Fall registration starts at 7 a.m., August 9

Fort Collins

ecreato

0

# FAMILY TIME AT A WHOLE NEW LEVEL

Go Yoga Crazy: Pg. 58 Healthy Lifestyle Habits: Pg. 99 Personal Trainers: Pg. 54



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Fort Collins

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#### 2 fcgov.com/recreator

# Program Areas

#### **Adaptive Recreation** 13 **Opportunities**

- 15 Paralympic Sports
- 15 **Unified Sports**
- 16 **Alternative Programs**
- 18 **Aqua Fitness**

#### **Aquatics** 21

- 21 **Adult Programs**
- 22 Youth Programs

#### 26 Arts & Crafts

- 26 Adult Programs
- 29 Family Programs
- 29 Youth Programs
- 31 Pottery

#### **Dance & Movement** 34

- 34 Adult Programs
- 35 Youth Programs

#### 40 **Early Learning**

- 40 Child without Parent Programs
- 45 Child with Parent Programs

#### 47 Education

- 47 **Adult Programs**
- 50 Youth Programs
- 51 Farm
- 54 Fitness
- 54 Adult Fitness
- **Family & Youth Fitness** 60
- **Fitness Schedules** 62

#### 64 **Health & Wellness**

- 64 Services
- Medical Education 65
- 65 Wellness Education
- 69 **Financial Wellness**
- 69 Nutrition
- 71 **Holistic Options**

# Departments

- From the Director
- **Registration Information**
- **Pass Fees**

# 72 Ice Skating

- Curling 73
- 73 Hockey
- 73 Speed Skating
- 74 Adult Ice Skating
- 74 Youth Ice Skating

#### 77 Outdoor Recreation

- 77 Adult Programs
- 79 Youth Programs
- 80 Family Programs

#### 81 **Special Events**

#### 82 **Sports**

- 82 Adult Sports
- 85 Tennis
- 89 Youth Sports

#### 50 Plus 97

- 97 **Clubs & Organizations**
- 98 Cards & Games
- 101 Education
- 101 Fitness
- 105 Resources
- 106 Social Programs
- 106 Sports

# Credits

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

Ragan Adams Rob Cagen Catherine Carabetta Mary Carlson Bruce Henderson Sam Houghteling Bob Kinasbura Jessica MacMillan Kelly Smith

# **Assistant City Manager**

Wendy Williams

#### **Recreation Director** Bob Adams

# **Recreation Managers**

Marc Rademacher Stephanie Munro Jason Chadock

#### **Recreation Supervisors**

Zach Delissio Administrative Support Bridget Brownell

The Farm & Programs Tim Stabbe

Aquatic Programs & Facilities

Renée Lee Adaptive Recreation Opportunities

Aaron Harris Northside Aztlan Center Programs & Facility

Sara Stone Sports Programs & Foothills Activity Center

Katie Stieber Senior Center & Pottery Studio **Programs & Facility** 

Paul Thibert Ice Programs & Facility

#### **Communications, Parks & Recreation**

John Litel Jami McMannes Emily Frare

Pagination Craig Powell

#### On the Cover

Melanie Long James Long Ashley Romance Photo Credit: John Robson



- **Facility Policies**
- **Recreation Facilities** 11

9

- 5

# 7



- 106 Special Events

# 107 Trips & Travel

# **TEAM WORKS.**

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# From the Recreation Director

Dear Recreators,

Thanks for picking up the Fall 2018 version of the Recreator. This issue features some fantastic fitness, health, and wellness programs. Keep your mind and body in top shape as we head into fall and winter. Maximize your muscles and flexibility with the Weightlifting, Beginner class at Foothills Activity Center or get in shape for ski season by taking Be Ski Fit the Senior Center (pg. 53).

The fall is also a great time to get outdoors and experience Colorado. Recreation offers several types of hiking excursions for adults. From leisure hikes to more adventurous treks, we have something for every level to get you outside and moving. Youth and family outdoor programs are also available this fall. Our Wilderness Explorer program teaches kids important skills needed to have a safe and fun time on the trail. Family hikes are also great way to get everyone in the family active while learning more about the natural areas that surround Fort Collins. All of these great outdoor recreation programs can be found starting on page 77.

Many Recreation programs and facilities are supported by Keep Fort Collins Great (KFCG), a voter approved tax. Programs and facilities that receive support from KFCG include Mulberry Pool, adult and senior programs, youth programs at Northside Aztlan Community Center, and Adaptive Recreation programs. We've indicated which programs and services are supported by KFCG in this issue. You'll notice the KFCG logo at the top of a section that includes KFCG supported programs. In Fort Collins, we value safe and high-quality recreation programs. Here at the City, we are proud to provide you with recreational opportunities that help define our community's vibrant, active, and healthy lifestyles. Thank you for allowing us to provide these important services to the community.

I look forward to seeing you this fall at any of our Recreation facilities, or at one of our upcoming seasonal events like the always popular Hogwarts Halloween and Treatsylvania at The Farm.

As summer turns to fall here in Fort Collins, I'm reminded that we have a lot to be thankful for. I am thankful for Recreators like you.

Sincerely,

to Clam

Bob Adams Recreation Director 970.221.6354

# Contact Information

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

Registration & Programs 970.221.6655 recreation@fcgov.com

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

Bob Adams Recreation Director 970.221.6354, badams@fcgov.com

The Recreator is published quarterly by the City of Fort Collins Recreation Department, 215 N. Mason St., 3rd Floor.

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

# **City of Fort Collins**

# Vision

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

# Mission

Exceptional service for an exceptional community.

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

Esta información puede ser traducida, sin costo para usted.





# Registering for Recreator Programs

Registration begins at 7 a.m. on August 9. Make checks payable to "Recreation." No registration can be approved by an instructor or coach. Personal information is entered into the registration database by "household." By providing household information to the City, you are consenting to the release of information regarding your household to all members of your household. There is a \$25 charge for returned checks. No cash refunds.

You can register for programs three ways:

# [ONLINE]

Before starting your online registration session, make sure you have your credit card or debit card and household ID number ready. Forgot your household ID? Call 970.221.6655 or email *recreation@ fcgov.com*.

Once you arrive at *fcgov.com/recreator*:

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

# [ AT RECREATION CENTERS ]

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

#### Northside Aztlan Community Center

112 East Willow Street

M-F: 6 a.m.-9 p.m.

Sa: 8 a.m.-5 p.m.

Su: 9 a.m.-5 p.m.

Fort Collins Senior Center

1200 Raintree Drive M–F: 6 a.m.–9 p.m. Sa: 8 a.m.–5 p.m. Su: 9 a.m.–8 p.m.

# **Foothills Activity Center**

# Edora Pool Ice Center (EPIC)

1801 Riverside Avenue M-F: 5:30 a.m.-8 p.m. Sa: 8 a.m.-6 p.m. Su: Noon-5:30 p.m. 241 East Foothills Parkway M–F: 6 a.m.–9 p.m. Sa: 9 a.m.–6 p.m. Su: 11 a.m.–5 p.m.

# [ OVER THE PHONE ]

Have your credit card or debit card information available. Contact 970.221.6655 to register over the phone.

# **Reduced Fee Program**

Reduced fees are available to residents with limited incomes. Interested persons must apply in person for fee reduction and be approved prior to registration; allow 10 days for processing. Applications are available at all recreation facilities; a downloadable version is also available online. Once enrolled in the program a pass purchase is required to activate benefits. Discounted activity registration can then be done over the phone, in person, or online. For more information, visit *fcgov.com/ reducedfee*.

The following programs are excluded from the reduced fee program: Adult team sports and tournaments, ticketed events, private instruction, and Health & Wellness **(**).

# [ RECREATION POLICIES ]

# **Refund & Cancellation Policy**

# **Withdrawals**

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

Refund options include:

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

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

If a participant's age, grade level, or ability does not meet the minimum program requirements, the participant is transferred to a program that better matches their level(s).

# Cancellations

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

# **Recreation Reserves**

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

# **ADA Disclosure**

Auxiliary aids and services are available for persons with disabilities. V/TDD: Dial 711 for Relay Colorado. If you require assistance in another language, please contact 970.221.6655 or *recreation@fcgov.com.* Esta información puede ser traducida, sin costo para usted. For more information about Adaptive Recreation Opportunities programming, see page 13.

# Live vibrantly

# Associates in Family Medicine is ready for colorful days ahead!

It's that fleeting season between long sunny days and snowy winter excursions. So get out and enjoy! Breathe in the crisp air. Hit the trails and admire the fall foliage. Take full advantage of everything colorful Colorado has to offer. And if injuries or ailments get in your way, count on your local neighborhood providers at AFM to get you back on the move.

# Fort Collins

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

Harmony Office 2121 E. Harmony, Ste. 370 (970) 221-2290

# **Urgent** Care

**CSU Urgent Care** 151 W. Lake Ste., Ste. 1500 Fort Collins (970) 237-8200 Horsetooth Office 3519 Richmond Dr. (970) 204-0300

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

Horsetooth Urgent Care

3519 Richmond Dr.

Fort Collins

(970) 204-0300

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

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

# Loveland

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

# Windsor

Windsor Office 1455 Main St., Ste. 150 (970) 686-0124



ASSOCIATES IN FAMILY MEDICINE Be heard. Be well.

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# Recreation's Admission and Pass Fees More value, more options, more benefits.

#### Single Admission Passes

Admission rates for either EPIC, Foothills Activity Center, Mulberry Pool, Northside Aztlan Community Center, or the Senior Center (pick one).

Single Admissio One-Time Drop		
Youth	\$3.25	
Student	\$1 at Northside Aztlan Center with school ID (high school & younger)	
Adult	\$4.00	
60 +	\$3.25	
Drop–In Fitness	s Class Fee*	
Single Admission	\$6.00	
10 Admission	\$50.00	
*Excludes karate of from date of purch	classes. Valid one year hase	
Ice Skating Rate	es	
Public Skate Ad	Imission	
Youth	\$4.00	
Adult	\$5.00	
60 +	\$4.50	
Skate rental	\$3.00	
Shule Territar	<b>\$</b> 3.00	
	Group Admission	
* Public Skate (	Group Admission	
* Public Skate ( Youth	Sroup Admission \$3.50	
* Public Skate ( Youth Adult	Group Admission           \$3.50           \$4.50	
* Public Skate ( Youth Adult 60 + Skate rental per person *Discounted rate a of 10 or more; 48 notice required. include skate ren	Sroup Admission \$3.50 \$4.50 \$4.00 \$2.50 available for groups -hour advanced Group rates do not tal.	
* Public Skate ( Youth Adult 60 + Skate rental per person *Discounted rate a of 10 or more; 48 notice required.	Sroup Admission \$3.50 \$4.50 \$4.00 \$2.50 available for groups -hour advanced Group rates do not tal.	

#### Freestyle Session Passes

10 Admission	\$25.00
50 Admission	\$125.00
Freestyle 15 Min. Drop-In	\$3.00

\$50.00

10 Admission

# Multi-Facility Admission Pass

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

<b>25 Admission Pass</b> : 25 admissions to use at any of the facilities listed above. Expires one year from date of purchase.			
Youth	\$65.00		
Adult	\$80.00		
60 +	\$65.00		
1 Month Pass *	<u>.</u>		
Youth	\$23.00		
Adult	\$34.00		
60 +	\$23.00		
Family/Couple	\$55.00		
6 Month Pass *			
Youth	\$115.00		
Adult	\$170.00		
60 +	\$115.00		
Family/Couple	\$275.00		
Annual Pass *			
Youth	\$207.00		
Adult	\$306.00		
60 +	\$207.00		
Family/Couple	\$495.00		
Platinum Pass			
85 years & up	Free		

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

Annual pass holders receive 4 single guest admissions.

Facility passes do not include admission to City Park Pool.

Group rates are available at City Park Pool, EPIC, & Mulberry Pool. Group must consist of at least 10 participants and a 48-hour notice is required for reservations. Groups over 50 people must provide one week notice.

No refunds on passes.

# DEFINITIONS

Youth: 2–17 years of age60+: 60 years & upAdult: 18–59 years of agePlatinum Pass: 85 years & upFamily/Couple: Two adults and up to two children under 18 yearsfrom the same household. Additional children can be added to apass: monthly basis-\$6 per child; 6 month basis-\$25 per child;annual basis-\$50 per child.

# Farm Admission

Age	Single Admission	10-Admission*	25-Admission*		
Under 2	No Fee No Fee No		No Fee		
2 years & up	\$3.25	\$3.25 \$28.00 \$70.00			
* Valid one year fro	om date of purchase.				
Annual Childcare F	Passes				
Commercial Daycare	\$175.00				
Home Daycare	\$84.00				
Barnyard Buddy Pass/Family Pass					
\$70 per year	Unlimited visits, up to 4 people per visit (additional guests pay half admission). Includes invitation to special event in December.				

# Senior Center Admission Passes

Admission rates for the

Senior Center only.	
1 Month Pass	
Adult	\$33.00
60 +	\$22.00
Family/Couple	\$54.00
6 Month Pass	
Adult	\$165.00
60 +	\$110.00
Family/Couple	\$270.00
Annual Pass	
Adult	\$297.00
60 +	\$198.00
Family/Couple	\$486.00
Platinum Pass	
85 years & up	Free

\*Senior Center Admission Passes allow

access to the following: Open Gym, Lap

and Open Swim, Walking/Jogging Track,

Library/Media Center, and Locker Rooms. For information about Senior Center

Weight/Cardio Area, Billiards Room,

memberships, see the 50+ section.

# City Park Pool Admission Passes

Admission rates for City Park Pool only.

1 Day Pass	
Adult	\$7.00
Youth	\$6.00
Twilight Swim Pass	
Daily 4:30PM-Close	\$4.50

**Note**: Admission fees will change and go into effect December 1, 2018. See page 48 for more information.

# PERSONAL FITNESS TRAINERS



# BECOME YOUR BEST YOU. WE'LL HELP.

Available at Northside, Senior Center, and Foothills Activity Center.

Interested? Sign up at fcgov.com/fitness.

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**LIKES:** Banjo, bearded collies, bikes, skiing, and coaching you to the varsity level. Life is an adventure. Be ready for it.







# **Recreation Facility Regulations**

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

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

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

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

Lockers are for use while utilizing the facility. Please bring a lock; the City of Fort Collins is not responsible for lost or stolen items. Anything left overnight in the locker room will be removed and locks left on will be cut. Locker rooms close 15 minutes after the pool closes (where a pool is on-site). Parents must have children picked up when facilities are closed.

There are no make-up lessons for missed classes.

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

# **Aquatics & Sports Registration Policies**

If the class you wish to register for is filled, you may place your name on a paid waiting list. We attempt to accommodate demand by adding new classes; however, they may not be at the same time/day as the waiting list class. Classes that do not meet the minimum may be canceled or combined.

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

Children under the age of 8 years must be accompanied by a parent/ guardian (at least 15 years of age). The parent/guardian must pay admission, wear a swimsuit, and actively participate in the water with the child.

Clothing appropriate for swimming is required; no cutoffs or thongs allowed in any pool. T-shirts are allowed, but must be white.

All patrons are required to shower before entering any pool.

Diapers or plastic pants with elastic around the legs are required to be worn by all individuals who do not have bowel and/or bladder control.

# Recreation Facilities Fort Collins, CO



# 1 The Farm

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

 Nov 1- March 31: W-Sa
 IOAM-4PM
 Su
 Noon-4PM

 April 1- May 31: W-Sa
 IOAM-5PM
 Su
 Noon-5PM

 June 1- Aug 31: T-Sa
 IOAM-5PM
 Su
 Noon-5PM

 Sept 1-Oct 31: W-Sa
 IOAM-5PM
 Su
 Noon-5PM

Meeting Space

Gift Shop

- MuseumPony Rides

# 2 Northside Aztlan Community Center

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

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

- Kitchen
- Weigl
- Meeting Space
- Weight/Cardio Equipment

# 3 City Park Nine Golf Course

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

# 4 The Pottery Studio

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

# 5 Club Tico

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

- Catering Kitchen
- Meeting Space

# Dance Floor

# 6 City Park Pool

# 1599 City Park Dr. • 970.221.6363 • fcgov.com/cityparkpool May 26 – Aug. 19: M–Th 12:30 рм–7 рм F–Su 10 ам–5:30 рм

May 28 (Memorial Day) 10ам-5:30рм July 4th 10ам-5:30рм

Swimming

# 7 Mulberry Pool

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

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

- Diving
- Meeting Space
- Swimming
- Wading Pool

# 8 Edora Pool Ice Center

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

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

See website for pool and ice hours.

- Diving
  Ice Rink
- Swimming
   Wading Pool
- Meeting Space
- Weight/Cardio Equipment

# 9 Rolland Moore Racquet Complex

# 2201 S. Shields • 970.493.7000

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

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

- Pro Shop
- Racquet Courts

# **10** Senior Center

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

Fall, Winter, Spring: M–F 6AM–9PM Sa 8AM–5PM Su 9AM–8PM Summer: M–F 6AM–9PM Sa 8AM–5PM Su Noon–5PM See website for pool hours.

Auditorium

Gymnasium

- Billiards Room
- Studio Space

Track

Meeting Space

- Swimming
- Health & Wellness Center
- Kitchen
- Library

# **11** Foothills Activity Center

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

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

- Gymnasium
- Weight/Cardio Equipment

Weight/Cardio Equipment

Meeting Space

# 12 Collindale Golf Course

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

# 13 Southridge Golf Course

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

# 14 Carnegie Center for Creativity

200 Mathews St. • 970.416.2069 • fcgov.com/creativecenter W- Sa Noon-6PM

- Public Gallery
- Performance & Studio Spaces

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



Who among us doesn't remember the thrill of a pleasant surprise? Well, get ready for a supremely enchanting experience that is currently in the making on the Great Lawn at the Gardens on Spring Creek. Under the direction of Executive Director Michelle Provaznik, the Friends of the Gardens and several key community partnerships, a new outdoor performance venue is in the making and scheduled to be unveiled to the public in the fall of 2019. Dubbed the "Everitt Pavilion," in honor Bob Everitt and his family. The stage and surrounding areas will be a welcome addition to our current performance venues at the Lincoln Center, with the benefit of an outdoor environment.

The west side of the area is flanked by three concrete walls facing southeast to provide sound mitigation for bordering neighborhoods and avoid excess sun exposure for patrons. The outside is finished with a stucco treatment while the inside is coated in pyrok, an acoustical treatment which absorbs sound. All concerts will end at 8 p.m. to honor the privacy of the surrounding neighborhoods. A total of 22 trees from the former grounds of Hughes Stadium have been moved and planted to provide shade and fill in with mature planting. The grassy picnic area will be planted with Kentucky Bluegrass, to withstand wear and tear, and provides a soft turf for picnicking. Large rocks from a quarry in Colorado will provide the space for eating, as well as define the various gardens within the area. Up to eight concerts will begin in the spring of 2020. Michelle has been coordinating with Jack Rogers, Director of the Lincoln Center,

to schedule the performances. In addition to musical events, the stage is available for weddings, birthday parties, receptions, family reunions, retirement parties, children's camps, school tours, and yoga retreats. The Great Lawn will become a place to celebrate "life's moments and memories," according to Michelle.

Once the Great Lawn is open to the public, residents can enjoy a unique gathering place that embraces the natural world, art, culture, and quiet solitude. Guests can explore The Undaunted Garden, designed by Lauren Springer Ogden who authored a book of the same title; the Prairie and Foothills Gardens; the Butterfly Pavilion; the Moonlight Garden; and rose and fragrance gardens.

The Gardens on Spring Creek, along with the Community Foundation of Northern Colorado and Bob and Joyce Everitt, have planted a seed. We invite you to join the Everitt family, Community Foundation and City of Fort Collins in the opening of this outdoor performance and event venue.

"Take root. Grow. Flourish."

# 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 рм	\$40	402326-01
9/12-10/17	W	5:10-5:40 рм	\$40	402326-02
9/22-10/27	Sa	9:15-9:45 ам	\$40	402326-03
9/22-10/27	Sa	9:55-10:25 ам	\$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 ам-12:30 рм	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	а			
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 рм	\$28	402980-03
Chair Yoga				
9/6-9/27	Th	2:00-3:00 pm	\$28	402980-04
		2.00 5.00 111	Ψ20	402300 04
10/4-10/25	Th	2:00-3:00 PM	\$28	402980-05

# 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

402781-01

\$35

WHY I VOLUNTEER



"Ever since I was young, it has been a passion of mine to leave a 'footprint in the sand' by making a difference in the lives of those around me and in my community."

-Mandy Morgan Commission on Disability Member



# MS Aqua, Adaptive H2O Fitness

ort Collins

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.

Auxiliary aids and services are available for persons with disa

# Age: 18 years & up

Location: Mulberry Pool

9/4-9/27	Tu,Th	9:30-10:30 ам	\$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

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

#### 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 рм \$22	402585-01
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# 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 ам	\$64	410356-01
10/27-12/15	Sa	9:45-10:15 ам	\$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 рм	\$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 рм	\$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

10/23 Tu 5:00-7:00 рм \$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 ам-12:00 рм	\$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 KFCG [FORT COLLINS GREAT

Cooperative Cabin Campout continued

10/5-10/7	F-Su	1:00-Noon	\$170	402925-01
Attendant Se	ection		\$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	М	10:30 ам-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 рм	\$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 рм	\$49	414739-01
10/17-11/28	W	5:30-7:00 рм	\$49	414739-02
12/5-12/19	W	5:30-7:00 рм	\$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	s & up			
Location: Cit	y Park			
8/20-10/1	М	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	М	4:15-5:15 рм	\$22	402061-01
Family				
8/20-10/1	М	4:15-5:15 рм	\$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 рм	\$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 рм	\$24	402401-06
Baking				
10/3-10/10	W	6:30-8:00 рм	\$24	402401-07
Savory Soups				
11/7-11/28	W	6:30-8:00 рм	\$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 рм	\$16	402401-05
5/5	**	0.00 0.30 PM	ψιο	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 рм	\$9	402408-01
10/25	Th	6:30-8:00 рм	\$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 W

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 рм	\$3	402909-01
10/19	F	12:45-2:45 рм	\$3	402909-02
11/2	F	12:45-2:45 рм	\$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 рм	\$6	402903-01.
10/16	Tu	5:45-9:30 рм	\$6	402903-02
11/13	Tu	5:45-9:30 рм	\$6	402903-03
9/18	Tu	5:45-9:30 рм	No Fee	402903-1A
10/16	Tu	5:45-9:30 рм	No Fee	402903-2A
11/13	Tu	5:45-9:30 рм	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 рм	\$6	402904-01
10/22	М	5:45-8:00 рм	\$6	402904-02
11/26	М	5:45-8:00 рм	\$6	402904-03
9/26	W	5:45-8:00 рм	No Fee	402904-1A
10/22	М	5:45-8:00 рм	No Fee	402904-2A
11/26	М	5:45-8:00 рм	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 . . ... . . . . . .

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9/28	F	6:00-8:00 рм	\$4			
Monsters Ball						
10/26	F	6:00-8:00 pm	\$4			
Happy Harvest						
11/16	F	6:00-8:00 рм	\$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 рм	\$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 рм	\$12	402409-01
Attendant	Section		\$8	402409-1A

KFCG FORT COLLINS

# [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 рм	\$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



Denotes no web registration for program

Denotes program/activity has special membership pricing Denotes Health and Wellness program



# 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 agua 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 1/2-4 1/2 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



**ON ALL TRANSFORT ROUTES... INCLUDING MAX!** 



If you're 17 or younger, show your student ID or ride with a parent to get on any Transfort bus for free.



# **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 рм	\$42.26	400416-01
10/1-10/26	M,W,F	12:15-1:15 рм	\$46	400416-02
10/29-11/30	M,W,F	12:15-1:15 рм	\$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 ам	\$42.26	400324-01	
10/1-10/26	M,W,F	7:30-8:30 ам	\$46	400324-02	
10/29-11/30	M,W,F	7:30-8:30 ам	\$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 рм	\$42.26	400417-01
10/1-10/26	M,W,F	6:00-7:00 рм	\$46	400417-02
10/29-11/30	M,W,F	6:00-7:00 рм	\$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

9/5-9/30М,W,F7:30-8:30 AM\$42.26400222-0110/1-10/26М,W,F7:30-8:30 AM\$46400222-0210/29-11/30M,W,F7:30-8:30 AM\$57.26400222-03Location: Senior Center9/5-9/28M,W,F6:15-7:15 AM\$42.26400422-0110/1-10/26M,W,F6:15-7:15 AM\$46400422-0210/29-11/30M,W,F6:15-7:15 AM\$46400422-039/5-9/28M,W,F9:30-10:30 AM\$42.26400422-0410/1-10/26M,W,F9:30-10:30 AM\$42.26400422-0510/29-11/30M,W,F9:30-10:30 AM\$46400422-0510/29-11/30M,W,F9:30-10:30 AM\$57.26400422-069/5-9/28M,W,F5:00-6:00 PM\$42.26400422-0710/1-10/26M,W,F5:00-6:00 PM\$42.26400422-0810/29-11/30M,W,F5:00-6:00 PM\$42.26400422-099/4-9/27Tu,Th8:00-9:00 AM\$31400422-1010/2-10/25Tu,Th8:00-9:00 AM\$31400422-129/4-9/27Tu,Th9:00-10:00 AM\$31400422-1310/2-10/25Tu,Th9:00-10:00 AM\$31400422-159/4-9/27Tu,Th9:00-10:00 AM\$31400422-1710/30-11/29Tu,Th9:00-11:00 AM\$31400422-189/4-9/27Tu,Th10:00-11:00 AM\$31400422-189/4-9/27Tu,Th10:00-11:00 AM\$31400422-1910/2-10/25 <t< th=""><th>Location: Mult</th><th colspan="7">Location: Mulberry Pool</th></t<>	Location: Mult	Location: Mulberry Pool						
10/29-11/30         M,W,F         7:30-8:30 AM         \$57.26         400222-03           Location: Senior Center	9/5-9/30	M,W,F	7:30-8:30 ам	\$42.26	400222-01			
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         \$46         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         \$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           10/29-10/25         Tu,Th         8:00-9:00 AM         \$31         400422-12           9/4-9/27         Tu,Th         8:00-9:00 AM         \$31         400422-12           9/4-9/27         <	10/1-10/26	M,W,F	7:30-8:30 ам	\$46	400222-02			
9/5-9/28M,W,F6:15-7:15 AM\$42.26400422-0110/1-10/26M,W,F6:15-7:15 AM\$46400422-0210/29-11/30M,W,F6:15-7:15 AM\$57.26400422-039/5-9/28M,W,F9:30-10:30 AM\$42.26400422-0410/1-10/26M,W,F9:30-10:30 AM\$46400422-0510/29-11/30M,W,F9:30-10:30 AM\$46400422-0510/29-11/30M,W,F9:30-10:30 AM\$57.26400422-069/5-9/28M,W,F5:00-6:00 PM\$42.26400422-0710/1-10/26M,W,F5:00-6:00 PM\$42.26400422-0810/29-11/30M,W,F5:00-6:00 PM\$57.26400422-099/4-9/27Tu,Th8:00-9:00 AM\$31400422-1010/2-10/25Tu,Th8:00-9:00 AM\$31400422-129/4-9/27Tu,Th9:00-10:00 AM\$31400422-1310/2-10/25Tu,Th9:00-10:00 AM\$31400422-159/4-9/27Tu,Th9:00-11:00 AM\$31400422-1610/2-10/25Tu,Th10:00-11:00 AM\$31400422-1710/30-11/29Tu,Th10:00-11:00 AM\$31400422-189/4-9/27Tu,Th10:00-11:00 AM\$34.76400422-189/4-9/27Tu,Th10:00-11:00 AM\$31400422-1910/30-11/29Tu,Th7:00-8:00 PM\$31400422-1910/2-10/25Tu,Th7:00-8:00 PM\$31400422-1910/2-10/25Tu,Th7:00-8:00 PM <td>10/29-11/30</td> <td>M,W,F</td> <td>7:30-8:30 ам</td> <td>\$57.26</td> <td>400222-03</td>	10/29-11/30	M,W,F	7:30-8:30 ам	\$57.26	400222-03			
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         \$46         400422-05           10/29-11/30         M,W,F         9:30-10:30 AM         \$46         400422-05           10/29-11/30         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         400422-12           9/4-9/27         Tu,Th         8:00-9:00 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	Location: Seni	or Center						
10/29-11/30M,W,F6:15-7:15 AM\$57.26400422-039/5-9/28M,W,F9:30-10:30 AM\$42.26400422-0410/1-10/26M,W,F9:30-10:30 AM\$46400422-0510/29-11/30M,W,F9:30-10:30 AM\$57.26400422-069/5-9/28M,W,F5:00-6:00 PM\$42.26400422-0710/1-10/26M,W,F5:00-6:00 PM\$42.26400422-0810/29-11/30M,W,F5:00-6:00 PM\$46400422-099/4-9/27Tu,Th8:00-9:00 AM\$31400422-1010/2-10/25Tu,Th8:00-9:00 AM\$31400422-1110/30-11/29Tu,Th8:00-9:00 AM\$34.76400422-129/4-9/27Tu,Th9:00-10:00 AM\$31400422-1310/2-10/25Tu,Th9:00-10:00 AM\$31400422-159/4-9/27Tu,Th9:00-10:00 AM\$31400422-1610/2-10/25Tu,Th10:00-11:00 AM\$31400422-1710/30-11/29Tu,Th10:00-11:00 AM\$31400422-189/4-9/27Tu,Th10:00-11:00 AM\$31400422-1910/30-11/29Tu,Th10:00-11:00 AM\$31400422-1910/30-11/29Tu,Th10:00-11:00 AM\$31400422-1910/2-10/25Tu,Th7:00-8:00 PM\$31400422-1910/2-10/25Tu,Th7:00-8:00 PM\$31400422-1910/2-10/25Tu,Th7:00-8:00 PM\$31400422-1910/2-10/25Tu,Th7:00-8:00 PM </td <td>9/5-9/28</td> <td>M,W,F</td> <td>6:15-7:15 ам</td> <td>\$42.26</td> <td>400422-01</td>	9/5-9/28	M,W,F	6:15-7:15 ам	\$42.26	400422-01			
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         \$446         400422-08           10/29-11/30         M,W,F         5:00-6:00 PM         \$46         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         400422-12           9/4-9/27         Tu,Th         8:00-9:00 AM         \$31         400422-12           9/4-9/27         Tu,Th         8:00-9:00 AM         \$31         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         400422-15           9/4-9/27         Tu,Th         9:00-10:00 AM         \$31         400422-15           10/2-10/25         Tu,Th         10:00-11:00 AM         \$31	10/1-10/26	M,W,F	6:15-7:15 ам	\$46	400422-02			
10/1-10/26M,W,F9:30-10:30 AM\$46400422-0510/29-11/30M,W,F9:30-10:30 AM\$57.26400422-069/5-9/28M,W,F5:00-6:00 PM\$42.26400422-0710/1-10/26M,W,F5:00-6:00 PM\$46400422-0810/29-11/30M,W,F5:00-6:00 PM\$46400422-099/4-9/27Tu,Th8:00-9:00 AM\$31400422-1010/2-10/25Tu,Th8:00-9:00 AM\$31400422-129/4-9/27Tu,Th8:00-9:00 AM\$31400422-129/4-9/27Tu,Th9:00-10:00 AM\$31400422-1310/2-10/25Tu,Th9:00-10:00 AM\$31400422-159/4-9/27Tu,Th9:00-10:00 AM\$31400422-1610/2-10/25Tu,Th10:00-11:00 AM\$31400422-1710/30-11/29Tu,Th10:00-11:00 AM\$31400422-189/4-9/27Tu,Th10:00-11:00 AM\$31400422-1910/2-10/25Tu,Th7:00-8:00 PM\$31400422-1910/2-10/25Tu,Th7:00-8:00 PM\$31400422-1910/2-10/25Tu,Th7:00-8:00 PM\$31400422-19	10/29-11/30	M,W,F	6:15-7:15 ам	\$57.26	400422-03			
10/29-11/30M,W,F9:30-10:30 AM\$57.26400422-069/5-9/28M,W,F5:00-6:00 PM\$42.26400422-0710/1-10/26M,W,F5:00-6:00 PM\$46400422-0810/29-11/30M,W,F5:00-6:00 PM\$57.26400422-099/4-9/27Tu,Th8:00-9:00 AM\$31400422-1010/2-10/25Tu,Th8:00-9:00 AM\$31400422-129/4-9/27Tu,Th8:00-9:00 AM\$31400422-129/4-9/27Tu,Th9:00-10:00 AM\$31400422-1310/2-10/25Tu,Th9:00-10:00 AM\$31400422-1410/30-11/29Tu,Th9:00-10:00 AM\$34.76400422-159/4-9/27Tu,Th10:00-11:00 AM\$31400422-1610/2-10/25Tu,Th10:00-11:00 AM\$31400422-1710/30-11/29Tu,Th10:00-11:00 AM\$31400422-189/4-9/27Tu,Th10:00-11:00 AM\$31400422-1910/2-10/25Tu,Th7:00-8:00 PM\$31400422-1910/2-10/25Tu,Th7:00-8:00 PM\$31400422-1910/2-10/25Tu,Th7:00-8:00 PM\$31400422-20	9/5-9/28	M,W,F	9:30-10:30 ам	\$42.26	400422-04			
9/5-9/28M,W,F5:00-6:00 PM\$42.26400422-0710/1-10/26M,W,F5:00-6:00 PM\$46400422-0810/29-11/30M,W,F5:00-6:00 PM\$57.26400422-099/4-9/27Tu,Th8:00-9:00 AM\$31400422-1010/2-10/25Tu,Th8:00-9:00 AM\$31400422-1210/2-10/25Tu,Th8:00-9:00 AM\$34.76400422-129/4-9/27Tu,Th9:00-10:00 AM\$31400422-1310/2-10/25Tu,Th9:00-10:00 AM\$31400422-1310/2-10/25Tu,Th9:00-10:00 AM\$31400422-1410/30-11/29Tu,Th9:00-10:00 AM\$34.76400422-159/4-9/27Tu,Th10:00-11:00 AM\$31400422-1610/2-10/25Tu,Th10:00-11:00 AM\$31400422-1710/30-11/29Tu,Th10:00-11:00 AM\$31400422-189/4-9/27Tu,Th10:00-11:00 AM\$34.76400422-189/4-9/27Tu,Th7:00-8:00 PM\$31400422-1910/2-10/25Tu,Th7:00-8:00 PM\$31400422-1910/2-10/25Tu,Th7:00-8:00 PM\$31400422-20	10/1-10/26	M,W,F	9:30-10:30 ам	\$46	400422-05			
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         400422-12           10/2-10/25         Tu,Th         8:00-9:00 AM         \$34.76         400422-12           9/4-9/27         Tu,Th         8:00-9:00 AM         \$31         400422-12           9/4-9/27         Tu,Th         9:00-10:00 AM         \$31         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         400422-15           9/4-9/27         Tu,Th         9:00-10:00 AM         \$31         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	10/29-11/30	M,W,F	9:30-10:30 ам	\$57.26	400422-06			
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         400422-12         10/2-10/25         Tu,Th         8:00-9:00 AM         \$31         400422-12         10/30-11/29         Tu,Th         8:00-9:00 AM         \$34.76         400422-12         10/2-10/25         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         \$31         400422-15         9/4-9/27         Tu,Th         9:00-10:00 AM         \$31         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         \$31         400422-17         10/30-11/29         Tu,Th         10:00-11:00 AM         \$31         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         400422-19         10/2-10/25         Tu,Th         7:00-8:00 PM	9/5-9/28	M,W,F	5:00-6:00 рм	\$42.26	400422-07			
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         \$31         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         400422-13           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         9:00-10:00 AM         \$34.76         400422-15           9/4-9/27         Tu,Th         10:00-11:00 AM         \$31         400422-16           10/30-11/29         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	10/1-10/26	M,W,F	5:00-6:00 рм	\$46	400422-08			
10/2-10/25Tu,Th8:00-9:00 AM\$31400422-1110/30-11/29Tu,Th8:00-9:00 AM\$34.76400422-129/4-9/27Tu,Th9:00-10:00 AM\$31400422-1310/2-10/25Tu,Th9:00-10:00 AM\$31400422-1410/30-11/29Tu,Th9:00-10:00 AM\$34.76400422-159/4-9/27Tu,Th10:00-11:00 AM\$31400422-1610/2-10/25Tu,Th10:00-11:00 AM\$31400422-1710/30-11/29Tu,Th10:00-11:00 AM\$34.76400422-189/4-9/27Tu,Th10:00-11:00 AM\$31400422-1910/2-10/25Tu,Th7:00-8:00 PM\$31400422-1910/2-10/25Tu,Th7:00-8:00 PM\$31400422-20	10/29-11/30	M,W,F	5:00-6:00 рм	\$57.26	400422-09			
10/30-11/29Tu,Th8:00-9:00 AM\$34.76400422-129/4-9/27Tu,Th9:00-10:00 AM\$31400422-1310/2-10/25Tu,Th9:00-10:00 AM\$31400422-1410/30-11/29Tu,Th9:00-10:00 AM\$34.76400422-159/4-9/27Tu,Th10:00-11:00 AM\$31400422-1610/2-10/25Tu,Th10:00-11:00 AM\$31400422-1710/30-11/29Tu,Th10:00-11:00 AM\$31400422-1710/30-11/29Tu,Th10:00-11:00 AM\$34.76400422-189/4-9/27Tu,Th7:00-8:00 PM\$31400422-1910/2-10/25Tu,Th7:00-8:00 PM\$31400422-20	9/4-9/27	Tu,Th	8:00-9:00 am	\$31	400422-10			
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         \$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	10/2-10/25	Tu,Th	8:00-9:00 am	\$31	400422-11			
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           10/2-10/25         Tu,Th         10:00-11:00 AM         \$34.76         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	8:00-9:00 am	\$34.76	400422-12			
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         \$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         10/2-10/25         Tu,Th         7:00-8:00 PM         \$31         400422-20	9/4-9/27	Tu,Th	9:00-10:00 AM	\$31	400422-13			
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	10/2-10/25	Tu,Th	9:00-10:00 AM	\$31	400422-14			
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	9:00-10:00 AM	\$34.76	400422-15			
10/30-11/29         Tu,Th         10:00-11:00 ам         \$34.76         400422-18           9/4-9/27         Tu,Th         7:00-8:00 рм         \$31         400422-19           10/2-10/25         Tu,Th         7:00-8:00 рм         \$31         400422-20	9/4-9/27	Tu,Th	10:00-11:00 AM	\$31	400422-16			
9/4-9/27         Tu,Th         7:00-8:00 рм         \$31         400422-19           10/2-10/25         Tu,Th         7:00-8:00 рм         \$31         400422-20	10/2-10/25	Tu,Th	10:00-11:00 AM	\$31	400422-17			
10/2-10/25 Tu,Th 7:00-8:00 рм \$31 400422-20	10/30-11/29	Tu,Th	10:00-11:00 ам	\$34.76	400422-18			
	9/4-9/27	Tu,Th	7:00-8:00 рм	\$31	400422-19			
10/30-11/29 Ти,Тh 7:00-8:00 рм \$34.76 400422-21	10/2-10/25	Tu,Th	7:00-8:00 рм	\$31	400422-20			
	10/30-11/29	Tu,Th	7:00-8:00 рм	\$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 ам	\$42.26	400420-01
10/1-10/26	M,W,F	7:30-8:30 ам	\$46	400420-02
10/29-11/30	M,W,F	7:30-8:30 ам	\$57.26	400420-03

# KFCG FORT

# 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 рм	\$31	400418-01
10/2-10/25	Tu,Th	6:00-7:00 рм	\$31	400418-02
10/30-11/29	Tu,Th	6:00-7:00 рм	\$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

Location. I fait	city i ooi				
9/5-9/28	M,W,F	12:15-1:00 рм	\$30.94	400230-01	
10/1-10/26	M,W,F	12:15-1:00 рм	\$34.76	400230-02	
10/29-11/30	M,W,F	12:15-1:00 рм	\$43.19	400230-03	
Location: Edora Pool Ice Center					

9/5-9/28	M,W,F	5:30-6:30 рм	\$42.26	400330-01
10/1-10/26	M,W,F	5:30-6:30 рм	\$46	400330-02
10/29-11/30	M,W,F	5:30-6:30 рм	\$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 рм	\$31	400428-01
10/2-10/25	Tu,Th	5:00-6:00 рм	\$31	400428-02
10/30-11/29	Tu,Th	5:00-6:00 рм	\$34.76	400428-03

# NEED ACCESS TO THE **CITY IN YOUR POCKET?**



Access Fort Collins is an easy way to send your questions, comments and service requests directly to City staff anytime, anywhere. Find it online at fcgov.com, or download the free mobile app.



# bring on the



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



Contact Info

(p) (970) 266-1734

(f) (970) 377-9865

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

# WELCOME TO **BASE** Camp

When school is out, BASE Camp is in!

- Quality, safe, and affordable before- and after-school programming
- · Improved academic, physical, social and communication skills
- · No transportation required
- · Hours between 6:30 AM-6:00 PM
- · Tuition assistance available



mybasecampkids.org facebook.com/mybasecampkids

20

# 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 рм	\$73.50	401338-01		
Location: Ser	Location: Senior Center					
9/16-10/14	Su	4:40-5:25 рм	\$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 рм	\$73.50	401339-01
10/15-11/14	M,W	7:00-7:45 рм	\$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 ам	\$26	401353-01
10/27	Sa	10:00-11:30 ам	\$26	401353-02
11/24	Sa	10:00-11:30 am	\$26	401353-03

# KFCG [ FORT COLLINS GREAT

# **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 ам	\$36	401352-01
10/27	Sa	10:00-11:30 ам	\$36	401352-02
11/24	Sa	10:00-11:30 ам	\$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 рм	\$22	401356-01
9/26	W	6:00-9:00 рм	\$22	401356-02
10/10	W	6:00-9:00 рм	\$22	401356-03
10/24	W	6:00-9:00 рм	\$22	401356-04
11/7	W	6:00-9:00 рм	\$22	401356-05
11/28	W	6:00-9:00 рм	\$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 рм	\$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 рм	\$61	401210-01
10/16-11/15	Tu,Th	4:30-5:00 рм	\$61	401210-02
10/16-11/15	Tu,Th	5:40-6:10 рм	\$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 ам	\$31	401210-05
10/20-11/17	Sa	9:35-10:05 ам	\$31	401210-06
10/20-11/17	Sa	10:45-11:15 ам	\$31	401210-07

22

#### Baby & Me 1 continued

9/16-10/14	Su	3:15-3:45 рм	\$31	401210-08
9/16-10/14	Su	4:25-4:55 рм	\$31	401210-09
10/21-11/18	Su	3:50-4:20 рм	\$31	401210-10
10/21-11/18	Su	5:00-5:30 рм	\$31	401210-11
Location: Edo	ra 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 рм	\$61	401310-02
10/15-11/14	M,W	5:05-5:35 рм	\$61	401310-03
9/11-10/11	Tu,Th	10:25-10:55 ам	\$61	401310-04
10/16-11/15	Tu,Th	9:15-9:45 ам	\$61	401310-05
Location: Sen	ior Center			
9/16-10/14	Su	3:30-4:00 рм	\$31	401410-01
9/16-10/14	Su	4:40-5:10 рм	\$31	401410-02
10/21-11/18	Su	4:05-4:35 рм	\$31	401410-03
10/21-11/18	Su	5:15-5:45 рм	\$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

Locution. I fui						
9/11-10/11	Tu,Th	4:30-5:00 рм	\$61	401212-01		
9/11-10/11	Tu,Th	5:40-6:10 рм	\$61	401212-02		
10/16-11/15	Tu,Th	5:05-5:35 рм	\$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 ам	\$31	401212-05		
10/20-11/17	Sa	9:00-9:30 ам	\$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 рм	\$31	401212-08		
9/16-10/14	Su	5:00-5:30 рм	\$31	401212-09		
10/21-11/18	Su	3:15-3:45 рм	\$31	401212-10		
10/21-11/18	Su	4:25-4:55 рм	\$31	401212-11		

# Location: Edora Pool Ice Center

9/10-10/10	M,W	5:05-5:35 рм	\$61	401312-01	
10/15-11/14	M,W	4:30-5:00 рм	\$61	401312-02	
10/15-11/14	M,W	5:40-6:10 рм	\$61	401312-03	
9/11-10/11	Tu,Th	9:15-9:45 ам	\$61	401312-04	
10/16-11/15	Tu,Th	10:25-10:55 ам	\$61	401312-05	
Location: Senior Center					
0/16 10/14	C	4.0E 4.7E DM	¢71	101412 01	

9/16-10/14	Su	4:05-4:35 рм	\$31	401412-01
9/16-10/14	Su	5:15-5:45 рм	\$31	401412-02
10/21-11/18	Su	3:30-4:00 рм	\$31	401412-03
10/21-11/18	Su	4:40-5:10 рм	\$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

Location. Mui	Delly FUUI					
9/11-10/11	Tu,Th	5:05-5:35 рм	\$61	401216-01		
9/11-10/11	Tu,Th	6:15-6:45 рм	\$61	401216-02		
10/16-11/15	Tu,Th	4:30-5:00 рм	\$61	401216-03		
10/16-11/15	Tu,Th	5:40-6:10 рм	\$61	401216-04		
9/15-10/13	Sa	9:00-9:30 ам	\$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 ам	\$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 ам	\$31	401216-09		
9/16-10/14	Su	3:15-3:45 рм	\$31	401216-10		
9/16-10/14	Su	4:25-4:55 рм	\$31	401216-11		
9/16-10/14	Su	5:35-6:05 рм	\$31	401216-12		
10/21-11/18	Su	3:50-4:20 рм	\$31	401216-13		
10/21-11/18	Su	5:00-5:30 рм	\$31	401216-14		
Location: Edo	ra 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 рм	\$61	401316-02		
10/15-11/14	M,W	5:05-5:35 рм	\$61	401316-03		
10/15-11/14	M,W	6:15-6:45 рм	\$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 рм	\$61	401316-07		
Location: Sen	Location: Senior Center					
9/16-10/14	Su	4:05-4:35 рм	\$31	401416-01		
10/21-11/18	Su	4:05-4:35 рм	\$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

Locationi i fai	being roor			
9/11-10/11	Tu,Th	4:30-5:00 pm	\$61	401218-01
9/11-10/11	Tu,Th	5:40-6:10 рм	\$61	401218-02
10/16-11/15	Tu,Th	5:05-5:35 рм	\$61	401218-03
10/16-11/15	Tu,Th	6:15-6:45 рм	\$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 ам	\$31	401218-06
10/20-11/17	Sa	9:00-9:30 ам	\$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 ам	\$31	401218-09
9/16-10/14	Su	3:50-4:20 рм	\$31	401218-10
9/16-10/14	Su	5:00-5:30 рм	\$31	401218-11
10/21-11/18	Su	3:15-3:45 рм	\$31	401218-12
10/21-11/18	Su	4:25-4:55 рм	\$31	401218-13
10/21-11/18	Su	5:35-6:05 рм	\$31	401218-14



#### Tadpole continued

KFCG GOLLINS

#### Location: Edora Pool Ice Center

9/10-10/10	M,W	5:05-5:35 рм	\$61	401318-01
9/10-10/10	M,W	6:15-6:45 рм	\$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 рм	\$61	401318-04
9/11-10/11	Tu,Th	11:00-11:30 ам	\$61	401318-05

#### Location: Senior Center

9/16-10/14	Su	3:30-4:00 рм	\$31	401418-01
9/16-10/14	Su	5:15-5:45 рм	\$31	401418-02
10/21-11/18	Su	4:40-5:10 рм	\$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 рм	\$61	401220-01
9/11-10/11	Tu,Th	6:15-6:45 рм	\$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 рм	\$61	401220-04
9/15-10/13	Sa	9:00-9:30 ам	\$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 ам	\$31	401220-07

continued on next page

#### Froggy continued

10/20-11/17	Sa	9:35-10:05 ам	\$31	401220-08	
10/20-11/17	Sa	10:45-11:15 ам	\$31	401220-09	
9/16-10/14	Su	3:15-3:45 рм	\$31	401220-10	
9/16-10/14	Su	5:35-6:05 рм	\$31	401220-11	
10/21-11/18	Su	3:15-3:45 рм	\$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 РМ	\$31	401220-14	
Location: Edd	ora Pool Ice	e Center			
9/10-10/10	M,W	4:30-5:00 рм	\$61	401320-01	
9/10-10/10	M,W	5:40-6:10 рм	\$61	401320-02	
10/15-11/14	M,W	5:05-5:35 рм	\$61	401320-03	
10/15-11/14	M,W	6:15-6:45 рм	\$61	401320-04	
10/16-11/15	Tu,Th	11:00-11:30 ам	\$61	401320-05	
Location: Senior Center					
9/16-10/14	Su	4:40-5:10 рм	\$31	401420-01	
10/21-11/18	Su	3:30-4:00 рм	\$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

Location. Plui	Delly 1001			
9/11-10/11	Tu,Th	4:30-5:00 PM	\$61	401222-01
9/11-10/11	Tu,Th	5:40-6:10 рм	\$61	401222-02
10/16-11/15	Tu,Th	5:05-5:35 рм	\$61	401222-03
10/16-11/15	Tu,Th	6:15-6:45 рм	\$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 ам	\$31	401222-06
10/20-11/17	Sa	9:00-9:30 ам	\$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 ам	\$31	401222-09
9/16-10/14	Su	3:15-3:45 рм	\$31	401222-10
9/16-10/14	Su	4:25-4:55 рм	\$31	401222-11
10/21-11/18	Su	3:15-3:45 рм	\$31	401222-12
10/21-11/18	Su	5:35-6:05 рм	\$31	401222-13
Location: Edo	ora Pool Ice	Center		

Location. Lao		center		
9/10-10/10	M,W	5:05-5:35 рм	\$61	401322-01
9/10-10/10	M,W	6:15-6:45 рм	\$61	401322-02
10/15-11/14	M,W	4:30-5:00 рм	\$61	401322-03
10/15-11/14	M,W	5:40-6:10 рм	\$61	401322-04
Location: Sen	ior Center			
9/16-10/14	Su	4:05-4:35 рм	\$31	401422-01
10/21-11/18	Su	5:15-5:45 рм	\$31	401422-02

# Level 2

KFCG FORT

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 рм	\$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 рм	\$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 ам	\$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 ам	\$31	401224-08
9/16-10/14	Su	3:50-4:20 рм	\$31	401224-09
9/16-10/14	Su	5:00-5:30 рм	\$31	401224-10
9/16-10/14	Su	5:35-6:05 рм	\$31	401224-11
10/21-11/18	Su	3:50-4:20 рм	\$31	401224-12
10/21-11/18	Su	5:00-5:30 рм	\$31	401224-13
Location: Edo	ra 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 рм	\$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 рм	\$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 рм	\$61	401324-06
Location: Senior Center				
9/16-10/14	Su	3:30-4:00 рм	\$31	401424-01
10/21-11/18	Su	3:30-4:00 рм	\$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

10/15-11/14

M,W

Location: Mulberry Pool

9/11-10/11	Tu,Th	5:40-6:25 рм	\$73.50	401226-01
10/16-11/15	Tu,Th	4:30-5:15 рм	\$73.50	401226-02
10/16-11/15	Tu,Th	6:15-7:00 рм	\$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 ам	\$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 ам-12:05 рм	\$73.50	401226-07
9/16-10/14	Su	3:15-4:00 рм	\$73.50	401226-08
9/16-10/14	Su	5:35-6:20 рм	\$73.50	401226-09
10/21-11/18	Su	3:50-4:35 рм	\$73.50	401226-10
10/21-11/18	Su	5:00-5:45 рм	\$73.50	401226-11
Location: Edo	ra Pool Ice	Center		
9/10-10/10	M,W	5:40-6:25 рм	\$73.50	401326-01

5:05-5:50 PM

\$73.50 401326-02

KFCG [FOR [COLLINS]

# 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 рм	\$73.50	401228-01
10/16-11/15	Tu,Th	5:40-6:25 рм	\$73.50	401228-02
9/15-10/13	Sa	9:00-9:45 ам	\$73.50	401228-03
9/15-10/13	Sa	11:20 ам-12:05 рм	\$73.50	401228-04
10/20-11/17	Sa	10:45-11:30 ам	\$73.50	401228-05
9/16-10/14	Su	4:25-5:10 рм	\$73.50	401228-06
10/21-11/18	Su	3:15-4:00 рм	\$73.50	401228-07
10/21-11/18	Su	5:35-6:20 рм	\$73.50	401228-08

#### Location: Edora Pool Ice Center

9/10-10/10	M,W	5:05-5:50 рм	\$73.50	401328-01
10/15-11/14	M,W	5:40-6:25 рм	\$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 рм	\$73.50	401230-01	
10/16-11/15	Tu,Th	5:05-5:50 рм	\$73.50	401230-02	
9/15-10/13	Sa	10:10-10:55 ам	\$73.50	401230-03	
10/20-11/17	Sa	10:10-10:55 ам	\$73.50	401230-04	
9/16-10/14	Su	3:50-4:35 рм	\$73.50	401230-05	
10/21-11/18	Su	4:25-5:10 рм	\$73.50	401230-06	
Location: Edora Pool Ice Center					
9/10-10/10	M,W	4:30-5:15 рм	\$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

E o o d di o i i i i di ilo					
9/11-10/11	Tu,Th	5:05-5:50 рм	\$73.50	401232-01	
10/20-11/17	Sa	9:00-9:45 ам	\$73.50	401232-02	
9/16-10/14	Su	5:00-5:45 рм	\$73.50	401232-03	
Location: Edora Pool Ice Center					
10/15-11/14	M,W	4:30-5:15 рм	\$73.50	401332-01	







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ALL AND

# Arts & Crafts

# **Senior Center Exhibits**

Call to artists, crafters, and collectors interested in displaying their pieces. The Senior Center showcases both historical and contemporary artworks and collections by local, regional, national, and international artists, art faculty, students, patrons, and emerging and established artists. Exhibits represent a great diversity and change regularly. Exhibits are 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 Ѡ 🖤

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 рм	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 рм	\$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 ам-12:30 рм	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 Sch	lool			
9/8	Sa	9:00 ам-Noon	\$28	403436-01
Pumpkins				
10/13	Sa	9:00 ам-Noon	\$28	403436-02
Pilgrims				
11/10	Sa	9:00 ам-Noon	\$28	403436-03

# Quilting Quorum W 🖤

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 Ти 1:00-3:00 рм \$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 ам	No Fee	403455-01	
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# 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

Halloween Gourds

W

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.

1:00-3:00 PM

No Fee

Age: 10 years & up Location: Senior Center

10/6	Sa	9:00 am-1:00 pm	\$34	403440-01

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

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# 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 рм		

# **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 рм	\$45	403441-01
11/10	Sa	9:00 am-1:00 pm		

# [JEWELRY]

# Lapidary Open Shop Time W

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	М	7:00-9:00 рм	\$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 рм	\$98	403486-01
10/30-12/11	Tu	6:00-8:00 рм	\$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 рм	\$98	403487-01
10/30-12/11	Tu	3:30-5:30 рм	\$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 Location: Sen		Pr		
9/17-10/22	М	9:00-11:30 am	\$79	

# **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 ам-4:00 рм	\$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	М	1:00-3:00 pm	\$34.26	403446-01
10/1-10/29	М	1:00-3:00 pm	\$53.75	403446-02
11/5-11/26	М	1:00-3:00 pm	\$34.26	403446-03
9/10-9/24	М	6:30-8:30 рм	\$34.26	403446-04
10/1-10/29	М	6:30-8:30 рм	\$53.75	403446-05
11/5-11/26	М	6:30-8:30 рм	\$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

403409-01

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 рм	\$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 рм	\$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 рм	\$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 рм	\$50	418983-01
Fall Wreath				
10/13	Sa	1:00-3:30 рм	\$50	418983-02
Candleholder				
11/10	Sa	1:00-3:30 рм	\$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 Lea	ves Fall			
9/8	Sa	9:30 ам-Noon	\$50	418982-01
Pumpkin P	atch			
10/13	Sa	9:30 ам-Noon	\$50	418982-02
Thankful T	urkey			
11/10	Sa	9:30 ам-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 S	Sunflowers					
9/21	F	3:00-4:30 рм	\$30	416243-01		
Sugar Skull	Sugar Skull Collage					
10/19	F	3:00-4:30 рм	\$30	416243-02		
Thanksgiving Dinner						
11/12	М	3:00-4:30 рм	\$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 Poo				
9/21	F	9:00 ам-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 рм	\$35	418984-01		
Thanksgiving	Thanksgiving Turkeys (Water Color)					
11/12	М	9:30 ам-Noon	\$35	418984-05		
Cornucopia (V	Vater Color)					
11/12	М	1:00-3:30 рм	\$35	418984-06		
Location: Foo Autumn Leave	5					
10/18	Th	9:30 ам-Noon	\$35	418984-02		
Pumpkins O' I	Plenty (Pape	r Mosaic)				
10/18	Th	1:00-3:30 рм	\$35	418984-03		
Grisly, Gruesome Scene (Crayons & Tempera)						
10/19	F	1:00-3:30 рм	\$35	418984-04		
<b>The Art of the Selfie</b> Use clay, collage, and paint to create a unique self-portrait. Age: 6-12 years						

Location: Mulberry Pool

11/12	М	9:00 ам-Noon	\$50	416951-01			



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-Bernadette Felix Restorative Justice Volunteer

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# POTTERY

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

For adult classes, the first 25 lbs. of clay are provided. More clay can be purchased at the Studio for \$22. Only clay purchased from the Pottery Studio is fired. 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	М	9:00-11:00 am	\$170	404850-01
9/10-11/12	М	5:45-7:45 рм	\$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	М	8:00-10:00 pm	\$170	404855-01
9/5-11/7	W	5:45-7:45 рм	\$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 ам	\$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 рм	\$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 ам	\$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 рм	\$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 рм	\$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 year	•		
Location: Po	ttery Studio		
9/7-11/9	F	9:00-11:00 am	\$170

# **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 рм	\$75	404897-01
12/1-12/8	Sa	9:00 ам-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 рм	\$170	404899-01
9/4-11/6	Tu	9:00 ам-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 рм	\$16	404828-01
9/14	F	6:00-8:30 рм	\$16	404828-02
9/21	F	6:00-8:30 рм	\$16	404828-03
9/28	F	6:00-8:30 рм	\$16	404828-04
10/5	F	6:00-8:30 рм	\$16	404828-05
10/12	F	6:00-8:30 рм	\$16	404828-06
10/19	F	6:00-8:30 рм	\$16	404828-07
10/26	F	6:00-8:30 рм	\$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

404885-01

Location: Pottery Studio

11/16	F	6:00-7:00 рм	\$65	404827-01
11/17	Sa	12:30-2:30 рм		
11/16	F	7:00-8:00 рм	\$65	404827-02
11/17	Sa	3:00-5:00 рм		

# 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 рм	\$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 рм	\$110	404835-01
10/20-11/17	Sa	4:00-5:30 рм	\$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 рм	\$110	404845-01
10/12-11/9	F	5:45-7:15 рм	\$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 рм	\$45	404801-01
9/5-10/3	W	2:45-3:45 рм	\$45	404801-02
9/8-10/13	Sa	2:30-3:30 рм	\$45	404801-03
10/9-11/6	Tu	12:30-1:30 рм	\$45	404801-04
10/10-11/7	W	2:45-3:45 рм	\$45	404801-05
10/20-11/17	Sa	2:30-3:30 рм	\$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 рм	\$110	404825-01
10/11-11/8	Th	3:30-5:00 рм	\$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	М	4:00-5:15 рм	\$59	404805-01
9/5-10/3	W	4:00-5:15 рм	\$59	404805-02
10/15-11/12	М	4:00-5:15 рм	\$59	404805-03
10/10-11/7	W	4:00-5:15 рм	\$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 рм	\$59	404810-01
9/7-10/5	F	4:00-5:30 рм	\$59	404810-02
10/11-11/8	Th	3:45-5:15 рм	\$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 рм	\$59	404815-01
10/9-11/6	Tu	3:45-5:15 рм	\$59	404815-02

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5	0

Denotes no web registration for program

Denotes program/activity has special membership pricing

Denotes Health and Wellness program

# 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 рм	\$31	406426-01
10/2-10/30	Tu	7:00-8:00 рм	\$38.50	406426-02
11/6-11/27	Tu	7:00-8:00 рм	\$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 year: Location: Clu			
9/11-10/16	Tu	5:30-6:30 рм	\$37

# Ballet, Low-Intermediate

Tu

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

5:30-6:30 PM

# Age: 18 years & up

10/23-12/11

Location: Empire Grange, 2306 W. Mulberry St.

9/10-10/15	М	5:30-6:45 рм	\$46	406103-01
10/22-12/10	М	5:30-6:45 рм	\$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 рм	\$46	406104-01
10/25-12/13	Th	5:45-7:00 рм	\$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 рм	\$40	406440-01
10/3-10/24	W	7:30-9:00 рм	\$40	406440-02
11/7-11/28	W	7:30-9:00 рм	\$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 рм	\$40	406441-01
10/4-10/25	Th	7:30-9:00 рм	\$40	406441-02
11/1-11/29	Th	7:30-9:00 рм	\$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

406102-01

406102-02

\$43

Location: Senior Center

9/4-9/25	Tu	12:30-1:45 рм	\$21	406436-01
10/2-10/30	Tu	12:30-1:45 рм	\$26	406436-02
11/6-11/27	Tu	12:30-1:45 рм	\$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 рм	\$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 рм	\$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	М	6:50-7:50 рм	\$37	406156-01
10/22-12/10	М	6:50-7:50 рм	\$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 ам-3:00 рм	\$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 everchanging.

Grade: K-2

Location: Club Tico

9/11-10/9	Tu	4:15-5:15 рм	\$38.50	406101-01
10/16-11/13	Tu	4:15-5:15 рм	\$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 рм	\$45	421211-01
10/4-10/25	Th	2:15-3:00 рм	\$45	421211-02
11/1-11/29	Th	2:15-3:00 рм	\$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 I

Age: 3-4 years

9/7-9/28	F	11:45 ам-12:30 рм	\$45	421524-01
10/5-10/26	F	11:45 ам-12:30 рм	\$45	421524-02
11/2-11/16	F	11:45 ам-12:30 рм	\$35	421524-03
11/30-12/14	F	11:45 ам-12:30 рм	\$35	421524-04
9/8-9/29	Sa	9:30-10:15 ам	\$45	421524-05
10/6-10/27	Sa	9:30-10:15 ам	\$45	421524-06
11/3-11/17	Sa	9:30-10:15 ам	\$35	421524-07
12/1-12/15	Sa	9:30-10:15 ам	\$35	421524-08

#### Petite Ballerinas II, III

Age: 4-6 years

9/7-9/28	F	12:45-1:30 рм	\$45	421524-09
10/5-10/26	F	12:45-1:30 рм	\$45	421524-10
11/2-11/16	F	12:45-1:30 рм	\$35	421524-11
11/30-12/14	F	12:45-1:30 рм	\$35	421524-12
9/8-9/29	Sa	10:30-11:15 ам	\$45	421524-13
10/6-10/27	Sa	10:30-11:15 ам	\$45	421524-14
11/3-11/17	Sa	10:30-11:15 ам	\$35	421524-15
12/1-12/15	Sa	10:30-11:15 ам	\$35	421524-16

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421704-01

421704-02

421704-03

\$45

\$45

\$45

#### **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

Age. 4-0 yea	13			
Performance	Prep			
9/8-10/27	Sa	11:30 ам-12:15 рм	\$112	421525-01
Performance	Session			
11/3-12/15	Sa	11:30 ам-12:15 рм	\$112	421525-02
Age: 7-11 yea	rs			
Performance	Prep			
9/8-10/27	Sa	12:30-1:15 рм	\$112	421527-01
Performance	Session			
11/3-12/15	Sa	12:30-1:15 рм	\$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 рм	\$45	421213-01
10/4-10/25	Th	12:45-1:30 рм	\$45	421213-02
11/1-11/29	Th	12:45-1:30 рм	\$45	421213-03

#### Acro Dance II

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

9/10-9/24	М	4:30-5:15 рм	\$35	421513-01
10/1-10/29	М	4:30-5:15 рм	\$45	421513-02
11/5-11/26	М	4:30-5:15 рм	\$45	421513-03

#### Acro Dance III

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

9/10-9/24	М	6:45-7:30 рм	\$35	421513-04
10/1-10/29	М	6:45-7:30 рм	\$45	421513-05
11/5-11/26	М	6:45-7:30 рм	\$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 8/31-9/21 F 10:45-11:30 AM 9/27-10/18 Th 11:00-11:45 AM

9/28-10/19	F	10:45-11:30 ам	\$45	421704-04
10/25-11/15	Th	11:00-11:45 ам	\$45	421704-05
10/26-11/16	F	10:45-11:30 ам	\$45	421704-06
11/29-12/13	Th	11:00-11:45 ам	\$35	421704-07
11/30-12/14	F	10:45-11:30 ам	\$35	421704-08
Age: 4-5 years	S			
8/31-9/21	F	9:30-10:30 AM	\$60	421704-09
9/28-10/19	F	9:30-10:30 ам	\$60	421704-10

21704-10
21704-11
21704-12

#### [ HIP HOP ]

#### Нір Нор

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 рм	\$45	421210-01
10/4-10/25	Th	1:30-2:15 рм	\$45	421210-02
11/1-11/29	Th	1:30-2:15 рм	\$45	421210-03

#### Hip Hop II

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

9/10-9/24	М	5:15-6:00 рм	\$35	421511-01
10/1-10/29	М	5:15-6:00 рм	\$45	421511-02
11/5-11/26	М	5:15-6:00 рм	\$45	421511-03

#### Hip Hop III

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

9/10-9/24	М	6:00-6:45 рм	\$35	421511-04
10/1-10/29	М	6:00-6:45 рм	\$45	421511-05
11/5-11/26	М	6:00-6:45 рм	\$45	421511-06

#### Hip Hop IV

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

9/10-9/24	М	7:30-8:15 рм	\$35	421511-07
10/1-10/29	М	7:30-8:15 рм	\$45	421511-08
11/5-11/26	М	7:30-8:15 рм	\$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 yea	rs			
0/20 0/20	14/	170 000	¢111	401705 04

8/29-9/26	W	4:30-6:00 pm	\$111	421705-04
10/3-10/24	W	4:30-6:00 рм	\$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 рм	\$93	421703-01
10/4-11/1	Th	6:00-7:15 рм	\$93	421703-02
11/8-12/13	Th	6:00-7:15 рм	\$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 рм	\$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 ам	\$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

Age. + 5 yeu	15			
8/27-9/24	М	1:00-2:00 pm	\$60	421702-01
8/27-9/24	М	4:30-5:30 рм	\$60	421702-02
8/29-9/26	W	1:00-2:00 pm	\$75	421702-03
10/1-10/29	М	1:00-2:00 pm	\$75	421702-04
10/1-10/29	М	4:30-5:30 рм	\$75	421702-05
10/3-10/24	W	1:00-2:00 pm	\$60	421702-06
11/5-12/10	М	1:00-2:00 pm	\$75	421702-07
11/5-12/10	М	4:30-5:30 рм	\$75	421702-08
11/7-12/12	W	1:00-2:00 pm	\$75	421702-09
Tumble Bum				

>			
М	5:50-6:50 рм	\$60	421702-10
М	5:50-6:50 рм	\$75	421702-11
М	5:50-6:50 рм	\$75	421702-12
	M M	М 5:50-6:50 рм М 5:50-6:50 рм	M         5:50-6:50 рм         \$60           M         5:50-6:50 рм         \$75

continued on next page

Tumble Bumbles continued

#### Tumble Bumble III

#### Age: 6-7 years

Age. 0-7 years						
8/30-9/27	Th	4:30-5:30 рм	\$75	421702-13		
10/4-11/1	Th	4:30-5:30 рм	\$75	421702-14		
11/8-12/13	Th	4:30-5:30 рм	\$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 рм	\$45	421212-01
10/4-10/25	Th	Noon-12:45 рм	\$45	421212-02
11/1-11/29	Th	Noon-12:45 рм	\$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

Age. 2 years				
8/27-9/17	М	10:30-11:15 am	\$35	421701-01
8/28-9/18	Tu	11:00-11:45 ам	\$45	421701-02
8/29-9/19	W	10:30-11:15 ам	\$45	421701-03
9/24-10/15	М	10:30-11:15 ам	\$45	421701-04
9/25-10/16	Tu	11:00-11:45 ам	\$45	421701-05
9/26-10/17	W	10:30-11:15 ам	\$45	421701-06
10/22-11/12	М	10:30-11:15 ам	\$45	421701-07
10/23-11/13	Tu	11:00-11:45 ам	\$45	421701-08
10/24-11/14	W	10:30-11:15 ам	\$45	421701-09
11/26-12/10	М	10:30-11:15 am	\$35	421701-10
11/27-12/11	Tu	11:00-11:45 ам	\$35	421701-11
11/28-12/12	W	10:30-11:15 ам	\$35	421701-12
Age: 3 years				
8/27-9/17	М	9:30-10:15 ам	\$35	421701-13
8/29-9/19	W	9:30-10:15 ам	\$45	421701-14
9/24-10/15	М	9:30-10:15 ам	\$45	421701-15
9/26-10/17	W	9:30-10:15 ам	\$45	421701-16
10/22-11/12	М	9:30-10:15 ам	\$45	421701-17
10/24-11/14	W	9:30-10:15 ам	\$45	421701-18
11/26-12/10	М	9:30-10:15 AM	\$35	421701-19
11/28-12/12	W	9:30-10:15 am	\$35	421701-20

## -**/v-GET WITH THE BEATI-**/v <u>Fre</u>e Cholesterol Tests

in September

We're offering FREE cholesterol & blood pressure tests for Cholesterol Education Month in September.\*

Find out your total cholesterol, HDL, LDL, triglycerides & glucose results.



\* You must be a Health District resident to be eligible for free cholesterol testing. Cost for non-residents is \$15.

# Need help coping?





mentalhealthconnections.org



## 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 ам	\$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 ам-Noon	\$221	417501-01
10/8-11/16	M,W,F	9:30 ам-Noon	\$221	417501-02
11/26-12/14	M,W,F	9:30 ам-Noon	\$125	417501-03
1/9-2/15	M,W,F	9:30 ам-Noon	\$220	117501-01
2/20-4/5	M,W,F	9:30 ам-Noon	\$220	117501-02
4/8-5/15	M,W,F	9:30 ам-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 ам-Noon	\$221	417500-01
10/8-11/16	M,W,F	9:30 ам-Noon	\$221	417500-02
11/26-12/14	M,W,F	9:30 ам-Noon	\$125	417500-03
1/9-2/15	M,W,F	9:30 ам-Noon	\$220	117500-01
2/20-4/5	M,W,F	9:30 ам-Noon	\$220	117500-02
4/8-5/15	M,W,F	9:30 ам-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 ам	\$17	416506-01
Crayon Resis	st			
10/2	Tu	10:00-11:30 ам	\$17	416506-02
Clay				
10/16	Tu	10:00-11:30 ам	\$17	416506-03

## KFCG FORT

Art Studio for Pre-K continued

Spooky Art						
10/30	Tu	10:00-11:30 am	\$17	416506-04		
Paper Collage						
11/13	Tu	10:00-11:30 ам	\$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 рм	\$65	416923-01
10/4-10/25	Th	1:00-2:30 рм	\$65	416923-02
11/1-11/15	Th	1:00-2:30 рм	\$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 Skul	Sugar Skull Collage						
10/19	F	1:00-2:30 pm	\$30	417229-02			
Thanksgiving Dinner							
11/12	М	1:00-2:30 рм	\$30	417229-03			



In Network with most Insurances



#### [ 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 рм	\$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 ам-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 ам-Noon	\$42	417504-04
10/30-11/15	Tu,Th	9:30-10:30 AM	\$37	417504-05
10/30	Tu,Th	11:00 ам-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 ам-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

		<b>j</b> = =		
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: Mul	berry Pool			
9/5-9/26	M,W	9:30-11:30 am	\$81	417258-01

5/5 5/20	1.1,44	J.JU 11.JU AM	ψUI	417230 01
10/1-10/24	M,W	9:30-11:30 ам	\$92	417258-02
10/29-11/14	M,W	9:30-11:30 ам	\$59	417258-03
11/26-12/12	M,W	9:30-11:30 ам	\$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 Cente	r
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10/4-10/11 Th 1:00-2:30 рм \$23 417551-01
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#### **Disney Delights**

Age: 3-6 years

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

Location: Mulberry Pool

#### Frozen

9/10	М	1:00-2:30 рм	\$17	417240-01
Moana				
9/24	М	1:00-2:30 рм	\$17	417240-02
Trolls				
10/8	М	1:00-2:30 рм	\$17	417240-03
Equestria Girls	S			
10/22	М	1:00-2:30 рм	\$17	417240-04
Incredibles				
11/5	М	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 рм	\$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
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		10/2-10/16	Tu	1:00-2:30 pm	\$35	417545-01
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#### 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 ам	\$17	417507-01
Botanist				
9/13	Th	10:00-11:30 ам	\$17	417507-02
Magnets				
9/20	Th	10:00-11:30 ам	\$17	417507-03
Oceanography				
9/27	Th	10:00-11:30 ам	\$17	417507-04
Paleontology				
10/4	Th	10:00-11:30 ам	\$17	417507-05
Entomology				
10/11	Th	10:00-11:30 ам	\$17	417507-06
Zoology				
10/25	Th	10:00-11:30 ам	\$17	417507-07
Vet Medicine				
11/1	Th	10:00-11:30 ам	\$17	417507-08
Geologist				
11/8	Th	10:00-11:30 ам	\$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 рм	\$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

ernena ernena	Doom	Doom		
9/7	F	10:00-11:30 ам	\$17	417716-01
Strega Nona				
9/21	F	10:00-11:30 ам	\$17	417716-02
Cloudy with a	Chanc	e of Meatballs		
10/5	F	10:00-11:30 ам	\$17	417716-03
Pete the Cat				
11/2	F	10:00-11:30 am	\$17	417716-04





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#### **Paw Patrol**

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

Age: 3-6 years
Location: Northside Aztlan Center

Location. IS			
10/23	Tu	1:00-2:30 pm	\$17

#### **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	
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5/25 iu 1.00 2.50 m 4/7 57 01	9/25	Tu	1:00-2:30 рм	\$17	417537-01
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#### **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 Ти 1:00-2:30 рм \$35 41754	7-01
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#### **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 ам	\$17	417750-01
Camping				
9/28	F	10:00-11:30 ам	\$17	417750-02
Zookeeper				
10/12	F	10:00-11:30 ам	\$17	417750-03
Birthday Party				
10/26	F	10:00-11:30 ам	\$17	417750-04
Pizzeria				
11/9	F	10:00-11:30 ам	\$17	417750-05
Grocery Store				
11/16	F	10:00-11:30 ам	\$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 рм	\$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

KFCG FORT

417550-01

Create superheroes and dress up to play like legendary heroes.

Age: 3-6 years	
Location: Northside Aztlan Center	

Location. No				
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 рм	\$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	М	1:00-2:30 рм	\$17	417244-01
Police Officer				
10/1	М	1:00-2:30 рм	\$17	417244-02
Veterinarian				
10/15	М	1:00-2:30 рм	\$17	417244-03
Doctor				
10/29	М	1:00-2:30 рм	\$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 рм	\$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

numiners				
9/20	Th	1:00-2:00 pm	\$15	417756-01
Screws, Nu	uts, & Bolts			
10/25	Th	1:00-2:00 pm	\$15	417756-02
Take it Apa	art			
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

/  0.1011.00/	20.011.01.01.0			
9/12	W	1:00-2:30 рм	\$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 Ma	zes			
11/7	W	1:00-2:30 pm	\$17	417763-05
Ramps & F	riction			
11/14	W	1:00-2:30 рм	\$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 ам	\$50	417983-01
11/1-11/15	Th	9:30-10:30 ам	\$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



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#### [DROP-IN]

#### Tot Gym ໜ

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

side Aztlan (	Center	
M-F	10:00 ам-Noon	\$2.50
lls Activity (	Center	
W,F	10:00 ам-Noon	\$2.50
	M-F Ils Activity (	lls Activity Center

#### [ 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

ran				
9/22	Sa	9:30-10:15 ам	\$18	417527-01
Jack-o-Lar	nterns			
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

i an				
9/22	Sa	10:30-11:15 ам	\$18	417568-01
Jack-O-La	ntern			
10/27	Sa	10:30-11:15 ам	\$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	М	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 Togeth	ner
0/17 10/7	м

9/17-12/3	М	9:30-10:15 ам	\$212	418776-01	
9/17-12/3	М	10:30-11:15 ам	\$212	418776-02	
Sibling Disco	ount				
9/17-12/3	М	9:30-10:15 ам	\$172	418776-03	
Sibling Disco	ount				
9/17-12/3	М	10:30-11:15 ам	\$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 ам	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

7	ا مم	.:	.:	
Zui	111	11(	11	

Zumpini				
9/13-11/15	Th	9:15-10:00 am	\$140	418578-01
Sibling Disco	ount			
9/13-11/15	Th	9:30-10:15 ам	\$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 рм	\$78	407442-01
10/17	W	5:30-9:30 рм	\$78	407442-02
11/14	W	5:30-9:30 рм	\$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 рм	\$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: TB	4			
9/8-10/13	Sa	10:30 ам-11:30 ам	\$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: TB	A			
9/8-10/13	Sa	12:00 рм-1:00 рм	\$80	407453-01
9/9-10/14	Su	12:00 рм-1:00 рм	\$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 Gu	uest Ranch, 2939 N. Co	ounty R	d. 31D
9/15	Sa	10:00 ам-12:30 рм	\$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 ам	\$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 ye	ears & 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 Spanishspeaking skills. Practice through interactive discussions, storytelling, and watching videos.

Age: 18 years & up

Location: Senior Center

9/22	Sa	8:00 AM-Noon	\$60

#### **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 ам-1:30 рм	No Fee	407456-01
10/9	Tu	11:45 ам-1:30 рм	No Fee	407456-02
11/13	Tu	11:45 ам-1:30 рм	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 ye				
Location: S	Senior Center			
9/26	W	6:30-8:30 рм	\$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' Ra	con			

#### 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 ам	\$30	407481-01

# fee changes WINTER 2018

Please note that the following admission fee changes will begin on December 1, 2018.

#### **Single Admission Rates**

Youth	\$4.00
Adult	\$5.00
60+	\$4.00

#### Multi-Facility 25 Admission Rates (20% discount)

Youth	\$80.00
Adult	\$100.00
60+	\$80.00

\*No changes to the multi-facility pass rates. The Senior Pass will be discontinued and replaced with a multi-facility pass when renewed.

#### Senior Membership

407445-01

Social Pass 50+	\$30.00	
*Pass for ages 18-49	will be discontinued.	

#### **Drop-In Fitness Class Rates**

Single Admission	\$7.50
10 Admission	\$67.50 (10% discount)

#### **Ice Skating Rates**

Youth	\$4.00	
Adult	\$5.00	
60+	\$4.00	
Skate Rental	\$3.00	

#### Ice Skating & Aquatic Group Rates\*

Youth	\$3.50	
Adult	\$4.50	
60+	\$3.50	
Skate Rental	\$2.50	
101 11 101		8

\*Please provide 48 hours notice for groups of 10 or more. Groups of 100 or more will need to contact the appropriate Recreation Coordinator in Ice or Aquatics.

#### The Farm\*

Under 2	Free	
2 years and up	\$4.00	
Barnyard Buddy Pass	\$85.00	

\*The 10 & 25 Admission Farm Pass will be eliminated and replaced with the multi-facility 25 admission pass.

#### Current passes will be honored until the pass expires.

Visit fcgov.com/recreation or call 970.221.6655 for more info.





#### [ 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 Location: Sen		er		
10/4-10/25	Th	12:30-2:00 рм	\$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: Sen	ior Center			
10/4-10/25	Th	10:30 ам-12:30 рм	\$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 рм	\$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	6:30-8:3

9/	26	W	6:30-8:30 рм	\$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 рм \$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 рм	\$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 рм	\$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

#### **AXIS International Academy** Tuition free public school opening in Fort Collins ive your child the world Now Enrolling for Fall 2019 Academic excellence in Kindergarten - 5th Grade TWO languages, English Tuition free public school and your choice of: Preschool SPANISH Summer Language Camps FRENCH Homeschoolers MANDARIN CHINESE A program for you too! Visit us online to find our parent information meetings, upcoming events and sign up for our newsletter!

www.AXIScolorado.org info@AXIScolorado.org facebook.com/AXIScolorado

#### 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 рм	\$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 ам	\$2.50	
10/6-10/21	Sa,Su	1:30 рм	\$2.50	
10/6-10/21	Sa,Su	3:00 рм	\$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	М	11:00 ам-Noon	\$36	408609-01
10/1-10/15	М	11:00 ам-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 рм	\$65	408614-01
10/3-10/12	W,F	1:30-2:30 рм	\$64.90	408614-02
9/9-9/30	Su	9:15-10:15 ам	\$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	М	9:30-10:30 ам	\$51	408624-01
10/1-10/15	М	9:30-10:30 ам	\$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

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#### **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 рм	\$46	408601-01

#### **SPECIAL EVENTS**

For information on Halloween events like Treatsylvania and Bow Wowvania, see the Special Events section on page 81.

# LIFE'S A JOURNEY. GROWAS YOU GO.

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#### 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 **1** 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 ам	\$17	409501-04
10/5-10/26	F	7:00-8:00 ам	\$17	409501-05
*11/2-11/30	F	7:00-8:00 ам	\$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 рм	\$33	409703-01
10/2-10/25	Tu,Th	5:30-6:30 рм	\$33	409703-02
*10/30-11/29	Tu,Th	5:30-6:30 рм	\$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 рм	\$25	409711-01
10/2-10/25	Tu,Th	Noon-12:45 рм	\$25	409711-02
*10/30-11/29	Tu,Th	Noon-12:45 рм	\$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 ам	\$45	409502-01
10/1-10/26	M,W,F	6:15-7:15 ам	\$49	409502-02
*10/29-11/30	M,W,F	6:15-7:15 ам	\$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 ам	\$33	409704-01
10/2-10/25	Tu,Th	6:15-7:15 ам	\$33	409704-02
*10/30-11/29	Tu,Th	6:15-7:15 ам	\$37	409704-03

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#### **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 ам	\$37	409402-06

#### **HIIT Boot Camp**

High Intensity Interval Training or HIIT, is a cardiovascular wholebody 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 рм	\$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 ам	\$26	409710-01
10/1-10/24	M,W	6:15-7:15 ам	\$41	409710-02
*10/29-11/28	M,W	6:15-7:15 ам	\$51	409710-03
9/5-9/26	M,W	12:15-1:00 рм	\$27.25	409710-04
10/1-10/24	M,W	12:15-1:00 рм	\$31	409710-05
*10/29-11/28	M,W	12:15-1:00 рм	\$38.50	409710-06
9/5-9/26	M,W	6:40-7:40 рм	\$26	409710-07
10/1-10/24	M,W	6:40-7:40 рм	\$41	409710-08
*10/29-11/28	M,W	6:40-7:40 рм	\$46	409710-09
9/4-9/27	Tu,Th	5:30-6:30 рм	\$41	409710-10
10/2-10/25	Tu,Th	5:30-6:30 рм	\$41	409710-11
*10/30-11/29	Tu,Th	5:30-6:30 рм	\$46	409710-12
9/8-9/29	Sa	9:45-10:45 ам	\$21	409710-16
10/6-10/27	Sa	9:45-10:45 ам	\$21	409710-17
*11/3-12/1	Sa	9:45-10:45 ам	\$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 ам	\$49	409504-02
*10/29-11/30	M,W,F	9:30-10:30 ам	\$61	409504-03

#### Low Impact Aerobics

Emphasis on low-impact aerobics including floor exercise and a cooldown 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	М	3:00-4:00 рм	\$13	409403-01
10/1-10/22	М	3:00-4:00 рм	\$17	409403-02
*10/29-11/26	М	3:00-4:00 рм	\$21	409403-03
9/7-9/28	F	3:00-4:00 рм	\$17	409403-04
10/5-10/26	F	3:00-4:00 рм	\$17	409403-05
11/2-11/30	F	3:00-4:00 рм	\$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 ам	\$33	409702-04
10/2-10/25	Tu,Th	9:45-10:45 ам	\$33	409702-05
*10/30-11/29	Tu,Th	9:45-10:45 ам	\$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 рм	\$17	409404-01
10/2-10/23	Tu	5:30-6:30 рм	\$17	409404-02
*10/30-11/27	Tu	5:30-6:30 рм	\$21	409404-03
9/6-9/27	Th	5:30-6:30 рм	\$17	409404-04
10/4-10/25	Th	5:30-6:30 рм	\$17	409404-05
11/1-11/29	Th	5:30-6:30 рм	\$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 рм	\$13	409405-01
10/3-10/24	W	6:35-7:20 рм	\$13	409405-02
10/31-11/28	W	6:35-7:20 рм	\$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 ам	\$33	409507-01
10/2-10/25	Tu,Th	6:15-7:15 ам	\$33	409507-02
*10/30-11/29	Tu,Th	6:15-7:15 ам	\$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

		2		
9/5-9/28	M,W,F	5:30-6:30 рм	\$45	409701-01
10/1-10/26	M,W,F	5:30-6:30 рм	\$49	409701-02
*10/29-11/30	M,W,F	5:30-6:30 рм	\$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 рм	\$29	409505-01
10/1-10/24	M,W	5:30-6:30 рм	\$33	409505-02
*10/29-11/28	M,W	5:30-6:30 рм	\$37	409505-03
9/4-9/27	Tu,Th	6:15-7:15 ам	\$33	409505-04
10/2-10/25	Tu,Th	6:15-7:15 ам	\$33	409505-05
*10/30-11/29	Tu,Th	6:15-7:15 ам	\$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 рм	\$33	409508-01
10/2-10/25	Tu,Th	Noon-12:55 рм	\$33	409508-02
*10/30-11/29	Tu,Th	Noon-12:55 рм	\$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 ам	\$29	409509-01
10/1-10/24	M,W	8:30-9:30 ам	\$33	409509-02
*10/29-11/28	M,W	8:30-9:30 ам	\$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 рм	\$33	409510-01
10/2-10/25	Tu,Th	5:30-6:30 рм	\$33	409510-02
*10/30-11/29	Tu,Th	5:30-6:30 рм	\$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 рм	\$33	409511-01
10/2-10/25	Tu,Th	Noon-1:00 рм	\$33	409511-02
*10/30-11/29	Tu,Th	Noon-1:00 рм	\$37	409511-03
9/8-9/29	Sa	8:15-9:15 ам	\$17	409511-04
10/6-10/27	Sa	8:15-9:15 ам	\$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	М	9:00-10:00 am	\$13	409112-01		
10/1-10/22	М	9:00-10:00 am	\$17	409112-02		
*10/29-11/26	М	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	М	5:30-6:30 рм	\$13	409406-01
10/1-10/22	Μ	5:30-6:30 рм	\$17	409406-02
*10/29-11/26	М	5:30-6:30 рм	\$21	409406-03
9/5-9/26	W	5:30-6:30 рм	\$17	409406-04
10/3-10/24	W	5:30-6:30 рм	\$17	409406-05
10/31-11/28	W	5:30-6:30 рм	\$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
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Location: Northside Aztlan Center

9/4-9/25	Tu	6:30-7:30 рм	\$17	409512-01
10/2-10/23	Tu	6:30-7:30 рм	\$17	409512-02
*10/30-11/27	Tu	6:30-7:30 рм	\$21	409512-03
9/5-9/26	W	6:30-7:30 рм	\$17	409512-04

Continued on next page

10/3-10/24	W	6:30-7:30 рм	\$17	409512-05
10/31-11/28	W	6:30-7:30 рм	\$17	409512-06
9/6-9/27	Th	6:30-7:30 рм	\$17	409512-07
10/4-10/25	Th	6:30-7:30 рм	\$17	409512-08
11/1-11/29	Th	6:30-7:30 рм	\$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 рм	\$17	409441-01
10/6-10/27	Sa	12:45-1:45 рм	\$17	409441-02
11/3-12/1	Sa	12:45-1:45 рм	\$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 рм	\$22	409440-01
10/1-10/24	M,W	Noon-12:45 рм	\$25	409440-02
*10/29-11/28	M,W	Noon-12:45 рм	\$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 рм	\$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 рм	\$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 рм	\$13	409440-07
10/4-10/25	Th	3:00-3:45 рм	\$13	409440-08
11/1-11/29	Th	3:00-3:45 рм	\$13	409440-09

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

Denotes Health and Wellness program

#### **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 ам	\$17	409740-01
10/6-10/27	Sa	9:15-10:15 ам	\$17	409740-02
*11/3-12/1	Sa	9:15-10:15 ам	\$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 рм	\$27	425456-01
10/4-10/25	Th	12:15-1:15 рм	\$27	425456-02
11/1-11/29	Th	12:15-1:15 рм	\$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 ам-12:15 рм	\$17	409567-02
*11/4-12/2	Su	11:15 ам-12:15 рм	\$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 ам	\$17	409566-02
*11/4-12/2	Su	10:00-11:00 ам	\$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 ам	\$33	409564-01
10/2-10/25	Tu,Th	7:30-8:30 ам	\$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 рм	\$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 ам-Noon	\$17	409560-04
10/5-10/26	F	11:00 ам-Noon	\$17	409560-05
*11/2-11/30	F	11:00 ам-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

Location: Seni	Location: Senior Center						
9/10-9/24	М	6:30-7:30 рм	\$13	409461-01			
10/1-10/22	М	6:30-7:30 рм	\$13	409461-02			
*10/29-11/26	М	6:30-7:30 рм	\$21	409461-03			
Location: Nort	Location: Northside Aztlan Center						
9/10-9/24	М	4:00-5:00 pm	\$13	409562-01			
10/1-10/22	М	4:00-5:00 pm	\$17	409562-02			
*10/29-11/26	М	4:00-5:00 pm	\$21	409562-03			
9/4-9/25	Tu	5:00-6:00 рм	\$17	409562-04			
10/2-10/23	Tu	5:00-6:00 рм	\$17	409562-05			
*10/30-11/27	Tu	5:00-6:00 рм	\$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 рм	\$17	409562-10			
10/4-10/25	Th	5:00-6:00 рм	\$17	409562-11			
11/1-11/29	Th	5:00-6:00 рм	\$17	409562-12			
Location: Foot	Location: Foothills Activity Center						
0/5 0/20	NA 147	F.70 C.70 m	¢ 2 0	400701 01			

9/5-9/26	M,W	5:30-6:30 рм	\$29	409761-01
10/1-10/24	M,W	5:30-6:30 рм	\$33	409761-02
*10/29-11/28	M,W	5:30-6:30 рм	\$37	409761-03
9/4-9/27	Tu,Th	1:15-2:30 рм	\$39	409761-04
10/2-10/25	Tu,Th	1:15-2:30 рм	\$39	409761-05
*10/30-11/29	Tu,Th	1:15-2:30 рм	\$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 ам	\$40	425437-01
10/3-10/24	W	10:15-11:45 ам	\$40	425437-02
10/31-11/28	W	10:15-11:45 ам	\$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 ам	\$40	425440-01
10/5-10/26	F	10:15-11:45 ам	\$40	425440-02
11/2-11/30	F	10:15-11:45 ам	\$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

Econoria com				
9/10-9/24	М	10:00-11:00 am	\$13	409460-01
10/1-10/22	М	10:00-11:00 am	\$17	409460-02
*10/29-11/26	М	10:00-11:00 am	\$21	409460-03
9/10-9/24	М	11:00 ам-Noon	\$13	409460-04
10/1-10/22	М	11:00 ам-Noon	\$17	409460-05
*10/29-11/26	М	11:00 ам-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 ам-Noon	\$17	409460-10
10/4-10/25	Th	11:00 ам-Noon	\$17	409460-11
11/1-11/29	Th	11:00 ам-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 ам	\$17	409563-01
10/6-10/27	Sa	8:15-9:15 ам	\$17	409563-02
*11/3-12/1	Sa	8:15-9:15 ам	\$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 ам	\$17	409464-01
10/6-10/27	Sa	9:30-10:30 ам	\$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 рм	\$33	409462-01
10/2-10/25	Tu,Th	2:45-3:45 рм	\$33	409462-02
*10/30-11/29	Tu,Th	2:45-3:45 рм	\$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 рм	\$33	409462-07
10/2-10/25	Tu,Th	5:15-6:15 рм	\$33	409462-08
*10/30-11/29	Tu,Th	5:15-6:15 рм	\$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 рм	\$17	409462-13
10/3-10/24	W	1:15-2:15 рм	\$17	409462-14
*10/31-11/28	W	1:15-2:15 рм	\$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	М	4:30-5:20 рм	\$13	409463-01
10/1-10/22	М	4:30-5:20 рм	\$17	409463-02
*10/29-11/26	М	4:30-5:20 рм	\$21	409463-03
9/5-9/26	M,W	5:30-6:20 рм	\$29	409463-04
10/1-10/24	M,W	5:30-6:20 рм	\$33	409463-05
*10/29-11/28	M,W	5:30-6:20 рм	\$37	409463-06
9/4-9/25	Tu	6:30-7:30 рм	\$17	409463-07
10/2-10/23	Tu	6:30-7:30 рм	\$17	409463-08
*10/30-11/27	Tu	6:30-7:30 рм	\$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	Age:	month	S
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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 ам	\$13	409760-04
10/5-10/26	F	10:00-10:45 ам	\$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 рм	\$13	409760-07
10/5-10/26	F	5:00-5:45 рм	\$13	409760-08
*11/2-11/30	F	5:00-5:45 рм	\$16	409760-09
Age: 7-10 yea	rs			
9/7-9/28	F	5:45-6:30 рм	\$13	409760-10
10/5-10/26	F	5:45-6:30 рм	\$13	409760-11
*11/2-11/30	F	5:45-6:30 рм	\$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

Age: 4-6 year	ſS			
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 рм	\$47	409755-03
Age: 7-9 year	S			
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 yea	rs			
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	М	5:30-6:30 рм	\$13	409763-01
10/1-10/22	М	5:30-6:30 рм	\$17	409763-02
*10/29-11/26	М	5:30-6:30 рм	\$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 рм	\$17	409764-01
10/3-10/24	W	5:30-6:30 рм	\$17	409764-02
10/31-11/28	W	5:30-6:30 рм	\$17	409764-03

#### **Smart Fit Girls**

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A

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



Denotes Health and Wellness program



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

# FRIDAY, OCT. 26 SATURDAY, OCT. 27 SUNDAY, OCT. 28

Bow Wowvania SATURDAY, OCT. 27

Fort Collins Recreator



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

### **Fitness Schedules**

Fitness Schedules are subject to change. For the most current information, visit *fcgov.com/fitness*.

#### **SENIOR CENTER**

Monday	Tuesday	Wednesday	Thursday	Friday
8:30 - 9:30 AM	8:00 - 8:50 AM	8:50 - 9:50 AM	8:00 - 8:50 AM	8:50 - 9:50 AM
Yoga Chair	Boomer Blast	Back & Body Strength	Boomer Blast	Back & Body Strength
8:50 - 9:50 AM	8:00 - 8:50 AM	9:00 - 10:00 AM	8:00 - 8:50 AM	10:00 - 10:55 AM
Back & Body Strength	Functional Strength	Yoga for Osteoporosis	Functional Strength	Body & Mind in Motion
10:00 - 10:55 AM	9:00 - 9:50 AM	10:00 - 10:55 AM	9:00 - 9:50 AM	12:00 - 1:00 PM
Body & Mind in Motion	Functional Strength	Body & Mind in Motion	Functional Strength	Tai Chi for Arthritis II
10:00 - 11:00 AM	9:30 - 10:30 AM	10:15 - 11:45 AM	9:30 - 10:30 AM	1:00 - 1:45 PM
Therapeutic Yoga	Parklane Fitness	Svaroopa for Every Body	Parklane Fitness	SS Circuit
11:00 AM - Noon	10:10 - 10:55 AM	Noon - 1:00 PM	10:00 - 11:00 AM	2:00 - 2:45 PM
Therapeutic Yoga	SS Classic	Yoga, Beginner	Therapeutic Yoga	SS Stability
Noon - 12:45 PM	11:10 - 11:55 AM	Noon - 12:45 PM	10:10 - 10:55 AM	3:00 - 4:00 PM
Taijifit	SS Yoga	Taijifit	SS Classic	Mat Pilates
1:00 - 1:45 PM	12: 15 - 1:10 PM	1:00 - 1:45 PM	11:00 AM - Noon	3:00 - 4:00 PM
SS Circuit	SS Splash	SS Circuit	Therapeutic Yoga	Tai Chi for Arthritis I
2:30 - 3:30 PM	1:15 - 2:10 PM	1:15 - 2:15 PM	11:10 - 11:55 AM	
N'Balance	SS Splash	Yoga, Beginner	SS Yoga	
3:00 - 4:00 PM	2:45 - 3:45 PM	2:30 - 3:30 PM	12: 15 - 1:10 PM	Saturday
Mat Pilates	Yoga, Beginner	N'Balance	SS Splash	
4:10 - 4:55 PM	4:00 - 4:45 PM	4:10 - 4:55 PM	12:15 - 1:15 PM	9:00 - 10:00 AM
SS Yoga	Taijifit	SS Yoga	Gentle Yoga	Zumba
4:30 - 5:20 PM	4:00 - 5:00 PM	5:30 - 6:20 PM	12:30 - 1:30 PM	9:30 - 10:30 AM
Yoga, Advanced Beginner	Yoga, Beginner	Yoga, Advanced Beginner	Balance 201	Yoga All Levels
5:30 - 6:20 PM	5:15 - 6:15 PM	5:30 - 6:25 PM	1:15 - 2:10 PM	10:30 - 11:15 AM
Yoga, Advanced Beginner	Yoga, Beginner	Zumba	SS Splash	SS Classic
5:30 - 6:25 PM	5:30 - 6:30 PM	6:35 - 7:20 PM	2:45 - 3:45 PM	11:15 AM - Noon
Zumba	Nia	Pound Rockout Workout	Yoga, Beginner	SS Yoga
6:30 - 7:30 PM	6:30 - 7:30 PM		3:00 - 3:45 PM	12:45 - 1:45 PM
Slow Flow Hatha Yoga	Yoga, Advanced Beginner		Taijifit	Tai Chi Beginner
			4:00 - 5:00 PM Swiss Theraball	
			4:00 - 5:00 PM Yoga, Beginner	
			5:15 - 6:15 PM Yoga, Beginner	
			5:30 - 6:30 PM Nia	

#### **FOOTHILLS ACTIVITY CENTER**

Monday	Tuesday	Wednesday	Thursday	Friday
6:15 - 7:15 AM	6:15 - 7:15 AM	6:15 - 7:15 AM	6:15 - 7:15 AM	9:00 - 10:00 AM
Les Mills BodyPump	Functional Interval Training	Les Mills BodyPump	Functional Interval Training	Parent/Baby Yoga
12:15 - 1:00 PM	8:30 - 9:30 AM	12:15 - 1:00 PM	8:30 - 9:30 AM	10:00 - 10:45 AM
Les Mills BodyPump	Mat Pilates	Les Mills BodyPump	Mat Pilates	Parent/Toddler Yoga
4:30 - 5:30 PM	8:50 - 9:50 AM	4:00 - 5:00 PM	8:50 - 9:50 AM	5:00 - 5:45 PM
Slow Flow Hatha Yoga	Low Impact Aerobics	PlayItUp, 7-9 years	Low Impact Aerobics	Parent/Child Yoga, 4-6 years
5:30 - 6:30 PM	9:45 - 10:45 AM	4:30 - 5:30 PM	9:45 - 10:45 AM	5:30 - 6:30 PM
Pre-teen Yoga	Mat Pilates	Slow Flow Hatha Yoga	Mat Pilates	PowerTrain
5:30 - 6:30 PM	12:00 - 12:45 PM	5:30 - 6:30 PM	12:00 - 12:45 PM	5:45 - 6:30 PM
PowerTrain	Cardio Kickboxing Intervals	Teen Yoga	Cardio Kickboxing Intervals	Parent/Child Yoga, 7-10 years
5:45 - 6:45 PM	1:15 - 2:30 PM	5:30 - 6:30 PM	1:15 - 2:30 PM	Saturday
Les Mills BodyPump	Slow Flow Hatha Yoga	PowerTrain	Slow Flow Hatha Yoga	
	4:00 - 5:00 PM	5:45 - 6:45 PM	4:00 - 6:00 PM	9:15 - 10:15 AM
	PlayItUp, age 4-6	Les Mills BodyPump	Smart Fit Girls	Qigong & Tai Chi for Health
	4:00 - 6:00 PM Smart Fit Girls		5:30 - 6:30 PM Les Mills BodyPump	9:30 - 10:30 AM PlayItUp, 4-12 years
	5:30 - 6:30 PM Les Mills BodyPump			9:45 - 10:45 AM Les Mills BodyPump
	5:30 - 6:30 PM Weightlifting, Beginner			

#### NORTHSIDE AZTLAN COMMUNITY CENTER

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



#### 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 **D**. **Note:** Health & Wellness programs **D** 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 ам-4:00 рм

 Wednesday
 9:00 ам-1:00 рм

0 minutes/\$45 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	М	10:00 ам-Noon	No Fee
10/8	М	10:00 ам-Noon	No Fee
11/12	М	10:00 ам-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 рм	\$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.

Tuesdays9:00 AM-Noon\$16.5015 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 рм No Fee 425400-01
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#### 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	
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#### 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	М	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
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#### 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 ам-12:30 рм	\$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 рм	\$5	425435-01
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#### 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	М	6:00-7:30 рм	\$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.

#### 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 рм	\$5	425402-01

#### Osteoporosis 🙂

A basic overview of osteoporosis with emphasis on education, exercise, and prevention. By Front Range Therapy.

11/6 Ти 1:00-2:00 рм \$5 425420-0	1:00-2:00 рм \$5	Tu	11/6
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#### 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 ам	\$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 М 1:00-2:30 рм \$5 425407-0	-01
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#### 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.

#### 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

#### 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	
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#### 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 рм	\$15	425475-02
11/2-11/30	Th	1:30-2:00 рм	\$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 plantbased 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 рм	No Fee	425415-01
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#### 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 V	N	2:00-3:00 рм	\$5	425405-01
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#### 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.

#### 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.

II/16 F IU:UU AM-NOON NO FEE 425455-01	11/16	F	10:00 ам-Noon	No Fee	425433-01
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#### 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
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#### 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 ам-Noon	\$15	425712-01
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#### 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 рм	No Fee	425416-01
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#### 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 рм	\$25	425429-01
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#### 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 ам	No Fee	425428-01
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#### 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 рм	No Fee	425409-01
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#### 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
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#### 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
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#### 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

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#### 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 ам	\$40	425447-01
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#### 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 рм	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 ам	No Fee	425411-01
10/18	Th	9:00-9:45 ам	No Fee	425411-02
11/15	Th	9:00-9:45 ам	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 ам-12:30 рм	No Fee
11/7	W	10:30 ам-12:30 рм	No Fee

# Play It Safe On the River



# This could save your life!



#### Wear a Life Vest

- No pool toys—they won't hold you up.
- Wear shoes and a helmet.
- Don't tie anything to yourself or your tube. It could drown you.



#### Safe to Go?

- Know the weather and water conditions. High flows are unsafe.
- This water is melted snow—it's always cold.
- Avoid logs, branches, rocks, and debris. They can drag you under.
- Your risk-taking endangers the lives of rescuers.



#### Know Where You Are

- Take a map!
- Plan your take-out location before you get in.

### In case of emergency, call 911.



#### Float Sober, Float Safe

• Alcohol and drugs, including marijuana, impair judgment.

#### **Be Courteous**

- Don't leave trash in or near the river. Look for trash and recycling cans in parking lots.
- Share the river. Give other boaters and anglers plenty of space.

#### If You're in the Water

- Don't stand up in the river; avoid foot entrapment.
- Get on your back with feet pointing downstream. Get your toes out of the water.
- Use your arms to paddle to shore.



#### 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 рм 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	О AM-Noon No Fee 425404-01
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#### 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 рм	No Fee	425421-01
Self-Care	Planning Wor	kshop 🖯		

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 ам	No Fee	425450-01
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#### 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 ам	\$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 ам	\$20	425431-03



**ONE IN FOUR** families in Fort Collins report a family member with a respiratory ailment. Just one small turn can make a big difference for air pollution and our children.

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

#### fcgov.com/breatheeasy





Auxiliary aids and services are available for persons with disabilities.

16-1924

#### 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	ам-Noon \$15	425448-01
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#### 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	1

2:30-2:00 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 ам	\$15	407458-01
10/3	W	10:00-11:30 ам	\$15	407458-02
11/7	W	10:00-11:30 ам	\$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 рм No Fee 425732-
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#### 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 ам	No Fee	425461-01
10/8	М	1:00-2:30 рм	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 рм	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 рм	\$60	425455-01
9/24-10/15	М	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 рм	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: Nor	thside A	ztlan Center		
9/2-9/23	Su	2:00-3:00 pm	\$75	425412-01
Location: Sen	ior Cente	er		
10/7-10/28	Su	2:00-3:00рм	\$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.

II// W 2:00-3:30 PM \$5 425403-01	11/7	W	2:00-3:30 рм	\$5	425403-01
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#### 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	e Aztlan Center
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10/9	Tu	6:00-7:00 рм	\$10	425454-02
Location: S	Senior Center			
9/7	F	10:00-11:00 am	\$10	425454-01
11/14	W	11:00 ам-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 ye	ears & up			
9/12	W	6:00-8:15 рм	\$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 рм	\$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 рм	\$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 рм	\$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 рм	\$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 рм	\$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 Ти 6:00-8:30 рм \$37	7 407434-01
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#### 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 Ти 6:00-8:30 рм \$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\$601-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 ам	\$40	425413-01
10/5-10/26	F	10:00-11:30 ам	\$40	425413-02
11/2-11/30	F	10:00-11:30 ам	\$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 рм	No Fee	425565-01
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#### Science of Essential Oils 🛈

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Learn fun facts about		W SCICILCE Pluys a roll.

10/3	W	6:00-7:00 рм	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.

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 ам	\$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 ам	\$64	410308-01
10/27-12/15	Sa	11:15-11:45 ам	\$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 ам	\$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 yea	rs		
Location: Edd	ora Pool I	ce Center	
8/22-11/28	W	4:00-4:45 PM	

0/22	-11/2	0	1	vv	4.	00-4.	45 PM	
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#### Drop-In Hockey 🖤

Open practice session to sharpen skating and shooting skills. Full equipment required. 10 or 20 Admission Passes available. Sign up at the front desk beginning at 6 a.m. Payment must be made when signing up unless a hockey punch pass is on file for phone-ins. Limited to 30 players. **Note:** Session will not be held on 11/22.

\$15

Age: 16 years & up

Location: Edora Pool Ice Center

8/20-11/29	M-F	11:15 ам-12:45 рм	\$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 рм \$	5
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#### **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 рм	\$8
Intermediate			
8/22-11/28	W	5:00-6:00 рм	\$15

QN	NW	Denotes no web registration for program
GE	M	Denotes program/activity has special membership pricing
Е	8	Denotes Health and Wellness program

#### **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 рм	\$39	410349-01
9/27-10/18	Th	6:15-6:45 рм	\$39	410349-02
10/25-11/15	Th	6:15-6:45 рм	\$39	410349-03
11/29-12/20	Th	6:15-6:45 рм	\$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 рм	\$39	410353-01
9/27-10/18	Th	6:45-7:15 рм	\$39	410353-02
10/25-11/15	Th	6:45-7:15 рм	\$39	410353-03
11/29-12/20	Th	6:45-7:15 рм	\$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 ам-1:00 рм	\$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 рм	\$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

#### Snowplow Sam 1&2 continued

9/25-10/18	Tu,Th	4:45-5:15 рм	\$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 рм	\$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 РМ	\$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 рм	\$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 рм	\$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 рм	\$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 рм	\$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 рм	\$73	410306-01
8/28-9/20	Tu,Th	10:00-10:30 ам	\$73	410306-02
9/8-10/20	Sa	10:30-11:00 AM	\$64	410306-03
9/10-10/22	М	4:00-4:30 рм	\$64	410306-04
9/10-10/22	М	4:30-5:00 рм	\$64	410306-05
9/25-10/18	Tu,Th	4:45-5:15 рм	\$73	410306-06
9/25-10/18	Tu,Th	10:00-10:30 ам	\$73	410306-07
10/23-11/15	Tu,Th	4:45-5:15 рм	\$73	410306-08
10/23-11/15	Tu,Th	10:00-10:30 ам	\$73	410306-09
10/27-12/15	Sa	10:30-11:00 AM	\$64	410306-10
10/29-12/10	М	4:00-4:30 рм	\$64	410306-11
10/29-12/10	М	4:30-5:00 рм	\$64	410306-12
11/27-12/20	Tu,Th	4:45-5:15 рм	\$73	410306-13
11/27-12/20	Tu,Th	10:00-10:30 ам	\$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 рм	\$73	410310-01
8/28-9/20	Tu,Th	10:00-10:30 ам	\$73	410310-02
9/8-10/20	Sa	10:30-11:00 AM	\$64	410310-03
9/10-10/22	М	4:00-4:30 рм	\$64	410310-04
9/10-10/22	М	4:30-5:00 рм	\$64	410310-05
9/25-10/18	Tu,Th	4:45-5:15 рм	\$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 рм	\$73	410310-08
10/23-11/15	Tu,Th	10:00-10:30 ам	\$73	410310-09
10/27-12/15	Sa	10:30-11:00 AM	\$64	410310-10
10/29-12/10	М	4:00-4:30 рм	\$64	410310-11
10/29-12/10	М	4:30-5:00 рм	\$64	410310-12
11/27-12/20	Tu,Th	4:45-5:15 рм	\$73	410310-13
11/27-12/20	Tu,Th	10:00-10:30 ам	\$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

20000000000000000				
8/28-9/20	Tu,Th	4:45-5:15 рм	\$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 ам	\$64	410314-03
9/25-10/18	Tu,Th	4:45-5:15 РМ	\$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 РМ	\$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 ам	\$64	410314-08
11/27-12/20	Tu,Th	4:45-5:15 РМ	\$73	410314-09
11/27-12/20	Tu,Th	10:30-11:00 ам	\$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 рм	\$73	410316-01
8/28-9/20	Tu,Th	10:30-11:00 ам	\$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 рм	\$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 рм	\$73	410316-06

Basic 4 Skate continued

Tu,Th	10:30-11:00 am	\$73	410316-07
Sa	10:30-11:00 am	\$64	410316-08
Tu,Th	4:45-5:15 РМ	\$73	410316-09
Tu,Th	10:30-11:00 ам	\$73	410316-10
	Sa Tu,Th	Sa         10:30-11:00 AM           Tu,Th         4:45-5:15 PM	Sa 10:30-11:00 AM \$64 Tu,Th 4:45-5:15 PM \$73

#### 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 рм	\$73	410318-01
9/8-10/20	Sa	11:15-11:45 ам	\$64	410318-02
9/25-10/18	Tu,Th	5:30-6:00 рм	\$73	410318-03
10/23-11/15	Tu,Th	5:30-6:00 рм	\$73	410318-04
10/27-12/15	Sa	11:15-11:45 ам	\$64	410318-05
11/27-12/20	Tu,Th	5:30-6:00 рм	\$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 рм	\$73	410322-01
9/8-10/20	Sa	11:15-11:45 ам	\$64	410322-02
9/25-10/18	Tu,Th	5:30-6:00 рм	\$73	410322-03
10/23-11/15	Tu,Th	5:30-6:00 рм	\$73	410322-04
10/27-12/15	Sa	11:15-11:45 ам	\$64	410322-05
11/27-12/20	Tu,Th	5:30-6:00 рм	\$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 рм	\$115	410326-01
9/8-10/20	Sa	9:30-10:15 ам	\$101	410326-02
9/25-10/18	Tu,Th	5:15-6:00 рм	\$115	410326-03
10/23-11/15	Tu,Th	5:15-6:00 рм	\$115	410326-04
10/27-12/15	Sa	9:30-10:15 ам	\$101	410326-05
11/27-12/20	Tu,Th	5:15-6:00 рм	\$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 рм	\$39	410330-01
9/25-10/16	Tu	6:15-6:45 рм	\$39	410330-02
10/23-11/13	Tu	6:15-6:45 рм	\$39	410330-03
11/27-12/18	Tu	6:15-6:45 рм	\$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 рм	\$115	410332-01
9/8-10/20	Sa	9:30-10:15 ам	\$101	410332-02
9/25-10/18	Tu,Th	5:15-6:00 рм	\$115	410332-03
10/23-11/15	Tu,Th	5:15-6:00 рм	\$115	410332-04
10/27-12/15	Sa	9:30-10:15 ам	\$101	410332-05
11/27-12/20	Tu,Th	5:15-6:00 рм	\$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 loopsalchow 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 рм	\$115	410334-01
9/8-10/20	Sa	9:30-10:15 ам	\$101	410334-02
9/25-10/18	Tu,Th	5:15-6:00 рм	\$115	410334-03
10/23-11/15	Tu,Th	5:15-6:00 рм	\$115	410334-04
10/27-12/15	Sa	9:30-10:15 ам	\$101	410334-05
11/27-12/20	Tu,Th	5:15-6:00 рм	\$115	410334-06



#### Tickets available in August



#### Free Skate 5 & 6

Focus on backward outside three-turn mohawk, five-step mohawk sequence, camel spin, waltz jump-loop jump combination, forward power pull, creative step sequence, camel-sit spin combination, layback or attitude spin, waltz jump-half loop-salchow jump sequence, and axel. For a detailed description of skills, see the Learnto-Skate bulletin board. **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 рм	\$115	410336-01
9/8-10/20	Sa	9:30-10:15 ам	\$101	410336-02
9/25-10/18	Tu,Th	5:15-6:00 рм	\$115	410336-03
10/23-11/15	Tu,Th	5:15-6:00 рм	\$115	410336-04
10/27-12/15	Sa	9:30-10:15 ам	\$101	410336-05
11/27-12/20	Tu,Th	5:15-6:00 рм	\$115	410336-06

### Outdoor Education & Recreation

Programs that offer special pricing for members are denoted throughout the Recreator with M. 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 ам-Noon	\$38	407412-01
9/12	W	9:00 ам-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 рм	\$12	407405-01
9/27	Th	6:30-8:00 рм	\$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 рм	\$10	407406-01
10/11	Th	5:00-6:00 рм	\$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 рм
 \$25
 407411-01

 10/11-10/18
 Th
 6:30-8:00 рм
 \$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 Cer

ocatioi	i: 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 рм	\$45	407414-01
10/18	Th	2:30-6:30 рм	\$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 М 5:00 рм-6:00 рм \$10 411930-
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#### **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.

KFCG REEP FORT COLLINS GREAT

#### **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**

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Explore beautiful open space area rich in history. Rating: easy; mileage: 4-5; lowest elevation: 8300 ft.; highest elevation: 8600 ft.

9/14

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8:00 am-3:00 pm $31
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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
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#### **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
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#### **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
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#### **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
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 41190	03-08
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#### **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
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#### **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.

0/12	W	8:00 am-4:30 pm	¢71	411901-02
9/12	VV	8:00 AM-4:30 PM	\$5I	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
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#### 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
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#### **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

KFCG [KEEP FORT GREAT

#### **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 ам-4:30 рм \$	411901-07
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#### **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 ам-4:30 рм	\$31	411901-09
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#### **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
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#### **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				

#### 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 ам-2:30 рм	\$35	415531-01
Water & Fire	e			
9/29	Sa	8:30 am-2:30 pm	\$35	415531-02

### KFCG [FORT COLLINS]

## RECREATION GETS BETTER WITH AGE.

## PLATINUM PASS

## **FREE ADMISSION**

to our Recreation facilities (some restrictions apply) for ages 85 years and better. Inquire at the front desk.

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

### SENIOR CENTER | THE FARM | EPIC & MORE

**KEN MILLER** 2018 Recreator of the Year

Fort Collins Recreator

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#### 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 Azt	tlan 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 рм	\$30	415941-01
11/8-11/15	Th	4:30-5:30 рм	\$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.

he Air

Age: All Location: Senior Center 10/2 Tu 6:00-7:30 рм \$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 рм	\$3	407408-01
10/4	Th	6:00-8:00 рм	\$3	407408-02

ND	NW	Denotes no web registration for program
GEND	M	Denotes program/activity has special membership pricing
Ē	8	Denotes Health and Wellness program

### 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

9:00 ам-Noon

\$4

#### Line Dance Extravaganza

Su

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 ам	\$2.50	
10/6-10/21	Sa,Su	1:30 рм	\$2.50	
10/6-10/21	Sa,Su	3:00 рм	\$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

nogwarts,							
10/19	F	6:00-9:00 рм	\$15	416502-01			
Hogwarts,	Hogwarts, Adult Registration 10/19						
10/19	F	6:00-9:00 рм	\$5	416502-02			
Hogwarts, Youth Registration 10/20							
10/20	Sa	6:00-9:00 рм	\$15	416502-03			
Hogwarts, Adult Registration 10/20							
10/20	Sa	6:00-9:00 рм	\$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 рм	\$5	
10/27	Sa	6:00-8:00 рм	\$5	
10/28	Su	1:00-3:00 рм	\$5	
10/28	Su	5:00-6:30 рм	\$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 рм	\$5
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#### 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 ам	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 рм	\$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-comefirst-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 Pa	ırk
Cost \$435	
Men's Monday Recreational	413011-01

There is the formation of the formation	
Men's Tuesday Recreational 4	413011-02
Men's Thursday Recreational 4	113011-03

#### 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

ocation.	The Edge	4450	Denrose Ct.	

11/4-12/16	S	6:00-11:00 рм	\$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
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#### [ 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		Women's	
Sun IV	413021-01	Tue IV	413022-01
Mon III	413021-02	Coed	
Mon IV	413021-03	Sun Competitive	413023-01
Tue III	413021-04	Sun Recreational	413023-02
Tue IV	413021-05	Tue Competitive	413023-03
Wed III	413021-06	Tue Recreational	413023-04
Wed IV	413021-07	Wed Competitive	413023-05
Thu III	413021-08	Wed Recreational	413023-06
Fri Unlimited HR	413021-09	Thu Competitive	413023-07
Fri IV	413021-10	·	

#### [ PICKLEBALL ]

#### Pickleball Tournament

A day of competition, fun, and lots of pickleball. Mark your calendars; details to follow.

\$65

424400-01

 Location: Twin Silo Park

 9/15
 Sa
 9:00 AM-4:00 PM

Location:	Senior Center			
10/13	Sa	9:00 am-4:00 pm	\$65	424400-02
Location:	Northside Azt	lan Center		
11/4	Su	9:00 am-4:00 pm	\$65	424400-03

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: Sen	ior 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 ам-Noon	\$14	424421-01
11/14	W	10:00 ам-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 ам-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

Deginner Lev				
9/10-10/1	М	1:00-5:00 pm	\$15	424450-01
10/8-10/29	М	1:00-5:00 pm	\$15	424450-02
11/5-11/26	М	1:00-5:00 pm	\$15	424450-03
Intermediate	Level			
9/5-9/26	W	1:00-5:00 pm	\$15	424460-01
40/2 40/24			A	

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 Lev	/el			
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

## **Register for Fall Baseball** Registration Opens July 22 (closes August 25)

#### Recreational, Intermediate, and AA Kindergarten through 8th Grade Age Divisions:

- Fall Kindergarten \$90.00 (Instructional League)
- Fall 1st & 2nd Grade \$105.00
- Fall 3rd & 4th Grade \$115.00
- Fall 5th & 6th Grade \$125.00
- Fall 7th & 8th Grade \$135.00

#### Games are played Sunday 12:00-7:00pm

- Focus of the league is on individual and team instruction by coaches
- Umpires are asked to both call the game and assume a more active role in educating both the players and the coaches
- Coaches are given the opportunity to use free substitution in order to provide more individualized instruction
- 6 league games (9/10 10/15)
- Note: in case of weather cancellations, games are not rescheduled.

Visit www.fortcollinsbaseballclub.org for details • 211 S. Bryan Ave (in City Park) • P.O. Box 1031 • Fort Collins, CO 80522 Email: office@fcbcmail.org • FCBC Office: 970-484-3368 • FCBC Fax: 970-484-6231





## [SCORE]

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## [TRAIN]

OP I I



FCGOV.COM/RECREATION



#### [ 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 BB	413542-02
Wednesday A	413542-01	-	
Coed			
Monday BB	413543-01	Tuesday BB	413543-04
Monday B	413543-02	Friday B	413543-05
Tuesday A	413543-03		

#### 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 I ocation: Northside Aztlan Center

Cost: \$145

Date: 11/5-12/19

Mon Coed B	413544-01	Wed Women's A	413544-04
TuE Coed A	413544-02	Wed Women's BB	413544-05
Tue Coed BB	413544-03		

#### [ 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: Clu	b Tico			
8/27-9/26	M,W	6:00-7:00 рм	\$50.50	422122-01
10/1-10/29	M,W	6:00-7:00 рм	\$50.50	422122-02
11/5-12/5	M,W	6:00-7:00 рм	\$50.50	422122-03
Location: Foo	othills Activ	ity Center		
8/28-9/27	Tu,Th	6:00-7:00 рм	\$50.50	422121-01
10/2-11/1	Tu,Th	6:00-7:00 рм	\$50.50	422121-02
11/6-12/6	Tu,Th	6:00-7:00 рм	\$50.50	422121-03
11/5-12/5 Location: Foc 8/28-9/27 10/2-11/1	M,W othills Activ Tu,Th Tu,Th	6:00-7:00 рм ity Center 6:00-7:00 рм 6:00-7:00 рм	\$50.50 \$50.50 \$50.50	422122-03 422121-01 422121-02

#### 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 рм	\$50.50	422123-01
10/1-10/29	M,W	6:00-7:00 рм	\$50.50	422123-02
11/5-12/5	M,W	6:00-7:00 рм	\$50.50	422123-03

Location: Foothills Activity Center

		.,			
8/28-9/27	Tu,Th	6:00-7:00 рм	\$50.50	422120-01	
10/2-11/1	Tu,Th	6:00-7:00 рм	\$50.50	422120-02	
11/6-12/6	Tu,Th	6:00-7:00 рм	\$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 рм	\$50.50	422124-01
10/1-10/30	M,W	7:00-8:00 рм	\$50.50	422124-02
11/5-12/5	M,W	7:00-8:00 рм	\$50.50	422124-03

#### Location: Foothills Activity Center

Locationi i oo		ity contor		
8/28-9/27	Tu,Th	7:00-8:00 рм	\$50.50	422119-01
10/2-11/1	Tu,Th	7:00-8:00 рм	\$50.50	422119-02
11/6-12/6	Tu,Th	7:00-8:00 рм	\$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.

## EK SEASON PARTICIPANTS WILL RECEIVE A MIGHTY KICKS JERSEY

Mighty Kicks is the premier introductory soccer program for children. Our program is designed to build motor skills, life skills, self-confidence and basic soccer techniques. Our proven methods and age-appropriate curriculum enhance each child's learning experience while leaving a lasting positive impression.

Our **Classic Program** is an introductory program that is great for children who are getting started in soccer. This program is all about fun and building a great foundation for each participant. The Advanced Program is the next progression in our curriculum that begins to focus on more advanced soccer skills/techniques as well as 3v3 and 4v4 games.

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
EDORA PARK	ZACH ELEMENTARY	TROUTMAN PARK	MIRAMONT PARK	CITY PARK
(9/10 - 10/22)	(9/11 - 10/23)	(9/12 - 10/24)	(9/13 - 10/25)	(9/14 - 10/26)
<b>3 YEAR OLDS:</b> 9:00 - 9:45 (Classic program)	<b>3 YEAR OLDS:</b> 9:00 - 9:45 or 4:15 - 5:00 (Classic program)	<b>3 YEAR OLDS:</b> 9:00 - 9:45 or 4:00 - 4:45 (Classic program)	<b>3 YEAR OLDS:</b> 9:00 - 9:45 or 4:00 - 4:45 (Classic program)	<b>3 YEAR OLDS:</b> 9:00 - 9:45 or 4:00 - 4:45 (Classic Program)
4 - 5 YEAR OLDS: 10:00 - 10:45 (Classic program)	4 - 5 YEAR OLDS: 10:00 - 10:45 or 5:15 - 6:00 (CLASSIC PROGRAM)	4 - 5 YEAR OLDS: 10:00 - 10:45 or 5:00 - 5:45 (Classic program)	4 - 5 YEAR OLDS: 10:00 - 10:45 or 5:00 - 5:45 (Classic program)	4 - 5 YEAR OLDS: 10:00 - 10:45 or 5:00 - 5:45 (CLASSIC PROGRAM)
ZACH ELEMENTARY 6 YEAR OLDS: 5:00 - 6:00 (Advanced program)		5 YEAR OLDS: 5:00 - 6:00 (Advanced program)		6 YEAR OLDS: 5:00 - 6:00 (Advanced program)
Registe	ronline at:	www.mighty	kicksnorthe	rnco.net

CONTACT INFORMATION: 🛇 CALL US: 970-682-4898 🖄 nocoinfo@mightykicks.net

# LEWIS TENNIS



49 years providing professional tennis programs. Be a part of the largest, all inclusive tennis program in Northern Colorado.

- 10 and under, middle school, high school, and adult programs
- Performance training and league coaching
- Private lessons
- Day and evening clinics for any level
- Complete pro shop

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



Auxiliary aids and services are available for persons with disabilities. V/TDD: 711 18-19139

#### 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

6:00-7:30рм

#### 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 рм
Sa	11:00 ам-12:30 рм
Aces	
Age: 9–10 years	S
M, W	4:30-6:00 рм
Sa	11:00 ам-12:30 рм

#### **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

Challenger, Beg	Jimer
Age: 11–13 year	S
Tu, Th	4:00-6:00 рм
Sa	1:00-3:00 pm
Competitive, Ir	ntermediate/Advanced
Age: 11–13 year	S
Tu, Th	4:00-6:00 рм
Sa	1:00-3:00 рм

#### [ 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	Age:	14-18	vears
------------------	------	-------	-------

Tu, Th	4:00-6:00 рм	_
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	3:00-5:00рм

#### **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.

continued on next page

#### Youth Sports General Information continued

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	Bethke	414907-09
Bauder	414907-03	CLP	414907-11
Beattie	414907-05	Dunn	414907-13
Bennett	414907-07	Eyestone	414907-15

#### Boy's Junior Rams Basketball continued

Harris Irish Johnson Kruse Laurel Liberty Com Linton Lopez McGraw O'dea Olander	414907-17 414907-19 414907-21 414907-24 414907-25 414907-26 414907-27 414907-29 414907-31 414907-33 414907-35	Polaris Putnam Rice Riffenburgh Shepardson Tavelli Timnath Traut Werner Zach	414907-36 414907-37 414907-39 414907-41 414907-43 414907-45 414907-47 414907-49 414907-51 414907-53
Grade: 4–5 Bacon Bauder Beattie Bennett Bethke CLP Dunn Eyestone Harris Irish Johnson Kruse Laurel Liberty Common Linton	414908-01 414908-03 414908-05 414908-06 414908-09 414908-11 414908-13 414908-15 414908-15 414908-17 414908-20 414908-22 414908-25 414908-25 414908-27	Lopez McGraw O'dea Olander Putnam Rice Riffenburgh Shepardson Tavelli Polaris Timnath Traut Werner Zach	414908-29 414908-31 414908-33 414908-35 414908-37 414908-43 414908-43 414908-43 414908-45 414908-62 414908-47 414908-51 414908-51 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	Lincoln	414909-25
Boltz	414909-05	Preston	414909-30
CLP	414909-10	Webber	414909-35
Kinard	414909-15	Wellington	414909-40
Lesher	414909-20		
Grade: 7–8			
Grade: 7–8 Blevins	414910-01	Lincoln	414910-26
0.0007	414910-01 414910-05	Lincoln Preston	414910-26 414910-25
Blevins			
Blevins Boltz	414910-05	Preston	414910-25

#### **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	Lopez	114907-29		
Bauder	114907-03	McGraw	114907-31		
Beattie	114907-05	Odea	114907-33		
Bennett	114907-07	Olander	114907-35		
Bethke	114907-09	Putnam	114907-37		
CLP	114907-11	Rice	114907-39		
Dunn	114907-13	Riffenburgh	114907-41		
Eyestone	114907-15	Shepardson	114907-43		
Harris	114907-17	Tavelli	114907-45		
Irish	114907-19	Polaris	114907-38		
Johnson	114907-21	Timnath	114907-47		
Kruse	114907-23	Traut	114907-49		
Laurel	114907-25	Werner	114907-51		
Linton	114907-27	Zach	114907-53		
Grade: 4–5					
Bacon	114908-01	Lopez	114908-29		
Bauder	114908-03	McGraw	114908-31		
Beattie	114908-05	O'dea	114908-33		
Bennett	114908-07	Olander	114908-35		
Bethke	114908-09	Putnam	114908-37		
CLP	114908-11	Rice	114908-39		
Dunn	114908-13	Riffenburg	114908-41		
Eyestone	114908-15	Shepardson	114908-43		
Harris	114908-17	Tavelli	114908-45		
Irish	114908-19	Liberty Common	114908-26		
Johnson	114908-21	Timnath	114908-47		
Kruse	114908-23	Traut	114908-49		
Laurel	114908-25	Werner	114908-51		
Linton	114908-27	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	Lesher	114909-09
Blevins	114909-01	Lincoln	114909-11
Boltz	114909-03	Preston	114909-12
CLP	114909-05	Webber	114909-15
Kinard	114909-07	Wellington	114909-17



#### [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	Rolland Moore Park	414010-12
Edora Park	414010-04	Spring Canyon Park	414010-15
Fossil Creek Park	414010-07	Troutman Park	414010-18
Greenbriar Park	414010-10	Warren Park	414010-20
Grade 2–3			
City Park	414011-01	Harmony Park	414011-13
Edora Park	414011-03	Spring Canyon Park	414011-15
English Ranch Park	414011-05	Troutman Park	414011-17
Fossil Creek Park	414011-07	Warren Park	414011-19
Greenbriar Park	414011-11		

#### NFL Flag Football continued

Grade 4–5			
Blevins Park	414012-25	Ridgeview Park	414012-11
City Park	414012-01	Rolland Moore Park	414012-12
Edora Park	414012-03	Spring Canyon Park	414012-14
Fossil Creek Park	414012-05	Troutman Park	414012-17
Greenbriar Park	414012-07	Warren Park	414012-19
Harmony Park	414012-09		
Grade 6			
City Park	414013-01	Harmony Park	414013-06
English Ranch Park	414013-03	Rolland Moore Park	414013-07
Fossil Creek Park	414013-04	Spring Canyon Park	414013-09
Edora Park	414013-02	Troutman Park	414013-11
Greenbriar Park	414013-05		
Grade 7–8			
City Park	414014-01	Harmony Park	414014-06
Edora Park	414014-02	Rolland Moore Park	414014-07
English Ranch Park	414014-03	Spring Canyon Park	414014-08
Fossil Creek Park	414014-04	Troutman Park	414014-09
Greenbriar Park	414014-05		

#### 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

Grade 5 City Park Greenbriar Park

Grade 6 Blevins Boltz CLP Kinard Lesher Spring Canyon Park Stew Case Park

Spring Canyon Park Stew Case Park

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
5/0 <sup>-10</sup> /11	111	7.00-7.33 PM	400	414730-01
10/18-11/29	Th	7:00-7:55 рм	\$80	414738-02
12/6-12/20	Th	7:00-7:55 рм	\$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 year	S			
9/4-10/9	Tu	5:00-5:55 рм	\$80	414937-01
10/16-11/27	Tu	5:00-5:55 рм	\$80	414937-03
12/4-12/18	Tu	5:00-5:55 рм	\$40	414937-06
Age: 8-14 yea	rs			
9/4-10/9	Tu	6:00-6:55 рм	\$80	414937-02
10/16-11/27	Tu	6:00-6:55 рм	\$80	414937-04
12/4-12/18	Tu	6:00-6:55 рм	\$40	414937-07
Age: 5-10 yea	rs			
9/6-10/11	Th	5:00-5:55 рм	\$80	414937-12
10/18-11/29	Th	5:00-5:55 рм	\$80	414937-13
12/6-12/20	Th	5:00-5:55 рм	\$40	414937-14

# A NEW FRA BEGINS THIS FALL.

## **BE A JUNIOR RAM.**

MS

## LEARN MORE IN THE YOUTH SPORTS SECTION.



COLORADO STATE

#### **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	М	6:30-7:25 рм	\$80	414938-01
10/22-11/26	М	6:30-7:25 рм	\$80	414938-02
12/3-12/17	М	6:30-7:25 рм	\$40	414938-03
9/4-10/9	Tu	4:00-4:55 рм	\$80	414938-04
9/4-10/9	Tu	7:00-7:55 рм	\$80	414938-05
10/16-11/27	Tu	4:00-4:55 рм	\$80	414938-06
10/16-11/27	Tu	7:00-7:55 рм	\$80	414938-12
12/4-12/18	Tu	4:00-4:55 рм	\$40	414938-07
12/4-12/17	Tu	7:00-7:55 рм	\$40	414938-08
9/6-10/11	Th	6:00-6:55 рм	\$80	414938-09
10/18-11/29	Th	6:00-6:55 рм	\$80	414938-10
12/6-12/20	Th	6:10-7:20 рм	\$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	5			
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 рм	\$80	421910-04
10/18-11/29	Th	4:00-4:45 рм	\$80	421910-05
12/6-12/20	Th	4:00-4:45 рм	\$40	421910-06
9/7-10/12	F	5:00-5:45 рм	\$80	421910-07
10/19-11/30	F	5:00-5:45 рм	\$80	421910-08
12/7-12/21	F	5:00-5:45 рм	\$40	421910-09
Ninja Kids II				
Age: 6–11 years	S			
9/7-10/12	F	6:00-6:55 рм	\$80	421910-10
10/19-11/30	F	6:00-6:55 рм	\$80	421910-11
12/7-12/21	F	6:00-6:55 рм	\$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 М.W.Sa 5:30–6:45 рм

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

Date: 9/3-10/20			
Grade 2–3	414941-01		
Grade 4–5	414942-01		
Grade 6-8			
Blevins	414943-01	Liberty Common	414943-18
Boltz	414943-03	Lincoln	414943-11
CLP	414943-05	Preston	414943-13
Kinard	414943-07	Webber	414943-17
Lesher	414943-09	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: Foothi	lls 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	Lincoln	114911-06
Boltz	114911-02	Preston	114911-07
CLP	114911-03	Webber	114911-08
Kinard	114911-04	Wellington	114911-09
Lesher	114911-05		



## RIVERSIDE BRIDGE REPLACEMENT

Coming this fall

Riverside Avenue will be closed for six weeks in October-November while the bridge over Spring Creek is replaced.

Access to EPIC will be from Stuart Street.



For details and to sign up for project updates, go to *fcgov.com/engineering/riversidebridge* 





#### [ 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					
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	9/5-9/19	W	10:00-10:45 ам	\$29	414571-01
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	9/25-10/9	Tu	10:00-10:45 ам	\$29	414571-02
9/24-10/8 М 1:30-2:15 рм \$29 414571-05	11/28-12/12	W	10:00-10:45 ам	\$29	414571-03
	9/3-9/17	М	1:30-2:15 рм	\$29	414571-04
11/26-12/10 М 1:30-2:15 рм \$29 414571-06	9/24-10/8	М	1:30-2:15 рм	\$29	414571-05
	11/26-12/10	М	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 ам	\$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	М	10:35-11:00 ам	\$45	414577-01	
9/20-10/18	Th	10:35-11:00 ам	\$45	414577-02	
10/22-11/12	М	10:35-11:00 ам	\$36	414577-03	
10/25-11/15	Th	10:35-11:00 ам	\$36	414577-04	
11/26-12/17	М	10:40-11:10 am	\$36	414577-05	
11/29-12/20	Th	10:35-11:00 ам	\$36	414577-06	
2.5-3.5 years					
9/17-10/15	М	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	М	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	М	9:00-9:30 AM	\$36	414575-05	
11/29-12/20	Th	9:00-9:30 am	\$36	414575-06	

#### Amazing Athletes continued

#### 3.5-5 years

9/17-10/15	М	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	М	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	М	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, skillbuilding 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

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Age: 2 years SuperTots Sampler

Super lots Sal	Tiplei		
9/12-10/10	W	10:00-10:50 ам	414780-01
9/14-10/12	F	10:00-10:50 ам	414780-05
Basketball & S	Soccer		
10/17-11/14	W	10:00-10:50 am	414780-09
Volleyball & C	heer		
10/19-11/16	F	10:00-10:50 am	414780-13
Age: 3 years			
SuperTots Sar	mpler		
9/12-10/10	W	11:00–11:50 ам	414780-02
9/14-10/12	F	11:00–11:50 ам	414780-06
Basketball & S	Soccer		
10/17-11/14	W	11:00-11:50 ам	414780-10
Volleyball & C	heer		
10/19-11/16	F	11:00-11:50 ам	414780-14
Age: 4 years			
SuperTots Sar	mpler		
9/12-10/10	W	1:00-1:50 рм	414780-03
9/14-10/12	F	1:00-1:50 рм	414780-07
Basketball & S	Soccer		
10/17-11/14	W	1:00-1:50 рм	414780-11
Volleyball & C	heer		
10/19-11/16	F	1:00-1:50 рм	414780-15
Age: 5 years			
SuperTots Sar	mpler		
9/12-10/10	W	2:00-2:50 рм	414780-04
9/14-10/12	F	2:00-2:50 pm	414780-08
Basketball & S	Soccer		
10/17-11/14	W	2:00-2:50 рм	414780-12
Volleyball & C	heer		
10/19-11/16	F	2:00-2:50 рм	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	Heath & Wellness	64
Aqua Fitness	18	Ice Skating	72
Aquatics	21	Outdoor Recreation	77
Arts & Crafts	26	Special Events	81
Dance & Movement	34	Sports	82
Education	47	Trips & Travel	107
Fitness	54		

#### **Senior Center Membership**

Membership 50+ is \$25 annually with scholarships available. Programs that offer special pricing for members are denoted throughout the Recreator with **1**. A 15% discount applies to the fee minus the \$1 program fee. Additional discounts do not apply. If no fee is listed for a membership program, the program is exclusive to Senior Center members. Senior Center Membership benefits include:

\$3 per month discount for fitness passes and full access passes, or \$1 off daily fitness admissions.

Free admission to drop-in programs including Pool Room, Open Shop, Library & Media Center, BINGO, and Cards & Games at the Senior Center.

2-day advance registration to Recreator programs.

Member discounts on select services and activities.

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

10:00–11:30 ам No Fee

#### Fort Collins Senior Center Friends 🚥

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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*.

## KFCG [FORT COLLINS]

#### 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 W 🖤

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 рм	
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
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#### 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.

KFCG [FORT COLLINS]



#### 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*.

1:00-2:00 PM

Ongoing Tu 10:00 AM–Noon No Fee

#### **CARDS & GAMES**

#### Bingo 🛯 🖤

Compete in Bingo for prizes.

9/10, 10/8, 11/12 M

No Fee

#### Cards & Games 🚺 🖤

Age: 18 years & up

Ongoing	All Games	М	9:00 ам-Noon	No Fee
Ongoing	Bridge	Т	12:30-4:00 рм	No Fee
Ongoing	Pinochle	Т	12:30-4:00 рм	No Fee
Ongoing	Mahjong	Т	1:00-4:00 рм	No Fee
Ongoing	All Games	W	12:30-4:00 рм	No Fee
Ongoing	Bridge	Th	5:00-8:00 рм	No Fee
Ongoing	Pinochle	F	12:30-4:00 рм	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	
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Denotes no web registration for program

Denotes program/activity has special membership pricing

Denotes Health and Wellness program

## HOW TO LEAD A BALANCED LIFE



Balance. It can be a tricky thing to find. On the one hand, it can seem liberating—making sure to fit more personal and family time into the week or indulging in a great meal here or there sounds great. For some, it can feel limiting. Sacrificing a cheeseburger for a salad doesn't always sound like the most fun thing to do.

UCHealth Internist Dr. Simran Grover shares some tips on how to strike a balance, on our plates and in our lives.

You may wonder, what does "balance" mean in practice? Not surprisingly, a balanced life looks different for everyone. But the repercussions of not balancing your life look similar for most people: stress.

Studies show that moderate stress is healthy for you. This type of stress is called eustress. When your stress levels tip over from eustress to distress, it can jeopardize your health. Too much stress in your life can lead to heart disease, respiratory problems, accidental injuries and even suicide. In other words, living a balanced life is integral to optimal health.

Dr. Grover describes the concept of balance as an octopus. "You put you in the center. Then you have all these tentacles that would include work life, family life, friends and a support system, hobbies, medical problems, and then exercise, sleep and meals. A balanced life cannot be successful or healthy if any one of these aspects is off," she says.

#### **The Practice of Balance**

Practice is a good word when it comes to living a balanced life because it takes time and practice to get there. You don't have to address all parts of your life at once. Grover says the first step to creating a balanced life is to reflect on the important things and take note of which aspects need attention. Is it that you're not getting enough sleep? Has it been a while since you've seen a doctor? The next steps toward creating a balanced life include:

#### Set manageable goals.

For example, if you need to get more sleep, try turning off the TV or your electronic device a half hour early so you can go to sleep and get up earlier. Getting up earlier can give you more time in the day to tackle more things, which can free up time for self-care.

Set boundaries between work life and family life.

"A big problem with lots of people is that work consumes them, and they don't have time for these other things," explains Grover. Scheduling a date night with your spouse to check out a new restaurant or taking your family to a film festival can help make sure your family life gets equal billing with your work life.

#### See your doctor.

Health is an important part of creating a happy, balanced life. Make sure to schedule regular doctor visits for yourself, and not just your children or other people in your family. Seeing your primary care doctor regularly can help prevent health problems from developing or getting worse.

#### Take care of yourself.

You can't take care of your family or focus on your work if you're burnt out and rundown. Do something just for you if not daily then several times a week whether it's taking a yoga class, going for a walk or just sleeping in.

#### Indulge, in moderation.

If binge-watching your favorite TV show gives you pleasure, then indulge for a day — or two. But balance that indulgence with reading, visiting a friend or exercise. Watching TV for hours every day is not a balanced way of consuming media and may leave you with little time to address other important parts of your life. If you love cheesecake, for example, by all means, have a slice now and then, but try to go for a walk after your meal or indulge your sweet tooth next time with berries.

So, whether you're heading out to enjoy something delicious at Longmont Restaurant Week or finding yourself knee-deep in a big project at work, remember to find your own balance. Don't guilt yourself over the delicious plate in front of you. Remember to take breaks during your work sessions.

Find your balance, and you'll find yourself happier and healthier, no matter what you're doing.

Story by: *UCHealth* 

#### 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	М	5:30-8:30 PM	No Fee
9/24	М	5:30-8:30 PM	No Fee
10/8	М	5:30-8:30 PM	No Fee
10/22	М	5:30-8:30 PM	No Fee
11/12	М	5:30-8:30 PM	No Fee
11/26	М	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.

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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
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	Didding M				
9/5-9/26	W	5:30-8:30 рм	\$48	412460-01	
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#### 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: 1	8 years	&	up
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	10/3-11/28	Tu,W	5:30-8:30 рм	\$115	412461-01	
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## Join our community of curious minds



The Osher Lifelong Learning Institute offers courses, lectures, and excursions to satisfy a wide range of interests. Explore what Osher has to offer you!

### www.OsherCSU.com



OSHER LIFELONG LEARNING INSTITUTE COLORADO STATE UNIVERSITY

#### 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	М	1:30-4:30 рм	\$110	412462-01
Dridge D1 D	iddina (()			

#### 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	М	5:30-8:30 рм	\$55	412464-01
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#### 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	М	5:30-8:30 рм	\$55	412463-01	



#### [ 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 рм	\$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 **(P)** 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 рм	\$17	409439-01
10/4-10/25	Th	12:30-1:30 рм	\$17	409439-02
11/1-11/29	Th	12:30-1:30 рм	\$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 ам	\$45	409432-01
10/1-10/26	M,W,F	10:00-10:55 ам	\$49	409432-02
10/29-11/30	M,W,F	10:00-10:55 ам	\$57	409432-03
9/5-9/26	M,W	10:00-10:55 ам	\$29	409432-1A
10/1-10/24	M,W	10:00-10:55 ам	\$33	409432-2A
10/29-11/28	M,W	10:00-10:55 ам	\$41	409432-3A

## Explore. Create. Discover.











408 Mason Court 970.221.6738

#### **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 рм	\$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 ам	\$33	409438-01
10/2-10/25	Tu,Th	9:30-10:30 ам	\$33	409438-02
10/30-11/29	Tu,Th	9:30-10:30 ам	\$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 рм	\$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 рм	\$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 рм	\$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 ам	\$25	409450-01		

#### KFCG [KEEP FORT GREAT

Classic SilverSneakers continued

10/2-10/25	Tu,Th	10:10-10:55 ам	\$25	409450-02
10/30-11/29	Tu,Th	10:10-10:55 ам	\$28	409450-03
9/8-9/29	Sa	10:30-11:15 ам	\$13	409450-04
10/6-10/27	Sa	10:30-11:15 ам	\$13	409450-05
11/3-12/1	Sa	10:30-11:15 ам	\$13	409450-06
Location: Nor	thside Azt	lan Center		
9/5-9/26	M,W	11:00-11:45 ам	\$22	409550-01
10/1-10/24	M,W	11:00-11:45 ам	\$25	409550-02

11:00-11:45 AM

\$31

#### **Circuit SilverSneakers**

M,W

10/29-11/28

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 рм	\$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 рм	\$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 рм	\$33	409452-01
10/2-10/25	Tu,Th	12:15-1:10 рм	\$33	409452-02
10/30-11/29	Tu,Th	12:15-1:10 рм	\$37	409452-03
9/4-9/27	Tu,Th	1:15-2:10 рм	\$33	409452-04
10/2-10/25	Tu,Th	1:15-2:10 рм	\$33	409452-05
10/30-11/29	Tu,Th	1:15-2:10 рм	\$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 рм	\$13	409453-01
10/5-10/26	F	2:00-2:45 рм	\$13	409453-02
11/2-11/30	F	2:00-2:45 рм	\$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 рм	\$22	409454-01
10/1-10/24	M,W	4:10-4:55 рм	\$25	409454-02
10/29-11/28	M,W	4:10-4:55 рм	\$31	409454-03
9/4-9/27	Tu,Th	11:10-11:55 ам	\$25	409454-04
10/2-10/25	Tu,Th	11:10-11:55 ам	\$25	409454-05
10/30-11/29	Tu,Th	11:10-11:55 ам	\$28	409454-06
9/8-9/29	Sa	11:15 ам-Noon	\$13	409454-07
10/6-10/27	Sa	11:15 ам-Noon	\$13	409454-08
11/3-12/1	Sa	11:15 ам-Noon	\$13	409454-09

409550-03



#### [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	М	8:30-9:30 am	\$13	409437-01
10/1-10/22	М	8:30-9:30 am	\$17	409437-02
10/29-11/26	М	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.

NW	Denotes no web registration for program
M	Denotes program/activity has special membership pricing
0	Denotes Health and Wellness program

KFCG [FORT COLLINS]

#### 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: No	orthside Aztlar	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
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#### 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	М	7:00-10:00 рм	\$5				
Harris and Har	ris						
10/1	М	7:00-10:00 рм	\$5				
Big Twang The	ory (Hallowe	een & Chili Supper)					
10/15	М	7:00-10:00 рм	\$5				
Pepie							
11/5	М	7:00-10:00 рм	\$5				
Jim Ehrlich (1940s Theme)							
11/19	М	7:00-10:00 рм	\$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 рм	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

#### 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

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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 **A**. Accommodations must be requested at time of registration, including wheelchair transport at airports and airline seat assignments.

#### KFCG REEP COLLINS GREAT

#### 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 2010 Single and Triple Dates Avails		unct

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 ам-7:00 рм	\$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 ам-3:30 рм \$21	405930-01
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#### **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 ам-3:30 рм	\$21	405930-02
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#### Hob Nob, Loveland

Classic American and European dishes served in this historic Loveland restaurant.

11/15	Th	11:30 ам-3:00 рм	\$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 ам-3:00 рм	\$11	405932-01
Frederick				
10/14	Su	11:00 ам-3:00 рм	\$11	405932-02
Livermore				
11/4	Su	11:00 ам-3:00 рм	\$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 рм	\$26	405940-02
	<b>akhouse, La</b> views of the	a <b>kewood</b> e 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

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#### 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-ficomedy-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 рм	\$100	405923-01	

#### Vienna Boys Choir

KFCG FORT COLLINS

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

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#### 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 рм	\$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 рм	\$101	405950-01	
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#### 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 ам-2:30 рм	\$31	405962-01

KFCG [FORT COLLINS]

### BROUGHT TO YOU BY



#### 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 supercalifragilistic pialidocious 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 ам-6:00 рм	\$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 рм	\$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.

#### 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

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#### 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
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#### Colorado Supreme Court, Denver 🔘 🗖

The Colorado Supreme Court Library supports the research needs of the Colorado Judicial Branch. Tour a courtroom and visit the minimuseum on the Rule of Law. **Note:** Lunch cost is on your own.

II/8 IN 8:30 AM-4:30 PM \$21 405959-01	11/8	Th	8:30 am-4:30 pm	\$21	405959-01
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#### 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 ам-6:00 рм	\$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
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#### INT'L BALLOON FIESTA

OCT 5 - 8, 2018

Mass Ascension • Night Glow Old Town Santa Fe • Old Town Albuquerque

\$555 Dbl | \$719 Sgl | \$545 Tpl

### **CHRISTMAS IN BRANSON**

OCT 31 - NOV 6, 2018 Daniel O'Donnell • Grand Country Jubilee

Andy Williams Christmas Extravaganza Janice Martin's Cirque Show • Samson The Bible Comes Alive • Fantastic Caverns & much more!

\$1149 Dbl | \$1469 Sgl | \$1099 Tpl

#### FALL COLORS & IRON HORSES SEPT 16 - 20, 2018 Cumbres-Toltec • Silverton/Durango • Royal Gorge \$999 Dbl | \$1299 Sgl | \$929 Tpl

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18-19314

## Take Charge of Your Family's Health

## **Annual Well Care Visits:**

Ø

keep your child healthy from birth through young adulthood

×

assess a child's physical, behavioral, development and emotional status



prevent disease through routine vaccinations and education

knowing your child is in a well state helps us to deal effectively with illness when it occurs



monitor chronic health conditions such as asthma, high cholesterol, etc

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Monday-Friday: 4:00 PM-10:00 PM Saturday & Sunday: 8:00 AM-8:00 PM 4845 Weitzel St., Ste. 101 Timnath, CO



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www.youthclinic.com • 970.267.9510



We believe in a healthy balance between sports and family life and that kids should be kids. Our programs are designed to facilitate growth in a variety of other sports all while not requiring an excessive time commitment to participate. This affords our students a well rounded childhood with ample time for other activities and the ability to explore different interests.

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- Mix and match our gymnastics, dance and ninja
- classes for a well rounded athletic and artistic
- experience.





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www.mountain-kids.com 419 E. Stuart St.

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