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, 970.221.6330, 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 is needed outside of the water.

Age: 2 years & up
Location: City Park Pool

6/11-7/16 M 9:00-9:30 AM $40 302326-01

6/11-7/16 M 9:40-10:10 AM $40 302326-02

6/15-7/20 F 9:00-9:30 AM $40 302326-05

6/15-7/20 F 9:40-10:10 AM $40 302326-06

MS Aqua, Adaptive Aqua Fitness

Designed for those with multiple sclerosis or other neuromuscular disorders. Trained staff give exercise modifications and assistance in a supportive social atmosphere. Exercises focus on maximizing or maintaining physical wellbeing, endurance, strength, and flexibility.

Age: 18 years & up
Location: Mulberry Pool

6/5-6/28 Tu,Th 9:30-10:30 AM $30.80 302228-01

7/10-8/2 Tu,Th 9:30-10:30 AM $30.80 302228-02

8/7-8/30 Tu,Th 9:30-10:30 AM $30.80 302228-03

Early Learning

Giant Friends Club

Giant Friends Club, inspired by the spirit and magic of Inspiration Playground, is the coolest club for children of all abilities. This program features theme related activities and entertainment for a gigantic good time. Note: This program is provided with support from the Inspiration Playground Endowment Fund.

Age: 4-10 years
Location: Spring Canyon Park, Tennis Court Pavilion

7/6-8/3 F 10:00 AM-Noon $34 302974-01

Fitness

Adaptive Yoga

Learn yoga practices such as breathwork, gentle movements, and deep stretching poses. Some hands-on assistance is available on Thursdays; standing balance work is on Tuesdays. Designed for people with multiple sclerosis, brain injuries, or other neuromuscular disorders and adapted for those with physical disabilities. Note: Class will not be held on 7/3, 7/5.

Age: 18 years & up
Location: Raintree Athletic Club

Standing Yoga

6/5-6/26 Tu 2:00-3:00 PM $28 302980-01

7/10-7/31 Tu 2:00-3:00 PM $28 302980-02

8/7-8/28 Tu 2:00-3:00 PM $28 302980-03

Adaptive Chair Yoga

6/7-6/28 Th 2:00-3:00 PM $28 302980-04

7/12-8/2 Th 2:00-3:00 PM $28 302980-05

8/9-8/30 Th 2:00-3:00 PM $28 302980-06

MS Dryland Exercise

Designed for those with multiple sclerosis or physical impairment. Maximize strength and endurance through chair based exercises. Note: Class will not be held on 5/28, 7/4.

Age: 18 years & up
Location: Senior Center

5/30-6/20 M,W 11:00-11:55 AM $29 302483-01

6/25-7/25 M,W 11:00-11:55 AM $37 302483-02

7/30-8/29 M,W 11:00-11:55 AM $41 302483-03

6/4-6/18 M 11:00-11:55 AM $16 302483-1A

6/25-7/23 M 11:00-11:55 AM $21 302483-2A

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 7/4.

Age: 16 years & up
Location: Northside Aztlan Center

6/6-6/27 W 1:15-2:00 PM $28 302982-01

7/11-8/1 W 1:15-2:00 PM $28 302982-02

8/8-8/29 W 1:15-2:00 PM $28 302982-03

Ice

Adaptive Skating

Basic skating skills are introduced and adapted for individuals with disabilities. Skill improvement and fun are the focus.

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

6/5-6/26 T 6:15-6:45 PM $37 310356-01

7/10-7/31 T 6:15-6:45 PM $37 310356-02

Music & Theatre

Phamaly Performance

Phamaly is a professional performing arts group made up of people with physical disabilities. Watch the extraordinary performance, “Into the Woods.” The matinee features a backstage and tactile tour. Note: Lunch included. Register by 7/23. No refunds after ticket is purchased.

Age: 16 years & up
Location: Senior Center

7/29 Su 9:00 AM-6:00 PM $44 302991-01

Outdoor Recreation

Adaptive Climbing Clinics

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

Age: 8 years & up.

Indoor Climbing

Location: Ascent Climbing Studio, 2150 Joseph Allen Dr.

7/17 Tu 5:00-7:00 PM $26 302764-01

Outdoor Climbing, Rotary Park

Location: Depart from Senior Center

8/8 W 4:30 pm-7:00 PM $30 302764-02

Adaptive Watersports Days

Enjoy life on the water exploring various water sports and equipment. Adaptive kayaks and stand up paddle boards available for those with and without physical disabilities. Food, equipment, and instruction provided. Note: Transportation from the Senior Center available; for reservations contact Renee Lee at 970.224.6027, rlee@fcgov.com.

Age: 12 years & up
Adaptive Watersports

6/20 W 10:00 AM-1:30 PM $26 302973-01

Kayaking, Lonetree State Wildlife Area

7/18 W 4:30-7:30 PM $23 302973-02

Adaptive Watersports, Horsetooth Reservoir, South Bay Pavilion

8/29 W 4:00-7:00 PM $23 302973-03

Cooperative Tent Campout

Spend a weekend at the YMCA of the Rockies, Snow Mountain Ranch with others from the Front Range region. Activities include tent camping, hiking, fishing, swimming, mini-golf, and campfire cookouts. Note: Registration deadline is 8/1. Designed for individuals who are independent in activities of daily living. Tents provided.

Age: 16 years & up
Location: Senior Center

8/10-8/12 F-Su Noon-Noon $189 302925-01

Attendant Fee $70 302925-1A

Hermit Park Hike

Hike with a Naturalist Educator and identify local flora and fauna on the Hermit Park Trail. Then, have lunch in Estes Park. Sighted guides and other accommodations available. Rating: easy to moderate; mileage: 2-4 miles. Bring $20 for meal.

Age: 16 years & up
Location: Senior Center

6/9 Sa 8:00 AM-4:00 PM $25 302312-01

Attendant Fee $6 302312-1A

Poudre Raft Trip

Travel down the scenic Poudre River for a 6-mile raft trip with Rocky Mountain Adventures. Designed for those with and without disabilities. Note: Registration deadline is 7/12.

Age: 16 years & up
Location: Senior Center

7/14 Sa 7:30 AM-1:30 PM $71 302938-01

Attendant Fee $66 302938-1A

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 Pickleball Clinic

Learn the fundamentals of pickleball including game rules, techniques and play.

Age: 14 years & up
Location: Senior Center

6/27 W 5:00-6:30 PM $6 302071-01

Paralympic Air Gun Training

Learn about the Paralympic sport of Air Gun shooting and practice acquired skills on a training simulator. Paralympic athletes provide instruction and equipment.

Age: 14 years & up
Location: Northside Aztlan Center

6/12-6/26 Tu 6:30-7:30 PM $18 302072-01

7/17-7/31 Tu 6:30-7:30 PM $18 302072-02

8/14-8/28 Tu 6:30-7:30 PM $18 302072-03

Unified Sports

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

Baseball For All

Modified techniques and equipment are used to teach the fundamentals of baseball and allow players of all abilities to participate fully. Teams are formed to learn skills, teamwork, and play against other Unified teams in the area. Note: Class will not be held on 7/5.

Age: 8-15 years

Location: Beattie Park

Child

6/7-8/2 Th 6:00-7:00 PM $26 302956-01

Family

6/7-8/2 Th 6:00-7:00 PM $40 302956-02

Unified SofTball

Coed Unified teams are organized into two divisions to play in a summer league. Teams are scheduled for one hour of practice and one hour of play. Note: Class will not be held on 5/28.

Age: 16 years & up
Location: Beattie Park & Rolland Moore Park

5/14-7/30 M 5:00-8:00 PM $30 202055-01

TCDC Adaptive Panther Squad

Learn dance and cheer moves to perform around the Fort Collins community. Note: Panther shirts not included in program fee; cost is $15.

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

6/6-7/25 W 5:30-7:00 PM $49 314739-01

8/1-8/29 W 5:30-7:00 PM $41 314739-02

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 are in need of extra supervision are encouraged to register and participate with a personal care attendant. There is no fee for personal care attendants providing assistance unless otherwise noted. However, 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.

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: Bring a reusable container for a portion to go.

Age: 16 years & up
Location: Senior Center

Mediterranean

6/6 W 6:30-8:00 PM $12 302401-04

Taste of Asia

6/12-6/19 Tu 6:30-8:00 PM $24 302401-01

Safe Grilling

7/10 Tu 6:30-8:00 PM $12 302401-02

Farm to Table

8/7 Tu 6:30-8:00 PM $12 302401-05

Healthy Appetizers

Learn to prepare a variety of healthy snacks in a social group setting. Then stay for the ARO Monthly Themed Dance. Note: Attendants welcome at no cost.

Age: 18 years & up
Location: Senior Center

6/29 F 4:00-5:15 PM $11 302407-01

8/24 F 4:00-5:15 PM $11 302407-03

Social Programs ]

Bowling

Strike it big while bowling with others. Note: Fee includes two games per person per week and shoe rental. Class will not be held on 7/28. All skill levels welcome.

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

7/7-8/11 Sa 10:30-11:30 AM $43 302906-01

Park Games

Play in the park with washers, boccia, badminton, and disc golf. In case of inclement weather, games are played inside. Note: Class will not be held on 8/8.

Age: 18 years & up
Location: Senior Center

8/1-8/22 W 4:30-6:00 PM $17 302319-01

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

6/26 Tu 5:30-9:00 PM $6 302403-01

7/31 Tu 5:30-9:00 PM $6 302403-02

8/28 Tu 5:30-9:00 PM $6 302403-03

Restaurant Night

Explore different restaurants in town. Note: Bring $20 for meal and tip.

Age: 16 years & up
Location: Senior Center

6/13 W 5:45-8:00 PM $6 302404-01

7/11 W 5:45-8:00 PM $6 302404-02

8/20 M 5:45-8:00 PM $6 302404-03

Special Events ]

Nachos & Night Games

Kick off summer with a nacho bar and the choice between active outdoor games or card/board games.

Age: 16 years & up
Location: Senior Center

6/1 F 6:00-8:30 PM $14 302409-01

Monthly Themed Dances

Grab those dancing shoes and twirl the night away. Dressing for the theme is highly encouraged. Tickets are sold at the door.

Age: 18 years & up
Location: Senior Center

Summer Nights

6/29 F 6:00-8:00 PM $4

Fun in the Sun

7/27 F 6:00-8:00 PM $4

Let’s Dance

8/24 F 6:00-8:00 PM $4

Dive-In Movie

Swim at the City Park Pool and then head over to Club Tico for a movie and dinner party. Transportation to/from Senior Center available upon request.

Age: 16 years & up
Location: Club Tico

8/4 Sa 4:00-9:00 PM $21 302523-01

End of Summer Picnic

Celebrate the end of the season with friends, teammates, and family.

Age: 18 years & up
Location: Spring Canyon Park

8/16 Th 5:30-8:00 PM $6 302909-01

Trips & Outings ]

Wild Animal Sanctuary

The Wild Animal Sanctuary in Keenesburg, Colorado encompasses more than 25 acres of large species-specific habitats. Explore the complex and see a variety of animals such as lions, tigers, and bears from viewing platforms and decks. Note: Bring $20 for a meal. Tour requires 1.5 miles of walking.

Age: 16 years & up
Location: Senior Center

6/23 Sa 2:30-9:00 PM $44 302511-01

Attendant Section $35 302511-1A

Golden Expedition

The Golden Mini Quest scavenger hunt adventure begins outside the Clear Creek Visitor Center and continues to Clear Creek. Discover the rich history of Golden including street art and the Armory. Note: Bring $20 for a meal. Tour requires 1.5 -2 miles of walking or rolling. Attendants register in section 1A.

Age: 16 years & up
Location: Senior Center

7/15 Su 9:00 AM-4:30 PM $37 302325-01

Attendant Section $13 302325-1A

Chuckwagon Western Show

Lazy B’s Western Chuckwagon dinner show is well known and loved. Take a step back in time on a trip to Estes Park for a western dinner and entertainment.

Age: 18 years & up
Location: Senior Center

8/17 F 3:30-9:30 PM $47 302408-01

Attendant Section $34 302408-1A

Special Events ]

Journey of Hope Community Event & Day of Service

Celebrate ability and diversity in with the Journey of Hope riders from Pi Kappa Phi who are stopping through during their transcontinental ride. Experience Paralympic and adaptive sports, visit with city leaders and athletes from our community, and enjoy a light meal served from the grill. Note: Register to volunteer at engage.fcgov.com/d/aro.

Age: 13 years & up
Location: Northside Aztlan Center

7/1 Su 3:00-6:30 PM $7 302772-01

Aqua Fitness

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

Drop-In Policy

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

Classes will not be held on 7/4.

Adult Programs

Low Intensity ]

Drop-In Water Volleyball

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

Age: 18 years & up
Location: Senior Center

6/4-8/29 M,W,F 10:30-11:30 AM Day Pass

Basic H2O

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

Age: 18 years & up
Location: Senior Center

6/25-7/27 M,W,F 8:30-9:30 AM $53.50 300412-01

7/30-8/31 M,W,F 8:30-9:30 AM $57.26 300412-02

Twinges

Designed for people 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

6/25-7/27 M,W,F 8:30-9:30 AM $53.50 300314-01

7/30-8/31 M,W,F 8:30-9:30 AM $57.26 300314-02

6/26-7/26 Tu,Th 9:30-10:30 AM $38.50 300314-03

7/31-8/30 Tu,Th 9:30-10:30 AM $38.50 300314-04

Twinges Plus

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

Age: 18 years & up
Location: Senior Center

6/25-7/27 M,W,F 12:15-1:15 PM $53.50 300416-01

7/30-8/31 M,W,F 12:15-1:15 PM $57.26 300416-02

6/25-7/27 M,W,F 1:30-2:30 PM $53.50 300416-03

7/30-8/31 M,W,F 1:30-2:30 PM $57.26 300416-04

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

6/25-7/27 M,W,F 7:30-8:30 AM $53.50 300324-01

7/30-8/31 M,W,F 7:30-8:30 AM $57.26 300324-02

Aqua Mix

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

Age: 18 years & up
Location: Senior Center

6/25-7/27 M,W,F 6:00-7:00 PM $53.50 300417-01

7/30-8/31 M,W,F 6:00-7:00 PM $57.26 300417-02

Aqua Power Walking

Power walking in the lazy river takes advantage of currents created by the pool jets, as well as by the participants, in varying the resistance of the workout. Perfect for those interested in a basic workout that can offer varied and individual degrees of challenge.

Age: 18 years & up
Location: City Park Pool

6/1-6/29 M,W,F 9:00-10:00 AM $49.76 300132-01

7/2-7/30 M,W,F 9:00-10:00 AM $46 300132-02

8/1-8/17 M,W,F 9:00-10:00 AM $31 300132-03

Classics

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

Age: 18 years & up
Location: Mulberry Pool

6/25-7/27 M,W,F 7:30-8:30 AM $53.50 300222-01

7/30-8/31 M,W,F 7:30-8:30 AM $57.26 300222-02

Location: Senior Center

6/25-7/27 M,W,F 6:15-7:15 AM $53.50 300422-01

6/25-7/27 M,W,F 5:00-6:00 PM $53.50 300422-03

7/30-8/31 M,W,F 5:00-6:00 PM $57.26 300422-04

6/26-7/26 Tu,Th 8:00-9:00 AM $38.50 300422-05

7/31-8/30 Tu,Th 8:00-9:00 AM $38.50 300422-06

6/26-7/26 Tu,Th 9:00-10:00 AM $38.50 300422-07

7/31-8/30 Tu,Th 9:00-10:00 AM $38.50 300422-08

6/26-7/26 Tu,Th 10:00-11:00 AM $38.50 300422-09

7/31-8/30 Tu,Th 10:00-11:00 AM $38.50 300422-10

6/26-7/26 Tu,Th 7:00-8:00 PM $38.50 300422-11

7/31-8/30 Tu,Th 7:00-8:00 PM $38.50 300422-12

7/30-8/31 M,W,F 6:15-7:15 AM $57.26 300422-02

Fitness & Fun

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

Age: 18 years & up
Location: Senior Center

6/25-7/27 M,W,F 7:30-8:30 AM $53.50 300420-01

7/30-8/31 M,W,F 7:30-8:30 AM $57.26 300420-02

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

6/26-7/26 Tu,Th 5:00-6:00 PM $38.50 300428-01

7/31-8/30 Tu,Th 5:00-6:00 PM $38.50 300428-02

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

6/26-7/26 Tu,Th 6:00-7:00 PM $38.50 300418-01

7/31-8/30 Tu,Th 6:00-7:00 PM $38.50 300418-02

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

6/25-7/27 M,W,F 4:00-5:00 PM $53.50 300426-01

7/30-8/31 M,W,F 4:00-5:00 PM $57.26 300426-02

High Intensity ]

Advanced Water Fitness

Increase caloric burn and overall endurance by taking cardio to the next level. Promote joint flexibility, range of motion, and agility while building cardiovascular endurance and muscular strength. Note: Not appropriate for first-time or beginner level students.

Age: 18 years & up
Location: Senior Center

Age: 18 years & up

6/25-7/27 M,W,F 9:30-10:30 AM $53.50 300424-01

6/26-7/26 Tu,Th 4:00-5:00 PM $38.50 300424-03

7/31-8/30 Tu,Th 4:00-5:00 PM $38.50 300424-04

7/30-8/31 M,W,F 9:30-10:30 AM $57.26 300424-02

Deep H2O

Take an aggressive approach to fitness with a vigorous, no-impact workout held in the deep water. Excellent for those with back, hip, and knee injuries.

Age: 18 years & up
Location: Mulberry Pool

6/25-7/27 M,W,F 12:15-1:00 PM $43 300230-01

7/30-8/31 M,W,F 12:15-1:00 PM $46 300230-02

Location: Edora Pool Ice Center

6/25-7/25 M,W 5:30-6:30 PM $34.76 300330-01

7/30-8/29 M,W 5:30-6:30 PM $38.50 300330-02

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

In an effort 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 that 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.

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.

Classes will not be held on 7/4.

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

6/4-7/2 M,W 6:15-7:00 PM $66.26 301338-01

Location: Senior Center

6/10-7/8 Su 4:40-5:25 PM $37.26 301438-01

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

7/9-8/8 M,W 6:15-7:00 PM $73.50 301339-01

Location: Senior Center

7/15-8/12 Su 4:40-5:25 PM $37.26 301439-01

Scuba Diving ]

Discover Scuba Diving

Learn how to use scuba equipment in shallow water and get a quick and easy introduction to what it takes to explore the underwater world. Learn the 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: Call CSDA (1.855.557.2822) prior to class start to complete required paperwork.

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

6/2 Sa 10:00-11:30 AM $36 301352-01

6/16 Sa 10:00-11:30 AM $36 301352-02

7/7 Sa 10:30-11:30 AM $36 301352-03

7/21 Sa 10:00-11:30 AM $36 301352-04

8/11 Sa 10:00-11:30 AM $36 301352-05

8/25 Sa 10:00-10:30 AM $36 301352-06

Discover Snorkeling

Learn tips and the proper techniques involved with snorkeling. Learn about using a mask, fins, snorkel, booties, and a wetsuit. Ability to swim at least 25 yards using the front crawl required. Note: Children ages 8 years and under must be accompanied by a parent or guardian. Call CSDA (1.855.557.2822) prior to class start to complete required paperwork. Children ages 18 years and under must submit a signed release.

Age: 5 years & up
Location: Edora Pool Ice Center

6/2 Sa 10:00-11:30 AM $26 301353-01

6/16 Sa 10:00-11:30 AM $26 301353-02

7/7 Sa 10:00-11:30 AM $26 301353-03

7/21 Sa 10:00-11:30 AM $26 301353-04

8/11 Sa 10:00-11:30 AM $26 301353-05

8/25 Sa 10:00-11:30 AM $26 301353-06

Scuba Challenge

For the experienced diver who wants to sharpen skills. Challenges are set up and include some dryland information. Note: Current PADI certification required.

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

6/13 W 6:00-9:00 PM $22 301356-01

6/27 W 6:00-9:00 PM $22 301356-02

7/11 W 6:00-9:00 PM $22 301356-03

7/25 W 6:00-9:00 PM $22 301356-04

8/8 W 6:00-9:00 PM $22 301356-05

8/29 W 6:00-7:00 PM $22 301356-06

Advanced Blended Learning ]

Lifeguard Training

This American Red Cross course provides entry-level lifeguard participants with the knowledge and skills to prevent, recognize, and respond to aquatics emergencies. Skills to provide care for breathing and cardiac emergencies, injuries, and sudden illnesses until EMS personnel take over. Online class content is 7 hours. Note: Must attend all classes. Skill test on first day; continuation depends on passing. $10 pocket mask and $36 certification fee included.

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

6/1 F 8:30 AM-Noon $202.80 301340-01
6/2 Sa 8:30 AM-5:30 PM
6/3 Su 8:30 AM-4:30 PM

6/18 M Noon-3:30 PM $202.80 301340-02
6/19 Tu 8:30 AM-5:30 PM
6/20 W 8:30 AM-4:30 PM

7/16 M Noon-3:30 PM $202.80 301340-03
7/17 Tu 8:30 AM-5:30 PM
7/18 W 8:30 AM-4:30 PM

Lifeguard Review

Opportunity to review the course content within a formal course setting. Individuals with a current American Red Cross lifeguarding/first aid/CPR/AED certificate may participate in a review course. Optional online course is 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

7/29 Su 8:00 AM-5:00 PM $105.40 301341-01

Lifeguard Instructor

Instructor candidates are trained to teach American Red Cross lifeguarding. Learn how to use the course material, methods, conduct training sessions, and evaluate participant progress. Must possess a current ARC lifeguarding/first aid/CPR/AED certificate. Online class content is 2 hours and 30 minutes. Note: Must attend all classes. Skill test on first day; continuation depends on passing. $35 certification fee not included.

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

7/7-7/8 Sa,Su 2:00-6:00 PM $183.40 301342-01
7/14-7/15 Sa,Su 9:00 AM-5:00 PM

Youth Programs

Youth Learn To Swim ]

Baby & Me 1

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

Age: 6-18 months

Location: City Park Pool

6/4-6/14 M-Th 11:35 AM-12:05 PM $49 301110-01

6/18-6/28 M-Th 11:35 AM-12:05 PM $49 301110-02

7/2-7/12 M-Th 11:35 AM-12:05 PM $43 301110-03

7/16-7/26 M-Th 11:35 AM-12:05 PM $49 301110-04

7/30-8/9 M-Th 11:35 AM-12:05 PM $49 301110-05

Location: Mulberry Pool

6/5-7/5 Tu,Th 5:40-6:10 PM $49 301210-01

6/5-7/5 Tu,Th 5:05-5:35 PM $49 301210-02

7/10-8/9 Tu,Th 5:05-5:35 PM $49 301210-03

7/10-8/9 Tu,Th 6:15-6:45 PM $49 301210-04

6/9-7/7 Sa 9:00-9:30 AM $31 301210-05

6/9-7/7 Sa 10:45-11:15 AM $31 301210-06

7/14-8/11 Sa 9:35-10:05 AM $31 301210-07

7/14-8/11 Sa 10:45-11:15 AM $31 301210-08

6/10-7/8 Su 3:50-4:20 PM $31 301210-09

6/10-7/8 Su 5:00-5:30 PM $31 301210-10

7/15-8/12 Su 3:15-3:45 PM $31 301210-11

7/15-8/12 Su 4:25-4:55 PM $31 301210-12

Location: Edora Pool Ice Center

6/4-6/14 M-Th 9:50-10:20 AM $49 301310-01

6/4-6/14 M-Th 11:35 AM-12:05 PM $49 301310-02

6/18-6/28 M-Th 9:50-10:20 AM $49 301310-03

6/18-6/28 M-Th 11:35 AM-12:05 PM $49 301310-04

7/2-7/12 M-Th 9:50-10:20 AM $43 301310-05

7/2-7/12 M-Th 11:35 AM-12:05 PM $43 301310-06

7/16-7/26 M-Th 9:50-10:20 AM $49 301310-07

7/16-7/26 M-Th 11:35 AM-12:05 PM $49 301310-08

7/30-8/9 M-Th 9:50-10:20 AM $49 301310-09

7/30-8/9 M-Th 11:35 AM-12:05 PM $49 301310-10

6/4-7/2 M,W 5:40-6:10 PM $55 301310-11

7/9-8/8 M,W 5:05-5:35 PM $61 301310-12

Location: Senior Center

6/10-7/8 Su 3:30-4:00 PM $31 301410-01

7/15-8/12 Su 3:30-4:00 PM $31 301410-02

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: City Park Pool

6/4-6/14 M-Th 11:00-11:30 AM $49 301112-01

6/18-6/28 M-Th 11:00-11:30 AM $49 301112-02

7/2-7/12 M-Th 11:00-11:30 AM $43 301112-03

7/16-7/26 M-Th 11:00-11:30 AM $49 301112-04

7/30-8/9 M-Th 11:00-11:30 AM $49 301112-05

Location: Mulberry Pool

6/5-7/5 Tu,Th 4:30-5:00 PM $49 301212-01

6/5-7/5 Tu,Th 5:40-6:10 PM $49 301212-02

7/10-8/9 Tu,Th 4:30-5:00 PM $49 301212-03

7/10-8/9 Tu,Th 5:40-6:10 PM $49 301212-04

6/9-7/7 Sa 9:35-10:05 AM $31 301212-05

6/9-7/7 Sa 11:20-11:50 AM $31 301212-06

7/14-8/11 Sa 9:00-9:30 AM $31 301212-07

7/14-8/11 Sa 11:20-11:50 AM $31 301212-08

6/10-7/8 Su 3:15-3:45 PM $31 301212-09

6/10-7/8 Su 4:25-4:55 PM $31 301212-10

7/15-8/12 Su 3:50-4:20 PM $31 301212-11

7/15-8/12 Su 5:00-5:30 PM $31 301212-12

Location: Edora Pool Ice Center

6/4-6/14 M-Th 10:25-10:55 AM $49 301312-01

6/4-6/14 M-Th 11:00-11:30 AM $49 301312-02

6/18-6/28 M-Th 10:25-10:55 AM $49 301312-03

6/18-6/28 M-Th 11:00-11:30 AM $49 301312-04

7/2-7/12 M-Th 10:25-10:55 AM $43 301312-05

7/2-7/12 M-Th 11:00-11:30 AM $43 301312-06

7/16-7/26 M-Th 10:25-10:55 AM $49 301312-07

7/16-7/26 M-Th 11:00-11:30 AM $49 301312-08

7/30-8/9 M-Th 10:25-10:55 AM $49 301312-09

7/30-8/9 M-Th 11:00-11:30 AM $49 301312-10

6/4-7/2 M,W 5:05-5:35 PM $55 301312-11

7/9-8/8 M,W 4:30-5:00 PM $61 301312-12

7/9-8/8 M,W 5:40-6:10 PM $61 301312-13

Location: Senior Center

6/10-7/8 Su 4:05-4:35 PM $31 301412-01

7/15-8/12 Su 4:05-4:35 PM $31 301412-02

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: City Park Pool

6/4-6/14 M-Th 9:50-10:20 AM $49 301116-01

6/4-6/14 M-Th 10:25-10:55 AM $49 301116-02

6/4-6/14 M-Th 11:00-11:30 AM $49 301116-03

6/4-6/14 M-Th 11:35 AM-12:05 PM $49 301116-04

6/18-6/28 M-Th 9:50-10:20 AM $49 301116-05

6/18-6/28 M-Th 10:25-10:55 AM $49 301116-06

6/18-6/28 M-Th 11:00-11:30 AM $49 301116-07

6/18-6/28 M-Th 11:35 AM-12:05 PM $49 301116-08

7/2-7/12 M-Th 9:50-10:20 AM $43 301116-09

7/2-7/12 M-Th 10:25-10:55 AM $43 301116-10

7/2-7/12 M-Th 11:00-11:30 AM $43 301116-11

7/2-7/12 M-Th 11:35 AM-12:05 PM $43 301116-12

7/16-7/26 M-Th 9:50-10:20 AM $49 301116-13

7/16-7/26 M-Th 10:25-10:55 AM $49 301116-14

7/16-7/26 M-Th 11:00-11:30 AM $49 301116-15

7/16-7/26 M-Th 11:35 AM-12:05 PM $49 301116-16

7/30-8/9 M-Th 9:50-10:20 AM $49 301116-17

7/30-8/9 M-Th 10:25-10:55 AM $49 301116-18

7/30-8/9 M-Th 11:00-11:30 AM $49 301116-19

7/30-8/9 M-Th 11:35 AM-12:05 PM $49 301116-20

Location: Mulberry Pool

6/5-7/5 Tu,Th 5:05-5:35 PM $49 301216-01

6/5-7/5 Tu,Th 6:15-6:45 PM $49 301216-02

7/10-8/9 Tu,Th 5:05-5:35 PM $49 301216-03

7/10-8/9 Tu,Th 6:15-6:45 PM $49 301216-04

6/9-7/7 Sa 9:00-9:30 AM $31 301216-05

6/9-7/7 Sa 10:45-11:15 AM $31 301216-06

7/14-8/11 Sa 9:00-9:30 AM $31 301216-07

7/14-8/11 Sa 10:10-10:40 AM $31 301216-08

7/14-8/11 Sa 11:20-11:50 AM $31 301216-09

6/10-7/8 Su 3:15-3:45 PM $31 301216-10

6/10-7/8 Su 4:25-4:55 PM $31 301216-11

6/10-7/8 Su 5:35-6:05 PM $31 301216-12

7/15-8/12 Su 3:50-4:20 PM $31 301216-13

7/15-8/12 Su 5:00-5:30 PM $31 301216-14

7/15-8/12 Su 5:35-6:05 PM $31 301216-15

Location: Edora Pool Ice Center

6/4-6/14 M-Th 10:25-10:55 AM $49 301316-01

6/4-6/14 M-Th 11:35 AM-12:05 PM $49 301316-02

6/18-6/28 M-Th 10:25-10:55 AM $49 301316-03

6/18-6/28 M-Th 11:35 AM-12:05 PM $49 301316-04

7/2-7/12 M-Th 10:25-10:55 AM $43 301316-05

7/2-7/12 M-Th 11:35 AM-12:05 PM $43 301316-06

7/16-7/26 M-Th 10:25-10:55 AM $49 301316-07

7/16-7/26 M-Th 11:35 AM-12:05 PM $49 301316-08

7/30-8/9 M-Th 10:25-10:55 AM $49 301316-09

7/30-8/9 M-Th 11:35 AM-12:05 PM $49 301316-10

6/4-7/2 M,W 5:05-5:35 PM $55 301316-11

6/4-7/2 M,W 6:15-6:45 PM $55 301316-12

7/9-8/8 M,W 5:05-5:35 PM $61 301316-13

7/9-8/8 M,W 6:15-6:45 PM $61 301316-14

Location: Senior Center

6/10-7/8 Su 4:05-4:35 PM $31 301416-01

6/10-7/8 Su 5:15-5:45 PM $31 301416-02

7/15-8/12 Su 3:30-4:00 PM $31 301416-03

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: City Park Pool

6/4-6/14 M-Th 9:50-10:20 AM $49 301118-01

6/4-6/14 M-Th 10:25-10:55 AM $49 301118-02

6/4-6/14 M-Th 11:00-11:30 AM $49 301118-03

6/18-6/28 M-Th 9:50-10:20 AM $49 301118-04

6/18-6/28 M-Th 10:25-10:55 AM $49 301118-05

6/18-6/28 M-Th 11:00-11:30 AM $49 301118-06

7/2-7/12 M-Th 9:50-10:20 AM $43 301118-07

7/2-7/12 M-Th 10:25-10:55 AM $43 301118-08

7/2-7/12 M-Th 11:00-11:30 AM $43 301118-09

7/16-7/26 M-Th 9:50-10:20 AM $49 301118-10

7/16-7/26 M-Th 10:25-10:55 AM $49 301118-11

7/16-7/26 M-Th 11:00-11:30 AM $49 301118-12

7/30-8/9 M-Th 9:50-10:20 AM $49 301118-13

7/30-8/9 M-Th 10:25-10:55 AM $49 301118-14

7/30-8/9 M-Th 11:00-11:30 AM $49 301118-15

Location: Mulberry Pool

6/5-7/5 Tu,Th 4:30-5:00 PM $49 301218-01

6/5-7/5 Tu,Th 6:15-6:45 PM $49 301218-02

7/10-8/9 Tu,Th 4:30-5:00 PM $49 301218-03

7/10-8/9 Tu,Th 5:40-6:10 PM $49 301218-04

6/9-7/7 Sa 9:35-10:05 AM $31 301218-05

6/9-7/7 Sa 11:20-11:50 AM $31 301218-06

7/14-8/11 Sa 9:35-10:05 AM $31 301218-07

7/14-8/11 Sa 10:45-11:15 AM $31 301218-08

6/10-7/8 Su 3:50-4:20 PM $31 301218-09

6/10-7/8 Su 5:00-5:30 PM $31 301218-10

7/15-8/12 Su 3:15-3:45 PM $31 301218-11

7/15-8/12 Su 4:25-4:55 PM $31 301218-12

Location: Edora Pool Ice Center

6/4-6/14 M-Th 9:50-10:20 AM $49 301318-01

6/4-6/14 M-Th 11:00-11:30 AM $49 301318-02

6/18-6/28 M-Th 9:50-10:20 AM $49 301318-03

6/18-6/28 M-Th 11:00-11:30 AM $49 301318-04

7/2-7/12 M-Th 9:50-10:20 AM $43 301318-05

7/2-7/12 M-Th 11:00-11:30 AM $43 301318-06

7/16-7/26 M-Th 9:50-10:20 AM $49 301318-07

7/16-7/26 M-Th 11:00-11:30 AM $49 301318-08

7/30-8/9 M-Th 9:50-10:20 AM $49 301318-09

7/30-8/9 M-Th 11:00-11:30 AM $49 301318-10

6/4-7/2 M,W 4:30-5:00 PM $55 301318-11

6/4-7/2 M,W 6:15-6:45 PM $55 301318-12

7/9-8/8 M,W 4:30-5:00 PM $61 301318-13

7/9-8/8 M,W 5:40-6:10 PM $61 301318-14

Location: Senior Center

6/10-7/8 Su 3:30-4:00 PM $31 301418-01

7/15-8/12 Su 4:05-4:35 PM $31 301418-02

7/15-8/12 Su 5:15-5:45 PM $31 301418-03

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: City Park Pool

6/4-6/14 M-Th 9:50-10:20 AM $49 301120-01

6/4-6/14 M-Th 10:25-10:55 AM $49 301120-02

6/4-6/14 M-Th 11:35 AM-12:05 PM $49 301120-03

6/18-6/28 M-Th 9:50-10:20 AM $49 301120-04

6/18-6/28 M-Th 10:25-10:55 AM $49 301120-05

6/18-6/28 M-Th 11:35 AM-12:05 PM $49 301120-06

7/2-7/12 M-Th 9:50-10:20 AM $43 301120-07

7/2-7/12 M-Th 10:25-10:55 AM $43 301120-08

7/2-7/12 M-Th 11:35 AM-12:05 PM $43 301120-09

7/16-7/26 M-Th 9:50-10:20 AM $49 301120-10

7/16-7/26 M-Th 10:25-10:55 AM $49 301120-11

7/16-7/26 M-Th 11:35 AM-12:05 PM $49 301120-12

7/30-8/9 M-Th 9:50-10:20 AM $49 301120-13

7/30-8/9 M-Th 10:25-10:55 AM $49 301120-14

7/30-8/9 M-Th 11:35 AM-12:05 PM $49 301120-15

Location: Mulberry Pool

6/5-7/5 Tu,Th 4:30-5:00 PM $49 301220-01

6/5-7/5 Tu,Th 5:40-6:10 PM $49 301220-02

7/10-8/9 Tu,Th 4:30-5:00 PM $49 301220-03

7/10-8/9 Tu,Th 6:15-6:45 PM $49 301220-04

6/9-7/7 Sa 9:00-9:30 AM $31 301220-05

6/9-7/7 Sa 10:10-10:40 AM $31 301220-06

6/9-7/7 Sa 10:45-11:15 AM $31 301220-07

7/14-8/11 Sa 9:00-9:30 AM $31 301220-08

7/14-8/11 Sa 10:10-10:40 AM $31 301220-09

6/10-7/8 Su 3:15-3:45 PM $31 301220-10

6/10-7/8 Su 4:25-4:55 PM $31 301220-11

6/10-7/8 Su 5:35-6:05 PM $31 301220-12

7/15-8/12 Su 3:15-3:45 PM $31 301220-13

7/15-8/12 Su 4:25-4:55 PM $31 301220-14

7/15-8/12 Su 5:35-6:05 PM $31 301220-15

Location: Edora Pool Ice Center

6/4-6/14 M-Th 10:25-10:55 AM $49 301320-01

6/4-6/14 M-Th 11:35 AM-12:05 PM $49 301320-02

6/18-6/28 M-Th 10:25-10:55 AM $49 301320-03

6/18-6/28 M-Th 11:35 AM-12:05 PM $49 301320-04

7/2-7/12 M-Th 10:25-10:55 AM $43 301320-05

7/2-7/12 M-Th 11:35 AM-12:05 PM $43 301320-06

7/16-7/26 M-Th 10:25-10:55 AM $49 301320-07

7/16-7/26 M-Th 11:35 AM-12:05 PM $49 301320-08

7/30-8/9 M-Th 10:25-10:55 AM $49 301320-09

7/30-8/9 M-Th 11:35 AM-12:05 PM $49 301320-10

6/4-7/2 M,W 4:30-5:00 PM $55 301320-11

6/4-7/2 M,W 5:40-6:10 PM $55 301320-12

7/9-8/8 M,W 4:30-5:00 PM $61 301320-13

7/9-8/8 M,W 6:15-6:45 PM $61 301320-14

Location: Senior Center

6/10-7/8 Su 4:40-5:10 PM $31 301420-01

7/15-8/12 Su 4:40-5:10 PM $31 301420-02

7/15-8/12 Su 5:15-5:45 PM $31 301420-03

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: City Park Pool

6/4-6/14 M-Th 9:50-10:20 AM $49 301122-01

6/4-6/14 M-Th 10:25-10:55 AM $49 301122-02

6/4-6/14 M-Th 11:00-11:30 AM $49 301122-03

6/4-6/14 M-Th 11:35 AM-12:05 PM $49 301122-04

6/18-6/28 M-Th 9:50-10:20 AM $49 301122-05

6/18-6/28 M-Th 10:25-10:55 AM $49 301122-06

6/18-6/28 M-Th 11:00-11:30 AM $49 301122-07

6/18-6/28 M-Th 11:35 AM-12:05 PM $49 301122-08

7/2-7/12 M-Th 9:50-10:20 AM $43 301122-09

7/2-7/12 M-Th 10:25-10:55 AM $43 301122-10

7/2-7/12 M-Th 11:00-11:30 AM $43 301122-11

7/2-7/12 M-Th 11:35 AM-12:05 PM $43 301122-12

7/16-7/26 M-Th 9:50-10:20 AM $49 301122-13

7/16-7/26 M-Th 10:25-10:55 AM $49 301122-14

7/16-7/26 M-Th 11:00-11:30 AM $49 301122-15

7/16-7/26 M-Th 11:35 AM-12:05 PM $49 301122-16

7/30-8/9 M-Th 9:50-10:20 AM $49 301122-17

7/30-8/9 M-Th 10:25-10:55 AM $49 301122-18

7/30-8/9 M-Th 11:00-11:30 AM $49 301122-19

7/30-8/9 M-Th 11:35 AM-12:05 PM $49 301122-20

Location: Mulberry Pool

6/5-7/5 Tu,Th 5:05-5:35 PM $49 301222-01

6/5-7/5 Tu,Th 6:15-6:45 PM $49 301222-02

7/10-8/9 Tu,Th 5:05-5:35 PM $49 301222-03

7/10-8/9 Tu,Th 5:40-6:10 PM $49 301222-04

6/9-7/7 Sa 10:10-10:40 AM $31 301222-05

6/9-7/7 Sa 11:20-11:50 AM $31 301222-06

7/14-8/11 Sa 9:35-10:20 AM $31 301222-07

7/14-8/11 Sa 10:45-11:15 AM $31 301222-08

6/10-7/8 Su 3:50-4:20 PM $31 301222-09

6/10-7/8 Su 5:00-5:30 PM $31 301222-10

7/15-8/12 Su 3:15-3:45 PM $31 301222-11

7/15-8/12 Su 5:00-5:30 PM $31 301222-12

Location: Edora Pool Ice Center

6/4-6/14 M-Th 9:50-10:20 AM $49 301322-01

6/4-6/14 M-Th 11:00-11:30 AM $49 301322-02

6/18-6/28 M-Th 9:50-10:20 AM $49 301322-03

6/18-6/28 M-Th 11:00-11:30 AM $49 301322-04

7/2-7/12 M-Th 9:50-10:20 AM $43 301322-05

7/2-7/12 M-Th 11:00-11:30 AM $43 301322-06

7/16-7/26 M-Th 9:50-10:20 AM $49 301322-07

7/16-7/26 M-Th 11:00-11:30 AM $49 301322-08

7/30-8/9 M-Th 9:50-10:20 AM $49 301322-09

7/30-8/9 M-Th 11:00-11:30 AM $49 301322-10

6/4-7/2 M,W 5:05-5:35 PM $55 301322-11

6/4-7/2 M,W 6:15-6:45 PM $55 301322-12

7/9-8/8 M,W 4:30-5:00 PM $61 301322-13

7/9-8/8 M,W 5:40-6:10 PM $61 301322-14

Location: Senior Center

6/10-7/8 Su 4:40-5:10 PM $31 301422-01

7/15-8/12 Su 3:30-4:00 PM $31 301422-02

7/15-8/12 Su 4:40-5:10 PM $31 301422-03

Level 2

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

Age: 5-12 years

Location: City Park Pool

6/4-6/14 M-Th 9:50-10:20 AM $49 301124-01

6/4-6/14 M-Th 10:25-10:55 AM $49 301124-02

6/4-6/14 M-Th 11:00-11:30 AM $49 301124-03

6/4-6/14 M-Th 11:35 AM-12:05 PM $49 301124-04

6/18-6/28 M-Th 9:50-10:20 AM $49 301124-05

6/18-6/28 M-Th 10:25-10:55 AM $49 301124-06

6/18-6/28 M-Th 11:00-11:30 AM $49 301124-07

6/18-6/28 M-Th 11:35 AM-12:05 PM $49 301124-08

7/2-7/12 M-Th 9:50-10:20 AM $43 301124-09

7/2-7/12 M-Th 10:25-10:55 AM $43 301124-10

7/2-7/12 M-Th 11:00-11:30 AM $43 301124-11

7/2-7/12 M-Th 11:35 AM-12:05 PM $43 301124-12

7/16-7/26 M-Th 9:50-10:20 AM $49 301124-13

7/16-7/26 M-Th 10:25-10:55 AM $49 301124-14

7/16-7/26 M-Th 11:00-11:30 AM $49 301124-15

7/16-7/26 M-Th 11:35 AM-12:05 PM $49 301124-16

7/30-8/9 M-Th 9:50-10:20 AM $49 301124-17

7/30-8/9 M-Th 10:25-10:55 AM $49 301124-18

7/30-8/9 M-Th 11:00-11:30 AM $49 301124-19

7/30-8/9 M-Th 11:35 AM-12:05 PM $49 301124-20

Location: Mulberry Pool

6/5-7/5 Tu,Th 4:30-5:00 PM $49 301224-01

6/5-7/5 Tu,Th 5:40-6:10 PM $49 301224-02

7/10-8/9 Tu,Th 4:30-5:00 PM $49 301224-03

7/10-8/9 Tu,Th 6:15-6:45 PM $49 301224-04

6/9-7/7 Sa 9:00-9:30 AM $31 301224-05

6/9-7/7 Sa 10:10-10:40 AM $31 301224-06

7/14-8/11 Sa 9:00-9:30 AM $31 301224-07

7/14-8/11 Sa 10:10-10:40 AM $31 301224-08

7/14-8/11 Sa 11:20-11:50 AM $31 301224-09

6/10-7/8 Su 3:15-3:45 PM $31 301224-10

6/10-7/8 Su 5:35-6:05 PM $31 301224-11

7/15-8/12 Su 3:50-4:20 PM $31 301224-12

7/15-8/12 Su 5:35-6:05 PM $31 301224-13

Location: Edora Pool Ice Center

6/4-6/14 M-Th 9:50-10:20 AM $49 301324-01

6/18-6/28 M-Th 9:50-10:20 AM $49 301324-02

7/2-7/12 M-Th 9:50-10:20 AM $43 301324-03

7/16-7/26 M-Th 9:50-10:20 AM $49 301324-04

7/30-8/9 M-Th 9:50-10:20 AM $49 301324-05

6/4-7/2 M,W 4:30-5:00 PM $55 301324-06

6/4-7/2 M,W 5:40-6:10 PM $55 301324-07

7/9-8/8 M,W 5:05-5:35 PM $61 301324-08

7/9-8/8 M,W 6:15-6:45 PM $61 301324-09

Location: Senior Center

6/10-7/8 Su 4:05-4:35 PM $31 301424-01

6/10-7/8 Su 5:15-5:45 PM $31 301424-02

7/15-8/12 Su 4:05-4:35 PM $31 301424-03

Level 3

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

Age: 5-12 years

Location: Mulberry Pool

6/5-7/5 Tu,Th 4:30-5:15 PM $59 301226-01

7/10-8/9 Tu,Th 4:30-5:15 PM $59 301226-02

6/9-7/7 Sa 9:00-9:45 AM $37.26 301226-03

6/9-7/7 Sa 11:20 AM-12:05 PM $37.26 301226-04

7/14-8/11 Sa 9:00-9:45 AM $37.26 301226-05

7/14-8/11 Sa 11:20 AM-12:05 PM $37.26 301226-06

6/10-7/8 Su 4:25-5:10 PM $37.26 301226-07

6/10-7/8 Su 5:00-5:45 PM $37.26 301226-08

7/15-8/12 Su 3:15-4:00 PM $37.26 301226-09

7/15-8/12 Su 5:35-6:20 PM $37.26 301226-10

Location: Edora Pool Ice Center

6/4-6/14 M-Th 10:25-11:10 AM $59 301326-01

6/18-6/28 M-Th 10:25-11:10 AM $59 301326-02

7/2-7/12 M-Th 10:25-11:10 AM $51.76 301326-03

7/16-7/26 M-Th 10:25-10:55 AM $59 301326-04

7/16-7/26 M-Th 11:35 AM-12:15 PM $59 301326-05

7/30-8/9 M-Th 10:25-11:10 AM $59 301326-06

6/4-7/2 M,W 5:05-5:50 PM $66.26 301326-07

7/9-8/8 M,W 5:05-5:50 PM $73.50 301326-08

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

6/5-7/5 Tu,Th 5:05-5:50 PM $59 301228-01

7/10-8/9 Tu,Th 5:05-5:50 PM $59 301228-02

6/9-7/7 Sa 10:10-10:55 AM $37.26 301228-03

7/14-8/11 Sa 9:35-10:20 AM $37.26 301228-04

6/10-7/8 Su 3:15-4:00 PM $37.26 301228-05

6/10-7/8 Su 5:35-6:20 PM $37.26 301228-06

7/15-8/12 Su 4:25-5:10 PM $37.26 301228-07

Location: Edora Pool Ice Center

6/4-6/14 M-Th 9:50-10:35 AM $59 301328-01

6/18-6/28 M-Th 9:50-10:35 AM $59 301328-02

7/2-7/12 M-Th 9:50-10:35 AM $51.76 301328-03

7/16-7/26 M-Th 9:50-10:35 AM $59 301328-04

7/30-8/9 M-Th 9:50-10:35 AM $59 301328-05

6/4-7/2 M,W 5:40-6:25 PM $66.26 301328-06

7/9-8/8 M,W 4:30-5:15 PM $73.50 301328-07

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

6/5-7/5 Tu,Th 6:15-7:00 PM $59 301230-01

6/9-7/7 Sa 10:45-11:30 AM $37.26 301230-02

7/14-8/11 Sa 10:45-11:30 AM $37.26 301230-03

6/10-7/8 Su 3:50-4:35 PM $37.26 301230-04

7/15-8/12 Su 3:50-4:35 PM $37.26 301230-05

Location: Edora Pool Ice Center

6/4-6/14 M-Th 11:00-11:45 AM $59 301330-01

6/18-6/28 M-Th 11:00-11:45 AM $59 301330-02

7/2-7/12 M-Th 11:00-11:45 AM $51.76 301330-03

7/16-7/26 M-Th 11:00-11:45 AM $59 301330-04

7/30-8/9 M-Th 11:00-11:45 AM $59 301330-05

7/9-8/8 M,W 5:40-6:25 PM $51.76 301330-06

Pre-Competitive

For the child who can swim a minimum of two laps without stopping and is efficient in competition strokes including freestyle, breaststroke, and backstroke.

Age: 6-12 years

Location: Mulberry Pool

7/10-8/9 Tu,Th 5:40-6:25 PM $59 301232-01

6/9-7/7 Sa 9:35-10:20 AM $31 301232-02

7/14-8/11 Sa 10:10-10:55 AM $31 301232-03

7/15-8/12 Su 5:00-5:45 PM $37.26 301232-04

Location: Edora Pool Ice Center

6/18-6/28 M-Th 11:35 AM-12:15 PM $59 301332-01

7/30-8/9 M-Th 11:35 AM-12:15 PM $59 301332-02

6/4-7/2 M,W 4:30-5:15 PM $66.26 301332-03

CARA Swim Team

Otters are a summer-only swim team designed for those whose skills are between swim lessons and more serious competitive teams. Ability to swim 25 continuous yards and front crawl with rotary breathing, and familiarity with four competitive strokes required. Note: Participation in four meets available: 6/17, 6/23, 7/15, 7/22. Transportation to practices and meets not provided. Swim cap and swim meet costs included.

Age: 6-17 years

Location: Edora Pool Ice Center

6/4-7/18 M,W 9:30-11:00 AM $111 301333-01

Teen Swim Instruction

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

Age: 13-17 years

Location: Mulberry Pool

6/9-7/7 Sa 9:35-10:05 AM $31 301235-02

Location: Edora Pool Ice Center

6/4-7/2 M,W 4:30-5:00 PM $55 301335-03

6/4-6/14 M-Th 11:35 AM-12:05 PM $49 301335-01

7/2-7/12 M-Th 11:35 AM-12:05 PM $51.76 301335-02

Location: Senior Center

6/10-7/8 Su 3:30-4:00 PM $31 301435-01

Introduction to Swim Team

Learn the basics of being on swim team. Improve on Olympic strokes and increase speed and efficiency, all in a fun team environment. Fort Collins Area Swim Team introductory groups include Nova and Hammerhead. Visit fortcollinsareaswimteam.org to register.

Age: 6-12 years

Location: Edora Pool Ice Center

Introduction to Synchronized Swimming

A fun new way to enjoy swimming in the “deep.” Learn sculling, unique kicking, strokes, and beginner routines. Perform to music during last class. Note: Must be comfortable swimming in deep water and at least 25 yards using the front crawl. Nose clips included.

Age: 6-11 years

Location: Edora Pool Ice Center

6/11-6/20 M,W 5:30-6:15 PM $46 301359-01

7/16-7/25 M,W 5:30-6:15 PM $46 301359-02

Springboard Diving

Learn the fundamentals of springboard diving and utilize the 1- and 3-meter boards. Concentrate on developing the basics of approach and entry, along with the mechanics for proper diving techniques in the forward and backward positions, along with development in somersaulting and inward dive. Note: Skill test on first day; continuation dependent on passing. Must be able to swim at least 25 yards using the front crawl.

Age: 5-17 years

Location: Edora Pool Ice Center

6/18-6/28 M-Th 9:00-9:55 AM $59 301336-01

6/18-6/28 M-Th 10:00-10:55 AM $59 301336-02

7/16-7/26 M-Th 9:00-9:55 AM $59 301336-03

7/16-7/26 M-Th 10:00-10:55 AM $59 301336-04

Arts & Crafts

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

Arts supply lists and approximate costs are available for many arts & crafts programs and are provided when registering.

Arts & Crafts programming is provided for recreation and education; production work is not permitted in Recreation facilities.

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 and are open to the public for viewing. Work may be for sale.

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.

Visual Arts Committee

Looking for Visual Arts Committee volunteer members; members attend monthly meetings and special engagements as needed. Members are participatory in the setup and takedown of shows, displays, and decisions regarding visual aspects related to art in and around the Fort Collins Senior Center.

Teachers

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

Contact

For more information about information about arts and crafts, pottery, exhibits, teaching, and volunteering, contact Steve Dietemann 970.224.6028, sdietemann@fcgov.com.

Adult Programs

Basket Arts ]

Basket Cases

Open time 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.

Age: 18 years & up
Location: Senior Center

6/7-8/30 Th 1:00-3:00 PM No Fee

Drawing Arts ]

Comics Essentials

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

Age: 14 years & up
Location: Senior Center

6/12-7/17 Tu 6:30-8:30 PM $54 303407-01

Sketching Group

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

6/1-8/31 F 9:30 AM-12:30 PM No Fee

Fiber Arts ]

Felting, Needle Style

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

Age: 14 years & up
Location: Senior Center

Fine-Felted, Birds

6/9 Sa 9:00 AM-Noon $28 303436-01

Landscape, Felted Picture

7/14 Sa 9:00 AM-Noon $28 303436-02

Needle-Felted, Tree

8/18 Sa 9:00 AM-Noon $28 303436-03

Quilting Quorum

Work on any project, including projects to be donated to those in need. Discuss techniques with the group; no instructor provided. All levels welcome.

Age: 18 years & up
Location: Senior Center

6/1-8/31 F 1:00-3:00 PM No Fee

Glass Arts ]

Stained Glass, Foil Intermediate

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

Age: 18 years & up
Location: Senior Center

6/5-6/26 Tu 1:00-3:00 PM $74 303462-01

Stained Glass, Bird

Use the foil method of construction to create a flat bird-shaped stained-glass piece. Focus on cutting curves and advanced soldering techniques. Multiple patterns to choose from are available. Prerequisite: Beginning Foil Stained Glass. Note: Some supplies provided. Glass supply list available at registration; approximate cost is: $20-55.

Age: 18 years & up
Location: Senior Center

7/10-7/24 Tu 1:00-3:00 PM $42 303463-01

Stained Glass, Stepping Stone

Designed for beginners. Create a one-of-a-kind, personalized stepping stone using pieces of stained glass carefully laid out in a design for the mosaic imagery. Concrete is poured in the mold to set the glass in the pattern. Note: All supplies provided.

Age: 18 years & up
Location: Senior Center

8/7-8/14 Tu 1:00-3:00 PM $37.50 303466-01

General Arts ]

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

Open for scrapbooks, crochet, watercolor, knitting, and other hobbies. This group of creative people meets weekly to work on projects and share ideas and techniques. No instructor provided. Learn from others and discuss the many aspects of different art related hobbies and crafts.

Age: 18 years & up
Location: Senior Center

6/6-8/29 W 1:00-3:00 PM No Fee

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 available to assist with questions. Production work or work on items for sale is not permitted. Note: Class will not be held on 7/4.

Age: 18 years & up
Location: Senior Center

6/5-8/28 Tu 8:00 AM-Noon No Fee

6/6-8/29 W 1:00-5:00 PM No Fee

6/7-8/30 Th 5:00-9:00 PM No Fee

Jewelry ]

L.O.S.T. (Lapidary Open Shop Time)

Open shop time for grinding and working on stones for jewelry. Limited equipment is available; use of specific equipment is not guaranteed. Full knowledge of lapidary required. Note: No instructor provided. Shop supervisors are available to assist with questions.

Age: 18 years & up
Location: Senior Center

6/4-8/27 M 7:00-9:00 PM $25 303485-01

Paper Arts ]

Calligraphy, Beginning

Learn the art of beautiful writing and add a personal touch to scrapbooks, journals, notes, and invitations. Use a broad edge pen to write the italic hand and get ideas to use the skill. Learn about materials, layout and design, and a brief history of writing. Note: Supply list available at registration; approximate cost is $35. Class will not be held on 7/4.

Age: 18 years & up
Location: Senior Center

6/13-7/25 W 6:30-9:00 PM $79 303409-01

Paste Paper

Learn this technique for making beautiful, uniquely decorated papers. Use paper when scrapbooking, and for handmade cards, calligraphy, and bookbinding. Note: All supplies provided.

Age: 18 years & up
Location: Senior Center

6/23 Sa 9:30-11:30 AM $24 303411-01

Paper Marbling

Learn the basics of suminagashi paper marbling and create decorated stationary, envelopes, and wrapping paper. Practice specific techniques and discover how this process works to make papers for books or scrapbooking. Note: All supplies provided; additional paper materials welcome.

Age: 18 years & up
Location: Senior Center

6/23 Sa 1:30-3:30 PM $20 303414-01

Painting ]

Painting, Bob Ross Style

Complete a finished oil painting using the Bob Ross painting technique. A certified Bob Ross instructor teaches about different brushes, a palette knife, mixing colors, and the manipulation of certain special paints. Note: $15 discount when using own Bob Ross supplies. Bring a role of paper towels. Other supplies provided. An example is on display at the Senior Center one month prior to class.

Age: 18 years & up
Location: Senior Center

Landscape

6/21 Th 9:00 AM-3:30 PM $65 303427-01

Landscape

7/19 Th 9:00 AM-3:30 PM $65 303427-02

Floral

8/16 Th 9:00 AM-3:30 PM $65 303427-03

Painting, Beginning Acrylic

Cover 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 learning how to start, or those who want to expand skills. Note: Supply list available at registration; approximate cost is $30-50. Class will not be held on 6/4.

Age: 18 years & up
Location: Senior Center

6/18-6/25 M 1:00-3:00 PM $24.50 303446-01

7/2-7/30 M 1:00-3:00 PM $53.75 303446-02

8/6-8/27 M 1:00-3:00 PM $44 303446-03

6/18-6/25 M 6:30-8:30 PM $24.50 303446-04

7/2-7/23 M 6:30-8:30 PM $53.75 303446-05

7/30-8/27 M 6:30-8:30 PM $44 303446-06

Porcelain Painting, Beginning

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: All supplies and firing of work included. Reduced fee when using own supplies. Class will not be held on 7/4.

Age: 18 years & up
Location: Senior Center

6/6-6/27 W 9:00-11:30 AM $48 303470-01

7/11-7/25 W 9:00-11:30 AM $39 303470-02

8/1-8/29 W 9:00-11:30 AM $57 303470-03

Porcelain Painting, Intermediate

Expand current skills and knowledge. Learn varied techniques for achieving desired results, including the mixing of pigments and application. Note: Firing of work included. Painting supplies not provided. Class will not be held on 7/4.

Age: 18 years & up
Location: Senior Center

6/6-6/27 W 9:00-11:30 AM $43 303471-01

7/11-7/25 W 9:00-11:30 AM $34 303471-02

8/1-8/29 W 9:00-11:30 AM $52 303471-03

Porcelain Painting, Advanced

Attention given to advanced techniques, creating the image while observing color, value, and using specific different approach 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 7/4.

Age: 18 years & up
Location: Senior Center

6/6-6/27 W 1:00-4:00 PM $49 303472-01

7/11-7/25 W 1:00-4:00 PM $38 303472-02

8/1-8/29 W 1:00-4:00 PM $60 303472-03

Watercolor, Beginning

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

6/1-7/6 F 9:00-11:00 AM $70 303480-01

Watercolor, Intermediate to Advanced

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

Age: 18 years & up
Location: Senior Center

6/1-6/29 F 1:00-3:00 PM $58.75 303481-01

7/6-7/27 F 1:00-3:00 PM $49 303481-02

8/3-8/31 F 1:00-3:00 PM $58.75 303481-03

Woodworking ]

Scroll Saw, Beginning

Learn scroll saw techniques while cutting special designs with exercise patterns. Then, work on projects such as jig saw puzzles, nesting creatures, and fret work. Also, learn about scroll saw set-up, different blades, maintenance, and types of scroll saws. Note: All skill levels welcome. Some supplies provided. Must attend first class. Supply list available first day of class. Class will not be held on 7/4.

Age: 18 years & up
Location: Senior Center

6/13-7/25 W 7:00-9:00 PM $107 303492-01

Child with Parent Programs

Curious Creations Club

Create 3D objects while being guided through step-by-step instruction.

Age: 9-14 years

Location: Northside Aztlan Center

Bird House/Feeder

6/9 Sa 1:00-3:30 PM $50 318983-01

Summer Wreath

7/14 Sa 1:00-3:30 PM $50 318983-02

Dreamcatcher

8/11 Sa 1:00-3:30 PM $50 318983-03

Partners in Paint

Paint while being guided throughout step-by-step instruction. Adult and child each create a painting.

Age: 9-14 years

Location: Northside Aztlan Center

Sunflower

6/9 Sa 9:30 AM-Noon $50 318982-01

Whimsical Evening

7/14 Sa 9:30 AM-Noon $50 318982-02

Mountain Lake Sunset

8/11 Sa 9:30 AM-Noon $50 318982-03

Child without Parent Programs

What Makes Mona Lisa Smile?

Use pencils, paint, collage, and imagination to create artwork that would make Mona Lisa smile.

Age: 6-8 years

Location: Mulberry Pool

7/19 Th 3:00-4:30 PM $30 316245-01

Critter Condos

Create housing for small stuffed animals using assorted craft materials and recyclables.

Age: 6-11 years

Location: Northside Aztlan Center

7/24-7/26 Tu,Th 1:00-2:30 PM $32 316213-01

The Art of the Selfie

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

Age: 6-12 years

Location: Carnegie Center for Creativity

7/31 Tu 9:00 AM-Noon $50 316951-01

Collage Creations

Learn various collage techniques. Play with images to create unusually compelling artwork.

Age: 6-12 years

Location: Carnegie Center for Creativity

7/24 Tu 9:00 AM-Noon $50 316954-01

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: Carnegie Center for Creativity

Lady Liberty

6/26 Tu 3:00-4:30 PM $30 316943-01

Sandwich Collage

7/12 Th 3:00-4:30 PM $30 316943-02

Multimedia Cactus

8/2 Th 3:00-4:30 PM $30 316943-03

Exploring Great Artists

Inspired by famous artists’ and their work, create a colorful masterpiece on canvas.

Age: 6-12 years

Location: Carnegie Center for Creativity

Van Gogh-Starry Night

6/12 Tu 3:00-4:30 PM $30 316912-01

Matisse-Fishbowl

7/12 Th 10:45 AM-12:15 PM $30 316912-02

Frida Kahlo-Self Portrait

8/2 Th 10:45 AM-12:15 PM $30 316912-03

Mixed Media Madness

Create an art composition with a variety of provided materials and mediums.

Age: 6-12 years

Location: Carnegie Center for Creativity

7/10 Tu 9:00 AM-Noon $50 316946-01

Pet Portraits

Create a colorful portrait of a favorite pet with photos brought from home.

Age: 6-12 years

Location: Carnegie Center for Creativity

6/12 Tu 9:00 AM-Noon $50 316919-01

Play like Picasso

Collage, paint, and sculpt guitars, animals, and portraits inspired by Picasso.

Age: 6-12 years

Location: Carnegie Center for Creativity

6/26 Tu 9:00AM-12Noon $50 316915-01

Water Color Works of Art

Experiment and manipulate different types of water colors to create unique works of art.

Age: 6-12 years

Location: Carnegie Center for Creativity

6/19 Tu 9:00 AM-Noon $50 316922-01

Fairy Gardens

Create a fairy garden with stones, plants, and other provided materials.

Age: 7-11 years

Location: Northside Aztlan Center

6/19 Tu 1:00-4:00 PM $31 318203-01

6/21 Th 1:00-4:00 PM $31 318203-02

Ancient Art

Venture back to the past to explore the origins of art like Persian palaces, Greek pottery, and Roman mosaic.

Age: 9-14 years

Location: Carnegie Center for Creativity

7/13-7/27 F 10:00-11:00 AM $50 318981-01

Art Around the World

Explore and create art from various cultures around the world such as aboriginal dot painting, North American tribal animals, and folk-art landscapes.

Age: 9-14 years

Location: Carnegie Center for Creativity

6/15-6/29 F 10:00-11:00 AM $50 318980-01

Pottery

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

For adult classes, the first 25 lbs. of clay is 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.

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 32 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.

Holiday

Due to the Independence Day holiday, all Wednesday classes will skip 7/4 and will start and finish one week later than other sessions.

Adult Pottery ]

Pottery, Beginning Wheel & Handbuilding

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: May be necessary to purchase tool kit at first class, if needed.

Age: 18 years & up
Location: Pottery Studio

6/4-8/6 M 9:00-11:00 AM $170 304850-01

6/4-8/6 M 5:30-7:30 PM $170 304850-02

6/6-8/15 W 8:00-10:00 PM $170 304850-03

6/9-8/11 Sa 12:30-2:30 PM $170 304850-04

Pottery, Beginning Plus Wheel & Handbuilding

For those who have previously taken a beginning 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

6/4-8/6 M 8:00-10:00 PM $170 304855-01

6/6-8/15 W 5:30-7:30 PM $170 304855-02

6/7-8/9 Th 9:00-11:00 AM $170 304855-03

Pottery, Intermediate Wheel & Handbuilding

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

6/5-8/7 Tu 5:30-7:30 PM $170 304860-01

6/6-8/15 W 9:00-11:00 AM $170 304860-02

Pottery, Advanced Wheel & Handbuilding

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

6/7-8/9 Th 5:30-7:30 PM $170 304865-01

Pottery Sampler

Introduction to handbuilding and wheel-throwing, as well as glazing and studio operation. Create while learning a few beginning techniques for working with clay. Note: Lab is not included. All materials and tools provided.

Age: 18 years & up
Location: Pottery Studio

6/9-7/7 Sa 12:30-2:30 PM $60 304870-01

7/14-8/11 Sa 12:30-2:30 PM $60 304870-02

Pottery, 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

6/6-8/15 W 6:00-8:00 PM $170 304875-01

Cool Clay, TGIF

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

6/8-7/6 F 6:00-8:00 PM $90 304880-01

7/13-8/10 F 6:00-8:00 PM $90 304880-02

Pottery, Creative Clay Craft

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

Age: 18 years & up
Location: Pottery Studio

6/8-8/10 F 9:00-11:00 AM $170 304885-01

Pottery Lab

Lab is for current students to practice or finish work in progress. Open to those who have previously taken a ten-week pottery class. This is a recreational and educational facility; production work is not permitted. Staff is in attendance, but no formal instruction is provided.

Age: 18 years & up
Location: Pottery Studio

6/4-8/13 M,Th,F 11:00 AM-1:00 PM $170 304899-01

6/5-8/14 Tu,Th 7:30-10:00 PM

6/5-8/14 Tu,Sa 9:00 AM-Noon

6/6-8/15 W 11:00 AM-2:00 PM

Youth Pottery ]

Youth Pottery provides learning experiences for basic pottery techniques while encouraging creativity and exploration with clay. New projects introduced with each session: feel free to register for multiple sessions to construct a variety of projects. All tools and supplies are provided for youth pottery classes. Lab times are not provided.

Birthday Parties

Have a unique birthday while learning and creating a masterpiece with clay. Each attendee creates a piece. 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).

Contact

Direct questions regarding pottery to Steve Dietemann at 970.224.6028, sdietemann@fcgov.com .

Child with Parent Pottery ]

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

Pottery, Parent & Tot Mud Handbuilding

Parent and child combine talents in this unique pottery class. New projects introduced each session.

Age: 3-5 years

Location: Pottery Studio

6/5-7/3 Tu 12:15-1:15 PM $45 304801-01

6/6-7/11 W 2:15-3:15 PM $45 304801-02

6/9-7/7 Sa 12:15-1:15 PM $45 304801-03

7/17-8/14 Tu 12:15-1:15 PM $45 304801-04

7/18-8/15 W 2:15-3:15 PM $45 304801-05

7/14-8/11 Sa 12:15-1:15 PM $45 304801-06

Pottery, Family Handbuilding

Squish, roll, pinch, scratch, and slip clay into whimsical creatures while learning some of the basics of clay. Each creature session offers a different experience that can be done by the whole family. Note: Registration cost includes both a parent and child; each additional person is $16.

Age: 5 years & up
Location: Pottery Studio

Turtles

6/10 Su 10:00-11:30 AM $37 304828-01

Owls

6/24 Su 10:00-11:30 AM $37 304828-02

Dragons

7/8 Su 10:00-11:30 AM $37 304828-03

Pottery, Parent & Child Handbuilding

Work on individual projects and together share in the creative experience. Each additional youth is $52.50.

Age: 6-9 years

Location: Pottery Studio

6/9-7/7 Sa 4:30-6:00 PM $110 304835-01

7/14-8/11 Sa 4:30-6:00 PM $110 304835-02

Pottery, Family Raku Workshop

Fire and smoke are essential to Raku, 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: Registration cost includes both parent and child; each additional person is $30.

Age: 7 years & up
Location: Pottery Studio

7/27 F 6:00-7:00 PM $65 304827-01

7/28 Sa 12:30-2:30 PM

7/27 F 7:00-8:00 PM $65 304827-02

7/28 Sa 3:00-5:00 PM

Pottery, 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

6/7-7/5 Th 3:30-5:00 PM $110 304825-01

7/12-8/9 Th 3:30-5:00 PM $110 304825-02

Pottery, 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 the mug. Emphasis is on self-expression and creativity. Add colored slips to finished creations. Mugs are fired and clear-glazed. Note: Ages 8 years and younger must be accompanied by an adult. Registration cost includes both parent and child; each additional person is $25.

Age: 8 years & up
Location: Pottery Studio

6/15 F 2:00-4:00 PM $55 304826-01

7/13 F 2:00-4:00 PM $55 304826-02

Pottery, Parent & Teen or 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: Each additional youth is $52.50.

Age: 10-17 years

Location: Pottery Studio

6/8-7/6 F 5:30-7:00 PM $110 304845-01

7/13-8/10 F 5:30-7:00 PM $110 304845-02

Child without Parent Pottery ]

Pottery, 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

6/4-7/2 M 1:30-3:00 PM $59 304805-01

6/5-7/3 Tu 1:30-3:00 PM $59 304805-02

6/8-7/6 F 1:30-3:00 PM $59 304805-03

7/9-8/6 M 1:30-3:00 PM $59 304805-04

7/10-8/7 Tu 1:30-3:00 PM $59 304805-05

7/13-8/10 F 1:30-3:00 PM $59 304805-06

Pottery, 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

6/4-7/11 M,W 3:30-5:00 PM $110 304810-01

6/7-7/5 Th 1:30-3:00 PM $59 304810-02

7/18-8/15 M,W 3:30-5:00 PM $110 304810-03

7/12-8/9 Th 1:30-3:00 PM $59 304810-04

Pottery, Teen Wheel & Handbuilding

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

Age: 13-17 years

Location: Pottery Studio

6/5-7/5 Tu,Th 3:30-5:00 PM $110 304815-01

6/8-7/6 F 3:30-5:00 PM $59 304815-02

7/10-8/9 Tu,Th 3:30-5:00 PM $110 304815-03

7/13-8/10 F 3:30-5:00 PM $59 304815-04

Dance & Movement

Adult Programs

Belly Dance ]

Belly Dancing, Beginning

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

6/5-6/26 Tu 7:00-8:00 PM $40 306426-01

7/10-7/31 Tu 7:00-8:00 PM $40 306426-02

Belly Dancing, Continuing

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 Beginning Belly Dance 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

6/5-6/26 Tu 8:00-9:00 PM $40 306427-01

7/10-7/3 Tu 8:00-9:00 PM $40 306427-02

Bollywood Fusion

This one day course can be an introduction to or a chance to build upon skills developed in Belly Dancing, Beginning; learn new moves and style variations on moves. Combine the bounce and exuberance of Bollywood with tribal belly dance. Tribal style belly dance experience helpful, but not required. Attire: Yoga/exercise gear and a scarf or sash to tie around hips.

Age: 16 years & up

Location: Senior Center

8/21 Tu 7:00-9:00 PM $16 306428-01

Zambra Mora

This one day course can be an introduction to or a chance to build upon skills learned in Belly Dancing, Continuing. A fusion of belly dance and flamenco. Learn dance moves, skirt work, posture, and how to blend dance styles. Familiarity with tribal style belly dance is helpful, but not required. Attire: Yoga/exercise gear and bring a full skirt. Bare feet recommended.

Age: 16 years & up

Location: Senior Center

8/28 Tu 7:00-9:00 PM $16 306428-02

Ballet ]

Ballet, Beginning

An introduction to classical barre, positions, and steps. Note: Ages 13-17 years welcome with instructor approval.

Age: 18 years & up
Location: Club Tico

6/5-6/26 Tu 5:30-6:30 PM $25 306102-01

7/3-7/24 Tu 5:30-6:30 PM $25 306102-02

Ballet, Low-Intermediate

Continuing work on basic technique. Note: Ages 13-17 years welcome with instructor approval.

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

6/4-6/25 M 5:30-6:45 PM $31 306103-01

7/2-7/23 M 5:30-6:45 PM $31 306103-02

Ballet, Intermediate

Designed for experienced dancers. Learn challenges skills based on Cecchetti technique. Note: Ages 13-17 years welcome with instructor approval.

Age: 18 years & up
Location: Club Tico

6/7-6/28 Th 5:45-7:00 PM $31 306104-01

7/5-7/26 Th 5:45-7:00 PM $31 306104-02

Line Dance ]

Line Dance, Beginning

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

Age: 18 years & up
Location: Senior Center

6/5-6/26 Tu 12:30-1:45 PM $21 306436-01

7/3-7/31 Tu 12:30-1:45 PM $26 306436-02

8/14-8/28 Tu 12:30-1:45 PM $16 306436-03

Line Dance, Continuing

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

6/5-6/26 Tu 1:45-3:00 PM $21 306437-01

7/3-7/31 Tu 1:45-3:00 PM $26 306437-02

8/14-8/28 Tu 1:45-3:00 PM $16 306437-03

Modern Dance ]

Modern Dance

Earthy, sometimes jazzy or lyrical movements follow a stretching/toning warm-up which leads to release of stress and interactive enjoyment. Note: Ages 13-17 years welcome with instructor approval.

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

6/4-6/25 M 5:45-6:45 PM $25 306156-01

7/2-7/23 M 5:45-6:45 PM $25 306156-02

Swing Dance ]

West Coast Swing, Beginning

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 8/8.

Age: 16 years & up
Location: Senior Center

6/6-6/27 W 7:30-9:00 PM $40 306440-01

7/11-7/25 W 7:30-9:00 PM $30.26 306440-02

8/1-8/29 W 7:30-9:00 PM $40 306440-03

West Coast Swing, Continuing

Expand upon the basic 6 and 8 count patterns of this partner swing dance. The inside turn, free spin, outside turn, inside whip, outside whip, cutoff whip, reverse whip, and slingshot are taught. Note: Class will not be held on 8/9.

Age: 16 & up
Location: Senior Center

6/7-6/28 Th 7:30-9:00 PM $40 306441-01

7/5-7/26 Th 7:30-9:00 PM $40 306441-02

8/2-8/30 Th 7:30-9:00 PM $40 306441-03

Youth Programs

Child without Parent Programs ]

Acro Dance

Learn the basics of acrobatic dance, including a mixture of acrobatics, gymnastics, and the art of lyrical dance. Placement based on skill level.

Location: Mulberry Pool

Acro Dance I
Age: 3-5 years

6/7-6/28 Th 10:15-11:00 AM $45 315213-07

7/12-7/26 Th 10:15-11:00 AM $35 315213-08

8/2-8/23 Th 10:15-11:00 AM $45 315213-09

Acro Dance II
Age: 6-8 years

6/6-6/27 W 4:30-5:15 PM $45 315213-01

7/11-7/25 W 4:30-5:15 PM $35 315213-02

8/1-8/22 W 4:30-5:15 PM $45 315213-03

Acro Dance III
Age: 9 years & up

6/6-6/27 W 5:15-6:00 PM $45 315213-04

7/11-7/25 W 5:15-6:00 PM $35 315213-05

8/1-8/22 W 5:15-6:00 PM $45 315213-06

Ballet ]

Ballet & Modern Dance

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

Grade: K-3

Location: Club Tico

6/5-6/26 Tu 4:15-5:15 PM $31 306101-01

7/3-7/24 Tu 4:15-5:15 PM $31 306101-02

Dancing Swans

An introduction to basic dance, pre-ballet movement, and body awareness using imagery and imaginative play.

Age: 3-5 years

Location: Mulberry Pool

6/5-6/26 Tu 10:15-11:00 AM $45 315211-01

7/10-7/31 Tu 10:15-11:00 AM $45 315211-02

8/7-8/28 Tu 10:15-11:00 AM $45 315211-03

Petite Ballerinas

Gain confidence and body awareness by creatively exploring pre-ballet movements. Leveled classes teach progressive skills. Parents watch the last day of sessions. Registration deadline is one week prior to class.

Location: Northside Aztlan Center

Petite Ballerinas l
Age: 3-4 years

6/8-6/29 F 9:00-9:45 AM $45 315524-01

7/6-7/27 F 9:00-9:45 AM $45 315524-02

8/3-8/17 F 9:00-9:45 AM $35 315524-03

6/9-6/30 Sa 9:30-10:15 AM $45 315524-04

7/7-7/28 Sa 9:30-10:15 AM $45 315524-05

8/4-8/18 Sa 9:30-10:15 AM $35 315524-06

Petite Ballerinas lI
Age: 5-6 years

6/8-6/29 F 10:00-10:45 AM $45 315524-07

7/6-7/27 F 10:00-10:45 AM $45 315524-08

8/3-8/17 F 10:00-10:45 AM $35 315524-09

6/9-6/30 Sa 10:30-11:15 AM $45 315524-10

7/7-7/28 Sa 10:30-11:15 AM $45 315524-11

8/4-8/18 Sa 10:30-11:15 AM $35 315524-12

Petite Ballet

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

Age: 7-11 years

Location: Northside Aztlan Center

6/9-6/30 Sa 11:30-12:30 PM $50 315526-01

7/7-7/28 Sa 11:30-12:30 PM $50 315526-02

8/4-8/18 Sa 11:30-12:30 PM $40 315526-03

Petite Ballet Workshops

Designed for beginner and intermediate dancers. Parents watch the last day of sessions. Registration deadline is one week prior to class.

Location: Club Tico

Age: 3-6 years

Moana

6/11-6/14 M-Th 1:00-1:45 PM $55 315124-01

Animal Dance

6/25-6/28 M-Th 1:00-1:45 PM $55 315124-02

Troll Dance

7/9-7/12 M-Th 1:00-1:45 PM $55 315124-03

Anna & Elsa

7/23-7/26 M-Th 1:00-1:45 PM $55 315124-04

Age: 7-11 years

Young Lyrical Dancer

6/11-6/14 M-Th 2:00-3:00 PM $55 315124-05

Broadway Bound Jazz

6/25-6/28 M-Th 2:00-3:00 PM $55 315124-06

Descendants Dance

7/9-7/12 M-Th 2:00-3:00 PM $55 315124-07

Rhythm Tap

7/23-7/26 M-Th 2:00-3:00 PM $55 315124-08

General Dance ]

Lyrical Dance

Introduction to lyrical dance, including aspects of jazz and ballet. Characterized by fluidity and grace, learn to flow from one move to another. Begins with a full body stretch, then practice kicks, leaps, and turns, followed by choreography.

Location: Mulberry Pool

Age: 6-10 years

6/5-6/26 Tu 4:00-4:45 PM $45 315216-01

7/10-7/31 Tu 4:00-4:45 PM $45 315216-02

Age: 11 years & up

6/5-6/26 Tu 4:45-5:30 PM $45 315216-03

7/10-7/31 Tu 4:45-5:30 PM $45 315216-04

Dancin’ Dumplin’s

Introduction to dance rhythms, movement, tumbling, and creativity. Attire: Leotard and tights, or t-shirt and shorts.

Location: Foothills Activity Center

Age: 3 years

Magic Wands I

6/7-6/21 Th 11:00-11:45 AM $35 315710-01

6/8-6/22 F 10:45-11:30 AM $35 315710-02

Ribbon Dance I

6/28-7/19 Th 11:00-11:45 AM $45 315710-03

6/29-7/13 F 10:45-11:30 AM $35 315710-04

Star Dust I

7/26-8/9 Th 11:00-11:45 AM $35 315710-05

7/20-8/3 F 10:45-11:30 AM $35 315710-06

Age: 4-5 years

Magic Wand II

6/8-6/22 F 9:30-10:30 AM $45 315710-07

Ribbon Dance II

6/29-7/13 F 9:30-10:30 AM $45 315710-08

Star Dust II

7/20-8/3 F 9:30-10:30 AM $45 315710-09

Hip Hop ]

Hip Hop

Basic dance skills like keeping rhythm, following choreography, and developing body control are taught through kid-friendly hip hop and funk style music and movement. Leveled classes teach progressive skills.

Hip Hop I

Age: 3-5 years

Location: Mulberry Pool

6/7-6/28 Th 9:30-10:15 AM $45 315210-01

7/12-7/26 Th 9:30-10:15 AM $35 315210-02

8/2-8/23 Th 9:30-10:15 AM $45 315210-03

Hip Hop II

Age: 6-8 years

Location: Northside Aztlan Center

6/4-6/25 M 4:30-5:15 PM $45 315511-01

7/9-7/30 M 4:30-5:15 PM $45 315511-02

8/6-8/27 M 4:30-5:15 PM $45 315511-03

Hip Hop III

Age: 9-11 years

Location: Northside Aztlan Center

6/4-6/25 M 5:15-6:00 PM $45 315511-04

7/9-7/30 M 5:15-6:00 PM $45 315511-05

8/6-8/27 M 5:15-6:00 PM $45 315511-06

Hip Hop IV

Age: 12-17 years

Location: Northside Aztlan Center

6/4-6/25 M 6:00-6:45 PM $45 315511-07

7/9-7/30 M 6:00-6:45 PM $45 315511-08

8/6-8/27 M 6:00-6:45 PM $45 315511-09

Tap Dance ]

Just Tap

Bring tap technique to the next level by learning time steps, step combinations, tap choreography, and gymnastics. Note: Class will not be held on 7/3.

Age: 6-8 years

Location: Foothills Activity Center

6/5-6/19 Tu 6:15-7:00 PM $35 315714-01

6/26-7/17 Tu 6:15-7:00 PM $35 315714-02

7/24-8/7 Tu 6:15-7:00 PM $35 315714-03

Tappin’ & Tumbling

Forty-five minutes of basic tap techniques and rhythms followed by 45 minutes of basic gymnastic skills and rotations. Note: Class will not be held on 7/3.

Age: 4-6 years

Location: Foothills Activity Center

6/5-6/19 Tu 4:30-6:00 PM $67 315715-01

6/26-7/17 Tu 4:30-6:00 PM $67 315715-02

7/24-8/7 Tu 4:30-6:00 PM $67 315715-03

Tumbling ]

Just Tumbling

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

Age: 7-8 years

Location: Foothills Activity Center

6/7-6/21 Th 6:00-7:15 PM $56 315716-01

6/28-7/19 Th 6:00-7:15 PM $74 315716-02

7/26-8/9 Th 6:00-7:15 PM $56 315716-03

Tumble Bumbles

Individual attention on learning basic tumbling skills such as somersaults, cartwheels, and push-up bridges, as well as 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 7/2, 7/3, 7/4.

Location: Foothills Activity Center

Age: 4-5 years

Tumble Bumbles I

6/4-6/18 M 11:45 AM-12:45 PM $45 315717-01

6/4-6/18 M 4:30-5:30 PM $45 315717-02

6/6-6/20 W 11:45 AM-12:45 PM $45 315717-03

6/25-7/16 M 11:45 AM-12:45 PM $45 315717-04

6/25-7/16 M 4:30-5:30 PM $45 315717-05

6/27-7/18 W 11:45 AM-12:45 PM $45 315717-06

7/23-8/6 M 11:45 AM-12:45 PM $45 315717-07

7/23-8/6 M 4:30-5:30 PM $45 315717-08

7/25-8/8 W 11:45 AM-12:45 PM $45 315717-09

Age: 5-6 years

Tumble Bumbles II

6/4-6/18 M 5:50-6:50 PM $45 315717-10

6/5-6/19 Tu 11:00 AM-Noon $45 315717-11

6/25-7/16 M 5:50-6:50 PM $45 315717-12

6/26-7/17 Tu 11:00 AM-Noon $45 315717-13

7/23-8/6 M 5:50-6:50 PM $45 315717-14

7/24-8/7 Tu 11:00 AM-Noon $45 315717-15

Age: 6-7 years

Tumble Bumbles III

6/7-6/21 Th 4:30-5:30 PM $45 315717-16

6/28-7/19 Th 4:30-5:30 PM $60 315717-17

7/26-8/9 Th 4:30-5:30 PM $45 315717-18

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 7/4.

Age: 6-8 years

Location: Foothills Activity Center

6/6-6/20 W 4:30-6:00 PM $67 315723-01

6/27-7/18 W 4:30-6:00 PM $67 315723-02

7/25-8/8 W 4:30-6:00 PM $67 315723-03

Child with Parent Programs ]

Baby Ballerinas

Bring imagination to life to explore body movement and awareness as a ballerina.

Age: 2-3 years

Location: Mulberry Pool

6/5-6/26 Tu 9:30-10:15 AM $45 315212-01

7/10-7/31 Tu 9:30-10:15 AM $45 315212-02

8/7-8/28 Tu 9:30-10:15 AM $45 315212-03

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 7/2, 7/4.

Location: Foothills Activity Center

Age: 2 years

6/4-6/18 M 10:30-11:15 AM $35 315720-01

6/6-6/20 W 10:30-11:15 AM $35 315720-02

6/25-7/16 M 10:30-11:15 AM $35 315720-03

6/27-7/18 W 10:30-11:15 AM $35 315720-04

7/23-8/6 M 10:30-11:15 AM $35 315720-05

7/25-8/8 W 10:30-11:15 AM $35 315720-06

Age: 3 years

6/4-6/18 M 9:30-10:15 AM $35 315720-07

6/6-6/20 W 9:30-10:15 AM $35 315720-08

6/25-7/16 M 9:30-10:15 AM $35 315720-09

6/27-7/18 W 9:30-10:15 AM $35 315720-10

7/23-8/6 M 9:30-10:15 AM $35 315720-11

7/25-8/8 W 9:30-10:15 AM $35 315720-12

Day Camps

Chessmates Chess Camp

Learn to play chess in a fun atmosphere. Camp features lessons throughout the day, as well as games, prizes, and trophies. Designed for new and beginner level players. Note: Bring water bottle and a snack.

Age: 6-11 years

Location: Northside Aztlan Center

6/11-6/15 M-F 9:00 AM-Noon $99 318292-01

Imagination Camp

Arts and crafts, games, and activities designed to spark the imagination of young campers based on the weekly theme. Swimming on Thursday. Note: Please dress in bathing suits under clothes on Thursdays. Parents pick children up from the pool deck on Thursdays at the end of class.

Age: 5-7 years

Location: Mulberry Pool

Mad Science

6/4-6/7 M-Th 1:00-4:00 PM $66 316294-01

Jedi in Training

6/11-6/14 M-Th 1:00-4:00 PM $66 316294-02

Disney

6/18-6/21 M-Th 1:00-4:00 PM $66 316294-03

Pirate Week

6/25-6/28 M-Th 1:00-4:00 PM $66 316294-04

S.T.E.M. Week

7/9-7/12 M-Th 1:00-4:00 PM $66 316294-05

Dinosaur Week

7/16-7/19 M-Th 1:00-4:00 PM $66 316294-06

Super Hero Week

7/23-7/26 M-Th 1:00-4:00 PM $66 316294-07

Animal Planet

7/30-8/2 M-Th 1:00-4:00 PM $66 316294-08

Artist Studio

8/6-8/9 M-Th 1:00-4:00 PM $66 316294-09

One Day Camps

Themed one-day camps designed for families looking for an alternative to week-long camps. Note: Bring a water bottle and a sack lunch.

Age: 6-11 years

Location: Foothills Activity Center

Star Wars

6/4 M 9:00 AM-3:00 PM $36 316796-01

6/8 F 9:00 AM-3:00 PM $36 316796-02

Artist Studio

6/11 M 9:00 AM-3:00 PM $36 316796-03

6/15 F 9:00 AM-3:00 PM $36 316796-04

Indoor Camping

6/18 M 9:00 AM-3:00 PM $36 316796-05

6/22 F 9:00 AM-3:00 PM $36 316796-06

Actor Studio

6/25 M 9:00 AM-3:00 PM $36 316796-07

6/29 F 9:00 AM-3:00 PM $36 316796-08

Animal Planet

7/9 M 9:00 AM-3:00 PM $36 316796-10

7/13 F 9:00 AM-3:00 PM $36 316796-11

Freestyle LEGO

7/16 M 9:00 AM-3:00 PM $36 316796-12

7/20 F 9:00 AM-3:00 PM $36 316796-13

Super Heroes

7/23 M 9:00 AM-3:00 PM $36 316796-14

7/27 F 9:00 AM-3:00 PM $36 316796-15

Jurassic Park

7/30 M 9:00 AM-3:00 PM $36 316796-16

8/3 F 9:00 AM-3:00 PM $36 316796-17

Medieval Madness

8/6 M 9:00 AM-3:00 PM $36 316796-18

8/10 F 9:00 AM-3:00 PM $36 316796-19

DJing & Music Production 101

Learn hands-on skills of beatmatching, mixing, and blending provided by the Music District’s professional DJs. Fundamentals of mix structure, putting a set together, and introductory scratch techniques are covered. By the week’s end, craft a mix to take home. All equipment provided. No experience necessary.

Age: 10 years & up
Location: Northside Aztlan Center

7/9-7/13 M-F 1:00-4:00 PM $220 315572-01

Ultimate Babysitting Bootcamp

Topics covered include business and leadership principles, discipline, communication, safe play, basic care for infants and children, disaster, preparedness, preventing accidents, recognizing and responding to emergencies, infant and child CPR, choking, and basic first aid. Receive a certification for babysitting by the American Safety and Health Institute. Note: Bring paper, pencil, and lunch.

Age: 11-16 years

Location: Mulberry Pool

6/4 M Noon-8:00 PM $85 315275-01

6/11 M Noon-8:00 PM $85 315275-02

6/18 M Noon-8:00 PM $85 315275-03

6/25 M Noon-8:00 PM $85 315275-04

7/9 M Noon-8:00 PM $85 315275-05

7/16 M Noon-8:00 PM $85 315275-06

7/23 M Noon-8:00 PM $85 315275-07

7/30 M Noon-8:00 PM $85 315275-08

Teen Chef Challenge

Create appetizers, dishes, and cookbooks. Participate in an Iron Chef Challenge that aligns with the camp theme.

Age: 12-15 years

Location: Northside Aztlan Center

Amercian

6/12-6/15 Tu-F 1:00-5:00 PM $150 315549-01

Asian

7/17-7/20 M-F 1:00-5:00 PM $150 315549-02

Italian

8/7-8/10 M-F 1:00-5:00 PM $150 315549-03

Youth Enrichment League

YEL Rocketry

Build rockets and watch them launch 300 feet into the air. Keep the rockets to take home after camp. Rockets will vary in complexity as camp progresses. Use rockets and airplanes to investigate basic aeronautical concepts including propulsion, thrust, and lifts. Note: Bring two empty 2-liter soda bottles for two different experiments.

Age: 7-12 years

Location: Northside Aztlan Center

6/4-6/8 M-F 9:00 AM-Noon $169 315577-01

YEL Project Runway

Get ready for a project runway fashion show exhibiting sewing projects designed and created by hand. Designs include a sun dress, satchel, and sun glasses case. Learn multiple hand and machine sewing techniques. Creations are taken home at the end of camp. No experience necessary.

Age: 7-12 years

Location: Northside Aztlan Center

6/18-6/22 M-F 9:00 AM-Noon $172 315578-01

YEL eXtreme electroniX

Build a siren, a fan, a doorbell, and other electric circuits. Build 20-30 electronics projects over the course of the session and use those projects to explore basic aspects of electricity, including measuring ohms, amps, voltage, and open and closed circuits. Safety is primary.

Age: 7-12 years

Location: Northside Aztlan Center

6/25-6/29 M-F 9:00 AM-Noon $150 315579-01

YEL Junior Coding & Video Games

Learn different video game and storytelling design techniques. Write a story and video game code, experiment with it, and test new options. Store stories and video games online with Scratch® and access and expand upon it at any time.

Age: 7-12 years

Location: Northside Aztlan Center

7/9-7/13 M-F 9:00 AM-Noon $172 315580-01

YEL Woodworking

Construct a balloon race car, pop-a-gun, and paddleboat. Learn the rudiments of craftsmanship, including measuring, safely cutting and crosscutting, drilling, clamping, and hammering. Build 4-5 projects, paint them, and take each one home.

Age: 7-12 years

Location: Northside Aztlan Center

7/16-7/20 M-F 9:00 AM-Noon $208 315581-01

YEL Junior League Robotics

Build it, program it, play with it, and learn from it using LEGO® Mindstorms WeDo software and LEGO® bricks. Build, test, program, and modify multiple projects. Then, use those projects to investigate basic robotics concepts, as well as introductory computer coding.

Age: 7-12 years

Location: Northside Aztlan Center

7/30-8/3 M-F 9:00 AM-Noon $150 315582-01

S.T.E.M.

LEGO Girl Powered Introduction to STEM

A Play-Well offering for girls who love to build. A supportive environment to build engineer-designed projects such as boats, snowmobiles, catapults, and merry-go-rounds. Use special pieces to create unique designs.

Age: 5-7 years

Location: Foothills Activity Center

7/16-7/20 M-F 9:00 AM-Noon $180 315775-01

LEGO Introduction to STEM

Tap into the imagination with thousands of LEGOs. Create unique designs and build engineer projects such as boats, snowmobiles, catapults, and merry-go-rounds.

Age: 5-7 years

Location: Foothills Activity Center

6/11-6/15 M-F 9:00 AM-Noon $180 315770-01

8/6-8/10 M-F 9:00 AM-Noon $180 315770-02

LEGO Jedi Engineer

The Force awakens in this engineering course for young Jedi. Explore engineering principles by designing and building LEGO X-Wings, R2 Units, Energy Catapults, and settlements from a galaxy far, far away. Create motorized and architectural projects with imagination and engineering.

Age: 5-7 years

Location: Foothills Activity Center

7/23-7/27 M-F 9:00 AM-Noon $180 315777-01

LEGO Minecraft Pre-Engineer

Bring Minecraft to life using thousands of LEGOs. Build engineer-designed projects such as a motorized creeper, a portal to the Nether, and a moving Minecart. Those new to Minecraft and LEGO, or seasoned veterans welcome.

Age: 5-7 years

Location: Foothills Activity Center

6/25-6/29 M-F 9:00 AM-Noon $180 315772-01

Crazy Chemistry

Explore molecular madness, crazy chemistry, and all kinds of radical reactions while whipping up potions in this exciting chemistry-themed camp. Find out how different chemicals react when mixed together, and use chemist skills to create several fun projects.

Age: 6-11 years

Location: Northside Aztlan Center

7/30-8/3 M-F 1:00-4:00 PM $215 315585-04

NASA: Journey Into Space

Grab astronaut suits; it’s time to journey into space. Come face-to-face with the stars, planets, and comets through a series of exciting hands-on activities, engaging demonstrations, and fun take-home projects.

Age: 6-11 years

Location: Northside Aztlan Center

7/16-7/20 M-F 1:00-4:00 PM $215 315585-03

Super Sleuth Academy

Explore the ins and outs of forensic science with creative thinking and analytical skills. Work together to solve a series of mock crime scenes.

Age: 6-11 years

Location: Northside Aztlan Center

6/11-6/15 M-F 1:00-4:00 PM $215 315585-01

Think it! Draw it!

Use the design thinking process to solve real-world problems in different environments. Experiment with Crayola® products and many art techniques like sculpting, storyboarding, collage, and mixed media. Discover design careers like graphic design, universal design, urban design, and product design.

Age: 6-11 years

Location: Northside Aztlan Center

6/25-6/29 M-F 1:00-4:00 PM $215 315585-02

Animation Flix

In this fast-paced camp, create up to five stop-motion animated flix. Each day, use a new style of stop-motion, combining the favorites of past years with some completely new styles, making this camp new each year for everyone to enjoy. It’s the ultimate arts and crafts camp where campers create, direct, and film movies.

Age: 7-13 years

Location: Northside Aztlan Center

8/6-8/10 M-F 9:00 AM-Noon $220 315574-02

Minecraft Flix

Turn this popular video game into an exciting Minecraft world. Using stop-motion animation, bring Steve, the creepers, and animals to life. Write, storyboard, shoot, and add voice-over in age-appropriate groups. Note: Flix is downloadable within a month after camp ends.

Age: 7-13 years

Location: Northside Aztlan Center

8/6-8/10 M-F 1:00-4:00 PM $220 315574-03

LEGO Girl Powered STEM Challenge

A Play-Well offering for girls who love to build. A supportive environment for girls to build engineer-designed projects such as catapults, pneumatic cranes, arch bridges, and battletracks. Design and build as never before, and explore crazy ideas in a supportive environment.

Age: 8-12 years

Location: Foothills Activity Center

7/16-7/20 M-F 1:00-4:00 PM $180 315776-01

LEGO Jedi Master Engineer

Discover key engineering concepts such as gear trains, worm drives, pneumatics, and eccentric motion. Build LEGO X-Wings, AT-AT walkers, Pod Racers, Star Destroyers, Cloud Cities, Settlements, Fortresses, and other complex machines and structures from a galaxy far, far away.

Age: 8-12 years

Location: Foothills Activity Center

7/23-7/27 M-F 1:00-4:00 PM $180 315778-01

LEGO STEM Challenge

Take on the challenge to engineer at the next level. Power on engineering skills with thousands of LEGOs. Apply concepts in physics, engineering, and architecture through engineer projects such as pneumatic cranes, arch bridges, and battletracks.

Age: 8-12 years

Location: Foothills Activity Center

6/11-6/15 M-F 1:00-4:00 PM $180 315771-01

8/6-8/10 M-F 1:00-4:00 PM $180 315771-02

LEGO Minecraft Master Engineer

A combination of core engineering Minecraft themes. Explore concepts in physics, engineering, and architecture.

Build a motorized walking Creeper, a terrifying Ghast, and a motorized Minecart.

Age: 8-12 years

Location: Foothills Activity Center

6/25-6/29 M-F 1:00-4:00 PM $180 315773-01

LEGO STEM Challenge, Ninjaneering

Gear up for a full-day LEGO camp packed with hands-on and minds-on STEM fun. In this challenge based program, build projects inspired by cool machines close to home, such as Forklifts, Houseboats, and a Mini-Golf Course. Then, build Elemental Dragons, Kai’s X1-Charger, and Cole’s Earth Driller from Ninjago City.

Age: 8-12 years

Location: Foothills Activity Center

7/9-7/13 M-F 9:00 AM-3:30 PM $342 315774-01

Design & Technology

Learn design skills and software using Inkscape, OpenSCAD, TinkerCad, and Sketchup. Create designs for a laser cutter, 3D printer, vinyl cutter, and CNC router. Learn soldering, electronics, and programming skills. Create projects on an Arduino microcontroller and Raspberry Pi.

Age: 10 years & up
Location: Creator Hub, 1304 Duff Dr. #15

7/9-7/20 M-F 8:30 AM-12:30 PM $350 315970-01

Shop Skills

Work in a fabrication shop to design functional, physical objects using professional woodworking, metalworking, and welding tools. Learn how to safely operate tools that can be used to custom build common items such as bookshelves, picture frames, tables, and planter boxes.

Age: 12 years & up
Location: Creator Hub, 1304 Duff Dr. #15

7/9-7/20 M-F 1:00-5:00 PM $350 315970-02

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 51.

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. However, the calendar does not follow PSD weather closures. Funtime classes will not be held on 9/3, 9/21, 10/19, 11/12.

Funtime for Preschoolers

Participate in arts and crafts, storytelling, science, math, pre-reading, creative play/dramatics, and gym play. Children must be age 3 by 9/15/2018. Previous class experience recommended.

Age: 3-4 years

Location: Northside Aztlan Center

8/27-10/5 M,W,F 9:30 AM-Noon $221 417501-01

10/8-11/16 M,W,F 9:30 AM-Noon $221 417501-02

11/26-12/14 M,W,F 9:30 AM-Noon $125 417501-03

Funtime Pre-K

Develop fundamental kindergarten readiness skills. Curriculum focus is on small-motor skills, literacy, emerging reading/writing and pre-math skills, arts and crafts, movement/physical education, drama, and development of social skills. Children must be age 4 by 9/15/2018.

Age: 4-5 years

Location: Northside Aztlan Center

8/27-10/5 M,W,F 9:30 AM-Noon $221 417500-01

10/8-11/16 M,W,F 9:30 AM-Noon $221 417500-02

11/26-12/14 M,W,F 9:30 AM-Noon $125 417500-03

Arts & Crafts ]

The Art of the Selfie

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

Age: 3-5 years

Location: Carnegie Center for Creativity

7/31 Tu 1:00-3:00 PM $35 317980-01

Collage Creations

Learn various collage techniques. Play with image to create unusually compelling artwork.

Age: 3-5 years

Location: Carnegie Center for Creativity

7/24 Tu 1:00-3:00 PM $35 317987-01

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: Carnegie Center for Creativity

Lady Liberty

6/26 Tu 1:00-2:30 PM $30 317929-01

Sandwich Collage

7/12 Th 1:00-2:30 PM $30 317929-02

Multimedia Cactus

8/2 Th 1:00-2:30 PM $30 317929-03

Exploring Great Artists

Inspired by famous artists’ and their work, create a colorful masterpiece on canvas.

Age: 3-5 years

Location: Carnegie Center for Creativity

Van Gogh-Starry Night

6/12 Tu 1:00-2:30 PM $30 317982-01

Matisse-Fishbowl

7/12 Th 9:00-10:30 AM $30 317982-02

Frida Kahlo-Self Portrait

8/2 Th 9:00-10:30 AM $30 317982-03

Mixed Media Madness

Create an art composition with a variety of provided materials and mediums.

Age: 3-5 years

Location: Carnegie Center for Creativity

7/10 Tu 1:00-3:00 PM $35 317981-01

Water Color Works of Art

Experiment and manipulate different types of water colors to create unique works of art.

Age: 3-5 years

Location: Carnegie Center for Creativity

6/19 Tu 1:00-3:00 PM $35 317984-01

What Makes Mona Lisa Smile?

Use pencils, paint, collage, and imagination to create artwork that would make Mona Lisa smile.

Age: 3-5 years

Location: Mulberry Pool

7/19 Th 1:00-2:30 PM $30 317288-01

Where do Fairies Go?

Use pencils, paint, collage, and imagination create a work of art showing where fairies go on holiday.

Age: 5-7 years

Location: Mulberry Pool

6/14 Th 3:00-4:30 PM $30 317289-01

Cooking ]

Little Chefs Cooking Club

Theme-based and hands-on. An occasional craft is offered to enhance the learning experience.

Age: 3-5 years

Location: Northside Aztlan Center

Cute Cupcakes

6/4 M 10:00-11:30 AM $21 317520-01

Around the World

6/11 M 10:00-11:30 AM $21 317520-02

Breakfast

6/18 M 10:00-11:30 AM $21 317520-03

Lunch

6/25 M 10:00-11:30 AM $21 317520-04

Delicious Desserts

7/9 M 10:00-11:30 AM $21 317520-05

Fun with Fruit

7/16 M 10:00-11:30 AM $21 317520-06

Yummy Snacks

7/23 M 10:00-11:30 AM $21 317520-07

Ice Cream

7/30 M 10:00-11:30 AM $21 317520-08

Pizza

8/6 M 10:00-11:30 AM $21 317520-09

General Programs ]

Fun & Fitness

Develop a healthy fitness habit in a fun, festive atmosphere. Along with fitness activities, enjoy arts and crafts, social time, and story time.

Location: Foothills Activity Center

Age: 2-4 years

6/5-6/14 Tu,Th 9:30-11:30 AM $45 317758-01

6/19-6/28 Tu,Th 9:30-11:30 AM $45 317758-02

7/17-7/26 Tu,Th 9:30-11:30 AM $45 317758-03

7/31-8/9 Tu,Th 9:30-11:30 AM $45 317758-04

Age: 4-6 years

6/5-6/14 Tu,Th 1:00-3:00 PM $45 317758-05

6/19-6/28 Tu,Th 1:00-3:00 PM $45 317758-06

7/17-7/26 Tu,Th 1:00-3:00 PM $45 317758-07

7/31-8/9 Tu,Th 1:00-3:00 PM $45 317758-08

Mini Imagination Camp

Pre-camp for younger children that are not quite ready for a full or half-day camp. Themed based activities include arts and crafts, movement, storytelling, singing, and imaginative play.

Age: 3-4 years

Location: Mulberry Pool

Mad Science

6/4-6/7 M-Th 9:30-11:30 AM $48 316295-01

Jedi in Training

6/11-6/14 M-Th 9:30-11:30 AM $48 316295-02

Disney

6/18-6/21 M-Th 9:30-11:30 AM $48 316295-03

Pirate Week

6/25-6/28 M-Th 9:30-11:30 AM $48 316295-04

S.T.E.M. Week

7/9-7/12 M-Th 9:30-11:30 AM $48 316295-05

Dinosaurs

7/16-7/19 M-Th 9:30-11:30 AM $48 316295-06

Super Heroes

7/23-7/26 M-Th 9:30-11:30 AM $48 316295-07

Animal Planet

7/30-8/2 M-Th 9:30-11:30 AM $48 316295-08

Artist Studio

8/6-8/9 M-Th 9:30-11:30 AM $48 316295-09

Afternoon Adventures

Parents take the afternoon to themselves while kids are entertained with activities that may include arts and crafts, games, gym time, and outdoor play.

Age: 3-6 years

Location: Northside Aztlan Center

6/6 W 1:00-5:00 PM $23 317513-01

6/13 W 1:00-5:00 PM $23 317513-02

6/20 W 1:00-5:00 PM $23 317513-03

6/27 W 1:00-5:00 PM $23 317513-04

7/11 W 1:00-5:00 PM $23 317513-06

7/18 W 1:00-5:00 PM $23 317513-07

7/25 W 1:00-5:00 PM $23 317513-08

8/1 W 1:00-5:00 PM $23 317513-09

8/8 W 1:00-6:00 PM $23 317513-10

Construction Zone

Construct, build, design, and take apart. Arts and crafts and storytelling might be incorporated.

Age: 3-6 years

Location: Northside Aztlan Center

6/12-6/14 Tu,Th 1:00-2:30 PM $22 317546-01

Disney Delights

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

Age: 3-6 years

Location: Northside Aztlan Center

Moana

6/4 M 1:00-2:30 PM $17 317540-01

Trolls

6/18 M 1:00-2:30 PM $17 317540-02

Zootopia

7/9 M 1:00-2:30 PM $17 317540-03

The Incredibles

7/23 M 1:00-2:30 PM $17 317540-04

Frozen

8/6 M 1:00-2:30 PM $17 317540-05

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

7/18 W 10:00-11:30 AM $17 317716-02

Ninja Turtles

Leonardo, Raphael, Donatello, and Michelangelo inspired crafts and games. Snack included. Pizza anyone?

Age: 3-6 years

Location: Northside Aztlan Center

6/26-6/28 Tu,Th 1:00-2:30 PM $22 317543-01

A Pirates Life for Me

Jump aboard, Matey. Help the crew search and find the hidden treasure. Includes dramatic play and arts and crafts.

Age: 3-6 years

Location: Northside Aztlan Center

7/17-7/19 Tu,Th 1:00-2:30 PM $22 317551-01

Playdough World

Spend time creating scented, edible, and other fun doughs.

Age: 3-6 years

Location: Northside Aztlan Center

7/10-7/12 Tu,Th 1:00-2:30 PM $22 317547-01

Pretend with Friends

Foster imaginative theme-based play. Activities include interactive free play, arts and crafts, and games.

Age: 3-6 years

Location: Northside Aztlan Center

Restaurant

6/11 M 1:00-2:30 PM $17 317550-01

Firefighters

6/25 M 1:00-2:30 PM $17 317550-02

Princess Party

7/16 M 1:00-2:30 PM $17 317550-03

Camping

7/30 M 1:00-2:30 PM $17 317550-04

Secret Agents

Create spy tools and work as a team to solve the mystery. Includes dramatic play, arts and crafts, and stories.

Age: 3-6 years

Location: Northside Aztlan Center

7/31-8/2 Tu,Th 1:00-2:30 PM $22 317552-01

Super Heroes

Create super heroes, dress up, and play like legendary super heroes.

Age: 3-6 years

Location: Northside Aztlan Center

6/5-6/7 Tu,Th 1:00-2:30 PM $22 317548-01

Pinkalicious

In keeping with the Pinkalicious book series, embrace everything pink. Find inner pink with arts and crafts, cupcakes, and Pinkalicious stories.

Age: 3-6 years

Location: Foothills Activity Center

Pinkalicious

6/20 W 10:00-11:30 AM $17 317737-01

Aqualicious

8/8 W 10:00-11:30 AM $17 317737-02

Paw Patrol

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

Age: 3-6 years

Location: Foothills Activity Center

6/6 W 10:00-11:30 AM $17 317750-01

7/11 W 10:00-11:30 AM $17 317750-02

Preschool Tools

Under close supervision preschoolers have hands-on practice using real tools.

Age: 3-6 years

Location: Foothills Activity Center

Hammers

6/20 W 1:00-2:00 PM $15 317756-01

Screws, Nuts & Bolts

7/18 W 1:00-2:00 PM $15 317756-02

Take it Apart

8/8 W 1:00-2:00 PM $15 317756-03

Bridge to Kindergarten

Review week for 4 and 5-year-olds that are entering kindergarten this fall. Letters, numbers, social skills, arts and crafts, story time, and a ride on a school bus incorporated.

Age: 4-5 years

Location: Mulberry Pool

8/13-8/16 M-Th 9:00 AM-Noon $68 317216-01

Storybook Theater

Fairytales and traditional children’s stories provide a familiar base on which acting skills are encouraged. Dependent on the story, make simple costumes and backgrounds. New stories introduced each session.

Age: 4-7 years

Location: Foothills Activity Center

6/27 W 9:30-11:30 AM $17 317730-01

7/25 W 9:30-11:30 AM $17 317730-02

Science ]

I Want to Be a Scientist

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

Age: 3-6 years

Location: Northside Aztlan Center

Oceanography

6/5 Tu 9:30-11:00 AM $18 317507-01

6/6 W 9:30-11:00 AM $18 317507-02

6/7 Th 9:30-11:00 AM $18 317507-03

Entomology

6/12 Tu 9:30-11:00 AM $18 317507-04

6/13 W 9:30-11:00 AM $18 317507-05

6/14 Th 9:30-11:00 AM $18 317507-06

Zoology

6/19 Tu 9:30-11:00 AM $18 317507-07

6/20 W 9:30-11:00 AM $18 317507-08

6/21 Th 9:30-11:00 AM $18 317507-09

Vet Medicine

6/26 Tu 9:30-11:00 AM $18 317507-10

6/27 W 9:30-11:00 AM $18 317507-11

6/28 Th 9:30-11:00 AM $18 317507-12

Reptiles

7/10 Tu 9:30-11:00 AM $18 317507-15

7/11 W 9:30-11:00 AM $18 317507-16

7/12 Th 9:30-11:00 AM $18 317507-17

Astronomy

7/17 Tu 9:30-11:00 AM $18 317507-18

7/18 W 9:30-11:00 AM $18 317507-19

7/19 Th 9:30-11:00 AM $18 317507-20

Magnets

7/24 Tu 9:30-11:00 AM $18 317507-21

7/25 W 9:30-11:00 AM $18 317507-22

7/26 Th 9:30-11:00 AM $18 317507-23

Paleontology

7/31 Tu 9:30-11:00 AM $18 317507-24

8/1 W 9:30-11:00 AM $18 317507-25

8/2 Th 9:30-11:00 AM $18 317507-26

Concoctions

8/7 Tu 9:30-11:00 AM $18 317507-27

8/8 W 9:30-11:00 AM $18 317507-28

8/9 Th 9:30-11:00 AM $18 317507-29

LEGO with Friends

Use LEGO bricks to create all the imagination can dream up. In addition to building, crafts and games could be incorporated. Snack provided.

Age: 3-6 years

Location: Foothills Activity Center

7/10-7/12 Tu,Th 10:00-11:30 AM $21 317749-01

7/10-7/12 Tu,Th 1:00-2:30 PM $21 317749-02

Science Detectives

Science investigations and hands-on experiments.

Age: 3-6 years

Location: Northside Aztlan Center

8/7-8/9 Tu,Th 1:00-2:30 PM $22 317538-01

Child with Parent Programs: Age: 0-5 years

General Programs ]

Books with a Buddy

Interact and play with books through reading, arts and crafts, and storytelling.

Age: 15 months-2 years

Location: Mulberry Pool

6/22-6/29 F 10:00-11:00 AM $17 317262-01

Little Explorers

Explore science, movement, arts and crafts, and music.

Age: 15 months-2 years

Location: Mulberry Pool

7/27-8/3 F 9:30-10:30 AM $17 317561-01

Small Hands, Big Messy Art

Get hands-on with assorted art materials which may include paint, shaving cream, and playdough.

Age: 15 months-2 years

Location: Mulberry Pool

7/13-7/20 F 10:00-11:00 AM $17 317285-01

Mother Hubbard’s Cupboard

Find out what is in Mother Hubbard’s cupboard. Themed arts and crafts and cooking activities are inspired by popular children’s books.

Age: 2-3 years

Location: Northside Aztlan Center

Cake Pops

6/8 F 9:30-10:30 AM $17 317571-01

Oh My Pie

6/15 F 9:30-10:30 AM $17 317571-02

Pancakes

6/22 F 9:30-10:30 AM $17 317571-03

Pizza

6/29 F 9:30-10:30 AM $17 317571-04

Teddy Bear Treats

7/13 F 9:30-10:30 AM $17 317571-06

Fruit Kabobs

7/20 F 9:30-10:30 AM $17 317571-07

Muffins

7/27 F 9:30-10:30 AM $17 317571-08

Flower Power

8/3 F 9:30-10:30 AM $17 317571-09

Caterpillar Cupcakes

8/10 F 9:30-10:30 AM $17 317571-10

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

6/8-6/15 F 10:00-11:00 AM $17 317260-01

S.T.E.M. Together

Enjoy exploring S.T.E.M (Science, Technology, Engineering, and Mathematics) activities.

Age: 3-6 years

Location: Foothills Activity Center

Airplanes/Launchers

6/6 W 1:00-2:00 PM $15 317763-01

Building Bridges

6/27 W 1:00-2:00 PM $15 317763-02

Catapults

7/25 W 1:00-2:00 PM $15 317763-03

Music Programs ]

Zumbini, Demo Class

Enjoy a free demo class to learn about Zumbini, a combination of music and dance. Note: Registration required.

Age: 0-4 years

Location: Northside Aztlan Center

6/8 F 9:30-10:15 AM No Fee 318577-01

Zumbini

Created by Zumba and BabyFirst, Zumbini combines music and dance for a fun and educational child and caregiver interactive class. Tuition includes 20 songs on the Zumbini app, a CD, songbook, and plush toy. Note: Reduced rate of $15 for additional sibling. Must meet age requirement. Register two or more siblings by phone at 970.221.6256.

Age: 0-4 years

Location: Northside Aztlan Center

Zumbini

6/15-7/27 F 9:30-10:15 AM $110 318578-01

Zumbini, Second Child

6/15-7/27 F 9:30-10:15 AM $15 318578-02

Music Together

Experience musical growth with singing, dancing, and instrument play in a creative, yet structured environment. Tuition includes 2 CDs, songbook, parent education materials, and online resources. Note: Discount for additional sibling 9 months and older; no fee for siblings ages 8 months and under. Register two or more siblings by phone at 970.221.6256.

Age: 0-4 years

Location: Edora Pool Ice Center

Session 1

6/4-6/25 M 9:30-10:15 AM $99 318776-01

Session 1, Second Child

6/4-6/25 M 9:30-10:15 AM $65 318776-02

Session 2

6/4-6/25 M 10:30-11:15 AM $99 318776-05

Session 2, Second Child

6/4-6/25 M 10:30-11:15 AM $65 318776-06

Session 3

7/23-8/27 M 9:30-10:15 AM $130 318776-03

Session 3, Second Child

7/23-8/27 M 9:30-10:15 AM $95 318776-04

Session 4

7/23-8/27 M 10:30-11:15 AM $130 318776-07

Session 4, Second Child

7/23-8/27 M 10:30-11:15 AM $95 318776-08

Education

Adult Programs

Active Minds Virtual Learning ]

Engage in a unique virtual learning experience hosted in the Twinberry Auditorium. Experts from Active Minds present on topics from remote locations. Engage with the presenters through streaming systems and the technology offered in the auditorium.

Age: 18 years & up

The Story of Salt

The word “salary” comes from “salt” and indicates the historic value placed on this important commodity. Used as a method of trade and currency, the role of salt in the history of civilization cannot be overstated. It’s a salty tale indeed.

7/31 Tu 1:00-2:00 PM $9 312441-01

Iceland

After many years of strong economic growth, Iceland’s banking system collapsed in 2008 resulting in a severe economic depression. Today, the economy is growing again and Iceland has become a popular tourist destination. Explore some of the characteristics of the country that make it unique among the countries of the world.

8/28 Tu 1:00-2:00 PM $7.80 312441-02

Cooking ]

Cooking courses have been moved to the Health & Wellness section of the Recreator. See page 72 for more information.

CPR & First Aid ]

Standard 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: 18 years & up
Location: Senior Center

6/9 Sa 9:00 AM-5:00 PM $78 307441-01

7/14 Sa 9:00 AM-5:00 PM $78 307441-02

8/4 Sa 9:00 AM-5:00 PM $78 307441-03

CPR Professional

Learn skills for adult, child, and infant CPR including the use of a barrier device-mask, use of an AED, and relief of foreign body airway obstruction. A two-year American Heart Association Certification is issued upon successful completion of the course. Appropriate for new certifications and re-certifications. Note: Includes AHA student text.

Age: 18 years & up
Location: Senior Center

6/6 W 5:30-9:30 PM $78 307442-01

7/11 W 5:30-9:30 PM $78 307442-02

8/8 W 5:30-9:30 PM $78 307442-03

Wilderness First Aid

Learn about 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. Note: AAOS Emergency Care and Safety Institute Certification is issued upon successful completion of the course and is valid for three years. Book included.

Age: 18 years & up
Location: Senior Center

7/17-7/19 Tu,Th 5:30-9:30 PM $156 307443-01

7/21 Sa 9:00 AM-5:00 PM

Dog Obedience ]

Canine Good Citizen

Teach dog skills to be a well-mannered canine of society. Bring lots of tiny treats, a 6-foot leash, and a buckle collar or harness. Test given on the last day; receive a Canine Good Citizen certification upon successful completion of the class. AKC certification not required. Instructor will notify participants of location prior to class.

Location: Tba

Age: 18 years & up

7/14-8/18 Sa 1:00-2:00 PM $80 307454-01

Dog Obedience, Beginning

Learn basic dog obedience with verbal commands and hand signals for sit, down, stand, stay, coming when called, and walk on a loose leash. Bring lots of tiny treats and a 6-foot leash. No training prerequisite required. Dogs must be ages 8 months and up. Instructor will notify participants of location prior to class.

Age: 18 years & up
Location: Tba

7/14-8/18 Sa 10:30-11:30 AM $80 307450-01

Dog Tricks

Dogs learn tricks to entertain. Bring plenty of treats and a 6-foot leash, and a harness or buckle collar. No training or age prerequisites. Instructor will notify participants of location prior to class.

Location: Tba

Age: 18 year & up

7/14-8/18 Sa 2:30-3:30 PM $80 307455-01

Good Dogs Out on the Town

Learn the latest techniques including how to train a more attentive and obedient dog. Practice skills on fieldtrips throughout Fort Collins including enjoying Old Town, cafes, and a pizza party. Instructor will notify participants of location prior to class.

Age: 18 years & up

Location: Tba

7/24-8/28 Tu 5:30-6:30 PM $80 307452-01

**Puppy Manners**

Get puppies started off on the right paw. Learn the beginnings of some basic commands and tricks. Bring a lot of treats, a 6-foot leash, and a harness or buckle collar. Designed for puppies ages 8 weeks-6 months. Instructor will notify participants of location prior to class.

Age: 18 years & up
Location: Tba

7/14-8/18 Sa 9:00-10:00 AM $80 307453-01

The Really Reliable Recall & Leash Walking

Dogs learn to come when called and walk on a loose leash throughout Fort Collins parks and in town. Distractions and challenges gradually increase to ensure mastery of skills. Bring lots of tiny treats and a 6-foot leash. Instructor will notify participants of location prior to class.

Age: 18 years & up
Location: Tba

6/19-7/17 Tu 5:30-6:30 PM $80 307451-01

Historical Café ]

Lunch served after the presentation. Please note dietary restrictions when registering.

Age: 18 years & up

The Apollo Program

Aided by a three-foot scale model of the Saturn V, get an in depth look at the history of the Apollo Program, the physics of space flight and rocket propulsion, and the Apollo 11 mission profile from liftoff to splashdown. Presented by John Blankinship, who holds a Masters in Science in Aeronautics and Astronautics and worked at Grumman Aerospace, the organization that built the Lunar Module.

6/20 W 11:30 AM-1:30 PM $23 312440-01

Miscellaneous Education Programs ]

Lunchtime Spanish for Adults

Designed for beginners or those wanting to brush up on Spanish-speaking skills. Practice through interactive discussions, storytelling, and watching videos.

Age: 18 years & up
Location: Senior Center

6/25-6/29 M-F Noon-1:00 PM $75 307445-01

7/30-8/3 M-F Noon-1:00 PM $75 307445-02

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

6/12 Tu 11:45 AM-1:20 PM No Fee 307483-01

7/10 Tu 11:45 AM-1:20 PM No Fee 307483-02

8/14 Tu 11:45 AM-1:20 PM No Fee 307483-03

Recycling 101

Gain knowledge of why it’s important to recycle, what is recyclable, and how items get recycled in the Fort Collins area. Bring questionable items to be recycled and learn about proper disposal.

Age: 18 years & up
Location: Senior Center

8/8 W 9:00-10:00 AM $5 307406-01

Music & Theatre ]

You Can Uke

Playing the uke is easy, fun, and good for the soul. Get started with tuning, chording, and strumming the uke. Play a song from the first lesson. No music background needed. A uke to use for duration of the class and all instructional materials and supplies are provided. Instructor will notify participants of location prior to class.

Age: 18 years & up
Location: Senior Center

6/8-6/22 F 9:30-11:30 AM $65 307472-01

You Can Uke 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 required. To reserve a uke, contact the instructor. Instructor will notify participants of location prior to class.

Age: 18 years & up
Location: Senior Center

6/8-6/22 F 12:00-2:00 PM $65 307473-01

Technology ]

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.

Age: 18 years & up
Location: Senior Center

7/11-8/1 W 3:00-4:00 PM $36 307457-01

Excel Introduction

Learn the basics of data entry, formulas, formatting, charts, and printing for Excel version 2010. Prerequisite: Basic computer class or basic computer knowledge.

Age: 18 years & up
Location: Columbine Health Computer Lab, 802 W. Drake Rd.

6/9 Sa 8:30 AM-12:30 PM $13 307458-01

Triumph Over Technology

For those comfortable with basic computing (email and internet searches), but new to internet-based technologies (smartphone, video chatting, social media, cloud storage services). Topics: Keeping in touch online; Managing, Sharing, and Storing Digital Photos and Documents; Online Safety; and Digital Legacy.

Age: 18 years & up
Location: Senior Center

7/11-8/1 W 4:30-5:30 PM $50 307456-01

Youth Programs

Cooking ]

Kids Can Cook

Get creative in the kitchen. Themed classes help increase cooking knowledge.

Age: 6-9 years

Location: Northside Aztlan Center

Cake Pops

6/4 M 1:00-3:00 PM $21 318519-01

Around the World

6/11 M 1:00-3:00 PM $21 318519-02

Breakfast

6/18 M 1:00-3:00 PM $21 318519-03

Lunch

6/25 M 1:00-3:00 PM $21 318519-04

Delicious Desserts

7/9 M 1:00-3:00 PM $21 318519-05

Fun with Fruit

7/16 M 1:00-3:00 PM $21 318519-06

Yummy Snacks

7/23 M 1:00-3:00 PM $21 318519-07

Gross Goodies

7/30 M 1:00-3:00 PM $21 318519-08

Gross Grub

8/6 M 1:00-3:00 PM $21 318519-09

General 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 their future paid visits.

Age: 8-12 years

Location: Fort Fun, 1513 E. Mulberry St.

6/9 Sa 8:00-10:00 AM $29 316989-01

6/20 W 8:00-10:00 AM $29 316989-02

6/30 Sa 8:00-10:00 AM $29 316989-03

7/7 Sa 8:00-10:00 AM $29 316989-04

7/18 W 8:00-10:00 AM $29 316989-05

7/28 Sa 8:00-10:00 AM $29 316989-06

LEGO Club

Get together with other LEGO enthusiasts, share ideas, and use imagination to create unique LEGO masterpieces. Snack provided.

Age: 6-11 years

Location: Foothills Activity Center

6/13 W 1:00-4:00 PM $15 318746-01

7/11 W 1:00-4:00 PM $15 318746-02

8/1 W 1:00-4:00 PM $15 318746-03

Farm

All programs are hosted at The Farm unless otherwise noted.

Adopt an Animal

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

It’s easy to adopt: choose your favorite Farm animal and adopt it for a year by making a tax-deductible donation. A Farm “parent” receives an adoption certificate and his/her name listed at The Farm. 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 year-old. 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, contact The Farm at 970.221.6665.

Pony Club

Club for those who have attended a pony camp and would like to spend even more time with The Farm’s ponies. Membership is $20 per month and includes admission to exclusive pony activities and Pony Club emails. Available to ages 8–15 years.

Day Camps

For information about spring and summer camps, including those hosted at The Farm, see page 42.

Family Programs

“Mooo”vie Night

Bring the whole family to watch a family friendly movie in the barn, and see what the animals do after the front gate closes. Popcorn, beverages, hot dogs and chips available for purchase. Note: Admission to The Farm required.

Age: All

6/13 W 6:00-8:00 PM No Fee

Milk & Cookies Storytelling

Enjoy storytelling by local storytellers in the barnyard while sipping milk and munching cookies. Note: Admission to The Farm required.

Age: All

6/22 F 10:30-11:00 AM No Fee

7/13 F 10:30-11:00 AM No Fee

8/3 F 10:30-11:00 AM No Fee

Farm Camp Out

Camp out in the pasture with your tent and sleeping bags. The evening includes hayrides, singing around the “campfire,” and s’mores. A dinner of hotdogs, chips, and lemonade, and a light breakfast included. Fee includes up to 4 people. Additional people are $5 at the door.

Age: All

6/22-6/23 F,Sa 6:00 PM-9:00 AM $60 308628-01

Child without Parent Programs

Little Peepers

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

Age: 3 years

6/4-6/18 M 9:00-10:00 AM $31 308610-01

6/4-6/18 M 9:15-10:15 AM $31 308610-02

6/25-7/9 M 9:00-10:00 AM $31 308610-03

6/25-7/9 M 9:15-10:15 AM $31 308610-04

7/16-7/30 M 9:00-10:00 AM $31 308610-05

7/16-7/30 M 9:15-10:15 AM $31 308610-06

Pullet Surprise

Learn about the animals while caring for them. Gather eggs, milk the cow, craft, share stories, and go on a hayride.

Age: 3 years

7/10-7/13 Tu-F 9:00-10:00 AM $41 308611-01

7/24-7/27 Tu-F 9:00-10:00 AM $41 308611-02

7/31-8/3 Tu-F 9:00-10:00 AM $41 308611-03

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

6/5-6/8 Tu-F 1:00-2:30 PM $46 308606-01

6/5-6/8 Tu-F 1:00-2:30 PM $46 308606-02

6/12-6/15 Tu-F 1:00-2:30 PM $46 308606-03

6/12-6/15 Tu-F 1:00-2:30 PM $46 308606-04

7/10-7/13 Tu-F 8:30-10:00 AM $46 308606-05

7/10-7/13 Tu-F 10:30 AM-Noon $46 308606-06

7/10-7/13 Tu-F 10:30 AM-Noon $46 308606-07

7/10-7/13 Tu-F 1:00-2:30 PM $46 308606-08

7/10-7/13 Tu-F 1:00-2:30 PM $46 308606-09

7/17-7/20 Tu-F 1:00-2:30 PM $46 308606-10

7/17-7/20 Tu-F 1:00-2:30 PM $46 308606-11

7/24-7/27 Tu-F 8:30-10:00 AM $46 308606-12

7/24-7/27 Tu-F 10:30 AM-Noon $46 308606-13

7/24-7/27 Tu-F 10:30 AM-Noon $46 308606-14

7/24-7/27 Tu-F 1:00-2:30 PM $46 308606-15

7/31-8/3 Tu-F 8:30-10:00 AM $46 308606-16

7/31-8/3 Tu-F 1:00-2:30 PM $46 308606-17

Green Thumbs

Explore the world of gardening at The Farm. Learn about worm composting, bugs, and the importance of plants.

Age: 4-6 years

7/31-8/3 Tu-F 10:30-11:30 AM $35 308603-01

Pony Experience

Learn about the ponies while working with a partner. Grooming and saddling are taught with beginner riding skills.

Age: 6-7 years

6/4-6/7 M-Th 9:30-11:30 AM $111 308625-01

6/11-6/14 M-Th 9:30-11:30 AM $111 308625-02

Barnyard Experience

Designed for those who only have a little bit of time to experience life on a farm. Explore different parts of the barnyard, gather eggs, make a snack, and go on a hayride.

Age: 6-10 years

7/25 W 1:00-3:00 PM $20 308632-01

7/26 Th 1:00-3:00 PM $20 308632-02

7/31 Tu 1:00-3:00 PM $20 308632-03

8/1 W 1:00-3:00 PM $20 308632-04

Child with Parent Programs

Li’l Dumplin’ Farmers

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

Age: 2 years

6/4-6/18 M 11:00 AM-Noon $36 308609-01

6/4-6/18 M 11:15 AM-12:15 PM $36 308609-02

6/25-7/9 M 11:00 AM-Noon $36 308609-03

6/25-7/9 M 11:15 AM-12:15 PM $36 308609-04

7/16-7/30 M 11:00 AM-Noon $36 308609-05

7/16-7/30 M 11:15 AM-12:15 PM $36 308609-06

Pony Riding Lessons

Learn the basics of riding, including how to groom and saddle a pony. Note: One child per parent. Parents lead their child’s pony. Wear close-toed shoes.

Age: 3-5 years

6/11-6/14 M-Th 6:00-7:00 PM $65 308614-01

6/18-6/21 M-Th 6:00-7:00 PM $65 308614-02

7/31-8/3 Tu-F 9:00-10:00 AM $65 308614-03

Age: 6-7 years

6/25-6/28 M-Th 6:00-7:00 PM $65 308614-04

7/31-8/3 Tu-F 10:30-11:30 AM $65 308614-05

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 an entire 5-week class session. With this option, active facility pass holders receive 70% off enrollment price. Fitness classes require a minimum number of participants registered per class to avoid cancellation. Note: Health & Wellness programs and 25 admission passes are not eligible for the discount.

Participants may pay a drop-in fee of $6 per class, except for karate.

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 teen and youth fitness classes, see page 54.

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 help you to develop an exercise program that meets your personal goals and needs. 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 5/28, 7/4.

Location: Northside Aztlan Center

5/21-6/20 M,W 9:00-10:00 AM $37 309501-01

6/25-7/25 M,W 9:00-10:00 AM $37 309501-02

7/30-8/29 M,W 9:00-10:00 AM $41 309501-03

Boomer Blast

A full body workout geared to increase strength and stamina. Get in shape and increase energy with guidance from trainers. By UCHealth Medical Fitness.

Location: Senior Center

6/5-6/28 Tu,Th 8:00-8:50 PM $27 325417-01

7/10-8/2 Tu,Th 8:00-8:50 AM $27 325417-02

8/14-8/30 Tu,Th 8:00-8:50 AM $21.75 325417-03

Boot Camp

Use functional movements and basic cardio calisthenics. Built on evidenced based high intensity interval training principles to burn fat and achieve weight loss. Note: Class will not be held on 5/28, 7/4.

Location: Foothills Activity Center

5/21-6/22 M,W,F 5:30-6:30 PM $57 309701-01

6/25-7/27 M,W,F 5:30-6:30 PM $57 309701-02

7/30-8/31 M,W,F 5:30-6:30 PM $61 309701-03

Cardio Kickboxing Intervals

Maximize fat-burning potential through intervals that feature both upper and lower body kickboxing strikes. Short bursts of effort are followed by short recoveries. All fitness levels welcome.

Location: Foothills Activity Center

5/22-6/21 Tu,Th Noon-12:45 PM $31 309711-01

6/26-7/26 Tu,Th Noon-12:45 PM $31 309711-02

7/31-8/30 Tu,Th Noon-12:45 PM $31 309711-03

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 5/28, 7/4.

Location: Northside Aztlan Center

5/21-6/22 M,W,F 6:15-7:15 AM $57 309502-01

6/25-7/27 M,W,F 6:15-7:15 AM $57 309502-02

7/30-8/31 M,W,F 6:15-7:15 AM $61 309502-03

5/21-6/22 M,W,F Noon-1:00 PM $57 309502-04

6/25-7/27 M,W,F Noon-1:00 PM $57 309502-05

7/30-8/31 M,W,F Noon-1:00 PM $61 309502-06

Essentrics

Improve posture and cardiovascular health by strengthening and lengthening muscles. Scientifically designed to unlock the body and heal pain. With regular practice, become more flexible, limber, and mobile. Note: Class will not be held on 5/28, 7/4.

Location: Northside Aztlan Center

5/21-6/20 M,W 10:00-11:00 AM $37 309503-01

6/25-7/25 M,W 10:00-11:00 AM $37 309503-02

7/30-8/29 M,W 10:00-11:00 AM $41 309503-03

Functional Strength

Integrate strength, flexibility, balance, and agility with a personal trainer in a group setting.

Location: Senior Center

5/22-6/21 Tu,Th 8:00-8:50 AM $41 309402-01

6/26-7/26 Tu,Th 8:00-8:50 AM $41 309402-02

7/31-8/30 Tu,Th 8:00-8:50 AM $41 309402-03

5/22-6/21 Tu,Th 9:00-9:50 AM $41 309402-04

6/26-7/26 Tu,Th 9:00-9:50 AM $41 309402-05

7/31-8/30 Tu,Th 9:00-9:50 AM $41 309402-06

Group Lift, Vida Sana

Group weight lifting and weight room use. This Vida Sana class accepts Vida Sana passes. Vida Sana is a call for collaboration to unite for the health equity and wellbeing of the low-income communities in Fort Collins. Apply for a Vida Sana pass at Northside Aztlan Center. Registration required.

Location: Northside Aztlan Center

5/22-6/19 Tu 10:30-11:30 AM No Fee 309514-01

5/25-6/22 F 9:00-10:00 AM No Fee 309514-02

5/25-6/22 F 3:00-4:00 PM No Fee 309514-03

Group Track, Vida Sana

Walking class around track. This Vida Sana class accepts Vida Sana passes. Vida Sana is a call for collaboration to unite for the health equity and wellbeing of the low-income communities in Fort Collins. Apply for a Vida Sana pass at Northside Aztlan Center. Registration required. Note: Class will not be held on 5/28, 7/4.

Location: Northside Aztlan Center

5/21-6/18 M 9:30-10:30 AM No Fee 309515-01

5/21-6/18 M 7:00-8:00 PM No Fee 309515-02

5/23-6/20 W 6:30-7:30 PM No Fee 309515-03

HIIT Boot Camp

High Intensity Interval Training, or HIIT, is a cardiovascular whole-body workout alternating short periods of intense anaerobic exercise with less intense recovery periods. Note: Class will not be held on 5/28, 7/4.

Location: Northside Aztlan Center

5/21-6/20 M,W 4:30-5:30 PM $37 309516-01

6/25-7/25 M,W 4:30-5:30 PM $37 309516-02

7/30-8/29 M,W 4:30-5:30 PM $41 309516-03

5/22-6/21 Tu,Th Noon-1:00 PM $41 309516-04

6/26-7/26 Tu,Th Noon-1:00 PM $41 309516-05

7/31-8/30 Tu,Th Noon-1:00 PM $41 309516-06

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 5/28, 7/4.

Location: Foothills Activity Center

5/21-6/20 M,W 6:15-7:15 AM $46 309710-01

6/25-7/25 M,W 6:15-7:15 AM $46 309710-02

7/30-8/29 M,W 6:15-7:15 AM $51 309710-03

5/21-6/20 M,W 12:15-1:00 PM $34.75 309710-04

6/25-7/25 M,W 12:15-1:00 PM $34.75 309710-05

7/30-8/29 M,W 12:15-1:00 PM $38.50 309710-06

5/21-6/20 M,W 5:30-6:30 PM $46 309710-07

6/25-7/25 M,W 5:30-6:30 PM $46 309710-08

7/30-8/29 M,W 5:30-6:30 PM $51 309710-09

5/22-6/21 Tu,Th 5:30-6:30 PM $51 309710-10

6/26-7/26 Tu,Th 5:30-6:30 PM $51 309710-11

7/31-8/30 Tu,Th 5:30-6:30 PM $51 309710-12

5/22-6/21 Tu,Th 6:15-7:15 AM $51 309710-13

6/26-7/26 Tu,Th 6:15-7:15 AM $51 309710-14

7/31-8/30 Tu,Th 6:15-7:15 AM $51 309710-15

5/26-6/23 Sa 9:45-10:45 AM $26 309710-16

6/30-7/28 Sa 9:45-10:45 AM $26 309710-17

8/4-9/1 Sa 9:45-10:45 AM $26 309710-18

Lose to Win

Based on the TV show, The Biggest Loser. Designed to help with weight loss. A variety of exercises that are geared to burn fat and encourage self-confidence are incorporated. Note: Class will not be held on 5/28, 7/4.

Location: Northside Aztlan Center

5/21-6/22 M,W,F 9:30-10:30 AM $57 309504-01

6/25-7/27 M,W,F 9:30-10:30 AM $57 309504-02

7/30-8/31 M,W,F 9:30-10:30 AM $61 309504-03

Low Impact Aerobics

Introduction to exercise for previously sedentary persons. Emphasis is on low-impact aerobics including floor exercises and a cool-down period.

Location: Foothills Activity Center

5/22-6/21 Tu,Th 8:50-9:50 AM $41 309401-01

6/26-7/26 Tu,Th 8:50-9:50 AM $41 309401-02

7/31-8/30 Tu,Th 8:50-9:50 AM $41 309401-03

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 5/28.

Location: Senior Center

5/21-6/18 M 1:45-2:45 PM $17 309403-01

6/25-7/23 M 1:45-2:45 PM $21 309403-02

7/30-8/27 M 1:45-2:45 PM $21 309403-03

5/25-6/22 F 1:45-2:45 PM $21 309403-04

6/29-7/27 F 1:45-2:45 PM $21 309403-05

8/3-8/31 F 1:45-2:45 PM $21 309403-06

Location: Northside Aztlan Center

5/22-6/21 Tu,Th 1:00-2:00 PM $41 309506-01

6/26-7/26 Tu,Th 1:00-2:00 PM $41 309506-02

7/31-8/30 Tu,Th 1:00-2:00 PM $41 309506-03

Location: Foothills Activity Center

5/22-6/21 Tu,Th 8:30-9:30 AM $41 309702-01

6/26-7/26 Tu,Th 8:30-9:30 AM $41 309702-02

7/31-8/30 Tu,Th 8:30-9:30 AM $41 309702-03

Nia

Claim wellness and explore joy with this sensory based, non-impact, aerobic fusion of dance, healing, and martial arts. Connect body, mind, emotions, and spirit for wellness, conditioning, and overall fitness. All levels welcome.

Location: Senior Center

5/22-6/19 Tu 5:30-6:30 PM $21 309404-01

6/26-7/24 Tu 5:30-6:30 PM $21 309404-02

7/31-8/28 Tu 5:30-6:30 PM $21 309404-03

5/24-6/21 Th 5:30-6:30 PM $21 309404-04

6/28-7/26 Th 5:30-6:30 PM $21 309404-05

8/2-8/30 Th 5:30-6:30 PM $21 309404-06

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 7/4.

Location: Senior Center

5/23-6/20 W 6:35-7:20 PM $16 309405-01

6/27-7/25 W 6:35-7:20 PM $13 309405-02

8/1-8/29 W 6:35-7:20 PM $16 309405-03

PowerTrain

Pump iron and 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.

Location: Northside Aztlan Center

5/22-6/21 Tu,Th 6:15-7:15 AM $41 309507-01

6/26-7/26 Tu,Th 6:15-7:15 AM $41 309507-02

7/31-8/30 Tu,Th 6:15-7:15 AM $41 309507-03

5/22-6/21 Tu,Th Noon-1:00 PM $41 309507-04

6/26-7/26 Tu,Th Noon-1:00 PM $41 309507-05

7/31-8/30 Tu,Th Noon-1:00 PM $41 309507-06

Science of Strength Training

Train the body and the brain. Geared toward beginners, learn the basics of exercise science while also getting in a good workout. Half weightlifting with hands-on instruction and half classroom time studying metabolism, biomechanics, programming, and technique.

Location: Foothills Activity Center

7/31-8/30 Tu,Th 5:30-6:30 PM $41 309703-01

Spin & Tone

Includes the same challenging workout that other Group Spin classes offer, but with an additional toning segment. Great for cardiovascular training and total body strengthening. Note: Class will not be held on 5/28, 7/4.

Location: Northside Aztlan Center

5/21-6/20 M,W 5:30-6:30 PM $37 309505-01

6/25-7/25 M,W 5:30-6:30 PM $37 309505-02

7/30-8/29 M,W 5:30-6:30 PM $41 309505-03

5/22-6/21 Tu,Th 6:15-7:15 AM $41 309505-04

6/26-7/26 Tu,Th 6:15-7:15 AM $41 309505-05

7/31-8/30 Tu,Th 6:15-7:15 AM $41 309505-06

Strength & Tone

Upbeat and designed to develop strength and flexibility. Sculpt with free weights, toning moves, waves of cardio, and rotating fitness equipment to help rev metabolism in an encouraging atmosphere. All levels welcome.

Location: Northside Aztlan Center

5/22-6/21 Tu,Th Noon-12:55 PM $41 309508-01

6/26-7/26 Tu,Th Noon-12:55 PM $41 309508-02

7/31-8/30 Tu,Th Noon-12:55 PM $41 309508-03

Strength Training

Increase muscle strength, bone mass, and stamina. First class of each session includes an orientation to training principles and equipment. Note: Class will not be held on 5/28, 7/4.

Location: Northside Aztlan Center

5/21-6/20 M,W 8:30-9:30 AM $37 309509-01

6/25-7/25 M,W 8:30-9:30 AM $37 309509-02

7/30-8/29 M,W 8:30-9:30 AM $41 309509-03

5/22-6/21 Tu,Th 9:30-10:30 AM $41 309509-04

6/26-7/26 Tu,Th 9:30-10:30 AM $41 309509-05

7/31-8/30 Tu,Th 9:30-10:30 AM $41 309509-06

Total Body Boot Camp

A mix of cardio, weight circuits, and stretching. Keep the body guessing and see improvements in strength, flexibility, and stamina.

Location: Northside Aztlan Center

5/22-6/21 Tu,Th 5:30-6:30 PM $41 309510-01

6/26-7/26 Tu,Th 5:30-6:30 PM $41 309510-02

7/31-8/30 Tu,Th 5:30-6:30 PM $41 309510-03

TRX Body Blast

TRX is a suspension fitness system that helps build balance, muscle strength, and flexibility. Adjust the straps to increase or decrease the difficulty of every exercise. All levels welcome.

Location: Northside Aztlan Center

5/22-6/21 Tu,Th Noon-1:00 PM $41 309511-01

6/26-7/26 Tu,Th Noon-1:00 PM $41 309511-02

7/31-8/30 Tu,Th Noon-1:00 PM $41 309511-03

5/26-6/23 Sa 8:15-9:15 AM $21 309511-04

6/30-7/28 Sa 8:15-9:15 AM $21 309511-05

8/4-9/1 Sa 8:15-9:15 AM $21 309511-06

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 5/28, 7/4.

Location: Club Tico

5/21-6/18 M 9:00-10:00 AM $17 309112-01

6/25-7/23 M 9:00-10:00 AM $21 309112-02

7/30-8/27 M 9:00-10:00 AM $21 309112-03

5/23-6/20 W 9:00-10:00 AM $21 309112-04

6/27-7/25 W 9:00-10:00 AM $17 309112-05

8/1-8/29 W 9:00-10:00 AM $21 309112-06

5/25-6/22 F 9:00-10:00 AM $21 309112-07

6/29-7/27 F 9:00-10:00 AM $21 309112-08

8/3-8/31 F 9:00-10:00 AM $21 309112-09

Location: Senior Center

5/21-6/18 M 5:30-6:25 PM $17 309406-01

6/25-7/23 M 5:30-6:25 PM $21 309406-02

7/30-8/27 M 5:30-6:25 PM $21 309406-03

5/23-6/20 W 5:30-6:25 PM $21 309406-04

6/27-7/25 W 5:30-6:25 PM $17 309406-05

8/1-8/29 W 5:30-6:25 PM $21 309406-06

5/26-6/23 Sa 9:00-10:00 AM $21 309406-07

6/30-7/28 Sa 9:00-10:00 AM $21 309406-08

8/4-9/1 Sa 9:00-10:00 AM $21 309406-09

Location: Northside Aztlan Center

5/22-6/19 Tu 6:30-7:30 PM $21 309512-01

6/26-7/24 Tu 6:30-7:30 PM $21 309512-02

7/31-8/28 Tu 6:30-7:30 PM $21 309512-03

5/23-6/20 W 6:30-7:30 PM $21 309512-04

6/27-7/25 W 6:30-7:30 PM $17 309512-05

8/1-8/29 W 6:30-7:30 PM $21 309512-06

5/24-6/21 Th 6:30-7:30 PM $21 309512-07

6/28-7/26 Th 6:30-7:30 PM $21 309512-08

8/2-8/30 Th 6:30-7:30 PM $21 309512-09

Zumba, Vida Sana

Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program. This Vida Sana class accepts Vida Sana passes. Vida Sana is a call for collaboration to unite for the health equity and wellbeing of the low-income communities in Fort Collins. Apply for a Vida Sana pass at Northside Aztlan Center. Registration required. Note: Class will not be held on 5/28, 7/4.

Location: Club Tico

5/21-6/18 M 9:00-10:00 AM No Fee 309113-01

5/23-6/20 W 9:00-10:00 AM No Fee 309113-02

5/25-6/22 F 9:00-10:00 AM No Fee 309113-03

Location: Northside Aztlan Center

5/22-6/19 Tu 6:30-7:30 PM No Fee 309513-01

5/23-6/20 W 6:30-7:30 PM No Fee 309513-02

5/24-6/21 Th 6:30-7:30 PM No Fee 309513-03

Martial Arts ]

Tai Chi, Beginning

An orthodox internal martial art from China. Discover the four “Mother Forms” of the art which are low-impact, meditative repeating movements that provide insight into internal movement and training.

Location: Senior Center

5/26-6/23 Sa 12:45-1:45 PM $21 309441-01

6/30-7/28 Sa 12:45-1:45 PM $21 309441-02

8/4-9/1 Sa 12:45-1:45 PM $21 309441-03

Taijifit

A style of fun and easy to follow tai chi that helps improve balance, strength, and flexibility. No routines to follow or choreography to memorize. No experience necessary. Note: Class will not be held on 5/28, 7/4.

Location: Senior Center

5/21-6/20 M,W Noon-12:45 PM $28 309440-01

6/25-7/25 M,W Noon-12:45 PM $28 309440-02

7/30-8/29 M,W Noon-12:45 PM $31 309440-03

5/22-6/19 Tu 4:00-4:45 PM $16 309440-04

6/26-7/24 Tu 4:00-4:45 PM $16 309440-05

7/31-8/28 Tu 4:00-4:45 PM $16 309440-06

5/24-6/21 Th 3:00-3:45 PM $16 309440-07

6/28-7/26 Th 3:00-3:45 PM $16 309440-08

8/2-8/30 Th 3:00-3:45 PM $16 309440-09

Yoga ]

Hatha Yoga, Level 1-2

A slow paced mindful practice encouraging self-awareness and guided energy. A solid knowledge of level 1 asana is recommended, but not required.

Location: Northside Aztlan Center

5/22-6/19 Tu 3:30-4:30 PM $21 309567-01

6/26-7/24 Tu 3:30-4:30 PM $21 309567-02

7/31-8/28 Tu 3:30-4:30 PM $21 309567-03

Mindfulness Yoga

Contemplative and integrated practice of mindfulness and yoga poses. All levels welcome. Based on the book, “Mindfulness Yoga,” by Frank Jude Boccio.

Location: Northside Aztlan Center

5/27-6/24 Su 10:00-11:00 AM $21 309566-01

7/1-7/29 Su 10:00-11:00 AM $21 309566-02

8/5-9/2 Su 10:00-11:00 AM $21 309566-03

Morning Meditation & Yoga

A positive and healthy way to balance the day. Begin the morning with meditation and move into gentle yoga.

Location: Northside Aztlan Center

5/22-6/21 Tu,Th 7:30-8:30 AM $41 309564-01

6/26-7/26 Tu,Th 7:30-8:30 AM $41 309564-02

7/31-8/30 Tu,Th 7:30-8:30 AM $41 309564-03

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 5/28, 7/4.

Location: Northside Aztlan Center

5/21-6/20 M,W Noon-1:00 PM $37 309560-01

6/25-7/25 M,W Noon-1:00 PM $37 309560-02

7/30-8/29 M,W Noon-1:00 PM $41 309560-03

5/25-6/22 F 11:00 AM-Noon $21 309560-04

6/29-7/27 F 11:00 AM-Noon $21 309560-05

8/3-8/31 F 11:00 AM-Noon $21 309560-06

Sculpting Yoga

Sculpt and build strength and definition with weights and yoga poses. All levels welcome.

Location: Northside Aztlan Center

5/22-6/21 Tu,Th 1:00-2:00 PM $41 309561-01

6/26-7/26 Tu,Th 1:00-2:00 PM $41 309561-02

7/31-8/30 Tu,Th 1:00-2:00 PM $41 309561-03

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; all levels welcome. Note: Class will not be held on 5/28, 7/4.

Location: Senior Center

5/21-6/18 M 6:30-7:30 PM $17 309461-01

6/25-7/23 M 6:30-7:30 PM $21 309461-02

7/30-8/27 M 6:30-7:30 PM $21 309461-03

Location: Northside Aztlan Center

5/21-6/18 M 4:00-5:00 PM $17 309562-01

6/25-7/23 M 4:00-5:00 PM $21 309562-02

7/30-8/27 M 4:00-5:00 PM $21 309562-03

5/22-6/19 Tu 5:00-6:00 PM $21 309562-04

6/26-7/24 Tu 5:00-6:00 PM $21 309562-05

7/31-8/28 Tu 5:00-6:00 PM $21 309562-06

5/23-6/20 W 4:00-5:00 PM $21 309562-07

6/27-7/25 W 4:00-5:00 PM $17 309562-08

8/1-8/29 W 4:00-5:00 PM $21 309562-09

5/24-6/21 Th 5:00-6:00 PM $21 309562-10

6/28-7/26 Th 5:00-6:00 PM $21 309562-11

8/2-8/30 Th 5:00-6:00 PM $21 309562-12

Location: Foothills Activity Center

5/21-6/20 M,W 4:30-5:30 PM $37 309761-01

6/25-7/25 M,W 4:30-5:30 PM $37 309761-02

7/30-8/29 M,W 4:30-5:30 PM $41 309761-03

5/22-6/21 Tu,Th 1:15-2:30 PM $48.50 309761-04

6/26-7/26 Tu,Th 1:15-2:30 PM $48.50 309761-05

7/31-8/30 Tu,Th 1:15-2:30 PM $48.50 309761-06

Svaroopa for Every Body

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.

Location: Senior Center

6/6-6/27 W 10:15-11:45 AM $40 325418-01

8/15-8/29 W 10:15-11:45 AM $22.50 325418-03

Therapeutic Yoga

Slow moving, directed yoga to improve specific health conditions and body issues. Note: Class will not be held on 5/28.

Location: Senior Center

5/21-6/18 M 10:00-11:00 AM $17 309460-01

6/25-7/23 M 10:00-11:00 AM $21 309460-02

7/30-8/27 M 10:00-11:00 AM $21 309460-03

5/21-6/18 M 11:00 AM-Noon $17 309460-04

6/25-7/23 M 11:00 AM-Noon $21 309460-05

7/30-8/27 M 11:00 AM-Noon $21 309460-06

5/24-6/21 Th 10:00-11:00 AM $21 309460-07

6/28-7/26 Th 10:00-11:00 AM $21 309460-08

8/2-8/30 Th 10:00-11:00 AM $21 309460-09

5/24-6/21 Th 11:00 AM-Noon $21 309460-10

6/28-7/26 Th 11:00 AM-Noon $21 309460-11

8/2-8/30 Th 11:00 AM-Noon $21 309460-12

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

5/26-6/23 Sa 8:15-9:15 AM $21 309563-01

6/30-7/28 Sa 8:15-9:15 AM $21 309563-02

8/4-9/1 Sa 8:15-9:15 AM $21 309563-03

Yoga, All Levels

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

Location: Senior Center

5/26-6/23 Sa 9:30-10:30 AM $21 309464-01

6/30-7/28 Sa 9:30-10:30 AM $21 309464-02

8/4-9/1 Sa 9:30-10:30 AM $21 309464-03

Yoga for Back Pain

Explore the benefits of yoga for back health and pain management. Learn how to modify a selection of yoga poses to assist with back pain. Poses can be completed in a chair if needed, or on a yoga mat. By UCHealth Outpatient Therapy.

Location: Senior Center

7/18 W 4:00-5:30 PM $10 325424-01

Yoga, Beginning

By practicing yoga breathing and physical exercises, gain physical strength, tone, flexibility, and stamina. Note: Class will not be held on 7/4.

Location: Senior Center

5/22-6/21 Tu,Th 2:45-3:45 PM $41 309462-01

6/26-7/26 Tu,Th 2:45-3:45 PM $41 309462-02

7/31-8/30 Tu,Th 2:45-3:45 PM $41 309462-03

5/22-6/21 Tu,Th 4:00-5:00 PM $41 309462-04

6/26-7/26 Tu,Th 4:00-5:00 PM $41 309462-05

7/31-8/30 Tu,Th 4:00-5:00 PM $41 309462-06

5/22-6/21 Tu,Th 5:15-6:15 PM $41 309462-07

6/26-7/26 Tu,Th 5:15-6:15 PM $41 309462-08

7/31-8/30 Tu,Th 5:15-6:15 PM $41 309462-09

5/23-6/20 W Noon-1:00 PM $21 309462-10

6/27-7/25 W Noon-1:00 PM $17 309462-11

8/1-8/29 W Noon-1:00 PM $21 309462-12

5/23-6/20 W 1:15-2:15 PM $21 309462-13

6/27-7/25 W 1:15-2:15 PM $17 309462-14

8/1-8/29 W 1:15-2:15 PM $21 309462-15

Yoga, Advanced Beginner

Release stress, improve balance, flexibility, and strength with sometimes challenging poses. Mindfulness and breathing techniques also offered. Previous yoga experience expected, with modifications offered for varying levels. Prerequisite: Must be able to do floor and standing exercises at a fast pace. Class will not be held on 5/28, 7/4.

Location: Senior Center

5/21-6/18 M 4:30-5:20 PM $17 309463-01

6/25-7/23 M 4:30-5:20 PM $21 309463-02

7/30-8/27 M 4:30-5:20 PM $21 309463-03

5/21-6/20 M,W 5:30-6:20 PM $37 309463-04

6/25-7/25 M,W 5:30-6:20 PM $37 309463-05

7/30-8/29 M,W 5:30-6:20 PM $41 309463-06

5/22-6/19 Tu 6:30-7:30 PM $21 309463-07

6/26-7/24 Tu 6:30-7:30 PM $21 309463-08

7/31-8/28 Tu 6:30-7:30 PM $21 309463-09

Yoga & Meditation

A calm approach to being present, rejuvenated, and healthier. Learn to quiet the mind and find inner balance. Begin with meditation and move into a gentle flow of yoga asanas.

Location: Northside Aztlan Center

5/22-6/21 Tu,Th 9:00-10:00 AM $41 309565-01

6/26-7/26 Tu,Th 9:00-10:00 AM $41 309565-02

7/31-8/30 Tu,Th 9:00-10:00 AM $41 309565-03

Family Fitness

Child with Parent Fitness ]

Family Yoga, Baby & Toddler

Explore yoga together and benefit physically, emotionally, and mentally with this fun approach to breathing and movement. 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

5/25-6/22 F 9:00-10:00 AM $21 309760-01

6/29-7/27 F 9:00-10:00 AM $21 309760-02

8/3-8/31 F 9:00-10:00 AM $21 309760-03

Parent/Toddler Yoga

Age: 18 months-3 years

5/25-6/22 F 10:00-10:45 AM $16 309760-04

6/29-7/27 F 10:00-10:45 AM $16 309760-05

8/3-8/31 F 10:00-10:45 AM $16 309760-06

Family Yoga, Child

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 to create a foundation for health and wellness.

Location: Foothills Activity Center

Age: 4-6 years

5/25-6/22 F 5:00-5:45 PM $16 309760-07

6/29-7/27 F 5:00-5:45 PM $16 309760-08

8/3-8/31 F 5:00-5:45 PM $16 309760-09

Age: 7-10 years

5/25-6/22 F 5:45-6:30 PM $16 309760-10

6/29-7/27 F 5:45-6:30 PM $16 309760-11

8/3-8/31 F 5:45-6:30 PM $16 309760-12

PlayItUp

Connect through circuit training-based fitness play. Adults achieve a solid workout while interacting with their children. Note: Limit one child per adult.

Location: Foothills Activity Center

Age: 4-6 years

6/5-6/26 Tu 2:00-3:00 PM $47 309755-01

6/7-6/28 Th 2:00-3:00 PM $47 309755-02

7/10-7/31 Tu 2:00-3:00 PM $47 309755-03

7/12-8/2 Th 2:00-3:00 PM $47 309755-04

Age: 7-9 years

6/4-6/25 M 12:45-1:45 PM $47 309755-05

6/6-6/27 W 12:45-1:45 PM $47 309755-06

7/9-7/30 M 12:45-1:45 PM $47 309755-07

7/11-8/1 W 12:45-1:45 PM $47 309755-08

Age: 10-12 years

6/4-6/25 M 2:00-3:00 PM $47 309755-09

6/6-6/27 W 2:00-3:00 PM $47 309755-10

7/9-7/30 M 2:00-3:00 PM $47 309755-11

7/11-8/1 W 2:00-3:00 PM $47 309755-12

Child without Parent Fitness ]

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. Note: Drop-off and pick-up can be done ten minutes before and after class time. Class will not be held on 5/28.

Location: Foothills Activity Center

Age: 9-12 years

5/21-6/18 M 4:30-5:30 PM $13 309763-01

6/25-7/23 M 4:30-5:30 PM $16 309763-02

7/30-8/27 M 4:30-5:30 PM $16 309763-03

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 7/4.

Location: Foothills Activity Center

Age: 13-16 years

5/23-6/20 W 4:30-5:30 PM $16 309764-01

6/27-7/25 W 4:30-5:30 PM $13 309764-02

8/1-8/29 W 4:30-5:30 PM $16 309764-03

Health & Wellness

Health & 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. Find additional Health & Wellness sponsored programs throughout the Recreator; they are denoted with a . Note: Health & Wellness programs are not eligible for reduced fee pricing.

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.
Location: Senior Center

Mondays 10:00 AM-4:00 PM 60 minutes/$45
Wednesday 9:00AM-1:00PM 45 minutes/$35

Blood Pressure Clinic

Sit down with a registered nurse one-on-one to get blood pressure taken and ask health-related questions. No appointment necessary; check in at the Senior Center front desk. By Health District.

Location: Senior Center

6/11, 7/9, 8/13 M 10:00 AM-Noon No Fee

Cholesterol Screening

Blood pressure, cholesterol panel, and glucose tests with counseling and recommendations. Eight-hour fast recommended prior to appointment (water and medications permitted). To schedule an appointment, contact the Health District at 970.224.5209. 20-minute appointments. Walk-ins welcome as time allows.

Location: Senior Center

6/5, 7/3, 8/14 Tu 8:00-11:00 AM $15

6/21, 7/19, 8/23 Th 8:00-11:00 AM $15

Hearing Screen & Wax Removal

A licensed audiologist provides a hearing test and review for those experiencing ringing in the ears, clogged ears, exposure to loud noises and difficulty hearing. 20-minute appointments.

Location: Senior Center

6/6, 8/1 W 10:00 AM-Noon $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.

Location: Senior Center

6/12 Tu 1:00-4:00 PM $5

8/21 Tu 9:00 AM-Noon $5

Manicures, Pedicures, & Nail Care

Look and feel good with spa manicure and pedicure services. Nail clipping also available. By Neitha Schneider, Sweetheart Nails.

Location: Senior Center

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 including stress relief, relaxation, range of motion improvement, pain relief, and muscle relaxation.

Location: Senior Center

Tuesdays 9:00AM-Noon $16.50 30 minutes

Medical Education

“Back Up” to Good Spine Health

Whether 50 or 80, the spine is an important part of health. Back pain is the most common ailment for those seeking medical advice. Learn about changes that occur with age in the spine and the steps necessary to keep the back healthy and strong. By UCHealth Neurosurgery Nurse Practitioner.

Location: Senior Center

6/19 Tu 5:30-7:00 PM $5 325402-01

Bossy Bladder

Bossy bladders or bowels can stand in the way of life, preventing participation in hobbies and family events. Take action by learning how to get control and lead a worry-free life with tools to manage the bladder and/or bowels. By Covell Care and Rehabilitation.

Location: Senior Center

6/19 Tu 10:00-11:00 AM No Fee 325453-02

7/17 Tu 1:00-2:00 PM No Fee 325453-03

8/15 W 11:00 AM-Noon No Fee 325453-04

Continuum of Care

Education about advanced health care options and services available in the area. By Covell Care and Rehabilitation.

Location: Senior Center

6/27 W 10:00-11:00 AM No Fee 325440-01

7/17 Tu 2:00-3:00 PM No Fee 325440-02

8/15 W 10:00-11:00 AM No Fee 325440-03

Core Stability & Balance

Falls can be frightening for everyone. Discuss fall risks, as well as tips to get up from the floor after a fall. Core stability exercises provided to learn skills and then practice them at home to help prevent falls. By UCHealth Outpatient Therapy.

Location: Senior Center

7/12 Th 11:00 AM-12:30 PM $7 325408-01

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.

Location: Senior Center

6/19 Tu 1:00-2:00 PM No Fee 325437-01

7/10 Tu 10:00-11:00 AM No Fee 325437-02

8/20 M 11:00 AM-Noon No Fee 325437-03

Home Safety

Learn about home hazards and what to do today to make the home safer. Receive a checklist to evaluate home safety ratings. By Covell Care and Rehabilitation.

Location: Senior Center

6/12 Tu 1:00-2:00 PM No Fee 325454-01

7/10 Tu 11:00 AM-Noon No Fee 325454-02

8/24 F 11:00 AM-Noon No Fee 325454-03

Magic of Sleep

Discover why sleep is so important and how to improve sleep. Discuss disorders that can cause sleep loss and what to do about them, including snoring, apnea, insomnia, movement disorders, and circadian rhythm disorders. Gain tools, self-tests, and solutions for sleep issues. By Rene DeMattei, UCHealth Sleep Lab.

Location: Senior Center

7/19-8/2 Th 10:30 AM-Noon $10 325423-01

Memory & Brain Health

Learn about the effects of aging on cognition and ways to compensate for memory decline, as well as tips and activities to help keep the brain sharp. Cognitive screening by a certified speech-language pathologist available. By UCHealth Outpatient Therapy.

Location: Senior Center

6/6 W 10:00-11:30 AM $5 325431-01

Osteoarthritis Management

Understand the effectiveness of therapy treatment and research for osteoarthritis. Topics of discussion include specific exercise instruction, joint protection, electrical stimulation, and other methods. Emphasis is on self-help techniques. By UCHealth Outpatient Therapy.

Location: Senior Center

6/19 Tu 10:30 AM-Noon $5 325428-01

Osteoporosis

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

Location: Senior Center

7/24 Tu 1:00-2:00 PM $5 325427-01

To Drive or Not to Drive

Learn startling statistics about older drivers and how to determine if someone is fit to drive or what restrictions may need to be put in place. Receive help to make driving decisions easier for everyone involved. By Covell Care and Rehabilitation.

Location: Senior Center

6/25 M 1:00-2:00 PM No Fee 325456-02

7/31 Tu 10:00-11:00 AM No Fee 325456-03

8/29 W 10:00-11:00 AM No Fee 325456-04

Wellness Education

Alzheimer’s Speak

Enjoy a message of living with purpose and passion when it comes to caring for individuals, families, and communities impacted by dementia. By Lori LaBey, inspirational speaker who sparked the Dementia Friendly Community movement, and “Health Hero” as recognized by Oprah Winfrey.

Location: Senior Center

6/9 Sa 9:00-11:45 AM No Fee 325400-01

Advanced Health Care Options

Learn the difference between hospice and palliative care. Discuss when to seek these services, what assistance is provided, how it is paid for, in what setting it is provided, and the goals in each service. By Pathways.

Location: Senior Center

8/15 W 1:00-2:00 PM No Fee 325434-01

Art Therapy

An art therapist can explore, bring awareness to, and make meaning of unique and personal experiences using art materials. Learn about the art therapy program and experience a brief art demonstration. By Pathways Art Therapist.

Location: Senior Center

7/11 W 1:00-2:00 PM No Fee 325419-01

Arthritis Support Group

A quarterly meet-up group designed to offer information and support for those who have arthritis, and their family members, friends, and caregivers. Learn more, find related resources, meet people, network, and share experiences. To register, call the Aspen Club at 970.495.8560.

Location: Senior Center

8/13 M 11:30 AM-1:00 PM No Fee 325409-01

Authentic Connection

Be truly present with others and deepen connections with those we love. Explore the four elements of authentic connection: presence, mindfulness, attunement, and compassion. Practice mindful listening as a foundation for extending the gift of presence to others. By CSU/Larimer County Extension.

Location: Senior Center

6/21 Th 10:30-11:30 AM No Fee 325413-01

Becoming 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.

Location: Senior Center

6/6 W 1:00-2:00 PM No Fee 325433-01

Brain & Balance

Fun brain games and functional balance exercises are brought together to offer support, laughter, and results. By Diane Horak, Columbine Health Systems.

Location: Senior Center

6/7-6/28 Th 1:30-2:00 PM $15 325426-01

7/12-8/2 Th 1:30-2:00 PM $15 325426-02

8/16-8/30 Th 1:30-2:00 PM $11.25 325426-03

Cultivating Compassion

People are most joyful when being kind and generous to others. Yet, barriers to compassion stand in the way, such as lack of self-compassion. Explore how to free up compassion energy, open hearts, and cultivate greater kindness towards ourselves and others. By CSU/Larimer County Extension.

Location: Senior Center

7/19 Th 10:30-11:30 AM No Fee 325414-01

Death Café

Demystify the topic of death and engage in thoughtful and respectful conversations. This is not a bereavement or grief group and there is no set agenda. Discuss living well and “leaving” well. By Patti Welfare, UCHealth Aspen Club.

Location: Senior Center

7/25 W 1:00-2:30 PM No Fee 325420-01

Effective Communication Strategies

Caregivers are provided insight to decode verbal and behavioral communication by someone with Alzheimer’s and other dementias. Leave with strategies for meaningful connection with people in early-, middle-, and late-stage dementia. By the Alzheimer’s Association.

Location: Northside Aztlan Center

8/29 W Noon-2:00 PM No Fee 325422-01

Five 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.

Location: Senior Center

6/7 Th 10:00-11:30 AM $5 325430-01

Holding a Family Meeting

Caregiving requires working together cooperatively. Family members often have strong emotions and honest differences in priorities and opinions- this is where effective family meetings come in. Share successes and challenges. By the Larimer County Office on Aging.

Location: Senior Center

6/26 Tu 5:30-7:00 PM No Fee 325401-01

Know the 10 Signs, Early Detection Matters

Gain insight about the signs of Alzheimer’s Disease. Current myths and misconceptions are debunked and the importance of early detection and diagnosis are discussed. This is an important first step if concerns arise. By the Alzheimer’s Association.

Location: Senior Center

6/15 F 10:00-11:30 AM No Fee 325442-01

Laughter Exercises & Brain Walking

Research has proven that laughter impacts brain health more than we know. Participate in laughter exercises from the World Laughter Tour and cognitive group walking activities that are sure to energize. There is a lot of moving around; wear comfortable shoes. By Jill Taylor, UCHealth Aspen Club.

Location: Senior Center

6/22 F 2:00-3:30 PM $5 325403-01

Laughter Wellness

This interactive body mind practice can help develop a positive attitude and improve physical, mental, emotional, and social wellbeing. Experience the various elements of Laughter Wellness and leave with a deeper connection to mind, body, and spirit. Note: Class will not be held on 6/23, 6/30, 7/7, 8/4, 8/11.

Location: Senior Center

6/2-8/25 Sa 9:00-9:45 AM No Fee 325436-01

Laughter Wellness Play Shop

The Play Shop is a focused interactive body mind practice that develops positive attitude and improves physical, mental, emotional, and social wellbeing. Experience various elements of Laughter Wellness and leave with a deeper connection to mind, body, and spirit.

Location: Senior Center

6/30 Sa 1:00-4:00 PM $35 325435-01

Life Reimagined

Hit the pause button, take a break, reflect on what’s happening, and consider what’s next. Designed for anyone at any age who wants to pursue a passion. An AARP program led by CSU/Larimer County Extension.

Location: Senior Center

6/5 Tu 1:00-2:00 PM No Fee 325425-01

Living Well with Diabetes

Diabetes can affect quality of life. Support and practical ways to deal with diabetes provided, including nutrition, exercise choices, and effective ways to talk to a doctor and family. This class does not replace Diabetes Education. By UCHealth Aspen Club.

Location: Senior Center

6/7-7/12 Th 1:00-3:30 PM No Fee 325407-01

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. Education, support, and fellowship offered monthly. For more information, visit psdupportic.net.

Location: Senior Center

6/6 W 10:30 AM-12:30 PM No Fee 325444-01

8/1 W 10:30 AM-12:30 PM No Fee 325444-03

Positive Brain Change

Change the brain to benefit health and wellbeing. Explore the concept of positive neuroplasticity and experiment with practices that create new neural pathways by seeding positivity and cultivating mindful presence. By CSU/Larimer County Extension.

Location: Senior Center

08/23 Th 10:30-11:30 AM No Fee 325438-01

Stroke Support Group

Stroke survivors and caregivers are united around others to create meaningful and fulfilling lives. Be a part of a group who listens and provides encouragement and information that challenges greater achievement. For more information, call Melinda Tofoya at 970.495.7386. By UCHealth.

Location: Senior Center

6/14 Th 12:30-2:00PM No Fee 325439-01
7/12 Th 12:30-2:00PM No Fee 325439-02

T’ai Chi Chih

The soft, gentle movements of T’ai Chi Chih bring health to the body, mind, and spirit through the circulation and balancing of internal energy. The movements can be done by anyone regardless of age or physical condition. Benefits include better balance, increased flexibility, strength, wellbeing, and joy.

Location: Senior Center

7/10-8/28 Tu 1:00-2:00 PM $80 325410-01

Nutrition

Cooking Programs ]

One-on-One 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 a certified health coach. For more information and to schedule a session, contact 970.221.6644.

Age: 18 years & up
1-hour session for 1 person $60

1-hour session for 2 people $80

Eastern Fusion

Experiment with Indian spices and use common local ingredients to create interesting recipes with eastern flavors. Recipes are vegan. Menu: Curried zucchini noodles, samosa pizza, spicy fruit salad, and chai spiced milk shake.

Age: 14 years & up
Location: Senior Center

7/16 M 6:00-8:15 PM $36 307427-01

Indian Crepes & Curries

Learn how to make crepes and curries at home. Pair these creations with decadent chutneys. Recipes are gluten-free and vegan. Menu: Quinoa crepes with roasted red pepper chutney, lentil crepes with beet chutney, and rice crepes with zucchini chutney.

Age: 14 years & up
Location: Senior Center

8/28 Tu 6:00-8:15 PM $36 307429-01

Instant Pot Summer Curries

Learn how to use an instant pot to make delicious summer creations. Menu: Jackfruit coconut curry, aloo gobi, and kale spinach saag.

Age: 14 years & up
Location: Senior Center

6/14 Th 6:00-8:15 PM $36 307426-01

Plant-based Cheese & Yogurt

Whether lactose intolerant, fighting high cholesterol, or just looking for some healthy plant-based alternative to cheese and yogurt, learn how to make homemade, dairy-free cheese and yogurt from scratch. Menu: Almond feta, parmesan, cashew cream cheese, nacho cheese, and cashew mango yogurt lassi.

Age: 14 years & up
Location: Senior Center

6/5 Tu 6:00-8:15 PM $36 307424-01

Summer Tacos

Explore vegetarian tacos with fillings such as summer squash, mushrooms, lentils, and potatoes, paired with homemade fruit salsas. Recipes are gluten-free and vegan.

Location: Senior Center

7/30 M 6:00-8:15 PM $36 307428-01

Thai Cooking, 1st Course

Learn the secrets of combining aromatic herbs and spices with authentic ingredients to create flavors that make Thai cuisine uniquely delicious. Menu: Green curry fried rice, stir fry cashew nut, mango coconut pudding, and lemongrass tea.

Location: Senior Center

6/13 W 6:00-8:30 PM $37 307433-01

Thai Cooking, 2nd Course

Choosing quality ingredients and using colorful spices are the keys to creating delicious curries. Learn how to identify the perfect combinations needed to create these colorful dishes at home. Menu: Masaman, spring roll, fried banana, hibiscus tea and rice.

Location: Senior Center

7/11 W 6:00-8:30 PM $37 307434-01

Japanese Cooking at Home

Switch it up from Thai cuisine and learn how easy it can be to make Japanese food at home. Menu: California rolls, mochi chicken, miso soup, and salad with orange miso dressing.

Location: Senior Center

8/1 W 6:00-8:30 PM $37 307435-01

Nutritional Education ]

Buzz Behind Bone Broth & Collagen

Bone broth and collagen supplements are trendy products at health food stores. Find out why these products have become so popular, what they are, and how to use them to support optimal health. By Nutritional Health Coach, Vitamin Cottage.

Location: Senior Center

8/15 W 3:00-4:00 PM No Fee 325458-01

Natural Hacks to Support Attention

Daily life requires a lot of brain power, but focus may be elusive. Discover how nutrition and lifestyle tweaks can support increase attention, therefore increasing learning and cognition. By Nutritional Health Coach, Vitamin Cottage.

Location: Senior Center

7/23 M 1:00-2:00 PM No Fee 325460-01

Natural Hacks to Support a Healthy Mood

Don’t worry, be happy. Gain a new understanding of the many complexities that play a role in supporting a healthy mood. Nutrition, supplements, environment, lifestyle, and other key factors are discussed. By Nutritional Health Coach, Vitamin Cottage.

Location: Senior Center

6/14 Th 10:00-11:00 AM No Fee 325459-01

Nutrition Planning & Prepping

Learn how to plan meals that are affordable and healthy, with helpful tips when grocery shopping and planning meals on a budget. Learn how meal prepping can be time efficient and affordable. Helpful for those cooking for one, two, or the entire family. By UCHealth Clinical Dietician.

Location: Senior Center

6/20-6/27 W 3:00-4:30 PM $10 325405-01

21-Day Sugar Detox

Sugar is highly addictive. Eating foods high in sugar and refined carbs can destroy health, cause fatigue, weight gain, mood swings, aches pains, and illness. Through this proven program, learn to tame the “Sugar Monster.” By Wellness Coach. Note: Class will not be held on 6/14.

Location: Senior Center

5/31-6/21 Th 5:30-6:30 PM $60 325412-01

Financial

Buying a Home

Learn about home mortgages or refinancing an existing mortgage, from credit checks to being handed the keys. Discuss loan types, down payments, the current market, choosing a realtor, fees, and buying or renting considerations. By Public Service Credit Union.

Location: Foothills Activity Center

6/6 W 6:30-7:30 PM No Fee 325732-01

Car Buying Tips

Be informed before purchasing a vehicle. Discuss buying new and used cars, what to expect at a dealership, leasing considerations, ownership costs, and research resources. By Public Service Credit Union.

Location: Foothills Activity Center

7/25 W 6:30-7:30 PM No Fee 325734-01

Thinking of Transitioning

The decision to move can be complex. Learn what to expect throughout the moving process whether moving to a retirement community or downsizing a home. By Windemere Senior Move Managers.

Location: Senior Center

6/6 W 10:00-11:00 AM No Fee 325421-01

7/18 W 10:00-11:00 AM No Fee 325421-02

8/22 W 10:00-11:00 AM No Fee 325421-03

Upside of Downsizing

Whether clearing the clutter from a closet, downsizing every room from attic to basement, or planning to downsize the home itself, get tips and strategies to de-clutter and organize stuff. Learn the why, how, and what of organizing, decluttering, and downsizing. By Home Smart Realty Group.

Location: Senior Center

6/12 Tu 10:00-11:30 AM No Fee 325432-01

7/26 Th 9:30-11:00 AM No Fee 325432-02

8/13 M 1:00-2:30 PM No Fee 325432-03

Holistic Options

Aromatherapy

Learn the basics of aromatherapy with essential oils.

Location: Senior Center

6/6 W 6:00-7:00 PM No Fee 325406-01

Art of Blending Essential Oils

Discuss the differences of essential oils and the best ways to blend the oils.

Location: Senior Center

8/1 W 6:00-7:00 PM No Fee 325457-01

Conscious Aging

Acupuncture and Oriental medicine view life’s rhythm in cycles and seasons. Learn how this profound ancient medicine can impact health and wellbeing. Make the choice to age consciously, integrating body, mind, spirit, and heart. Susan Goldstone, L.Ac, Oriental medicine practitioner.

Location: Senior Center

6/4 M 10:00-11:00 AM No Fee 325450-01

Creating a Chemical Free Home

Love a clean home, but hate having to use harmful chemicals? Learn how to use essential oils and simple ingredients to make everything from hand soap to multipurpose cleaners, all without chemicals.

Location: Senior Center

6/11 M 7:00-9:00 PM No Fee 325448-01

7/9 M 7:00-9:00 PM No Fee 325448-02

8/13 M 7:00-9:00 PM No Fee 325448-03

Essential Oils 101

Designed for beginners, as well as a great refresher for those already using oils. Smell, feel, and taste pure essential oils and learn the methods of application.

Location: Senior Center

6/20 W 10:00 AM-Noon No Fee 325449-01

7/11 W 10:00 AM-Noon No Fee 325449-02

8/2 Th 10:00 AM-Noon No Fee 325449-03

Healing thru Meditation &Spiritual Wisdom

Age gracefully by bringing strength to midlife joys and challenges through simple yoga breathing, visualization, positive affirmations, and meditations. Techniques help with stress, fatigue, lack of sleep, high blood pressure, and emotional distress. Led by Swamijii Dharmananda. Note: Class will not be held on 8/10.

Location: Senior Center

6/1-6/22 F 10:00-11:30 AM $40 325411-01

7/6-7/27 F 10:00-11:30 AM $40 325411-02

8/3-8/31 F 10:00-11:30 AM $40 325411-03

Morning Meditation

Basic instruction followed by guided meditation with time for silent practice. Enjoy reflections on how to make and maintain space for deliberate mindfulness in everyday life. By CSU/Larimer County Extension.

Location: Senior Center

6/21 Th 9:00-10:00 AM No Fee 325404-01

7/19 Th 9:00-10:00 AM No Fee 325404-02

8/23 Th 9:00-10:00 AM No Fee 325404-03

Pain Management & Essential Oils

Learn the essential oils that assist with pain management.

Location: Senior Center

7/3 Tu 6:00-7:00 PM No Fee 325429-01

Stay Healthy with Acupuncture

Acupuncture helps the body feel better by postponing surgeries, relieving acute and chronic pain, expediting healing, improving memory, increasing energy, balance, and stamina, and helping with arthritis, allergies, asthma, and digestion. By Susan Goldstone, L.Ac, Oriental Medicine Practitioner.

Location: Senior Center

8/27 M 10:00-11:00 AM No Fee 325451-01

Ice Skating

Learn to Skate USA

Anyone enrolled in the Learn to Skate program 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 are in compliance with United States Figure Skating.

Parents may observe lessons from the upstairs bleachers; it is distracting for skaters and coaches to have parents at the gate and also 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 lessons are 30-45 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.

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

Proper clothing may include:

Helmet (also available at EPIC; required for Snowplow Sam 1-4, and strongly recommended for beginners).

Gloves (thin, not ski mittens).

Fleece or light weight jacket.

Skating dresses with tights or leggings/pants that are easy to move in.

Loose or bulky clothing is not recommended.

Public Skate

Lace up and get on the ice. Rinks are open for Public Skate at various dates and times throughout the week. Visit fcgov.com/iceskating for a current schedule. Note: Skate rentals are an additional $3.

Location: Edora Pool Ice Center

Age: 0-17 years

Ongoing M-Su Various Times $4

Age: 18-49 years

Ongoing M-Su Various Times $5

Age: 50 years & up

Ongoing M-Su Various Times $4.50

Freestyle

For more information about competitive and 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 is 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

Women’s Hockey

Flames / Phoenix / Comets
wachhockey.com

College Hockey

Colorado State University
csuhockey.com

High School Hockey

High Plains Hockey
highplainshockey.com

Figure Skating Club

Fort Collins Figure Skating Club
fortcollinsfsc.org

Speed Skating

Jondon Speed
jondonspeed.com

Curling

Poudre Valley Curling Club
poudrevalleycurling.com

Curling

Curling League

League is for those who want to experience competitive curling. Each curling team consists of four curlers. Sign-up individually and add team names to the roster note. Note: League will not be held on 7/13.

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

6/1-6/22 F 5:45-7:15 PM $44 310376-01

7/6-8/3 F 5:45-7:15 PM $55 310376-02

Learn to Curl

Designed for those who have never curled before and would like to see what it’s all about. Learn to slide, throw stones, sweep, terminology, and proper curling technique.

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

8/10 F 5:45-7:15 PM $11 310377-01

Hockey

Cub Hockey, Beginner

Practice is held on Tuesdays; focus is on basic hockey and skating skills. Recreational games are held on Thursdays. Equipment can be checked out with a $150 deposit check. Rental skates included; sticks available at equipment check-out for $12. Prerequisite: Tot 1 or Basic 1. Note: Equipment handout is 5/31 from 4–6 p.m. at EPIC. Equipment check-in is immediately following last game of the season. Note: Class will not be held on 7/3, 7/5.

Age: 4-8 years

Location: Edora Pool Ice Center

6/5-8/2 Tu,Th 5:00-5:45 PM $193 310372-01

Power Skating Drop-In

Hockey skaters develop power, agility, and endurance. Program developed by two-time Olympic speed skater, Jondon Trevena. Full hockey gear required. Note: Class will not be held on 7/4.

Age: 9-17 years

Location: Edora Pool Ice Center

5/30-6/20 W 5:00-5:45 PM $58

6/27-7/18 W 5:00-5:45 PM $44

7/25-8/15 W 5:00-5:45 PM $58

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. for the morning session and 7 p.m. for the evening session. Payment must be made when signing up unless a hockey punch pass in on file for phone-ins. Limited to 30 players. Note: Session will not be held on 7/4.

Location: Edora Pool Ice Center

Age: 16 years & up

5/29-8/17 M-F 11:30 AM-1:00 PM $5

6/2-8/18 Sa 6:00-7:30 PM $5

Age: 18 years & up

5/29-8/17 Tu,W,F 9:15-10:45 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 7/17, 7/19

Age: All
Location: Edora Pool Ice Center

6/4-8/13 M 3:15-4:30 PM $5

5/29-8/16 Tu,Th 1:30-2:45 PM $5

6/1-8/17 F 4:45-6:00 PM $5

6/2-8/18 Sa 1:00-2:30 PM $5

6/3-8/19 Sa,Su 4:15-5:45 PM $5

Speed Skating

Speed Skating

Designed to enhance skating speed technique for all types of skating. Gain knowledge of edges, pushes, balance, and pressure. Developed by two-time Olympic speed skater, Jondon Trevena. Prerequisite: Previous skating experience required. Attire: Warm-up pants, long sleeved shirt, and speed skates (intermediate and advanced).

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

5/30-8/8 W 6:00-6:45 PM $12

Adult Programs

Adult Beginning & Intermediate Skate

Designed for those with little or no previous experience on 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

6/5-6/26 Tu 6:15-6:45 PM $39 310349-01

7/10-7/31 Tu 6:15-6:45 PM $39 310349-02

Adult Advanced Skate

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

6/5-6/26 Tu 6:15-6:45 PM $39 310353-01

7/10-7/31 Tu 6:15-6:45 PM $39 310353-02

Fitness Skate

Intermediate to advanced skaters benefit from this aerobic exercise. 10- or 20-Admission Passes available. Note: Session will not be held on 7/4, 7/16, 7/18.

Age: 16 years & up
Location: Edora Pool Ice Center

5/30-8/17 M,W,F 11:15 AM-12:45 PM $6

Senior Coffee Club

Designed for older adults interested in social skating. Drop-in fees apply. Note: Session will not be held on 7/4, 7/18.

Age: 60 years & up
Location: Edora Pool Ice Center

5/30-8/15 W 9:15-11:15 AM No Fee

Youth Programs

Snowplow Sam 1 & 2

Introduction to the ice at a relaxed pace. Learn to sit on the ice and stand up, to march in place, the standing swizzle, dip, to march forward, forward marching with two-foot glide, and be introduced to backward wiggles and rocking horse.

Age: 4-5 years

Location: Edora Pool Ice Center

6/5-6/28 Tu,Th 9:30-10:00 AM $73 310302-01

6/5-6/28 Tu,Th 4:30-5:00 PM $73 310302-02

7/10-8/2 Tu,Th 9:30-10:00 AM $73 310302-03

7/10-8/2 Tu,Th 4:30-5:00 PM $73 310302-04

Snowplow Sam 3 & 4

Learn to march forward across ice, forward one-foot glide, two-foot turns, rocking horse, forward swizzles, snowplow stop, two-foot hop, and backward wiggles. Prerequisite: Successful completion of Snowplow Sam 1 & 2.

Age: 4-5 years

Location: Edora Pool Ice Center

6/5-6/28 Tu,Th 9:30-10:00 AM $73 310304-01

6/5-6/28 Tu,Th 4:30-5:00 PM $73 310304-02

7/10-8/2 Tu,Th 9:30-10:00 AM $73 310304-03

7/10-8/2 Tu,Th 4:30-5:00 PM $73 310304-04

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.

Age: 5-9 years

Location: Edora Pool Ice Center

6/4-6/27 M,W 4:30-5:15 PM $109 310306-01

6/5-6/28 Tu,Th 10:00-10:45 AM $109 310306-02

7/9-8/1 M,W 4:30-5:15 PM $109 310306-03

7/10-8/2 Tu,Th 10:00-10:45 AM $109 310306-04

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 ages 10-15 years and never skated.

Age: 5-15 years

Location: Edora Pool Ice Center

6/4-6/27 M,W 4:30-5:15 PM $109 310310-01

7/9-8/1 M,W 4:30-5:15 PM $109 310310-02

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.

Age: 5-15 years

Location: Edora Pool Ice Center

6/4-6/27 M,W 4:30-5:15 PM $109 310314-01

7/9-8/1 M,W 4:30-5:15 PM $109 310314-02

Basic 4 Skate

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

Age: 5-15 years

Location: Edora Pool Ice Center

6/4-6/27 M,W 4:30-5:15 PM $109 310316-01

7/9-8/1 M,W 4:30-5:15 PM $109 310316-02

Basic 5 & 6 Ice Skating

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

Age: 5-15 years

Location: Edora Pool Ice Center

6/4-6/27 M,W 4:30-5:15 PM $109 310320-01

7/9-8/1 M,W 4:30-5:15 PM $109 310320-02

Pre-Free Skate

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

Age: 5-15 years

Location: Edora Pool Ice Center

6/5-6/28 Tu,Th 4:30-5:15 PM $115 310326-01

7/10-8/2 Tu,Th 4:30-5:15 PM $115 310326-02

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.

Age: 5-15 years

Location: Edora Pool Ice Center

6/5-6/28 Tu,Th 4:30-5:15 PM $115 310332-01

7/10-8/2 Tu,Th 4:30-5:15 PM $115 310332-02

Free Skate 3 & 4

Focus on alternating backward crossovers to back outside edges, alternating mohawk/crossover sequence, waltz three-turns, advanced back spin with free toot in crossed legged position, loop jump, waltz jump-toe loop or salchow-toe loop combination, forward power three-turns, waltz eight, forward upright spin to backward upright spin, sit spin, half loop, and flip. For a detailed description of skills, see the Learn-to-Skate bulletin board at EPIC. Prerequisite: Successful completion of Pre-Free Skate.

Age: 5-15 years

Location: Edora Pool Ice Center

6/5-6/28 Tu,Th 4:30-5:15 PM $115 310334-01

7/10-8/2 Tu,Th 4:30-5:15 PM $115 310334-02

**Free Skate 5 & 6**

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

Age: 5-15 years

Location: Edora Pool Ice Center

6/5-6/28 Tu,Th 4:30-5:15 PM $115 310336-01

7/10-8/2 Tu,Th 4:30-5:15 PM $115 310336-02

**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: 8-15 years

Location: Edora Pool Ice Center

6/5-6/26 Tu 5:30-6:00 PM $39 310330-01

6/5-6/28 Tu,Th 5:30-6:00 PM $77 310330-02

6/7-6/28 Th 5:30-6:00 PM $39 310330-03

7/10-7/31 Tu 5:30-6:00 PM $39 310330-04

7/10-8/2 Tu,Th 5:30-6:00 PM $77 310330-05

7/12-8/2 Th 5:30-6:00 PM $39 310330-06

Specialty Skate

Ice Dance

Learn preliminary and/or pre-bronze ice dance steps and patterns. Learn how to skate with a partner. Goal is to be prepared take one or more dance tests during the summer test sessions. Note: Must be USFS member to test Prerequisite: Completion of Basic 7.

Age: 6 years & up
Location: Edora Pool Ice Center

6/16-7/21 Sa 10:00-11:00 AM $115 310346-01

Introduction to Ice Dancing

Learn the basic components of ice dance such as dance steps (progressives, chasses, swing rolls, etc.), dance tempos, (tango, waltz, foxtrot) and presentation. Prerequisite: Basic 6 or coach recommendation.

Age: 6 years & up
Location: Edora Pool Ice Center

6/4-6/25 M 5:45-6:45 PM $77 310344-01

7/9-7/30 M 5:45-6:45 PM $77 310344-02

Introduction to Synchronized Ice Skating

Learn unison team skating in formations. Prerequisite: Basic 7

Age: 6-13 years

Location: Edora Pool Ice Center

6/5-6/26 Tu 6:15-7:00 PM $58 310340-01

7/10-7/31 Tu 6:15-7:00 PM $58 310340-02

Outdoor Recreation

Adult Programs

Classes are for ages 18 years & up unless otherwise noted.

Outdoor Recreation Summer Social

Kick off the outdoor season in style with the Outdoor Recreation Summer Social. Dust of those hiking boots, fill the backpack, and unfold that tent: it’s time to get outside. Learn about the new Outdoor Recreation opportunities available this summer while meeting new friends. Note: Food and entertainment provided.

Location: Senior Center

6/14 Th 6:30-8:30 PM No Fee 311940-01

B.O.O.T.S. ]

Building on Outdoor Trail Stewardship (B.O.O.T.S.) is a club designed for those wanting to be outside, get dirty, give back, and stay active. Experience new social opportunities in the outdoors with like-minded outdoor enthusiasts. Registration for the Quarterly Kickoff Meeting acts as enrollment in club membership and all ongoing club activities throughout the summer season. Registration is open throughout the entire summer.

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

Meet club members and club coordinators. Learn about upcoming outdoor recreation programs and club 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 required for participation in club activities.

Location: Senior Center

6/4 M 5:00-6:00 PM $10 311930-01

Stewardship Activities

Assist with outdoor volunteer projects around Larimer County. 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. Meetings are the first Thursday of the month.

Location: Senior Center

Ongoing Th 9:00-10:00 AM No Fee

Hiking Activities

Join fellow outdoor enthusiasts for monthly 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 the second Tuesday of the month. Hikes depart from designated trailheads. Instructor will notify participants of location prior to class.

Location: Tba

Ongoing T 9:00-11:00 AM No Fee

Cycling ]

Adult Learn to Ride

Regardless of age, it’s not too late to learn to ride a bicycle. Use a safe, easy, and effective method to learn to balance, pedal, start, stop, steer, and properly fit and wear a helmet. Note: Call 970.221.6987 to request a bike and/or helmet.

Location: Senior Center

6/12-6/21 Tu,Th 6:00-7:30 PM $20 307416-01

7/14-8/4 Sa 8:30-10:00 AM $20 307416-02

Back on the Bike

Become familiar with bicycling gear and build confidence both on and off the bike. Learn how to conduct bike safety checks, properly fit helmets, practice basic bike handling skills, and safely navigate key bicycle infrastructure. Note: Call 970.221.6987 to request a bike and/or helmet.

Location: Senior Center

7/10-7/19 Tu,Th 6:00-7:30 PM $20 307401-01

Mountain Bike Basics

A brief introduction to the skills and knowledge that will get beginner mountain bikers riding singletrack, overcoming obstacles, and learning techniques to make riding off road safe and fun. A mountain bike and helmet are required, but not provided. Note: Instructor will notify participants of location prior to class.

Location: Tba

6/13-6/27 W 5:00-7:30 PM $50 307468-01

7/11-7/25 W 5:00-7:30 PM $50 307468-02

8/15-8/29 W 5:00-7:30 PM $50 307468-03

Outdoor Education ]

Backpacking Basics

An introduction to the skills needed to travel, cook, and backpack in the great outdoors. Go over equipment selection and use, trip planning, meal preparation, and backcountry ethics during two interactive classroom sessions followed by an evening hike with a delicious dinner. Instructor will notify participants of location prior to class.

Location: Tba

6/18-6/20 M,W 5:00-7:00 PM $80 307419-01

6/22 F 5:00-9:00 PM

Backyard Birding

Identify common birds and study behaviors, food, and habitat. Introductory class is hosted on the outdoor back patio of the Senior Center. Afterwards, walk to Rolland Moore Park to see birds in their natural habitat and to do a bird count.

Location: Senior Center

6/12-6/14 Tu,Th 9:00 AM-Noon $60 307413-01

Birds & Burrows

The grasslands of North America are some of the most biodiverse ecosystems on earth, and are also the most rapidly decreasing. The grassland birds depending on them for habitat are also in steep decline. Learn what scientists and conservationists are doing to help reverse the decline in grassland bird species.

Location: Senior Center

7/26 Th 9:00-10:00 AM $5 307407-01

First Responder Courses

For information about CPR and First Aid courses, see page 53.

Hiking Fit

Discuss tools and tips to safely hike this summer. Exercises to increase balance, endurance, and overall wellness are incorporated to ensure a safe, successful, fun day on the trails. By UCHealth Outpatient Therapy.

Location: Senior Center

6/5 Tu 10:00-11:30 AM $7 325415-01

Mountain Lions in the Front Range

Study the natural history of the mountain lion and learn where they are and what they are doing. Also see how data collection helps solve these mysteries. Classroom and field time provided.

Location: Senior Center

6/18-6/19 M,Tu 9:00 AM-Noon $60 307412-01

Native Plant Identification

Become familiar with many of the native trees, shrubs, and perennials in Fort Collins. After breaking the code for identifying plants, identify plants on your own. Indoor and outdoor class time provided.

Location: Senior Center

6/20-6/22 W,F 9:00 AM-Noon $60 307417-01

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.

Location: Senior Center

6/21 Th 4:00-8:00 PM $45 307414-01

7/11 W 4:00-8:00 PM $45 307414-02

8/5 Su 4:00-8:00 PM $45 307414-03

Hiking

Designed for adults ages 50 years & up who enjoy a good physical outing, as well as accommodate a range of individual paces. Ages 18 years & up are also welcome. Trips depart from the Senior Center unless otherwise noted.

Bring own equipment, water, 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.

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.

For overnight adventure trips please see pages 105

Leisure Hikes ]

Homestead Meadows, Hermit Park

Explore beautiful open space rich in homestead history. Rating: moderate; mileage: 4-6 miles; lowest elevation: 8300 ft.; highest elevation: 8600 ft.

6/27 W 7:00 AM-3:00 PM $31 311903-01

Twin Lakes Valley Loop, CSU Mountain Campus

From the CSU Mountain Campus in Pingree Park explore beautiful mixed forests and open space climbing to Twin Lakes Reservoir. Rating: easy; mileage 4 miles; lowest elevation: 8930 ft.; highest elevation: 9790 ft.

7/12 Th 7:00 AM-3:00 PM $31 311903-02

Gould Loop to Ranger Lakes, Poudre Canyon

Quiet trails along Michigan River through wooded sections and overlooks moose habitat. Rating: easy; mileage 5 miles; lowest elevation: 9400 ft.; highest elevation: 9640 ft.

7/27 F 7:00 AM-3:00 PM $31 311903-03

Comanche Lakes, Pingree Park

Climb through a dense subalpine fir and Engelmann spruce forest before reaching the spectacular lake. Rating: easy; mileage 5 miles; lowest elevation 9569 ft.; highest elevation 9949 ft.

8/1 W 7:00 AM-3:00 PM $31 311903-04

Bridal Veil Falls, RMNP

Trail is vest for brilliant plumes of whitewater. Rating: easy; mileage 6 miles; lowest elevation 7960 ft.; highest elevation 8880 ft.

8/10 F 7:00 AM-3:00 PM $31 311903-05

Zimmerman Lake

Beautiful views of Neota Wilderness. Peaceful trail on an old logging road. Rating: easy; mileage 2-4 miles; lowest elevation 10020 ft.; highest elevation 10495 ft.

8/24 F 7:00 AM-3:00 PM $31 311903-06

Hiking Trips]

Deer Mountain

Hike through mature ponderosa pines and open country towards the summit with big views of Little Horseshoe Park and Mummy Range. Rating: moderate; mileage: 5-7 miles; lowest elevation: 8940 ft.; highest elevation: 10013 ft.

6/7 Th 7:00 AM-4:00 PM $38 311901-01

B-17 Bomber Site, Pingree Park

Wonderful views around the boulder field crash site. Rating: strenuous; mileage: 5 miles; lowest elevation: 9000 ft.; highest elevation: 10300 ft.

6/12 Tu 7:00 AM-4:30 PM $38 311901-02

Cirque Meadows

Stunning views of four great cirques via the CSU Mountain Campus. Rating: moderate: mileage 7 miles; lowest elevation: 8930 ft.; highest elevation: 9790 ft.

6/20 W 7:00 AM-4:30 PM $38 311901-03

Sand Beach, RMNP

Hike to a beautiful secluded mountain lake. Rating: strenuous; mileage: 8.4 miles; lowest elevation: 8340 ft..; highest elevation: 10283 ft.

6/26 Tu 7:00 AM-4:30 PM $38 311901-04

Montgomery Pass

Short route to timberline offers a spectacular view of wildflowers. Rating: moderate; mileage: 4 miles; lowest elevation: 9920 ft.; highest elevation: 10999 ft.

7/5 Th 7:00 AM-4:30 PM $38 311901-05

American Lakes

Scenic hike to the lakes with lots of wildflowers on the RMNP boundary at Thunder Pass. Rating: strenuous; mileage: 10 miles; lowest elevation: 9800 ft.; highest elevation: 11200 ft.

7/10 Tu 7:00 AM-4:30 PM $38 311901-06

Stormy Peaks

Trail follows a moraine for more than a mile and rises to provide spectacular views of Pingree Park and the Mummy Range. Trail crosses Comanche Peak Wilderness before reaching the northern border of RMNP. Rating: strenuous; mileage: 7 miles; lowest elevation: 9040 ft.; highest elevation: 10400 ft.

7/18 W 7:00 AM-4:30 PM $38 311901-07

Big South

Vistas of rugged canyon while trekking through the subalpine forest. Rating: moderate; mileage 5 miles; lowest elevation 8500 ft.; highest elevation: 8900 ft.

7/31 Tu 7:00 AM-4:30 PM $38 311901-08

Medicine Bow, Wyoming

Begins at timberline and offers scenic views of alpine lakes and forest below. Rating: strenuous; mileage 10 miles; lowest elevation: 10200 ft.; highest elevation: 11500 ft.

8/8 W 7:00 AM-4:30 PM $95 311901-09

Chasm Lake, RMNP

Rugged trail leads deep into a spectacular glacial valley with access to Mills Lake, Jewel Lake, and Ribbon Falls along the way. Rating: strenuous; mileage 8.4 miles; lowest elevation 9405 ft.; highest elevation: 11803 ft.

8/16 Th 7:00 AM-4:30 PM $38 311901-10

Lower Ute, RMNP

Hiking through large meadows, mixed forests, and potential rich wildlife. Rating: moderate; mileage 4.6 miles; Lowest elevation: 8440 ft.; highest elevation: 9245 ft.

8/23 Th 7:00 AM-4:30 PM $38 311901-11

Trap Park

Expansive views of Neota Wilderness and a popular moose area. Rating: moderate; mileage: 5-7 miles; lowest elevation: 10000 ft.; highest elevation: 10500 ft.

8/29 W 7:00 AM-4:30 PM $38 311901-12

Family Programs

**Fireside Chats**

Enjoy a summer evening on the patio of the Senior Center overlooking Rolland Moore Park. Learn about nocturnal wildlife while enjoying s’mores and the crackling of a campfire. Guided night walks provided for those interested.

Age: All
Location: Senior Center

6/7 Th 7:00-9:00 PM $3 307405-01

7/12 Th 7:00-9:00 PM $3 307405-02

8/2 Th 7:00-9:00 PM $3 307405-03

Urban Nature Walks

Learn about the best places to take a green break close to work or home and enjoy nature more each day by incorporating the knowledge provided by Nature in the City. Meet in Old Town Fort Collins and stroll as a group on paved trails and through gardens and green spaces. Note: Youth ages 12 years and under must be accompanied by a guardian.

Age: All
Location: Old Town Fort Collins

7/26 Th 3:00-5:00 PM $10 307408-01

8/16 Th 3:00-5:00 PM $10 307408-02

Youth Programs

Archery

Archery is a skillful sport requiring balance, poise, accuracy, vision, timing, and action. Basic techniques and how to be safe are taught in this indoor environment. Equipment provided. Check in by 4:15 p.m.

Age: 8-16 years

Location: Rocky Mtn. Archery, 4518 Innovation Dr.

6/21-6/28 Th 4:30-5:30 PM $30 315941-02

7/12-7/19 Th 4:30-5:30 PM $30 315941-03

7/26-8/2 Th 4:30-5:30 PM $30 315941-04

Special Events

Father’s Day 5k

Celebrate dad with a race to the finish. This unique race includes father/child team races and individual races. The new route runs through the Mall at Foothills. Proceeds benefit Adaptive Recreation Opportunities. For more information and to register, visit greeneventscolorado.com.

Age: All

Location: The Mall at Foothills

6/17 Su 8:00 AM Costs Vary

Kites in the Park

Celebrate spring, family, and the outdoors. Watch kite demonstrations with giant kites, battling kites, and kite ballet. Decorate kites, visit food and merchandise vendors, and of course, bring a own kite to fly.

Age: All
Location: Spring Canyon Park

5/20 Su 10:00AM-3:00PM No Fee

All American BBQ

What’s more American than Apple Pie? The All American BBQ and Apple Pie Baking Contest. Musical entertainment and pie provided. For information about participating in the Pie Baking Contest, visit the Senior Center Front Desk.

Location: Senior Center

Age: 16 years & up

7/1 Su 3:00-6:00 PM $15 312444-01

Age: 8-16 years

7/1 Su 3:00-6:00 PM $8 312444-01

Age: 0-7 years

7/1 Su 3:00-6:00 PM No Fee 312444-01

4th of July Parade & Fireworks

Celebrate America’s independence with a full day of events. The 4th of July Celebration begins with a parade down Mountain Avenue at 10 a.m. The parade begins on Howes St. The day of festivities concludes with musical entertainment in City Park and a stunning firework display. For a full schedule of events, visit fcgov.com/july4th.

Age: All
Location: Mountain Avenue & City Park

7/4 Tu 10:00 AM–10:00 PM No Fee

Summer Concert Series

Doors open at 5:30 p.m. Local, opening acts begin at 6 p.m. Tickets can be purchased at the Senior Center or online. Present receipt of purchase at door.

Age: All
Location: Senior Center

The Movers and Shakers

High-energy rock & roll, soul, and R&B band from Denver.

6/8 F 7:00-9:00 PM $5 312445-01

The Tom Petty Project

From Tom Petty’s emergence in the mid-70s to present day, these are the songs of our lives. The show is a full-on re-creation of what it’s like to be at a Tom Petty and The Heartbreakers concert.

7/13 F 7:00-9:00 PM $5 312445-02

The Fab 4

Go back in time when four lads from Liverpool ruled the world of music. Be dazzled with colorful costumes, vintage guitars, and incredible vocals. Dance to the early rockers or sit back and listen to mesmerizing harmonies in ballads and love songs.

8/17 F 7:00-9:00 PM $5 312445-03

Colorado Vintage Base Ball Associations’ 25th Anniversary Tournament

Take a step back in time to 1860 with period uniforms, costumes, and good old fashion fun with this interactive event of living history. Bring lawn chairs and enjoy the show. Games begin at 9 a.m., 11 a.m., 1 p.m. & 3 p.m. each day.

Age: All
Location: Spring Canyon Park

8/4-8/5 Sa,Su 9:00 AM–4:00 PM No Fee

Pooch Plunge

Enjoy a dog-day afternoon at City Park Pool with man’s best friend. Tickets can be purchased beginning 8/13 at Mulberry Pool or EPIC.

Age: All
Location: City Park Pool

Pre-sale Tickets

8/26 Su 4:00– 6:00 PM $8, includes one human and one dog

8/26 Su 4:00–6:00 PM $2, one human

Day of Tickets

8/26 Su 4:00–6:00 PM $10, includes one human and one dog

8/26 Su 4:00–6:00 PM $2, one human

Curling Bonspiel

Get out the cowbells, it’s bonspiel time. Register as a team of four or as an individual. Curling league is offered all summer as practice for this event. 4 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

Sports

Adult Sports

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

BaskeTball ]

Summer Adult BaskeTball

Get a team together to escape the heat and shoot hoops. Teams register on a first-come-first serve basis. Registration begins 4/30, ends 5/25 or when league fills. Rosters unlimited. Note: Class will not be held on 7/6.

Age: 16 years & up
Location: Northside Aztlan Center

Cost: $449

Date: 6/1-7/27

Men’s Friday Competitive 313001-01

Men’s Friday Recreational 313001-02

Women’s Friday Recreational 313001-03

Fall Adult BaskeTball

Get a team together to shoot hoops. Teams register on a first-come-first serve basis. Registration begins 4/30, ends 8/25 or when league fills. Rosters unlimited. Note: Class will not be held on 7/6.

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 ]

Summer Adult Flag FooTball

Leagues are 8-on-8 non-contact. Registration begins 2/8, ends 5/25 or when leagues fill; 8 games scheduled, 8 games guaranteed. League begins the week of 6/4.

Age: 16 years & up
Location: Rolland Moore Park

Cost: $435

Men’s Thursday Recreational 313011-01

Fall Adult Flag FooTball

Leagues are 8-on-8 non-contact. Registration begins 5/10, ends 8/10 or when leagues fill; 8 games scheduled, 8 games guaranteed. League begins the week of 8/20. Note: Class will not be held on 9/3.

Age: 16 years & up
Location: Rolland Moore Park

Cost $435

Men’s Monday Recreational 413011-01

Men’s Tuesday Recreational 413011-02

Men’s Thursday Recreational 413011-03

Kickball ]

Summer Adult Coed Kickball

Play an American classic that was invented on the playground. Registration begins 2/2, ends 5/23 or when league fills. League begins 6/1; 8 games scheduled.

Age: 16 years & up
Location: Rolland Moore Park

Cost: $260

Date: 6/1-8/3

Friday Competitive 313061-01

Friday Recreational 313061-02

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

Martial Arts ]

Shotokan Karate, Beginning

Designed to introduce karate to individuals who may be interested in this 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. Note: Class will not be held on 9/3.

Age: 7 years & up
Location: Club Tico

6/4-7/2 M,W 6:00-7:00 PM $49.50 322122-01

7/9-8/8 M,W 6:00-7:00 PM $55.00 322122-02

8/13-9/12 M,W 6:00-7:00 PM $49.50 322122-03

Shotokan Karate, Intermediate

Physical and mental benefits of practice include enhanced physical condition, increased stamina and coordination, and increased confidence, self-esteem, discipline, and concentration. Learn intermediate techniques and forms before moving forward to the advanced level. Note: No beginning karate students. Class will not be held on 9/3.

Age: 7 years & up
Location: Club Tico

6/4-7/2 M,W 6:00-7:00 PM $49.50 322123-01

7/9-8/8 M,W 6:00-7:00 PM $55.00 322123-02

8/13-9/12 M,W 6:00-7:00 PM $49.50 322123-03

Shotokan Karate, Advanced

Learn new karate concepts while reinforcing the concepts learned in previous classes. Karate is never ending; continue to develop and change physical and mental skills. Note: No beginning karate students. Note: Class will not be held on 9/3.

Age: 7 years & up
Location: Club Tico

6/4-7/2 M,W 7:00-8:00 PM $49.50 322124-01

7/9-8/8 M,W 7:00-8:00 PM $55.00 322124-02

8/13-9/12 M,W 7:00-8:00 PM $49.50 322124-03

Pickleball ]

Pickleball, Beginning Lessons

For those new to pickleball or wanting to freshen up basic skills. Classroom and court time to learn rules, scoring, and basics incorporated. Note: Class will not be held on 8/7.

Age: 18 years & up
Location: Senior Center

6/5-6/26 Tu 9:45-11:00 AM $21 324420-01

7/10-7/31 Tu 9:45-11:00 AM $21 324420-02

8/14-8/28 Tu 9:45-11:00 AM $15.75 324420-03

Pickleball, Intermediate Lessons

Enhance skills through practice drills and learning the finer points of play. Prerequisite: Completion of Pickleball, Beginning Lessons, ability to demonstrate adequate skills, and proficiency in novice play.

Age: 18 years & up
Location: Senior Center

6/20 W 10:00 AM-Noon $14 324422-01

7/18 W 10:00 AM-Noon $14 324422-02

8/15 W 10:00 AM-Noon $14 324422-03

Paid Open Play (POP) Summer Outdoor Pickleball

Get fresh air and the heart pumping on the outdoor pickleball courts. No court reservations required, however players are expected to rotate fairly and exhibit excellent sportsmanship. League and tournament play have priority.

Cost: $20

Age: 18 years & up

Location: Twin Silo Park

6/1-8/31 M,W,F,Sa 9:00 AM-Noon 324100-01

6/1-8/31 Tu,Th,Su 5:00 PM-Dusk

Location: City Park

6/1-8/31 Tu,Th,Su 9:00 AM-Noon

6/1-8/31 M,W,F,Sa 5:00-9:00 PM

Pickleball League, Mixed Doubles

Adult teams of various skill levels play matches against teams with similar skills each week. Teams compete in pool play with the opportunity to move up or down brackets according to results. Register as a two-person team.

Age: 18 years & up
Location: Senior Center

6/19-7/24 Tu 5:00-9:00 PM $75 324410-01

Pickleball Festival

A day of demos, drills, skills, fun, food, and pickleball games.

Age: All
Location: Twin Silos Community Park

6/9 S 9:00 AM-4:00 PM No Fee

Pickleball Tournament, Adios August

Mixed-doubles level 3.5 and up tournament. Enjoy fun, food, and competition. Register as a two-person team.

Age: 18 years & up
Location: Senior Center

8/25 Sa 9:00 AM-4:00 PM $65 324400-01

Pickleball Tournament, Beat the Heat

Beat the heat outside and turn up the heat inside. Self-ranking for first round, then placement for continuing play. Level 3.0, 3.5, 4.0+. Register as a two-person team.

Age: 18 years & up
Location: Northside Aztlan Center

7/22 Su 9:00 AM-4:00 PM $72 324500-01

Pickleball Tournament, Summer

The culmination of summer skill work comes to fruition. Round one is self-ranking for continued play. Register as a two-person team.

Age: 18 years & up
Men’s Tournament

Location: City Park

6/29 F 9:00 AM-4:00 PM $75 324401-01

Women’s Tournament

Location: Twin Silos Community Park

6/29 F 9:00 AM-4:00 PM $75 324401-01

SofTball ]

Summer Adult SofTball

Games are played at Fossil Creek, Lee Martinez, and Rolland Moore Parks. Season ends with league tournaments and awards given to winners. Optic yellow balls are used; coed leagues play with men hitting 12” sofTballs and women hitting 11” sofTballs. Registration begins 2/8, ends 4/20 or when leagues fill. Note: Class will not be held on 5/25, 5/27, 5/28, 7/3, 7/4, 7/5..

Age: 16 years & up
Location: Tba

Cost: $575

Date: 5/13-8/17

Men’s

Sun III 313021-01

Sun IV 313021-02

Mon III 313021-03

Mon IV 313021-04

Tue II 313021-05

Tue III 313021-06

Tue IV 313021-07

Wed II 313021-08

Wed III 313021-09

Wed IV 313021-10

Thu III 313021-11

Thu IV 313021-12

Fri IV 313021-13

Fri Wood Bat 313021-14

Fri 40 & Over 313021-15

Women’s

Tue IV 313022-01

Wed IV 313022-02

Thu III 313022-03

Thu IV 313022-04

Thu Leisure 313022-05

Coed

Sun Competitive 313023-01

Sun Recreational 313023-02

Tue Competitive 313023-03

Tue Recreational 313023-04

Wed Competitive 313023-05

Wed Recreational 313023-06

Thu Competitive 313023-07

Thu Recreational 313023-08

Fri Recreational 313023-09

Men’s Fastpitch

Thu 313024-01

Fall Adult SofTball

Continue playing sofTball after the summer leagues have concluded. 8 games scheduled, 8 games guaranteed. Registration begins 5/10, ends 8/10 or when leagues fill. League begins the week of 8/19. Note: Class will not be held on 8/31 9/2, 9/3.

Age: 16 years & up
Location: Tba

Cost: $486

Date: 8/19-10/26

Men’s

Sun IV 413021-01

Mon III 413021-02

Mon IV 413021-03

Tue III 413021-04

Tue IV 413021-05

Wed III 413021-06

Wed IV 413021-07

Thu III 413021-08

Fri Unlimited HR 413021-09

Fri IV 413021-10

Women’s

Tue IV 413022-01

Coed

Sun Competitive 413023-01

Sun Recreational 413023-02

Tue Competitive 413023-03

Tue Recreational 413023-04

Wed Competitive 413023-05

Wed Recreational 413023-06

Thu Competitive 413023-07

Volleyball ]

Teams sign up for their level of play and night preference on a first come basis. Levels A = Competitive, BB = Intermediate, B = Recreational.

Summer Outdoor Adult Volleyball

Self-officiated outdoor grass league with three matches per night. The season is approximately seven weeks long. Individual awards are given to league winners. Registration begins 5/10, ends 6/1, or when leagues fill.

Age: 16 years & up
Location: Spring Canyon Park

Cost: $47-$89

Date: 6/11-8/6

Men’s

Thu BB Doubles 313041-01

Women’s

Tue BB Doubles 313042-01

Tue B Doubles 313042-02

Coed

Mon A Doubles 313043-01

Mon BB Doubles 313043-02

Wed A Fours 313043-03

Wed BB Fours 313043-04

Thu B Fours 313043-05

Fall Women’s Volleyball

Coed and women’s leagues 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

Wed A 413542-01

Wed BB 413542-02

Coed

Mon BB 413543-01

Mon B 413543-02

Tue A 413543-03

Tue BB 413543-04

Fri B 413543-05

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.

Summer Hours are 8 a.m.–6 p.m., Monday through Saturday. Closed on Sunday.

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, Warren Park, Fossil Ridge High School, and Fossil Creek Park.

Adult Tennis ]

Session Dates for All Classes

6/4-6/16 Session 1

6/18-6/30 Session 2

7/2-7/14 Session 3

7/16-7/28 Session 4

7/30-8/11 Session 5

8/13-8/25 Session 6

Beginner Lessons

Whether new to the game or getting back into it after a long hiatus, learn 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. Note: Daytime classes are also available. Contact the pro shop for times.

Age: 18 years & up

M,W, 6:00-7:30 PM

Tu,Th 6:00-7:30 PM

Intermediate Lessons

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. Note: Daytime classes are also available. Contact the pro shop for times.

Age: 18 years & up

M,Ww 7:30-9:00 PM

Tu,Th 7:30-9:00 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 the beginning through advanced player who wants more personal attention in group instruction. Clinic times are flexible. Low student to pro ratio. Groups welcome.

Age: 18 years & up
Round Robins

Social competition. All levels welcome.

Th 7:30-9:00 PM

Adult Tournaments

5/5 Taylor Landstrom Memorial Tournament

7/28 Adult Dog Day

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.

Youth Tennis ]

Session Dates for All Classes

6/4-6/16 Session 1

6/18-6/30 Session 2

7/2-7/14 Session 3

7/16-7/28 Session 4

7/30-8/11 Session 5

8/13-8/18 Session 6

Summer Junior Tennis

8-week program of lessons and matches. Competitions include teams from Fort Collins, Loveland, Windsor, and Greeley. Practices are on Wednesday and Friday afternoons. Matches are Mondays, 6/13-7/25. Registration deadline is 5/4.

Age: 9 years & up

10 Years & Under

Designed for beginners. Use specialized equipment, shorter court dimensions, and modified scoring; all tailored to age and size.

Little Lobbers

Age: 4–6 years

M,W 8:15-9:00 AM

Tu,Th 8:15-9:00 AM

Sa 8:15-9:00 AM

Future Stars

Age: 7–8 years

M-F 9:00-10:30 AM
Sa 9:00-10:30 AM

Aces

Age: 9–10 years

M-F 9:00-10:30 AM

Sa 9:00-10:30AM

Middle School

Develop skills to effectively compete on middle and high school teams or just enjoy the benefits of tennis. All levels welcome.

Challenger, Beginning

Age: 11–13 years

M-F 10:30 AM-12:30 PM

Sa 10:30 AM-12:30 PM

Competitive, Intermediate-Advanced

M-F 10:30 AM-12:30PM

Sa 10:30 AM-12:30 PM

USTA Fall JTT League

Learn the game of tennis or improve existing skills. All levels welcome. Note: Registration closes 8/29. Includes Friday practice and Saturday match play.

Age: 10-14 years

9/2-9/23 F,Sa 3:30-6:30 PM

High School

Designed for those interested in playing on a high school team, or just learn the game. Develop tennis skills.

Wimbledon, New Player

Age: 14–18 years

M-F 10:30 AM-12:30 PM

Sa 10:30 AM-12:30 PM

Grand Slam, Intermediate-Advanced

Age: 14–18 years

M-F 10:30 AM-12:30 PM

Sa 10:30 AM-12:30 PM

Performance Training

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

Location: Rolland Moore Park

Tier 1 & Tier 2

M-Th 1:30-3:00 PM

Tier 3

M-Th 3:00-4:30 PM

High School Preseason Camp

Prepare for competition on high school teams. Be ready for the season start with developed stroke production, competitive play, drills, physical conditioning, and mental toughness.

Location: Rolland Moore Park.

M-F 7/23-7/27 1:00-4:00 PM

Junior Tournaments

USTA sanctioned junior tournaments are offered for novice, intermediate, and advanced players.

Age: 7-18 years

4/21 April Blow Out Challenger

4/28 Spring Warm Up Challenger

5/26 Summer Kick Off Futures

6/9 Slammin’ Summer Championship

6/16 Spectacular Futures

6/23 Firecracker Challenger

6/30 Lightning Summer Championship

7/7 Sizzling Summer Challenger

7/14 Jumpin’ Summer Challenger

8/4 Back to School Futures

8/11 Rockin’ Summer Championship

8/18 Fall Challenger

9/22 Autumn Blast Championship

9/29 Blazing Pumpkin Challenger

10/6 October Fest Championship

Youth Sports

BaskeTball ]

Summer Boys & Girls BaskeTball

Teams formed by park practice location. 1-2 practices outside, 5 games on indoor courts, and end of season tournament. Games scheduled in the evenings on various weeknights. Grades based on the 2017/2018 current school year grade. Note: NBA replica jerseys provided. Note: Class will not be held on 7/3, 7/4.

Cost: $76

Dates: 6/4-7/21

Coed Grade: Kindergarten-1

Foothills Activity Center 314700-01

Boys Grade 2/3

City Park 314001-01

Fossil Creek Park 314001-10

Lee Martinez Park 314001-15

Rogers Park 314001-02

Rolland Moore Park 314001-20

Spring Canyon Park 314001-05

Stewart Case Park 314001-31

Troutman Park 314001-25

Boys Grade 4/5

City Park 314002-01

Fossil Creek Park 314002-11

Lee Martinez Park 314002-15

Rolland Moore Park 314002-20

Spring Canyon Park 314002-06

Troutman Park 314002-25

Warren Park 314002-30

Boys Grade 6-8

Fossil Creek Park 314003-11

City Park 314003-01

Landings Park 314003-25

Lee Martinez Park 314003-15

Rolland Moore Park 314003-20

Spring Canyon Park 314003-06

Warren Park 314003-26

Boys Grade 9-12

Park Tba 314007-01

Girls Grade 2/3

City Park 314004-01

Fossil Creek Park 314004-10

Lee Martinez Park 314004-15

Rogers Park 314004-02

Rolland Moore Park 314004-20

Spring Canyon Park 314004-05

Stewart Case Park 314004-31

Troutman Park 314004-25

Girls Grade 4/5

City Park 314005-01

Fossil Creek Park 314005-10

Lee Martinez Park 314005-15

Windsor 314005-06

Rolland Moore 314005-20

Spring Canyon Park 314005-05

Troutman Park 314005-25

Warren Park 314005-30

Girls Grade 6-8

City Park 314006-01

Fossil Creek Park 314006-10

Landings Park 314006-25

Lee Martinez Park 314006-15

Rolland Moore Park 314006-20

Spring Canyon Park 314006-05

Girls Grade 9-12

Park Tba 314008-01

BaskeTball Team League

Pre-formed teams. 5 games plus a single elimination tournament included. Teams must provide an adult coach to be on the bench during the games and same colored jerseys with identifiable numbers on the back. Grades based on the 2017/2018 school year. Tuesday or Thursday night games.

Cost: $480

Location: Northside Aztlan Center

Date: 6/5-7/19

Boys League

Grade 4/5 314909-01

Grade 6 314909-02

Grade 7 314909-03

Grade 8 314909-04

Grade 9-12 314909-05

Girls League

Grade 4/5 314909-06

Grade 6 314909-07

Grade 7 314909-08

Grade 8 314909-09

Grade 9-12 314909-10

Cheerleading ]

Cheer Central Suns Cheer Team

Learn dances, arm motions, jumps, cheer chants, tumbling, and stunts. Perform t area event each session. Note: $15 shirt for uniform required. Class will not be held on 6/26, 7/3.

Age: 5-14 years

Location: Cheer Central Suns, 128 Raquette Dr.

Age: 5-8 years

6/5-7/24 Tu 5:15-6:15 PM $81 314736-01

7/31-8/28 Tu 5:15-6:15 PM $81 314736-03

Age: 8-14 years

6/5-7/24 Tu 6:20-7:20 PM $81 314736-02

7/31-8/28 Tu 6:20-7:20 PM $81 314736-04

Cheer Central Suns Tumbling

Polish cheerleading tumbling skills such as cartwheels, running passes, handstands, bridges, back walkovers, and back handsprings.

Age: 5-15 years

Location: Foothills Activity Center

6/5-7/24 Tu 6:20-7:20 PM $81 314738-01

7/31-8/28 Tu 6:20-7:20 PM $111 314738-02

FooTball ]

NFL Flag Football

Learn the fundamentals of fooTball, teamwork, and sportsmanship through non-contact, continuous action. Emphasis is on equal participation; winning is secondary. Practices are held twice per week; games are on Saturday mornings. 6 games scheduled, plus tournament. Official NFL FLAG jersey included.

Cost: $84

Date: 9/8-10/20

Kindergarten-1

City Park 414010-01

Edora Park 414010-04

Fossil Creek Park 414010-07

Greenbriar Park 414010-10

Rolland Moore Park 414010-12

Spring Canyon Park 414010-15

Troutman Park 414010-18

Warren Park 414010-20

Grade 2/3

City Park 414011-01

Edora Park 414011-03

English Ranch Park 414011-05

Fossil Creek Park 414011-07

Greenbriar Park 414011-11

Harmony Park 414011-13

Spring Canyon Park 414011-15

Troutman Park 414011-17

Warren Park 414011-19

Grade 4/5

Blevins Park 414012-25

City Park 414012-01

Edora Park 414012-03

Fossil Creek Park 414012-05

Greenbriar Park 414012-07

Harmony Park 414012-09

Ridgeview Park 414012-11

Rolland Moore Park 414012-12

Spring Canyon Park 414012-14

Troutman Park 414012-17

Warren Park 414012-19

Grade 6

City Park 414013-01

English Ranch Park 414013-03

Fossil Creek Park 414013-04

Edora Park 414013-02

Greenbriar Park 414013-05

Harmony Park 414013-06

Rolland Moore Park 414013-07

Spring Canyon Park 414013-09

Troutman Park 414013-11

Grade 7/8

City Park 414014-01

Edora Park 414014-02

English Ranch Park 414014-03

Fossil Creek Park 414014-04

Greenbriar Park 414014-05

Harmony Park 414014-06

Rolland Moore Park 414014-07

Spring Canyon Park 414014-08

Troutman Park 414014-09

Youth Tackle Football

All tackle fooTball registration is in-person at the facilities listed below. Must be present to weigh-in. Practices are held 2-3 times per week with games on Saturday mornings or weeknights. 8 games scheduled. Teams formed by weight. Practices are at an assigned park.

Registration locations:

Foothills Activity Center, 241 E. Foothills Pkwy.

Northside Aztlan Center, 112 E. Willow St.

Equipment Handout:

All ages: Club Tico in City Park, 8/10 from 5-7 p.m., 8/11 from 10:30 a.m.-12:30 p.m., 8/13 from 5-6:30 p.m., or 8/14 from 5-6:30 p.m. Mouthpieces required. Tackle equipment provided. Player must be present.

Early Bird Registration Cost (until 7/27): $121

Regular Cost (after 7/27): $136

Season Dates: 8/27-10/27

Grade 3/4

City Park

Greenbriar Park

Spring Canyon Park

Stew Case Park

Grade 5

City Park

Greenbriar Park

Spring Canyon Park

Stew Case Park

Grade 6

Blevins

Boltz

CLP

Kinard

Lesher

Lincoln

Preston

Webber

Wellington

Tackle FooTball Camps

Instruction provided by college fooTball players and grad assistants; includes proper tackling instruction and character building. Equipment use, t-shirt, and mouthpiece provided. Note: Equipment check out is 7/6 and 7/13, 4-6 p.m. at Club Tico. Grades based on 2018/2019 school year.

Grade: 2-7

Location: City Park

Grade 3-4

7/9-7/13 M-F 8:30-11:00 AM $86 314016-01

7/16-7/20 M-F 8:30-11:00 AM $86 314016-03

Grade: 5-6

7/23-7/27 M-F 8:30-11:00 AM $86 314016-02

7/30-8/3 M-F 8:30-11:00 AM $86 314016-04

SofTball ]

Softball Coed Tee Ball

Designed to develop skills, sportsmanship, and coordination. Teams practice 30 minutes before each game, once per week. Grades based on 2017/2018 current school year grade level. Practices and games played Tuesdays and/or Thursdays. Team shirts included.

Age: 4-7 years

Date: 6/5-7/12

Cost: $41

City Park 314020-01

Fossil Creek Park 314020-02

Rolland Moore Park 314020-04

Spring Canyon Park 314020-03

Summer Girls SofTball/Modified Fast Pitch

Learn and improve sofTball skills and enjoy team competition. One to two practices per week; days and times Tba. Grades 2-3 play coach pitch style sofTball. Grades 4-5 play modified fast pitch. Grades 6-8 play regular fast pitch. Based on 2017/2018 current school year grade level. Games played Tuesdays and/or Thursdays.

Cost: $64

Date: 5/29-7/14

Grade 2/3

Beattie Elementary 314021-18

City Park 314021-16

Fossil Creek Park 314021-17

Rolland Moore Park 314021-19

Rolland Moore Park 314021-21

Spring Canyon Park 314021-20

Grade 4/5

City Park 314022-16

Fossil Creek Park 314022-17

Beattie 314022-18

Rolland Moore Park 314022-20

Spring Canyon Park 314022-19

Girls SofTball Middle School

Blevins 314023-20

Bolt 314023-21

CLP 314023-22

Kinard 314023-23

Lesher 314023-24

Lincoln 314023-25

Preston 314023-26

Webber 314023-27

Wellington MS 314023-28

Track & Field ]

C.A.R.A. Track

Learn basic techniques of track. Compete in the Colorado Association of Recreational Athletics (C.A.R.A.) track meets held on Saturdays in various cities along the Front Range. Transportation to practices and meets not provided. Receive meet schedules at first practice. Team shirt and fees for track meets included.

Location: Fort Collins High School

Cost: $82

Age: 3.5-8 years

6/4-7/21 M,W,F 9:00-10:15 AM 314031-03

Age: 9-16 years

6/4-7/21 M,W,F 10:30-11:45 AM 314031-04

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 cities along the Front Range. Team shirt meet fees included.

Location: Tba

Cost: $64

Age: 6-14 years

8/27-10-27 M,W,Sa 10:30-11:45 AM 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 to two times per week; matches are Saturday mornings and occasionally some weeknights. Coaches contact teammates by 8/27 with practices days and times.

Cost: $76

Date: 9/3-10/20

Grade 2/3 414941-01

Grade 4/5 414942-01

Grade 6/7/8

Liberty Common 414943-18

Blevins 414943-01

Boltz 414943-03

CLP 414943-05

Kinard 414943-07

Lesher 414943-09

Lincoln 414943-11

Preston 414943-13

Webber 414943-17

Wellington 414943-19

Wrestling ]

Summer Wrestling Camp

Learn skills other than the basic double-leg and half-nelson. Takedown techniques include underhook and overhook/whizzer series. Turns and riding include leg/cross-body technique.

Grade: 3-8

Location: Foothills Activity Center

7/14 Sa 8:30 AM-12:30 PM $75 314952-02

6/25-6/28 M-Th 8:30 AM-10:30 AM $110 314952-03

Skyhawks Sports Camps ]

All participants receive a t-shirt and a merit award. Wear appropriate clothing, running shoes, and sunscreen. Bring two snacks and a water bottle. Note: Class will not be held on 7/4.

For more information, visit skyhawks.com/Colorado.

Baseball

Designed for beginner and intermediate players. Through a progressive curriculum, learn the fundamentals of fielding, catching, throwing, hitting, and base running, as well as respect, teamwork, and responsibility, in a fun, positive environment.

Age: 6-12 years

Location: Cottonwood Glen Park

7/9-7/13 M-F 9:00 AM-Noon $130 314071-11

Basketball, Indoor

Designed for beginning and intermediate players. Through a progressive curriculum, learn skills to be a better athlete on and off the court. A “skill of the day” progresses into passing, shooting, dribbling, and rebounding drills and games.

Location: Foothills Activity Center

Age: 6-10 years

6/18-6/22 M-F 9:00 AM-Noon $130 314071-06

Age: 7-12 years

7/23-7/27 M-F 9:00 AM-Noon $130 314071-14

Cheerleading

Entry-level cheer camp. Learn skills to lead crowds and support teams. Cheers, proper hand and body movements, jumping techniques, and a final choreographed performance are taught. No stunting. Focus is on fun and important life skills such as teambuilding and leadership. Note: Class will not be held on 7/4.

Age: 5-9 years

Location: Foothills Activity Center

6/11-6/15 M-F 9:00 AM-Noon $130 314071-01

Flag FooTball

Designed for beginning and intermediate athletes. Learn skills on both sides of the ball including the core components of passing, catching, and de-flagging or defensive positioning. The week ends with the Skyhawks Super Bowl for a chance to showcase skills on the gridiron.

Age: 6-12 years

Location: Miramont Park

6/4-6/8 M-F 9:00 AM-Noon $130 314071-02

Golf, Beginning

Gain confidence in golf by focusing on proper technique and the fundamentals of form, swinging, putting, and body positioning. By adopting SNAG (Starting New At Golf), instruction is simplified so players can transition with ease onto the golf course. All equipment provided.

Age: 5-8 years

Location: Cottonwood Glen Park

7/9-7/13 M-F 9:00 AM-Noon $130 314071-10

Lacrosse

Suit up and learn the fundamentals of stick handling, cradling, passing, and shooting in a fun, non-checking environment. Also learn respect, teamwork, and discipline. Gain a deep understanding of the game and its traditions.

Age: 6-12 years

Location: Cottonwood Glen Park

7/16-7/20 M-F 9:00 AM-Noon $130 314071-09

Mini-Hawk

Multi-sport program designed for campers to explore balance, movement, hand/eye coordination, and skill development. Baseball, baskeTball, and soccer are taught in a safe, structured environment with lots of encouragement and focus on fun.

Age: 4-6 years

Location: City Park

6/4-6/8 M-F 9:00 AM-Noon $130 314071-03

7/30-8/3 M-F 9:00 AM-Noon $130 314071-16

Location: Miramont Park

6/25-6/29 M-F 9:00 AM-Noon $130 314071-07

7/16-7/20 M-F 9:00 AM-Noon $130 314071-12

Soccer

Instruction to the fundamentals of soccer. Designed for beginner and intermediate players. Through progressive curriculum, learn the sport knowledge and fundamentals of dribbling, passing, shooting, and ball control.

Age: 6-12 years

Location: Miramont Park

6/18-6/22 M-F 9:00 AM-Noon $130 314071-05

Skyhawks Sports Camp

Introduction to a variety of sports. Multi-sport camp that combines baskeTball and flag fooTball into one fun-filled week. Learn the rules and essentials of each sport, along with respect, teamwork, and self-discipline, through skill-based games and scrimmages.

Age: 6-12 years

Location: Miramont Park

7/30-8/3 M-F 9:00 AM-Noon $130 314071-15

Location: Radiant Park

6/11-6/15 M-F 9:00 AM-Noon $130 314071-04

Volleyball, Indoor

Designed for beginning and intermediate players. Learn all aspects of the game through drills and exercises that focus on passing, setting, hitting, and serving. Develop fundamental skills with speed drills and daily scrimmages aimed at developing the whole player.

Age: 7-14 years

Location: Foothills Activity Center

7/2-7/6 M,Tu,Th,F 9:00 AM-Noon $110 314071-08

Challenger British Soccer Camp ]

High-level soccer coaching provided by a team of international experts. Receive the appropriate level of curriculum and a cultural and educational experience. Practice foot skills, technical drills, tactical drills, small-sided games, scrimmages, and a daily tournament. T-shirt, ball, and a graduation party included. Register at challengesports.com.

Location: City Park

First Kicks

Age: 3 years

6/4-6/8 M-F 11:00 AM-Noon $116

7/30-8/3 M-F 11:00 AM-Noon $116

Mini Soccer

Age: 4-5 years

6/4-6/8 M-F 9:00-10:30 AM $136

7/30-8/3 M-F 9:00-10:30 AM $136

Half Day

Age: 6-14 years

6/4-6/8 M-F 9:00 AM-Noon $174

7/30-8/3 M-F 9:00 AM-Noon $174

Golden Goal

Age: 6-14 years

6/4-6/8 M-F 1:00-3:00 PM $69

7/30-8/3 M-F 1:00-3:00 PM $69

Youngsters ]

Amazing Athletes

Learn the basics of nine different ball sports including volleyball, baskeTball, tennis, fooTball, lacrosse, golf, hockey, soccer, and baseball in a fun, non-competitive, learning based environment. Includes kid-friendly cardio, muscle terminology, motor skills, speed, and agility.

Location: Foothills Activity Center

Cost: $46

Age: 18 months-2.5 years

6/4-7/2 M 10:35-11:00 AM 314077-03

6/7-7/5 Th 10:35-11:00 AM 314077-04

7/9-8/6 M 10:35-11:00 AM 314077-05

7/12-8/9 Th 10:35-11:00 AM 314077-06

8/13-9/10 M 10:35-11:00 AM 314077-07

8/16-9/13 Th 10:35-11:00 AM 314077-08

Age: 2.5-3.5 years

6/4-7/2 M 9:00-9:30 AM 314074-03

6/7-7/5 Th 9:00-9:30 AM 314074-04

7/9-8/6 M 9:00-9:30 AM 314074-05

7/12-8/9 Th 9:00-9:30 AM 314074-06

8/13-9/10 M 9:00-9:30 AM 314074-07

8/16-9/13 Th 9:00-9:30 AM 314074-08

Age: 3.5-5 years

6/4-7/2 M 9:45-10:30 AM 314075-03

6/7-7/5 Th 9:45-10:30 AM 314075-04

7/9-8/6 M 9:45-10:30 AM 314075-05

7/12-8/9 Th 9:45-10:30 AM 314075-06

8/13-9/10 M 9:45-10:30 AM 314075-07

8/16-9/13 Th 9:45-10:30 AM 314075-08

Ninja Kids

Skill training curriculum that has been formatted specifically for little athletes. Inspired by gymnastics, martial arts, obstacle training, and freestyle movements. Note: Class will not be held on 6/29, 7/6.

Location: 128 Racquette Dr.

Tiny Ninjas

Age: 3-5 years

6/1-7/20 F 5:00-5:55 PM $80 315910-01

7/27-8/31 F 5:00-5:55 PM $80 315910-02

Ninja Kids

Age: 5-12 years

6/1-7/20 F 6:00-7:00 PM $80 315910-03

7/27-8/31 F 6:00-7:00 PM $80 315910-04

SNAG (Starting New At Golf)

Learn the game of golf at a non-golf course area, in a fun kid-friendly way. Fundamentals are broken down into simple steps.

Cost: $35

Age: 5-10 years

Location: City Park

6/5-6/21 Tu, Th 10:00-11:00 AM $35 314091-01

7/9-7/25 M, W 10:00-11:00 AM $35 314077-03

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

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Aqua Fitness 18

Aquatics 20

Arts & Crafts 28

Dance & Movement 37

Education 53

Fitness 58

Fitness 50+ 97

Heath & Wellness 67

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Special Events 83

Sports 85

Trips & Travel 105

Senior Center Membership

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

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

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

2-day advance registration to Recreator programs.

Member discounts on select services and activities.

Membership in member-only clubs including our new Hiking and Stewardship Clubs. See page 79 for more information.

Member celebrations.

Notary service.

Clubs & Organizations

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

For more information about C.H.A.T., see page 29.

Donut Make U Wonder

Discuss current subjects and related personal experiences. Divisive matters related to religion and politics avoided to ensure comradery. Meetings begin with a brief song and end with a few shared jokes. Coffee and donuts provided.

Ongoing F 10:00–11:30 AM No Fee

Front Range Forum

Front Range Forum serves the residents of Northern Colorado’s Front Range who are intellectually curious and dedicated to enriching daily life through life-long learning. Members facilitate classes for each other; participants 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

The Harmonettes practice and perform seasonal themed programs of popular music from years past for local assisted living facilities and special events. No choral experience required, but ability to read music is helpful. For more information, contact Ashley Ruffer at 970.224.6033, aruffer@fcgov.com. Note: Practice not held on third Monday of the month.

Practice M 9:30–11:00 AM No Fee

Older Gay Lesbian Bisexual Transgender (OGLBT)

This social networking group is looking for volunteers and leaders. The group would like to reformat and decide how to best serve the community. Seeking persons who are OGLBT and ages 50 years & up, but open to all. For more information contact Katie Stieber at 970.224.6029, kstieber@fcgov.com.

Senior Bowling Leagues

Bowling leagues are open to league members and substitutes ages 50 years & up. Leagues play at Chippers Lanes on Horsetooth; league fees apply. For more information, contact Karen Burgess at 970.484.2906.

Tuesday League T 1:00 PM

Thursday League Th 1:00 PM

Senior Advisory Board

The Senior Advisory Board advises City Council on issues related to older adults and is comprised of individuals of all ages who share a concern for the aging members of the community. The board consists of 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 of the Senior Center and play chess with other members. Some chess boards available; members are encouraged to bring their own, as well. All levels welcome. Contact Magic John at 970.599.1234, sc-chess@broccoli.gq.

Ongoing Tu,F 9:30-11:30 AM No Fee

Senior Center Council

Senior Center Council assists and advises the administrative staff in matters regarding the operation of the Senior Center and are elected representatives from the senior membership. Elected representatives meet the third Monday of each month at 1:30 p.m. Members are invited to attend.

SOAP Troupe (Slightly Older Adult Players)

SOAP Troupe produces two major shows per year featuring a variety of acts/short skits, monologues, stand-up comedy, song, dance or instrumental performances, a short play, and usually a melodrama or short comedy. Whether an experienced performer or a beginner, talent can be used to act, pound nails, sew, sing, and/or write. SOAP meets at 1 p.m. on the fourth Tuesday of each month. Contact Ashley Ruffer at 970.224.6033, aruffer@fcgov.com.

The Writers Group

Expression through writing in any manner regardless of content, genre, or skill. Gather weekly to share work and occasionally write on a topic selected by all. New participants welcome. Contact Ashley Ruffer at 970.224.6033, aruffer@fcgov.com.

Ongoing Tu 10:00 AM–Noon No Fee

Cards & Games

Bingo

Compete in Bingo for prizes.

6/11,7/9, 8/13 M 1:00-2:00 PM No Fee

Cards & Games ]

All Games

Age: 18 years & up

Ongoing M 9:00 AM-Noon No Fee

Ongoing W 12:30-4:00 PM No Fee

Bridge

Ongoing T 12:30-4:00 PM No Fee

Ongoing Th 5:00-8:00 PM No Fee

Pincochle

Ongoing T 12:30-4:00 PM No Fee

Ongoing F 12:30-4:00 PM No Fee

Mahjong

Ongoing T 1:00-4:00 PM No Fee

Mahjong Mini-Marathon

Bring boards and tiles for a morning drinking coffee and playing mahjong.

Age: 18 years & up

6/2 Sa 9:00 AM-Noon No Fee 312422-01

Bridge ]

Play is based on the 21st Century Standard American Bridge System as outlined in the ACL book, Bidding in the 21st Century.

Bridge Mentoring

Half-hour review of one topic followed by bridge play. Mentor assists with bidding and playing questions. Option to pay a drop-in rate of $3.50 per session is available for non-members.

Age: 18 years & up

6/11 M 5:30–8:30 PM No Fee

6/25 M 5:30–8:30 PM No Fee

7/9 M 5:30–8:30 PM No Fee

7/23 M 5:30–8:30 PM No Fee

8/13 M 5:30–8:30 PM No Fee

8/27 M 5:30–8:30 PM No Fee

Duplicate Bridge

Weekly duplicate bridge skill development and companionable play.

Age: 18 years & up

Ongoing F 11:30-4:00 PM $3.50

Education

Active Minds Virtual Learning ]

Engage in a unique virtual learning experience hosted in the Twinberry Auditorium. Experts from Active Minds present on topics from remote locations. Engage with the presenters through streaming systems and the technology offered in the auditorium.

Age: 18 years & up

The Story of Salt

The word “salary” comes from “salt” and indicates the historic value placed on this important commodity. Used as a method of trade and currency, the role of salt in the history of civilization cannot be overstated. It’s a salty tale indeed.

7/31 Tu 1:00-2:00 PM $9 312441-01

Iceland

After many years of strong economic growth, Iceland’s banking system collapsed in 2008 resulting in a severe economic depression. Today, the economy is growing again and Iceland has become a popular tourist destination. Explore some of the characteristics of the country that make it unique among the countries of the world.

8/28 Tu 1:00-2:00 PM $7.80 312441-02

Historical Café ]

Lunch served after the presentation. Please note dietary restrictions when registering.

Age: 18 years & up

The Apollo Program

Aided by a three-foot scale model of the Saturn V, get an in depth look at the history of the Apollo Program, the physics of space flight and rocket propulsion, and the Apollo 11 mission profile from liftoff to splashdown. Presented by John Blankinship, who holds a Masters in Science in Aeronautics and Astronautics and worked at Grumman Aerospace, the organization that built the Lunar Module.

6/20 W 11:30 AM-1:30 PM $23 312440-01

Fitness

General Information

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

Registration Options

The following participation options are available for fitness classes:

Participants may register for an entire 5 week class session. With this option, active facility pass holders receive 70% off enrollment price. Fitness classes require a minimum number of participants registered per class to avoid cancellation. Note: Health & Wellness programs and 25 admission passes are not eligible for the discount.

Participants may pay a drop-in fee of $6 per class, except for karate.

The fitness classes listed below are specific for ages 50 years & up. See page 58 for information about additional fitness classes and 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 5/28, 7/4.

5/21-6/22 M,W,F 8:50-9:50 AM $57 309431-01

6/25-7/27 M,W,F 8:50-9:50 AM $57 309431-02

7/30-8/31 M,W,F 8:50-9:50 AM $61 309431-03

5/21-6/20 M,W 8:50-9:50 AM $57 309431-1A

6/25-7/25 M,W 8:50-9:50 AM $57 309431-2A

7/30-8/29 M,W 8:50-9:50 AM $61 309431-3A

Balance 201

Practice techniques and develop body awareness, methods, and confidence in facing challenging balance issues. Just like strength improves with practice, so can balance.

5/24-6/21 Th 12:30-1:30 PM $21 309439-01

6/28-7/26 Th 12:30-1:30 PM $21 309439-02

8/2-8/30 Th 12:30-1:30 PM $21 309439-03

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 5/28, 7/4.

5/21-6/22 M,W,F 10:00-10:55 AM $57 309432-01

6/25-7/27 M,W,F 10:00-10:55 AM $57 309432-02

7/30-8/31 M,W,F 10:00-10:55 AM $61 309432-03

5/21-6/20 M,W 10:00-10:55 AM $57 309432-1A

6/25-7/25 M,W 10:00-10:55 AM $57 309432-2A

7/30-8/29 M,W 10:00-10:55 AM $61 309432-3A

Parklane Fitness

Receive instruction while sitting in a chair to improve flexibility, strength, coordination, and cardiovascular fitness.

Location: Parklane Towers North, 415 S. Howes St.

5/22-6/21 Tu,Th 9:30-10:30 AM $41 309438-01

6/26-7/26 Tu,Th 9:30-10:30 AM $41 309438-02

7/31-8/30 Tu,Th 9:30-10:30 AM $41 309438-03

N’Balance

Learn effective fall prevention technique that achieves 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. Note: Class will not be held on 7/2, 7/4.

6/4-8/1 M,W 2:30-3:30 PM $20 309433-01

Swiss Theraball

Enjoy gentle, effective, low-impact exercise on a Theraball. Improve balance, endurance, flexibility, and strength with relaxing routines. Theraballs provided.

5/24-6/21 Th 4:00-5:00 PM $21 309434-01

6/28-7/26 Th 4:00-5:00 PM $21 309434-02

8/2-8/30 Th 4:00-5:00 PM $21 309434-03

Tai Chi for Arthritis

Tai Chi for Arthritis and Falls Prevention is effective and evidence based. It relieves pain and maintains and improves health and the quality of life.

5/25-6/22 F 3:00-4:00 PM $21 309436-01

6/29-7/27 F 3:00-4:00 PM $21 309436-02

8/3-8/31 F 3:00-4:00 PM $21 309436-03

SilverSneakers ]

For more information about SilverSneakers, inquire at the front desk of Senior Center or Northside. Note: SilverSneakers non-members may attend by paying the drop-in fee or registering for the session.

Classic SilverSneakers

Move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a small ball are offered for resistance, and a chair is used for seated or standing support. Note: Class will not be held on 5/28, 7/4.

Location: Senior Center

5/22-6/21 Tu,Th 10:10-10:55 AM $31 309450-01

6/26-7/26 Tu,Th 10:10-10:55 AM $31 309450-02

7/31-8/30 Tu,Th 10:10-10:55 AM $31 309450-03

5/26-6/23 Sa 10:30-11:15 AM $16 309450-04

6/30-7/28 Sa 10:30-11:15 AM $16 309450-05

8/4-9/1 Sa 10:30-11:15 AM $16 309450-06

Location: Northside Aztlan Center

5/21-6/20 M,W 11:00-11:45 AM $28 309550-01

6/25-7/25 M,W 11:00-11:45 AM $28 309550-02

7/30-8/29 M,W 11:00-11:45 AM $31 309550-03

Circuit SilverSneakers

Move through a series of exercises in a circuit format to improve cardiovascular endurance and muscular strength. Note: Class will not be held on 5/28, 7/4.

5/21-6/22 M,W,F 1:00-1:45 PM $43 309451-01

6/25-7/27 M,W,F 1:00-1:45 PM $43 309451-02

7/30-8/31 M,W,F 1:00-1:45 PM $46 309451-03

Splash SilverSneakers

Fun 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.

5/22-6/21 Tu,Th 12:15-1:10 PM $41 309452-01

6/26-7/26 Tu,Th 12:15-1:10 PM $41 309452-02

7/31-8/30 Tu,Th 12:15-1:10 PM $41 309452-03

5/22-6/21 Tu,Th 1:15-2:10 PM $41 309452-04

6/26-7/26 Tu,Th 1:15-2:10 PM $41 309452-05

7/31-8/30 Tu,Th 1:15-2:10 PM $41 309452-06

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.

5/25-6/22 F 2:00-2:45 PM $16 309453-01

6/29-7/27 F 2:00-2:45 PM $16 309453-02

8/3-8/31 F 2:00-2:45 PM $16 309453-03

Yoga SilverSneakers

Focus on poses and postures to improve joint range of movement, muscular strength, endurance, and balance. Static and dynamic movements are presented with a chair for seated and standing support. Note: Class will not be held on 5/28, 7/4.

5/21-6/20 M,W 4:10-4:55 PM $28 309454-01

6/25-7/25 M,W 4:10-4:55 PM $28 309454-02

7/30-8/29 M,W 4:10-4:55 PM $31 309454-03

5/22-6/21 Tu,Th 11:10-11:55 AM $31 309454-04

6/26-7/26 Tu,Th 11:10-11:55 AM $31 309454-05

7/31-8/30 Tu,Th 11:10-11:55 AM $31 309454-06

5/26-6/23 Sa 11:15 AM-Noon $16 309454-07

6/30-7/28 Sa 11:15 AM-Noon $16 309454-08

8/4-9/1 Sa 11:15 AM-Noon $16 309454-09

Yoga ]

Yoga, Chair

A form of adaptive exercise. Be supported by a chair and receive yoga’s healing and restorative benefits. Yoga relaxes the body and mind and improves musculoskeletal fitness and flexibility. Note: Class will not be held on 5/28.

5/21-6/18 M 8:30-9:30 AM $17 309437-01

6/25-7/23 M 8:30-9:30 AM $21 309437-02

7/30-8/27 M 8:30-9:30 AM $21 309437-03

Yoga for Osteoporosis

Learn and practice yoga poses that can help with the prevention and treatment of osteoporosis and strengthen bones. Based on the book, “Walk Tall,” by Sara Meeks, P.T. Note: Class will not be held on 7/4.

5/23-6/20 W 9:00-10:00 AM $21 309466-01

6/27-7/25 W 9:00-10:00 AM $17 309466-02

8/1-8/29 W 9:00-10:00 AM $21 309466-03

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. Non-members may pay a daily drop-in rate. Additionally, users are asked to make a donation in the donation box located in the room to help support facility maintenance.

VOA Senior Nutrition Program

Volunteers of America and the City of Fort Collins Recreation Department host the Senior Nutrition Program to provide hot lunch at Northside Aztlan Community Center and the Senior Center. There is no charge for ages 60 years & up (and their spouses). Reservations required; contact 970.472.9630 by 1:30 p.m. one business day prior.

Location: Senior Center

Ongoing M,Tu,Th,F Noon $2.50 suggested donation

Location: Northside Aztlan Center

Ongoing Tu,W,Th Noon $2.50 suggested donation

Volunteers

We strive to provide our trained volunteers with quality opportunities that meet their expectations, align with their skills and needs, and capitalize on the many talents they possess. Volunteers gain new skills, forge new friendships, interact with fellow community members, enrich their community through purposeful activity, utilize their life experiences to enhance the lives of others, learn new things about themselves, set and achieve personal goals, and make a positive difference in the lives of others.

Volunteers may choose from one-time special events to longer term commitments in a variety of areas. To complete a volunteer application, visit Engage.fcgov.com, click on ‘Sign Up’, enter the required information, and create an account. For additional information, visit fcgov.com/recreation/join-us or 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 103.

Location: Northside Aztlan Center

Ongoing Tu,W,Th Noon $2.50 suggested donation

Coffee with Bob

Grab a cup of coffee with Recreation Director, Bob Adams. Coffee provided. Bring thoughts and questions for discussion.

6/27 W 9:30-10:30 AM No Fee

7/25 W 9:30-10:30 AM No Fee

8/29 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 registration desk.

6/1 F 1:00-3:00 PM No Fee

6/15 F 1:00-3:00 PM No Fee

7/6 F 1:00-3:00 PM No Fee

7/20 F 1:00-3:00 PM No Fee

8/3 F 1:00-3:00 PM No Fee

8/17 F 1:00-3:00 PM No Fee

Prairie Sage Dances

Dance to live music. Refreshments served.

Jim Ehrlich

6/4 M 7:00-10:00 PM $5

Harris & Harris (Swinging Safari)

6/18 M 7:00-10:00 PM $5

Big Twang Theory (Patriotic Dance)

7/2 M 7:00-10:00 PM $5

Pepie (Potluck)

7/16 M 7:00-10:00 PM $5

Jim Ehrlich (Polka Dot Dance)

8/20 M 7:00-10:00 PM $5

Special Events

See a list of Special Events available for all ages on page 83.

All American BBQ

What’s more American than Apple Pie? The All American BBQ and Apple Pie Baking Contest. Musical entertainment and pie provided. For information about participating in the Pie Baking Contest, visit the Senior Center Front Desk.

Age: 16 years & up

7/1 Su 3:00-6:00 PM $15 312444-01

Age: 8-16 years

7/1 Su 3:00-6:00 PM $8 312444-01

Age: 0-7 years

7/1 Su 3:00-6:00 PM No Fee 312444-01

Celebrations

Celebrate April, May, and June birthdays and anniversaries of the Senior Center members with cake and entertainment. Anyone with an April, May, or June birthday or anniversary must RSVP ahead of time to receive a gift.

6/28 Th 1:30-3:00 PM No Fee 312410-01

Picnic in the Park

Take a break from routine and invite the older people in your life to go to lunch. At this annual event, picnickers enjoy food, entertainment, trolley rides, and a day out in City Park, Fort Collins’ iconic 100 year old park.

Age: All
Location: City Park Shelters 1-5

8/15 W 11:00 AM-1:00PM $3 suggested donation

Pool Tournament

8-ball tournament with prizes for the top three scores. Note: Rules reviewed at the event. Snacks and beverages provided.

Age: 18 years & up

6/2 Sa 10:00 AM-3:00 PM $16 312460-01

Sports ]

AOA Badminton

Join the group of Active Older Adults to play badminton. Note: Drop-in fees apply.

Location: Northside Aztlan Center

3/1-5/3 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

3/5-5/30 M,W,F 8:00-10:00 AM

Senior Travel SofTball

Travel to games in other cities as far as Colorado Springs and in Fort Collins. Registration begins 2/8, ends 3/16. Twenty-eight league games plus a season ending tournament equal 32 total games. Note: Class will not be held on 7/4.

Age: 50 years & up
Location: Tba

4/25-8/15 W $76 313026-01

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.

Ticketed trip sales are considered final after the deadline printed for each activity and are non-refundable. Ticketed trips include, but are not limited to, shows, special events, and sports games.

Full refunds are available for overnight trips until the final payment deadline listed in the activity, after which all sales are final and non-refundable. For some overnight trips, a refund schedule is available upon request.

Discounts

The Senior Center Member discount applies to trips where an is listed next to the activity title. This 15% discount applies to the fee minus the $1 program fee. Additional discounts do not apply.

Departure

All trips leave from the Fort Collins Senior Center unless otherwise noted. We recommend you arrive at least 15 minutes prior to departure in order to check in with the driver. Out of respect for the other participants, we do not wait for late arrivals; trips leave promptly at the posted trip time.

Return Times

All return times are approximate. Please do not schedule appointments close to return times in case delays occur.

What’s Included

All trip prices include transportation and escort, unless otherwise noted. Many trips include more amenities depending on the trip. See trip details for more information.

Accommodations

Individuals who are not independent in daily living activities or are in need of extra supervision or assistance are encouraged to register and participate with a personal care attendant. At time of registration, please inform us of any accommodation needed.

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 in order to ensure that we provide necessary seating, meals, tickets, etc.

If a meal is included in the price, allergy or dietary requests must be made at the time of registration otherwise we cannot guarantee accommodation.

Smoking

Trips are smoke-free whenever possible. Smoking is not allowed on vans or buses.

Door-to-Door Transportation

Round trip transportation to and from your home is available for most trips if you reside within the Fort Collins city limits (with some exceptions). This service is provided prior to and after printed trip time-frames out of consideration for other participants. On some trips, a pick-up in Loveland is offered and must be requested at time of registration; pick-up time is 15 minutes after time listed in program description. The cost for these services is $5 per person. Requests must be made at the time of registration or at least three business days prior to the trip.

Waitlist

If a trip is sold out you may have your name placed on a waitlist. We will contact you directly if space becomes available. Reservations are on a first-come-first-served basis.

Trips & Travel Exertion Scale

Trips are identified throughout this section with an exertion scale rating. The rating scale identifies how intense the walking may be on the trip. A rating of  indicates a low walking level for the trip, while a  indicates a high level of walking. The rating system is defined below. Please note that many trips may be at altitude regardless of the exertion rating. Distances are approximate.

 = Walk short distances. Example: To program location from parking lot. May include some stairs. Mostly sitting. Handicap accessibility available. Distance: Less than 20 yards.

 = Walk short distances on mostly even surfaces. Some stairs. Example: Short tours. Distance: 20-100 yards.

 = Walk longer distances on mostly even surfaces. Some stairs. Distance: .25-1 mile.

 = Walk for long distances on uneven surfaces and/or on stairs. You will be on your feet for most of the outing. Distance: 1-5 miles.

Adventure

Installment billing is available for Adventure Trips. To set-up reoccurring payments, contact Cate Eckenrode at 970.224.6136. To pay in full, register online using the activity number listed in the program description.

For a schedule of trip previews contact 970.224.6136, trips@fcgov.com.

All adventure trips are rated . Accommodations must be requested at time of registration.

These include wheelchair transport at airports, airline seat assignments, and other accommodations.

Lost Glacier Overnight, Wyoming

Hike in Medicine Bow National Forest and soak the night away at the hot springs in Saratoga, WY. Lost Glacier Lakes offer views of Snowy Range Peaks, several alpine lakes, and lots of wildflowers. Hike rating: moderate; mileage: 4-6 miles. Lowest elevation: 10800 ft.; highest elevation: 11000 ft. Note: 2 days/1 night. Fee includes guides, transportation, lodging, admissions, and some meals.

7/24-7/25, 2018 Single Occupancy $400 311991-01

7/24-7/25, 2018 Double Occupancy $300 311901-01

Grand Lake Getaway, Colorado

Take a scenic drive along Trail Ridge Road, known as the “Western Gateway” to Rocky Mountain National Park. Arrive in Grand Lake to enjoy the signature Arts and Crafts Festival. Note: 3 days/2 nights. Fee includes transportation, accommodation, some meals, admissions, and cruise. Non-refundable after 7/6/2018.

8/4-8/6, 2018 Single Occupancy $675 305995-01

8/4-8/6, 2018 Double Occupancy $500 305995-01

Walking Washington

Begin with the mysterious and magnificent Mt. St. Helens. Next, explore the diverse Olympic Peninsula and finish with powerful Mt. Rainier National Park. Wander through wildflower meadows and splash in the Pacific Ocean. Learn about rainforest regeneration, tide pool ecosystems, and volcanic activity. Note: 9 days/8 nights. Includes lodging, food as listed in itinerary, admissions, and local guides. Non-refundable after 5/25/2018.

8/7-8/15, 2018 Single Occupancy $3,799 305992-01

8/7-8/15, 2018 Double Occupancy $3,399 305992-01

A Train, Peaches, & Arches

Ride the train to Glenwood Springs and soak the night away. Travel through the picturesque beauty of the Colorado National Monument on the way to Moab to tour Arches National Park and Red Cliffs Lodge. Cruise along the Colorado River and tour High Country Peaches. Note: There is a lot of walking and due to destinations, accommodations cannot be made. Majority of transportation is on motorcoach. 4 days/3 nights. Includes lodging, meals as listed in itinerary, and admissions. $250 deposit taken at time of registration. Non-refundable after 5/25/2018.

8/20-8/23 Single Occupancy $1,050 305990-01

8/20-8/23 Double Occupancy $800 305990-01

Historic Trains of Colorado

No need to travel afar for great scenery, experiences, and fall colors: explore the colorful landscape on an adventure right here in Colorado. Eight days, five trains, and unimaginable sights. Travel across the state from Colorado Springs to Alamosa, and Durango to Vail. Note: 8 days/7 nights. Includes transportation, admissions, meals listed per itinerary, and guides. Non-refundable after 7/8/18.

9/13-9/20, 2018 Single Occupancy $3,295 405998-01

9/13-9/20, 2018 Double Occupancy $2,595 405998-01

Walking Bryce & Zion National Parks

Bryce and Zion National Parks offer a range of trails and scenery that delight and amaze. The sculptured white sandstone cliffs of Zion soaring skyward provide a dramatic backdrop to hikes in pastel colored canyons and along the inviting waters of the Virgin River. Bryce Canyon offers a wonderland of hoodoos carved by erosion and delicately painted in a vivid palette of reds and oranges. Note: 7 days/6 nights. Includes airfare, transportation, lodging, meals as listed in itinerary, and guides. Non-refundable after 6/22/2018.

9/27-10/3, 2018 Single Occupancy $3,699 405993-01

9/27-10/3, 2018 Double Occupancy $3,399 405993-01

Romantic Rhine

One of Europe’s most legendary rivers awaits on a journey along the Rhine River, which begins in Switzerland and stops in France, Germany, and Holland. On a river cruise from Zurich to Amsterdam, take in vistas of the Alps, Black Forest, and Rhine Gorge. Note: 9 days/8 nights. Fee includes airfare, transportation, guides, lodging, and some meals. Refund schedule available upon request.

9/28-10/6, 2018 Single Occupancy $6,550 405995-01

9/28-10/6, 2018 Double Occupancy $4,735 405995-01

Spotlight on San Antonio

Come to know a city rich in culture, cuisine, and historic charm. Relax Texas-style when settling into the River Walk Hotel. Be immersed in the sights and sounds of the holidays and feel the spirit of the season while strolling along the San Antonio River. Also, discover the bold flavors of Texas from the legendary Alamo to LBJ Ranch. Note: 5 days/4 nights. Includes admissions, roundtrip airfare, local guides, transportation, and meals as listed in itinerary. Non-refundable after 9/28/18.

11/29-12/3, 2018 Single Occupancy $2,550 405997-01

11/29-12/3, 2018 Double Occupancy $2,200 405997-01

Fascinating Vietnam, Cambodia, & Mekong River

Experience the cultures and ancient traditions along the mighty Mekong River on a river cruise through Cambodia and Vietnam. 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 of the charms of Ireland on this magical tour of the Emerald Isle. Stay overnight at a castle, visit the Cliffs of Moher, tour the Ring of Kerry and the Giant’s Causeway, and top it off with 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 in America’s capital city. View the extraordinary monuments, wander Mt. Vernon’s plantation, uncover the gems of the Smithsonian Institute, and tour Ford’s Theater. 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 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. Non-refundable after 3/31/2019.

6/15-6/24, 2019 Double Occupancy $1900 305997-01

6/15-6/24, 2019 Single and Triple Rates Request Information

Ongoing Trips

Casino Trips 

A day in the mountains at Mardi Gras Blackhawk. Note: Fee includes a $5 coupon for lunch, and $5 free play.

Location: Depart from Rolland Moore Park

6/19 Tu 8:00 AM-5:30 PM $11 305910-01

7/17 Tu 8:00 AM-5:30 PM $11 305910-02

8/21 Tu 8:00 AM-5:30 PM $11 305910-03

Rockies Game, Denver 

Enjoy a game at Denver’s Coors Field. Note: Non-refundable beginning three weeks prior to game date.

Rockies vs. Mets

6/21 Th 10:30 AM-6:00 PM $38 305901-01

Rockies vs. Marlins

6/24 Su 10:30 AM-6:00 PM $38 305901-02

Rockies vs. Diamondbacks

7/12 Th 10:30 AM-6:00 PM $38 305901-03

Rockies vs. Mariners

7/15 Su 10:30 AM-6:00 PM $38 305901-04

Rockies vs. Pirates

8/8 W 10:30 AM-6:00 PM $38 305901-05

Rockies vs. Padres

8/23 Th 10:30 AM-6:00 PM $38 305901-06

Bus to Lunch, Fort Collins 

Learn how to read the bus schedule, plan a bus trip, and see how rider tools make riding easier than ever. Note: Lunch cost is on your own.

Lucile’s

6/15 F 10:00 AM-3:00 PM $31 305980-01

BJ’s Brewhouse

7/20 F 10:00 AM-3:00 PM $31 305980-02

Silver Grill Cafe

8/1 W 10:00 AM-3:00 PM $31 305980-03

Mountain View Strolls ]

Scenic drive, an afternoon picnic, and an optional nature walk. Note: Fee includes park entrance and boxed lunch.

Soapstone Prairie Natural Area 

6/8 F 10:00 AM-2:30 PM $31 305934-01

Barr Lake State Park 

6/29 F 10:00 AM-2:30 PM $31 305934-02

Rocky Mountain Arsenal 

7/13 F 10:00 AM-3:30 PM $31 305934-03

Lookout Mountain Nature Center 

7/25 W 10:00 AM-3:30 PM $31 305934-04

Gateway Natural Area 

8/3 F 10:00 AM-3:30 PM $31 305934-05

South Platte Park 

8/15 W 10:00 AM-3:30 PM $31 305934-06

Out to Lunch ]

A group trip out to lunch. Note: Lunch cost is on your own. Entree range is $10-15.

Pelican Lakes, Windsor 

Enjoy lunch at the golf course with spectacular views. The award-winning restaurant serves American classics.

6/19 Tu 10:30 AM-3:30 PM $22 305930-01

Mishawaka, Poudre Canyon 

Located on the Poudre River, this restaurant provides beautiful scenery and the chance to see white water rafters heading down river.

7/17 Tu 10:30 AM-3:30 PM $22 305930-02

The Post, Longmont 

Featured on the TV show, “Diners, Drive-ins, and Dives” because their chicken is better than the rest. All-natural chicken, seasoned and fried to a crispy perfection.

8/21 Tu 10:30 AM-3:30 PM $22 305930-03

Sunday Out to Lunch ]

Head to somewhere in the specified area for lunch to enjoy a day out of the house. We won’t tell you which restaurant because the mystery is half the fun. A scenic ride home tops it off. Note: Lunch cost is on your own.

Loveland 

6/10 Su 11:00 AM-3:00 PM $11 305932-01

Niwot 

7/8 Su 11:00 AM-3:00 PM $11 305932-02

Greeley 

8/12 Su 11:00 AM-3:00 PM $11 305932-03

Traveling Gourmet ]

Get fancy for dinner and try gourmet Colorado Cuisines. Note: Meal cost is on your own.

The Black Steer, Loveland 

Famous for house aged choice beef is cut daily into filets and steaks, The Black Steer also features a variety of seafood, salads, and pastas. Entrees Range: $20-50.

6/14 Th 4:00-9:30 PM $26 305940-01

Biaggi’s, Loveland

A casual Italian restaurant offering an extensive selection of house-made and imported pastas, seafood, and steaks. Entrée Range: $15-$25.

7/31 Tu 4:00-9:30 PM $26 305940-02

The Flagstaff House, Boulder 

Built into a mountainside at an elevation of 6,000 ft., Flagstaff House overlooks Boulder, offers breathtaking views, and has an award-winning wine list and menu of French-American cuisine. Entrée Range: $30-70.

8/28 Tu 4:00-9:30 PM $26 305940-03

June

The Denver Zoo 

The Denver Zoo spans 75 acres and is home to more than 4,000 animals including rare Amur Leopards, okapi, black rhinoceros, elephants, orangutans, and Komodo Dragons. Watch live shows or feeding demonstrations of sea lions, penguins, or elephants (depending on staff and weather). Note: Lunch cost is on your own at the zoo.

6/5 Tu 9:00 AM-4:00 PM $42 305950-01

The Molly Brown House 

The Molly Brown House Museum stands as an enduring symbol of the turn of the 20th Century in Denver. In the 1880s, the lucky few who made millions in the mountains, the railroads, or trade moved to the prestigious Capitol Hill neighborhood. This iconic home, recently restored to its original glory, is a must see. Note: Lunch is cost on your own.

6/6 W 8:30 AM-4:00 PM $42 305951-01

Book of Mormon, Denver 

The New York Times calls The Book of Mormon “The best musical of the century. The nine-time Tony Award-winning Best Musical is an outrageous musical comedy that follows the misadventures of a mismatched pair of missionaries sent halfway across the world to spread the Good Word. Note: Bring a snack to enjoy on the bus. Non-refundable after 5/17.

Location: Buell Theater.

6/17 Su 11:30 AM-6:00 PM $126 305920-01

The Denver Botanic Gardens 

Explore the Denver Botanic Gardens cacti and succulents on a guided tour. Then, explore the living museum, 24 acres with more than 300,000 plants. Note: Lunch cost is on your own.

6/22 F 8:30 AM-4:00 PM $51 305953-01

Idaho Springs Mine Tour - 

Tour the Historic Argo Mills & Tunnel famous for its connection to the gold rush. Take a guided tour down into the mine and museum, and enjoy a free lesson in panning for gold. After lunch, explore the quaint town of Idaho Springs. Note: Lunch cost is on your own.

6/29 F 8:00 AM-5:00 PM $51 305954-01

July

Newsies, Johnstown 

They delivered the papers, until they made the headlines. Direct from Broadway comes Newsies, the smash-hit, crowd-pleasing new musical from Disney. Winner of the 2012 Tony Awards for Best Score and Best Choreography, Newsies has audiences and critics alike calling it “A Musical worth singing about!” Note: Fee includes seat and dinner. Non-refundable after 6/8.

Location: Candlelight Dinner Playhouse

7/7 Sa 5:00-11:00 PM $76 305921-01

Estes Park Rooftop Rodeo 

Celebrating its 91st year, the Rooftop Rodeo is where the grandeur of the Rocky Mountains and the all-American sport of rodeo come together. The rodeo arena is surrounded by world-class views in every direction. As the sun sets over the Continental Divide, experience one of the greatest traditions of the American West. Note: Dinner cost is on your own at the rodeo.

7/9 M 4:00-11:00 PM $61 305956-01

Lunch & a Song, Central City 

Enjoy a lunch provided by Kevin Taylor’s Face Bar at the historic Teller House before a delightful 30-minute opera performance with selections performed by a member of the prestigious Bonfils-Stanton Foundation Artists Training Program. Afterwards, explore the charm of Central City. Note: Fee includes lunch. Non-refundable after 6/8.

7/11 W 9:30 AM-5:00 PM $66 305922-01

The Chocolate Therapist, Littleton 

Learn about the extraordinary health benefits of chocolate while enjoying a wine and chocolate tasting. The Chocolate Therapist is a unique chocolate shop with on-site chocolate production. Small batches are handcrafted with all-natural chocolate ingredients. Note: Fee includes tasting. Lunch cost is on your own.

7/18 W 9:00 AM-4:00 PM $45 305957-01

7/19 Th 9:00 AM-4:00 PM $45 305957-02

Il Trovatore, Central City 

Il Trovatore is known for some of the most glorious music Verdi ever composed. The intense story weaves a tale of passion, jealousy, and vengeance surrounding Count di Luna and the gypsy Azucena, who has sworn her revenge on the di Luna family. Singers have risen to greatness performing this operatic masterpiece. Note: Lunch cost is on your own at the Face Bar. Non-refundable after 6/22.

7/24 Tu 9:30 AM-7:00 PM $111 305923-01

Colorado Bureau of Investigation, Denver 

Nearly 250 members of the Colorado Bureau of Investigation (CBI) strive to deliver excellence in criminal investigations, forensic/laboratory services, and comprehensive criminal justice data management. Note: Dinner cost is on your own.

7/26 Th 1:00-8:00 PM $26 305959-01

8/9 Th 1:00-8:00 PM $26 305959-02

Day at the Races, Aurora 

Arapahoe Park Racetrack is Colorado’s only venue for horse racing. Thoroughbreds, Quarter Horses, Arabians, Paint, and Appaloosa race during the track’s season. Box seats are air-conditioned and comfy. Note: Fee includes a betting seminar and boxed lunch.

7/27 F 10:30 AM-6:00 PM $59 305955-01

Les Miserables, Denver 

Set against the backdrop of the 19th Century France, Les Miserables is an unforgettable story of heartbreak, passion, and the resilience of the human spirit that has become one of the most celebrated musicals in theatrical history. Note: Bring a snack to enjoy on the bus. Non-refundable after 6/22.

Location: Buell Theater

7/28 Sa 11:30 AM-6:00 PM $111 305924-01

Colorado Views Bus Tour, Golden 

Enjoy breathtaking views along the Front Range and downtown Denver skyline from various vantage points. Learn Colorado history during this exploration of secret views and new favorites. Note: Fee includes a motorcoach transportation, step-on guide, and lunch.

Location: Rolland Moore Park

7/31 T 9:30 AM-6:00 PM $76 305958-01

August

The Face on the Ballroom Floor, Central City 

This gripping chamber opera, commissioned in 1978, mingles two love triangles, separated by a century, but paralleled through time, both revolving around the mysteriously beautiful face on the Teller House Bar’s floor. Note: Lunch cost is on your own at the Face Bar. Non-refundable after 6/29.

Location: Central City Opera

8/2 Th 9:15 AM-6:00 PM $56 305925-01

Colorado School of Mines Geology Museum, Golden 

Founded in 1869, Colorado School of Mines is one of the oldest institutions in the United States and a world-renowned mining school. The Geology Museum is home to one of the state’s two Goodwill moon rocks collected during the Apollo 17 mission. Note: Lunch cost is on your own.

8/7 Tu 8:30 AM-4:30 PM $26 305960-01

The Lazy B Chuckwagon Dinner & Show, Estes Park 

The Lazy B’s authentic Cowboy Chuckwagon Supper is the best in Colorado. The Lazy B delivers a delightful mix of cowboy music, skits, and humor, accompanied by an authentic cowboy dinner. Note: Fee includes dinner and show. Non-refundable after 8/1.

8/17 F 4:00-11:00 PM $76 305926-01

Estes Park Tram Ride 

The Estes Park Tram travels above the tree tops to the cool summit of Prospect Mountain to enjoy panoramic views of Long’s Peak, the Continental Divide, Rocky Mountain National Park and the village of Estes Park. At the top, visit with the resident chipmunks and shop in the Rocky Mountain Gift Shop. Note: Bring a lunch or purchase snacks from the snack bar.

8/22 W 9:00 AM-4:00 PM $31 305962-01