-in rate of $6 per class is available.

Age: 18 years & up

Location: Senior Center

9/4-9/25 Tu 1:45-3:00 PM $21 406437-01

10/2-10/30 Tu 1:45-3:00 PM $26 406437-02

11/7-11/28 Tu 1:45-3:00 PM $21 406437-03

Modern ]

Modern Dance

Earthy, sometimes jazzy or lyrical movements follow a stretching/toning warm-up which leads to release of stress and interactive enjoyment. Note: Ages 13-17 years welcome with instructor approval. Class will not be held on 11/19.

Age: 18 years & up

Location: Empire Grange, 2306 W. Mulberry St.

9/10-10/15 M 6:50-7:50 PM $37 406156-01

10/22-12/10 M 6:50-7:50 PM $43 406156-02

Special Events ]

Line Dance Extravaganza

Learn some of the newest dances and some familiar ones, too. All levels welcome. Note: Step sheets and BBQ lunch included.

Age: 18 years & up

Location: Senior Center

10/13 Sa 10:00 AM-3:00 PM $30 406438-01

Youth Programs

Ballet ]

Ballet & Modern Dance

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

Grade: K-2

Location: Club Tico

9/11-10/9 Tu 4:15-5:15 PM $38.50 406101-01

10/16-11/13 Tu 4:15-5:15 PM $38.50 406101-02

Dancing Swans

An introduction to basic dance, pre-ballet movement, and body awareness using imagery and imaginative play. Note: Class will not be held on 11/22.

Age: 3-5 years

Location: Mulberry Pool

9/6-9/27 Th 2:15-3:00 PM $45 421211-01

10/4-10/25 Th 2:15-3:00 PM $45 421211-02

11/1-11/29 Th 2:15-3:00 PM $45 421211-03

Petite Ballerinas

Explore movement and discover the confident young artist within. Leveled classes help dancers attain certain skills. Instructors move dancers to the next level when ready. First-time dancers must sign up for lowest ability level for age.

Location: Northside Aztlan Center

Petite Ballerinas l
Age: 3-4 years

9/7-9/28 F 11:45 AM-12:30 PM $45 421524-01

10/5-10/26 F 11:45 AM-12:30 PM $45 421524-02

11/2-11/16 F 11:45 AM-12:30 PM $35 421524-03

11/30-12/14 F 11:45 AM-12:30 PM $35 421524-04

9/8-9/29 Sa 9:30-10:15 AM $45 421524-05

10/6-10/27 Sa 9:30-10:15 AM $45 421524-06

11/3-11/17 Sa 9:30-10:15 AM $35 421524-07

12/1-12/15 Sa 9:30-10:15 AM $35 421524-08

Petite Ballerinas II, III
Age: 4-6 years

9/7-9/28 F 12:45-1:30 PM $45 421524-09

10/5-10/26 F 12:45-1:30 PM $45 421524-10

11/2-11/16 F 12:45-1:30 PM $35 421524-11

11/30-12/14 F 12:45-1:30 PM $35 421524-12

9/8-9/29 Sa 10:30-11:15 AM $45 421524-13

10/6-10/27 Sa 10:30-11:15 AM $45 421524-14

11/3-11/17 Sa 10:30-11:15 AM $35 421524-15

12/1-12/15 Sa 10:30-11:15 AM $35 421524-16

Petite Ballerinas Performance

Dancers prepare for and perform “A Ballerina’s Christmas Carol.” For performance details, visit northerncoloradopetiteballerinas.com. Performance Prep registration deadline is 9/5. Production fee of $55 is due to instructor 9/22. Performance Session registration deadline is 10/13. Dancers must be signed up for both.

Location: Northside Aztlan Center

Age: 4-6 years
Performance Prep

9/8-10/27 Sa 11:30 AM-12:15 PM $112 421525-01

Performance Session

11/3-12/15 Sa 11:30 AM-12:15 PM $112 421525-02

Age: 7-11 years
Performance Prep

9/8-10/27 Sa 12:30-1:15 PM $112 421527-01

Performance Session

11/3-12/15 Sa 12:30-1:15 PM $112 421527-02

General Dance ]

Acro Dance

Learn the basics of acrobatic dance, including a mixture of acrobatics, gymnastics, and the art of lyrical dance. Children are placed based on skill level. Note: Class will not be held on 10/8, 11/22.

Acro Dance I

Age: 3-5 years, Location: Mulberry Pool

9/6-9/27 Th 12:45-1:30 PM $45 421213-01

10/4-10/25 Th 12:45-1:30 PM $45 421213-02

11/1-11/29 Th 12:45-1:30 PM $45 421213-03

Acro Dance II

Age: 6-8 years , Location: Northside Aztlan Center

9/10-9/24 M 4:30-5:15 PM $35 421513-01

10/1-10/29 M 4:30-5:15 PM $45 421513-02

11/5-11/26 M 4:30-5:15 PM $45 421513-03

Acro Dance III

Age: 9 years & up, Location: Northside Aztlan Center

9/10-9/24 M 6:45-7:30 PM $35 421513-04

10/1-10/29 M 6:45-7:30 PM $45 421513-05

11/5-11/26 M 6:45-7:30 PM $45 421513-06

Dancin’ Dumplin’s

Build confidence in this introduction to dance rhythms,
movement, tumbling, and creativity. Attire: Leotard and tights,
or t-shirt and shorts.

Location: Foothills Activity Center

Age: 3 years

8/30-9/20 Th 11:00-11:45 AM $45 421704-01

8/31-9/21 F 10:45-11:30 AM $45 421704-02

9/27-10/18 Th 11:00-11:45 AM $45 421704-03

9/28-10/19 F 10:45-11:30 AM $45 421704-04

10/25-11/15 Th 11:00-11:45 AM $45 421704-05

10/26-11/16 F 10:45-11:30 AM $45 421704-06

11/29-12/13 Th 11:00-11:45 AM $35 421704-07

11/30-12/14 F 10:45-11:30 AM $35 421704-08

Age: 4-5 years

8/31-9/21 F 9:30-10:30 AM $60 421704-09

9/28-10/19 F 9:30-10:30 AM $60 421704-10

10/26-11/16 F 9:30-10:30 AM $60 421704-11

11/30-12/14 F 9:30-10:30 AM $45 421704-12

Hip Hop ]

Hip Hop

Fundamentals of hip hop are taught in a fun, appropriate environment. Learn basic dance skills like keeping rhythm, following choreography and developing body control. Leveled classes teach progressive skills. Note: Class will not be held on 10/8, 11/22.

Hip Hop I

Age: 3-5 years, Location: Mulberry Pool

9/6-9/27 Th 1:30-2:15 PM $45 421210-01

10/4-10/25 Th 1:30-2:15 PM $45 421210-02

11/1-11/29 Th 1:30-2:15 PM $45 421210-03

Hip Hop II

Age: 6-8 years, Location: Northside Aztlan Center

9/10-9/24 M 5:15-6:00 PM $35 421511-01

10/1-10/29 M 5:15-6:00 PM $45 421511-02

11/5-11/26 M 5:15-6:00 PM $45 421511-03

Hip Hop III

Age: 9-11 years, Location: Northside Aztlan Center

9/10-9/24 M 6:00-6:45 PM $35 421511-04

10/1-10/29 M 6:00-6:45 PM $45 421511-05

11/5-11/26 M 6:00-6:45 PM $45 421511-06

Hip Hop IV

Age: 12-17 years, Location: Northside Aztlan Center

9/10-9/24 M 7:30-8:15 PM $35 421511-07

10/1-10/29 M 7:30-8:15 PM $45 421511-08

11/5-11/26 M 7:30-8:15 PM $45 421511-09

Tumbling ]

Jazz Dance Gymnastics

Forty-five minutes of jazz techniques and rhythms followed by 45 minutes of basic gymnastics skills and rotations. Note: Class will not be held on 11/20, 11/21.

Location: Foothills Activity Center

Age: 4-5 years

8/28-9/25 Tu 1:00-2:30 PM $111 421705-01

10/2-10/30 Tu 1:00-2:30 PM $111 421705-02

11/6-12/11 Tu 1:00-2:30 PM $111 421705-03

Age: 6-8 years

8/29-9/26 W 4:30-6:00 PM $111 421705-04

10/3-10/24 W 4:30-6:00 PM $89 421705-05

11/7-12/12 W 4:30-6:00 PM $111 421705-06

Just Tumbling

Learn basic tumbling skills and incorporate new learned skills into a mini-floor exercise routine. Note: Class will not be held on 11/22.

Age: 7-8 years

Location: Foothills Activity Center

8/30-9/27 Th 6:00-7:15 PM $93 421703-01

10/4-11/1 Th 6:00-7:15 PM $93 421703-02

11/8-12/13 Th 6:00-7:15 PM $93 421703-03

Tappin’ & Tumbling

Forty-five minutes of basic tap techniques and rhythms followed by 45 minutes of basic gymnastics skills and rotations. Note: Class will not be held on 11/20.

Age: 5-7 years

Location: Foothills Activity Center

8/28-9/25 Tu 4:30-6:00 PM $111 421706-01

10/2-10/30 Tu 4:30-6:00 PM $111 421706-02

11/6-12/11 Tu 4:30-6:00 PM $111 421706-03

Tot Tumblers

Tumble with obstacle courses while practicing body control and improving strength, flexibility, balance, and coordination. Class will not be held on 10/31, 11/21.

Age: 3-5 years

Location: Cheer Central Suns, 128 Racquette Drive, Fort Collins 80524

9/5-10/10 W 10:15-11:00 AM $80 421911-01

10/17-11/28 W 10:15-11:00 AM $70 421911-02

12/5-12/19 W 10:15-11:00 AM $40 421911-03

Tumble Bumbles

Individual attention is paid to learning basic tumbling skills (somersault, cartwheel, and push-up bridge) and how to use various pieces of equipment. As a result, flexibility, balance, coordination, and self-confidence are developed. Age appropriate skills are taught. Attire: Leotard and tights, or t-shirts and shorts. Note: Class will not be held on 9/3, 11/19, 11/21, 11/22.

Location: Foothills Activity Center

Tumble Bumbles I
Age: 4-5 years

8/27-9/24 M 1:00-2:00 PM $60 421702-01

8/27-9/24 M 4:30-5:30 PM $60 421702-02

8/29-9/26 W 1:00-2:00 PM $75 421702-03

10/1-10/29 M 1:00-2:00 PM $75 421702-04

10/1-10/29 M 4:30-5:30 PM $75 421702-05

10/3-10/24 W 1:00-2:00 PM $60 421702-06

11/5-12/10 M 1:00-2:00 PM $75 421702-07

11/5-12/10 M 4:30-5:30 PM $75 421702-08

11/7-12/12 W 1:00-2:00 PM $75 421702-09

Tumble Bumbles II
Age: 5-6 years

8/27-9/24 M 5:50-6:50 PM $60 421702-10

10/1-10/29 M 5:50-6:50 PM $75 421702-11

11/5-12/10 M 5:50-6:50 PM $75 421702-12

Tumble Bumble III
Age: 6-7 years

8/30-9/27 Th 4:30-5:30 PM $75 421702-13

10/4-11/1 Th 4:30-5:30 PM $75 421702-14

11/8-12/13 Th 4:30-5:30 PM $75 421702-15

Child with Parent Programs ]

Baby Ballerinas

Bring imagination to life to explore body movement and awareness as a ballerina. Class will not be held on 11/22.

Age: 2-3 years

Location: Mulberry Pool

9/6-9/27 Th Noon-12:45 PM $45 421212-01

10/4-10/25 Th Noon-12:45 PM $45 421212-02

11/1-11/29 Th Noon-12:45 PM $45 421212-03

Roly Polys

Discover the world of gymnastics by working on agility, flexibility, strength, and coordination using balance beams, swing bars, parallel bars, and a mini trampoline. Note: Class will not be held on 9/3.

Location: Foothills Activity Center

Age: 2 years

8/27-9/17 M 10:30-11:15 AM $35 421701-01

8/28-9/18 Tu 11:00-11:45 AM $45 421701-02

8/29-9/19 W 10:30-11:15 AM $45 421701-03

9/24-10/15 M 10:30-11:15 AM $45 421701-04

9/25-10/16 Tu 11:00-11:45 AM $45 421701-05

9/26-10/17 W 10:30-11:15 AM $45 421701-06

10/22-11/12 M 10:30-11:15 AM $45 421701-07

10/23-11/13 Tu 11:00-11:45 AM $45 421701-08

10/24-11/14 W 10:30-11:15 AM $45 421701-09

11/26-12/10 M 10:30-11:15 AM $35 421701-10

11/27-12/11 Tu 11:00-11:45 AM $35 421701-11

11/28-12/12 W 10:30-11:15 AM $35 421701-12

Age: 3 years

8/27-9/17 M 9:30-10:15 AM $35 421701-13

8/29-9/19 W 9:30-10:15 AM $45 421701-14

9/24-10/15 M 9:30-10:15 AM $45 421701-15

9/26-10/17 W 9:30-10:15 AM $45 421701-16

10/22-11/12 M 9:30-10:15 AM $45 421701-17

10/24-11/14 W 9:30-10:15 AM $45 421701-18

11/26-12/10 M 9:30-10:15 AM $35 421701-19

11/28-12/12 W 9:30-10:15 AM $35 421701-20

Early Learning

Early Learning courses are tailored toward children ages 6 years and under and are designed to enrich both their social and educational skills. Most classes for kids ages 3 years and older are Child Without Parent Classes. Classes in which parents are required or permitted to attend are listed in the Child With Parent Classes on page 45.

It is recommended that children enrolled in classes without a parent/guardian are toilet trained. Children not yet toilet trained are welcome to attend classes. However, parents must be available to attend to toileting needs; City of Fort Collins Recreation staff is not permitted to change diapers. Please note any dietary restrictions when registering and inform class instructor.

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

Child without Parent Programs
2-6 Years

Funtime Programs ]

Funtime closures/holidays correspond to the Poudre School District schedule; but do not follow PSD weather closures. Class will not be held on 9/3, 9/21, 10/16, 10/19, 11/12, 1/7, 1/21, 2/18, 3/4, 3/18, 3/20, 3/22, 4/12.

Funtime Discovery

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

Age: 2.5-3.5 years

Location: Northside Aztlan Center

8/28-10/4 Tu,Th 9:30-11:30 AM $103 417503-01

10/9-11/15 Tu,Th 9:30-11:30 AM $97 417503-02

11/27-12/13 Tu,Th 9:30-11:30 AM $78 417503-03

Funtime for Preschoolers

Participate in arts and crafts, storytelling, science, math, pre-reading, creative play/dramatics, and gym play. Children must be age 3 by 9/15/2018. Previous class experience recommended.

Age: 3-4 years

Location: Northside Aztlan Center

8/27-10/5 M,W,F 9:30 AM-Noon $221 417501-01

10/8-11/16 M,W,F 9:30 AM-Noon $221 417501-02

11/26-12/14 M,W,F 9:30 AM-Noon $125 417501-03

1/9-2/15 M,W,F 9:30 AM-Noon $220 117501-01

2/20-4/5 M,W,F 9:30 AM-Noon $220 117501-02

4/8-5/15 M,W,F 9:30 AM-Noon $234 117501-03

Funtime Pre-K

Develop fundamental kindergarten readiness skills. Curriculum focus is on small-motor skills, literacy, emerging reading/writing, pre-math skills, arts and crafts, movement/physical education, drama, and development of social skills. Children must be 4 years of age by 9/15/2018.

Age: 4-5 years

Location: Northside Aztlan Center

8/27-10/5 M,W,F 9:30 AM-Noon $221 417500-01

10/8-11/16 M,W,F 9:30 AM-Noon $221 417500-02

11/26-12/14 M,W,F 9:30 AM-Noon $125 417500-03

1/9-2/15 M,W,F 9:30 AM-Noon $220 117500-01

2/20-4/5 M,W,F 9:30 AM-Noon $220 117500-02

4/8-5/15 M,W,F 9:30 AM-Noon $234 117500-03

Arts & Crafts ]

Art Studio for Pre-K

Discover the inner artist with focus on different mediums and themes, or create at will with various materials provided.

Age: 3-6 years

Location: Northside Aztlan Center

Self-Portrait

9/18 Tu 10:00-11:30 AM $17 416506-01

Crayon Resist

10/2 Tu 10:00-11:30 AM $17 416506-02

Clay

10/16 Tu 10:00-11:30 AM $17 416506-03

Spooky Art

10/30 Tu 10:00-11:30 AM $17 416506-04

Paper Collage

11/13 Tu 10:00-11:30 AM $17 416506-05

Pre-K CreARTe

Draw, paint, and sculpt. Use vibrant colors to create from the imagination.

Age: 3-5 years

Location: Carnegie Center for Creativity, 200 Mathews St.

9/6-9/27 Th 1:00-2:30 PM $65 416923-01

10/4-10/25 Th 1:00-2:30 PM $65 416923-02

11/1-11/15 Th 1:00-2:30 PM $50 416923-03

Pre-K Cupcakes ‘n Canvas

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

Age: 3-5 years

Location: Mulberry Pool

Van Gogh Sunflowers

9/21 F 1:00-2:30 PM $30 417229-01

Sugar Skull Collage

10/19 F 1:00-2:30 PM $30 417229-02

Thanksgiving Dinner

11/12 M 1:00-2:30 PM $30 417229-03

Cooking ]

Once Upon a Time in the Kitchen

Each week the cooking and craft project is based on a different children’s book.

Age: 3-5 years

Location: Northside Aztlan Center

11/1-11/15 Th 1:00-2:30 PM $35 417522-01

General Programs ]

Curious Twos

Attention is directed to games, crafts, stories, and providing a positive first step to independent learning. Note: Class will not be held on 9/7, 10/18.

Age: 2 years
Location: Northside Aztlan Center

9/4-9/27 Tu,Th 9:30-10:30 AM $49 417504-01

9/4-9/27 Tu,Th 11:00 AM-Noon $49 417504-02

10/2-10/25 Tu,Th 9:30-10:30 AM $42 417504-03

10/2-10/25 Tu,Th 11:00 AM-Noon $42 417504-04

10/30-11/15 Tu,Th 9:30-10:30 AM $37 417504-05

10/30 Tu,Th 11:00 AM-Noon $37 417504-06

11/27-12/13 Tu,Th 9:30-10:30 AM $37 417504-07

11/27-12/13 Tu,Th 11:00 AM-Noon $37 417504-08

Fun & Fitness

Develop a healthy fitness habit in a fun, festive atmosphere. Along with fitness activities, also enjoy arts and crafts, social time, and story time. Note: Class will not be held on 9/3, 10/18, 10/19, 11/12.

Age: 2-4 years

Location: Foothills Activity Center

9/5-9/26 M,W 9:30-11:30 AM $81 417758-01

9/4-9/27 Tu,Th 9:30-11:30 AM $92 417758-02

10/1-10/24 M,W 9:30-11:30 AM $92 417758-03

10/2-10/25 Tu,Th 9:30-11:30 AM $81 417758-04

10/29-11/14 M,W 9:30-11:30 AM $60 417758-05

10/30-11/15 Tu,Th 9:30-11:30 AM $70 417758-06

11/26-12/12 M,W 9:30-11:30 AM $70 417758-07

11/27-12/13 Tu,Th 9:30-11:30 AM $70 417758-08

Location: Mulberry Pool

9/5-9/26 M,W 9:30-11:30 AM $81 417258-01

10/1-10/24 M,W 9:30-11:30 AM $92 417258-02

10/29-11/14 M,W 9:30-11:30 AM $59 417258-03

11/26-12/12 M,W 9:30-11:30 AM $70 417258-04

A Pirates Life for Me

Jump aboard, Matey. Help the crew search and find the hidden treasure. Includes dramatic play and arts and crafts.

Age: 3-6 years

Location: Northside Aztlan Center

10/4-10/11 Th 1:00-2:30 PM $23 417551-01

Disney Delights

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

Age: 3-6 years

Location: Mulberry Pool

Frozen

9/10 M 1:00-2:30 PM $17 417240-01

Moana

9/24 M 1:00-2:30 PM $17 417240-02

Trolls

10/8 M 1:00-2:30 PM $17 417240-03

Equestria Girls

10/22 M 1:00-2:30 PM $17 417240-04

Incredibles

11/5 M 1:00-2:30 PM $17 417240-05

Fancy Nancy

Life is better when you’re Fancy.

Age: 3-6 years

Location: Northside Aztlan Center

10/25 Th 1:00-2:30 PM $17 417534-01

Hospital Helpers

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

Age: 3-6 years

Location: Northside Aztlan Center

10/2-10/16 Tu 1:00-2:30 PM $35 417545-01

I Want to be a Scientist

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

Age: 3-6 years

Location: Northside Aztlan Center

Concoctions

9/6 Th 10:00-11:30 AM $17 417507-01

Botanist

9/13 Th 10:00-11:30 AM $17 417507-02

Magnets

9/20 Th 10:00-11:30 AM $17 417507-03

Oceanography

9/27 Th 10:00-11:30 AM $17 417507-04

Paleontology

10/4 Th 10:00-11:30 AM $17 417507-05

Entomology

10/11 Th 10:00-11:30 AM $17 417507-06

Zoology

10/25 Th 10:00-11:30 AM $17 417507-07

Vet Medicine

11/1 Th 10:00-11:30 AM $17 417507-08

Geologist

11/8 Th 10:00-11:30 AM $17 417507-09

LEGO with Friends

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

Age: 3-6 years

Location: Foothills Activity Center

9/11-9/13 Tu,Th 1:00-2:30 PM $23 417749-01

10/9-10/11 Tu,Th 1:00-2:30 PM $23 417749-02

11/6-11/8 Tu,Th 1:00-2:30 PM $23 417749-03

My First Book Club

Experience favorite stories with friends through reading, storytelling, arts and crafts, and games.

Age: 3-6 years

Location: Foothills Activity Center

Chicka Chicka Boom Boom

9/7 F 10:00-11:30 AM $17 417716-01

Strega Nona

9/21 F 10:00-11:30 AM $17 417716-02

Cloudy with a Chance of Meatballs

10/5 F 10:00-11:30 AM $17 417716-03

Pete the Cat

11/2 F 10:00-11:30 AM $17 417716-04

Paw Patrol

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

Age: 3-6 years

Location: Northside Aztlan Center

10/23 Tu 1:00-2:30 PM $17 417550-01

Pinkalicious

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

Age: 3-6 years

Location: Northside Aztlan Center

9/25 Tu 1:00-2:30 PM $17 417537-01

Playdough World

Spend time creating scented, edible, and even glow in the dark
play dough.

Age: 3-6 years

Location: Northside Aztlan Center

9/4-9/18 Tu 1:00-2:30 PM $35 417547-01

Pretend with Friends

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

Age: 3-6 years

Location: Foothills Activity Center

Construction Crew

9/14 F 10:00-11:30 AM $17 417750-01

Camping

9/28 F 10:00-11:30 AM $17 417750-02

Zookeeper

10/12 F 10:00-11:30 AM $17 417750-03

Birthday Party

10/26 F 10:00-11:30 AM $17 417750-04

Pizzeria

11/9 F 10:00-11:30 AM $17 417750-05

Grocery Store

11/16 F 10:00-11:30 AM $17 417750-06

Storybook Theater

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

Age: 3-6 years

Location: Foothills Activity Center

9/18 Tu 1:00-2:30 PM $17 417730-01

10/16 Tu 1:00-2:30 PM $17 417730-02

11/13 Tu 1:00-2:30 PM $17 417730-03

Superheroes

Create superheroes and dress up to play like legendary heroes.

Age: 3-6 years

Location: Northside Aztlan Center

9/6-9/20 Th 1:00-2:30 PM $35 417548-01

Those Amazing Dinosaurs

Learn about favorite dinosaurs. Hunt for fossils, classify by characteristics, and create a unique dinosaur.

Age: 3-6 years

Location: Northside Aztlan Center

10/30-11/13 Tu 1:00-2:30 PM $35 418508-01

Ultimate Fort Making

Construct a fort using blankets, towels, parachutes, boxes,
hula hoops, floor mats, and whatever else can be found.
Note: Snack provided.

Age: 3-6 years

Location: Northside Aztlan Center

9/27 Th 1:00-2:30 PM $15 417539-01

When I Grow Up

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

Age: 3-6 years

Location: Mulberry Pool

Fireman

9/17 M 1:00-2:30 PM $17 417244-01

Police Officer

10/1 M 1:00-2:30 PM $17 417244-02

Veterinarian

10/15 M 1:00-2:30 PM $17 417244-03

Doctor

10/29 M 1:00-2:30 PM $17 417244-04

Lunch Bunch Enrichment

Bring a lunch, make new friends, and learn something new.
Varied enrichment activities are designed to complement most
pre-k and half-day kindergarten programs. Option to pay a
drop-in rate of $12 is available until class is filled. Note: Class will
not be held on 9/21, 10/19.

Age: 4-6 years

Location: Northside Aztlan Center

9/5-10/3 W Noon-2:00 PM $54 417509-01

9/7-10/5 F Noon-2:00 PM $44 417509-02

10/10-11/14 W Noon-2:00 PM $64 417509-03

10/12-11/16 F Noon-2:00 PM $44 417509-04

11/28-12/12 W Noon-2:00 PM $34 417509-05

11/30-12/14 F Noon-2:00 PM $34 417509-06

S.T.E.M. ]

Preschool Tools

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

Age: 3-6 years

Location: Foothills Activity Center

Hammers

9/20 Th 1:00-2:00 PM $15 417756-01

Screws, Nuts, & Bolts

10/25 Th 1:00-2:00 PM $15 417756-02

Take it Apart

11/15 Th 1:00-2:00 PM $15 417756-03

Preschool S.T.E.M.

Introduction to S.T.E.M (Science, Technology, Engineering, and Mathematics) activities.

Age: 3-6 years

Location: Foothills Activity Center

Airplanes/Launchers

9/12 W 1:00-2:30 PM $17 417763-01

Bridges

9/19 W 1:00-2:30 PM $17 417763-02

Magnets

10/10 W 1:00-2:30 PM $17 417763-03

Catapults

10/17 W 1:00-2:30 PM $17 417763-04

Marble Mazes

11/7 W 1:00-2:30 PM $17 417763-05

Ramps & Friction

11/14 W 1:00-2:30 PM $17 417763-06

Child with Parent Programs
0-5 years

Arts & Crafts ]

Art Start

Hands-on with independent exploration inspiring imagination and self-esteem. Explore, collage, cut, tear, drizzle, drip, paste, and paint. Note: Class will not be held on 10/18.

Age: 18 months-3 years

Location: Carnegie Center for Creativity, 200 Mathews St.

9/6-9/27 Th 9:30-10:30 AM $50 417983-01

11/1-11/15 Th 9:30-10:30 AM $40 417983-02

10/4-10/25 Th 9:30-10:30 AM $35 417983-03

Small Hands, Big Messy Art

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

Age: 18 months-2 years

Location: Mulberry Pool

10/23-11/6 Tu 10:00-11:00 AM $25 417285-01

Drop-In ]

Tot Gym

Bring the little ones in for some fun gym time. Balls, blocks, a mini obstacle course, and other activities are set up. Children must be accompanied by an adult. $2.50 per child; adults are free. Note: Class will not be held on 9/3, 9/21,10/3,10/18, 10/19, 11/12, 11/21, 11/22, 11/23,12/21.

Age: 0-5 years

Location: Northside Aztlan Center

9/4-12/20 M-F 10:00 AM-Noon $2.50

Location: Foothills Activity Center

9/5-12/19 W,F 10:00 AM-Noon $2.50

General ProgrAMs ]

I Can Do it Myself

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

Age: 15 months-2 years

Location: Northside Aztlan Center

Fall

9/22 Sa 9:30-10:15 AM $18 417527-01

Jack-o-Lanterns

10/27 Sa 9:30-10:15 AM $18 417527-02

I Can Do It, Too

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

Age: 2 years

Location: Northside Aztlan Center

Fall

9/22 Sa 10:30-11:15 AM $18 417568-01

Jack-O-Lantern

10/27 Sa 10:30-11:15 AM $18 417568-02

Little Explorers

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

Age: 2 years

Location: Mulberry Pool

9/11-9/25 Tu 10:00-11:00 AM $25 417261-01

11/13-11/27 Tu 10:00-11:00 AM $25 417261-02

Parent & Tot Science

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

Age: 2-3 years

Location: Mulberry Pool

10/2-10/16 Tu 10:00-11:00 AM $25 417260-01

Music & Movement ]

Music Together Demo Class

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

Age: 0-4 years

Location: Foothills Activity Center

9/10 M 10:00-10:45 AM No Fee 418775-01

Music Together

Experience musical growth with singing, dancing, and instrument play in a creative, yet structured environment. Tuition includes two CDs, songbook, parent education materials, and online resources. Note: Discount available for additional siblings ages 9 months
and older; no fee for siblings ages 9 months and under. Register
two or more siblings by phone at 970.221.6256. Class will not be
held on 11/19.

Age: 0-4 years

Location: Foothills Activity Center

Music Together

9/17-12/3 M 9:30-10:15 AM $212 418776-01

9/17-12/3 M 10:30-11:15 AM $212 418776-02

Sibling Discount

9/17-12/3 M 9:30-10:15 AM $172 418776-03

Sibling Discount

9/17-12/3 M 10:30-11:15 AM $172 418776-04

Zumbini Demo Class

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

Age: 0-4 years

Location: Northside Aztlan Center

9/6 Th 9:15-10:15 AM No Fee 418577-01

Zumbini

The Zumbini program combines music and dance for a fun and educational child and caregiver interactive class. Twenty songs on the Zumbini app, a CD, a songbook, and a plush toy included with tuition. Note: Reduced rate of $15 available for additional siblings ages 7 months-4 years; No fee for siblings ages 0-6 months. Must meet age requirement. Register two or more siblings by phone at 970.221.6256. Class will not be held on 9/27.

Age: 0-4 years

Location: Northside Aztlan Center

Zumbini

9/13-11/15 Th 9:15-10:00 AM $140 418578-01

Sibling Discount

9/13-11/15 Th 9:30-10:15 AM $15 418578-02

Education

Adult Programs

CPR & First Aid ]

CPR Professional

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

Age: 16 years & up

Location: Senior Center

9/19 W 5:30-9:30 PM $78 407442-01

10/17 W 5:30-9:30 PM $78 407442-02

11/14 W 5:30-9:30 PM $78 407442-03

First Aid & CPR/AED, Adult, Child & Infant

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

Age: 14 years & up

Location: Senior Center

9/15 Sa 9:00 AM-5:00 PM $78 407441-01

10/20 Sa 9:00 AM-5:00 PM $78 407441-02

11/10 Sa 9:00 AM-5:00 PM $78 407441-03

Wilderness First Aid

Course includes assessment, short and long-term management of injury, medical emergencies, and conditions when definitive care is more than one-hour away. The field day focuses on hands-on scenarios and techniques needed to stabilize the victim and others in the group. Certification are emailed upon completion and is valid for two years.

Age: 14 years & up
Location: Senior Center

10/23-10/25 Tu,Th 5:30-9:30 PM $156 407443-01
10/27 Sa 9:00 AM-5:00 PM

Dog Obedience ]

Puppy Kindergarten

Learn basic commands, as well as a few tricks. Designed for puppies ages 8 weeks to 6 months; no prior training required. Note: Bring lots of tiny treats, a 6-foot leash, harness, or buckle collar. Instructor will notify participants of location prior to class.

Age: 18 years & up

Location: TBA

9/8-10/13 Sa 9:00-10:00 AM $80 407450-01

9/9-10/14 Su 9:00-10:00 AM $80 407450-02

Dog Obedience

Learn basic dog obedience with verbal commands and hand signals for sit, down, stand, stay, come when called, and walk on a loose leash. Dogs must be at least 8 months old, no prior training required. Note: Bring lots of tiny treats and a 6-foot leash. Instructor will notify participants of location prior class.

Age: 18 years & up

Location: TBA

9/8-10/13 Sa 10:30 AM-11:30 AM $80 407451-01

9/9-10/14 Su 10:30 AM-11:30 AM $80 407451-02

Canine Good Citizen

Teach dog skills to be a well-mannered member of society. Test given on the last day; receive a Canine Good Citizen certification upon successful completion of the class. Note: Bring lots of tiny treats, a 6-foot leash, and a buckle collar or harness. Instructor will notify participants of location prior to class.

Age: 18 years & up

Location: TBA

9/8-10/13 Sa 12:00 PM-1:00 PM $80 407453-01

9/9-10/14 Su 12:00 PM-1:00 PM $80 407453-02

Education Trips ]

Take Education on the road to learn more about the amazing science and research being done in Larimer County. For more trips, view the Trips & Travel section on page 107.

The Horseback Naturalist

Learn about the natural history of the foothills with a horseback tour of Sylvan Dale Ranch by Heart J. Center for Experiential Learning. Discuss questions about local ecology with Dr. Dave Armstrong, author of Mammals of Colorado. After the ride, enjoy a catered lunch. Note: Meet at Sylvan Dale.

Age: 18 years & up

Location: Sylvan Dale Guest Ranch, 2939 N. County Rd. 31D

9/15 Sa 10:00 AM-12:30 PM $75 407901-01

One Cure for People & Pets

Learn more about the One Cure research initiative at the CSU Flint Animal Cancer Center. Cancer is cancer in people and pets. Tour the facility while learning from veterinarians who are on the cutting edge of ground-breaking research. Note: Transportation to and from the Senior Center included.

Age: 18 years & up

Location: Senior Center

11/15 Th 9:30-11:30 AM $25 407459-01

One Health

One Health is the idea that the health of people, animals, and the environment are closely related. The City of Fort Collins collaborates with The College of Veterinary Medicine and Biomedical Sciences at CSU to introduce people to the concept of ‘One Health’ and provide opportunities to meet local researchers working in this area. Note: Transportation to and from the Senior Center is included.

Age: 18 years & up

Location: Senior Center

11/6 Tu 9:30 AM-1:00 PM $40 407460-01

General Programs ]

Spanish for Adults

Designed for beginners or those wanting to brush up on Spanish-speaking skills. Practice through interactive discussions, storytelling, and watching videos.

Age: 18 years & up

Location: Senior Center

9/22 Sa 8:00 AM-Noon $60 407445-01

Transfort Travel Training

Learn to read the bus schedule, plan a bus trip, and see how rider tools make riding the bus easier than ever.

Age: 18 years & up

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

9/11 Tu 11:45 AM-1:30 PM No Fee 407456-01

10/9 Tu 11:45 AM-1:30 PM No Fee 407456-02

11/13 Tu 11:45 AM-1:30 PM No Fee 407456-03

Urban Homesteading ]

Loom Knitting Made Easy

Learn how easy knitting can be on a loom. Practice basic stitches and create a project in class to take home.

Age: 18 years & up

Location: Senior Center

9/26 W 6:30-8:30 PM $20 407483-01

Make Chevre at Home

Learn how to make chevre, the classic goat milk cheese, at home. Learn the basics of cheesemaking and sample chevre in class.

9/13 Th 1:00-2:00 PM $30 407482-01

Makin’ Bacon

Skip the grocery store and the nitrates by making bacon at home. Learn the basics and sAMple some home-cured bacon.

9/29 Sa 10:00-11:30 AM $30 407481-01

Music & Theatre ]

You Can Uke

Playing the uke is easy, fun, and good for the soul. Get started with tuning, chording, and strumming the uke. Play a song from the first lesson. No music background needed. A uke to use for the duration of the class and all instructional materials and supplies are provided.

Age: 18 years & up

Location: Senior Center

10/4-10/25 Th 12:30-2:00 PM $65 407466-01

You Can Uke, Level 2

Playing the uke is easy, fun, and good for the soul. Continue to learn chords, strums, and songs. Basic knowledge of chords in the key of C and 3/4 and 4/4 strums. To reserve a uke, contact the instructor.

Age: 18 years & up

Location: Senior Center

10/4-10/25 Th 10:30 AM-12:30 PM $65 407467-01

Parenting ]

A Parent’s Toolbox

Extensive evidence supports the notion that when “The 5 Protective Factors” are in place, families cultivate stronger bonds, a deeper connection to community, and resilience in the face of challenges. Explore the “toolbox” and gain strategies to help parenting be more effective, conscious, and rewarding.

Age: 18 years & up

Location: Senior Center

9/12 W 6:30-8:30 PM $22 407469-01

Nurturing Your Child’s Self Esteem

The early years are an incredibly fertile time in the life of a human. It is believed that 85% of the personality is formed by age five. Using a simple model, parents learn ways to communicate and strengthen a child’s confidence and sense of self.

Age: 18 years & up

Location: Senior Center

9/26 W 6:30-8:30 PM $22 407470-01

Words That Work! Talking so Kids Listen

Language sets up expectations and when communication is clear and direct, the message is more easily received. Learn effective communication techniques that encourage cooperation and strengthen relationships with children.

Age: 18 years & up

Location: Senior Center

10/10 W 6:30-8:30 PM $21 407471-01

Effective Discipline

Effective discipline helps children learn to make better choices. Rewards and punishments have a faster impact, but research shows that in the long-run, there are many negative outcomes. Learn how to approach behavior challenges with procedures that encourage cooperation, form agreements, and introduce problem solving.

Age: 18 years & up

Location: Senior Center

10/24 W 6:30-8:30 PM $22 407472-01

Understanding Misbehavior

Social psychologists Alfred Adler and Rudolf Dreikurs laid the groundwork for helping adults guide children to be their best selves. When parents understand a child’s real need behind misbehavior, they can help satisfy the unmet need and avoid developing challenging patterns in the parent/child relationship.

Age: 18 years & up

Location: Senior Center

11/7 W 6:30-8:30 PM $22 407473-01

Importance of Emotional Intelligence

Emotional and social intelligence are said to be more important than IQ in contributing to a person’s happiness and success. Learn how to help children develop abilities to identify, understand, and manage emotions positively to relieve stress, communicate effectively, overcome challenges, and defuse conflict.

Age: 18 years & up

Location: Senior Center

11/28 W 6:30-8:30 PM $22 407474-01

S.T.E.M. ]

Excel Introduction v. 2010

Learn the basics of data entry, formulas, formatting, charts, and printing for Excel version 2010. Prerequisite: Basic computer knowledge (e.g., word processing).

Age: 18 years & up

Location: Columbine Health Computer Lab, 802 W. Drake Rd.

9/8 Sa 8:30 AM-12:30 PM $15 407455-01

Treasure Hunt, Geocache Style

Learn the basics of the world-wide treasure hunting exercise called geocaching with the use of a phone or GPS device. Satellites help find caches planted all over the world. Test skills in the classroom
and outdoors.

Age: 18 years & up

Location: Senior Center

9/26 W 4:00-6:00 PM $15 407457-01

10/13 Sa 4:00-6:00 PM $15 407457-02

Youth Programs

Go-Kart Camp

Learn to be a safe, educated Go-Kart driver. Focus on skills that transfer to the everyday driving world. Participants who demonstrate driving competence after this experience are given a Fort Fun Drivers Permit, allowing them to drive independently on future paid visits.

Age: 8-12 years
Location: Fort Fun, 1513 E. Mulberry St.

9/1 Sa 8:00-10:00 AM $29 416989-01

9/15 Sa 8:00-10:00 AM $29 416989-02

Farm

All programs are hosted at The Farm unless otherwise noted.

Adopt an Animal

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

It’s easy to adopt: choose your favorite Farm animal and adopt it for a year by making a tax-deductible donation. A Farm “parent” receives an adoption certificate and his/her name listed at The Farm. All adoptive parents are invited to a special event at The Farm in December.

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

Birthday Parties

Celebrate your child’s birthday with Farm flair. Meeting the animals, riding a pony (April-October), or going on a hayride creates a unique party for your 3-8 years of age. Call The Farm or stop by during open hours to reserve your date. Payment is due at time of reservation. Your farmer hostess takes care of all the details to ensure a stress-free day for you and your guests. Party packages include pony rides or hayride, lemonade, table settings, a bandana for each child, and of course, a visit with the animals.

The Farm Store

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

The Farm Museum

Take a walk-through yesteryear’s farm era. Displays depict farming from the turn of the century to the early 1930s. Guess what the “mystery tool” is and how it was used. Then, test your “farm strength” by lifting a bale of hay with and without the aid of a pulley system.

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

Pony Rides are available on Saturday’s from 11 a.m.-4 p.m. and Sunday’s from 1-4 p.m. for $5 per rider. Parent/guardian lead their child for up to 10 minutes. Available through October 21.

Hayrides

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

10/6-10/20 Sa 11:30 AM $2.50

10/6-10/21 Sa,Su 1:30 PM $2.50

10/6-10/21 Sa,Su 3:00 PM $2.50

Child with Parent Programs

Farm Chores

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

Age: All

9/9 Su 8:30-9:30 AM $35 408615-01

9/16 Su 8:30-9:30 AM $35 408615-02

9/23 Su 8:30-9:30 AM $35 408615-03

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, desert is provided. Class will not be held on 9/4.

Age: 2 years

9/10-9/24 M 11:00 AM-Noon $36 408609-01

10/1-10/15 M 11:00 AM-Noon $36 408609-02

Pony Riding Lessons

Round ‘em up and learn to groom and saddle a pony. Parents lead child’s pony as the basics of riding are taught. Note: Other children may not attend class due to full-time participation of both parent and pony rider. Parent and child must wear closed toed shoes.

Age: 3-5 years

10/2-10/11 Tu,Th 1:30-2:30 PM $65 408614-01

10/3-10/12 W,F 1:30-2:30 PM $64.90 408614-02

9/9-9/30 Su 9:15-10:15 AM $65 408614-03

Li’l Dumplin’s & Beyond

Enjoy all the favorite chores Lil’ Dumplin’s 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’ receives a souvenir T-shirt. Note: Class will not be held on 9/4.

Age: 2 years

9/10-9/24 M 9:30-10:30 AM $51 408624-01

10/1-10/15 M 9:30-10:30 AM $51 408624-02

The Great Pumpkin

Enjoy a story in the barn, snacks, and create a Classic Peanuts costume. The Great Pumpkin might even make an appearance.

Age: 3-6 years

10/6 Sa 9:00-10:00 AM $16 408635-01

Child without Parent ProgrAMs

Pee Wee Farmers

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

Age: 4-5 years

9/4-9/25 Tu 1:30-3:00 PM $46 408606-01

9/5-9/26 W 9:30-11:00 AM $46 408606-02

9/5-9/26 W 1:30-3:00 PM $46 408606-03

9/6-9/27 Th 1:30-3:00 PM $46 408606-04

9/7-9/28 F 9:30-11:00 AM $46 408606-05

9/7-9/28 F 1:30-3:00 PM $46 408606-06

Little Peepers

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

Age: 3 years

8/30-9/13 Th 9:00-10:00 AM $31 408610-01

8/30-9/13 Th 10:15-11:15 AM $31 408610-02

9/18-10/2 Tu 9:00-10:00 AM $31 408610-03

9/18-10/2 Tu 10:15-11:15 AM $31 408610-04

9/26-10/10 W 9:00-10:00 AM $31 408610-05

9/26-10/10 W 10:15-11:15 AM $31 408610-06

Family Programs

After School Farmers

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

Age: 6-10 years

9/5-9/26 W 4:00-5:30 PM $46 408601-01

Special Events

For information on Halloween events like Treatsylvania and Bow Wowvania, see the Special Events section on page 81.

Fitness

General Information

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

Registration Options

The following participation options are available for fitness classes:

Participants may register for one or more class sessions starting on or after the registration date. Sessions are 4-weeks long and 5-weeks long during major holidays; 5-week sessions are marked with an asterisk (\*). Active facility pass holders receive 70% off enrollment price. Note: Health & Wellness programs and 25 admission passes are not eligible for the discount.

Fitness classes require a minimum number of 6 participants registered per class to avoid cancellation for the session. Classes require a minimum number of 6 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 $6 per class if space is available. Drop-in participants do not count in registration numbers. Reduced rates do not apply to daily the drop-in fee.

Participants may also use one admission from a 10-admission drop-in fitness pass ($50).

Class Specifics

Senior Center offers fitness classes to those ages 18 years and up unless otherwise noted.

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

For family, youth and teen fitness classes, see page 60.

For 50 and up fitness classes, see page 101.

Class time includes set-up, warm-up, cool-down, take down, and transition times. Instruction time is approximately 50–55 minutes per 1-hour class. Fitness equipment needed for instruction is provided, though participants are welcome to bring their own.

Personal Training

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

Personal Training Pricing ]

Package Name Sessions Cost

30 Minute Packages

PT Single 1 $25

PT Bronze 4 $95

PT Silver 8 $180

PT Gold 12 $255

PT Platinum 24 $480

60 Minute Packages

PT Single 1 $35

PT Bronze 4 $135

PT Silver 8 $260

PT Gold 12 $375

PT Platinum 24 $720

Group Packages

PT 2-Person 1 $50

PT 3-Person 1 $67.50

PT 4-Person 1 $80

Adult Fitness

Group Fitness ]

Barre Fitness

Turn classic ballet on its head. Utilize a mix of ballet barre movements, stretching, and Pilates-based core exercises to burn fat. Designed to sculpt, strengthen, and stretch the entire body in an intelligent and safe way. Note: Class will not be held on 9/3.

Location: Northside Aztlan Center

9/5-9/26 M,W 9:00-10:00 AM $29 409501-01

10/1-10/24 M,W 9:00-10:00 AM $33 409501-02

\*10/29-11/28 M,W 9:00-10:00 AM $41 409501-03

9/7-9/28 F 7:00-8:00 AM $17 409501-04

10/5-10/26 F 7:00-8:00 AM $17 409501-05

\*11/2-11/30 F 7:00-8:00 AM $21 409501-06

Weight Lifting, Beginner

Geared toward beginners, learn the basics of exercise science and weightlifting while also getting in a good workout. Note: Class will not be held on 11/22.

Location: Foothills Activity Center

9/4-9/27 Tu,Th 5:30-6:30 PM $33 409703-01

10/2-10/25 Tu,Th 5:30-6:30 PM $33 409703-02

\*10/30-11/29 Tu,Th 5:30-6:30 PM $37 409703-03

Be Ski Fit

Designed to get skiers into shape for upcoming ski season. Learn stretches and strengthening techniques to maximize time on the slopes and avoid injury this coming ski season. Bring exercise or yoga mat for comfort. By UCHealth Outpatient Therapy.

Location: Senior Center

11/15 Th 4:00-5:00 PM $5 425414-01

Boomer Blast

A full body workout geared to increase strength and stamina.
Get in shape and increase energy with guidance from the experts.
By Columbine Health Systems. Note: Class will not be held on
11/20, 11/22.

Location: Senior Center

9/4-9/27 Tu,Th 8:00-8:50 AM $27 425419-01

10/2-10/25 Tu,Th 8:00-8:50 AM $27 425419-02

10/30-11/29 Tu,Th 8:00-8:50 AM $27 425419-03

Cardio Kickboxing Intervals

Maximize fat-burning potential through intervals that feature
both upper and lower body kickboxing strikes. Short bursts of effort followed by short recoveries; appropriate for all fitness levels.
Note: Class will not be held on 11/22.

Location: Foothills Activity Center

9/4-9/27 Tu,Th Noon-12:45 PM $25 409711-01

10/2-10/25 Tu,Th Noon-12:45 PM $25 409711-02

\*10/30-11/29 Tu,Th Noon-12:45 PM $28 409711-03

CrossTrain

An intense workout that aims to maximize strength and agility by using kettle bells, plyo boxes, ropes, and more to work every muscle in the body. Every workout is totally different. Keep the body guessing and force it to stay at its peak. Note: Class will not be held on 9/3.

Location: Northside Aztlan Center

9/5-9/28 M,W,F 6:15-7:15 AM $45 409502-01

10/1-10/26 M,W,F 6:15-7:15 AM $49 409502-02

\*10/29-11/30 M,W,F 6:15-7:15 AM $61 409502-03

9/5-9/28 M,W,F Noon-1:00 PM $45 409502-04

10/1-10/26 M,W,F Noon-1:00 PM $49 409502-05

\*10/29-11/30 M,W,F Noon-1:00 PM $61 409502-06

Essentrics

A unique fitness program that improves posture and cardiovascular health by strengthening and lengthening muscles. Scientifically designed to unlock the body and heal pain. With regular practice, become more flexible, limber, and mobile. Note: Class will not be held on 9/3.

Location: Northside Aztlan Center

9/5-9/26 M,W 10:00-11:00 AM $29 409503-01

10/1-10/24 M,W 10:00-11:00 AM $33 409503-02

\*10/29-11/28 M,W 10:00-11:00 AM $41 409503-03

Functional Interval Training

Keep the muscles guessing through workouts designed to improve cardiorespiratory recovery, and build a base for strength and endurance. Combine new and progressive exercises. Note: Class will not be held on 11/22.

Location: Foothills Activity Center

9/4-9/27 Tu,Th 6:15-7:15 AM $33 409704-01

10/2-10/25 Tu,Th 6:15-7:15 AM $33 409704-02

\*10/30-11/29 Tu,Th 6:15-7:15 AM $37 409704-03

Functional Strength

Integrate strength, flexibility, balance, and agility with a personal trainer for an active lifestyle. Note: Class will not be held on 11/22.

Location: Senior Center

9/4-9/27 Tu,Th 8:00-8:50 AM $33 409402-01

10/2-10/25 Tu,Th 8:00-8:50 AM $33 409402-02

\*10/30-11/29 Tu,Th 8:00-8:50 AM $37 409402-03

9/4-9/27 Tu,Th 9:00-9:50 AM $33 409402-04

10/2-10/25 Tu,Th 9:00-9:50 AM $33 409402-05

\*10/30-11/29 Tu,Th 9:00-9:50 AM $37 409402-06

HIIT Boot Camp

High Intensity Interval Training or HIIT, is a cardiovascular whole-body workout alternating short periods of intense anaerobic exercise with less intense recovery periods. Note: Class will not be held
on 11/22.

Location: Northside Aztlan Center

9/4-9/27 Tu,Th Noon-1:00 PM $33 409516-04

10/2-10/25 Tu,Th Noon-1:00 PM $33 409516-05

\*10/30-11/29 Tu,Th Noon-1:00 PM $37 409516-06

Les Mills BODYPUMP

A total body workout using light to moderate weights with lots of repetition. Instructors coach through the scientifically proven moves and techniques pumping out encouragement, motivation, and great music. Note: Class will not be held on 9/3, 11/21, 11/22.

Location: Foothills Activity Center

9/5-9/26 M,W 6:15-7:15 AM $26 409710-01

10/1-10/24 M,W 6:15-7:15 AM $41 409710-02

\*10/29-11/28 M,W 6:15-7:15 AM $51 409710-03

9/5-9/26 M,W 12:15-1:00 PM $27.25 409710-04

10/1-10/24 M,W 12:15-1:00 PM $31 409710-05

\*10/29-11/28 M,W 12:15-1:00 PM $38.50 409710-06

9/5-9/26 M,W 6:40-7:40 PM $26 409710-07

10/1-10/24 M,W 6:40-7:40 PM $41 409710-08

\*10/29-11/28 M,W 6:40-7:40 PM $46 409710-09

9/4-9/27 Tu,Th 5:30-6:30 PM $41 409710-10

10/2-10/25 Tu,Th 5:30-6:30 PM $41 409710-11

\*10/30-11/29 Tu,Th 5:30-6:30 PM $46 409710-12

9/8-9/29 Sa 9:45-10:45 AM $21 409710-16

10/6-10/27 Sa 9:45-10:45 AM $21 409710-17

\*11/3-12/1 Sa 9:45-10:45 AM $26 409710-18

Lose to Win

Designed for those wanting to lose weight. Perform a variety of exercises that are geared to burn fat and gain confidence. Note: Class will not be held on 9/3.

Location: Northside Aztlan Center

9/5-9/28 M,W,F 9:30-10:30 AM $45 409504-01

10/1-10/26 M,W,F 9:30-10:30 AM $49 409504-02

\*10/29-11/30 M,W,F 9:30-10:30 AM $61 409504-03

Low Impact Aerobics

Emphasis on low-impact aerobics including floor exercise and a cool-down period. Good introduction for previously sedentary persons. Note: Class will not be held on 11/22.

Location: Foothills Activity Center

9/4-9/27 Tu,Th 8:50-9:50 AM $33 409401-01

10/2-10/25 Tu,Th 8:50-9:50 AM $33 409401-02

\*10/30-11/29 Tu,Th 8:50-9:50 AM $37 409401-03

Mat Pilates

Gain flexibility, muscle strength, definition, and core balance by learning correct posture and alignment through a series of body movements. Note: Class will not be held on 9/3, 11/22, 11/23.

Location: Senior Center

9/10-9/24 M 3:00-4:00 PM $13 409403-01

10/1-10/22 M 3:00-4:00 PM $17 409403-02

\*10/29-11/26 M 3:00-4:00 PM $21 409403-03

9/7-9/28 F 3:00-4:00 PM $17 409403-04

10/5-10/26 F 3:00-4:00 PM $17 409403-05

11/2-11/30 F 3:00-4:00 PM $17 409403-06

Location: Northside Aztlan Center

9/4-9/27 Tu,Th 1:00-2:00 PM $33 409506-01

10/2-10/25 Tu,Th 1:00-2:00 PM $33 409506-02

\*10/30-11/29 Tu,Th 1:00-2:00 PM $37 409506-03

Location: Foothills Activity Center

9/4-9/27 Tu,Th 8:30-9:30 AM $33 409702-01

10/2-10/25 Tu,Th 8:30-9:30 AM $33 409702-02

\*10/30-11/29 Tu,Th 8:30-9:30 AM $37 409702-03

9/4-9/27 Tu,Th 9:45-10:45 AM $33 409702-04

10/2-10/25 Tu,Th 9:45-10:45 AM $33 409702-05

\*10/30-11/29 Tu,Th 9:45-10:45 AM $37 409702-06

Nia

Claim wellness and explore joy with this sensory based, non-impact, aerobic fusion of dance, healing, and martial arts. Connect body, mind, emotions, and spirit for wellness, conditioning, and overall fitness. Advance registration strongly encouraged. All levels welcome. Note: Class will not be held on 11/22.

Location: Senior Center

9/4-9/25 Tu 5:30-6:30 PM $17 409404-01

10/2-10/23 Tu 5:30-6:30 PM $17 409404-02

\*10/30-11/27 Tu 5:30-6:30 PM $21 409404-03

9/6-9/27 Th 5:30-6:30 PM $17 409404-04

10/4-10/25 Th 5:30-6:30 PM $17 409404-05

11/1-11/29 Th 5:30-6:30 PM $17 409404-06

Pound Rockout Workout

Combine cardio, strength-training, balance, and Pilates-inspired movements with simulated drumming using lightly weighted ripstixs for total body conditioning. Note: Class will not be held on 11/21.

Location: Senior Center

9/5-9/26 W 6:35-7:20 PM $13 409405-01

10/3-10/24 W 6:35-7:20 PM $13 409405-02

10/31-11/28 W 6:35-7:20 PM $13 409405-03

PowerTrain

Pump iron and the heart. An intense body strengthening workout using free weights, resistance machines, and cardio equipment. Each powerful cardio and weightlifting session is totally different, keeping the body guessing and forcing it to stay at its peak. Note: Class will not be held on 9/3, 11/21, 11/22.

Location: Northside Aztlan Center

9/4-9/27 Tu,Th 6:15-7:15 AM $33 409507-01

10/2-10/25 Tu,Th 6:15-7:15 AM $33 409507-02

\*10/30-11/29 Tu,Th 6:15-7:15 AM $37 409507-03

9/4-9/27 Tu,Th Noon-1:00 PM $33 409507-04

10/2-10/25 Tu,Th Noon-1:00 PM $33 409507-05

\*10/30-11/29 Tu,Th Noon-1:00 PM $37 409507-06

Location: Foothills Activity Center

9/5-9/28 M,W,F 5:30-6:30 PM $45 409701-01

10/1-10/26 M,W,F 5:30-6:30 PM $49 409701-02

\*10/29-11/30 M,W,F 5:30-6:30 PM $57 409701-03

Spin & Tone

Includes the same challenge of group Spin classes, but with an additional toning segment either throughout the class or at the
end. Great for cardiovascular training and total body strengthening. Note: Class will not be held on 9/3, 11/21, 11/22.

Location: Northside Aztlan Center

9/5-9/26 M,W 5:30-6:30 PM $29 409505-01

10/1-10/24 M,W 5:30-6:30 PM $33 409505-02

\*10/29-11/28 M,W 5:30-6:30 PM $37 409505-03

9/4-9/27 Tu,Th 6:15-7:15 AM $33 409505-04

10/2-10/25 Tu,Th 6:15-7:15 AM $33 409505-05

\*10/30-11/29 Tu,Th 6:15-7:15 AM $37 409505-06

Strength & Tone

Upbeat and designed to develop strength and flexibility in all fitness levels. Sculpt with free weights, toning moves, waves of cardio, and rotating fitness equipment to help rev metabolism in an encouraging atmosphere. Note: Class will not be held on 11/22.

Location: Northside Aztlan Center

9/4-9/27 Tu,Th Noon-12:55 PM $33 409508-01

10/2-10/25 Tu,Th Noon-12:55 PM $33 409508-02

\*10/30-11/29 Tu,Th Noon-12:55 PM $37 409508-03

Strength Training

Increase muscle strength, bone mass, and stamina. The first class of each session includes an orientation to training principles and equipment. Note: Class will not be held on 9/3, 11/22.

Location: Northside Aztlan Center

9/5-9/26 M,W 8:30-9:30 AM $29 409509-01

10/1-10/24 M,W 8:30-9:30 AM $33 409509-02

\*10/29-11/28 M,W 8:30-9:30 AM $41 409509-03

9/4-9/27 Tu,Th 9:30-10:30 AM $33 409509-04

10/2-10/25 Tu,Th 9:30-10:30 AM $33 409509-05

\*10/30-11/29 Tu,Th 9:30-10:30 AM $37 409509-06

Total Body Boot Camp

A mix of cardio, weight circuits, and stretching. Keep the body guessing and see improvements in strength, flexibility, and stamina. Note: Class will not be held on 11/22.

Location: Northside Aztlan Center

9/4-9/27 Tu,Th 5:30-6:30 PM $33 409510-01

10/2-10/25 Tu,Th 5:30-6:30 PM $33 409510-02

\*10/30-11/29 Tu,Th 5:30-6:30 PM $37 409510-03

TRX Body Blast

TRX is a suspension fitness system that helps build balance, muscle strength, and flexibility. Adjust the straps to increase or decrease the difficulty of every exercise. All levels welcome. Note: Class will not be held on 11/22.

Location: Northside Aztlan Center

9/4-9/27 Tu,Th Noon-1:00 PM $33 409511-01

10/2-10/25 Tu,Th Noon-1:00 PM $33 409511-02

\*10/30-11/29 Tu,Th Noon-1:00 PM $37 409511-03

9/8-9/29 Sa 8:15-9:15 AM $17 409511-04

10/6-10/27 Sa 8:15-9:15 AM $17 409511-05

\*11/3-12/1 Sa 8:15-9:15 AM $21 409511-06

Zumba

Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program. Routines feature interval training sessions where fast and slow rhythms are combined to tone and sculpt while burning fat. Note: Class will not be held on 9/3, 11/21, 11/22, 11/24.

Location: Club Tico

9/10-9/24 M 9:00-10:00 AM $13 409112-01

10/1-10/22 M 9:00-10:00 AM $17 409112-02

\*10/29-11/26 M 9:00-10:00 AM $21 409112-03

9/5-9/26 W 9:00-10:00 AM $17 409112-04

10/3-10/24 W 9:00-10:00 AM $17 409112-05

\*10/31-11/28 W 9:00-10:00 AM $21 409112-06

9/7-9/28 F 9:00-10:00 AM $17 409112-07

10/5-10/26 F 9:00-10:00 AM $17 409112-08

\*11/2-11/30 F 9:00-10:00 AM $21 409112-09

Location: Senior Center

9/10-9/24 M 5:30-6:30 PM $13 409406-01

10/1-10/22 M 5:30-6:30 PM $17 409406-02

\*10/29-11/26 M 5:30-6:30 PM $21 409406-03

9/5-9/26 W 5:30-6:30 PM $17 409406-04

10/3-10/24 W 5:30-6:30 PM $17 409406-05

10/31-11/28 W 5:30-6:30 PM $17 409406-06

9/8-9/29 Sa 9:00-10:00 AM $17 409406-07

10/6-10/27 Sa 9:00-10:00 AM $17 409406-08

11/3-12/1 Sa 9:00-10:00 AM $17 409406-09

Location: Northside Aztlan Center

9/4-9/25 Tu 6:30-7:30 PM $17 409512-01

10/2-10/23 Tu 6:30-7:30 PM $17 409512-02

\*10/30-11/27 Tu 6:30-7:30 PM $21 409512-03

9/5-9/26 W 6:30-7:30 PM $17 409512-04

10/3-10/24 W 6:30-7:30 PM $17 409512-05

10/31-11/28 W 6:30-7:30 PM $17 409512-06

9/6-9/27 Th 6:30-7:30 PM $17 409512-07

10/4-10/25 Th 6:30-7:30 PM $17 409512-08

11/1-11/29 Th 6:30-7:30 PM $17 409512-09

Martial Arts ]

Tai Chi, Beginner

Tai Chi is an orthodox internal martial art from China. Learn the four “Mother Forms” of the art: low-impact, meditative repeating movements. Gain insight into internal movement and training. Note: Class will not be held on 11/24.

Location: Senior Center

9/8-9/29 Sa 12:45-1:45 PM $17 409441-01

10/6-10/27 Sa 12:45-1:45 PM $17 409441-02

11/3-12/1 Sa 12:45-1:45 PM $17 409441-03

Taijifit Flow

A style of fun and easy to follow Tai Chi that helps improve balance, strength, and flexibility. No routines or choreography to memorize. No experience necessary. Note: Class will not be held on 9/3.

Location: Senior Center

9/5-9/26 M,W Noon-12:45 PM $22 409440-01

10/1-10/24 M,W Noon-12:45 PM $25 409440-02

\*10/29-11/28 M,W Noon-12:45 PM $31 409440-03

Taijifit Tools

All the flow of Taijifit, but with the addition of traditional Tai Chi tools.; such as the sword fan and weighted chi spheres. Also use Fusion forms: Bamboo Fusion (yoga and tai chi), Iron Fusion (strength and tai chi), and Fire Fusion (karate and tai chi). Note: No experience necessary.

Location: Senior Center

9/4-9/25 Tu 4:00-4:45 PM $13 409440-04

10/2-10/23 Tu 4:00-4:45 PM $13 409440-05

\*10/30-11/27 Tu 4:00-4:45 PM $16 409440-06

Taijifit Forms

Combine the fun atmosphere of Taijifit Flow with a focus on learning some of the traditional Tai Chi forms. Focus on choreography and intentional movement. Note: Class will not be held on 11/22.

Location: Senior Center

9/6-9/27 Th 3:00-3:45 PM $13 409440-07

10/4-10/25 Th 3:00-3:45 PM $13 409440-08

11/1-11/29 Th 3:00-3:45 PM $13 409440-09

Qigong & Tai Chi for Health

Designed for beginners. Ancient Chinese systems of cultivating great health and internal strength. Learn gentle Qigong and Tai Chi routines. Improve balance, strength, flexibility, mental concentration, and focus.

Location: Foothills Activity Center

9/8-9/29 Sa 9:15-10:15 AM $17 409740-01

10/6-10/27 Sa 9:15-10:15 AM $17 409740-02

\*11/3-12/1 Sa 9:15-10:15 AM $21 409740-03

Yoga ]

Gentle Yoga

The many, varied postures are individually adapted to address specific needs. Focus on awareness and breathing to benefit body, mind, heart, and health. Suitable for beginners, advanced who seek better precision, and those with some chronic conditions. Note: Class will not be held on 11/22.

Location: Senior Center

9/6-9/27 Th 12:15-1:15 PM $27 425456-01

10/4-10/25 Th 12:15-1:15 PM $27 425456-02

11/1-11/29 Th 12:15-1:15 PM $27 425456-03

Meditation

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

Location: Northside Aztlan Center

9/9-9/30 Su 11:15 AM-12:15 PM $17 409567-01

10/7-10/28 Su 11:15 AM-12:15 PM $17 409567-02

\*11/4-12/2 Su 11:15 AM-12:15 PM $21 409567-03

Mindfulness Yoga

Integrate the practice of mindfulness with yoga poses. Suitable for all levels. Based on the book, “Mindfulness Yoga,” by Frank Jude Boccio.

Location: Northside Aztlan Center

9/9-9/30 Su 10:00-11:00 AM $17 409566-01

10/7-10/28 Su 10:00-11:00 AM $17 409566-02

\*11/4-12/2 Su 10:00-11:00 AM $21 409566-03

Morning Meditation & Yoga

Begin the morning with meditation and moving into gentle yoga. A positive and healthy way to balance the day. Note: Class will not be held on 11/22.

Location: Northside Aztlan Center

9/4-9/27 Tu,Th 7:30-8:30 AM $33 409564-01

10/2-10/25 Tu,Th 7:30-8:30 AM $33 409564-02

\*10/30-11/29 Tu,Th 7:30-8:30 AM $37 409564-03

Restorative Yoga

A pleasant way to relax and soothe frayed nerves. Using blankets and blocks as props, experience the benefits of a passive pose without having to exert much or any effort. During the practice, open, release, and connect with self-healing. Note: Class will not be held on 9/3.

Location: Northside Aztlan Center

9/5-9/26 M,W Noon-1:00 PM $29 409560-01

10/1-10/24 M,W Noon-1:00 PM $33 409560-02

\*10/29-11/28 M,W Noon-1:00 PM $41 409560-03

9/7-9/28 F 11:00 AM-Noon $17 409560-04

10/5-10/26 F 11:00 AM-Noon $17 409560-05

\*11/2-11/30 F 11:00 AM-Noon $21 409560-06

Sculpting Yoga

Practice yoga and sculpt with weights. Build strength and definition. Beginner to advanced levels welcome. Note: Class will not be held on 11/22.

Location: Northside Aztlan Center

9/4-9/27 Tu,Th 1:00-2:00 PM $33 409561-01

10/2-10/25 Tu,Th 1:00-2:00 PM $33 409561-02

\*10/30-11/29 Tu,Th 1:00-2:00 PM $37 409561-03

Slow Flow Hatha Yoga

Nurturing, fun, and non-competitive. Improve balance, strength, and flexibility. Poses are linked together slowly with attention to breath. Philosophy and stress management techniques are touched on. Modifications offered. Designed for beginner and intermediate levels. Note: Class will not be held on 9/3, 11/21, 11/22.

Location: Senior Center

9/10-9/24 M 6:30-7:30 PM $13 409461-01

10/1-10/22 M 6:30-7:30 PM $13 409461-02

\*10/29-11/26 M 6:30-7:30 PM $21 409461-03

Location: Northside Aztlan Center

9/10-9/24 M 4:00-5:00 PM $13 409562-01

10/1-10/22 M 4:00-5:00 PM $17 409562-02

\*10/29-11/26 M 4:00-5:00 PM $21 409562-03

9/4-9/25 Tu 5:00-6:00 PM $17 409562-04

10/2-10/23 Tu 5:00-6:00 PM $17 409562-05

\*10/30-11/27 Tu 5:00-6:00 PM $21 409562-06

9/5-9/26 W 4:00-5:00 PM $17 409562-07

10/3-10/24 W 4:00-5:00 PM $17 409562-08

\*10/31-11/28 W 4:00-5:00 PM $21 409562-09

9/6-9/27 Th 5:00-6:00 PM $17 409562-10

10/4-10/25 Th 5:00-6:00 PM $17 409562-11

11/1-11/29 Th 5:00-6:00 PM $17 409562-12

Location: Foothills Activity Center

9/5-9/26 M,W 5:30-6:30 PM $29 409761-01

10/1-10/24 M,W 5:30-6:30 PM $33 409761-02

\*10/29-11/28 M,W 5:30-6:30 PM $37 409761-03

9/4-9/27 Tu,Th 1:15-2:30 PM $39 409761-04

10/2-10/25 Tu,Th 1:15-2:30 PM $39 409761-05

\*10/30-11/29 Tu,Th 1:15-2:30 PM $43.75 409761-06

Svaroopa Yoga, Basic

A restorative style of Hatha Yoga. Open and release core spinal muscles that cause pain in knees, back, shoulders, and neck. Dissolve tension, stress, and spinal compression. Transform outside and inside. Note: Class will not be held on 11/21.

Location: Senior Center

9/5-9/26 W 10:15-11:45 AM $40 425437-01

10/3-10/24 W 10:15-11:45 AM $40 425437-02

10/31-11/28 W 10:15-11:45 AM $40 425437-03

Svaroopa Yoga, Advanced

Practice advanced and deeper poses that offer spinal openings and relief from everyday physical discomfort. Poses include balance, inversion, Vinyasa, classical, and twists. Prerequisite: Three sessions of Basic Savroopa or teacher approval. Note: Class will not be held on 11/23.

Location: Senior Center

9/7-9/28 F 10:15-11:45 AM $40 425440-01

10/5-10/26 F 10:15-11:45 AM $40 425440-02

11/2-11/30 F 10:15-11:45 AM $40 425440-03

Therapeutic Yoga

Slow moving, directed yoga emphasizes joint health, circulation, and mindfulness. Note: Class will not be held on 9/3, 11/22.

Location: Senior Center

9/10-9/24 M 10:00-11:00 AM $13 409460-01

10/1-10/22 M 10:00-11:00 AM $17 409460-02

\*10/29-11/26 M 10:00-11:00 AM $21 409460-03

9/10-9/24 M 11:00 AM-Noon $13 409460-04

10/1-10/22 M 11:00 AM-Noon $17 409460-05

\*10/29-11/26 M 11:00 AM-Noon $21 409460-06

9/6-9/27 Th 10:00-11:00 AM $17 409460-07

10/4-10/25 Th 10:00-11:00 AM $17 409460-08

11/1-11/29 Th 10:00-11:00 AM $17 409460-09

9/6-9/27 Th 11:00 AM-Noon $17 409460-10

10/4-10/25 Th 11:00 AM-Noon $17 409460-11

11/1-11/29 Th 11:00 AM-Noon $17 409460-12

Vinyasa Flow Yoga

A fun and fast paced flow linking breathing with movement. Learn the fundamental postures and principles that create a strong yoga practice and build core strength to support more advanced poses.

Location: Northside Aztlan Center

9/8-9/29 Sa 8:15-9:15 AM $17 409563-01

10/6-10/27 Sa 8:15-9:15 AM $17 409563-02

\*11/3-12/1 Sa 8:15-9:15 AM $21 409563-03

Yoga, All Levels

An emphasis on precision in alignment is taught in standing, forward bending, back bending, twisting, and restorative poses. Note: Class will not be held on 11/24.

Location: Senior Center

9/8-9/29 Sa 9:30-10:30 AM $17 409464-01

10/6-10/27 Sa 9:30-10:30 AM $17 409464-02

11/3-12/1 Sa 9:30-10:30 AM $17 409464-03

Yoga, Beginner

By practicing yoga breathing and physical exercises, gain physical strength, tone, flexibility, and stamina. A sense of inner calm may also result. Note: Class will not be held on 11/22.

Location: Senior Center

9/4-9/27 Tu,Th 2:45-3:45 PM $33 409462-01

10/2-10/25 Tu,Th 2:45-3:45 PM $33 409462-02

\*10/30-11/29 Tu,Th 2:45-3:45 PM $37 409462-03

9/4-9/27 Tu,Th 4:00-5:00 PM $33 409462-04

10/2-10/25 Tu,Th 4:00-5:00 PM $33 409462-05

\*10/30-11/29 Tu,Th 4:00-5:00 PM $37 409462-06

9/4-9/27 Tu,Th 5:15-6:15 PM $33 409462-07

10/2-10/25 Tu,Th 5:15-6:15 PM $33 409462-08

\*10/30-11/29 Tu,Th 5:15-6:15 PM $37 409462-09

9/5-9/26 W Noon-1:00 PM $17 409462-10

10/3-10/24 W Noon-1:00 PM $17 409462-11

\*10/31-11/28 W Noon-1:00 PM $21 409462-12

9/5-9/26 W 1:15-2:15 PM $17 409462-13

10/3-10/24 W 1:15-2:15 PM $17 409462-14

\*10/31-11/28 W 1:15-2:15 PM $21 409462-15

Yoga, Advanced Beginner

Release stress, improve balance, flexibility, and strength with sometimes challenging poses. Mindfulness and breathing techniques also offered. Prerequisite: Previous yoga experience. Modifications offered. Must be able to do floor and standing exercises at a fast pace. Note: Class will not be held on 9/3, 11/21.

Location: Senior Center

9/10-9/24 M 4:30-5:20 PM $13 409463-01

10/1-10/22 M 4:30-5:20 PM $17 409463-02

\*10/29-11/26 M 4:30-5:20 PM $21 409463-03

9/5-9/26 M,W 5:30-6:20 PM $29 409463-04

10/1-10/24 M,W 5:30-6:20 PM $33 409463-05

\*10/29-11/28 M,W 5:30-6:20 PM $37 409463-06

9/4-9/25 Tu 6:30-7:30 PM $17 409463-07

10/2-10/23 Tu 6:30-7:30 PM $17 409463-08

\*10/30-11/27 Tu 6:30-7:30 PM $21 409463-09

Yoga & Meditation

Learn to quiet the mind and find inner balance. Begin with meditation and move into a gentle flow of yoga asanas. A calm approach to being present, rejuvenated, and healthier. Note: Class will not be held on 11/22.

Location: Northside Aztlan Center

9/4-9/27 Tu,Th 9:00-10:00 AM $33 409565-01

10/2-10/25 Tu,Th 9:00-10:00 AM $33 409565-02

\*10/30-11/29 Tu,Th 9:00-10:00 AM $37 409565-03

Family & Youth Fitness

Family Yoga, Baby, & Toddler

Take this opportunity to explore yoga with a baby or toddler. Both child and guardian benefit physically, emotionally, and mentally with this fun approach to breathing and movement together. Note: At least one adult must be present and in the room with enrolled child/children. Price is flat rate for up to three participants.

Location: Foothills Activity Center

Parent/Baby Yoga
Age: 6-18 months

9/7-9/28 F 9:00-10:00 AM $17 409760-01

10/5-10/26 F 9:00-10:00 AM $17 409760-02

\*11/2-11/30 F 9:00-10:00 AM $21 409760-03

Parent/Toddler Yoga
Age: 18 months-3 years

9/7-9/28 F 10:00-10:45 AM $13 409760-04

10/5-10/26 F 10:00-10:45 AM $13 409760-05

\*11/2-11/30 F 10:00-10:45 AM $16 409760-06

Family Yoga, Child

Parents and children take this opportunity to explore yoga together. Improve body and mind with a fun approach to breathing and movement. Increase strength, flexibility, coordination, and posture. Learn relaxation techniques and fun posture poses that will create a foundation for health and wellness.

Location: Foothills Activity Center

Age: 4-6 years

9/7-9/28 F 5:00-5:45 PM $13 409760-07

10/5-10/26 F 5:00-5:45 PM $13 409760-08

\*11/2-11/30 F 5:00-5:45 PM $16 409760-09

Age: 7-10 years

9/7-9/28 F 5:45-6:30 PM $13 409760-10

10/5-10/26 F 5:45-6:30 PM $13 409760-11

\*11/2-11/30 F 5:45-6:30 PM $16 409760-12

PlayItUp

Connect with a child through circuit training-based fitness play. Adults achieve a solid workout while interacting/playing with children. Note: Limit one child per adult.

Location: Foothills Activity Center

Age: 4-6 years

9/4-9/25 Tu 4:00-5:00 PM $47 409755-01

10/2-10/23 Tu 4:00-5:00 PM $47 409755-02

10/30-11/20 Tu 4:00-5:00 PM $47 409755-03

Age: 7-9 years

9/5-9/26 W 4:00-5:00 PM $47 409755-04

10/3-10/24 W 4:00-5:00 PM $47 409755-05

10/31-11/21 W 4:00-5:00 PM $47 409755-06

Age: 4-12 years

9/15-9/29 Sa 9:30-10:30 AM $37 409755-07

10/6-10/27 Sa 9:30-10:30 AM $47 409755-08

11/3-11/24 Sa 9:30-10:30 AM $47 409755-09

Pre-Teen Yoga

Work on building self-esteem and confidence through mindful breathing, fun sequences of yoga poses, and empowering games with a rockin’ playlist. Drop-off and pick-up can be done ten minutes before and after class time. Note: Class will not be held on 9/3.

Location: Foothills Activity Center
Age: 9-12 years

9/10-9/24 M 5:30-6:30 PM $13 409763-01

10/1-10/22 M 5:30-6:30 PM $17 409763-02

\*10/29-11/26 M 5:30-6:30 PM $21 409763-03

Teen Yoga

Become more connected with body, mind, and the world through self-discovery, mindful breathing, invigorating yoga sequences and self-confidence building games. Note: Class will not be held on 11/21.

Location: Foothills Activity Center
Age: 13-16 years

9/5-9/26 W 5:30-6:30 PM $17 409764-01

10/3-10/24 W 5:30-6:30 PM $17 409764-02

10/31-11/28 W 5:30-6:30 PM $17 409764-03

Smart Fit Girls

A 10-week program for adolescent girls aimed at promoting physical and mental wellbeing. Girls participate in physical activity with a focus on strength training. Also discuss topics including nutrition, bullying, media, and self-love, all while building new friendships and working out together.

Grade: 6-8
Location: Foothills Activity Center

9/11-11/15 Tu,Th 4:00-6:00 PM $151 409775-01

Health & Wellness

Health and Wellness is a unique and comprehensive public health and wellness program provided in partnership by the City of Fort Collins, Columbine Health Systems, and UCHealth. All services are for ages 18 years & up unless otherwise noted. Programs are hosted at the Fort Collins Senior Center unless otherwise noted. Find additional Health & Wellness sponsored programs throughout the Recreator; they are denoted with a . Note: Health & Wellness programs are not eligible for the discount.

Services

Call 970.221.6644 to schedule an appointment.

Acupuncture

Stimulate healing, stress-release, and energy without pain or negative side effects. Acupuncture has been used for thousands of years to help with pain, depression, and anxiety.

Mondays 10:00 AM-4:00 PM 60 minutes/$45
Wednesday 9:00 AM-1:00 PM 45 minutes/$35

Advanced Care Planning

Larimer County Advanced Care Planning Team can help create advance directives, at no cost. Guides offer support in completing advance care plans that represent what is important to individuals by explaining treatment options, putting choices in writing, and sharing them with family and physicians.

9/11, 10/9, 11/13 Tu 9:00 AM-1:00 PM No Fee

Blood Pressure Clinic

Sit down with a registered nurse one-on-one to take blood pressure and ask any health-related questions. No appointment necessary; check-in at the front desk. By: Health District.

9/10 M 10:00 AM-Noon No Fee

10/8 M 10:00 AM-Noon No Fee

11/12 M 10:00 AM-Noon No Fee

Cholesterol Screening

Blood pressure, cholesterol panel, and glucose tests with counseling and recommendations. Eight-hour fast recommended prior to appointment (water and medications permitted). To schedule an appointment, contact the Health District at 970.224.5209. Appointments are 20 minutes.

9/5 W 8:00-11:00 AM $15

10/2, 11/6 Tu 8:00-11:00 AM $15

9/20, 10/18, 11/15 Th 8:00-11:00 AM $15

9/15 Sa 8:00-11:00 AM $15

Fitness Checkups

Check body fat percentage and BMI. Then, perform simple strength, cardio, and flexibility tests to determine strengths and weaknesses. Test periodically to see changes. 45-minute appointments.

9/11 Tu 1:00-4:00 PM $5

11/6 Tu 9:00 AM-Noon $5

Manicure/Pedicure/Nail Care

Look and feel good with spa manicure and pedicure services. Nail clipping also available. By Neitha Schneider, Sweetheart Nails.

Thursdays 10:00 AM-4:00 PM

Basic Manicure or Pedicure $36 60 minutes

Spa Manicure or Pedicure $54 90 minutes

Combo Spa $72 120 minutes

Toe Nail Clip $18 30 minutes

Massage

Enjoy the health benefits of massage such as stress relief, relaxation, range of motion improvement, pain relief, and muscle relaxation.

Tuesdays 9:00 AM-Noon $16.50 15 minutes

Medical Education

Breathe Easy, Doc Talk

Discuss significant advances in lung surgery, life-saving lung cancer screening tests, and other topics to breathe easier. By Ron Smith, Jr., MD, UCHealth.

11/15 Th 2:00-3:30 PM No Fee 425400-01

Aging Skin Growths, When to Worry

Learn the changes that occur in the skin and why people get wrinkles and bruise easier with age. Discover what growth or age spots can occur and which ones to worry about. Learn tips to protect and renew the skin and what products are truly dermatology recommended. By Front Range Dermatology Association.

9/28 F 10:00-11:00 AM No Fee 425410-01

Bossy Bladder

Bossy bladders or bowels can stand in the way of life, preventing participation in hobbies and family events. Take action by learning how to get control and lead a worry-free life with tools to manage the bladder and/or bowels. By Covell Care and Rehabilitation.

9/11 Tu 10:00-11:00 AM No Fee 425445-01

10/22 M 1:00-2:00 PM No Fee 425445-02

Continuum of Care

Education about advanced health care options and services available in the area. By Covell Care and Rehabilitation.

10/16 Tu 10:00-11:00 AM No Fee 425444-01

Core Stability & Balance

Falls can be frightening for everyone. Learn about fall risk and ways to get up from the floor after a fall. Also learn core stability exercises that help prevent falls and can be practiced at home. By UCHealth Outpatient Therapy.

10/11 Th 11:00 AM-12:30 PM $5 425434-01

Health thru the Holidays

Maintain a healthy weight and fitness level through the winter holidays. Discover strategies for maintaining a healthy diet along with ideas to help promote activity and fitness despite all the traveling, parties, and gatherings that come along with the holidays. By UCHealth Outpatient Therapy.

11/7 W 3:30-5:00 PM $5 425435-01

Magic of Sleep

Discover why sleep is so important and how to improve it. Learn what disorders cause sleep loss and how to treat them. Discussion includes snoring, apnea, insomnia, movement disorders, and circadian rhythm disorders. Receive tools, self-tests, and solutions for sleep issues. By UCHealth Sleep Lab.

9/10-9/24 M 6:00-7:30 PM $15 425439-01

Medical Marijuana

Learn about when marijuana is used in medicine, why it is used, and the types of marijuana used for different diagnosis. By Dr. Michael Towbin, Medical Director of Pathways Hospice, Palliative Care Grief and Loss.

9/4 Tu 1:00-2:00 PM No Fee 425460-01

Normal Aging & End of Life Concerns

Discuss normal aging, palliative care, and end-of-life concerns. Learn what to do and what may not be controllable. By UCHealth Geriatric Nurse Practitioner.

10/17 W 2:00-3:30 PM $5 425402-01

Osteoporosis

A basic overview of osteoporosis with emphasis on education, exercise, and prevention. By Front Range Therapy.

11/6 Tu 1:00-2:00 PM $5 425420-01

To Drive or Not to Drive

Learn startling statistics about older drivers and how to determine if someone is fit to drive or what restrictions may need to be put in place. Receive help to make driving decisions easier for everyone involved. By Covell Care and Rehabilitation.

9/19 W 9:00-10:00 AM No Fee 425458-01

11/13 Tu 1:00-2:00 PM No Fee 425458-02

Vestibular System, Balanced for Life

Understand the structure and function of the vestibular system and discuss conditions associated with it. Learn prevention and treatment strategies for optimal aging. Gain access to community resources and instruction of experiences. By UCHealth Outpatient Therapy.

9/25 Tu 10:00-11:30 AM $5 425427-01

Wellness Education

5 Points for a Safer Fall

A revealing dissection of the most common causes of personal injury in the world: accidental falls. Demonstrations include how to fall safer using proven techniques learned from professionals that fall regularly in their profession. By Dr. Don Hunter.

11/19 M 1:00-2:30 PM $5 425407-01

Advanced Care Options

Learn the difference between hospice and palliative care. Discuss when to seek services, what assistance these services provide, how they are paid for, in what setting they are provided, and the goals in each service. By Pathways.

11/7 W 1:00-2:00 PM No Fee 425438-01

Arthritis Support Group

This quarterly group is designed to offer information and support for those who have arthritis and their family members, friends, and/or caregivers. Learn more, find related resources, and share experiences. Register with the Aspen Club at 970.495.8560.

11/12 M 11:30 AM-1:00 PM No Fee

The Basics: Memory Loss, Dementia, & Alzheimer’s

Alzheimer’s Disease is not a normal part of aging. If Alzheimer’s becomes present, it’s time to learn the facts. Gather information on detection, possible causes and risk factors, stages of the disease, and treatment. By the Alzheimer’s Association.

Location: Foothills Activity Center

10/9 Tu Noon-2:00 PM No Fee 425432-01

Become a Resilient Caregiver

Based on the book, “How to be a Resilient Caregiver”, by the Caregiver Consortium. Learn “resiliency, the bounce back-ability.” Achieve personal best during difficult times and the wisdom to respond, not react, to changing circumstances. By Pathways.

10/3 W 1:00-2:00 PM No Fee 425449-01

Brain & Balance

Fun brain games and functional balance exercises are brought together to offer support, laughter, and results. By Diane Horak, Columbine Health Systems. Note: Class will not be held on 11/23.

9/6-9/27 Th 1:30-2:00 PM $15 425475-01

10/5-10/26 Th 1:30-2:00 PM $15 425475-02

11/2-11/30 Th 1:30-2:00 PM $15 425475-03

Cancer, Prevention vs. Treatment

Doctors focus on diagnosis and treatment of cancer, but many lifestyle choices can prevent cancer. Investigate a whole food plant-based diet and its impact on growth and prevention of cancer. And, learn new ways to reduce risk. By Dr. Carroll.

9/4 Tu 6:30-8:30 PM No Fee 425415-01

Chronic Pain & Mindfulness

Learn mindfulness tools to calm the mind, nervous system, and pain sensations to keep pain manageable and engage in life. Understand what makes pain worse, better, and gain confidence in the skills for selfcare during the tough times. By UCHealth.

9/26 W 2:00-3:00 PM $5 425405-01

Diet & Type 2 Diabetes

Type 2 Diabetes is an epidemic attributable to a growing number of overweight/obese people in the US. The saying, “we are what we eat” has validity, but confusion persists as to the best diet. See how a whole food plant-based diet, with proven benefits, can change lives. By Dr. Carroll.

10/2 Tu 6:30-8:30 PM No Fee 425417-01

Effective Communication Strategies

Caregivers learn to decode verbal and behavioral communication from someone with Alzheimer’s and other dementias. Leave with strategies to develop meaningful connections with those in early, middle, and late stage dementia. By the Alzheimer’s Association.

11/16 F 10:00 AM-Noon No Fee 425433-01

Everyday Mindfulness

Increased mindful awareness can bring about profound changes in how life is experienced. In this experiential class, learn practical strategies to help reconnect with senses, calm the nervous system, befriend negative thoughts, and relax reactivity. By Larimer County/CSU Extension.

10/18 Th 10:00-11:00 AM No Fee 425425-01

Exercise at Home

According to the Center for Disease Control, injuries and accidents are the number one reason older adults go to the emergency room. Learn safe in-home exercises specifically designed to reduce fall risk and stay out of the hospital. By Covell Care and Rehabilitation

11/8 Th 10:00-11:00 AM No Fee 425446-01

How to Talk to Kids About S.E.X.

What to say, when to say it, and how much to tell them. Learn strategies on how and when to talk to kids, as well as what is healthy for them to know, and how to stay calm when the inevitable questions begin. By Weiler Counseling.

Location: Foothills Activity Center

10/20 Sa 11:00 AM-Noon $15 425712-01

Keeping a Healthy Heart

Coronary Heart Disease (CAD) can be prevented. Diet is key. Discover scientific evidence that shows a whole food plant-based diet can not only stop, but may reverse CAD. By Dr. Carroll.

9/18 Tu 6:30-8:30 PM No Fee 425416-01

Laughing into Gratitude

Use the elements of breathing, laughter, movement, and sound as an interactive body mind practice that develops positive attitude and improves physical, mental, emotional, and social wellbeing. Learn to apply the practices to everyday living for improved health for the body, mind, and spirit.

11/17 Sa 2:00-3:30 PM $25 425429-01

Laughter Wellness

This interactive body-mind practice can help develop a positive attitude and improve physical, mental, emotional, and social wellbeing. Experience the various elements of laughter wellness and leave with a deeper connection to mind, body, and spirit. Note: Class will not be held on 9/29, 10/13.

9/8-11/10 Sa 9:00-9:45 AM No Fee 425428-01

Living Well with Pain

Learn tools to help manage pain from issues such as fibromyalgia, headache, lower back pain, and arthritis. Studies have shown that those who take this class have less pain, less dependence on others, and are more involved in everyday activities. By UCHealth Aspen Club

10/11-11/15 Th 1:00-3:30 PM No Fee 425409-01

Make it Stick

Behavior changes rarely stick the first time around. Yet, knowledge of the change process can alter the dynamic of efforts. Explore the stages of the change and learn how to assess and address impeding factors. By Larimer County/CSU Extension.

9/20 Th 10:00-11:00 AM No Fee 425426-01

Medicare Updates 2019

Review and make changes to Medicare Prescription Drug (PDP) and Medicare Advantage plans. Learn about the upcoming changes to these plans and Medicare in general. By UCHealth Aspen Club Medicare Counselors.

10/22 M 10:00-11:30 AM No Fee 425408-01

Mind-Body Connection

Focus better by learning practical tools and techniques that use the mind to help change patterns of thought and behavior to healthier ones. By UCHealth.

Location: Foothills Activity Center

9/20-11/15 Th 3:00-5:00 PM $25 425442-01

Mindfulness Made Simple

Basic mindfulness tools that help reduce stress and anxiety increase concentration and manage difficult emotions are presented. Become more present and connected with life with this supportive group. All levels welcome. By Fort Collins psychotherapist, Brendan Comer.

9/22-10/13 Sa 10:00-11:30 AM $40 425447-01

Money & Chronic Disease

Avoiding chronic disease makes good financial sense. The personal cost of suffering pain, loss of physical abilities, and lower quality of life is high. Discuss the increasing financial burden of constant medical care. By Dr. Carroll.

10/16 Tu 6:30-8:30 PM No Fee 425418-01

Morning Meditation

Basic instruction followed by guided meditation and time for silent practice. Enjoy reflections on how to make and maintain space for mindfulness in everyday life. By CSU/ Larimer County Extension.

9/20 Th 9:00-9:45 AM No Fee 425411-01

10/18 Th 9:00-9:45 AM No Fee 425411-02

11/15 Th 9:00-9:45 AM No Fee 425411-03

Parkinson’s Support Group

The Parkinson’s Support Group of Larimer County (PSGLC) provides a variety of programming for those with Parkinson’s Disease and their partners. Each month, find education, support, and fellowship. For more information, visit psdupportic.net.

9/5 W 10:30 AM-12:30 PM No Fee

10/3 W 10:30 AM-12:30 PM No Fee

11/7 W 10:30 AM-12:30 PM No Fee

Powerful Tools for Caregivers

Discover the importance of self-care, support, community resources, family meetings, communication, dealing with difficult emotions, and making tough decisions. Decrease stress and increase overall health through evidence based strategies. By UCHealth Aspen Club.

10/2-11/6 Tu 5:30-7:00 PM No Fee 425401-01

QPR Training

High rates of suicide in Larimer County have impacted kids, grandkids, friends, and family members. QPR (Question, Persuade, and Refer) training teaches gatekeepers the warning signs of suicide, how to respond, and about beneficial local resources. By UCHealth Aspen Club.

11/9 F 10:00 AM-Noon No Fee 425404-01

Risk of Being Overweight

Obesity raises the risk of developing hypertension, Type 2 Diabetes, heart disease, osteoarthritis, sleep apnea, and a variety of cancers. Learn ways to attain and/or maintain an ideal body weight to live a healthier more productive life. By Dr. Carroll.

10/30 Tu 6:30-8:30 PM No Fee 425421-01

Self-Care Planning Workshop
Identify areas of life that need greater attention and develop an individualized self-care plan based on realistic goals and grounded in values and vision for optimal wellbeing. By CSU/Larimer County Extension.

11/15 Th 10:00-11:30 AM No Fee 425450-01

Tai Chi Chih, Beginner

The soft, gentle movements of Tai Chi Chih promote health in every part of the body to circulate and balance internal energy. The movements can be done by anyone, regardless of age or physical condition. Benefits include better balance, increased flexibility and strength, inner peace, improved health, and joy.

9/4-10/23 Tu 1:00-2:00 PM $80 425430-01

10/30-12/18 Tu 1:00-2:00 PM $80 425430-02

Tai Chi Chih, Repeat

Benefits include better balance, increased flexibility and strength, inner peace, improved health, and joy. All ability levels welcome. Prerequisite: Tai Chi Chih, Beginner.

9/4-10/23 Tu 1:00-2:00 PM $40 425424-01

10/30-12/18 Tu 1:00-2:00 PM $40 425424-02

Tai Chi Chih, Continuing

The soft, gentle movements of Tai Chi Chih bring health to the body, mind, and spirit through the circulation and balancing of internal energy. Prerequisite: Tai Chi Chih, Beginner. Note: Class will not be held on 11/21.

9/5-9/26 W 9:45-11:00 AM $20 425431-01

10/3-10/31 W 9:45-11:00 AM $20 425431-02

11/7-11/28 W 9:45-11:00 AM $20 425431-03

Sex after 50, 60, 70…

Unravel the myths about sexuality with aging. Whether together for 30 years or embarking on a new relationship, learn tools to keep the intimacy alive through a lifetime. By Weiler Counseling

10/17 W 11:00 AM-Noon $15 425448-01

Stroke Support Group

Stroke survivors and caregivers are united around others to create meaningful and fulfilling lives. Be a part of a group who listens and provides encouragement and information that challenges greater achievement. Note: Meets on the second and fourth Thursdays
of month.

9/13-11/8 Th 12:30-2:00 PM No Fee

Financial

Digital Estate Planning

An important part of estate planning is incorporating life happenings that exist digitally. Learn ways to electronically organize documents, photos, and digital assets that can be passed on to loved ones while taking steps to reduce stress on those that could be responsible for closing online accounts.

9/5 W 10:00-11:30 AM $15 407458-01

10/3 W 10:00-11:30 AM $15 407458-02

11/7 W 10:00-11:30 AM $15 407458-03

Do the Side Hustle

Learn all the right steps when considering a side job, whether it’s to join the gig economy, turn a hobby into extra cash, or open a home for visitors. Talk honestly about the opportunities and challenges of working a second job. Get resources to help make the experience a smooth move. By Public Service Credit Union.

Location: Foothills Activity Center

9/11 Tu 6:30-7:30 PM No Fee 425732-01

Upside of Downsizing

Learn how to “downsize” a closet, an attic, or a whole home. Tips and strategies to get started decluttering and organizing. Cover the what, how, and why of organizing and downsizing. By Home Smart Realty Group.

9/18 Tu 10:00-11:30 AM No Fee 425461-01

10/8 M 1:00-2:30 PM No Fee 425461-02

11/13 Tu 10:00-11:30AM No Fee 425461-03

Women & Money

Many women face unique challenges regarding their financial security. Longer life expectancy, career interruptions, employment earning gaps, and other issues mean that women of all ages need both information and action steps. Learn how to control of finances and develop an action plan. By Public Service Credit Union.

Location: Foothills Activity Center

10/24 W 6:30-7:30 PM No Fee 425733-01

Nutrition

21-Day Sugar Detox

Sugar is highly addictive and eating foods high in sugar and refined carbs can damage health, causing fatigue, weight gain, mood swings, aches, pains, and illness. Through this proven program, learn to tame the “sugar monster”. By Certified Health Coach. Note: Class will not be held on 9/11, 10/8.

8/28-9/18 Tu 5:00-6:00 PM $60 425455-01

9/24-10/15 M 10:00-11:00 AM $60 425455-02

Fasting...It Does a Body Good

Properly used fasting can aid in maintaining an ideal body weight and has been shown to improve brain function and lessen the effect of dementia. Address reasons to add fasting to a health routine and learn how to fast safely and effectively. By Dr. Carroll.

11/20 Tu 6:30-8:30 PM No Fee 425422-01

Food to Fight Cancer

Studies show that up to 40% of cancer risk may be diet related. To reduce cancer risk or aid in preventing a reoccurrence, explore how the right food choices can help. Nutritious recipe included. By Sapna Von Reich, Food for Life Educator.

9/13 Th 10:00-11:00 AM $5 425441-01

Healthy Parents, Healthy Kids

Feeding a family well is challenging. Most food supplies are full of sugar, refined flours, and chemicals, which negatively impact a family’s health, behavior, mood, and sleep. A diet high in sugar also impacts a child’s ability to learn and succeed in school. Learn how to reduce sugar and improve health. By a Holistic Nutritionist.

Location: Northside Aztlan Center

9/2-9/23 Su 2:00-3:00 PM $75 425412-01

Location: Senior Center

10/7-10/28 Su 2:00-3:00PM $75 425412-02

Nutrient Dense Foods for Older Adults

Learn how focusing on eating nutrient dense foods can have a positive effect on health. Review what foods are loaded with nutrients and how to support the aging body, mind, and digestive system with wise food choices. By UCHealth Aspen Club.

11/7 W 2:00-3:30 PM $5 425403-01

Paleo Fundamentals

A Paleo, or Ancestral, diet has been shown to positively
impact chronic diseases, increase energy, balance hormones,
shed weight, and improve sleep. Learn the fundamental tenets
of a Paleo diet, and how to make dietary changes to improve
health. By a Holistic Nutritionist.

Location: Northside Aztlan Center

10/9 Tu 6:00-7:00 PM $10 425454-02

Location: Senior Center

9/7 F 10:00-11:00 AM $10 425454-01

11/14 W 11:00 AM-Noon $10 425454-03

Wholesome Whole Grains, Gluten Free

Focus on bountiful whole grains that are naturally gluten free
and healthy. Nutritious recipe included. By Sapna Von Reich, Food for Life Educator.

10/2 Tu 2:00-3:00 PM $5 425443-01

Cooking ]

Curry in a Hurry

American efficiency meets authentic Indian curry. Learn to make three different styles of Indian curry, each taking less than 20 minutes. Menu: Red and black bean curry with spinach, butternut squash curry, and mixed vegetable coconut curry.

Age: 14 years & up

9/12 W 6:00-8:15 PM $36 407424-01

Ethiopian Made Easy

Learn to make a vegetarian Ethiopian meal that is health and easy to prepare. Cook with all the colors of the rainbow. Menu: Key sir alicha (beet stew), kik alicha (yellow split peas), swiss chard gomen, and sweet potato and chickpea wot.

Age: 14 years & up

9/25 Tu 6:00-8:15 PM $36 407427-01

Flatbread Flutter

Those who are gluten free don’t have to sacrifice any longer. Make tasty flatbreads from wholesome ingredients like lentils, sorghum, cauliflower, and quinoa.

Age: 14 years & up

10/24 W 6:00-8:15 PM $36 407428-01

Instant Pot Indian Meals

Instant pots and pressure cookers can transform basic ingredients into delicious and satisfying suppers in little time. Menu: Black eyed pea curry, spinach dal, basmati rice pulao, and carrot pudding.

Age: 14 years & up

10/11 Th 6:00-8:15 PM $36 407426-01

One-Pot Meals

Use a variety of ingredients to make wholesome and versatile meals quickly. Infuse meals with globally inspired flavors using a variety of herbs and spices. Menu: African peanut stew, mushroom stroganoff, and Malaysian curry.

Age: 14 years & up

11/6 Tu 6:00-8:30 PM $36 407429-02

Thai Cooking, 1st Course

Khao Soi is a curry noodle dish from the northern part of Thailand, often made with chicken served over egg noodles and garnished with a variety tastes, each strong and distinct, yet blended into one harmonious bowl. Menu: Khao soi (curry noodle northern-style), yam in coconut milk, and nam kra jeap (hibiscus drink).

9/11 Tu 6:00-8:30 PM $37 407433-01

Thai Cooking, 2nd Course

Cooking Thai food is simple with a little know-how. Learn cooking tips and tricks, as well as how to choose quality ingredients to make meals taste great. Menu: Green papaya salad, larb (mince pork with shallots, cilantro, mint, and fresh lime juice), sticky rice, and coconut sticky rice with mango.

10/2 Tu 6:00-8:30 PM $37 407434-01

Thai Cooking, 3rd Course

Hai Nan Chicken is a popular chicken The dish is comprised of steamed chicken served with Jasmine rice infused with fresh garlic, ginger, a tasty vegetable chicken soup, and a spicy dipping sauce.

11/6 Tu 6:00-8:30 PM $39 407435-01

One-on-One Nutritional Instruction

Private consultations and cooking classes for those interested in improving overall health. Customized instruction may include budget-friendly, healthy meal plans, as well as tips for efficient food preparation and productive grocery shopping. Instruction is provided by Sapna Von Reich, a certified health coach. For more information and to schedule a session, contact 970.221.6644.
1-hour session for 1 person $60
1-hour session for 2 people $80

Holistic Options

Essential Oils & Chakra

Learn how essential oils assist a person’s Chakra, where they are, and what they do.

9/5 W 6:00-7:00 PM No Fee 425451-01

Essential Oils & Pain Management

Learn techniques on how to use oils and what oils will assist pain.

Location: Senior Center

11/7 W 6:00-7:00 PM No Fee 425453-01

Healing Through Meditation & Spiritual Wisdom

Age gracefully by bringing strength to midlife joys and challenges through simple yoga breathing, visualization, positive affirmation, and meditation. These techniques help with stress, fatigue, lack of sleep, high blood pressure, and emotional distress. By Swamiji Dharmananda. Note: Class will not be held on 11/23.

9/7-9/28 F 10:00-11:30 AM $40 425413-01

10/5-10/26 F 10:00-11:30 AM $40 425413-02

11/2-11/30 F 10:00-11:30 AM $40 425413-03

Mindful Meditation

Mindfulness is a meditation-based tool which, when nurtured consistently, offers positive and constructive options for responding to life. During challenging times and peaceful times, a well-trained mind is a powerful tool to have available. Practice group meditation with insightful discussion. By Mindful Fort Collins. Note: Class will not be held on 10/18, 1/22.

Location: Northside Aztlan Center

9/6-11/29 Th 6:30-7:30 PM No Fee 425565-01

Science of Essential Oils

Learn fun facts about essential oils and how science plays a roll.

10/3 W 6:00-7:00 PM No Fee 425452-01

Ice Skating

Learn to Skate USA

Anyone enrolled in the Learn to Skate program at EPIC is eligible to sign up for membership in the United States Figure Skating (USFS) program. This is an optional registration offered for an additional fee giving the participant access to membership privileges in USFS. This membership with USFS is not required to participate in the Learn to Skate program at EPIC. Additional information is available at learntoskateusa.com and during all Learn to Skate classes.

General Information

Lessons are taught by Certified P.S.A. instructors and follow the United States Figure Skating Association.

Parents may observe lessons from the upstairs bleachers; it is distracting for skaters and coaches to have parents at the gate and creates an obstruction for skaters that are entering or exiting the ice.

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

Our class student to instructor ratio is 1 instructor for every 10 students. Any Snowplow Sam, Basic 1, or Basic 2 classes greater than 10 students include an additional assistant. Minimum for all classes is 5 students; class levels may be combined to meet this minimum.

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

Instructors have time in between classes to talk to parents and address their concerns. Be aware that some levels need to be repeated to master all the skills.

The first day of each lesson is generally termed as Level Evaluation Day. At this time, instructors evaluate all participants in their assigned classes to make certain they have been correctly enrolled; if there is a problem, the instructor will discuss the best course of action with the parent. Students are moved if there is space available in the appropriate level of class.

There are no make-up lessons for missed skating classes.

If the class you wish to register for is filled, you may place your name on a paid waiting list. We attempt to accommodate the demand for skating lessons by adding new classes, however they may not be at the same time/day as the waiting list class. Classes that do not meet the minimum may be canceled or combined.

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

Proper clothing may include:

Helmet (also available at EPIC; 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. Note: Skate rentals are an additional $3.

Location: Edora Pool Ice Center

Age: 2-17 years

Ongoing M-Su Various Times $4

Age: 18-59 years

Ongoing M-Su Various Times $5

Age: 60 years & up

Ongoing M-Su Various Times $4.50

Freestyle

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

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

Conditioning for Skaters

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

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.

Figure Skating Lessons for Boy & Girl Scouts

Earn a skating Merit Badge. A learn to skate lesson can be arranged for troops during a public skate session at a discounted rate. Minimum of 4 skaters. Flexible number of weeks available. To make arrangements, contact 970.416.2770.

Skate Sharpening Services

EPIC offers skate sharpening services for figure and hockey skates (Blackstone Flat Bottom V or standard hollow). Drop-off and walk-in service available (check with front desk for schedule).

Team & Club Contacts

Adult Hockey

Fort Collins Adult
Hockey Association
fcaha.org

Youth Hockey

Northern Colorado Youth Hockey
ncyh.org

Figure Skating Club

Fort Collins Figure Skating Club
fortcollinsfsc.org

Women’s Hockey

Flames/Phoenix/Comets
wachhockey.com

College Hockey

Colorado State University
csuhockey.com

High School Hockey

High Plains Hockey
highplainshockey.com

Speed Skating

Jondon Speed
Jondonspeed.com

Curling

Poudre Valley Curling Club
Poudrevalleycurling.com

Curling

Curling Bonspiel

Get out the cowbells, it’s bonspiel time. Register as a team of four or as an individual. Four games guaranteed.

Age: 8 years & up

Location: Edora Pool Ice Center

Team of 4

9/7-9/9 F-Su TBA $381 310378-01

Individual

9/7-9/9 F-Su TBA $96 310378-02

Curling League

Designed for those wanting to experience competitive curling. Each curling team consists of four curlers. Sign-up individually and add team names to the roster note. Note: League will not be held on 11/25.

Age: 8 years & up

Location: Edora Pool Ice Center

9/16-10/28 Su 9:15-10:45 AM $77 410376-01

11/4-12/16 Su 9:15-10:45 AM $66 410376-02

Hockey

Hockey Skate, Basic 1

Designed for skaters who have never skated before. See Basic 1 Skate for more information about skills learned. Note: Hockey equipment not required. Class will not be held on 11/24.

Age: 5-9 years

Location: Edora Pool Ice Center

9/8-10/20 Sa 11:15-11:45 AM $64 410308-01

10/27-12/15 Sa 11:15-11:45 AM $64 410308-02

Hockey Skate, Basic 2

See Basic 2 Skate for more information about skills learned. Prerequisite: Successful completion of Basic 1 or be between the ages of 10-15 years and never skated before. Note: Hockey equipment not required. Class will not be held on 11/24.

Age: 5-15 years

Location: Edora Pool Ice Center

9/8-10/20 Sa 10:30-11:00 AM $64 410312-01

10/27-12/15 Sa 10:30-11:00 AM $64 410312-02

Cub Hockey, Beginner

Practice is held on Tuesdays; focus is on basic hockey and skating skills. Recreational games are held on Thursdays. Rental skates included; sticks available at equipment check-out for $12. Prerequisite: Tot 1 or Basic 1. Note: Equipment handout is 9/6 from 4–6 p.m.; equipment can be checked out with a $150 check deposit. Equipment check-in is immediately following the last game of
the session.

Age: 4-8 years

Location: Edora Pool Ice Center

9/11-11/15 Tu, Th 4:15-5:00 PM $241 410372-01

Power Skating, Drop-In

Hockey skaters develop power, agility, and endurance. Program developed by two-time Olympic speed skater, Jondon Trevena. Note: Full hockey gear required.

Age: 9-17 years

Location: Edora Pool Ice Center

8/22-11/28 W 4:00-4:45 PM $15

Drop-In Hockey

Open practice session to sharpen skating and shooting skills. Full equipment required. 10 or 20 Admission Passes available. Sign up at the front desk beginning at 6 a.m. Payment must be made when signing up unless a hockey punch pass is on file for phone-ins. Limited to 30 players. Note: Session will not be held on 11/22.

Age: 16 years & up

Location: Edora Pool Ice Center

8/20-11/29 M-F 11:15 AM-12:45 PM $5

8/23-11/29 Th 1:00-2:30 PM $5

Stick & Puck Drop-In

Open session. Hockey specific helmet, gloves, stick, and shin guards required. Full equipment recommended for younger skaters. No scrimmaging allowed. Rules are posted in each arena. Note: Session will not be held on 10/28.

Age: All

Location: Edora Pool Ice Center

8/25-11/25 Sa, Su 2:30-3:30 PM $5

Speed Skating

Speed Skating

Designed to enhance skating speed techniques for all types
of skating. Gain knowledge of edges, pushes, balance, and
pressure. Wear warm-up pants, long sleeved shirt, and speed
skates (intermediate and advanced). Program developed by two-time Olympic speed skater, Jondon Trevena. Previous
skating experience required.

Age: 7 years & up

Location: Edora Pool Ice Center

Beginner

8/22-11/28 W 5:00-5:30 PM $8

Intermediate

8/22-11/28 W 5:00-6:00 PM $15

Adult Ice Skating

Adult Skate, Beginning & Intermediate

Designed for those with little or no previous experience on the ice. See descriptions for Youth Ice Skating, Basic 1–4, for skills taught. Note: Helmets are strongly recommended for beginners.

Age: 16 years & up

Location: Edora Pool Ice Center

8/30-9/20 Th 6:15-6:45 PM $39 410349-01

9/27-10/18 Th 6:15-6:45 PM $39 410349-02

10/25-11/15 Th 6:15-6:45 PM $39 410349-03

11/29-12/20 Th 6:15-6:45 PM $39 410349-04

Adult Skate, Advanced

Designed for experienced skaters wishing to learn new skills. See descriptions for Youth Ice Skating, Basic 5–6, for skills taught.

Age: 16 years & up

Location: Edora Pool Ice Center

8/30-9/20 Th 6:45-7:15 PM $39 410353-01

9/27-10/18 Th 6:45-7:15 PM $39 410353-02

10/25-11/15 Th 6:45-7:15 PM $39 410353-03

11/29-12/20 Th 6:45-7:15 PM $39 410353-04

Fitness Skate

Intermediate to advanced skaters benefit from this aerobic exercise. 10 or 20 Admission Passes available. Note: Session will not be held on 8/24, 9/7, 9/28, 10/26, 11/22, 11/30. Note: Adults ages 85 years & up are eligible for the Platinum Pass. Ask the front desk for details.

Age: 16 years & up

Location: Edora Pool Ice Center

8/20-11/29 M-F 11:15 AM-1:00 PM $6

Senior Coffee Club

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

Age: 60 years & up

Location: Edora Pool Ice Center

8/22-11/28 W 9:15-10:45 AM

Youth Ice Skating

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, to march forward, forward marching with two-foot glide, and introduction
to backward wiggles and rocking horse. Note: Class will not be held on 11/24.

Age: 4-5 years

Location: Edora Pool Ice Center

8/28-9/20 Tu,Th 4:45-5:15 PM $73 410302-01

8/28-9/20 Tu,Th 9:30-10:00 AM $73 410302-02

9/8-10/20 Sa 10:30-11:00 AM $64 410302-03

9/25-10/18 Tu,Th 4:45-5:15 PM $73 410302-04

9/25-10/18 Tu,Th 9:30-10:00 AM $73 410302-05

10/23-11/15 Tu,Th 4:45-5:15 PM $73 410302-06

10/23-11/15 Tu,Th 9:30-10:00 AM $73 410302-07

10/27-12/15 Sa 10:30-11:00 AM $64 410302-08

11/27-12/20 Tu,Th 4:45-5:15 PM $73 410302-09

11/27-12/20 Tu,Th 9:30-10:00 AM $73 410302-10

Snowplow Sam 3 & 4

Learn to march forward across ice, forward one-foot glide, two-foot turns, rocking horse, forward swizzles, snowplow stop, two-foot hop, and backward wiggles. Prerequisite: Successful completion of Snowplow Sam 1 & 2. Note: Class will not be held on 11/24.

Age: 4-5 years

Location: Edora Pool Ice Center

8/28-9/20 Tu,Th 4:45-5:15 PM $73 410304-01

8/28-9/20 Tu,Th 9:30-10:00 AM $73 410304-02

9/8-10/20 Sa 10:30-11:00 AM $64 410304-03

9/25-10/18 Tu,Th 4:45-5:15 PM $73 410304-04

9/25-10/18 Tu,Th 9:30-10:00 AM $73 410304-05

10/23-11/15 Tu,Th 4:45-5:15 PM $73 410304-06

10/23-11/15 Tu,Th 9:30-10:00 AM $73 410304-07

10/27-12/15 Sa 10:30-11:00 AM $64 410304-08

11/27-12/20 Tu,Th 4:45-5:15 PM $73 410304-09

11/27-12/20 Tu,Th 9:30-10:00 AM $73 410304-10

Basic 1 Skate

For skaters who have never skated before. Learn to sit and stand up, to march forward, two-foot glide, glide with dip, forward two-foot swizzles, two-foot snowplow stop, two-foot hop, wiggles, and intro to forward one-foot glide. Note: Class will not be held on 11/24.

Age: 5-9 years

Location: Edora Pool Ice Center

8/28-9/20 Tu,Th 4:45-5:15 PM $73 410306-01

8/28-9/20 Tu,Th 10:00-10:30 AM $73 410306-02

9/8-10/20 Sa 10:30-11:00 AM $64 410306-03

9/10-10/22 M 4:00-4:30 PM $64 410306-04

9/10-10/22 M 4:30-5:00 PM $64 410306-05

9/25-10/18 Tu,Th 4:45-5:15 PM $73 410306-06

9/25-10/18 Tu,Th 10:00-10:30 AM $73 410306-07

10/23-11/15 Tu,Th 4:45-5:15 PM $73 410306-08

10/23-11/15 Tu,Th 10:00-10:30 AM $73 410306-09

10/27-12/15 Sa 10:30-11:00 AM $64 410306-10

10/29-12/10 M 4:00-4:30 PM $64 410306-11

10/29-12/10 M 4:30-5:00 PM $64 410306-12

11/27-12/20 Tu,Th 4:45-5:15 PM $73 410306-13

11/27-12/20 Tu,Th 10:00-10:30 AM $73 410306-14

Basic 2 Skate

Learn forward glides, backward two-foot swizzles, two-foot glide, to turn, snowplow stop, and scooter pushes. Prerequisite: Successful completion of Basic 1 or be between the ages 10-15 years and never skated. Note: Class will not be held on 11/24.

Age: 5-15 years

Location: Edora Pool Ice Center

8/28-9/20 Tu,Th 4:45-5:15 PM $73 410310-01

8/28-9/20 Tu,Th 10:00-10:30 AM $73 410310-02

9/8-10/20 Sa 10:30-11:00 AM $64 410310-03

9/10-10/22 M 4:00-4:30 PM $64 410310-04

9/10-10/22 M 4:30-5:00 PM $64 410310-05

9/25-10/18 Tu,Th 4:45-5:15 PM $73 410310-06

9/25-10/18 Tu,Th 10:00-10:30 AM $73 410310-07

10/23-11/15 Tu,Th 4:45-5:15 PM $73 410310-08

10/23-11/15 Tu,Th 10:00-10:30 AM $73 410310-09

10/27-12/15 Sa 10:30-11:00 AM $64 410310-10

10/29-12/10 M 4:00-4:30 PM $64 410310-11

10/29-12/10 M 4:30-5:00 PM $64 410310-12

11/27-12/20 Tu,Th 4:45-5:15 PM $73 410310-13

11/27-12/20 Tu,Th 10:00-10:30 AM $73 410310-14

Basic 3 Skate

Learn stroking, forward pumping, forward slalom, two-foot turn, gliding backward on one foot, and backward snowplow stop. Prerequisite: Successful completion of Basic 2. Note: Class will not
be held on 11/24.

Age: 5-15 years

Location: Edora Pool Ice Center

8/28-9/20 Tu,Th 4:45-5:15 PM $73 410314-01

8/28-9/20 Tu,Th 10:30-11:00 AM $73 410314-02

9/8-10/20 Sa 11:15-11:45 AM $64 410314-03

9/25-10/18 Tu,Th 4:45-5:15 PM $73 410314-04

9/25-10/18 Tu,Th 10:30-11:00 AM $73 410314-05

10/23-11/15 Tu,Th 4:45-5:15 PM $73 410314-06

10/23-11/15 Tu,Th 10:30-11:00 AM $73 410314-07

10/27-12/15 Sa 11:15-11:45 AM $64 410314-08

11/27-12/20 Tu,Th 4:45-5:15 PM $73 410314-09

11/27-12/20 Tu,Th 10:30-11:00 AM $73 410314-10

Basic 4 Skate

Learn stroking with power, backward one-foot glide, forward inside and outside edge on a circle, forward crossovers, backward pumps, and two-foot spin. Prerequisite: Successful completion of Basic 3. Note: Class will not be held on 11/24.

Age: 5-15 years

Location: Edora Pool Ice Center

8/28-9/20 Tu,Th 4:45-5:15 PM $73 410316-01

8/28-9/20 Tu,Th 10:30-11:00 AM $73 410316-02

9/8-10/20 Sa 10:30-11:00 AM $64 410316-03

9/25-10/18 Tu,Th 4:45-5:15 PM $73 410316-04

9/25-10/18 Tu,Th 10:30-11:00 AM $73 410316-05

10/23-11/15 Tu,Th 4:45-5:15 PM $73 410316-06

10/23-11/15 Tu,Th 10:30-11:00 AM $73 410316-07

10/27-12/15 Sa 10:30-11:00 AM $64 410316-08

11/27-12/20 Tu,Th 4:45-5:15 PM $73 410316-09

11/27-12/20 Tu,Th 10:30-11:00 AM $73 410316-10

Basic 5 Skate

Learn to control back outside and inside edge on a circle, backward crossovers, two-foot spin, hockey stop, side toe hop, and forward outside three turns. Prerequisite: Successful completion of Basic 4. Note: Class will not be held on 11/24.

Age: 5-15 years

Location: Edora Pool Ice Center

8/28-9/20 Tu,Th 5:30-6:00 PM $73 410318-01

9/8-10/20 Sa 11:15-11:45 AM $64 410318-02

9/25-10/18 Tu,Th 5:30-6:00 PM $73 410318-03

10/23-11/15 Tu,Th 5:30-6:00 PM $73 410318-04

10/27-12/15 Sa 11:15-11:45 AM $64 410318-05

11/27-12/20 Tu,Th 5:30-6:00 PM $73 410318-06

Basic 6 Skate

Learn backward crossovers, forward inside three-turn, backward to forward two-foot turn, T-stop, bunny hop, forward straight-line spiral, and begin one-foot spin. Prerequisite: Successful completion of Basic 5. Note: Class will not be held on 11/24.

Age: 5-15 years

Location: Edora Pool Ice Center

8/28-9/20 Tu,Th 5:30-6:00 PM $73 410322-01

9/8-10/20 Sa 11:15-11:45 AM $64 410322-02

9/25-10/18 Tu,Th 5:30-6:00 PM $73 410322-03

10/23-11/15 Tu,Th 5:30-6:00 PM $73 410322-04

10/27-12/15 Sa 11:15-11:45 AM $64 410322-05

11/27-12/20 Tu,Th 5:30-6:00 PM $73 410322-06

Pre-Free Skate

Learn forward inside open and closed mohawk, ballet jump, backward crossovers to backward outside edge, one-foot spin,
stand still waltz jump, mazurka, combination move, and forward
and backward inside pivot. Prerequisite: Successful completion
of Basic 6. Note: Class will not be held on 11/24.

Age: 5-15 years

Location: Edora Pool Ice Center

8/28-9/20 Tu,Th 5:15-6:00 PM $115 410326-01

9/8-10/20 Sa 9:30-10:15 AM $101 410326-02

9/25-10/18 Tu,Th 5:15-6:00 PM $115 410326-03

10/23-11/15 Tu,Th 5:15-6:00 PM $115 410326-04

10/27-12/15 Sa 9:30-10:15 AM $101 410326-05

11/27-12/20 Tu,Th 5:15-6:00 PM $115 410326-06

Field Moves

Learn pre-preliminary and preliminary moves in the field. Learn stroking, crossovers, forward and backward outside and inside consecutive edges, waltz eight, straight line spiral, figure eight crossovers, right and left three turns, consecutive spirals, and alternating three turns.

Age: 5-15 years

Location: Edora Pool Ice Center

8/28-9/18 Tu 6:15-6:45 PM $39 410330-01

9/25-10/16 Tu 6:15-6:45 PM $39 410330-02

10/23-11/13 Tu 6:15-6:45 PM $39 410330-03

11/27-12/18 Tu 6:15-6:45 PM $39 410330-04

Free Skate 1 & 2

Focus on forward power stroking, basic forward outside and inside consecutive edges, backward outside three-turns, upright spin, half flip, toe loop, alternating forward outside and inside spirals on a continuous axis, beginning back spin, half lutz, and salchow. For a full description of skills, see the Learn-to-Skate bulletin board at EPIC. Prerequisite: Successful completion of Pre-Free Skate. Note: Class will not be held on 11/24.

Age: 5-15 years

Location: Edora Pool Ice Center

8/28-9/20 Tu,Th 5:15-6:00 PM $115 410332-01

9/8-10/20 Sa 9:30-10:15 AM $101 410332-02

9/25-10/18 Tu,Th 5:15-6:00 PM $115 410332-03

10/23-11/15 Tu,Th 5:15-6:00 PM $115 410332-04

10/27-12/15 Sa 9:30-10:15 AM $101 410332-05

11/27-12/20 Tu,Th 5:15-6:00 PM $115 410332-06

Free Skate 3 & 4

Focus on backward outside three-turn mohawk, five-step mohawk sequence, camel spin, waltz jump-loop jump combination, lutz combination, forward power pulls, creative step sequence, camel-sit spin combination, layback or attitude spin, waltz jump-half loop-salchow jump sequence, and axel. For a detailed description of skills, see the Learn-to-Skate bulletin board at EPIC. Note: Class will not be held on 11/24.

Age: 5-15 years

Location: Edora Pool Ice Center

8/28-9/20 Tu,Th 5:15-6:00 PM $115 410334-01

9/8-10/20 Sa 9:30-10:15 AM $101 410334-02

9/25-10/18 Tu,Th 5:15-6:00 PM $115 410334-03

10/23-11/15 Tu,Th 5:15-6:00 PM $115 410334-04

10/27-12/15 Sa 9:30-10:15 AM $101 410334-05

11/27-12/20 Tu,Th 5:15-6:00 PM $115 410334-06

Free Skate 5 & 6

Focus on backward outside three-turn mohawk, five-step mohawk sequence, camel spin, waltz jump-loop jump combination, forward power pull, creative step sequence, camel-sit spin combination, layback or attitude spin, waltz jump-half loop-salchow jump sequence, and axel. For a detailed description of skills, see the Learn-to-Skate bulletin board. Note: Class will not be held on 11/24.

Age: 5-15 years

Location: Edora Pool Ice Center

8/28-9/20 Tu,Th 5:15-6:00 PM $115 410336-01

9/8-10/20 Sa 9:30-10:15 AM $101 410336-02

9/25-10/18 Tu,Th 5:15-6:00 PM $115 410336-03

10/23-11/15 Tu,Th 5:15-6:00 PM $115 410336-04

10/27-12/15 Sa 9:30-10:15 AM $101 410336-05

11/27-12/20 Tu,Th 5:15-6:00 PM $115 410336-06

Outdoor Education & Recreation

Programs that offer special pricing for members are denoted throughout the Recreator with . For more information,
see page 107.

For First Aid and CPR classes, see page 47.

Adult Programs

Outdoor Education ]

Backyard Birding

Learn to Identify common birds and study their behaviors, food and habitat. A classroom introduction will be followed up with a field component to see birds in their natural habitat.

Age: 18 years & up

Location: Senior Center

9/5 W 9:00 AM-Noon $38 407412-01

9/12 W 9:00 AM-Noon $38 407412-02

Backcountry Cooking

Plan a menu of lightweight meals and calorie dense snacks for an upcoming backpacking trip. Ideas include breakfast, lunch, and dinner options, as well as vegetarian meals. Learn and practice strategies to keep a clean and safe camp.

Age: 16 years & up

Location: Senior Center

9/19 W 6:30-8:00 PM $12 407405-01

9/27 Th 6:30-8:00 PM $12 407405-02

Bees & Beekeeping

Honeybees are important to US food production. Learn about honey bees and their behavior. See a demonstration of beekeeping equipment and learn more about backyard beekeeping.

Age: 18 years & up

Location: Senior Center

9/13 Th 5:00-6:00 PM $10 407406-01

10/11 Th 5:00-6:00 PM $10 407406-02

Growing Up Colorado

Discuss books, resources, and ideas to develop and enhance an outdoor family lifestyle. Learn hands-on methods to embrace and absorb nature as a daily supplement. Meet local, nature-minded parents of elementary-aged students while creating a “Growing up Wild in Colorado” mission statement for the whole family.

Age: 18 years & up

Location: Senior Center

9/18-9/25 Tu 6:30-8:00 PM $25 407411-01

10/11-10/18 Th 6:30-8:00 PM $25 407411-02

History of Sylvan Dale Ranch

Sylvan Dale Ranch west of Loveland is one of Colorado’s oldest guest ranches. Learn about the history of Sylvan Dale from Native Americans to settlers to cowboys, plus famous visitors like Isabella Bird. Note: For information about taking a trip to Sylvan Dale Ranch, see Sylvan Dale Ranch, Loveland on page 110.

Age: 18 years & up

Location: Senior Center

9/7 F 10:00-11:00 AM $8 407407-01

More Backyard Birding

Take birding skills further in a four-week workshop series that goes from the backyard to other Fort Collins habitats. Learn about biology, ecology, and conservation while learning to identify songbirds, migratory and resident birds, water fowl, shore birds, and raptors.

Age: 18 years & up

Location: Senior Center

9/19-10/3 W 9:00 AM-Noon $54 407413-01

Nature Photography 101

Through interactive practice, learn about camera equipment, exposure, composition, and lighting as it pertains to subjects in nature. Bring an SLR camera.

Age: 18 years & up

Location: Senior Center

9/30 Su 2:30-6:30 PM $45 407414-01

10/18 Th 2:30-6:30 PM $45 407414-02

10/28 Su 2:00-6:00 PM $45 407414-03

B.O.O.T.S. ]

Building on Outdoor Trail Stewardship, BOOTS, 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. For more information, including a schedule of upcoming events, visit fcgov.com/outdoorrecreation.

Registration for the Quarterly Kickoff Meeting enrolls participants in club membership and all ongoing club activities throughout the quarter. Registration is open throughout the quarter.

Quarterly Kickoff Meeting

Meet club members and club coordinators. Learn about the details of the upcoming activities including destinations, projects, and continuing education opportunities. Note: Registration for the kickoff meeting is necessary for participation in club activities. Attendance at the meeting is highly encouraged, but not necessary for participation in club activities.

8/27 M 5:00 PM-6:00 PM $10 411930-01

Hiking Club

Join fellow outdoor-enthusiasts for weekly hikes along the front range led by a knowledgeable instructor. Enjoy an active morning filled with fun conversation and a chance to see local flora and fauna. Club benefits include access to hiking gear, trip coordination, carpooling options, social events, and exclusive continuing education opportunities. Hikes are no more than two hours long and depart from designated trailheads.

Stewardship Club

Assist with outdoor volunteer projects around Larimer County to help maintain trails, clean up litter in parks, or pitch in wherever the environment needs help. In addition to giving back to nature, club members benefit from social events, behind the scenes tours, and continuing education opportunities.

Hiking ]

Designed for adults ages 50 years & up who enjoy a good physical outing, as well as a range of individual paces. Ages 18 years & up are also welcome. Trips depart from the Senior Center unless otherwise noted. Prerequisite: In good health and capable of moderate physical activity. Standard walking rate recommendation is two miles per hour at Fort Collins altitude (5000 ft.).

Ratings are subjective and offered as a general guide taking into consideration the length, terrain, and elevation gain. Bring own equipment, water, and food. Cost includes transportation and guide. No formal instruction, but trips are led by experienced guides with wilderness first aid training. Vans are equipped with portable AEDs and guides carry SPT GPS positioning in case of emergency.

Some trips are in the backcountry of the Poudre Canyon without available visitor centers. Trips made to Rocky Mountain National Park (RMNP) require a Parks Pass, Golden Age Pass, or $20 entry fee.

Destination of outings may change due to weather, trail conditions, or other factors at the discretion of the program coordinator.

Leisure Hikes ]

Easy to moderate hikes for individuals looking to build endurance while enjoying the social aspect of group hikes. Whether increasing hiking endurance or looking to enjoy the scenery and activity, get outside for hikes that allow a more relaxed hiking experience.

Homestead Meadows

Explore beautiful open space area rich in history. Rating: easy; mileage: 4-5; lowest elevation: 8300 ft.; highest elevation: 8600 ft.

9/14 F 8:00 AM-3:00 PM $31 411903-01

Lady Moon

Meander through meadows with mountain views. Involves a short, gentle hike through ponderosa pine with granite outcrops and numerous aspens. Rating: easy; mileage: 3-5; lowest elevation:
8100 ft.; highest elevation: 8290 ft.

9/18 Tu 8:00 AM-3:00 PM $31 411903-02

Flat Irons Vista Trail

Considered a classic Colorado hike with views of the Flatirons. Wind through ponderosa pines and meadows. Rating: easy; mileage: 3-5; lowest elevation: 5900 ft.; highest elevation: 6200 ft.

9/25 Tu 8:00 AM-3:00 PM $31 411903-03

CSU Mountain Campus

A starting point for many outstanding hikes that lead to Rocky Mountain National Park. Walk around the secluded mountain valley with opportunities to hear and see wildlife. Rating: easy; mileage: 3-5; lowest elevation: 9000 ft.; highest elevation: 9200 ft.

10/3 W 8:00 AM-3:00 PM $31 411903-04

Bear Lake

Begin with a loop around a high-altitude lake and continue to other neighboring lakes with many views of mountains along the way. Rating: easy; mileage: 3-5; lowest elevation: 9500 ft.; highest elevation: 10168 ft.

10/12 F 8:00 AM-3:00 PM $31 411903-05

Michigan Ditch

Follow a ditch that has provided water to farmers since the late 1880s. In addition to water, the trail provides awesome views of Nokhu Crags and Diamond Peaks. Rating: easy; mileage: 3-5; lowest elevation: 10263 ft.; highest elevation: 10383 ft.

10/17 W 8:00 AM-3:00 PM $31 411903-06

Corral Creek Trail

This short trail offers access to the southern end of the Comanche Peak Wilderness with great views of the Poudre River. Note: Rating: easy; mileage: 3-5 miles; lowest elevation: 9684 ft.; highest elevation: 10029 ft.

10/24 W 8:00 AM-3:00 PM $31 411903-07

Granite Ridge

Follow an old logging road through lodgepole and ponderosa pine with views of the South Lone Pine Drainage. Rating: moderate; mileage: 5-7; lowest elevation: 8550 ft.; highest elevation: 8630 ft.

11/2 F 8:00 AM-3:00 PM $31 411903-08

Ceran Saint Vrain Trail

Follow the South Saint Vrain Creek with option to Miller Rock for a scenic highpoint that offers 360-degree views. Rating: easy; mileage: 3-5; lowest elevation: 8000 ft.; highest elevation: 8300 ft.

11/7 W 8:00 AM-3:00 PM $31 411903-09

Hewlett Gulch

Explore lower Poudre Canyon: see foundations of remaining homesteads, a narrow canyon with stream crossings, and a meadow. Rating: easy; mileage: 3-5; lowest elevation: 5680 ft.; highest elevation: 6100 ft.

11/16 F 8:00 AM-3:00 PM $31 411903-10

Bluebird Loop

In the shadow of the Continental Divide, Caribou Ranch Open Space offers a variety of landscapes to explore including forests, meadows, wetlands, and an historical mining complex. Rating: easy; mileage: 3-4; lowest elevation: 8600 ft.; highest elevation: 8800 ft.

11/20 Tu 8:00 AM-3:00 PM $31 411903-11

Lower Gem Lake

Located in a high rocky saddle of Lumpy Ridge. Provides terrific panoramic views and unusual granite landscape. Rating: easy; mileage: 3-4; lowest elevation: 7870 ft.; highest elevation: 8860ft.

11/27 Tu 8:00 AM-3:00 PM $31 411903-12

Adventure Hikes ]

Get out on the trail to see how far, how fast, and how hard to go. Get a great aerobic workout with friends in the great outdoors.

Bitterbrush/Nelson Loop

Hall Ranch is compelling for its colorful mesas, spacious meadows and rich wildlife. Rating: moderate; mileage: 8-10 miles; lowest elevation: 5,521 ft.; highest elevation: 6,703 ft.

9/6 Th 8:00 AM-4:30 PM $31 411901-01

Stormy Peaks

Follow a moraine to spectacular views of Pingree Park and the Mummy Range. Rating: moderate; mileage: 6-8 miles; lowest elevation: 9040 ft.; highest elevation: 10400 ft.

9/12 W 8:00 AM-4:30 PM $31 411901-02

West Branch Trail

Enter the Rawah Wilderness on a beautiful trail that follows the West Branch of the Laramie River. Rating: moderate; mileage: 5-7 miles; lowest elevation: 8560 ft.; highest elevation: 11130 ft.

9/21 F 8:00 AM-4:30 PM $31 411901-03

Lumpy Ridge Loop

Circle a massive 1.8-billion-year-old granite rock outcropping and view mountains along the Continental Divide. Rating: strenuous; mileage: 9-11 miles; lowest elevation: 7870 ft.; highest elevation:
9127 ft.

9/27 Th 8:00 AM-4:00 PM $31 411901-04

Lake Isabelle

Take a journey to the heart of the Indian Peaks Wilderness to a stunning alpine valley that lies at tree line. Rating: moderate; mileage: 4-6 miles; lowest elevation: 10520 ft.; highest elevation: 10920 ft.

10/2 Tu 8:00 AM-4:30 PM $31 411901-05

Roaring Creek

Venture through meadows and stands of large ponderosa pine and Douglas fir with panoramic views of the Poudre Canyon. Rating: moderate; mileage: 8-10 miles; lowest elevation: 7750 ft.; highest elevation: 9880 ft.

10/10 W 8:00 AM-4:30 PM $31 411901-06

Ypsilon Lake

Journey along heavily forested trail in the Mummy Range of Rocky Mountain National Park. Enjoy views of rugged mountains, a waterfall, and roaring river. Rating: strenuous; mileage: 8-10 miles; lowest elevation: 8540 ft.; highest elevation: 10760 ft.

10/19 F 8:00 AM-4:30 PM $31 411901-07

Red Mountain to Soapstone

Travel from Red Mountain to Soapstone Prairie with views of rolling prairie. Red rock cliffs and interesting geology. Rating: moderate; mileage: 8-10 miles; lowest elevation: 6300 ft.; highest elevation: 7200 ft.

10/23 Tu 8:00 AM-4:30 PM $31 411901-08

Sleepy Lion Trail

Pass through a series of meadows with dramatic views of Longs Peak and Mt. Meeker. Rating: moderate; mileage: 4-6 miles; lowest elevation: 6020 ft.; highest elevation: 6225 ft.

10/30 Tu 8:00 AM-4:30 PM $31 411901-09

Eldorado Canyon Park

View lichen covered canyon walls and ruins, and travel to the Continental Divide Overlook. Rating: moderate; mileage: 8-10 miles; lowest elevation: 6000 ft.; highest elevation: 7400 ft.

11/9 F 8:00 AM-4:30 PM $31 411901-10

Blue Lake & Little Blue Lake

Enter the Indian Peaks Wilderness through a wooded trail. Encounter two major lakes with views of a cone shaped pinnacle and the Continental Divide. Rating: moderate; mileage: 5-7 miles; lowest elevation: 10500 ft.; highest elevation: 11300 ft.

11/14 W 8:00 AM-4:30 PM $31 411901-11

Wild Basin

Follow streams to scenic attractions with views of Mt. Meeker and Longs Peak. Rating: moderate; mileage: 5-7 miles; lowest elevation: 8556 ft.; highest elevation: 9600ft.

11/30 F 8:00 AM-4:30 PM $31 411901-12

Youth Programs

Wilderness Explorer

Explore the wilderness and learn additional skills needed to be on the trail each day. Hike up to five miles at an elevation of 5600 ft. to 6500 ft. Note: No experience necessary.

Age: 10-15 years

Location: Northside Aztlan Center

Navigation & Shelter

9/22 Sa 8:30 AM-2:30 PM $35 415531-01

Water & Fire

9/29 Sa 8:30 AM-2:30 PM $35 415531-02

Survival in the Woods

Sharpen and challenge outdoor skills gained in the wilderness through this scenario topic. Hike up to six miles at an elevation of 5600 ft.–10500 ft.

Age: 10-15 years

Location: Northside Aztlan Center

10/6 Sa 8:30 AM-2:30 PM $35 415540-01

Archery

A skillful sport requiring balance, poise, accuracy, vision, timing, and action. Through this indoor class, learn basic techniques and how to be safe. Equipment provided. Check in by 4:15 p.m.

Age: 8-16 years

Location: Rocky Mountain Archery, 4518 Innovation Dr.

10/11-10/18 Th 4:30-5:30 PM $30 415941-01

11/8-11/15 Th 4:30-5:30 PM $30 415941-02

Family Programs

Family Hiking

Hiking with family isn’t always a walk in the park. Learn about skills and techniques to make hiking fun for the whole group. Learn about kid-friendly places to hike and play outdoors.

Age: All

Location: Senior Center

10/2 Tu 6:00-7:30 PM $15 407403-01

Fireside Chats

Enjoy a summer evening on the patio overlooking Rolland Moore Park. Learn about nocturnal wildlife while enjoying old-fashioned s’mores and the crackling of a campfire.

Age: All

Location: Senior Center

9/6 Th 6:00-8:00 PM $3 407408-01

10/4 Th 6:00-8:00 PM $3 407408-02

Special Events

Pool Tournament

8-ball tournament with prizes for the top three competitors. Snacks and beverages provided. Note: Rules reviewed at the event.

Age: 18 years & up

Location: Senior Center

9/1 Sa 10:00 AM-3:00 PM $16 412457-01

Grandparent’s Day

Grandparents and grandchildren are invited to participate in games, visit the petting zoo, play in the swimming pool, enjoy the famous breakfast “cereal bar,” and play bingo. Note: Ages 50 years & up are free.

Age: All

Location: Senior Center

9/9 Su 9:00 AM–Noon $4

Line Dance Extravaganza

Learn some of the newest dances and some familiar ones, too. All levels welcome. Note: Step sheets and BBQ lunch included.

Age: 18 years & up

Location: Senior Center

10/13 Sa 10:00 AM-3:00 PM $30 406438-01

Hayrides

Go on a scenic hayride along the Poudre River. The tractor drawn hayride travels a 20-minute loop from the river back to The Farm. Note: Children must be accompanied by a paying adult. Paid admission to The Farm is also required.

Age: All

Location: The Farm

10/6-10/20 Sa 11:30 AM $2.50

10/6-10/21 Sa,Su 1:30 PM $2.50

10/6-10/21 Sa,Su 3:00 PM $2.50

Hogwarts Halloween

Witches and Wizards, Hogwarts is brewing up something new. This year, Hogwarts haunts and delight for two nights. Apparate into Harry Potter’s world and play Quidditch, drink Butter Beer, create potions and charms, and walk through the haunted hallways. Don’t forget to get fancy and dress in wizard’s robes. Note: Only adults accompanying children may attend.

Grade: K-8

Location: Northside Aztlan Center

Hogwarts, Youth Registration 10/19

10/19 F 6:00-9:00 PM $15 416502-01

Hogwarts, Adult Registration 10/19

10/19 F 6:00-9:00 PM $5 416502-02

Hogwarts, Youth Registration 10/20

10/20 Sa 6:00-9:00 PM $15 416502-03

Hogwarts, Adult Registration 10/20

10/20 Sa 6:00-9:00 PM $5 416502-04

Treatsylvania

Trick-or-treat by knocking on more than 40 doors to collect candy, go on a hayride, and stroll through the non-spooky barn. Note: Tickets must be purchased in advance and are available at Northside Aztlan Center, EPIC, The Farm, and Foothills Activity Center beginning 10/3. Children must be accompanied by an adult. For more information, visit fcgov.com/treatsylvania.

Age: 0-10 years

Location: The Farm

10/26 F 6:00-7:30 PM $5

10/27 Sa 6:00-8:00 PM $5

10/28 Su 1:00-3:00 PM $5

10/28 Su 5:00-6:30 PM $5

Bow Wowvania

Costumed canines get their own Halloween event. Trick-or-treat for bones and other goodies to fill a doggy bag. Note: All dogs must be on a leash. Multiple humans may attend with each dog.

Age: All

Location: The Farm

10/27 Sa Noon-1:00 PM $5

Veterans Day Breakfast

The Fort Collins Golden K Kiwanis Club and the Fort Collins Senior Center invite the community to share a morning of food, song, and patriotism. Celebrate those who have honorably served our country. Note: Posting of the Colors begins at 8 a.m.; music to follow.

Age: All

Location: Senior Center

11/10 Sa 7:00 – 10:00 AM No Fee

Thanksgiving Meal & Dance

The ARO Thanksgiving meal and monthly dance brings together adults with disabilities and their families, friends, and/or supportive living providers for a traditional, homemade feast of gratitude and fun. The meal is from 5-6 p.m. with dessert and dancing to follow. Note: Attendants register in section -1A. Volunteer: Volunteers are needed to help with decorations, meal preparation and service, and as hosts. To register to volunteer, visit engage.fcgov.com/d/aro or contact Becca Heinze at 970.224.6125, bheinze@fcgov.com.

Age: 18 years & up

Location: Senior Center

11/16 F 5:00-8:00 PM $12 402409-01

Attendant Section $8 402409-1A

Holiday Artisan Market

Find uniquely crafted holiday gifts at this premier craft fair. More than 100 artisans and crafters gather to share handmade creations with visitors. As one of the largest craft fairs around, the Holiday Artisan Market has become a Fort Collins tradition with thousands of shoppers in attendance.

Age: All

Location: Senior Center

11/23 & 11/24 F,Sa 10:00 AM- 4:00 PM No Fee

Sports

Adult Sports

Basketball ]

Fall Adult Basketball

Get a team together to shoot hoops. Teams register on a first-come-first-serve basis. Registration begins 4/30, ends 8/25 or when league fills. Rosters unlimited.

Age: 16 years & up
Location: Northside Aztlan Center

Cost: $449

Date: 9/10–10/29

Men’s Monday Competitive 413501-01

Men’s Monday Recreational 413501-02

Men’s Thursday Recreational 413501-04

Coed Friday Recreational 413501-03

Flag Football ]

Fall Adult Flag Football

Leagues are 8-on-8 non-contact. Registration ends 8/10 or when leagues fill; 8 games scheduled, 8 games guaranteed. League begins the week of 8/20. Note: Class will not be held on 9/3.

Age: 16 years & up
Location: Rolland Moore Park

Cost $435

Men’s Monday Recreational 413011-01

Men’s Tuesday Recreational 413011-02

Men’s Thursday Recreational 413011-03

Adult Indoor Flag Football

Leagues are 8-on-8 non-contact. Games played Sunday mornings between 8 a.m.-noon. Registration ends 10/26 or when leagues fill; 6 games scheduled, 6 games guaranteed. Note: class will not be held on 11/22.

Age: 16 years & up
Location: The Edge, 4450 Denrose Ct.

11/4–12/16 S 6:00–11:00 PM $450 413912-01

Kickball ]

Fall Adult Coed Kickball

Play an American classic that was invented on the playground. Registration begins 5/10, ends 8/10 or when leagues fill; 8 games scheduled. League begins the week of 8/20. Note: Class will not be held on 8/31.

Age: 16 years & up
Location: Rolland Moore Park

Cost: $260

Date: 8/24–10/26

Coed Competitive 413061-01

Coed Recreational 413061-02

Rattle Snake Rumble, Adult Kickball

Get a team together and play in this double-elimination, one-day tournament. This is the last chance to play before the season ends. Registration begins on 8/9, ends 10/19 or when leagues fill.

Location: Rolland Moore Park

10/27 S 8:00 AM-6:00 PM $141 413062-01

Softball ]

Teams sign up for their level of play and night preference on a first-come-first-serve basis. Levels of Play: II–Competitive, III–Intermediate, IV–Recreational

Fall Adult Softball

Continue playing softball after the summer leagues have concluded. 8 games scheduled, 8 games guaranteed. Registration begins 5/10, ends 8/10 or when leagues fill. League begins the week of 8/19. Note: Class will not be held on 8/31 9/2, 9/3.

Age: 16 years & up
Location: TBA

Cost: $486

Date: 8/19–10/26

Men’s

Sun IV 413021-01

Mon III 413021-02

Mon IV 413021-03

Tue III 413021-04

Tue IV 413021-05

Wed III 413021-06

Wed IV 413021-07

Thu III 413021-08

Fri Unlimited HR 413021-09

Fri IV 413021-10

Women’s

Tue IV 413022-01

Coed

Sun Competitive 413023-01

Sun Recreational 413023-02

Tue Competitive 413023-03

Tue Recreational 413023-04

Wed Competitive 413023-05

Wed Recreational 413023-06

Thu Competitive 413023-07

Pickleball ]

Pickleball Tournament

A day of competition, fun, and lots of pickleball. Mark your calendars; details to follow.

Location: Twin Silo Park

9/15 Sa 9:00 AM-4:00 PM $65 424400-01

Location: Senior Center

10/13 Sa 9:00 AM-4:00 PM $65 424400-02

Location: Northside Aztlan Center

11/4 Su 9:00 AM-4:00 PM $65 424400-03

Pickleball League

Adult teams of various skill levels play matches each week against teams with similar skills. Teams compete in pool play with the opportunity to move up or down brackets according to results. Register as a two-person team.

Location: Northside Aztlan Center

9/23–10/28 Su Noon-4:00 PM $65 424410-01

Location: Senior Center

9/11–10/16 Tu 5:00 PM- 9:00 PM $65 424410-02

Pickleball, Beginner Lessons

For those new to pickleball or those wanting to freshen up basic skills. Time spent in the classroom and on the court to learn rules, scoring, and basics.

Location: Senior Center

9/4–9/25 Tu 9:45–11:00 AM $21 424420-01

10/2–10/23 Tu 9:45–11:00 AM $21 424420-02

10/30–11/20 Tu 9:45–11:00 AM $21 424420-03

Pickleball, Novice Refresher Lessons

Play more and chase the ball less. Designed for beginners looking to improve skills and knowledge of the game. Prerequisite: Completion of Beginner Lessons.

Location: Senior Center

9/19 W 10:00 AM–Noon $14 424421-01

11/14 W 10:00 AM–Noon $14 424421-02

Pickleball, Intermediate Lessons

Enhance game through practice drills and learning the finer points of play. Prerequisite: Demonstrate adequate skills and proficiency at novice play.

Location: Senior Center

10/17 W 10:00 AM–Noon $14 424422-01

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

Limited number of players to ensure plenty of play time at a comfortable skill level.

Location: Northside Aztlan Center

Beginner Level

9/10–10/1 M 1:00–5:00 PM $15 424450-01

10/8–10/29 M 1:00–5:00 PM $15 424450-02

11/5–11/26 M 1:00–5:00 PM $15 424450-03

Intermediate Level

9/5–9/26 W 1:00–5:00 PM $15 424460-01

10/3–10/31 W 1:00–5:00 PM $15 424460-02

11/7–11/28 W 1:00–5:00 PM $15 424460-03

Advanced Level

9/7–9/28 F 1:00–5:00 PM $15 424470-01

10/5–10/26 F 1:00–5:00 PM $15 424470-02

11/2–11/30 F 1:00–5:00 PM $15 424470-03

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

Fall Women’s Volleyball

Coed and women’s leagues are offered for 6-person teams. Registration begins 5/10, ends 8/17 or when leagues fill. Leagues begin the week of 8/27; 8 games scheduled.

Age: 16 years & up
Location: Northside Aztlan Center

Cost: $281

Date: 8/29–10/28

Women’s

Sunday B 413542-03

Wednesday A 413542-01

Wednesday BB 413542-02

Coed

Monday BB 413543-01

Monday B 413543-02

Tuesday A 413543-03

Tuesday BB 413543-04

Friday B 413543-05

Adult Volleyball Tournament

Coed and women’s tournaments offered for 6-person teams. Pool play format ending in a seeded, single elimination tournament. Registration begins 08/9, ends 10/2.

Age: 16 years & up

Location: Northside Aztlan Center

Cost: $145

Date: 11/5–12/19

Mon Coed B 413544-01

TuE Coed A 413544-02

Tue Coed BB 413544-03

Wed Women’s A 413544-04

Wed Women’s BB 413544-05

Martial Arts ]

Shotokan Karate, Beginner

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

Age: 7 years & up

Location: Club Tico

8/27–9/26 M,W 6:00–7:00 PM $50.50 422122-01

10/1–10/29 M,W 6:00–7:00 PM $50.50 422122-02

11/5–12/5 M,W 6:00–7:00 PM $50.50 422122-03

Location: Foothills Activity Center

8/28–9/27 Tu,Th 6:00–7:00 PM $50.50 422121-01

10/2–11/1 Tu,Th 6:00–7:00 PM $50.50 422121-02

11/6–12/6 Tu,Th 6:00–7:00 PM $50.50 422121-03

Shotokan Karate, Intermediate

Physical and mental benefits include enhanced physical condition and increased stamina, coordination, confidence, self-esteem, discipline, and concentration. Prerequisite: Successful completion of Shotokan Karate, Beginner.

Age: 7 years & up

Location: Club Tico

8/27–9/26 M,W 6:00–7:00 PM $50.50 422123-01

10/1–10/29 M,W 6:00–7:00 PM $50.50 422123-02

11/5–12/5 M,W 6:00–7:00 PM $50.50 422123-03

Location: Foothills Activity Center

8/28–9/27 Tu,Th 6:00–7:00 PM $50.50 422120-01

10/2–11/1 Tu,Th 6:00–7:00 PM $50.50 422120-02

11/6–12/6 Tu,Th 6:00–7:00 PM $50.50 422120-03

Shotokan Karate, Advanced

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

Age: 7 years & up

Location: Club Tico

8/27–9/26 M,W 7:00–8:00 PM $50.50 422124-01

10/1–10/30 M,W 7:00–8:00 PM $50.50 422124-02

11/5–12/5 M,W 7:00–8:00 PM $50.50 422124-03

Location: Foothills Activity Center

8/28–9/27 Tu,Th 7:00–8:00 PM $50.50 422119-01

10/2–11/1 Tu,Th 7:00–8:00 PM $50.50 422119-02

11/6–12/6 Tu,Th 7:00–8:00 PM $50.50 422119-03

Tennis

General Information

Lewis Tennis School directs all tennis programs for the City of Fort Collins. With more than 45 years of experience in the tennis industry, Lewis Tennis provides quality lessons, programs, and tournaments for all levels and ages with USPTA certified coaches on staff. Tennis director, Larry Lewis, has managed five of the top tennis facilities in the United States.

The programs at Lewis Tennis School provide a positive learning environment for players of all ages. Players learn techniques to become accomplished players, as well as life skills that help them to excel and enjoy tennis and other areas in their life. Thousands of players have participated in these programs over the years as they learn and progress in this great lifetime sport.

Rolland Moore Pro Shop

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

Fall hours are noon-6 p.m., Monday-Friday, and
10 a.m.-4 p.m., Saturday.

Registration

For full program information, court availability, and to register for programs, visit Lewistennis.com or call 970.493.7000. Discounts available for additional family members.

Programs

Programs are offered at Rolland Moore Racquet Complex and Fossil Creek Park.

Session Dates for All Classes

8/20–9/15 Session 1

9/17–10/13 Session 2

10/15–11/10 Session 3

11/12–12/8 Session 4

Lessons, Beginner

Whether new to the game or getting back into it after a long hiatus, learn new skills and develop fundamentals to fully enjoy the game. Learn the correct way to hit forehands, backhands, volleys, overheads, and serves, as well as the basic rules and strategies
to compete.

Age: 18 years & up

M,W 6:00–7:30PM

Lessons, Intermediate

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

Age: 18 years & up

Tu,Th 6:00–7:30 PM

League Coaching

Get the team ready for the USA Tennis Leagues. Professional coaching improves team strategy, technique, and mental toughness to create competition at its best. A variety of coaching programs available.

Premier Clinics

Designed for beginner to advanced. Receive personal attention in group instruction. Clinic times are flexible. Low student to pro ratio.

Age: 18 years & up

Private Lessons & Ball Machine
Private lessons are available with USPTA certified professionals and college coaching staff. Rent the ball machines to work on that pesky backhand. Times are flexible; contact Lewis Tennis to schedule.

Round Robins

Compete in a round-robin format. All levels welcome.

Ongoing Th 6:00-7:30PM

Youth Tennis ]

Lewis Tennis School directs all tennis programs for the City of Fort Collins. For more information about Lewis Tennis, see page 85.

Rolland Moore Pro Shop

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

Fall hours are noon-6 p.m., Monday-Friday, and
10 a.m.-4 p.m., Saturday.

Registration

For full program information, court availability and to register for programs, visit Lewistennis.com or call 970.493.7000. Discounts available for additional family members.

Programs

Programs are offered at Rolland Moore Racquet Complex and Fossil Creek Park.

Session Dates for All Classes

8/20–9/15 Session 1

9/17–10/13 Session 2

10/15–11/10 Session 3

11/12–12/8 Session 4

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

Sa 10:00–10:45 AM

Sa 10:00–10:45 AM

Future Star
Age: 7–8 years

M, W 4:30–6:00 PM

Sa 11:00 AM–12:30 PM

Aces
Age: 9–10 years

M, W 4:30–6:00 PM

Sa 11:00 AM–12:30 PM

Middle School

Develop skills to effectively compete on middle and high school teams or just enjoy the benefits of tennis. All levels welcome.

Challenger, Beginner
Age: 11–13 years

Tu, Th 4:00–6:00 PM

Sa 1:00–3:00 PM

Competitive, Intermediate/Advanced
Age: 11–13 years

Tu, Th 4:00–6:00 PM

Sa 1:00–3:00 PM

High School ]

Designed for those interested in playing on a high school team, or just learn the game. Develop tennis skills.

Wimbledon, Beginner

Age: 14–18 years

Tu, Th 4:00–6:00 PM

Sa 1:00–3:00 PM

Grand Slam, Intermediate/Advanced

Age: 14–18 years

Tu, Th 4:00–6:00 PM

Sa 1:00–3:00 PM

Performance Training

Designed for the devoted junior player with 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 a pro.

Age: 12-18 years

M, Tu, W, Th 4:00–6:00PM

Su 3:00–5:00PM

Homeschool Classes

Held at flexible times during the day; contact Lewis Tennis
to schedule.

After-School Enrichment

Held after school in the gymnasiums of local elementary schools. Check with your school for details.

Fall Junior Tournaments

USTA sanctioned junior tournaments. All levels welcome.

Age: 7–18 years

9/22 Lewis Tennis Pumpkin Championship

9/29 Lewis Tennis Autumn Challenger

10/6 Lewis Tennis October Fest Championship

Youth Sports

Youth Sports General Information

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

Teams are split up by the 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 basic fundamentals and rules of the sport 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 that 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.

Online Sports Schedules & League Rules

All youth and adult sports schedules and league rules are located online through Team Sideline. Schedules are posted no later than one week prior to the first game of each season. Visit teamsideline.com/fortcollins for current game schedules, league updates, game cancellations, and weather updates.

Basketball ]

Junior Rams Basketball-NEW

All Junior Ram players receive a reversible Junior Rams jersey for games and two tickets to two pre-selected CSU Basketball games.

Boy’s Junior Rams Basketball

Develop teamplay with participation, fun, skills, and sportsmanship; 6 scheduled games. One official is assigned per game. Two practices per week with games on Saturdays. Teams are randomly selected. Note: Class will not be held on 11/24.

Cost: $87
Dates: 10/22-12/15

Grade: Kindergarten–1

Foothills Activity Center 414906-15

Northside Aztlan Center 414906-01

Grade: 2–3

Bacon 414907-01

Bauder 414907-03

Beattie 414907-05

Bennett 414907-07

Bethke 414907-09

CLP 414907-11

Dunn 414907-13

Eyestone 414907-15

Harris 414907-17

Irish 414907-19

Johnson 414907-21

Kruse 414907-24

Laurel 414907-25

Liberty Com 414907-60

Linton 414907-27

Lopez 414907-29

McGraw 414907-31

O’dea 414907-33

Olander 414907-35

Polaris 414907-36

Putnam 414907-37

Rice 414907-39

Riffenburgh 414907-41

Shepardson 414907-43

Tavelli 414907-45

Timnath 414907-47

Traut 414907-49

Werner 414907-51

Zach 414907-53

Grade: 4–5

Bacon 414908-01

Bauder 414908-03

Beattie 414908-05

Bennett 414908-06

Bethke 414908-09

CLP 414908-11

Dunn 414908-13

Eyestone 414908-15

Harris 414908-17

Irish 414908-19

Johnson 414908-20

Kruse 414908-22

Laurel 414908-25

Liberty Common 414908-26

Linton 414908-27

Lopez 414908-29

McGraw 414908-31

O’dea 414908-33

Olander 414908-35

Putnam 414908-37

Rice 414908-39

Riffenburgh 414908-41

Shepardson 414908-43

Tavelli 414908-45

Polaris 414908-62

Timnath 414908-47

Traut 414908-49

Werner 414908-51

Zach 414908-53

Middle School Boys Basketball

Develop a sense of team play where participation, fun, skills, and sportsmanship are stressed; winning is secondary. School t-shirt jerseys are provided at practice. Note: Class will not be held on 11/24. Teams selected based on school attended.

Cost: $87

Dates: 10/22–12/15

Grade: 6

Blevins 414909-01

Boltz 414909-05

CLP 414909-10

Kinard 414909-15

Lesher 414909-20

Lincoln 414909-25

Preston 414909-30

Webber 414909-35

Wellington 414909-40

Grade: 7–8

Blevins 414910-01

Boltz 414910-05

CLP 414910-10

Kinard 414910-15

Lesher 414910-20

Lincoln 414910-26

Preston 414910-25

Webber 414910-35

Wellington 414910-40

Girl’s Junior Rams Basketball

Develop teamplay with participation, fun, skills, and sportsmanship; 6 scheduled games. One official is assigned per game. Two practices per week with games on Saturdays.

Cost: $87

Dates: 1/7–2/16

Grade: Kindergarten–1

Foothills Activity Center 114906-07

Northside Aztlan Center 114906-06

Grade: 2–3

Bacon 114907-01

Bauder 114907-03

Beattie 114907-05

Bennett 114907-07

Bethke 114907-09

CLP 114907-11

Dunn 114907-13

Eyestone 114907-15

Harris 114907-17

Irish 114907-19

Johnson 114907-21

Kruse 114907-23

Laurel 114907-25

Linton 114907-27

Lopez 114907-29

McGraw 114907-31

Odea 114907-33

Olander 114907-35

Putnam 114907-37

Rice 114907-39

Riffenburgh 114907-41

Shepardson 114907-43

Tavelli 114907-45

Polaris 114907-38

Timnath 114907-47

Traut 114907-49

Werner 114907-51

Zach 114907-53

Grade: 4–5

Bacon 114908-01

Bauder 114908-03

Beattie 114908-05

Bennett 114908-07

Bethke 114908-09

CLP 114908-11

Dunn 114908-13

Eyestone 114908-15

Harris 114908-17

Irish 114908-19

Johnson 114908-21

Kruse 114908-23

Laurel 114908-25

Linton 114908-27

Lopez 114908-29

McGraw 114908-31

O’dea 114908-33

Olander 114908-35

Putnam 114908-37

Rice 114908-39

Riffenburg 114908-41

Shepardson 114908-43

Tavelli 114908-45

Liberty Common 114908-26

Timnath 114908-47

Traut 114908-49

Werner 114908-51

Zach 114908-53

Girls Middle School Basketball

Develop a sense of team play where participation, fun, skills, and sportsmanship are stressed; winning is secondary. Game t-shirt is provided at practice.

Cost: $87

Date: 1/7–2/16

Grade: 6–8

Liberty Common 114909-16

Blevins 114909-01

Boltz 114909-03

CLP 114909-05

Kinard 114909-07

Lesher 114909-09

Lincoln 114909-11

Preston 114909-12

Webber 114909-15

Wellington 114909-17

Football ]

NFL Flag Football

Learn the fundamentals of football, teamwork, and sportsmanship through non-contact, continuous action. Emphasis is on equal participation; winning is secondary. Practices are held twice per week; games are on Saturday mornings. 6 games scheduled, plus tournament. Official NFL FLAG jersey included.

Cost: $84

Date: 9/8–10/20

Kindergarten–1

City Park 414010-01

Edora Park 414010-04

Fossil Creek Park 414010-07

Greenbriar Park 414010-10

Rolland Moore Park 414010-12

Spring Canyon Park 414010-15

Troutman Park 414010-18

Warren Park 414010-20

Grade 2–3

City Park 414011-01

Edora Park 414011-03

English Ranch Park 414011-05

Fossil Creek Park 414011-07

Greenbriar Park 414011-11

Harmony Park 414011-13

Spring Canyon Park 414011-15

Troutman Park 414011-17

Warren Park 414011-19

Grade 4–5

Blevins Park 414012-25

City Park 414012-01

Edora Park 414012-03

Fossil Creek Park 414012-05

Greenbriar Park 414012-07

Harmony Park 414012-09

Ridgeview Park 414012-11

Rolland Moore Park 414012-12

Spring Canyon Park 414012-14

Troutman Park 414012-17

Warren Park 414012-19

Grade 6

City Park 414013-01

English Ranch Park 414013-03

Fossil Creek Park 414013-04

Edora Park 414013-02

Greenbriar Park 414013-05

Harmony Park 414013-06

Rolland Moore Park 414013-07

Spring Canyon Park 414013-09

Troutman Park 414013-11

Grade 7–8

City Park 414014-01

Edora Park 414014-02

English Ranch Park 414014-03

Fossil Creek Park 414014-04

Greenbriar Park 414014-05

Harmony Park 414014-06

Rolland Moore Park 414014-07

Spring Canyon Park 414014-08

Troutman Park 414014-09

Youth Tackle Football

All tackle football registration is in-person at the facilities listed below. Must be present to weigh-in. Practices are held 2-3 times per week with games on Saturday mornings or weeknights. 8 games scheduled. Teams formed by weight. Practices are at an assigned park.

Registration Locations

Foothills Activity Center, 241 E. Foothills Pkwy.

Northside Aztlan Center, 112 E. Willow St.

Equipment Handout, All Ages

Club Tico in City Park, 8/10 from 5–7 p.m., 8/11 from 10:30 a.m.–12:30 p.m., 8/13 from 5–6:30 p.m., or 8/14 from 5–6:30 p.m. Mouthpieces required and available for purchase at checkout. Tackle equipment provided and included in the cost of the program. Player must be present to be fitted for gear.

Early Bird Registration Cost (until 7/27): $121

Regular Cost (after 7/27): $136

Season Dates: 8/27-10/27

Grade 3–4

City Park

Greenbriar Park

Spring Canyon Park

Stew Case Park

Grade 5

City Park

Greenbriar Park

Spring Canyon Park

Stew Case Park

Grade 6

Blevins

Boltz

CLP

Kinard

Lesher

Lincoln

Preston

Webber

Wellington

Indoor Tackle Football League

6-man tackle football league. Teams are formed on the first night to create teams of equal size and ability. All weights/grades compete in the same program. All tackle football equipment is provided. One practice/one game day per week; days TBD. Prerequisite: Enrolled and played in the Fall Tackle Football League.

Location: The Edge, 4450 Denrose Ct,

Cost: $145

Date: 11/1–12/6

Grade: 3–4 Tu,Th 414913-01

Grade: 5–6 Tu,Th 414913-10

Cheerleading ]

Classes will not be held on 9/1–9/3, 10/31, 11/19–11/25, 12/22–1/4.

Introduction to Cheer, Middle School

Designed for those wanting to learn more about being on a cheer team or are interested in trying out for high school cheer. Learn skills to perform jumps, motions, stunts, and dance. Team perform in-house or at a community event. Note: $15 cheer shirt not included.

Grade: 6-8

Location: Cheer Central Suns, 128 Racquette Dr.

9/6–10/11 Th 7:00–7:55 PM $80 414738-01

10/18–11/29 Th 7:00–7:55 PM $80 414738-02

12/6–12/20 Th 7:00–7:55 PM $80 414738-03

Cheer Central Performance Team

Enjoy a high energy community cheer program. Learn dances, arm motions, jumps, and stunts. Perform in-house or out in the community each session. Perform on Saturday mornings at tackle football games played at Spring Canyon Community Park. Note: $15 cheer shirt not included.

Location: Cheer Central Suns,128 Racquette Dr.

Age: 5-8 years

9/4–10/9 Tu 5:00–5:55 PM $80 414937-01

10/16–11/27 Tu 5:00–5:55 PM $80 414937-03

12/4–12/18 Tu 5:00–5:55 PM $40 414937-06

Age: 8-14 years

9/4–10/9 Tu 6:00–6:55 PM $80 414937-02

10/16–11/27 Tu 6:00–6:55 PM $80 414937-04

12/4–12/18 Tu 6:00–6:55 PM $40 414937-07

Age: 5-10 years

9/6–10/11 Th 5:00–5:55 PM $80 414937-12

10/18–11/29 Th 5:00–5:55 PM $80 414937-13

12/6–12/20 Th 5:00–5:55 PM $40 414937-14

Cheer Central Suns, Recreational Tumbling

Polish cheerleading tumbling skills from cartwheels and
running passes, to handstands, bridges, back walkovers, and
back hand-springs.

Age: 5-14 years

Location: Cheer Central Suns, 128 Racquette Dr.

9/10–10/15 M 6:30–7:25 PM $80 414938-01

10/22–11/26 M 6:30–7:25 PM $80 414938-02

12/3–12/17 M 6:30–7:25 PM $40 414938-03

9/4–10/9 Tu 4:00–4:55 PM $80 414938-04

9/4–10/9 Tu 7:00–7:55 PM $80 414938-05

10/16–11/27 Tu 4:00–4:55 PM $80 414938-06

10/16–11/27 Tu 7:00–7:55 PM $80 414938-12

12/4–12/18 Tu 4:00–4:55 PM $40 414938-07

12/4–12/17 Tu 7:00–7:55 PM $40 414938-08

9/6–10/11 Th 6:00–6:55 PM $80 414938-09

10/18–11/29 Th 6:00–6:55 PM $80 414938-10

12/6–12/20 Th 6:10–7:20 PM $40 414938-11

Ninja Kids

Skill training curriculum that has been formatted specifically for
little athletes. Inspired by gymnastics, martial arts, obstacle training, and freestyle movements. Class will not be held on 10/31, 11/21,
11/22, 11/23.

Location: Cheer Central Suns, 128 Racquette Dr.

Ninja Kids I
Age: 3–5 years

9/5–10/10 W 9:15–10:00 AM $80 421910-01

10/17–11/28 W 9:15–10:00 AM $70 421910-02

12/5–12/19 W 9:15–10:00 AM $40 421910-03

9/6–10/11 Th 4:00–4:45 PM $80 421910-04

10/18–11/29 Th 4:00–4:45 PM $80 421910-05

12/6–12/20 Th 4:00–4:45 PM $40 421910-06

9/7–10/12 F 5:00–5:45 PM $80 421910-07

10/19–11/30 F 5:00–5:45 PM $80 421910-08

12/7–12/21 F 5:00–5:45 PM $40 421910-09

Ninja Kids II
Age: 6–11 years

9/7–10/12 F 6:00–6:55 PM $80 421910-10

10/19–11/30 F 6:00–6:55 PM $80 421910-11

12/7–12/21 F 6:00–6:55 PM $40 421910-12

Running ]

C.A.R.A. Cross Country

Recreational cross-country program. Practices are held twice per week in various parks around Fort Collins. Meets are held in Front Range cities. Team shirt and meet fees included.

Age: 6–14 years

Cost: $64

8/27–10/27 M,W,Sa 5:30–6:45 PM 414033-01

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 occasionally some weeknights. Coaches contact teammates by 8/27 with practices days and times.

Cost: $76
Date: 9/3–10/20

Grade 2–3 414941-01

Grade 4–5 414942-01

Grade 6–8

Blevins 414943-01

Boltz 414943-03

CLP 414943-05

Kinard 414943-07

Lesher 414943-09

Liberty Common 414943-18

Lincoln 414943-11

Preston 414943-13

Webber 414943-17

Wellington 414943-19

Wrestling ]

Wrestling Camp

Designed for beginners. Learn fundamentals and skills of wrestling. Wrestling techniques and conditioning are taught.

Cost: $25

Date: 12/8

Location: Foothills Activity Center

Grade 1–5 414952-02

Grade 6–8 414952-03

Wrestling

Learn the fundamentals and skills of wrestling and compete in interschool dual meets. Designed for beginners through experienced wrestlers. Wrestling techniques and conditioning are taught. All participants compete in an end of season tournament. Note: School shirt included.

Date: 1/7–2/23

Cost: $75

Grade: 1–6

Blevins 114911-01

Boltz 114911-02

CLP 114911-03

Kinard 114911-04

Lesher 114911-05

Lincoln 114911-06

Preston 114911-07

Webber 114911-08

Wellington 114911-09

Youngsters ]

Sporties for Shorties

Play ball and explore the world of sports. Work on the fundamentals of sports as they relate to throwing, kicking, and catching. Each session highlights different skills and different sports along with teamwork.

Age: 3-5 years

Location: Northside Aztlan Center

9/5–9/19 W 10:00–10:45 AM $29 414571-01

9/25–10/9 Tu 10:00–10:45 AM $29 414571-02

11/28–12/12 W 10:00–10:45 AM $29 414571-03

9/3–9/17 M 1:30–2:15 PM $29 414571-04

9/24–10/8 M 1:30–2:15 PM $29 414571-05

11/26–12/10 M 1:30–2:15 PM $29 414571-06

Baseball for Shorties

Play ball and explore baseball. Learn the basics by working on the fundamentals of throwing, hitting, and catching.

Age: 3-5 years

Location: Northside Aztlan Center

11/27–12/11 Tu 10:00–10:45 AM $29 414573-01

Football for Shorties

Play ball and explore football. Learn the football basics by working on large and small motor skills as they relate to throwing, kicking, and catching.

Age: 4–5 years

Location: City Park

9/26–10/10 W 10:00–10:45 AM $29 414572-01

Amazing Athletes

Learn the basic fundamentals and mechanics of nine different ball sports including soccer, volleyball, football, basketball, tennis, golf, lacrosse, hockey, and baseball.

Location: Foothills Activity Center

18 months–2.5 years

9/17–10/15 M 10:35–11:00 AM $45 414577-01

9/20–10/18 Th 10:35–11:00 AM $45 414577-02

10/22–11/12 M 10:35–11:00 AM $36 414577-03

10/25–11/15 Th 10:35–11:00 AM $36 414577-04

11/26–12/17 M 10:40–11:10 AM $36 414577-05

11/29–12/20 Th 10:35–11:00 AM $36 414577-06

2.5-3.5 years

9/17–10/15 M 9:00–9:30 AM $42 414575-01

9/20–10/18 Th 9:00–9:30 AM $42 414575-02

10/22–11/12 M 9:00–9:30 AM $36 414575-03

10/25–11/15 Th 9:00–9:30 AM $36 414575-04

11/26–12/17 M 9:00–9:30 AM $36 414575-05

11/29–12/20 Th 9:00–9:30 AM $36 414575-06

3.5-5 years

9/17–10/15 M 9:45–10:30 AM $42 414576-01

9/20–10/18 Th 9:45–10:30 AM $42 414576-02

10/22–11/12 M 9:45–10:30 AM $36 414576-03

10/25–11/15 Th 9:45–10:30 AM $36 414576-04

11/26–12/17 M 9:45–10:30 AM $36 414576-05

11/29–12/20 Th 9:45–10:30 AM $36 414576-06

SuperTots

Safe and fun class that incorporates physical activity in a non-competitive environment. Designed with an engaging, skill-building curriculum where “tots” learn through a series of fun and beneficial games. Tots acquire skills and fitness, as well as develop an interest and love of sports.

Location: Foothills Activity Center

Cost: $59

Age: 2 years
SuperTots Sampler

9/12–10/10 W 10:00–10:50 AM 414780-01

9/14–10/12 F 10:00–10:50 AM 414780-05

Basketball & Soccer

10/17–11/14 W 10:00–10:50 AM 414780-09

Volleyball & Cheer

10/19–11/16 F 10:00–10:50 AM 414780-13

Age: 3 years
SuperTots Sampler

9/12–10/10 W 11:00–11:50 AM 414780-02

9/14–10/12 F 11:00–11:50 AM 414780-06

Basketball & Soccer

10/17–11/14 W 11:00-11:50 AM 414780-10

Volleyball & Cheer

10/19–11/16 F 11:00–11:50 AM 414780-14

Age: 4 years
SuperTots Sampler

9/12–10/10 W 1:00–1:50 PM 414780-03

9/14–10/12 F 1:00–1:50 PM 414780-07

Basketball & Soccer

10/17–11/14 W 1:00–1:50 PM 414780-11

Volleyball & Cheer

10/19–11/16 F 1:00–1:50 PM 414780-15

Age: 5 years
SuperTots Sampler

9/12–10/10 W 2:00–2:50 PM 414780-04

9/14–10/12 F 2:00–2:50 PM 414780-08

Basketball & Soccer

10/17–11/14 W 2:00–2:50 PM 414780-12

Volleyball & Cheer

10/19–11/16 F 2:00–2:50 PM 414780-16

50+

All 50+ programs are held at the Senior Center unless otherwise noted. All programs are for ages 50 years & up unless otherwise noted. For programming designed for all ages, browse the other sections of the Recreator.

Other Adult Programs in the Recreator

Adaptive Recreation 13

Aqua Fitness 18

Aquatics 21

Arts & Crafts 26

Dance & Movement 34

Education 47

Fitness 54

Heath & Wellness 64

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Special Events 81

Sports 82

Trips & Travel 107

Senior Center Membership

Membership 50+ is $25 annually with scholarships available. Programs that offer special pricing for members are denoted throughout the Recreator with . A 15% discount applies to the fee minus the $1 program fee. Additional discounts do not apply. If no fee is listed for a membership program, the program is exclusive to Senior Center members. Senior Center Membership benefits include:

$3 per month discount for fitness passes and full access passes, or $1 off daily fitness admissions.

Free admission to drop-in programs including Pool Room, Open Shop, Library & Media Center, BINGO, and Cards & Games at the Senior Center.

2-day advance registration to Recreator programs.

Member discounts on select services and activities.

Member celebrations.

Notary service.

Membership in member-only clubs including our new Hiking and Stewardship Clubs. See page 78 for more information.

Clubs & Organizations

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

For more information about C.H.A.T., see page 27.

Donut Make U Wonder

Discuss current subjects and related personal experiences. Divisive matters related to religion and politics avoided to ensure comradery. Meetings begin with a brief song and end with a few shared jokes. Coffee and donuts provided.

Ongoing F 10:00–11:30 AM No Fee

Fort Collins Senior Center Friends

Fort Collins Senior Center Friends is a private nonprofit 501c3 organization that supports and enhances the use and enjoyment of the Senior Center through public relations, socializing, fundraising, and advocacy. Meetings are four times per year. Annual membership fees are $10. For more information, contact Chris Hays at 970.237.9340, haysmith@frii.com.

Front Range Forum

Serves those who are intellectually curious and dedicated to enriching daily life through life-long learning. Members facilitate classes for each other and take part in short presentations and informal discussions. Subjects have varied from the Vikings to the stories of Chekov and Jewett; from the Civil War to ethics; and from Van Gogh to Broadway musicals. In addition, the Forum sponsors lectures, a summer arts program, and offers programs: FRF Travels and FRF Goes to the Movies. Membership is $20 per year. For more information, including the newsletter, visit frontrangeforum.org.

Harmonettes

Practice and perform seasonal themed programs of popular music from years past for local assisted living facilities and special events. No choral experience required, but ability to read music is helpful. For more information, contact Ashley Ruffer at 970.224.6033, aruffer@fcgov.com. Note: Practice not held on third Monday of
the month.

Practice M 9:30–11:00 AM No Fee

Older Gay Lesbian Bisexual Transgender (OGLBT)

This social networking group is looking for volunteers and leaders. The group would like to reformat and decide how to best serve the community. Seeking persons who are OGLBT and ages 50 years & up, but open to all. For more information contact Katie Stieber at 970.224.6029, kstieber@fcgov.com.

Senior Bowling Leagues

Bowling leagues are open to league members and substitutes ages 50 years & up. Leagues play at Chippers Lanes on Horsetooth; league fees apply. For more information, contact Karen Burgess at 970.484.2906.

Tuesday League T 1:00 PM

Thursday League Th 1:00 PM

Senior Advisory Board

Advise City Council on issues related to older adults. Comprised of individuals of all ages who share a concern for the aging members of the community. The board consists of 11 members; 9 members are appointed by City Council, and 2 members are appointed from the Senior Center Council. The Senior Advisory Board meets the second Wednesday of each month at 11:30 a.m. Guests are welcome.

Senior Center Chess Club

Meet in the lobby to play chess. Some chess boards available.
All levels welcome. Contact Magic John at 970.599.1234,
sc-chess@broccoli.gq.

Ongoing Tu/F 9:30-11:30 AM No Fee

Senior Center Council

Assist and advise the administrative staff in matters regarding the operation of the Senior Center. Members are elected representatives from Senior Center membership. Elected representatives meet the third Monday of each month at 1:30 p.m. Senior Center members are invited to attend.

SOAP Troupe (Slightly Older Adult Players)

SOAP Troupe produces two major shows per year featuring a variety of acts/short skits, monologues, stand-up comedy, song, dance or instrumental performances, a short play, and usually a melodrama or short comedy. Whether an experienced performer or a beginner, talent can be used to act, pound nails, sew, sing, and/or write. SOAP meets at 1 p.m. on the fourth Tuesday of each month. Contact Ashley Ruffer at 970.224.6033, aruffer@fcgov.com.

The Writers Group

Expression through writing in any manner regardless of content, genre, or skill. Gather weekly to share work and occasionally write on a topic selected by all. New participants welcome. Contact Ashley Ruffer at 970.224.6033, aruffer@fcgov.com.

Ongoing Tu 10:00 AM–Noon No Fee

Cards & Games

Bingo

Compete in Bingo for prizes.

9/10, 10/8, 11/12 M 1:00-2:00 PM No Fee

Cards & Games

Age: 18 years & up

Ongoing All GAMes M 9:00 AM-Noon No Fee

Ongoing Bridge T 12:30-4:00 PM No Fee

Ongoing Pinochle T 12:30-4:00 PM No Fee

Ongoing Mahjong T 1:00-4:00 PM No Fee

Ongoing All GAMes W 12:30-4:00 PM No Fee

Ongoing Bridge Th 5:00-8:00 PM No Fee

Ongoing Pinochle F 12:30-4:00 PM No Fee

Bridge ]

Duplicate Bridge

Weekly drop-in duplicate bridge for companionable play.
No partner required.

Age: 18 years & up

Ongoing F 11:30 AM-3:00 PM $3.50

Bridge Mentoring

Drop-in half-hour review of one topic, followed by bridge play. Mentor assists with bidding and playing questions.
No partner required. Non-member fee: $3.50.

Age: 18 years & up

9/10 M 5:30-8:30 PM No Fee

9/24 M 5:30-8:30 PM No Fee

10/8 M 5:30-8:30 PM No Fee

10/22 M 5:30-8:30 PM No Fee

11/12 M 5:30-8:30 PM No Fee

11/26 M 5:30-8:30 PM No Fee

Mentor Duplicate Bridge Game

Designed for those new to Duplicate Bridge or want to develop skills by playing in a Duplicate Bridge game with a more experienced player. To partner with a mentor contact Nila Hobbs, 970.219.2430, nahobbs@frii.com prior to 10/19. Prerequisite: Ability to play a hand of bridge in eight minutes.

Age: 18 years & up

10/27 Sa 1:00-4:30 PM $3.50

Bridge Courses

In Bridge Levels 1-7, learn the 21st Century Standard American Bridge System using Mini Bridge and the American Contract Bridge League (ACBL) textbook series.

In Bridge “Play” Courses, Levels P1-P8, practice using companion materials, 30-minute lessons covering teaching points, eight pre-set hands played each session, and specific analysis for each hand.

Beginner courses are on Wednesday evenings.
Intermediate courses are on Monday afternoons.

Registration includes supplies. Courses are taught by an ACBL-Certified Life-Master Teacher.

Bridge 1, Getting Started

Learn Mini Bridge, a trick-taking mind sport for four players played as partners. Designed for beginner players to start playing right away with limited knowledge of rules and language for bidding. Focus on card basics, bridge etiquette, hand evaluation/counting points, how to win tricks, defending, and scoring.

Age: 18 years & up

9/5-9/26 W 5:30-8:30 PM $48 412460-01

Bridge 2, Bidding

Learn the language of bidding with a partner to use in a competitive auction against opponents to determine the final contract. Focus on Suit and No-Trump opening bids, overcalls, responses, and rebids. Prerequisite: Bridge 1 or instructor approval. Note: Class will not be held on 11/21.

Age: 18 years & up

10/3-11/28 Tu,W 5:30-8:30 PM $115 412461-01

Bridge 5, Commonly Used Conventions

Add conventions to the bidding language, including Stayman, Jacoby Transfers, Jacoby 2NT, Jordan 2NT, Weak Two’s, Michaels, Unusual NT. Prepare to play in Duplicate Bridge games with review of Standard American Yellow Card. Prerequisite: Bridge 3, Play of the Hand or instructor approval.

Age: 18 years & up

9/10-11/5 M 1:30-4:30 PM $110 412462-01

Bridge P1, Bidding “Play”

In structured play, practice hands with bridge playing and bidding concepts learned through Bridge 2. Prerequisite: Bridge 2 or instructor approval.

Age: 18 years & up

11/5-12/17 M 5:30-8:30 PM $55 412464-01

Bridge P3, Defense “Play”

Practice hands with bridge play and bidding concepts learned through Bridge 4, Defense, in structured play. Prerequisite: Bridge 3, Play of the Hand or instructor approval.

Age: 18 years & up

9/17-10/29 M 5:30-8:30 PM $55 412463-01

Bridge P6, Modern NT Bidding “Play”

In structured play, practice hands with bridge play and bidding concepts learned through Bridge 5. Prerequisite: Bridge 3, Play of the Hand or instructor approval.

Age: 18 years & up

11/12-12/3 M 1:30-4:30 PM $55 412465-01

Education

Capturing A Generation

Wisdom really does often come with age. Listen to and interact with panelists born between 1919 and 1923 while they share their personal histories and modern insights. Treats and drinks provided.

Age: All

9/29 Sa 10:00 AM-Noon No Fee 412445-01

Strong Women Authors Panel

In these times when women’s issues are making news, three local authors discuss how strong women serve as role models in their books and why women’s perspectives in books matter. Teresa Funke writes WWII fiction, Linda Osmundson writes art books for ages 7-107 years, and Natasha Wing writes biographies. Questions and Answer session and book signing follow.

Age: All

10/6 Sa 10:00-11:30 AM $5 412447-01

Active Minds Virtual Learning ]

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

Age: 18 years & up

The Future of Bees

Found on every continent except Antarctica, bees are vital pollinators, making possible much of the food humans eat. In recent years, crucial bee species have experienced significant loss. Since the 1990s, the bumblebee population has plunged almost 90 percent. Note: Want to learn more about bees? See page 109 for information about Bees & Beekeeping.

10/30 Tu 1:00-2:00 PM $9 412441-01

North Korea

Tensions between North Korea, the United States, and much of the East Asian region continue to escalate without any clear path for resolution. Discuss recent developments, as well as a review of North Korean history.

11/27 Tu 1:00-2:00 PM $9 412441-02

Fitness

General Information

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

Registration Options

The following participation options are available for fitness classes:

Participants may register for an entire 5-week class session. With this option, active facility pass holders receive 70% off enrollment price. Fitness classes require a minimum number of participants registered per class to avoid cancellation. Note: Health & Wellness programs and 25 admission passes are not eligible for the discount.

Participants may pay a drop-in fee of $6 per class, except for karate.

The fitness classes listed below are specific for ages 50 years & up. See page 54 for information about additional fitness classes, as well as information about personal training services.

Group Fitness

Back & Body Strength

Strengthen and stretch the major muscle groups of the body. Physical conditions like back, hip, knee, and neck problems can be prevented or alleviated through a holistic training routine. Note: Class will not be held on 9/3, 11/23.

9/5-9/28 M,W,F 8:50-9:50 AM $45 409431-01

10/1-10/26 M,W,F 8:50-9:50 AM $49 409431-02

10/29-11/30 M,W,F 8:50-9:50 AM $57 409431-03

9/5-9/26 M,W 8:50-9:50 AM $29 409431-1A

10/1-10/24 M,W 8:50-9:50 AM $33 409431-2A

10/29-11/28 M,W 8:50-9:50 AM $41 409431-3A

Balance 201

Practice techniques and work to develop body awareness, methods, and confidence in facing challenging balance issues. Just like strength improves with practice, so can balance. Note: Class will not be held on 11/22.

9/6-9/27 Th 12:30-1:30 PM $17 409439-01

10/4-10/25 Th 12:30-1:30 PM $17 409439-02

11/1-11/29 Th 12:30-1:30 PM $17 409439-03

Body & Mind in Motion

Designed for adults with physical limitations. Perform a variety of arm and leg movements while sitting in chairs. Note: Class will not be held on 9/3, 11/23.

9/5-9/28 M,W,F 10:00-10:55 AM $45 409432-01

10/1-10/26 M,W,F 10:00-10:55 AM $49 409432-02

10/29-11/30 M,W,F 10:00-10:55 AM $57 409432-03

9/5-9/26 M,W 10:00-10:55 AM $29 409432-1A

10/1-10/24 M,W 10:00-10:55 AM $33 409432-2A

10/29-11/28 M,W 10:00-10:55 AM $41 409432-3A

N’Balance

Learn effective fall prevention techniques that achieve results. Practice exercises and movements to strengthen core balance and to overcome the fear of falling. This is an evidence-based program designed from the kinetic principles of Fall Proof, a balance program created by California State University Fullerton.

9/10-10/31 M,W 2:30-3:30 PM $20 409433-01

Parklane Fitness

Receive instruction while sitting in a chair to improve flexibility, strength, coordination, and cardiovascular fitness. Note: Class will not be held on 11/22.

Location: Parklane Towers North, 415 N. Howes St.

9/4-9/27 Tu,Th 9:30-10:30 AM $33 409438-01

10/2-10/25 Tu,Th 9:30-10:30 AM $33 409438-02

10/30-11/29 Tu,Th 9:30-10:30 AM $37 409438-03

Swiss Theraball

Enjoy gentle, effective, low-impact exercise on a Theraball. Improve balance, endurance, flexibility, and strength with this relaxing routine. Theraballs provided. Note: Class will not be held on 11/22.

9/6-9/27 Th 4:00-5:00 PM $17 409434-01

10/4-10/25 Th 4:00-5:00 PM $17 409434-02

11/1-11/29 Th 4:00-5:00 PM $17 409434-03

Tai Chi for Arthritis I

Effective and evidence based to relieve pain and maintain and improve health. Note: Class will not be held on 11/23.

9/7-9/28 F 3:00-4:00 PM $17 409436-01

10/5-10/26 F 3:00-4:00 PM $17 409436-02

11/2-11/30 F 3:00-4:00 PM $17 409436-03

Tai Chi for Arthritis II

Designed for those with or without Arthritis and who have taken Tai Chi for Arthritis I and are looking for a challenge. Note: Class will not be held on 11/23.

9/7-9/28 F Noon-1:00 PM $17 409435-01

10/5-10/26 F Noon-1:00 PM $17 409435-02

11/2-11/30 F Noon-1:00 PM $17 409435-03

SilverSneakers ]

For more information about SilverSneakers, inquire at the front desk of Senior Center or Northside. Note: SilverSneakers nonmembers may attend by paying the drop-in fee or registering for the session.

Classic SilverSneakers

Move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a small ball are offered for resistance, and a chair is used for seated or standing support. Note: Class will not be held on 9/3, 11/22, 11/24.

Location: Senior Center

9/4-9/27 Tu,Th 10:10-10:55 AM $25 409450-01

10/2-10/25 Tu,Th 10:10-10:55 AM $25 409450-02

10/30-11/29 Tu,Th 10:10-10:55 AM $28 409450-03

9/8-9/29 Sa 10:30-11:15 AM $13 409450-04

10/6-10/27 Sa 10:30-11:15 AM $13 409450-05

11/3-12/1 Sa 10:30-11:15 AM $13 409450-06

Location: Northside Aztlan Center

9/5-9/26 M,W 11:00-11:45 AM $22 409550-01

10/1-10/24 M,W 11:00-11:45 AM $25 409550-02

10/29-11/28 M,W 11:00-11:45 AM $31 409550-03

Circuit SilverSneakers

Move through a series of exercises in a circuit format to improve cardiovascular endurance and muscular strength and endurance. Note: Class will not be held on 9/3, 11/23.

9/5-9/28 M,W,F 1:00-1:45 PM $34 409451-01

10/1-10/26 M,W,F 1:00-1:45 PM $37 409451-02

10/29-11/30 M,W,F 1:00-1:45 PM $43 409451-03

Splash SilverSneakers

Shallow-water moves that improve agility, flexibility, and cardiovascular endurance. No swimming ability required. A special SilverSneakers kickboard is used to develop strength, balance, and coordination. Note: Class will not be held on 11/22.

9/4-9/27 Tu,Th 12:15-1:10 PM $33 409452-01

10/2-10/25 Tu,Th 12:15-1:10 PM $33 409452-02

10/30-11/29 Tu,Th 12:15-1:10 PM $37 409452-03

9/4-9/27 Tu,Th 1:15-2:10 PM $33 409452-04

10/2-10/25 Tu,Th 1:15-2:10 PM $33 409452-05

10/30-11/29 Tu,Th 1:15-2:10 PM $37 409452-06

Stability SilverSneakers

Become stronger and improve balance. Designed for fall prevention and is suitable for nearly every fitness level. Exercises can be adapted depending on the skill of individual participants. A chair may be used for balance and support. Note: Class will not be held on 11/23.

9/7-9/28 F 2:00-2:45 PM $13 409453-01

10/5-10/26 F 2:00-2:45 PM $13 409453-02

11/2-11/30 F 2:00-2:45 PM $13 409453-03

Yoga SilverSneakers

Focus on poses and postures to improve joint range of movement, muscular strength, endurance, and balance. Static and dynamic movements are presented with a chair for seated and standing support. Note: Class will not be held on 9/3, 11/22, 11/24.

9/5-9/26 M,W 4:10-4:55 PM $22 409454-01

10/1-10/24 M,W 4:10-4:55 PM $25 409454-02

10/29-11/28 M,W 4:10-4:55 PM $31 409454-03

9/4-9/27 Tu,Th 11:10-11:55 AM $25 409454-04

10/2-10/25 Tu,Th 11:10-11:55 AM $25 409454-05

10/30-11/29 Tu,Th 11:10-11:55 AM $28 409454-06

9/8-9/29 Sa 11:15 AM-Noon $13 409454-07

10/6-10/27 Sa 11:15 AM-Noon $13 409454-08

11/3-12/1 Sa 11:15 AM-Noon $13 409454-09

Yoga ]

Yoga, Chair

A form of adaptive exercise. Be supported by a chair and receive yoga’s healing and restorative benefits. Yoga relaxes the body and mind and improves musculoskeletal fitness and flexibility. Note: Class will not be held on 9/3.

9/10-9/24 M 8:30-9:30 AM $13 409437-01

10/1-10/22 M 8:30-9:30 AM $17 409437-02

10/29-11/26 M 8:30-9:30 AM $21 409437-03

Yoga for Osteoporosis

Learn and practice yoga poses that can help with the prevention and treatment of osteoporosis and strengthen bones. Focus on breathing techniques, balance, strength, and posture. Based on the book, “Walk Tall,” by Sara Meeks, PT.

Age: 40 years & up

9/5-9/26 W 9:00-10:00 AM $17 409466-01

10/3-10/24 W 9:00-10:00 AM $17 409466-02

10/31-11/28 W 9:00-10:00 AM $21 409466-03

Ice

Senior Coffee Club

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

Age: 60 years & up

Location: Edora Pool Ice Center

8/22-11/28 W 9:15-10:45 AM

Resources

Library/Media Center

A quiet location for reading, reflection, relaxing, or using one of the computers. Book library includes large print, hard cover, and paperback books, as well as works by local artists. Volunteer Library Attendants are available to assist members during the day. Book donations are accepted as space allows.

Pool Room

The Pool Room has four 8-ball tables and one snooker table. Nonmembers may pay a daily drop-in rate. Additionally, users are asked to make a donation in the donation box located in the room to help support facility maintenance.

VOA Senior Nutrition Program

Volunteers of America and the City of Fort Collins Recreation Department host the Senior Nutrition Program to provide hot lunch at Northside Aztlan Community Center and the Senior Center. There is no charge for ages 60 years & up (and their spouses). Reservations required; contact 970.472.9630 by 1:30 p.m. one business day prior.

Ongoing M,Tu,Th,F Noon $2.50 suggested donation

Location: Northside Aztlan Center

Ongoing Tu,W,Th Noon $2.50 suggested donation

Volunteers

We strive to provide our trained volunteers with quality opportunities that meet their expectations, align with their skills and needs, and capitalize on the many talents they possess. Volunteers gain new skills, forge new friendships, interact with fellow community members, enrich their community through purposeful activity, utilize their life experiences to enhance the lives of others, learn new things about themselves, set and achieve personal goals, and make a positive difference in the lives of others.

Volunteers may choose from one-time special events to longer term commitments in a variety of areas. To complete a volunteer application, visit Engage.fcgov.com, click on ‘Sign Up’, enter the required information, and create an account. Volunteer orientations are held the second Thursday of each month, from 1–2:30 p.m. For additional information, contact Betsy Emond at 970.224.6030, bemond@fcgov.com.

Social Programs

Ancianos

Instituted more than 40 years ago, Ancianos is one of Northside’s oldest running social groups. Members gather for lunch, arts and crafts, bingo, and games during lunch programs. Outside excursions to casinos, baseball games, and other events are also coordinated throughout the year. Lunch runs in conjunction with the VOA Senior Nutrition Program; see page 105.

Ongoing Tu,W,Th Noon $2.50 suggested donation

Coffee with Bob

Grab a cup of coffee with Recreation Director, Bob Adams. Coffee provided. Bring thoughts and questions for discussion.

9/26 W 8:30-9:30 AM No Fee

10/24 W 9:00-10:00 AM No Fee

11/28 W 8:30-9:30 AM No Fee

Movies, New Release, & Classics

Movie showings of new releases and classics. Schedule of movie titles available at the front desk.

9/7 F 1:00-3:00 PM No Fee

9/21 F 1:00-3:00 PM No Fee

10/5 F 1:00-3:00 PM No Fee

10/19 F 1:00-3:00 PM No Fee

11/2 F 1:00-3:00 PM No Fee

11/16 F 1:00-3:00 PM No Fee

Prairie Sage Dances

Dance to live music. Refreshments served. Dance lessons are included with admission and begin at 5:30 p.m.

Tom Yook (Blue Hawaii Dance)

9/17 M 7:00-10:00 PM $5

Harris and Harris

10/1 M 7:00-10:00 PM $5

Big Twang Theory (Halloween & Chili Supper)

10/15 M 7:00-10:00 PM $5

Pepie

11/5 M 7:00-10:00 PM $5

Jim Ehrlich (1940s Theme)

11/19 M 7:00-10:00 PM $5

Special Events

See a list of Special Events available for all ages on page 81.

Pool Tournament

8-ball tournament with prizes for the top three competitors. Snacks and beverages provided. Note: Rules reviewed at the event.

Age: 18 years & up

9/1 Sa 10:00 AM-3:00 PM $16 412457-01

Mahjong & Mimosas

Bring you boards and play in the 4th annual Senior Center Mahjong Marathon. Play mahjong while enjoying light refreshments.

9/22 Sa 10:00 AM-3:00 PM $16 412450-01

Celebrations

Celebrate July, August, and September birthdays and anniversaries of Senior Center members with cake and entertainment.

9/27 Th 1:30-3:00 PM No Fee 412410-01

Sports

AOA Badminton

Join the group of Active Older Adults to play badminton.
Note: Drop-in fees apply.

Location: Northside Aztlan Center

9/4-11/29 Tu,Th 8:00-10:00 AM

AOA Basketball

Active Older Adults suit-up and get on the court for some hoops. Note: Drop-in fees apply.

Location: Northside Aztlan Center

9/5-11/30 M,W,F 8:00-10:00 AM

Trips & Travel

Senior Center trips are for ages 50 years & up unless otherwise noted.

Registration

Pre-registration is required for all trips. Some ticketed events
have an early registration deadline.

Refunds/Cancellation

In accordance with the Recreation refund policy, within a week of an activity no refunds are given unless we resell that seat. The Recreation refund policy can be found on page 5. Ticketed trip sales are considered final after the deadline printed for each activity and are non-refundable. Ticketed trips include, but are not limited to, shows, special events, and sports games.

Full refunds are available for overnight trips until the final payment deadline listed in the activity, after which all sales are final and non-refundable. For some overnight trips, a refund schedule is available upon request.

Discounts

The Senior Center Member discount applies to trips where an is listed next to the activity title. This 15% discount applies to the fee minus the $1 program fee. Additional discounts do not apply.

Departure

All trips leave from the Fort Collins Senior Center unless otherwise noted. We recommend you arrive at least 15 minutes prior to departure in order to check in with the driver. Out of respect for the other participants, we do not wait for late arrivals; trips leave promptly at the posted trip time.

Return Times

All return times are approximate. Please do not schedule appointments close to return times in case delays occur.

What’s Included

All trip prices include transportation and escort, unless otherwise noted. Many trips include more amenities depending on the trip. See trip details for more information.

Accommodations

Individuals who are not independent in daily living activities or need extra supervision or assistance are encouraged to register and participate with a personal care attendant. At time of registration, please inform us of any accommodations needed. When registering for ticketed events, accommodations can only be guaranteed until non-refundable date noted in the description. After that date, we will make every effort to accommodate needs, but we cannot guarantee ticket availability.

There is no transportation fee for the personal care attendant providing assistance, but they must pay for ticket and meal expenses if those are part of the trip fees. Attendants must register separately from individuals they are assisting to ensure that we provide necessary seating, meals, tickets, etc.

If a meal is included in the price, allergy or dietary requests must be made at the time of registration otherwise we cannot guarantee accommodation.

Smoking

Trips are smoke-free whenever possible. Smoking is not allowed on vans or buses.

Door-to-Door Transportation

Round trip transportation to and from your home is available for most trips if you reside within the Fort Collins city limits (with some exceptions). This service is provided prior to and after printed trip time-frames out of consideration for other participants. On some trips, a pick-up in Loveland is offered and must be requested at time of registration; pick-up time is 15 minutes after time listed in program description. The cost for these services is $5 per person. Requests must be made at the time of registration or at least three business days prior to the trip.

Waitlist

If a trip is sold out you may have your name placed on a waitlist. We will contact you directly if space becomes available. Reservations are on a first-come-first-served basis.

Trips & Travel Exertion Scale

Trips are identified throughout this section with an exertion scale rating. The rating scale identifies how intense the walking may be on the trip. A rating of  indicates a low walking level for the trip, while a  indicates a high level of walking. The rating system is defined below. Please note that many trips may be at altitude regardless of the exertion rating. Distances are approximate.

 = Walk short distances. Example: To program location from parking lot. May include some stairs. Mostly sitting. Handicap

accessibility available. Distance: Less than 20 yards.

 = Walk short distances on mostly even surfaces. Some stairs. Example: Short tours. Distance: 20-100 yards.

 = Walk longer distances on mostly even surfaces. Some stairs. Distance: .25-1 mile.

 = Walk for long distances, on uneven surfaces, and/or on stairs. You will be on your feet for most of the outing. Distance: 1-5 miles.

Adventure

Installment billing is available for Adventure trips. To set-up reoccurring payments, contact Cate Eckenrode at 970.224.6136. To pay in full, register online using the activity number listed in the program description.

For a schedule of trip previews contact 970.224.6136,
trips@fcgov.com.

All adventure trips are rated . Accommodations must be requested at time of registration, including wheelchair transport at airports and airline seat assignments.

Fascinating Vietnam, Cambodia, & Mekong River

River cruise through Cambodia and Vietnam provides insight into the cultures and ancient traditions along the mighty Mekong River. From Siem Reap to Ho Chi Minh City, spend time with locals, get up close to the Temples of Angkor, and sightsee in local markets and structures. Go back in time and learn about the history and culinary experiences of this breathtaking area of the world. Note: 14 days/13 nights. Fee includes cruise, travel protection, meals and accommodations as specified in the itinerary, guides, and admissions. Non-refundable after 12/1/2018.

2/3-2/16, 2019 Single Occupancy $6,315 105994-01

2/3-2/16, 2019 Double Occupancy $5,969 105994-01

Shades of Ireland Featuring Northern Ireland

From vibrant and history-filled Dublin, across rolling green hills, to the dramatic coast and onwards to Derry, experience all the charms of Ireland on this magical tour of the Emerald Isle. Stay overnight in a castle, visit the Cliffs of Moher, tour the Ring of Kerry and the Giant’s Causeway, and have high tea at a traditional family farm. Note: 13 days/12 nights. Fee includes airfare, accommodations, meals as listed in itinerary, admissions, and transfers. Non-refundable after 1/1/2019.

3/11-3/23, 2019 Single Occupancy $4,350 205990-01

3/11-3/23, 2019 Double Occupancy $3,850 205990-01

Discover Washington, D.C.

The epic story of American democracy comes to life. View extraordinary monuments, wander Mt. Vernon’s plantation, uncover the gems of the Smithsonian Institute, and tour Ford’s Theater. Explore America’s history and culture in Washington, D.C. Note: 6 days/5 nights. Fee includes airfare, accommodations, tour director, transfers, admissions, and meals as listed in the itinerary. Non-refundable after 1/25/2019.

4/4-4/9, 2019 Single Occupancy $3,080 205991-01

4/4-4/9, 2019 Double Occupancy $2,430 205991-01

The Splendors of Italy

Experience the magnificent architecture, majestic cathedrals, ancient ruins, world-class art, sumptuous cuisine, and relaxing cafes on this Italian tour. Explore Italy’s most famous cities and discover its unique sights on overnight stays in Rome, Siena, Montecatini, and the Venice area. Note: 10 days/9 nights. Fee includes accommodations, tours, admissions, tour director, and meals as listed in the itinerary. Fee does not include round trip airfare. Non-refundable after 3/31/2019.

6/15-6/24, 2019 Double Occupancy $1900 305997-01

6/15-6/24, 2019 Single and Triple Rates Available upon Request

Imperial Cities

Bask in the splendor and romance of Eastern Europe’s Imperial Cities: Prague, Vienna, and Budapest. Walk the Golden Lane in Prague before a private castle tour, delight in the Baroque marvels of Vienna’s Schoenbrunn Palace, and indulge in an unforgettable classical music performance. Watch knights recreate the days of old in a Hungarian castle. Note: 11 days/10 nights. Fee includes airfare, accommodations, tours, admissions, tour director, and meals as listed in the itinerary. Non-refundable after 5/1/2019.

7/15-7/25, 2019 Double Occupancy $4,300 305996-01

7/15-7/25, 2019 Single and Triple Rate Available Upon Request

SAVE THE DATE – Nature’s Best: Alaska with Alaskan Cruise

From Fairbanks to Anchorage, see what the “Great Land” of Alaska has to offer on this exhilarating Alaska tour and cruise. August 2019

SAVE THE DATE – Wonders of the Maritimes & Cape Breton

Discover the heart of Canada’s Atlantic seacoast. September 2019

Ongoing Trips

Rockies Game 

Enjoy a game at Coor’s Field. Note: Fee includes ticket. Non-refundable after three weeks prior to game date.

Rockies vs Dodgers

9/9 Su 10:30 AM-7:00 PM $38 405901-01

Rockies vs Phillies

9/27 Th 10:30 AM-7:00 PM $38 405901-02

Casino Trips 

A day in the mountains at the Mardi Gras Blackhawk. Note: Fee includes $5 coupon for lunch and $5 free play.

Location: Rolland Moore Park

9/18 Tu 8:00 AM-5:30 PM $11 405910-01

10/16 Tu 8:00 AM-5:30 PM $11 405910-02

11/27 Tu 8:00 AM-5:30 PM $11 405910-03

Out to Lunch ] 

A group trip out to lunch. Note: Lunch cost on your own. Entrée Range: $10-15.

The Pioneer Inn, Nederland

Enjoy the rich history of the historic town of Nederland. The Pioneer Inn was once a favorite of many well-known recording artists including Joe Walsh, Carole King, Stephen Stills, and Dan Fogelberg.

9/13 Th 10:30 AM-3:30 PM $21 405930-01

Barnstormer, Greeley

Located in one of the busiest general aviation airports in the state, Greeley-Weld County Airport. Enjoy breathtaking views of the planes as they take off and land.

10/11 Th 10:30 AM-3:30 PM $21 405930-02

Hob Nob, Loveland

Classic American and European dishes served in this historic Loveland restaurant.

11/15 Th 11:30 AM-3:00 PM $21 405930-03

Sunday Out to Lunch ] 

Head somewhere in the specified area for lunch and to enjoy a day out of the house. We won’t tell you which restaurant because the mystery is half the fun. Note: Lunch cost is on your own.

Platteville

9/16 Su 11:00 AM-3:00 PM $11 405932-01

Frederick

10/14 Su 11:00 AM-3:00 PM $11 405932-02

Livermore

11/4 Su 11:00 AM-3:00 PM $11 405932-03

Traveling Gourmet ] 

Get fancy for dinner and try gourmet Colorado cuisines. Note: Dinner cost on your own. Entree Range: $40-60.

The Buckhorn Exchange, Denver

Denver’s original steakhouse located in the city’s oldest neighborhood. This National Historic Landmark has been serving the finest in Old West Fare since 1983.

9/25 Tu 4:00-9:30 PM $26 405940-01

The Other Side, Estes Park

Dinner ambiance punctuated by the energy of the cozy dining room and the Rocky Mountains.

10/25 Th 4:00-9:30 PM $26 405940-02

Simms Steakhouse, Lakewood

Panoramic views of the Denver skyline.

11/29 Th 4:00-9:30 PM $26 405940-03

Symphony, Denver ] 

Gershwin Concerto in F

Celebrate three titans of American music with an evening of urban symphonic jazz. Gershwin’s Concerto in F, the first large-scale jazz composition in a traditionally classical form, stands out as one of the most striking and original pieces of its time. Note: Bring a snack/meal for the bus. Non-refundable after 8/31/18.

Location: Boettcher Concert Hall

9/30 Su 10:30 AM-5:00 PM $100 405921-01

Time Warp, The Music of the Rocky Horror Picture Show

Magenta, Columbia, Frank-N-Furter, Riff Raff, Brad, and Janet bring to life the music of the Rocky Horror Show. Music of the iconic sci-fi-comedy-horror satire accompanied by the Colorado Symphony. Note: Bring a snack/meal for the bus. Non-refundable after 9/28/18.

Location: Boettcher Concert Hall

10/27 Sa 4:30-11:30 PM $100 405923-01

Vienna Boys Choir

Historians settled on 1498 as the foundation date for the Vienna Boys Choir and, until 1918, the Choir sang exclusively for the imperial court, at Mass, concerts, and on state occasions. Today, the Vienna Boys Choir consists of 100 boys between the ages of ten and fourteen years from dozens of nations. Enjoy the awe-inspiring vocals with an ensemble of the Colorado Symphony. Note: Bring a snack/meal for the bus. Non-refundable after 10/12/18.

Location: Boettcher Concert Hall

11/11 Su 11:30 AM-5:00 PM $100 405925-01

Free Fallin’, Tribute to Tom Petty

Tom Petty’s career spanned over forty years, bringing with it the iconic American music that made Tom Petty and The Heartbreakers a household name. Colorado Symphony teams up with Jeans ‘n Classics to faithfully interpret and honor the late great rock ’n roll icon, Tom Petty. Non-refundable after 10/26/18. Note: Bring a snack/meal for the bus.

Location: Boettcher Concert Hall

11/24 Sa 4:30-11:30 PM $100 405927-01

September

Longs Peak Highland Festival, Estes Park 

Estes Park hosts one of the nation’s largest gatherings celebrating Scottish/Irish heritage. Watch international competitions in bagpiping, drumming, jousting, Highland dance, Irish step dance, athletics, and Dogs of the British Isles. Also see Tattoo, several military bands, perform ceremonial military music. Note: Fee includes admission to the festival, as well at the Tattoo performance. Meals on your own. Wear comfortable walking shoes. Non-refundable after 8/24/17.

9/7 F Noon-10:00 PM $101 405950-01

Bee Squared, Berthoud 

Bees are complex creatures that are responsible for a third of consumed food. Visit with Beth Conrey, President of the Colorado State Beekeepers Association and owner of Bee Squared Apiary, for a talk about bees and a tour of a working bee yard to find out more about this fascinating insect. Note: Lunch cost on your own.

9/11 Tu 9:30 AM-2:30 PM $31 405962-01

Wild Animal Sanctuary, Keenesburg 

The Wild Animal Sanctuary is a 9,973-acre sanctuary for more than 460 rescued animals. Learn about the rehabilitation and rescue efforts of the largest carnivore sanctuary in the world. Walk a “Mile into the Wild” to see the lions, tigers, bears, and wolves who call the sanctuary home. Note: Lunch cost on your own.

9/20 Th 8:30 AM-4:00 PM $71 405964-01

Mary Poppins, Johnstown 

Everyone’s favorite, practically perfect nanny takes the stage in this supercalifragilisticexpialidocious musical adventure. Nominated for seven Tony Awards, including Best Musical. Note: Fee includes ticket and dinner. Non-refundable after 8/24/18.

Location: Candlelight Dinner Playhouse

9/23 Su 11:45 AM-6:00 PM $76 405920-01

Fall Colors 

Drive a portion of the Peak to Peak Scenic Byway. Starting in Lyons, travel up Highway 36 to Estes Park for lunch. Then, continue up Highway 7 for a stop at Lily Lake and optional stroll around the lake. Then continue along the Scenic Byway to Lyons. Along the way, pass Twin Sisters, Long’s Peak, and Saint Malo Church. Note: Lunch cost on your own.

9/26 W 10:30 AM-4:00 PM $31 405952-01

9/28 F 10:30 AM-4:00 PM $31 405952-02

October

Elk Bugling, Estes Park 

Elk bugling in Rocky Mountain National Park is a sound to remember. Get up close to these beautiful, wild animals and listen to their majestic calls. Note: Dinner on your own.

10/4 Th 3:30-9:30 PM $31 405953-01

Dear Evan Hansen, Denver 

Winner of six Tony Awards including Best Musical, Dear Evan Hansen, is the deeply personal and profoundly contemporary musical about life. A letter that was never meant to be seen, a lie that was never meant to be told, a life he never dreamed he could have. Evan Hansen is about to get the one thing he’s always wanted: a chance to finally fit in. Note: Bring a snack/meal for the bus. Non-refundable after 9/7/18.

Location: Buell Theater

10/7 Su 11:30 AM-7:00 PM $111 405922-01

Sylvan Dale Ranch, Loveland 

Explore the landscape of Sylvan Dale Ranch and learn about local wildlife, Native American history, and geology. By Heart J Center for Experiential Learning. Note: Fee includes lunch and tour.

10/13 Sa 9:00-11:00 AM $55 405954-01

Chamberlin Observatory, Denver 

Join the Denver Astronomical Society for the popular public nights. Enjoy a multi-media astronomy presentation by a DAS lecturer. Rain or shine, it’s a fun night full of astronomical delights tailored for the non-astronomer who is interested in learning about the universe. Note: Dinner cost on your own. This is a historic building; accommodations are limited.

10/18 Th 3:00-11:00 PM $31 405963-01

The Constant Wife, Denver 

As the intelligent, charming housewife of a successful doctor, Constance Middleton cheerfully plays her traditional role. But, she knows far more than she’s letting on. This cheeky satire pokes holes in the expectations of relationships, fidelity, and social roles. Note: Bring lunch/snack for the Bus. Non-refundable after 9/28/18.

Location: Stage Theater

10/21 Su 11:00 AM-6:00 PM $85 405924-01

Mob Tour Denver, Denver 

Join mob historian, Tom Hackett, on this exciting new bus tour through North Denver’s Little Italy. Explore former social clubs, homes, and haunts of some of Denver’s most influential mobsters while uncovering the truth behind many of these legends. Afterward, have an Italian lunch at a formerly mob-run restaurant. Note: Fee includes guided tour and lunch at Gaetano’s.

10/23 Tu 9:30 AM-3:30 PM $61 405955-01

10/24 W 9:30 AM-3:30 PM $61 405955-02

November

Colorado Country Christmas, Denver 

Join us for the 15th annual Colorado Country Christmas gift show at the Denver Mart. One of the finest holiday gift shows in the west. Something for everyone including, original art, crafts, sculpture, ceramics, specialty foods, home décor, clothing, furniture, jewelry, antiques, toys and more. Note: Lunch cost on your own.

11/2 F 9:00 AM-4:00 PM $42 405957-01

Boyers Coffee & Hammonds Candy, Denver 

In 1920, after several years of learning the candy business, Carl T. Hammond Sr. was inspired to become an entrepreneur after creating his first original candy: Honey Ko Ko’s. Tour both Hammonds Candy and Boyers Coffee. Note: Lunch cost on your own.

11/6 Tu 9:00 AM-4:00 PM $21 405958-01

Colorado Supreme Court, Denver 

The Colorado Supreme Court Library supports the research needs of the Colorado Judicial Branch. Tour a courtroom and visit the mini-museum on the Rule of Law. Note: Lunch cost is on your own.

11/8 Th 8:30 AM-4:30 PM $21 405959-01

IKEA, Denver 

Holiday shopping at its best. IKEA has 415,000 square feet of floor space, 50 room settings, three complete model home interiors, and
a restaurant featuring Swedish specialties. Roam the aisles of furniture, rugs, lighting, linens, kid supplies, kitchen novelties, home decor, and Swedish meatballs. Note: Lunch cost on your own. Van has space for purchases.

11/13 Tu 8:30 AM-4:00 PM $21 405960-01

Come From Away, Denver 

This New York Times Critics’ Pick is the true story of the small town that welcomed the world. Broadway’s Come from Away travels into the heart of the remarkable true story of 7,000 stranded passengers and the small town in Newfoundland that welcomed them. Note: Bring a snack/meal for the bus. Non-refundable after 10/19/18.

Location: Buell Theater

11/18 Su 11:00 AM-6:00 PM $111 405926-01

Ice Core Lab, Denver 

Tour a working lab where national and international scientists come to study ice cores. The facility houses over 14,000 meters of ice cores. Learn about the current research, as well as the role that ice cores play in understanding Earth’s climate history, and walk briefly through the freezer. Note: Fee includes tour. Valid photo ID (license or passport) required for security. Bring warm clothing. Lunch cost is on your own.

11/28 W 8:30 AM-3:30 PM $21 405961-01