





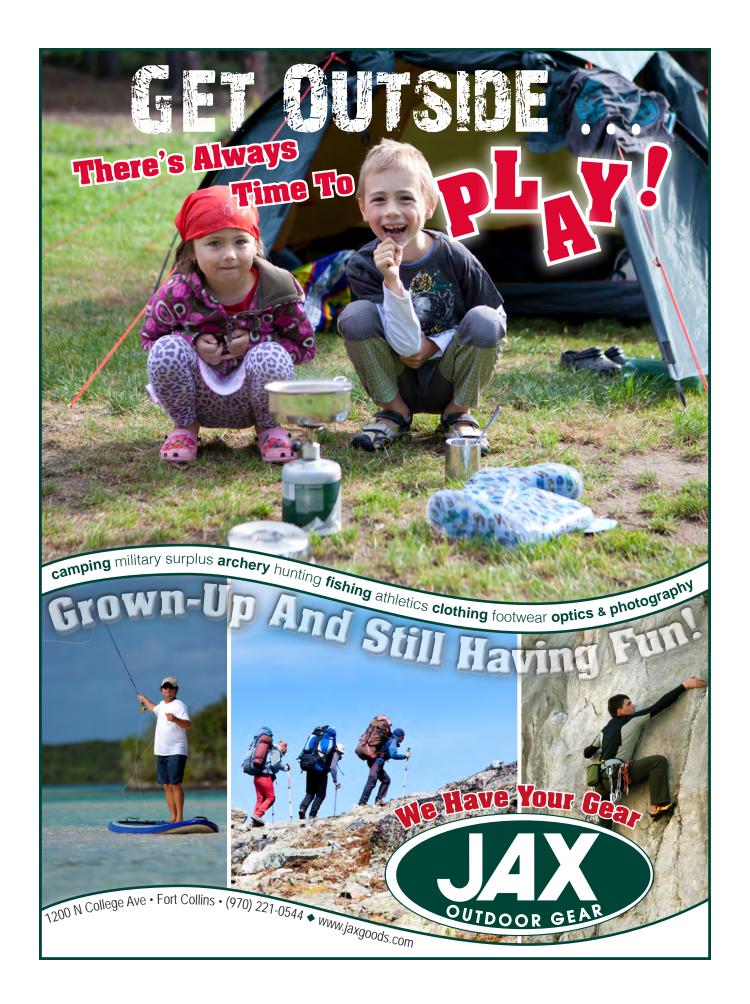
Silas

We care for you from head to toe

Same-day appointments 970-484-0798







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Credits

City of Fort Collins

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Tim Stabbe

Aquatic Programs & Facilities

Renée Lee

Adaptive Recreation Opportunities

Aaron Harris

Northside Aztlan Center

Programs & Facility

Sara Stone

Sports Programs

& Foothills Activity Center

Katie Stieber

Senior Center & Pottery Studio

Programs & Facility

Paul Thibert

Ice Programs & Facility

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Pagination

Craig Powell

On the Cover Junior Nuggets.

Photo Credit: John Robson

From the Director **Facility Policies**

Recreation Facilities



fcgov.com/recreator 17-18970



Working together, our doctors don't just see you. They see the big picture of your overall health. By collaborating and seamlessly sharing your records, your care team stays on the same page, so your health always takes center stage. **Visit kp.org today because together we thrive.**





From the Recreation Director

Dear Recreators.

2018 Summer is here and Recreation is here to help you make a splash. We're offering a wide range of fun programs and activities throughout the season. So, grab a highlighter and mark your calendars.

This year, it's the 40th Anniversary of Northside Aztlan Community Center (NACC). Watch our website and social media pages for updates about upcoming special events to celebrate.

The Farm at Lee Martinez Park is alive with new baby animals. Find more information on page 56 about how you can learn and play like a real farmer.

Recreation will also be playing hard with some of our other favorite summer events:

- Sunday, May 20: Fill the skies with kites during Kites in the Park at Spring Canyon Park.
 Shuttles to the park will be available from the parking lot at the CSU Equine Center.
- Sunday, June 17: Lace up your running shoes with Dad for the Father's Day 5K. This year, we're partnering with Green Events to host the race at a new location, the Mall at Foothills.
- July 4: Celebrate our independence during the parade down Mountain Avenue and fireworks display at City Park.
- August 26: Pups, dive on in during your big day. Dogs take over City Park Pool during the Pooch Plunge.

While out playing in the sun, be sure to keep weather, air, and temperature in mind. Parks & Recreation wants you to be safe and adheres to the Air Quality, Extreme Heat, and Drought policies. For more information, see page 5 or visit us online at fcgov.com/recreation. You can also sign up for free air quality alerts at www.enviroflash.info.

Have a great summer, Recreators! We'll see you out in the recreation centers and parks, and on the trails.

Sincerely,

Bob Adams Recreation Director 970.221.6354

Contact Information

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

Registration & Programs 970.221.6655 recreation@fcgov.com

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

Bob Adams Recreation Director 970.221.6354, badams@fcgov.com

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

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

City of Fort Collins

Vision

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

Mission

Exceptional service for an exceptional community.

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

Esta información puede ser traducida, sin costo para usted.

Follow us at FCRecreator







Olan

Registering for Recreator Programs

Registration begins at 7 a.m. on May 10. Make checks payable to "Recreation." No registration can be approved by an instructor or coach. Personal information is entered into the registration database by "household." By providing household information to the City, you are consenting to the release of information regarding your household to all members of your household. There is a \$25 charge for returned checks. No cash refunds.

You can register for programs three ways:

[ONLINE]

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

Once you arrive at fcgov.com/recreator.

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

[AT RECREATION CENTERS]

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

Northside Aztlan Community Center

112 East Willow Street M–F: 6 a.m.–9 p.m. Sa: 8 a.m.–5 p.m. Su: 9 a.m.–5 p.m.

Edora Pool Ice Center (EPIC)

1801 Riverside Avenue M–F: 5:30 a.m.–8 p.m. Sa: 8 a.m.–6 p.m. Su: Noon–5:30 p.m.

Fort Collins Senior Center

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

Foothills Activity Center

241 East Foothills Parkway M–F: 6 a.m.–9 p.m. Sa: 9 a.m.–6 p.m. Su: 11 a.m.–5 p.m.

[OVER THE PHONE]

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

Reduced Fee Program

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

The following programs are excluded from the reduced fee program: Adult team sports and tournaments, ticketed events, private instruction, and Health & Wellness 1.

[RECREATION POLICIES]

Refund & Cancellation Policy

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

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

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

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

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

Recreation Reserves

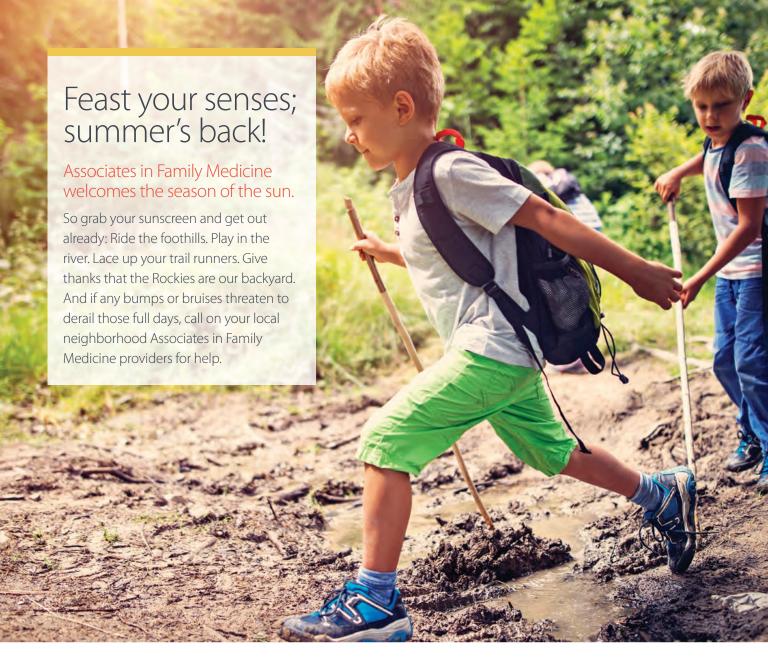
Recreation's Reserve Fund enables the Recreation Department to provide and sustain high quality services and facilities. To ensure future needs are met, \$1 of each activity enrollment and \$2 per hour from room rentals are dedicated to Reserves for future Recreation uses.

ADA Disclosure

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

Air Quality, Extreme Heat, & Drought Policies

The U.S. Environmental Protection Agency and the National Weather Service provide information to establish important guidelines and practices related to environmental best practices. Parks and Recreation incorporated these guidelines to create consistent and efficient responses to public health concerns related to these events. Policies allow Parks and Recreation participants and staff to appropriately respond to a variety circumstances related to air quality and extreme heat. For more information visit fcgov.com/recreation.



Fort Collins

CSU Office

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

Harmony Office

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

Urgent Care

CSU Urgent Care 151 W. Lake Ste., Ste. 1500 Fort Collins (970) 237-8200

Horsetooth Office

3519 Richmond Dr. (970) 204-0300

Lemay Office

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

Horsetooth Urgent Care 3519 Richmond Dr. Fort Collins (970) 204-0300

South Office

1113 Oakridge Dr. (970) 225-0040

Timberline Office

2025 Bighorn Dr. (970) 229-9800

West Office

2001 S. Shields, Bldg. I (970) 221-5255

Loveland

Foxtrail Office

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

Windsor

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

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

Single Admission Passes

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

Single Admission One-Time Drop—In Rate				
Youth	\$3.25			
Student	\$1 at Northside Aztlan Center with school ID (high school & younger)			
Adult	\$4.00			
60 +	\$3.25			
Drop-In Fitness	Class Fee*			
Single Admission	\$6.00			
10 Admission	\$50.00			
*Excludes karate classes. Valid one year from date of purchase				

Trom date of purchase				
Ice Skating Fees				
Public Skate Admission				
Youth	\$4.00			
Adult	\$5.00			
60 +	\$4.50			
Skate rental	\$3.00			
* Public Skate Gro	up Admission			
Youth	\$3.50			
Adult	\$4.50			
60 +	\$4.00			
Skate rental \$2.50				
*Discounted rate available for groups of 10 or more; 48-hour advanced notice required. Group rates do not include skate rental.				
EPIC pass holders receive \$1 off ice skating single admission.				
Freestyle Session Passes				
10 Admission	\$25.00			
50 Admission	\$125.00			
Freestyle 15 Min.	\$3.00			

Drop-In

Youth/Adult

10 Admission

Drop-In Hockey

Drop-In Hockey Passes

\$50.00 \$5.00

Multi-Facility Admission Pass

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

25 Admission Pass: 25 admissions to use at any of the facilities listed above. Expires one year from date of purchase.				
Youth	\$65.00			
Adult	\$80.00			
60 +	\$65.00			
1 Month Pass *				
Youth	\$23.00			
Adult	\$34.00			
60 +	\$23.00			
Family/Couple	\$55.00			
6 Month Pass *				
Youth	\$115.00			
Adult	\$170.00			
60 +	\$115.00			
Family/Couple \$275.00				
Annual Pass *				
Youth	\$207.00			
Adult	\$306.00			
60 +	\$207.00			
Family/Couple	\$495.00			
Platinum Pass				
85 years & up	Free			
* Pass holders receive 70% discount on registrations for designated fitness programs. Health & Wellness programs and those using a 25 Admission Pass are not eligible for discount.				
Annual pass holders receive 4 single admission guest.				
Facility passes do not include admission to the City Park Pool.				
Group rates available at City Park Pool, EPIC, & Mulberry Pool. Group must consist of at least 10 participants and a 48-hour notice is required for reservations. Groups over 50 people must provide one week notice. No refunds on passes.				
No retunas on passes.				

DEFINITIONS

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

60+: 60 years & up

Platinum Pass: 85 years & up

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

Farm Admission

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

Senior Center Admission Passes

Admission rates for the Senior Center only.

Seriior Ceriter Only.			
1 Month Pass			
Adult	\$33.00		
60 +	\$22.00		
Family/Couple	\$54.00		
6 Month Pass			
Adult	\$165.00		
60 +	\$110.00		
Family/Couple	\$270.00		
Annual Pass			
Adult	\$297.00		
60 +	\$198.00		
Family/Couple	\$486.00		
Platinum Pass			
85 years & up Free			
*Senior Center Admission Passes allow access to the following: Open Gym, Lap and Open Swim, Walking/Jogging Track, Weight/Cardio Area, Billiards Room,			

Library/Media Center, and Locker Rooms.

City Park Pool Admission Passes

Admission rates for City Park Pool only.

1 Day Pass	
Adult	\$7.00
Youth	\$6.00
Twilight Swim Pass	
M-Th 4:30PM-Close	\$4.00







Recreation Facility Policies

To ensure a safe and welcoming atmosphere, we request that you adhere to the following policies when visiting a City of Fort Collins Recreation facility.

Children under the age of 8 years must be accompanied by a parent/guardian (at least 15 years of age). The parent/guardian must pay admission and be actively participating with the child, unless otherwise noted in the program description.

Patrons recreationally visiting before or after a class or with a private lesson must pay the drop-in fee.

Locker rooms close 15 minutes after the pool closes (where a pool is on-site). Parents must have children picked up when locker rooms and/or facilities are closed.

Children 6 years and older are required to use the appropriate locker room. Use of the family locker room is permitted; all children must be accompanied by a parent or guardian.

Lockers are for use while utilizing the facility. Please bring a lock; the City of Fort Collins is not responsible for lost or stolen items. Anything left overnight in the locker room will be removed and locks left on will be cut.

There are no make-up lessons for missed classes.

To teach private lessons, coach, or provide pool therapy in any facility, an application form must be completed and approved, and the requirements for teaching/therapy/coaching must be met.

Aquatics & Sports Registration Policies

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

Mulberry, EPIC, Senior Center, & City Park Pools

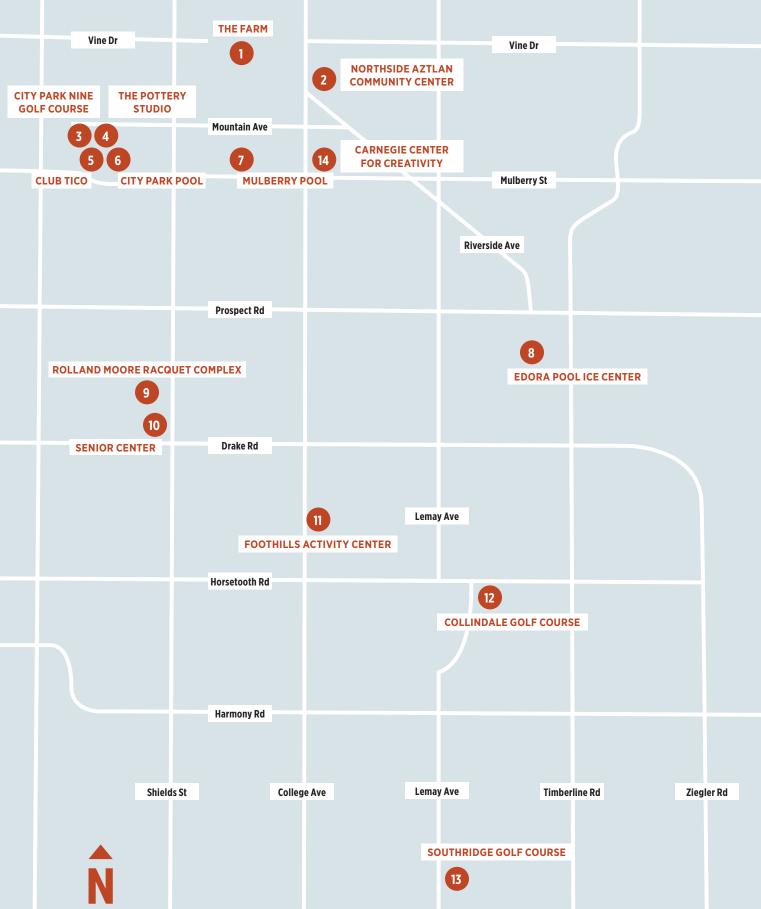
Children under the age of 8 years must be accompanied by a parent/guardian (at least 15 years of age). The parent/guardian must pay admission, wear a swimsuit, and actively participate in the water with the child.

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

All patrons are required to shower before entering any pool.

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

Recreation Facilities Fort Collins, CO



1 The Farm

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

 Nov 1-March 31: W-Sa 10 AM-4PM
 Su Noon-4PM

 April 1-May 31: W-Sa 10 AM-5PM
 Su Noon-5PM

 June 1-Aug 31: T-Sa 10 AM-5PM
 Su Noon-5PM

 Sept 1-Oct 31: W-Sa 10 AM-5PM
 Su Noon-5PM

Meeting SpaceGift ShopMuseumPony Rides

2 Northside Aztlan Community Center

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

M-F 6AM-9PM Sa 8AM-5PM Su 9AM-5PM

Fitness/Dance RoomsGymnasiumSkate ParkTrack

Kitchen
 Weight/Cardio Equipment

Meeting Space

3 City Park Nine Golf Course

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

4 The Pottery Studio

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

Kilns
 Studio Space

5 Club Tico

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

Catering Kitchen

Meeting Space

· Dance Floor

6 City Park Pool

1599 City Park Dr. • 970.416.2589 • fcgov.com/cityparkpool

July 4th 10AM-5:30PM

Swimming

7 Mulberry Pool

424 Mulberry St. · 970.221.6657 · fcgov.com/mulberrypool T,Th 5:30 AM – 4:30 PM **M,W,F** 5:30 AM – 8 PM **Sa** 12:30 – 5:30 PM **Su**Noon – 3 PM

Diving

Meeting Space
 Swimming

Wading Pool

8 Edora Pool Ice Center

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

M-F 5:30 AM - 8 PM Sa 8 AM - 6 PM Su Noon - 5:30 PM

See website for pool and ice hours.

DivingSwimmingIce RinkWading Pool

Meeting Space
 Weight/Cardio Equipment

9 Rolland Moore Racquet Complex

2201 S. Shields • 970,493,7000

fcgov.com/recreation/racquet-complex.php

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

Pro Shop
 Racquet Courts

10 Senior Center

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

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

Auditorium
 Billiards Room
 Gymnasium
 Health & Wellness Center
 Meeting Space
 Studio Space
 Swimming
 Track

Kitchen
 Weight/Cardio Equipment

Library

11 Foothills Activity Center

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

M-F 6AM-9PM Sa 9AM-6PM Su 11AM-5PM

Gymnasium
 Weight/Cardio Equipment

Meeting Space

12 Collindale Golf Course

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

13 Southridge Golf Course

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

14 Carnegie Center for Creativity

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

Public Gallery
 Performance & Studio Spaces

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



This year, the City is celebrating the 40th anniversary of the Northside Aztlan Community Center.

In 1977, City Council voted to build Northside at Riverside Park. The original Northside community center opened in August 1978 at 112 E. Willow Street. It became the only recreation center on the north side of Fort Collins, and home to the first city-owned indoor gymnasium.

City staff worked with a group of citizens to recognize Aztec heritage at Northside. Larry Brooks, the director at Northside, along with supervisor, Glenda Poteste, collaborated with citizens to bring "Aztlan" (meaning north) into the community center's name, and numerous programs for Spanish-speakers were hosted at Northside. The noon meal program, Senior Chuckwagon, still runs today on Tuesdays, Wednesdays, and Thursdays as Ancianos (see page 103). Also, the NCIPA Pow Wow, a Native American celebration, still takes place at Northside for a full weekend each April.

Riverside Park brought unique challenges as a location for Northside since the land previously served as a landfill. As the land adjusted and settled, so did Northside. The structure of the building eventually started to shift, leaving cracks in the floor and its location became more concerning. Eventually, the City worked to redesign, move, and construct a new Northside. The building proposal moved the facility further away from and higher than the river and original landfill site. In 2007, the new Northside Aztlan Community Center opened its doors in Fort Collins.

Northside continues to serve as a popular community center in Fort Collins, bringing neighbors together for special programs and events. Each year, Northside hosts the Fort Collins Comic Con, which attracts more than 10,000 people acting out their inner superhero and inspiring youth to explore literature through comic books and other pop-culture.

The OtterCares Pack to School event helps kids get ready for the new school year. Before school starts, Northside fills its gymnasium with backpacks, supplies, and resources to distribute to kids in need of school supplies.

The Project Homeless Connect is another community endeavor hosted at Northside each April. Bohemian Foundation sponsors the event so that organizations can provide services like haircuts, donations such as camping supplies, and healthcare resources to the homeless in Fort Collins.

An average day at Northside is anything but ordinary. You'll find youth and adults of all ages working out, playing basketball, going on field trips, or going to one of the new Camp FunQuest Day Camps. Outdoor basketball courts and the lighted skateboard park are special attractions, as well. If you haven't visited Recreation's largest facility, yet, please stop by. You'll be surprised at the wide range of activities and cultural history inside the brick walls.

Mary Carlson

Board Member. Parks & Recreation

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	М	9:00-9:30 ам	\$40	302326-01
6/11-7/16	М	9:40-10:10 AM	\$40	302326-02
6/15-7/20	F	9:00-9:30 ам	\$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 ам	\$30.80	302228-01
7/10-8/2	Tu,Th	9:30-10:30 ам	\$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
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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 Ch	air 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 ам	\$29	302483-01
6/25-7/25	M,W	11:00-11:55 ам	\$37	302483-02
7/30-8/29	M,W	11:00-11:55 ам	\$41	302483-03
6/4-6/18	М	11:00-11:55 ам	\$16	302483-1A
6/25-7/23	М	11:00-11:55 ам	\$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 рм	\$28	302982-01
7/11-8/1	W	1:15-2:00 рм	\$28	302982-02
8/8-8/29	W	1:15-2:00 рм	\$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 рм	\$37	310356-01
7/10-7/31	T	6:15-6:45 рм	\$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.

Adaptive Climbing Clinics continued

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

Adaptive	rratersports				
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 Fe	е		\$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 ам-1:30 рм	\$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 рм	\$18	302072-01
7/17-7/31	Tu	6:30-7:30 рм	\$18	302072-02
8/14-8/28	Tu	6:30-7:30 рм	\$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

Cilliu				
6/7-8/2	Th	6:00-7:00 рм	\$26	302956-01
Family				
6/7-8/2	Th	6:00-7:00 рм	\$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	М	5:00-8:00 рм	\$30	202055-01
5/14-//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 рм	\$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 рм	\$12	302401-05



Denotes no web registration for program



Denotes program/activity has special membership pricing

Denotes Health and Wellness program

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
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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
8/1-8///	VV	4 3U-D UU PM	71/	107 119-01

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 рм	\$6	302403-01
7/31	Tu	5:30-9:00 рм	\$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 РМ	\$6	302404-01
7/11	W	5:45-8:00 РМ	\$6	302404-02
8/20	М	5:45-8:00 рм	\$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. Serior 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 рм	\$4	
Fun in the Sur	1			
7/27	F	6:00-8:00 рм	\$4	
Let's Dance				
8/24	F	6:00-8:00 рм	\$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

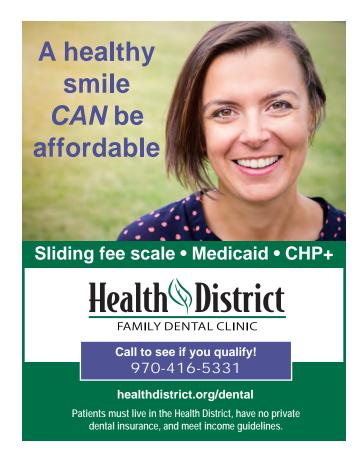
6/23	Sa	2:30-9:00 РМ	\$44	302511-01	
Attendant Section			\$35	302511-1A	

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 рм	\$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

Locationi	Location Northside / Litari Conter					
7/1	Su	3:00-6:30 рм	\$7	302772-01		

Agua 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 %-4 % ft.

Age: 18 years & up Location: Senior Center

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



Fort Collins Area Swim Team

- Year round competitive swim program for local, state and national levels
- Pre-competitive programHigh School prep group
 - Masters team

Specializing in developmental and 10 & Under Age Group Swimming

FAST practices at EPIC, 1801 Riverside, Ft. Collins fortcollinsareaswimteam.org mike@fortcollinsareaswimteam.org

Member of USA Swimming and Colorado Swimming

Basic H20

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 рм	\$53.50	300416-01	
7/30-8/31	M,W,F	12:15-1:15 рм	\$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 ам	\$53.50	300324-01	
7/30-8/31	M,W,F	7:30-8:30 am	\$57.26	300324-02	

Agua 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 рм	\$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

Loca	tion:	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
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Location: Mulberry Pool						
6/25-7/27	M,W,F	7:30-8:30 ам	\$53.50	300222-01		
7/30-8/31	M,W,F	7:30-8:30 ам	\$57.26	300222-02		
Location: Sen	ior Center					
6/25-7/27	M,W,F	6:15-7:15 ам	\$53.50	300422-01		
6/25-7/27	M,W,F	5:00-6:00 рм	\$53.50	300422-03		
7/30-8/31	M,W,F	5:00-6:00 рм	\$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 ам	\$38.50	300422-09		
7/31-8/30	Tu,Th	10:00-11:00 ам	\$38.50	300422-10		
6/26-7/26	Tu,Th	7:00-8:00 рм	\$38.50	300422-11		
7/31-8/30	Tu,Th	7:00-8:00 рм	\$38.50	300422-12		
7/30-8/31	M,W,F	6:15-7:15 ам	\$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 ам	\$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 рм	\$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

Location oc	nor center			
6/26-7/26	Tu,Th	6:00-7:00 рм	\$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 H20

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 рм	\$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		





Denotes no web registration for program

Denotes program/activity has special membership pricing

Denotes Health and Wellness program

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

Location. La	ora r oor icc	CCITCCI			
6/4-7/2	M,W	6:15-7:00 рм	\$66.26	301338-01	
Location: Se	nior 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

Locationi La	0141 001166	CCITCCI				
7/9-8/8	M,W	6:15-7:00 РМ	\$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 ам	\$26	301353-01
6/16	Sa	10:00-11:30 ам	\$26	301353-02
7/7	Sa	10:00-11:30 ам	\$26	301353-03
7/21	Sa	10:00-11:30 ам	\$26	301353-04
8/11	Sa	10:00-11:30 ам	\$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 РМ	\$22	301356-01
6/27	W	6:00-9:00 РМ	\$22	301356-02
7/11	W	6:00-9:00 РМ	\$22	301356-03
7/25	W	6:00-9:00 РМ	\$22	301356-04
8/8	W	6:00-9:00 РМ	\$22	301356-05
8/29	W	6:00-7:00 PM	\$22	301356-06

EGEND



Denotes no web registration for program



Denotes program/activity has special membership pricing



Denotes Health and Wellness program



[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

Location. L	Location. Labra 1 oor 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	М	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	М	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		

LEGEND



Denotes no web registration for program



Denotes program/activity has special membership pricing

Denotes Health and Wellness program

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

Location. City	raikrooi			
6/4-6/14	M-Th	11:35 ам-12:05 рм	\$49	301110-01
6/18-6/28	M-Th	11:35 ам-12:05 рм	\$49	301110-02
7/2-7/12	M-Th	11:35 ам-12:05 рм	\$43	301110-03
7/16-7/26	M-Th	11:35 ам-12:05 рм	\$49	301110-04
7/30-8/9	M-Th	11:35 ам-12:05 рм	\$49	301110-05
Location: Mul	berry Pool			
6/5-7/5	Tu,Th	5:40-6:10 рм	\$49	301210-01
6/5-7/5	Tu,Th	5:05-5:35 рм	\$49	301210-02
7/10-8/9	Tu,Th	5:05-5:35 рм	\$49	301210-03
7/10-8/9	Tu,Th	6:15-6:45 рм	\$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 ам	\$31	301210-06
7/14-8/11	Sa	9:35-10:05 ам	\$31	301210-07
7/14-8/11	Sa	10:45-11:15 ам	\$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 РМ	\$31	301210-11
7/15-8/12	Su	4:25-4:55 PM	\$31	301210-12
Location: Edo	ra Pool Ice C	Center		
6/4-6/14	M-Th	9:50-10:20 ам	\$49	301310-01
6/4-6/14	M-Th	11:35 ам-12:05 рм	\$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 ам-12:05 рм	\$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 ам-12:05 рм	\$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 ам-12:05 рм	\$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 ам-12:05 рм	\$49	301310-10
6/4-7/2	M,W	5:40-6:10 рм	\$55	301310-11
7/9-8/8	M,W	5:05-5:35 рм	\$61	301310-12
Location: Sen	ior Center			
6/10-7/8	Su	3:30-4:00 РМ	\$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 ам	\$49	301112-02

Babv & Me 2 o	continuec
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7/2-7/12	M-Th	11:00-11:30 AM	\$43	301112-03
7/16-7/26	M-Th	11:00-11:30 ам	\$49	301112-04
7/30-8/9	M-Th	11:00-11:30 ам	\$49	301112-05
Location: Mu	lberry 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 рм	\$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 рм	\$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 ам	\$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 ам	\$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: Edd	ora Pool Ice (Center		
6/4-6/14	M-Th	10:25-10:55 ам	\$49	301312-01
6/4-6/14	M-Th	11:00-11:30 ам	\$49	301312-02
6/18-6/28	M-Th	10:25-10:55 ам	\$49	301312-03
6/18-6/28	M-Th	11:00-11:30 ам	\$49	301312-04
7/2-7/12	M-Th	10:25-10:55 ам	\$43	301312-05
7/2-7/12	M-Th	11:00-11:30 ам	\$43	301312-06
7/16-7/26	M-Th	10:25-10:55 ам	\$49	301312-07
7/16-7/26	M-Th	11:00-11:30 ам	\$49	301312-08
7/30-8/9	M-Th	10:25-10:55 ам	\$49	301312-09
7/30-8/9	M-Th	11:00-11:30 ам	\$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: Ser	nior 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 ам-12:05 рм	\$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 ам-12:05 рм	\$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 ам-12:05 рм	\$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 ам	\$49	301116-14

Pollywog continued

7/16-7/26	M-Th	11:00-11:30 AM	\$49	301116-15
7/16-7/26	M-Th	11:35 ам-12:05 рм	\$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 ам	\$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: Mull	perry Pool			
6/5-7/5	Tu,Th	5:05-5:35 рм	\$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 рм	\$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 ам	\$31	301216-05
6/9-7/7	Sa	10:45-11:15 ам	\$31	301216-06
7/14-8/11	Sa	9:00-9:30 ам	\$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 РМ	\$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 рм	\$31	301216-15
Location: Edo	ra Pool Ice C	Center		
6/4-6/14	M-Th	10:25-10:55 AM	\$49	301316-01
6/4-6/14	M-Th	11:35 ам-12:05 рм	\$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 ам-12:05 рм	\$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 ам-12:05 рм	\$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 ам-12:05 рм	\$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 ам-12:05 рм	\$49	301316-10
6/4-7/2	M,W	5:05-5:35 рм	\$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 рм	\$61	301316-13
7/9-8/8	M,W	6:15-6:45 PM	\$61	301316-14
Location: Sen	ior Center			
6/10-7/8	Su	4:05-4:35 PM	\$31	301416-01
6/10-7/8	Su	5:15-5:45 рм	\$31	301416-02
7/15-8/12	Su	3:30-4:00 рм	\$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 ам	\$49	301118-02	
6/4-6/14	M-Th	11:00-11:30 ам	\$49	301118-03	
6/18-6/28	M-Th	9:50-10:20 AM	\$49	301118-04	

Tadpole continued

·				
6/18-6/28	M-Th	10:25-10:55 ам	\$49	301118-05
6/18-6/28	M-Th	11:00-11:30 ам	\$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 ам	\$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 ам	\$49	301118-11
7/16-7/26	M-Th	11:00-11:30 ам	\$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 ам	\$49	301118-14
7/30-8/9	M-Th	11:00-11:30 ам	\$49	301118-15
Location: Mulb	erry 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 рм	\$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 ам	\$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 РМ	\$31	301218-11
7/15-8/12	Su	4:25-4:55 PM	\$31	301218-12
Location: Edor	a Pool Ice C	enter		
6/4-6/14	M-Th	9:50-10:20 AM	\$49	301318-01
6/4-6/14	M-Th	11:00-11:30 ам	\$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 ам	\$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 ам	\$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 ам	\$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 ам	\$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 рм	\$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 рм	\$61	301318-14
Location: Seni				
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
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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	-



Froggy continued

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 ам	\$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 ам	\$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 ам	\$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 ам	\$49	301120-14
7/30-8/9	M-Th	11:35 ам-12:05 рм	\$49	301120-15
Location: Mul	berry 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 рм	\$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 ам	\$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 рм	\$31	301220-10
6/10-7/8	Su	4:25-4:55 PM	\$31	301220-11
continued on ne	xt page			

rioggy com	tinued	ntinued
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6/10-7/8	Su	5:35-6:05 рм	\$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 рм	\$31	301220-15
Location: Edo	ora Pool Ice	Center		
6/4-6/14	M-Th	10:25-10:55 ам	\$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 ам	\$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 ам	\$43	301320-05
7/2-7/12	M-Th	11:35 ам-12:05 рм	\$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 ам-12:05 рм	\$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 ам-12:05 рм	\$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 рм	\$61	301320-14
Location: Sen	ior 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 РМ	\$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
Location.	CILY	I UIN	1 001

6/4-6/14	M-Th	9:50-10:20 am	\$49	301122-01
6/4-6/14	M-Th	10:25-10:55 ам	\$49	301122-02
6/4-6/14	M-Th	11:00-11:30 ам	\$49	301122-03
6/4-6/14	M-Th	11:35 ам-12:05 рм	\$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 ам	\$49	301122-06
6/18-6/28	M-Th	11:00-11:30 ам	\$49	301122-07
6/18-6/28	M-Th	11:35 ам-12:05 рм	\$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 ам	\$43	301122-10
7/2-7/12	M-Th	11:00-11:30 ам	\$43	301122-11
7/2-7/12	M-Th	11:35 ам-12:05 рм	\$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 ам	\$49	301122-14
7/16-7/26	M-Th	11:00-11:30 ам	\$49	301122-15
7/16-7/26	M-Th	11:35 ам-12:05 рм	\$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 ам	\$49	301122-18
7/30-8/9	M-Th	11:00-11:30 ам	\$49	301122-19
7/30-8/9	M-Th	11:35 ам-12:05 рм	\$49	301122-20
Location: Mul	berry 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

Level 1 continued

7/10-8/9	Tu,Th	5:05-5:35 РМ	\$49	301222-03
7/10-8/9	Tu,Th	5:40-6:10 рм	\$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: Edd	ra 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 РМ	\$55	301322-11
6/4-7/2	M,W	6:15-6:45 рм	\$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 РМ	\$61	301322-14
Location: Sen	ior 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 ам	\$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 ам-12:05 рм	\$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 ам	\$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 ам-12:05 рм	\$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 ам	\$43	301124-10	
7/2-7/12	M-Th	11:00-11:30 ам	\$43	301124-11	
7/2-7/12	M-Th	11:35 ам-12:05 рм	\$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 ам	\$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 ам-12:05 рм	\$49	301124-16	
continued on payt page					

Level 2 continued

7/30-8/9	M-Th	9:50-10:20 AM	\$49	301124-17
7/30-8/9	M-Th	10:25-10:55 ам	\$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 ам-12:05 рм	\$49	301124-20
Location: Mul	berry 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 рм	\$49	301224-04
6/9-7/7	Sa	9:00-9:30 ам	\$31	301224-05
6/9-7/7	Sa	10:10-10:40 ам	\$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 ам	\$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 рм	\$31	301224-12
7/15-8/12	Su	5:35-6:05 PM	\$31	301224-13
Location: Edo	ra 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 РМ	\$55	301324-07
7/9-8/8	M,W	5:05-5:35 РМ	\$61	301324-08
7/9-8/8	M,W	6:15-6:45 рм	\$61	301324-09
Location: Sen	ior 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

41.5						
ocation: Mulberry Pool						
Tu,Th	4:30-5:15 PM	\$59	301226-01			
Tu,Th	4:30-5:15 PM	\$59	301226-02			
Sa	9:00-9:45 AM	\$37.26	301226-03			
Sa	11:20 AM-12:05 PM	\$37.26	301226-04			
Sa	9:00-9:45 AM	\$37.26	301226-05			
Sa	11:20 ам-12:05 рм	\$37.26	301226-06			
Su	4:25-5:10 PM	\$37.26	301226-07			
Su	5:00-5:45 рм	\$37.26	301226-08			
Su	3:15-4:00 PM	\$37.26	301226-09			
Su	5:35-6:20 рм	\$37.26	301226-10			
ora Pool Ice	Center					
M-Th	10:25-11:10 ам	\$59	301326-01			
M-Th	10:25-11:10 ам	\$59	301326-02			
	Iberry Pool Tu,Th Tu,Th Sa Sa Sa Sa Su Su Su Su Su Su Ora Pool Ice M-Th	Tu,Th	Tu,Th			



Level 3 continued

7/2-7/12	M-Th	10:25-11:10 ам	\$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 ам	\$59	301326-06
6/4-7/2	M,W	5:05-5:50 рм	\$66.26	301326-07
7/9-8/8	M,W	5:05-5:50 рм	\$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: Mul	Location: Mulberry Pool						
6/5-7/5	Tu,Th	5:05-5:50 рм	\$59	301228-01			
7/10-8/9	Tu,Th	5:05-5:50 рм	\$59	301228-02			
6/9-7/7	Sa	10:10-10:55 ам	\$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 РМ	\$37.26	301228-05			
6/10-7/8	Su	5:35-6:20 рм	\$37.26	301228-06			
7/15-8/12	Su	4:25-5:10 PM	\$37.26	301228-07			
Location: Edo	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 ам	\$51.76	301328-03			

Level 4 continued

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

Location. Mais	icity i ooi			
6/5-7/5	Tu,Th	6:15-7:00 рм	\$59	301230-01
6/9-7/7	Sa	10:45-11:30 ам	\$37.26	301230-02
7/14-8/11	Sa	10:45-11:30 ам	\$37.26	301230-03
6/10-7/8	Su	3:50-4:35 рм	\$37.26	301230-04
7/15-8/12	Su	3:50-4:35 рм	\$37.26	301230-05
Location: Edor	a Pool Ice Ce	enter		
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 рм	\$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

_		-	
Loca	tion.	Mulberry	Pool

Location. I lai	DCITY I OUI						
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 ам	\$31	301232-03			
7/15-8/12	Su	5:00-5:45 рм	\$37.26	301232-04			
Location: Edd	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

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 ам	\$31	301235-02
Location: Ed	ora 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 ам-12:05 рм	\$49	301335-01
7/2-7/12	M-Th	11:35 ам-12:05 рм	\$51.76	301335-02
Location: Ser	nior 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 рм	\$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





Denotes no web registration for program

Denotes program/activity has special membership pricing

Denotes Health and Wellness program

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 W w

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.

Age: 18 years & up Location: Senior Center

Bring supplies necessary to work.

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 W 🖤

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	e, Felted Pictu	re		
7/14	Sa	9:00 AM-Noon	\$28	303436-02
Needle-Fe	elted, Tree			
8/18	Sa	9:00 AM-Noon	\$28	303436-03

Quilting Quorum W 🚥

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 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 1:00-3:00 PM No Fee

Open Shop W 🚥

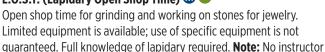
Open shop time. Tools are available for use with jewelry, stained glass, and woodworking, including scroll saws, wood lathes, other wood related tools, and basic tools for mechanical repairs. A shop attendant is available to assist with questions. Production work or work on items for sale is not permitted. **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 рм	No Fee	

[JEWELRY]

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



Age: 18 years & up Location: Senior Center

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

provided. Shop supervisors are available to assist with questions.

[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 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 9:30-11:30 AM Sa \$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 рм	\$20	303414-01
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[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

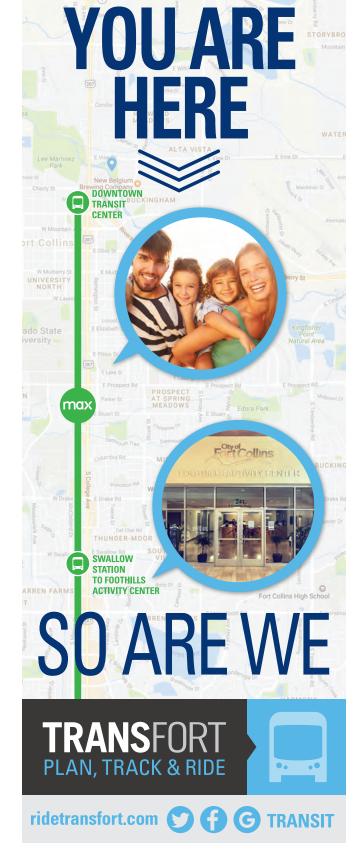
6/21	Th	9:00 am-3:30 pm	\$65	303427-01
Landscape				
7/19	Th	9:00 am-3:30 pm	\$65	303427-02
Floral				
8/16	Th	9:00 am-3:30 pm	\$65	303427-03

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	М	1:00-3:00 PM	\$24.50	303446-01
7/2-7/30	М	1:00-3:00 PM	\$53.75	303446-02
8/6-8/27	М	1:00-3:00 PM	\$44	303446-03
6/18-6/25	М	6:30-8:30 рм	\$24.50	303446-04
7/2-7/23	М	6:30-8:30 рм	\$53.75	303446-05
7/30-8/27	М	6:30-8:30 рм	\$44	303446-06





Denotes no web registration for program



Denotes program/activity has special membership pricing



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 ам	\$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
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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

Eduction: Serior Certer					
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

Location. Schiol Center					
6/13-7/25	W	7:00-9:00 рм	\$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 W	reath			
7/14	Sa	1:00-3:30 PM	\$50	318983-02
Dreamcatch	ner			
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	l 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 рм	\$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

Ludy Libei	Ly				
6/26	Tu	3:00-4:30 PM	\$30	316943-01	
Sandwich Collage					
7/12	Th	3:00-4:30 рм	\$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-Fig	shbowl				
7/12	Th	10:45 AM-12:15 PM	\$30	316912-02	
Frida Kahlo	o-Self Portrait				
8/2	Th	10:45 ам-12:15 рм	\$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	М	9:00-11:00 AM	\$170	304850-01
6/4-8/6	М	5:30-7:30 рм	\$170	304850-02
6/6-8/15	W	8:00-10:00 рм	\$170	304850-03
6/9-8/11	Sa	12:30-2:30 рм	\$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

Locationiii	ccci y ocaai	•		
6/4-8/6	М	8:00-10:00 PM	\$170	304855-01
6/6-8/15	W	5:30-7:30 РМ	\$170	304855-02
6/7-8/9	Th	9:00-11:00 AM	\$170	304855-03

LEGEND



Denotes no web registration for program

9

Denotes program/activity has special membership pricing

(1)

Denotes Health and Wellness program

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 рм	\$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
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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 рм	\$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 ам-2:00 рм		

[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 рм	\$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 рм	\$45	304801-03
7/17-8/14	Tu	12:15-1:15 рм	\$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 РМ	\$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 ам	\$37	304828-01
Owls				
6/24	Su	10:00-11:30 ам	\$37	304828-02
Dragons				
7/8	Su	10:00-11:30 ам	\$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

Education: 1 Ottory Studio					
7/27	F	6:00-7:00 рм	\$65	304827-01	
7/28	Sa	12:30-2:30 рм			
7/27	F	7:00-8:00 рм	\$65	304827-02	
7/28	Sa	3:00-5:00 рм			

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 рм	\$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 рм	\$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 РМ	\$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	М	1:30-3:00 рм	\$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	М	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 рм	\$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 рм	\$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 рм	\$110	304810-03
7/12-8/9	Th	1:30-3:00 рм	\$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 рм	\$110	304815-01
6/8-7/6	F	3:30-5:00 рм	\$59	304815-02
7/10-8/9	Tu,Th	3:30-5:00 рм	\$110	304815-03
7/13-8/10	F	3:30-5:00 рм	\$59	304815-04



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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 рм	\$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
8/ZI	Iu	7:00-9:00 PM	210	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

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[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	М	5:30-6:45 PM	\$31	306103-01
7/2-7/23	М	5:30-6:45 РМ	\$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 рм	\$21	306436-01
7/3-7/31	Tu	12:30-1:45 рм	\$26	306436-02
8/14-8/28	Tu	12:30-1:45 рм	\$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 рм	\$21	306437-01
7/3-7/31	Tu	1:45-3:00 рм	\$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	М	5:45-6:45 PM	\$25	306156-01
7/2-7/23	М	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

Lucation. Sei	Location. Senior Center					
6/6-6/27	W	7:30-9:00 рм	\$40	306440-01		
7/11-7/25	W	7:30-9:00 рм	\$30.26	306440-02		
8/1-8/29	W	7:30-9:00 PM	\$40	306440-03		

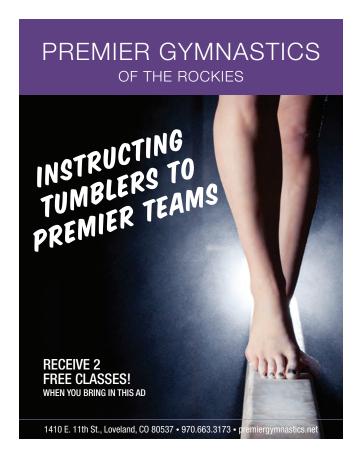
West Coast Swing, Continuing

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 рм	\$40	306441-01
7/5-7/26	Th	7:30-9:00 рм	\$40	306441-02
8/2-8/30	Th	7:30-9:00 рм	\$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

Age: 3-5 yea	ars			
6/7-6/28	Th	10:15-11:00 ам	\$45	315213-07
7/12-7/26	Th	10:15-11:00 ам	\$35	315213-08
8/2-8/23	Th	10:15-11:00 am	\$45	315213-09
Acro Dance	II			
Age: 6-8 yea	ars			
6/6-6/27	W	4:30-5:15 рм	\$45	315213-01
7/11-7/25	W	4:30-5:15 рм	\$35	315213-02
8/1-8/22	W	4:30-5:15 рм	\$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 рм	\$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 everchanging.

Grade: K-3

Location: Club Tico

6/5-6/26	Tu	4:15-5:15 рм	\$31	306101-01
7/3-7/24	Tu	4:15-5:15 рм	\$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 ам	\$45	315211-01	
7/10-7/31	Tu	10:15-11:00 ам	\$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 I

Age: 3-4 years

Age. 3 4 yea	13			
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 Balleri	nas II			
Age: 5-6 year	rs			
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 ам	\$45	315524-10
7/7-7/28	Sa	10:30-11:15 ам	\$45	315524-11
8/4-8/18	Sa	10:30-11:15 ам	\$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 РМ	\$50	315526-01
7/7-7/28	Sa	11:30-12:30 РМ	\$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	

Moana				
6/11-6/14	M-Th	1:00-1:45 рм	\$55	315124-01
Animal Dance	j			
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 year	S			
Young Lyrical	Dancer			
6/11-6/14	M-Th	2:00-3:00 рм	\$55	315124-05
Broadway Bo	und Jazz			
6/25-6/28	M-Th	2:00-3:00 рм	\$55	315124-06
Descendants	Dance			
7/9-7/12	M-Th	2:00-3:00 рм	\$55	315124-07
Rhythm Tap				
7/23-7/26	M-Th	2:00-3:00 рм	\$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

6/5-6/2	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			
6/5-6/2	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				
6/7-6/21	Th	11:00-11:45 AM	\$35	315710-01
6/8-6/22	F	10:45-11:30 ам	\$35	315710-02
Ribbon Dance	<u>: l</u>			
6/28-7/19	Th	11:00-11:45 AM	\$45	315710-03
6/29-7/13	F	10:45-11:30 ам	\$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

continued on next page

Dancin' Dumplin's continued

Age: 4-5 yea	irs			
Magic Wand	II			
6/8-6/22	F	9:30-10:30 am	\$45	315710-07
Ribbon Dano	e 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

[HIPHOP]

qoH qiH

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.

I goH giH 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

6/4-6/25	М	4:30-5:15 PM	\$45	315511-01	
7/9-7/30	М	4:30-5:15 PM	\$45	315511-02	
8/6-8/27	М	4:30-5:15 PM	\$45	315511-03	

Hip Hop III Age: 9-11 years

Location: Northside Aztlan Center

6/4-6/25	М	5:15-6:00 PM	\$45	315511-04
7/9-7/30	М	5:15-6:00 PM	\$45	315511-05
8/6-8/27	М	5:15-6:00 РМ	\$45	315511-06

VI goH giH Age: 12-17 years

Location: Northside Aztlan Center				
6/4-6/25	М	6:00-6:45 рм	\$45	315511-07
7/9-7/30	М	6:00-6:45 PM	\$45	315511-08
8/6-8/27	М	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 рм	\$35	315714-01	
6/26-7/17	Tu	6:15-7:00 рм	\$35	315714-02	
7/24-8/7	Tu	6:15-7:00 рм	\$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 рм	\$56	315716-01
6/28-7/19	Th	6:00-7:15 рм	\$74	315716-02
7/26-8/9	Th	6:00-7:15 рм	\$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

Tumbl	e Bum	bles I
-------	-------	--------

М	11:45 ам-12:45 рм	\$45	315717-01
М	4:30-5:30 PM	\$45	315717-02
W	11:45 ам-12:45 рм	\$45	315717-03
М	11:45 ам-12:45 рм	\$45	315717-04
М	4:30-5:30 PM	\$45	315717-05
W	11:45 ам-12:45 рм	\$45	315717-06
М	11:45 ам-12:45 рм	\$45	315717-07
М	4:30-5:30 PM	\$45	315717-08
W	11:45 ам-12:45 рм	\$45	315717-09
ırs			
bles II			
М	5:50-6:50 рм	\$45	315717-10
Tu	11:00 am-Noon	\$45	315717-11
М	5:50-6:50 PM	\$45	315717-12
Tu	11:00 AM-Noon	\$45	315717-13
Tu M	11:00 AM-Noon 5:50-6:50 PM	\$45 \$45	
			315717-13
М	5:50-6:50 РМ	\$45	315717-13 315717-14
M Tu	5:50-6:50 РМ	\$45	315717-13 315717-14
M Tu rs	5:50-6:50 РМ	\$45	315717-13 315717-14
M Tu rs bles III	5:50-6:50 PM 11:00 AM-Noon	\$45 \$45	315717-13 315717-14 315717-15
	M W M M W M W M M W M M Tu	M 4:30-5:30 PM W 11:45 AM-12:45 PM M 11:45 AM-12:45 PM M 4:30-5:30 PM W 11:45 AM-12:45 PM M 11:45 AM-12:45 PM M 11:45 AM-12:45 PM M 11:45 AM-12:45 PM M 5:50-6:50 PM Tu 11:00 AM-Noon	M 4:30-5:30 PM \$45 W 11:45 AM-12:45 PM \$45 M 11:45 AM-12:45 PM \$45 M 4:30-5:30 PM \$45 W 11:45 AM-12:45 PM \$45 M 11:45 AM-12:45 PM \$45 M 11:45 AM-12:45 PM \$45 M 4:30-5:30 PM \$45 W 11:45 AM-12:45 PM \$45 INSTRUCTION \$45

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 ам	\$45	315212-02
8/7-8/28	Tu	9:30-10:15 ам	\$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	М	10:30-11:15 ам	\$35	315720-01
6/6-6/20	W	10:30-11:15 ам	\$35	315720-02
6/25-7/16	М	10:30-11:15 ам	\$35	315720-03
6/27-7/18	W	10:30-11:15 ам	\$35	315720-04
7/23-8/6	М	10:30-11:15 ам	\$35	315720-05
7/25-8/8	W	10:30-11:15 am	\$35	315720-06
Age: 3 years				
Age: 3 years 6/4-6/18	М	9:30-10:15 am	\$35	315720-07
	M W	9:30-10:15 AM 9:30-10:15 AM	\$35 \$35	315720-07 315720-08
6/4-6/18				
6/4-6/18 6/6-6/20	W	9:30-10:15 AM	\$35	315720-08
6/4-6/18 6/6-6/20 6/25-7/16	W	9:30-10:15 AM 9:30-10:15 AM	\$35 \$35	315720-08 315720-09

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FUN. SAFE. CONVENIENT. AFFORDABLE. CCAP, sliding scale fees and scholarships available.



Grades K-8.
Snacks & Lunch provided.
Enriching Environment.
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Active Games.

Hours: 6:30 AM – 6:00 PM Locations: Global Village Academy (FC) Laurel Elementary (FC) Winona Elementary (Loveland)

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NW

M

Denotes no web registration for program

Denotes program/activity has special membership pricing

Denotes Health and Wellness program

Where are the day Camps?

Are you looking for a summer day camp, but can't seem to find it? Spring and Summer Day Camps were listed in the **spring edition of the Recreator**.

For information about day camps that are still open for registration, browse our registration webpage at **fcgov.com/recreator**.

DAY CAMPS THAT MAY STILL HAVE OPENINGS FOR REGISTRATION INCLUDE:



Advanced Pony Camp | Ages 8-12 years

Activity Number: 308608

Beginning Pony Camp | Ages 8-12 years

Activity Number: 308607

Horsemanship 1 | Ages 12-16 years

Activity Number: 308616

Horsemanship 2 | Ages 12-16 years

Activity Number: 308617

Farm Day Camp | Ages 8-12 years

Activity Number: 308602

Mini Day Camp | Ages 6-7 years

Activity Number: 308604

Not-So-Mini-Day Camp | Ages 6-7 years

Activity Number: 308605



Inventor's Workshop | Ages 12-15 years

Activity Number: 315550

Fear Factor | Ages 12-15 years

Activity Number: 315551

Time Travelers | Ages 12-15 years

Activity Number: 315553

Choose Your Own Adventure | Ages 6-15 years

Activity Number: 315555

S.T.E.M. I Ages 12-15 years Activity Number: 315556

Game On I Ages 12-15 years

Activity Number: 315557

All Camp Olympics | Ages 12-15 years

Activity Number: 315559







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

Mad Science				
6/4-6/7	M-Th	1:00-4:00 PM	\$66	316294-01
Jedi in Trainin	g			
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 Wee	k			
7/16-7/19	M-Th	1:00-4:00 PM	\$66	316294-06
Super Hero W	eek			
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

Star Mars				
6/4	М	9:00 am-3:00 pm	\$36	316796-01
6/8	F	9:00 am-3:00 pm	\$36	316796-02
Artist Stud	dio			
6/11	М	9:00 am-3:00 pm	\$36	316796-03
6/15	F	9:00 am-3:00 pm	\$36	316796-04
Indoor Car	mping			
6/18	М	9:00 am-3:00 pm	\$36	316796-05
6/22	F	9:00 am-3:00 pm	\$36	316796-06

One Day Camps continued

Actor Studio				
6/25	М	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	М	9:00 am-3:00 pm	\$36	316796-10
7/13	F	9:00 am-3:00 pm	\$36	316796-11
Freestyle LEG	0			
7/16	М	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	М	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	М	9:00 am-3:00 pm	\$36	316796-16
8/3	F	9:00 am-3:00 pm	\$36	316796-17
Medieval Mad	ness			
8/6	М	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

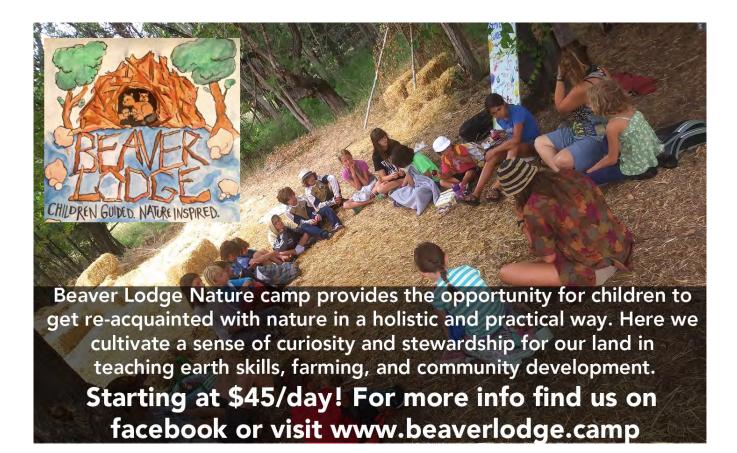
7/9-7/13	M-F	1:00-4:00 PM	\$220	315572-01

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: I	Mulberry Pool			
6/4	М	Noon-8:00 PM	\$85	315275-01
6/11	М	Noon-8:00 PM	\$85	315275-02
6/18	М	Noon-8:00 PM	\$85	315275-03
6/25	М	Noon-8:00 PM	\$85	315275-04
7/9	М	Noon-8:00 PM	\$85	315275-05
7/16	М	Noon-8:00 PM	\$85	315275-06
7/23	М	Noon-8:00 PM	\$85	315275-07
7/30	М	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 рм	\$150	315549-01
Asian				
7/17-7/20	M-F	1:00-5:00 рм	\$150	315549-02
Italian				
8/7-8/10	M-F	1:00-5:00 рм	\$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 engineerdesigned 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

Location: Northside / Etian 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	

Denotes no web registration for program

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



[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
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Collage Creations

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

Age: 3-5 years

Location: Carnegie Center for Creativity

Education: Carriegic Center for Creativity						
7/24	Tu	1:00-3:00 PM	\$35	317987-01		

Cupcakes 'n Canvas

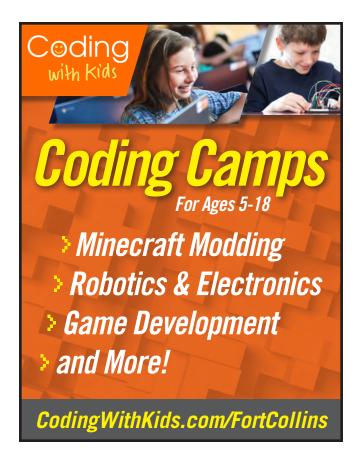
Theme inspired and geared towards teaching young artists the joy of painting. Paint on canvas while enjoying cupcakes.

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

cute cupca	kes			
6/4	М	10:00-11:30 ам	\$21	317520-01
Around the	World			
6/11	М	10:00-11:30 ам	\$21	317520-02
Breakfast				
6/18	М	10:00-11:30 ам	\$21	317520-03
Lunch				
6/25	М	10:00-11:30 AM	\$21	317520-04
Delicious Desserts				
7/9	М	10:00-11:30 AM	\$21	317520-05
Fun with Fr	uit			
7/16	М	10:00-11:30 AM	\$21	317520-06
Yummy Sna	acks			
7/23	М	10:00-11:30 AM	\$21	317520-07
Ice Cream				
7/30	М	10:00-11:30 AM	\$21	317520-08
Pizza				
8/6	М	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

continued on next page

Fun & Fitness continued

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

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111	ıau	SCIEL	ICE.

Mad Science				
6/4-6/7	M-Th	9:30-11:30 ам	\$48	316295-01
Jedi in Training	9			
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

Mini Imagination Camp continued

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 ам	\$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 рм	\$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

Call now to schedule a TREE screening for your toddler!





on Facebook

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In Network with most Insurances







Come see Dr. Joe Guido, Dr. Katie Rusnak, Dr. Shivaun McArtor and Dr. Andrea Aduna!



Disney Delights

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

Age: 3-6 years

Location: Northside Aztlan Center

Moana

Modild				
6/4	М	1:00-2:30 PM	\$17	317540-01
Trolls				
6/18	М	1:00-2:30 рм	\$17	317540-02
Zootopia				
7/9	М	1:00-2:30 PM	\$17	317540-03
The Incred	libles			
7/23	М	1:00-2:30 PM	\$17	317540-04
Frozen				
8/6	М	1:00-2:30 рм	\$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

restaurant				
6/11	М	1:00-2:30 PM	\$17	317550-01
Firefighters				
6/25	М	1:00-2:30 PM	\$17	317550-02
Princess Party				
7/16	М	1:00-2:30 PM	\$17	317550-03
Camping				
7/30	М	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
Aqualiciou	IS			
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 ам	\$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

Hallings							
6/20	W	1:00-2:00 рм	\$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

0 0000 3	,			
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

I Want to Be a Scientist continued

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	1			
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
Paleontolo	gy			
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
Concoction	ns .			
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 ам	\$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

Location in	i ci ioi di C / (E ci				
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 6/20	Г	10:00-11:00 AM	¢17	717262 01
6/22-6/29		10:00-11:00 am	\$17	51/202-01

Little Explorers

Explore science, movement, arts and crafts, and music.

Age: 15 months-2 years Location: Mulharry Dool

LOCALIOII. M	ulberry 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

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 Tre	ats			
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 Cup	cakes			
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

, p				
6/6	W	1:00-2:00 PM	\$15	317763-01
Building B	ridges			
6/27	W	1:00-2:00 PM	\$15	317763-02
Catapults				
7/25	W	1:00-2:00 рм	\$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

7umhini

Zumbim				
6/15-7/27	F	9:30-10:15 ам	\$110	318578-01
Zumbini, Sec	ond Child			
6/15-7/27	F	9:30-10:15 ам	\$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

0 000.0				
6/4-6/25	М	9:30-10:15 ам	\$99	318776-01
Session 1, Se	cond Child			
6/4-6/25	М	9:30-10:15 AM	\$65	318776-02
Session 2				
6/4-6/25	М	10:30-11:15 ам	\$99	318776-05
Session 2, Se	cond Child			
6/4-6/25	М	10:30-11:15 ам	\$65	318776-06
Session 3				
7/23-8/27	М	9:30-10:15 ам	\$130	318776-03
Session 3, Se	cond Child			
7/23-8/27	М	9:30-10:15 ам	\$95	318776-04
Session 4				
7/23-8/27	М	10:30-11:15 ам	\$130	318776-07
Session 4, Se	cond Child			
7/23-8/27	М	10:30-11:15 ам	\$95	318776-08

Education

ADULT PROGRAMS

[ACTIVE MINDS VIRTUAL LEARNING] W

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	7/31
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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
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[COOKING 1

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 рм	\$78	307442-03

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Y0040_ GHHHXDEEN18 Accepted

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

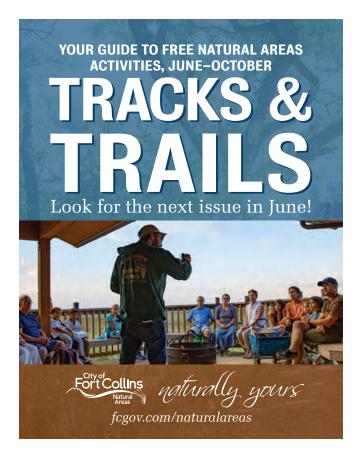
7/14-8/18 1:00-2:00 PM \$80 307454-01

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

1/14-8/18 5a 10:50-11:30 AM \$80 50/450-01	7/14-8/18	Sa	10:30-11:30 am	\$80	307450-01
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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] M

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 ам-1:20 рм	No Fee	307483-01
7/10	Tu	11:45 ам-1:20 рм	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

cake i ops				
6/4	М	1:00-3:00 PM	\$21	318519-01
Around the V	Vorld			
6/11	М	1:00-3:00 PM	\$21	318519-02
Breakfast				
6/18	М	1:00-3:00 PM	\$21	318519-03
Lunch				
6/25	М	1:00-3:00 PM	\$21	318519-04
Delicious Desserts				
7/9	М	1:00-3:00 PM	\$21	318519-05
Fun with Frui	t			
7/16	М	1:00-3:00 PM	\$21	318519-06
Yummy Snac	ks			
7/23	М	1:00-3:00 PM	\$21	318519-07
Gross Goodie	S.			
7/30	М	1:00-3:00 PM	\$21	318519-08
Gross Grub				
8/6	М	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 рм	\$15	318746-01
7/11	W	1:00-4:00 рм	\$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 stressfree 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.

Ponv 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.

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FAMILY PROGRAMS

"Mooo"vie Night w

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 РМ	No Fee	

Milk & Cookies Storytelling w

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	М	9:00-10:00 AM	\$31	308610-01
6/4-6/18	М	9:15-10:15 am	\$31	308610-02
6/25-7/9	М	9:00-10:00 AM	\$31	308610-03
6/25-7/9	М	9:15-10:15 am	\$31	308610-04
7/16-7/30	М	9:00-10:00 AM	\$31	308610-05
7/16-7/30	М	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

rige. I 5 yea	13			
6/5-6/8	Tu-F	1:00-2:30 рм	\$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

, 1901	i o jeans				
7/31-8	3/3	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 ам	\$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	М	11:00 AM-Noon	\$36	308609-01
6/4-6/18	М	11:15 am-12:15 pm	\$36	308609-02
6/25-7/9	М	11:00 AM-Noon	\$36	308609-03
6/25-7/9	М	11:15 am-12:15 pm	\$36	308609-04
7/16-7/30	М	11:00 AM-Noon	\$36	308609-05
7/16-7/30	М	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

5				
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





Denotes no web registration for program

Denotes program/activity has special membership pricing



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 Θ 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 1

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

Personal Training Pricing continued

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
	,		\$37	309501-02
6/25-7/25	M,W	9:00-10:00 am		309301-02
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 рм	\$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 ам	\$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 ам	\$41	309402-04
6/26-7/26	Tu,Th	9:00-9:50 ам	\$41	309402-05
7/31-8/30	Tu,Th	9:00-9:50 ам	\$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 ам	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

Location in ito	CITOTO / LE	ciaii conto			
5/21-6/18	М	9:30-10:30 ам	No Fee	309515-01	
5/21-6/18	М	7:00-8:00 рм	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.

1	ocation:	Northside	Λ ₇ tlan	Contor
ı	LUCALIUII.	INOLLIISIUE	AZLIAH	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

Location. 1 oot	Location: 1 ootimis 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 рм	\$34.75	309710-04	
6/25-7/25	M,W	12:15-1:00 рм	\$34.75	309710-05	
7/30-8/29	M,W	12:15-1:00 рм	\$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 РМ	\$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 РМ	\$51	309710-10	
6/26-7/26	Tu,Th	5:30-6:30 РМ	\$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 ам	\$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 ам	\$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

Lucation, Ser	noi centei				
5/21-6/18	М	1:45-2:45 PM	\$17	309403-01	
6/25-7/23	М	1:45-2:45 PM	\$21	309403-02	
7/30-8/27	М	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 РМ	\$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 рм	\$16	309405-01
6/27-7/25	W	6:35-7:20 РМ	\$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 рм	\$37	309505-01
6/25-7/25	M,W	5:30-6:30 рм	\$37	309505-02
7/30-8/29	M,W	5:30-6:30 рм	\$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 ам	\$37	309509-02
7/30-8/29	M,W	8:30-9:30 ам	\$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 рм	\$41	309510-01
6/26-7/26	Tu,Th	5:30-6:30 рм	\$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 ам	\$21	309511-04
6/30-7/28	Sa	8:15-9:15 ам	\$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:		

5/21-6/18	М	9:00-10:00 AM	\$17	309112-01
6/25-7/23	М	9:00-10:00 AM	\$21	309112-02
7/30-8/27	М	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: Ser	nior Cent	er		
5/21-6/18	М	5:30-6:25 PM	\$17	309406-01
6/25-7/23	М	5:30-6:25 PM	\$21	309406-02
7/30-8/27	М	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: No	rthside A	ztlan Center		
5/22-6/19	Tu	6:30-7:30 рм	\$21	309512-01
6/26-7/24	Tu	6:30-7:30 рм	\$21	309512-02
7/31-8/28	Tu	6:30-7:30 рм	\$21	309512-03
5/23-6/20	W	6:30-7:30 рм	\$21	309512-04
6/27-7/25	W	6:30-7:30 рм	\$17	309512-05
8/1-8/29	W	6:30-7:30 рм	\$21	309512-06
5/24-6/21	Th	6:30-7:30 рм	\$21	309512-07
6/28-7/26	Th	6:30-7:30 рм	\$21	309512-08
8/2-8/30	Th	6:30-7:30 рм	\$21	309512-09

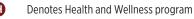




Denotes no web registration for program



Denotes program/activity has special membership pricing



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:	Clu	b T	ico
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5/21-6/18	М	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 рм	No Fee	309513-01
5/23-6/20	W	6:30-7:30 рм	No Fee	309513-02
5/24-6/21	Th	6:30-7:30 рм	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 рм	\$21	309567-02
7/31-8/28	Tu	3:30-4:30 рм	\$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

E/22 C/21	To The	7.70 0.70	r 41	700564.01
5/22-6/21	Tu,Th	7:30-8:30 ам	\$41	309564-01
6/26-7/26	Tu,Th	7:30-8:30 ам	\$41	309564-02
7/31-8/30	Tu.Th	7:30-8:30 AM	\$41	309564-03
1/31-0/30	10,111	7.30-0.30 AM	Д4 1	309304-03

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 рм	\$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.

6.70 7.70 pm

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Location: Senior Center

3/21-0/10	I۱	0.30-7.30 PM	Φ17	309401-01
6/25-7/23	М	6:30-7:30 рм	\$21	309461-02
7/30-8/27	М	6:30-7:30 рм	\$21	309461-03
Location: Nor	thside A	ztlan Center		
5/21-6/18	М	4:00-5:00 PM	\$17	309562-01
6/25-7/23	М	4:00-5:00 PM	\$21	309562-02
7/30-8/27	М	4:00-5:00 PM	\$21	309562-03
5/22-6/19	Tu	5:00-6:00 РМ	\$21	309562-04

Continued on next page

Slow Flow Hatha Yoga continued

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 рм	\$21	309562-12
Location: Foo	thills Activ	ity 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 рм	\$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
LUCATION.	2CHIO	CCITICI

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:	

М	10:00-11:00 AM	\$17	309460-01
М	10:00-11:00 AM	\$21	309460-02
М	10:00-11:00 AM	\$21	309460-03
М	11:00 AM-Noon	\$17	309460-04
М	11:00 AM-Noon	\$21	309460-05
М	11:00 AM-Noon	\$21	309460-06
Th	10:00-11:00 AM	\$21	309460-07
Th	10:00-11:00 AM	\$21	309460-08
Th	10:00-11:00 AM	\$21	309460-09
Th	11:00 AM-Noon	\$21	309460-10
Th	11:00 AM-Noon	\$21	309460-11
Th	11:00 AM-Noon	\$21	309460-12
	M M M M M Th Th Th Th Th	M 10:00-11:00 AM M 10:00-11:00 AM M 11:00 AM-Noon M 11:00 AM-Noon M 11:00 AM-Noon Th 10:00-11:00 AM Th 10:00-11:00 AM Th 10:00-11:00 AM Th 11:00 AM-Noon Th 11:00 AM-Noon	M 10:00-11:00 AM \$21 M 10:00-11:00 AM \$21 M 11:00 AM-Noon \$17 M 11:00 AM-Noon \$21 M 11:00 AM-Noon \$21 Th 10:00-11:00 AM \$21 Th 10:00-11:00 AM \$21 Th 10:00-11:00 AM \$21 Th 11:00 AM-Noon \$21 Th 11:00 AM-Noon \$21 Th 11:00 AM-Noon \$21

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 ам	\$21	309464-01
6/30-7/28	Sa	9:30-10:30 ам	\$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:	Conjor	Contor
LUCALIUII.	2611101	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

Locationi ocini	/ CCITCOI			
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 РМ	\$41	309462-07
6/26-7/26	Tu,Th	5:15-6:15 РМ	\$41	309462-08
7/31-8/30	Tu,Th	5:15-6:15 РМ	\$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 РМ	\$17	309462-14
8/1-8/29	W	1:15-2:15 PM	\$21	309462-15
	6/26-7/26 7/31-8/30 5/22-6/21 6/26-7/26 7/31-8/30 5/22-6/21 6/26-7/26 7/31-8/30 5/23-6/20 6/27-7/25 8/1-8/29 5/23-6/20 6/27-7/25	6/26-7/26 Tu,Th 7/31-8/30 Tu,Th 5/22-6/21 Tu,Th 6/26-7/26 Tu,Th 7/31-8/30 Tu,Th 5/22-6/21 Tu,Th 5/22-6/21 Tu,Th 6/26-7/26 Tu,Th 5/23-6/20 Tu,Th 5/23-6/20 W 6/27-7/25 W 8/1-8/29 W 6/27-7/25 W 6/27-7/25 W	6/26-7/26 Tu,Th 2:45-3:45 pm 7/31-8/30 Tu,Th 2:45-3:45 pm 5/22-6/21 Tu,Th 4:00-5:00 pm 6/26-7/26 Tu,Th 4:00-5:00 pm 7/31-8/30 Tu,Th 4:00-5:00 pm 5/22-6/21 Tu,Th 5:15-6:15 pm 6/26-7/26 Tu,Th 5:15-6:15 pm 7/31-8/30 Tu,Th 5:15-6:15 pm 7/31-8/30 Tu,Th 5:15-6:15 pm 5/23-6/20 W Noon-1:00 pm 6/27-7/25 W Noon-1:00 pm 8/1-8/29 W Noon-1:00 pm 5/23-6/20 W 1:15-2:15 pm 6/27-7/25 W 1:15-2:15 pm	6/26-7/26 Tu,Th 2:45-3:45 pm \$41 7/31-8/30 Tu,Th 2:45-3:45 pm \$41 5/22-6/21 Tu,Th 4:00-5:00 pm \$41 6/26-7/26 Tu,Th 4:00-5:00 pm \$41 7/31-8/30 Tu,Th 4:00-5:00 pm \$41 5/22-6/21 Tu,Th 5:15-6:15 pm \$41 6/26-7/26 Tu,Th 5:15-6:15 pm \$41 7/31-8/30 Tu,Th 5:15-6:15 pm \$41 5/23-6/20 W Noon-1:00 pm \$21 6/27-7/25 W Noon-1:00 pm \$17 8/1-8/29 W Noon-1:00 pm \$21 5/23-6/20 W 1:15-2:15 pm \$21 6/27-7/25 W 1:15-2:15 pm \$17

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	М	4:30-5:20 PM	\$17	309463-01
6/25-7/23	М	4:30-5:20 PM	\$21	309463-02
7/30-8/27	М	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 рм	\$21	309463-07
6/26-7/24	Tu	6:30-7:30 рм	\$21	309463-08
7/31-8/28	Tu	6:30-7:30 рм	\$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 Aztl	an Center
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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/Toddl	er Yoga			
Age: 18 mont	hs-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

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rige. I o jeu				
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 yea	ars			
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 РМ	\$47	309755-02
7/10-7/31	Tu	2:00-3:00 РМ	\$47	309755-03
7/12-8/2	Th	2:00-3:00 РМ	\$47	309755-04
Age: 7-9 yea	ars			
6/4-6/25	М	12:45-1:45 рм	\$47	309755-05
6/6-6/27	W	12:45-1:45 рм	\$47	309755-06
7/9-7/30	М	12:45-1:45 рм	\$47	309755-07
7/11-8/1	W	12:45-1:45 рм	\$47	309755-08
Age: 10-12 y	ears			
6/4-6/25	М	2:00-3:00 РМ	\$47	309755-09
6/6-6/27	W	2:00-3:00 РМ	\$47	309755-10
7/9-7/30	М	2:00-3:00 РМ	\$47	309755-11
7/11-8/1	W	2:00-3:00 РМ	\$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	М	4:30-5:30 PM	\$13	309763-01
6/25-7/23	М	4:30-5:30 PM	\$16	309763-02
7/30-8/27	М	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

) PM \$16 309764	-01
) PM \$13 309764	-02
) PM \$16 309764	-03
) PM \$13 309764



Denotes no web registration for program



Denotes program/activity has special membership pricing



Denotes Health and Wellness program

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

FOOTHILLS ACTIVITY CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
6:15-7:15 AM	6:15-7:15 AM	6:15-7:15 AM	6:15-7:15 AM	1:00-2:00 PM
Les Mills BodyPump	Les Mills BodyPump	Les Mills BodyPump	Les Mills BodyPump	Parent/Baby Yoga
12:15-1:00 PM	8:30-9:30 AM	12:15-1:00 PM	8:30-9:30 AM	2:00-2:45 PM
Les Mills BodyPump	Mat Pilates	Les Mills BodyPump	Mat Pilates	Parent/Toddler Yoga
12:45 - 1:45 PM	8:50 - 9:50 AM	12:45 - 1:45 PM	8:50-9:50 AM	5:00 - 5:45 PM
PlayItUp 7-9	Low Impact Aerobics	PlayItUp 7-9	Low Impact Aerobics	Parent/Child Yoga 4-6
2:00 - 3:00 PM	12:00 - 12:45 PM	2:00 - 3:00 PM	Noon-12:45 PM	5:30-6:30 PM
PlayItUp 10-12	Cardio Kickboxing Intervals	PlayItUp 10-12	Cardio Kickboxing Intervals	Boot Camp
4:30 - 5:30 PM	1:15-2:30 PM	4:30-5:30 PM	1:15-2:30 PM	5:45 - 6:30 PM
Pre Teen Yoga	Slow Flow Hatha Yoga	Teen Yoga	Slow Flow Hatha Yoga	Parent/Child Yoga 7-10
4:30-5:30 PM	2:00 - 3:00 PM	4:30-5:30 PM	2:00 - 3:00 PM	Saturday
Slow Flow Hatha Yoga	PlayItUp 4-6	Slow Flow Hatha Yoga	PlayItUp 4-6	
5:30-6:30 PM	5:30-6:30 PM	5:30-6:30 PM	5:30-6:30 PM	9:45-10:45 AM
Les Mills BodyPump	Les Mills BodyPump	Les Mills BodyPump	Les Mills BodyPump	Les Mills BodyPump
5:30-6:30 PM	5:30-6:30 PM	5:30-6:30 PM	5:30-6:30 PM	
Boot Camp	Science of Strength Training	Boot Camp	Science of Strength Training	
			6:00-7:00 PM Yi Chuan	

NORTHSIDE AZTLAN COMMUNITY CENTER

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

SENIOR CENTER

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



ALZHEIMER'S SPEAKS by Lori LeBay

Join this inspirational speaker who sparked the Dementia Friendly Community movement. She'll bring a message of living with purpose and passion when it comes to caring for individuals, families and communities impacted by dementia...

which is all of us. Lori LeBay has been selected as a Health Hero by Oprah Winfrey, as the #1 Influencer Online for Alzheimer's by Dr. Oz and as an Architect For Change for Humanity by Maria Shriver.

Saturday, June 9, 9:00am – 11:45am • No charge fcgov.com/health-wellness



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 (1)

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 (1)

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
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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 рм	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	М	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 speechlanguage 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 ам-Noon	\$5	325428-01
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Osteoporosis 🕕

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

Learn about key issues in animal welfare
 Pledge to make a difference in their community

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	М	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 (1)

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.

I a aatia aa	Can:	Cantau
Location:	26HIOL	center

6/9	Sa	9:00-11:45 AM	Νο Ερρ	325400-01
0/9	Sd	9.00-11.45 AM	No ree	323400-01

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 (1)

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 (1)

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

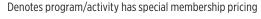
6/7-6/28	Th	1:30-2:00 PM	\$15	325426-01
7/12-8/2	Th	1:30-2:00 PM	\$15	325426-02
8/16-8/30	Th	1·30-2·00 pm	\$11.25	325426-03

LEGEND



Denotes no web registration for program

M Den



Denotes Health and Wellness program

Cultivating Compassion (1)

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

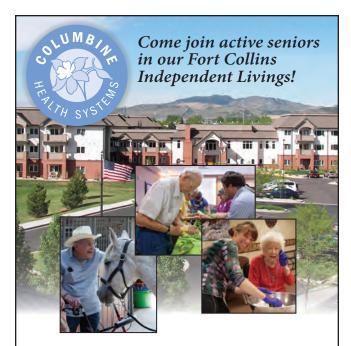
6/26 Tu 5:30-7:00 pm No Fee 325401-01

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



The Worthington

900 Worthington Circle Fort Collins, CO. 970-490-1000

The Winslow

909 Centre Avenue Fort Collins, CO. **970-492-6200**

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
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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



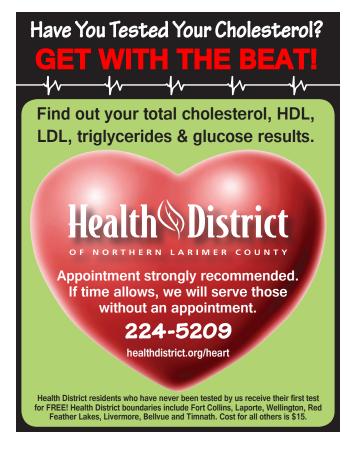


Denotes no web registration for program

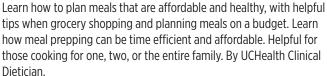




Denotes Health and Wellness program



Nutrition Planning & Prepping 🕕



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 (1)

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	М	1:00-2:30 PM	No Fee	325432-03

HOLISTIC OPTIONS

Aromatherapy 1

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

0/4 11 10:00 11:00 AT 110 TCC 325450 01	6/	4	M	10:00-11:00 am	No Fee	325450-01
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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	М	7:00-9:00 РМ	No Fee	325448-01
7/9	М	7:00-9:00 PM	No Fee	325448-02
8/13	М	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 ам-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

Location. 3c	mor center			
6/1-6/22	F	10:00-11:30 AM	\$40	325411-01

Healing thru Meditation & Spiritual Wisdom continued

7/6-7/27	F	10:00-11:30 ам	\$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
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8/27	М	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 y	ears			
Ongoing	M-Su	Various Times	\$5	
Age: 50 year	s & 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 iondonspeed.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 рм	\$44	310376-01
7/6-8/3	F	5:45-7:15 рм	\$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

EGEND.



Denotes no web registration for program



Denotes program/activity has special membership pricing

Denotes Health and Wellness program

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 W

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 рм	\$58	
6/27-7/18	W	5:00-5:45 рм	\$44	
7/25-8/15	W	5:00-5:45 рм	\$58	

Drop-In Hockey w

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

riger to years				
5/29-8/17	M-F	11:30 am-1:00 pm	\$5	
6/2-8/18	Sa	6:00-7:30 рм	\$5	
Age: 18 years	& up			
5/29-8/17	Tu,W,F	9:15-10:45 рм	\$5	

Stick & Puck Drop-In W

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	М	3:15-4:30 рм	\$5	
5/29-8/16	Tu,Th	1:30-2:45 рм	\$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 W

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 РМ	\$39	310349-01
7/10-7/31	Tu	6:15-6:45 рм	\$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 w



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 11:15 AM-12:45 PM M,W,F

Senior Coffee Club W



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 9:15-11:15 AM No Fee



Denotes no web registration for program



Denotes program/activity has special membership pricing

Denotes Health and Wellness program

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 рм	\$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 рм	\$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 рм	\$39	310330-01
6/5-6/28	Tu,Th	5:30-6:00 рм	\$77	310330-02
6/7-6/28	Th	5:30-6:00 рм	\$39	310330-03
7/10-7/31	Tu	5:30-6:00 рм	\$39	310330-04
7/10-8/2	Tu,Th	5:30-6:00 рм	\$77	310330-05
7/12-8/2	Th	5:30-6:00 рм	\$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

0/10-//ZI 3d 10.00-11.00 AM 3113 310340	6/16-7	21 Sa	10:00-11:00 AM	\$115	310346-0
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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	М	5:45-6:45 PM	\$77	310344-01
7/9-7/30	М	5:45-6:45 РМ	\$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 рм	\$58	310340-01
7/10-7/31	Tu	6:15-7:00 рм	\$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 likeminded 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 w

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 W

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
Location.	100

Ongoing T 9:00-11:00 AM No F	lo Fee
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[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 рм	\$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 рм	\$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 рм	\$50	307468-01
7/11-7/25	W	5:00-7:30 рм	\$50	307468-02
8/15-8/29	W	5:00-7:30 рм	\$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 **(1)**

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
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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
0/10 0/13	11,10	3.00 / 111 110011	ΨΟΟ	307 HZ 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] W



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 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] W



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 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 рм	\$3	307405-01
7/12	Th	7:00-9:00 РМ	\$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 РМ	\$10	307408-01
8/16	Th	3:00-5:00 рм	\$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.

	-	3,			
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	



Denotes no web registration for program



Denotes program/activity has special membership pricing

Denotes Health and Wellness program

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 W



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

10:00AM-3:00PM 5/20 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

Ago: 16 years & un

Agc. 10 yc	uis & 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 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 7:00-9:00 PM 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.

7:00-9:00 PM 312445-03

Colorado Vintage Base Ball Associations' 25th Anniversary Tournament w

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 9:00 AM-4:00 PM Sa,Su No Fee

Pooch Plunge W



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		4:00-6:00 PM	\$2, one human	
Day of Tickets				
8/26 Su 4:00-6:00 PM		4:00-6:00 PM	\$10, includes one human and one dog	
8/26 Su 4:00-6:00 PM		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-comefirst 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 рм	\$49.50	322122-03





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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 рм	\$55.00	322123-02
8/13-9/12	M,W	6:00-7:00 рм	\$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

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: Cit	y 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 Co	mmunity 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

N 4 - -- 2 --

Men's			
Sun III	313021-01	Wed III	313021-09
Sun IV	313021-02	Wed IV	313021-10
Mon III	313021-03	Thu III	313021-11
Mon IV	313021-04	Thu IV	313021-12
Tue II	313021-05	Fri IV	313021-13
Tue III	313021-06	Fri Wood Bat	313021-14
Tue IV	313021-07	Fri 40 & Over	313021-15
Wed II	313021-08		
Women's			
Tue IV	313022-01	Thu IV	313022-04

Wed IV 313022-02 313022-05 Thu Leisure 313022-03 Thu III Coed Sun Competitive 313023-01 Wed Recreational 313023-06 Sun Recreational 313023-02 Thu Competitive 313023-07 Tue Competitive 313023-03 Thu Recreational 313023-08 Fri Recreational Tue Recreational 313023-04 313023-09

313023-05

Men's Fastpitch
Thu 313024-01

Fall Adult SofTball

Wed Competitive

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

1,1611.2			
Sun IV	413021-01	Wed IV	413021-07
Mon III	413021-02	Thu III	413021-08
Mon IV	413021-03	Fri Unlimited HR	413021-09
Tue III	413021-04	Fri IV	413021-10
Tue IV	413021-05		
Wed III	413021-06		

Continued on next page

Fall Adult Softball continued

Women's

Tue IV 413022-01

Coed

Sun Competitive 413023-01 Wed Competitive 413023-05 Sun Recreational 413023-02 Wed Recreational 413023-06 Tue Competitive 413023-03 Thu Competitive 413023-07

Tue Recreational 413023-04

[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 Wed BB Fours 313043-04

Mon BB Doubles 313043-02 Thu B Fours Wed A Fours 313043-03

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 BB 413542-02 Wed A 413542-01 Coed

Mon BB 413543-01 Tue BB 413543-04 Mon B 413543-02 Fri B 413543-05

Tue A 413543-03

TENNIS

General Information

Lewis Tennis School directs all tennis programs for the City of Fort Collins. With more than 45 years of experience in the tennis industry, Lewis Tennis provides quality lessons, programs, and tournaments for all levels and ages with USPTA certified coaches on staff. Tennis director, Larry Lewis, has managed five of the top tennis facilities in the United States.

The programs at Lewis Tennis School provide a positive learning environment for players of all ages. Players learn techniques to become accomplished players, as well as life skills that help them to excel and enjoy tennis and other areas in their life. Thousands of players have participated in these programs over the years as they learn and progress in this great lifetime sport.

Rolland Moore Pro Shop

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

313043-05

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

, 1901 to Jours of	. 46
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	S	
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	
Competi	tive, 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
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9/2-9/23 F.Sd 5.3U-0.3U F	9/2-9/23	F,Sa	3:30-6:30 P
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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 Sla	m, Intermediate-Advance	ed	
Age: 14–18 years			
M-F	10:30 AM-12:30 PM		

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 & Tie	r 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	
	1/201/21	1.00 1.00111	

Junior Tournaments

USTA sanctioned junior tournaments are offered for novice, intermediate, and advanced players.

Δο	ıρ.	7-1	R	vea	r
AU	ıc.	/-	O	vea	13

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

Sa

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	1161 314	700-01	
City Park Fossil Creek Park Lee Martinez Park Rogers Park	314001-01 314001-10 314001-15 314001-02	Rolland Moore Park Spring Canyon Park Stewart Case Park Troutman Park	314001-20 314001-05 314001-31 314001-25
Boys Grade 4/5 City Park Fossil Creek Park Lee Martinez Park Rolland Moore Park	314002-01 314002-11 314002-15 314002-20	Spring Canyon Park Troutman Park Warren Park	314002-06 314002-25 314002-30
Boys Grade 6-8 Fossil Creek Park City Park Landings Park Lee Martinez Park	314003-11 314003-01 314003-25 314003-15	Rolland Moore Park Spring Canyon Park Warren Park	314003-20 314003-06 314003-26
Boys Grade 9-12 Park Tba	314007-01		
Girls Grade 2/3 City Park Fossil Creek Park Lee Martinez Park Rogers Park	314004-01 314004-10 314004-15 314004-02	Rolland Moore Park Spring Canyon Park Stewart Case Park Troutman Park	314004-20 314004-05 314004-31 314004-25
Girls Grade 4/5 City Park Fossil Creek Park Lee Martinez Park Windsor	314005-01 314005-10 314005-15 314005-06	Rolland Moore Spring Canyon Park Troutman Park Warren Park	314005-20 314005-05 314005-25 314005-30
Girls Grade 6-8 City Park Fossil Creek Park Landings Park	314006-01 314006-10 314006-25	Lee Martinez Park Rolland Moore Park Spring Canyon Park	314006-15 314006-20 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 Grade 6 Grade 7	314909-01 314909-02 314909-03	Grade 8 Grade 9-12	314909-04 314909-05
Girls League Grade 4/5 Grade 6 Grade 7 Grade 8 Grade 9-12	314909-06 314909-07 314909-08 314909-09 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 РМ	\$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

Date: 9/8-10/20			
Kindergarten-1			
City Park	414010-01	Rolland Moore Park	414010-12
Edora Park	414010-04	Spring Canyon Park	414010-15
Fossil Creek Park	414010-07	Troutman Park	414010-18
Greenbriar Park	414010-10	Warren Park	414010-20
Grade 2/3			
City Park	414011-01	Harmony Park	414011-13
Edora Park	414011-03	Spring Canyon Park	414011-15
English Ranch Park	414011-05	Troutman Park	414011-17
Fossil Creek Park	414011-07	Warren Park	414011-19
Greenbriar Park	414011-11		
Grade 4/5			
Blevins Park	414012-25	Ridgeview Park	414012-11
City Park	414012-01	Rolland Moore Park	414012-12
Edora Park	414012-03	Spring Canyon Park	414012-14
Fossil Creek Park	414012-05	Troutman Park	414012-17
Greenbriar Park	414012-07	Warren Park	414012-19
Harmony Park	414012-09		
Grade 6			
City Park	414013-01	English Ranch Park	414013-03

6th Grade NFL Flag Football continued

Fossil Creek Park	414013-04	Rolland Moore Park	414013-07
Edora Park	414013-02	Spring Canyon Park	414013-09
Greenbriar Park	414013-05	Troutman Park	414013-11
Harmony Park	414013-06		
Grade 7/8			
City Park	414014-01	Harmony Park	414014-06
Edora Park	414014-02	Rolland Moore Park	414014-07
English Ranch Park	414014-03	Spring Canyon Park	414014-08
Fossil Creek Park	414014-04	Troutman Park	414014-09
Greenbriar Park	414014-05		

Youth Tackle Football

All tackle fooTball registration is in-person at the facilities listed below. Must be present to weigh-in. Practices are held 2-3 times per week with games on Saturday mornings or weeknights. 8 games scheduled. Teams formed by weight. Practices are at an assigned park.

Registration locations:

Foothills Activity Center, 241 E. Foothills Pkwy.

Northside Aztlan Center, 112 E. Willow St.

Equipment Handout:

All ages: Club Tico in City Park, 8/10 from 5-7 p.m., 8/11 from 10:30 a.m.-12:30 p.m., 8/13 from 5-6:30 p.m., or 8/14 from 5-6:30 p.m. Mouthpieces required. 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	Grade 6
Greenbriar Park	Blevins
Spring Canyon Park	Boltz
Stew Case Park	CLP
Grade 5	Kinard
City Park	Lesher
Greenbriar Park	Lincoln
Spring Canyon Park	Preston
Stew Case Park	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 Rolland Moore Park 314020-04 Fossil Creek Park 314020-02 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**

314021-16 Rolland Moore Park City Park 314021-21 314021-17 Spring Canyon Park Fossil Creek Park 314021-20 Grade 4/5 City Park 314022-16 Rolland Moore Park 314022-20

Rolland Moore Park

Spring Canyon Park

314021-19

314022-19

314021-18

Fossil Creek Park 314022-17 Beattie 314022-18

Girls SofTball Middle School **Blevins** 314023-20 Lincoln 314023-25 Bolt 314023-21 Preston 314023-26 CLP 314023-22 Webber 314023-27 314023-28 Kinard 314023-23 Wellington MS

Lesher 314023-24

[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 ye	ears			
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 414942-01 Grade 4/5

Grade 6/7/8

Liberty Common 414943-18 Lesher 414943-09 **Blevins** 414943-01 Lincoln 414943-11 Boltz 414943-03 Preston 414943-13 CLP 414943-05 Webber 414943-17 Kinard 414943-07 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-	۱0 ۱	/ears

Age. o lo ye	uis			
6/18-6/22	M-F	9:00 AM-Noon	\$130	314071-06
Age: 7-12 yea	ars			
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

	Location City	arre			
	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		mont 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: Ra	diant 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 1

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	

Register NOW: SUMMER Sports

at Northern Colorado's Largest INDOOR Sports Center

Year-round, Daytime & Evening **INDOOR Preschool Sports!**

Boys & Girls . New sessions every six weeks

Kinder Kicker Soccer First Baseball

Ages 3 - 5 First Football

First Basketball **First Tennis**



Ages 4 - 5

Little Laxer Lacrosse

Call for Days and Times

Multi-Sport Day Camps

Explore & learn the basics of four or more different sports per day. Your kids will go home tired and happy!

Girls & Boys - Fall Grades K - 5 Full-Day: 9am - 4 pm or Half-Day: 9am - noon 5 CAMPS TO CHOOSE FROM:

Jun 4 - 8

Jul 9 - 13

Jul 30 - Aug 3

Aug 6 - 10

Aug 13 - 17

NERF BLASTER **Birthday Parties** for all Ages!





SPORTS-THEMED **Birthday Parties** for all Ages!

Instructional Leagues

Boys & Girls - Beginning & Intermediate Players Learn, practice & play in the same day!



• Ages 5 - 11 · Early Summer: Late Summer

Tuesdays 4 wks Jun 5 - 26 Jul 10 - Aug 14 6 wks

FLAG FOOTBALL

• Fall Grades K - 5

· Early Summer: · Late Summer:

Thursdays 4 wks Jun 7 - 28

6 wks Jul 12 - Aug 16



Summer Sports Camps BASEBALL

w/The Fort Collins Foxes

- Ages 4 to 14 (Must turn 5 by 9/15/18)
- Separate classes for all skill levels
- Camp I: Mon Fri, Jun 18 22
- Camp II: Mon Fri, , Jul 16 20

BOYS LACROSSE

- Fall Grades K 7
- Camp I: Mon Fri, Jun 11 15
- Camp II: Mon Fri, Aug 6 10

GIRLS LACROSSE

- Fall Grades 1 7
- July 30 August 3

VOLLEYBALL

- Fall Grades 3 8
- Camp I: Mon Fri, Jun 11 15
- Camp II: Mon Fri, Jul 23 27

MIDDLE SCHOOL VOLLEYBALL PRE-TRYOUT CAMP

- Fall Grades 6 8
- Mon Fri, Aug 6 10

TACKLE FOOTBALL

- Fall Grades 3 8
- Mon Fri, July 23 27
- This is a full equipment/full contact camp

BASKETBALL

- Fall Grades K 3
- Camp I: Mon Fri, Jun 18 22
- Camp II: Mon Fri, July 16 20

TENNIS SMALL GROUP LESSONS

- Fall Grades K 6, Fridays
- Early Summer: 5 wks: Jun 1 29
- · Late Summer: 6 wks: Jul 13 Aug 17

GIRLS RECREATIONAL SOFTBALL

• Fall Grades K - 8, Mon - Fri, Jul 30 - Aug 3





We are a husband and wife team with a combined twenty years of experience! We teach students ages 4 to 60+.

- · Korean certified ranks!
- · Unlimited classes 6 days a week!
- · Family discounts!

www.becksmartialarts.com







For Details & Registration edgesportscenter.com 970.472.0048

Batting Cages - Private Baseball Instruction





Mini Soccer

Age: 4-5 yea	ırs			
6/4-6/8	M-F	9:00-10:30 ам	\$136	
7/30-8/3	M-F	9:00-10:30 ам	\$136	
Half Day				
Age: 6-14 ye	ars			
6/4-6/8	M-F	9:00 AM-Noon	\$174	
7/30-8/3	M-F	9:00 AM-Noon	\$174	
Golden Goa	I			
Age: 6-14 ye	ars			
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	М	10:35-11:00 ам	314077-03	
6/7-7/5	Th	10:35-11:00 ам	314077-04	
7/9-8/6	М	10:35-11:00 ам	314077-05	
7/12-8/9	Th	10:35-11:00 ам	314077-06	
8/13-9/10	М	10:35-11:00 ам	314077-07	
8/16-9/13	Th	10:35-11:00 ам	314077-08	
Age: 2.5-3.5	years			
6/4-7/2	М	9:00-9:30 ам	314074-03	
6/7-7/5	Th	9:00-9:30 ам	314074-04	
7/9-8/6	М	9:00-9:30 ам	314074-05	
7/12-8/9	Th	9:00-9:30 ам	314074-06	
8/13-9/10	М	9:00-9:30 ам	314074-07	
8/16-9/13	Th	9:00-9:30 ам	314074-08	
Age: 3.5-5 ye	ears			
6/4-7/2	М	9:45-10:30 am	314075-03	
6/7-7/5	Th	9:45-10:30 am	314075-04	
7/9-8/6	М	9:45-10:30 am	314075-05	
7/12-8/9	Th	9:45-10:30 ам	314075-06	
8/13-9/10	М	9:45-10:30 ам	314075-07	
8/16-9/13	Th	9:45-10:30 ам	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

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 yea	ars			
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



Denotes no web registration for program



Denotes program/activity has special membership pricing



Denotes Health and Wellness program

50+

All 50+ programs are held at the Senior Center unless otherwise noted. All programs are for ages 50 years & up unless otherwise noted. For programming designed for all ages, browse the other sections of the Recreator.

Other Adult Programs in the Recreator

Adaptive Recreation 13 Agua Fitness 18 20 Aquatics Arts & Crafts 28 Dance & Movement 37 53 Education **Fitness** 58 Fitness 50+ 97 Heath & Wellness 67 Ice Skating 75 Outdoor Recreation 79 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.



Join this inspirational speaker who sparked the Dementia Friendly Community movement. She'll bring a message of living with purpose and passion when it comes to caring for individuals, families and communities impacted by dementia... which is all of us. Lori LeBay has been selected as a Health Hero by Oprah Winfrey, as the #1 Influencer Online for Alzheimer's by Dr. Oz and as an Architect For Change for Humanity by Maria Shriver.

Saturday, June 9, 9:00am - 11:45am · No charge



Donut Make U Wonder W



Discuss current subjects and related personal experiences. Divisive matters related to religion and politics avoided to ensure comradery. Meetings begin with a brief song and end with a few shared jokes. Coffee and donuts provided.

Ongoing

10:00-11:30 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 **W**

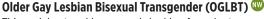


The Harmonettes practice and perform seasonal themed programs of popular music from years past for local assisted living facilities and special events. No choral experience required, but ability to read music is helpful. For more information, contact Ashley Ruffer at 970.224.6033, aruffer@fcgov.com. Note: Practice not held on third Monday of the month.

Practice

9:30-11:00 AM

NO FEE



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 рм	

Senior Advisory Board W



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 W M





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.gg.

Ongoing Tu,F 9:30-11:30 AM No Fee

Senior Center Council W



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) W



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 W



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.

Tu 10:00 AM-Noon No Fee Ongoing

CARDS & GAMES

Bingo W w



Compete in Bingo for prizes.

6/11,7/9, 8/13 1:00-2:00 PM No Fee

[CARDS & GAMES] W 🖤

Τ





All Games

Ongoing

Age: 18 year	s & up			
Ongoing	М	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 рм	No Fee	
Pincochle				
Ongoing	T	12:30-4:00 PM	No Fee	
Ongoing	F	12:30-4:00 PM	No Fee	
Mahjong				

1:00-4:00 PM

No Fee



This summer 5th graders can golf for free at all three City of Fort Collins Golf Courses. Collindale, Southridge and City Park Nine will offer free green fees to all current 5th graders. Children currently enrolled as 5th graders (2017/2018 school year) qualify for the offer. The offer will be active from June 1 to August 31. Children must be accompanied by a paying adult golf partner who is actively playing a round of golf with the child.

- Offer valid at all City of Fort Collins golf courses
- Children enrolled as a 5th grader during the 2017/2018 school year qualify
- Must be accompanied by a paying adult golf partner
- Non-prime time tee times only
- Offer active from June 1 August 31, 2018
- Please visit fcgov.com/golf or call 970.221.6300 for more information.



Follow us at Fort Collins Golf







Mahjong Mini-Marathon

Bring boards and tiles for a morning drinking coffee and playing mahiong.

Age: 18	years	& up
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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 W w

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.

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6/11	М	5:30-8:30 PM	No Fee	
6/25	М	5:30-8:30 PM	No Fee	
7/9	М	5:30-8:30 PM	No Fee	
7/23	М	5:30-8:30 PM	No Fee	
8/13	М	5:30-8:30 PM	No Fee	
8/27	М	5:30-8:30 рм	No Fee	

Duplicate Bridge W

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 1

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 W

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 W

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 W

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 ам	\$57	309431-01
6/25-7/27	M,W,F	8:50-9:50 ам	\$57	309431-02
7/30-8/31	M,W,F	8:50-9:50 ам	\$61	309431-03
5/21-6/20	M,W	8:50-9:50 ам	\$57	309431-1A
6/25-7/25	M,W	8:50-9:50 ам	\$57	309431-2A
7/30-8/29	M,W	8:50-9:50 ам	\$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 рм	\$21	309439-01
6/28-7/26	Th	12:30-1:30 рм	\$21	309439-02
8/2-8/30	Th	12:30-1:30 рм	\$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 ам	\$41	309438-01
6/26-7/26	Tu,Th	9:30-10:30 ам	\$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
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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 ам	\$31	309450-01	
6/26-7/26	Tu,Th	10:10-10:55 ам	\$31	309450-02	
7/31-8/30	Tu,Th	10:10-10:55 ам	\$31	309450-03	
5/26-6/23	Sa	10:30-11:15 ам	\$16	309450-04	
6/30-7/28	Sa	10:30-11:15 ам	\$16	309450-05	
8/4-9/1	Sa	10:30-11:15 ам	\$16	309450-06	
Location: Nor	thside Azt	lan 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 ам	\$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 рм	\$43	309451-01
6/25-7/27	M,W,F	1:00-1:45 рм	\$43	309451-02
7/30-8/31	M,W,F	1:00-1:45 рм	\$46	309451-03

Splash SilverSneakers

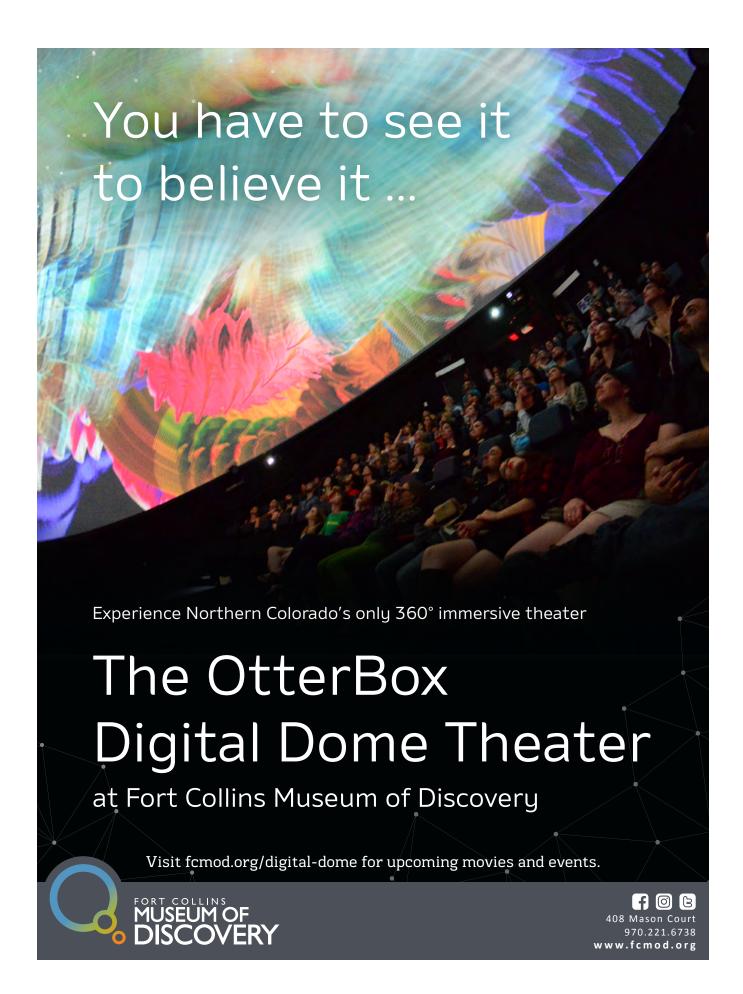
Fun shallow-water moves that improve agility, flexibility, and cardiovascular endurance. No swimming ability required. A special SilverSneakers kickboard is used to develop strength, balance, and coordination.

5/22-6/21	Tu,Th	12:15-1:10 рм	\$41	309452-01
6/26-7/26	Tu,Th	12:15-1:10 рм	\$41	309452-02
7/31-8/30	Tu,Th	12:15-1:10 рм	\$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 рм	\$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 рм	\$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 ам	\$31	309454-04
6/26-7/26	Tu,Th	11:10-11:55 ам	\$31	309454-05
7/31-8/30	Tu,Th	11:10-11:55 ам	\$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	М	8:30-9:30 AM	\$17	309437-01
6/25-7/23	М	8:30-9:30 AM	\$21	309437-02
7/30-8/27	М	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 W

A guiet 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 W

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 W



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:	Conior	Contor
TOCAHOH.	.semoi	Center

Ongoing	M,Tu,Th,F	Noon	\$2.50 suggested donation
Location: No	rthside Aztlaı		
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
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Coffee with Bob w

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 – W W



Movie showings of new releases and classics. Schedule of movie titles available at the registration desk.

6/1	F	1:00-3:00 рм	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	1			
6/4	М	7:00-10:00 PM	\$5	
Harris & Ha	arris (Swing	ing Safari)		
6/18	М	7:00-10:00 PM	\$5	
Big Twang	Theory (Pa			
7/2	М	7:00-10:00 PM	\$5	
Pepie (Pot	luck)			
7/16	М	7:00-10:00 PM	\$5	
Jim Ehrlich	ı (Polka Dot			
8/20	М	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 рм	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 рм	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 W

8-ball tournament with prizes for the top three scores. **Note:** Rules reviewed at the event. Snacks and beverages provided.

Age: 18 ye	ears & up			
6/2	Sa	10:00 ам-3:00 рм	\$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

 $\label{prop:continuous} \mbox{Active Older Adults suit-up and get on the court for some hoops.}$

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 \mathbf{W} 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 <u>A</u> 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.*

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 quides. 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 Infor	mation

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 W 🔷

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 ам-6:00 рм	\$38	305901-02
Rockies vs	. Diamondba	cks		
7/12	Th	10:30 ам-6:00 рм	\$38	305901-03
Rockies vs	. Mariners			
7/15	Su	10:30 ам-6:00 рм	\$38	305901-04

Rockies vs	. Pirates			
8/8	W	10:30 ам-6:00 рм	\$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 Brewh	nouse			
7/20	F	10:00 AM-3:00 PM	\$31	305980-02
Silver Grill	Cafe			
8/1	W	10:00 ам-3:00 рм	\$31	305980-03

MOUNTAIN VIEW STROLLS 1 M



Scenic drive, an afternoon picnic, and an optional nature walk. **Note:** Fee includes park entrance and boxed lunch.

Soapstone	Prairie Natu	ıral Area 🔷		
6/8	F	10:00 ам-2:30 рм	\$31	305934-01
Barr Lake	State Park 🖣	•		
6/29	F	10:00 ам-2:30 рм	\$31	305934-02
Rocky Mou	untain Arsen	al 🔷		
7/13	F	10:00 ам-3:30 рм	\$31	305934-03
Lookout M	lountain Nati	ure Center 🔷		
7/25	W	10:00 am-3:30 pm	\$31	305934-04
Gateway N	Natural Area	•		
8/3	F	10:00 am-3:30 pm	\$31	305934-05
South Plat	te Park 🔷			
8/15	W	10:00 ам-3:30 рм	\$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 awardwinning restaurant serves American classics.

6/19	Tu	10:30 ам-3:30 рм	\$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

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	l			
6/10	Su	11:00 ам-3:00 рм	\$11	305932-01
Niwot =				
7/8	Su	11:00 ам-3:00 рм	\$11	305932-02
Greeley =				
8/12	Su	11:00 ам-3:00 рм	\$11	305932-03

[TRAVELING GOURMET] M

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.

C /1.4		100070	400	705040 01
6/14	Ih	4:00-9:30 рм	\$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
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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
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JUNE

The Denver Zoo **W**◆

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
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Tennessee

TENNESSEE MOUNTAIN MUSIC & FALL COLORS

OCTOBER 13 - 24, 2018

Smokey Mountain Natl Park The Biltmore • Tour Memphis & Nashville The Grand Ole Opry • Opry Land Resort Church Hill Downs • Rock City & The Incline Chattanooga Natl Military Park

\$2039 Dbl | \$2789 Sgl | \$2029 Tpl

INTERNATIONAL BALLOON FIESTA

OCTOBER 5 -8, 2018

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

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



Trains

FALL COLORS & IRON HORSES SEPTEMBER 16 - 20, 2018

Cumbres-Toltec • Silverton/Durango Royal Gorge Bridge & Park Royal Gorge Route

\$999 Dbl | \$1299 Sgl | \$929 Tpl

CHRISTMAS IN BRANSON OCTOBER 31 0 NOVEMBER 8, 2018

8 Big Shows including: Daniel O'Donnell Grand Country Jubilee • Andy Williams Christmas Extravaganza • Brett Family Christmas • Clay Coopers Country Christmas

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





CODY COWBOY TOUR

JULY 24 - 27, 2018

Thermopolis Hot Springs • Buffalo Bill Center Of The West • Cody Cattle Company Dinner & Show • Historic Irma Hotel Cody Stampede Rodeo & much more!

\$999 Dbl | \$1299 Sgl | \$929 Tpl

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The Molly Brown House W

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



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Estes Park Rooftop Rodeo W 🔷

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 W =

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 W

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 рм	\$26	305959-01
8/9	Th	1:00-8:00 PM	\$26	305959-02

Day at the Races, Aurora W =

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 W

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 W =

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

Did You Know You Can Prevent Cancer With a Vaccine?

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HPV is a group of viruses that are spread through skin-to-skin contact.



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