Spring registration starts at 7 a.m., February 7

Fort Collins

Spring 2019

6

60

# DISCOVER DAY CAMPS

66



1







We fix owies! Call for a same-day appointment 970-484-0798 www.rmfamilyphys.com

# The outside holds us all.



OUTDOOR GEAR

APPAREL

FOOTWEAR

HOME

RANCH

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# Credits

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

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

#### Assistant City Manager

Wendy Williams

#### Recreation Director Bob Adams

#### **Recreation Managers**

Marc Rademacher Stephanie Munro Jason Chadock

#### **Recreation Supervisors**

Zach Delissio Administrative Support Bridget Brownell

The Farm & Programs

Tim Stabbe Aquatic Programs & Facilities

Renée Lee Adaptive Recreation Opportunities

Aaron Harris Northside Aztlan Center Programs & Facility

Sara Stone Sports Programs & Foothills Activity Center

Katie Stieber Senior Center & Pottery Studio Programs & Facility

Paul Thibert Ice Programs & Facility

#### **Communications, Parks & Recreation** John Litel Jami McMannes Emily Frare

**Design** Becca Henry

#### On the Cover Walden Johnson

Rigley Johnson Cover Design: Grant Smith/John Robson



# **TEAM WORKS.**

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.** 

thrive KAISER PERMANENTE.



#### Dear Recreators,

Spring is just around the corner and to help you prepare for the upcoming season, we've filled this issue of the Recreator with hundreds of recreational opportunities for you and your family. From pony camps to pickleball, there is something for anyone and everyone wanting to recreate in the coming months.

Get a head start on summer planning with our Summer Day Camps, listed on pages 34-36. From Camp Funquest, Bike Camp, and Survival in the Woods, our day camps offer an amazing array of themes and topics for day campers ages 3 through 15 years. Whether you're a Marmot (ages 3-5), Red Fox (ages 6-8), Big Horn (ages 9-11), or a Black Bear (ages 12-15), you'll find something fun and interesting in our newly organized day camps.

Springtime at The Farm is always fun with our popular Farm Day Camps and Mini Day Camps listed on pages 47-52. There are programs that welcome you to explore farm life, like Little Peepers and Lil'I Dumplins for youngsters, and Pony Camps for children ages 8-12 years. Also, don't forget to visit The Farm this spring to welcome the new baby farm animals. We'll be sure to post on Facebook, Instagram, and Twitter when new babies arrive. You can find us at @fcrecreator.

If you are looking for that perfect summer job working in Parks and Recreation, be sure to attend the Parks and Recreation Hiring Fair on March 30 from 9:00 a.m.-noon at Northside Aztlan Community Center. For more information and to pre-apply, visit *fcgov.com/jobs*.

Have you been to Gardens on Spring Creek to check out the phase one project of five acres of gardens? The project includes the Great Lawn and Stage, Undaunted Garden, Prairie, and Foothills Gardens. This first phase will be opening in April 2019!

Speaking of outdoor wonders, get outside both the indoors and your comfort zone with our new program, B.O.O.T.S (Building On Outdoor Trail Stewardship). Members gather for outdoor educational workshops and treks around and near Colorado. Find more information on page 71 and by going to *fcgov.com/outdoorrecreation*.

We in Recreation strive to bring you the old and true, and the fun and fresh. We think this new year and sprouting spring has a lot to offer, and we're here to bring it to you. Thanks for picking up the Spring Recreator. As always, if you have any questions, comments, or concerns, feel free to contact me. Sincerely,

Chan .

Bob Adams Recreation Director Badams@fcgov.com

# Contact Information

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

Registration & Programs 970.221.6655 recreation@fcgov.com

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

Bob Adams Recreation Director 970.221.6354, badams@fcgov.com

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

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

#### **City of Fort Collins**

#### Vision

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

#### Mission

Exceptional service for an exceptional community.

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

Esta información puede ser traducida, sin costo para usted.





# Registering for Recreator Programs

Registration begins at 7 a.m. on February 7. Early registration is available for Senior Center Members on February 5 at 7 a.m. 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. If paying by check, make checks payable to Recreation. There is a \$25 charge for returned checks. No cash refunds. You can register for programs in three ways:

#### Online

Before starting your online registration session, make sure you have your credit 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:

- Select WebTrac Online Registration.
- Enter your household ID number.
- Your default password is 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 information about operating hours.

Northside Aztlan Community Center 112 Willow St. M-F: 6 a.m.-9 p.m. Sa: 8 a.m.-5 p.m. Su: 9 a.m.-5 p.m. **Fort Collins Senior Center** 1200 Raintree Dr. M-F: 6 a.m.-9 p.m. Sa: 8 a.m.-5 p.m. Su: 9 a.m.-8 p.m.

#### Edora Pool Ice Center (EPIC)

1801 Riverside Ave. M-F: 5:30 a.m.- 8 p.m. Sa: 8 a.m.-6 p.m. Su: noon-5:30 p.m.

# Foothills Activity Center

2411 E. Foothills Pkwy. 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 or debit card information available. Call 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 at *fcgov.com/reducedfee*. Once enrolled in the program, a pass purchase is required to activate benefits. Discounted activity registration can then be done over the phone, in person, or online. For more information visit *fcgov.com/reducedfee*.

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

# Refund & Cancellation Policies

#### 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

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

If your age, grade level, or ability does not meet the minimum program requirements, you will be transferred to a program that better matches your level(s).

#### Cancellations

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

#### **Recreation Reserves**

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

#### **ADA Disclosure & Disability Resources**

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

If you require assistance participating in programs due to a disability, see page 14 for information about Adaptive Recreation Opportunities and services available. Individuals of all abilities and ages are welcome to participate fully in any Recreation program. If you are interested in participation support due to a disability, requests should be made two weeks in advance. For more information contact 970.221.6655, *recreation@fcgov.com*.

Information on personal care attendants can be found on page 14.

#### Translation & Interpretation/Traducción e Interpretatión

If you require assistance in another language, contact 970.221.6655, *recreation@fcgov.com*. Esta información puede ser traducían, sin costo para usted.

# Here comes the sun

# Give a warm welcome to spring with Associates in Family Medicine!

Open windows, evening walks, warm sunshine, and new beginnings. It's that time of year when life is in full bloom. So get ready to shed those winter layers, take in the fresh Colorado air, and embrace all the new adventures to come. Plus, count on your neighborhood AFM providers to keep you healthy, strong, and springing into fun.

# Fort Collins

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

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

# **Urgent** Care

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

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

Horsetooth Urgent Care

3519 Richmond Dr.

Fort Collins

(970) 204-0300

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

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

## Loveland

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

#### Windsor

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



**ASSOCIATES IN FAMILY MEDICINE** Be heard. Be well.

AFMnoco.com

# **Recreation's Admission and Pass Fees**

#### 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.

#### **PASSHOLDER ACCESS**

Passholders are allowed access to the following: open gym, lap and open swim, walking/jogging track, weight and cardio area, billiards room, library media center, and locker rooms.

#### **GROUP RATES**

Reduced facility admission is available for groups at EPIC, Mulberry Pool, and City Park Pool. To receive these rates, groups of 10 or more must schedule a reservation at least 14 days in advance. Groups greater than 100 must schedule a reservation 30 days in advance. Reservations requested outside the scheduling requirements will be based on facility availability and approval by Recreation Management. Reservation requests can be made online by visiting our website *fcgov.com/recreation* or by calling the desired facility.

#### **Group Rates**

Reduced facility admission is available for groups at EPIC, Mulberry Pool, and City Park Pool. To receive these rates, groups of 10 or more must schedule a reservation at least 14 days in advance. Groups greater than 100 must schedule a reservation 30 days in advance. Reservations requested outside the scheduling requirements will be based on facility availability and approval by Recreation Management. Reservation requests can be made online by visiting our website *fcgov*. *com/recreation* or by calling the desired facility.

#### **City Park Pool**

Admission rates for the City Park Pool only.

Single Admission			
Youth	\$6.00		
Adult \$7.00			
Twilight Admissi	on		
Twilight Admissi Under 2	on No Fee		

#### Farm Admission

Age	Single Admission
Under 2	No Fee
2 years & up	\$4.00
Barnyard Budo	dy Pass/Family Pass
\$85 per year	Unlimited visits, up to 4 people per visit (additional guests pay half admission). Includes invitation to special event in December.

#### **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	\$4.00			
Student	\$1 at Northside Aztlan Center with school ID (high school & younger)			
Adult	\$5.00			
60+	\$4.00			
Drop–In Fitness	Class Fee*			
Single Admission	\$7.50			
10 Admission	\$67.50			
*Excludes karate classes. Valid one year from date of purchase				

Ice Skating Rates				
Public Skate Admission				
Youth	\$4.00			
Adult	\$5.00			
60+	\$4.00			
Skate rental	\$3.00			
* Public Skate Gro	up Admission			
Youth	\$3.50			
Adult	\$4.50			
60+	\$3.50			
Skate rental/person	\$3.00			
Group rates do not in	clude skate rental.			
EPIC pass holders rec skating single admiss				
Freestyle Session	Passes			
10 Admission	\$25.00			
50 Admission	\$125.00			
Freestyle 15 Min. Drop-In	\$3.00			
Drop-In Hockey Stick & Puck Youth/Adult				
Youth	\$4.00			
Adult	\$5.00			

\$4.00

60+

#### **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.

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

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

Facility passes do not include admission to City Park Pool.

#### No refunds on passes.

Multi-facilty and single admission pass holders also have access to the following: open gym, lap and open swim, walking/ jogging track, weight/cardio area, billiards room, library media center, and locker rooms.



# Summer Camps at FCMoD

# Registration opens Tuesday, February 19th

Early Member Registration starts Friday, February 15th

Visit ww.fcmod.org/summer to register!



408 Mason Court 970.221.6738 www.fcmod.org

# Recreation Facility Regulations

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

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

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

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

Lockers are for use while utilizing the facility. Please bring a lock; the City of Fort Collins is not responsible for lost or stolen items. Anything left overnight in the locker room will be removed and locks left on will be cut. Locker rooms close 15 minutes after the pool closes (where a pool is on-site). Parents must have children picked up when facilities are closed. To teach private lessons, coach, or provide pool therapy in any facility, a contract must be completed and approved by the Recreation Department prior to any private teaching/therapy/coaching.

#### **Aquatics & Sports Registration Policies**

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

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

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

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

All patrons are required to shower before entering any pool.

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



9

# 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 Space
- Gift Shop

MuseumPony Rides

## 2 Northside Aztlan Community Center

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

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

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

## 3 City Park Nine Golf Course

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

## 4 The Pottery Studio

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

# 5 Club Tico

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

- Catering Kitchen
- Meeting Space

#### Dance Floor

6 City Park Pool

**1599 City Park Dr. • 970.224.6363 • fcgov.com/cityparkpool M-Su** 10:30AM - 5:30PM

**Twilight Swim: Daily** 4:30–5:30PM **T, TH** 4:30–7:30PM

- Swimming
- Open Curly Slide
   Picnic Area
- 30-foot Drop Slide
- Lazy River

## 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

- Divina
- Meeting Space
- Swimming
- Wading Pool



# 8 Edora Pool Ice Center

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

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

See website for pool and ice hours.

- DivingIce Rink
- Swimming
   Wading Pool
- Meeting Space
- Weight/Cardio Equipment

## 9 Rolland Moore Racquet Complex

#### 2201 S. Shields • 970.493.7000

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

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

- Pro Shop
- Racquet Courts

# 10 Senior Center

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

Fall, Winter, Spring: M – F GAM – 9PMSa 8AM – 5PMSu 9AM – 8PMSummer: M – F GAM – 9PMSa 8AM – 5PMSu Noon – 5PMSee website for pool hours.

Auditorium

Gymnasium

- Billiards Room
- Studio Space
  - Swimming
- Health & Wellness Center
- Kitchen
- Library

# **11** Foothills Activity Center

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

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

- Gymnasium
- Weight/Cardio Equipment
- 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 Space

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

11

TrackWeight/Cardio Equipment

Meeting Space

# HANG IN THERE.



CITY PARK NINE

GOLF COURSE



DAIF



SOUTHRIDGE





# WHY I VOLUNTEER

# "I volunteer for The City of Fort Collins

Healthy Homes Program because I believe that it is so valuable for the health of the city. It speaks to physical health, environmental health and social health. Residents share that value with each other in such a beautiful way by recommending it to their family and community."

Kayla Lesperance

Find Your Why at fcgov.com/volunteer



xiliary aids and services are available for



Collins

# Adaptive Recreation Opportunities

The Adaptive Recreation Opportunities (ARO) program provides quality and equal opportunities for recreation and leisure to community members with disabilities. ARO offers healthy, fun, and educational experiences through three service areas: Inclusion Support, Specialized Adaptive Programs, and Transition Support.

#### **Inclusion Support**

Individuals of all abilities and ages are welcome to participate in any program listed in the Recreator. If you are interested in participation support due to a disability, requests should be made two weeks prior to program start date. Contact Renee Lee, CTRS at 970.224-6027, *rlee@fcgov.com.* 

#### **Specialized Adaptive Programs**

Designed to meet the unique needs of individuals with physical, intellectual, developmental, and/or emotional disabilities. ARO programs include trained staff, modifications, and adaptive equipment to provide optimal participation and quality experiences.

#### **Transition Support**

ARO offers assistance in recreation and leisure choices so you can be as independent as possible. A therapeutic recreation professional helps develop your personal *Passport to Recreation* profile with discussion of your strengths, needs, and interests.

#### Attendants

Individuals who are not independent in activities of daily living or who need extra supervision may participate with a personal care attendant. There is no fee for personal care attendants unless otherwise noted. Attendants need to register separately and note whom they will be assisting. Notify ARO staff to coordinate the support plan prior class start date.

#### Volunteer

Volunteers are always needed to help support individuals, whether assisting with a few events or being a weekly inclusion support partner. Training is 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 ARO staff:

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

# Is it just a phase?



The CAYAC Team at Connections helps youth and families find answers, options, and support.



CAYAC -Child, Adolescent, and Young Adult Connections

# mentalhealthconnections.org • 970-221-3308

#### AQUATICS

#### Adaptive H20 Fitness ໜ

Designed for those with multiple sclerosis or other neuromuscular disorders. Trained staff give exercise modifications and assistance in a supportive social atmosphere. Focus on maximizing or maintaining physical wellbeing, endurance, strength, and flexibility. To schedule an initial assessment, contact Becca Heinze, CTRS at 970.224.6125, *bheinze@fcgov.com*.

#### Age: 18 years & up Location: Mulberry Pool

3/5-3/28	Tu,Th	9:30-10:30 AM	\$30.80	202228-01
4/2-4/25	Tu,Th	9:30-10:30 AM	\$30.80	202228-02
4/30-5/23	Tu,Th	9:30-10:30 AM	\$30.80	202228-03

#### **Adaptive Swim Lessons**

Adaptive techniques are applied in an individual or small group setting to teach/enhance swimming skills and water safety for individuals with disabilities. **Note:** Registration deadline is 3/20/2019. Additional lesson options are available by contacting Becca Heinze, CTRS at 970.224.6125, *bheinze@fcgov.com*.

#### Age: 2 years & up Location: Mulberry Pool

7/25 4/20	м		¢ 4 4	202720 01
3/25-4/29	M	4:45-5:15 PM	\$44	202326-01
3/25-4/29	М	5:20-5:50 PM	\$44	202326-02

202483-01

\$41

#### **ARTS & CRAFTS**

#### **Artistic Abilities, Pottery**

Learn pottery techniques and work with clay to create fun, functional pieces of art. All abilities welcome.

Age: 13 years & up

Location: Colorado State University	, Visual Arts Building, Room D102
-------------------------------------	-----------------------------------

3/26-4/23	Tu	4:00-6:00 PM	\$38	202990-01	

#### **EDUCATION**

#### **Adaptive Cooking**

Learn new ways to cook tasty foods and gain positive eating habits. Cook together as a group, then set the table and sit down to sample the finished product. Small group instruction and adaptive tools make this an individualized experience. **Note:** Bring container to take a portion home.

Age: 16 years & up Location: Senior Center

April Fools

April 1 001.	)					
4/1	М	6:30-8:00 PM	\$13	202401-02		
Flavors of	Japan					
4/15	М	6:30-8:00 PM	\$13	202401-03		
Flavors of	Peru					
4/25	Th	6:30-8:00 PM	\$13	202401-06		
Flavors of	Flavors of Mexico					
5/6	М	6:30-8:00 PM	\$13	202401-04		
Summer Fresh						
5/30	Th	6:30-8:00 PM	\$13	202401-07		

#### FITNESS

#### Adaptive Yoga

Learn yoga practices that include breathwork, gentle movements, and deep stretch poses. Hands-on assistance available on Thursdays. Designed for those with multiple sclerosis, brain injuries, or other neuromuscular disorders and adapted for people with physical disabilities.

Age: 18 years & up

Location: Raintree Athletic Club, 2555 S. Shields St.

Standing Yog	ja			
3/5-3/26	Tu	2:00-3:00 PM	\$35	202980-01
4/2-4/23	Tu	2:00-3:00 PM	\$35	202980-02
4/30-5/21	Tu	2:00-3:00 PM	\$35	202980-03
Chair Yoga				
3/7-3/28	Th	2:00-3:00 PM	\$35	202980-04
4/4-4/25	Th	2:00-3:00 PM	\$35	202980-05
5/2-5/23	Th	2:00-3:00 PM	\$35	202980-06

#### **Movement Challenge Course**

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

Age: 12 years & up

Location: Foothills Activity Center

3/2-3/16	Sa	11:00 AM-12:30 PM	\$21	202781-01
4/6-4/20	Sa	11:00 AM-12:30 PM	\$21	202781-02

#### MS Dryland Exercise

Designed for those with multiple sclerosis or physical disability. Maximize strength and endurance through chair-based exercises.

Age: 18 years & up

Location: Se		
3/4-3/27	M,W	11:00-11:55 AM

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4/1-4/24	M,W	11:00-11:55 AM	\$41	202483-02
4/29-5/22	M,W	11:00-11:55 AM	\$41	202483-03
Attendant Se	ctions			
3/4-3/25	М	11·00-11·55 ΔM	\$21	202483-14

3/4-3/25	М	11:00-11:55 AM	\$21	202483-1A
4/1-4/22	М	11:00-11:55 AM	\$21	202483-2A
4/29-5/20	М	11:00-11:55 AM	\$21	202483-3A

#### Spectrum Yoga

Designed specifically for those with intellectual, sensory integration, or on the autism spectrum. Learn yoga practices modified to teach breathwork, standing, and balancing poses. **Note:** Class will not be held on 3/20.

Age: 16 years & up

Location: Northside Aztlan Center

3/6-3/27	W	1:15-2:00 PM	\$22.50	202982-01
4/3-4/24	W	1:15-2:00 PM	\$30	202982-02
5/1-5/22	W	1:15-2:00 PM	\$30	202982-03

#### **OUTDOOR RECREATION**

#### Adaptive Climbing Clinic

Climbing techniques are introduced, enhanced, and adapted for individuals with disabilities. Climbing equipment, instruction from a professional climbing instructor, and guides are included.

Age: 8 years & up

Location: Ascent Climbing Studio, 2150 Joseph Allen Dr.

4/11	Th	5:00-7:00 PM	\$26	202764-01

#### Adaptive Cycling

Experience the freedom of cycling. Handcycles, tandems, and threewheel bikes available for riders with disabilities to take out on the Poudre River Trail.

Age: 14 years & up Location: Lee Martinez Park

4/18-5/2	Th	4:00-5:30 PM	\$20	202034-01

#### **NSCD Youth Ski Trip**

The National Sports Center for the Disabled (NSCD) in Winter Park is world renowned for its adaptive ski program. Travel to Winter Park Resort and ski for the day with ARO and the NSCD. Open to youth with disabilities only. Individual volunteer instructors and adaptive equipment provided. **Note:** Youth not independent in personal care or who need extra supervision must provide an attendant.

#### Age: 10-17 years

Location: Mountain View High School, 3500 Mountain Lion Dr.

3/22	F	6:00 AM-6:00 PM	\$90	202933-01
Attendant	Section		No Fee	202933-1A

#### **PARALYMPIC SPORTS**

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

#### **Adaptive Boccia**

Played indoors on a smooth surface, boccia tests coordination, concentration, and ability to strategize. **Note:** Option to pay a drop-in rate of \$4 per class available.

Age: 17 years & up
Location: Foothills Activity Center

3/25-5/6	М	10:30 AM-Noon	\$17	202464-01

#### Wheelchair Rugby

A fast paced, full contact wheelchair sport designed for people with physical disabilities. Extra sport chairs available.

Age: 14 years & up Location: Northside Aztlan Center

3/26-5/7	Tu	6:00-8:00 PM	\$23	202560-01

#### SOCIAL PROGRAMS

#### Bowling

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

Age: 18 years & up

Location: Chipper's Lanes North, 830 N. College Ave.

3/30-4/27	Sa	10:30-11:30 AM	\$43	202906-01

#### Friday Movie Club M

Movie showings of new releases and classics. Schedule of movie titles available at the Senior Center front desk.

Age: 18 years & up

#### Location: Senior Center

3/15	F	12:45-2:45 PM	\$3	202909-01
4/19	F	12:45-2:45 PM	\$3	202909-02
5/17	F	12:45-2:45 PM	\$3	202909-03

#### Game On

Kick off the weekend with indoor games and sports, friends, and dinner. Different games played each week, such as scooter hockey, four-square, land mines, dance tag, picture charades, and billiards. Instruction and adaptive equipment available. All abilities welcome. **Note:** Bring money for dinner out.

Age: 16 years & up

Location: Senior Center

3/8	F	5:00-9:00 PM	\$17	202318-01
4/12	F	5:00-9:00 PM	\$17	202318-02
5/3	F	5:00-9:00 PM	\$17	202318-03

#### Monthly Themed Dances ໜ

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

Age: 18 years & up Location: Senior Center

F	6:00-8:00 PM	\$4
F	6:00-8:00 PM	\$4
F	6:00-8:00 PM	\$4
	F	F 6:00-8:00 PM

#### **SPECIAL EVENTS**

#### Giant Friends Club ໜ

Giant Friends Club brings youth of all abilities together for fun, friendships, and play at the accessible Inspiration Playground. The special event features a "magical" theme with activities and entertainment for a gigantic good time. **Note:** This event is provided with support from the Inspiration Playground Endowment Fund.

#### Age: All

Location: Inspiration	Playground,	Spring Canyon	Community Park
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#### **Polar Plunge Fundraiser**

Join ARO's Polar Plunge team to support ARO Unified Sports programs at this annual Special Olympics fundraiser. Each team member raises a minimum of \$75 (\$50 for athletes and students), jumps into the cold waters of a pool, and enjoys an after party. **Note:** Team members may join the team and raise funds without taking the actual plunge.

## Age: All

Location: Budweiser Brewery, 2351 Busch Dr.

					_
3/9	Sa	11:00 AM-3:00 PM	No Fee	202065-01	

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Ш		Deno
	0	Deno

Denotes no web registration for program

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

#### THEATRE

#### **Theatre Acting Class & Show**

Express creativity on stage. Learn acting techniques, work on a short script, and present a show on the last day of class. Designed for people with and without disabilities.

Age: 14 years & up Location: Senior Center

3/30-5/11	Sa	2:00-4:00 PM	\$41	202593-01

#### **TRIPS & TRAVEL**

#### **Denver Firefighter & Police**

Journey to Denver for a guided tour of the Denver Fire Department and the Denver Police Department. The original Fire Station One began operations in 1882 as home to the Broadway Hose Co. No 6. **Note:** Bring money for lunch in Denver.

Age: 16 years & up

Location: Senior Center

3/13	W	8:30 AM-5:00 PM	\$40	202317-01
Attendant	Section		\$16	202317-1A

#### **iFly Denver**

Experience sky diving without the air plane using iFly Denver's wind tunnel technology. Enjoy two flight experiences with a 1:1 trained sky diving partner. **Note:** Bring money for lunch in Denver. Due to the nature of the activity, some health restrictions apply.

Age: 16 years & up

Location: Senior Center

4/24	W	8:00 AM-5:00 PM	\$99	202412-01
Attendant	Section		\$61	202412-1A

#### Movie Night

See Hollywood's finest flicks while out on the town. Bring money for the movie and snacks.

Age: 16 years & up

Location: Senior Center

4/30	Tu	5:30-9:00 PM	\$6	202403-02
5/21	Tu	5:30-9:00 PM	\$6	202403-03
Attendant	Sections			
4/30	Tu	5:30-9:00 PM	No Fee	202403-2A
5/21	Tu	5:30-9:00 PM	No Fee	202403-3A

#### **Restaurant Night**

Explore different restaurants in town. Bring \$20 for a meal.

Age: 16 years & up

Location: Senior Center

Location. c						
3/5	Tu	5:45-8:00 PM	\$7	202404-01		
4/16	Tu	5:45-8:00 PM	\$7	202404-02		
5/23	Th	5:45-8:00 PM	\$7	202404-03		
Attendant	Attendant Sections					
3/5	Tu	5:45-8:00 PM	No Fee	202404-1A		
4/16	Tu	5:45-8:00 PM	No Fee	202404-2A		
5/23	Th	5:45-8:00 PM	No Fee	202404-3A		

#### **UNIFIED SPORTS**

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

#### Adaptive Panther Cheer Squad

A great way for individuals with or without special needs to experience cheering and dancing together as one Unified Team. **Note:** \$15 cheer shirt not included.

Age: All

Location: Cheer Central Suns, 128 Racquette Dr.

4/10-4/24	W	5:30-7:00 рм	\$24	214936-01
Adult Soccer				

Coed unified teams develop soccer skills and play games.

Age: 16 years & up

Location: TBD

3/27-5/1 W 5:30-6:30 PM	\$22.50	202053-01
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#### Adult Softball

Coed unified teams are organized into two divisions to play in a summer league. Teams are scheduled for one-hour of practice and one-hour of play, within timeframe of program. **Note:** Registration fee increases to \$30.50 after 4/28. Class will not be held on 5/27.

Age: 16 years & up

#### **Youth Soccer**

Modified techniques are used to teach the fundamentals of soccer and allow players of all abilities to participate fully.

Age: 8-21 years Location: TBD

#### Child

3/27-5/1	W	4:15-5:15 PM	\$22.50	202054-01
Family				
3/27-5/1	W	4:15-5:15 PM	\$30.50	202054-02

#### **Youth Tennis**

National Junior Tennis and Education coaches use modified techniques and adaptive equipment to teach the fundamentals of tennis and allow players of all abilities to participate fully.

#### Age: 8-21 years

Location: Northside Aztlan Center

Child				
5/28-7/23	Tu	5:00-6:00 PM	\$22.50	202056-01
Family				
5/28-7/23	Tu	5:00-6:00 PM	\$30.50	202056-02

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KIDS



# Aqua Fitness

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

#### **Drop-In Policy**

Participants may pay a drop-in fee of \$7.50 per class if space is available. Drop-in participants do not count in registration numbers. Reduced rates do not apply to daily drop-in fees. Participants may also use one admission from a 10-admission, drop-in fitness pass (\$67.50). Classes will not be held on 5/27.

#### **ADULT PROGRAMS**

#### Drop-In Water Volleyball ໜ

An in-the-water volleyball game that is also a low-impact exercise option. **Note:** Comfort in the water and basic swimming skills recommended. Pool depth is  $3 \frac{1}{2} - 4 \frac{1}{2}$  feet.

Age: 18 years & up Location: Senior Center

3/1-5/31	M,W,F	10:30-11:30 AM	Day Pass

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18

#### [ LOW INTENSITY ]

#### **Basic H2O Workout**

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

#### Age: 18 years & up

Location: Senior Center

3/4-3/29	M,W,F	8:30-9:30 AM	\$46	200412-01
4/1-4/26	M,W,F	8:30-9:30 AM	\$46	200412-02
4/29-5/31	M,W,F	8:30-9:30 AM	\$53.50	200412-03

#### Twinges

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

#### Age: 18 years & up

Location: Edora Pool Ice Center

3/4-3/29	M,W,F	8:30-9:30 AM	\$46	200314-01
4/1-4/26	M,W,F	8:30-9:30 AM	\$46	200314-02
4/29-5/31	M,W,F	8:30-9:30 AM	\$53.50	200314-03
3/4-3/29	M,W,F	9:30-10:30 AM	\$46	200314-04
4/1-4/26	M,W,F	9:30-10:30 AM	\$46	200314-05
4/29-5/31	M,W,F	9:30-10:30 AM	\$53.50	200314-06

#### **Twinges Plus**

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

Age: 18 years & up

Location: Senior Center

3/4-3/29	M,W,F	12:15-1:15 PM	\$46	200416-01
4/1-4/26	M,W,F	12:15-1:15 PM	\$46	200416-02
4/29-5/31	M,W,F	12:15-1:15 PM	\$53.50	200416-03
3/4-3/29	M,W,F	1:15-2:15 PM	\$46	200416-04
4/1-4/26	M,W,F	1:15-2:15 PM	\$46	200416-05
4/29-5/31	M,W,F	1:15-2:15 PM	\$53.50	200416-06

#### [ MEDIUM INTENSITY ]

#### **Advanced Water Fitness**

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

#### Age: 18 years & up

Location: Edora Pool Ice Center

3/4-3/29	M,W,F	7:30-8:30 AM	\$46	200324-01	
4/1-4/26	M,W,F	7:30-8:30 AM	\$46	200324-02	
4/29-5/31	M,W,F	7:30-8:30 AM	\$53.50	200324-03	
Location: Senior Center					
3/4-3/29	M,W,F	9:30-10:30 AM	\$46	200424-01	

#### Advanced Water Fitness continued

4/1-4/26	M,W,F	9:30-10:30 AM	\$46	200424-02
4/29-5/31	M,W,F	9:30-10:30 AM	\$53.50	200424-03
3/5-3/28	Tu,Th	4:00-5:00 PM	\$31	200424-04
4/2-4/25	Tu,Th	4:00-5:00 PM	\$31	200424-05
4/30-5/30	Tu,Th	4:00-5:00 PM	\$38.50	200424-06

#### Aqua Mix

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

Age: 18 years & up

Location: Senior Center

3/4-3/29	M,W,F	6:00-7:00 PM	\$46	200417-01
4/1-4/26	M,W,F	6:00-7:00 PM	\$46	200417-02
4/29-5/31	M,W,F	6:00-7:00 PM	\$53.50	200417-03

#### Classics

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

Age: 18 years & up

Location: Mulberry Pool

3/4-3/29	M,W,F	7:30-8:30 AM	\$46	200222-01
4/1-4/26	M,W,F	7:30-8:30 AM	\$46	200222-02
4/29-5/31	M,W,F	7:30-8:30 AM	\$53.50	200222-03

#### Location: Senior Center

Locution. Sen				
3/4-3/29	M,W,F	6:15-7:15 AM	\$46	200422-01
4/1-4/26	M,W,F	6:15-7:15 AM	\$46	200422-02
4/29-5/31	M,W,F	6:15-7:15 AM	\$53.50	200422-03
3/4-3/29	M,W,F	5:00-6:00 PM	\$46	200422-04
4/1-4/26	M,W,F	5:00-6:00 PM	\$46	200422-05
4/29-5/31	M,W,F	5:00-6:00 PM	\$53.50	200422-06
3/5-3/28	Tu,Th	8:00-9:00 AM	\$31	200422-07
4/2-4/25	Tu,Th	8:00-9:00 AM	\$31	200422-08
4/30-5/30	Tu,Th	8:00-9:00 AM	\$38.50	200422-09
3/5-3/28	Tu,Th	9:00-10:00 AM	\$31	200422-10
4/2-4/25	Tu,Th	9:00-10:00 AM	\$31	200422-11
4/30-5/30	Tu,Th	9:00-10:00 AM	\$38.50	200422-12
3/5-3/28	Tu,Th	10:00-11:00 AM	\$31	200422-13
4/2-4/25	Tu,Th	10:00-11:00 AM	\$31	200422-14
4/30-5/30	Tu,Th	10:00-11:00 AM	\$38.50	200422-15
3/5-3/28	Tu,Th	7:00-8:00 PM	\$31	200422-16
4/2-4/25	Tu,Th	7:00-8:00 PM	\$31	200422-17
4/30-5/30	Tu,Th	7:00-8:00 PM	\$38.50	200422-18

#### Fitness & Fun

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

Age: 18 years & up

Location: Senior Center

3/4-3/29	M,W,F	7:30-8:30 AM	\$46	200420-01
4/1-4/26	M,W,F	7:30-8:30 AM	\$46	200420-02
4/29-5/31	M,W,F	7:30-8:30 AM	\$53.50	200420-03



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#### 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

3/5-3/28	Tu,Th	6:00-7:00 PM	\$31	200418-01
4/2-4/25	Tu,Th	6:00-7:00 PM	\$31	200418-02
4/30-5/30	Tu,Th	6:00-7:00 PM	\$38.50	200418-03

#### **Twist & Shout**

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

Age: 18 years & up

Location: Senior Center

3/4-3/29	M,W,F	4:00-5:00 PM	\$46	200426-01
4/1-4/26	M,W,F	4:00-5:00 PM	\$46	200426-02
4/29-5/31	M,W,F	4:00-5:00 PM	\$53.50	200426-03

#### [ HIGH INTENSITY ]

#### Deep H2O

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

Age: 18 years & up

Location:	Mulberry	Pool
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3/4-3/29	M,W,F	12:15-1:00 PM	\$37	200230-01		
4/1-4/26	M,W,F	12:15-1:00 PM	\$37	200230-02		
4/29-5/31	M,W,F	12:15-1:00 PM	\$43	200230-03		
Location: Edo	Location: Edora Pool Ice Center					
3/4-3/27	M,W	5:30-6:30 PM	\$31	200330-01		
4/1-4/24	M,W	5:30-6:30 PM	\$31	200330-02		
4/29-5/29	M,W	5:30-6:30 PM	\$34.75	200330-03		

# Aquatics

#### Ratios

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

# of children	# of in-water adult supervisors
1-6	1
7-12	2
13-18	3
19-24	4

\*Children ages 8 years and up who cannot swim or touch the bottom of the pool should be included in count for ages 8 years and under. Groups not complying with above ratio are not 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 visit *fcgov.com/recreation*.

#### **Private Swim Instruction**

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

#### Learn to Swim Policies

At the discretion of the 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 four participants.

Classes will not be held on 3/18-3/24, 4/21.

Make-up lessons are not available.

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

#### **Open Lap Swimming**

Current Open Lap Lane schedules are available online at *fcgov.com/ recreation*. Please see the corresponding facility page for specific schedules. Lap lane schedules are available for EPIC, Mulberry Pool, and Senior Center. Schedules are subject to change.

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

#### **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: Senior Center

4/7-5/5	Su	4:40-5:25 PM	\$30	201438-01

#### **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

4/1-5/1	M,W	6:15-7:00 PM	\$61	201339-01

#### [ ADVANCED BLENDED LEARNING ]

#### 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 participants' progress. Must possess a current ARC lifeguard/first aid/CPR/AED certificate. Online class content is 2 hours, 30 minutes. **Note:** Attendance to all classes required. Skill test on first day; continuation depends on passing. \$37 certification fee not included.

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

3/30-3/31	Sa,Su	8:00 AM-1:00 PM	\$184.40 201343-01
4/6-4/7	Sa,Su	9:00 AM-5:00 PM	

#### 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. Learn 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:** Attendance to all classes required. Skill test on first day; continuation depends on passing. Pocket mask and certification fee included.

Age: 15 years & up

Location: Edora Pool Ice Center

3/15	F	4:00-7:30 PM	\$204.80 201340-01
3/16	Sa	8:30 AM-5:30 PM	
3/17	Su	8:30 AM-4:30 PM	
4/8	М	6:00-9:30 PM	\$204.80 201340-02
4/12	F	8:30 AM-5:30 PM	
4/13	Sa	8:30 AM-4:30 PM	

continued

#### Lifeguard Training continued

5/3	F	4:00-7:30 PM	\$204.80 201340-03
5/4	Sa	8:30 AM-5:30 PM	
5/5	Su	8:30 AM-4:30 PM	
5/17	F	4:00-7:30 PM	\$204.80 201340-04
5/18	Sa	8:30 AM-5:30 PM	
5/19	Su	8:30 AM-4:30 PM	
5/24	F	4:00-7:30 PM	\$204.80 201340-05
5/25	Sa	8:30 AM-5:30 PM	
5/26	Su	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:** Attendance to all classes required. Skill test on first day; continuation depends on passing. \$38 certification fee included.

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

3/31	Su	8:00 AM-5:00 PM	\$107.40	201341-01

#### Water Safety Instructor

An extensive skill review and presentation of all levels of swimming. Receive training to teach American Red Cross swimming and water safety courses. Learn how to use the course materials, conduct training sessions, and evaluate participants' progress. Online class content is 6 hours, 45 minutes. **Note:** Must attend all classes. Skill test on first day; continuation depends on passing. \$37 certification fee included.

Age: 16 years & up

Location: Mulberry Pool					
3/2-3/10	Sa,Su	9:00 AM-5:00 PM	\$202	201242-01	
Location: Edora Pool Ice Center					
5/20-5/23	M,Tu,W,Th	9:00 AM-5:00 PM	\$202	201342-01	

#### [KAYAKING]

#### **Kayaking Roll Class**

The centerpiece of the sport of kayaking is the "The Roll". Instruction focuses on the "C to C" and sweep rolls. **Note:** Sessions include 1-hour classroom instruction at Rocky Mountain Adventures, and two 90-minute pool sessions. Prior to class start, call RMA at 970.493.4005 to complete required additional paperwork.

#### Age: 18 years & up Location: Edora Pool Ice Center

 3/24-3/31
 Su
 4:30-7:45 PM
 \$100
 201358-01

 4/7-4/14
 Su
 4:30-7:45 PM
 \$100
 201358-02

#### Kayaking Roll Sessions ໜ

Kayak roll sessions hosted in partnership with Rocky Mountain Adventures. No formal instruction or gear provided; must provide own gear. For more information, visit *fcgov.com/aquatics* or *shoprma.com*. Drop in only: no registration required. **Note:** No roll session 4/21.

Age: 18 years & up	
Location: Edora Pool Ice Center	

2/10-4/28	Su	6:00-8:00 PM	\$12	

#### [ SNORKEL & SCUBA DIVING ]

#### **Discover Scuba Diving**

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

Age: 10 years & up

Location: Edora Pool Ice Center

3/23	Sa	10:00-11:30 AM	\$36	201352-01
4/20	Sa	10:00-11:30 AM	\$36	201352-02
5/11	Sa	10:30-11:30 AM	\$36	201352-03

#### **Discover Snorkeling**

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

Age: 5 years & up

Location: Edora Pool Ice Center

3/23	Sa	10:00-11:30 AM	\$26	201353-01
4/20	Sa	10:00-11:30 AM	\$26	201353-02
5/11	Sa	10:00-11:30 AM	\$26	201353-03

#### Scuba Challenge

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

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

3/13	W	6:00-9:00 PM	\$22	201356-01
3/27	W	6:00-9:00 PM	\$22	201356-02
4/10	W	6:00-9:00 PM	\$22	201356-03
4/24	W	6:00-9:00 PM	\$22	201356-04
5/8	W	6:00-9:00 PM	\$22	201356-05
5/29	W	6:00-9:00 PM	\$22	201356-06

#### **TEEN PROGRAMS**

#### **Teen Swim Instruction**

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

Age: 13-17 years Location: Mulberry Pool

	,			
4/7-5/5	Su	4:25-4:55 PM	\$25	201235-01

#### **YOUTH PROGRAMS**

#### [ YOUTH LEARN TO SWIM ]

#### Baby & Me 1

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

#### Age: 6-18 months

#### Location: Edora Pool Ice Center

4/1-5/1	M,W	5:40-6:10 PM	\$61	201310-01	
4/2-5/2	Tu,Th	9:15-9:45 AM	\$61	201310-02	
4/2-5/2	Tu,Th	10:25-10:55 AM	\$61	201310-03	
Location: Se	Location: Senior Center				
4/7-5/5	Su	3:30-4:00 PM	\$25	201410-01	
4/7-5/5	Su	4:40-5:10 PM	\$25	201410-02	

#### Baby & Me 2

Parents introduce children to the water with songs to build confidence and comfortability in and around the pool, all while 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: Edora Pool Ice Center

4/1-5/1	M,W	5:05-5:35 PM	\$61	201312-01
4/2-5/2	Tu,Th	9:50-10:20 AM	\$61	201312-03
Location: Se	nior Center			
4/7-5/5	Su	4:05-4:35 PM	\$25	201412-01
4/7-5/5	Su	5:15-5:45 PM	\$25	201412-02

#### 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: Mulberry Pool

4/2-5/2	Tu,Th	4:30-5:00 PM	\$61	201216-01
4/2-5/2	Tu,Th	5:40-6:10 PM	\$61	201216-02
4/6-5/4	Sa	9:35-10:05 AM	\$31	201216-03
4/6-5/4	Sa	10:45-11:15 AM	\$31	201216-04
4/7-5/5	Su	3:15-3:45 PM	\$25	201216-05
4/7-5/5	Su	4:25-4:55 PM	\$25	201216-06
4/7-5/5	Su	5:35-6:05 PM	\$25	201216-07

#### Pollywog continued

#### Location: Edora Pool Ice Center

4/1-5/1	M,W	4:30-5:00 PM	\$61	201316-01
4/1-5/1	M,W	5:40-6:10 PM	\$61	201316-02
Location: Se	nior Center			
4/7-5/5	Su	4:05-4:35 PM	\$25	201416-01

#### Tadpole

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

#### Age: 3-6 years

#### Location: Mulberry Pool

4/2-5/2	Tu,Th	5:05-5:35 PM	\$61	201218-01
4/2-5/2	Tu,Th	6:15-6:45 PM	\$61	201218-02
4/6-5/4	Sa	9:00-9:30 AM	\$31	201218-03
4/6-5/4	Sa	10:10-10:40 AM	\$31	201218-04
4/6-5/4	Sa	11:20-11:50 AM	\$31	201218-05
4/7-5/5	Su	3:50-4:20 PM	\$25	201218-06
4/7-5/5	Su	5:00-5:30 PM	\$25	201218-07
Location: Ed	ora Pool Ice (	Center		
4/1-5/1	M,W	4:30-5:00 PM	\$61	201318-01
4/1-5/1	M,W	6:15-6:45 PM	\$61	201318-02
Location: Se	nior Center			
4/7-5/5	Su	3:30-4:00 PM	\$25	201418-01

#### Froggy

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

#### Age: 3-6 years

4/2-5/2	Tu,Th	4:30-5:00 PM	\$61	201220-01		
4/2-5/2	Tu,Th	5:40-6:10 PM	\$61	201220-02		
4/6-5/4	Sa	9:00-9:30 AM	\$31	201220-03		
4/6-5/4	Sa	10:10-10:40 AM	\$31	201220-04		
4/6-5/4	Sa	11:20-11:50 AM	\$31	201220-05		
4/7-5/5	Su	3:15-3:45 PM	\$25	201220-06		
4/7-5/5	Su	5:35-6:05 PM	\$25	201220-07		
Location: Ed	lora Pool Ice	Center				
4/1-5/1	M,W	5:05-5:35 PM	\$61	201320-01		
4/2-5/2	Tu,Th	11:00-11:30 AM	\$61	201320-02		
Location: Se	Location: Senior Center					
4/7-5/5	Su	4:40-5:10 PM	\$25	201420-01		

#### Level 1

For the child who can roll from front to back, streamline front glide five feet, and jump into shallow water all without support.

#### Age: 5-12 years

#### Location: Mulberry Pool

Locution. I h	underly 1 001				
4/2-5/2	Tu,Th	5:05-5:35 PM	\$61	201222-01	
4/2-5/2	Tu,Th	6:15-6:45 PM	\$61	201222-02	
4/6-5/4	Sa	9:35-10:05 AM	\$31	201222-03	
4/6-5/4	Sa	10:45-11:15 AM	\$31	201222-04	
4/6-5/4	Sa	11:20-11:50 AM	\$31	201222-05	
4/7-5/5	Su	3:15-3:45 PM	\$25	201222-06	
4/7-5/5	Su	4:25-4:55 PM	\$25	201222-07	
Location: Edora Pool Ice Center					
4/1-5/1	M,W	4:30-5:00 PM	\$61	201322-01	
4/1-5/1	M,W	6:15-6:45 PM	\$61	201322-02	
Location: Senior Center					
4/7-5/5	Su	4:05-4:35 PM	\$25	201422-01	
4/7-5/5	Su	5:15-5:45 PM	\$25	201422-02	

#### Level 2

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

#### Age: 5-12 years

#### Location: Mulberry Pool

4/2-5/2	Tu,Th	4:30-5:00 PM	\$61	201224-01
4/2-5/2	Tu,Th	5:40-6:10 PM	\$61	201224-02
4/6-5/4	Sa	9:00-9:30 AM	\$31	201224-03
4/6-5/4	Sa	10:10-10:40 AM	\$31	201224-04
4/7-5/5	Su	3:50-4:20 PM	\$25	201224-05
4/7-5/5	Su	5:00-5:30 PM	\$25	201224-06
4/7-5/5	Su	5:35-6:05 PM	\$25	201224-07

#### Location: Edora Pool Ice Center

4/1-5/1	M,W	4:30-5:00 PM	\$61	201324-01
4/1-5/1	M,W	6:15-6:45 PM	\$61	201324-02
Location: Se	nior Center			
4/7-5/5	Su	3:30-4:00 PM	\$25	201424-01

#### Level 3

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

#### Age: 5-12 years

#### Location: Mulberry Pool

4/2-5/2	Tu,Th	4:30-5:15 PM	\$73.50	201226-01
4/2-5/2	Tu,Th	6:15-7:00 PM	\$73.50	201226-02
4/6-5/4	Sa	9:35-10:20 AM	\$37.26	201226-03

#### Level 3 continued

4/6-5/4	Sa	10:45-11:30 AM	\$37.26	201226-04
4/7-5/5	Su	3:15-4:00 PM	\$30	201226-05
4/7-5/5	Su	4:25-5:10 PM	\$30	201226-06
Location: Ec	dora Pool Ic	e Center		

4/1-5/1 M,W 5:05	5-5:50 PM \$73.50	201326-01

#### Level 4

For the child who can swim 25 yards freestyle (perfected), flutter kick without a kickboard for 25 yards, perform 10 deep water bobs, and is comfortable in deep water.

Age: 5-12 years

#### Location: Mulberry Pool

Tu,Th	5:05-5:50 PM	\$73.50	201228-01
Sa	9:00-9:45 AM	\$37.26	201228-02
Sa	10:10-10:55 AM	\$37.26	201228-03
Su	3:50-4:35 PM	\$30	201228-04
Su	5:00-5:45 PM	\$30	201228-05
	Sa Sa Su	Sa         9:00-9:45 AM           Sa         10:10-10:55 AM           Su         3:50-4:35 PM	Sa         9:00-9:45 AM         \$37.26           Sa         10:10-10:55 AM         \$37.26           Su         3:50-4:35 PM         \$30

#### Location: Edora Pool Ice Center

4/1-5/1	M,W	5:40-6:25 PM	\$73.50	201328-01

#### Level 5

For the child who can efficiently swim 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

4/2-5/2	Tu,Th	5:40-6:25 PM	\$73.50	201230-01		
4/6-5/4	Sa	10:45-11:30 AM	\$37.26	201230-02		
4/7-5/5	Su	3:15-4:00 PM	\$30	201230-03		
Location: Edora Pool Ice Center						
4/1-5/1	M,W	4:30-5:15 PM	\$73.50	201330-01		

#### **Pre-Competitive**

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

#### Age: 6-12 years

#### Location: Mulberry Pool

	4/2-5/2	Tu,Th	4:30-5:15 PM	\$73.50	201232-01	
	4/6-5/4	Sa	9:00-9:45 AM	\$37.26	201232-02	
	4/7-5/5	Su	5:00-5:45 PM	\$30	201232-03	
Location: Edora Pool Ice Center						
	4/1-5/1	M,W	5:05-5:50 PM	\$73.50	201332-01	

# Arts & Crafts

The Senior Center Member discount applies to programs where a  $\bigotimes$  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 91.

#### **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 setup on art display panels or in showcases, are open to the public, and free of charge for viewing. Work may be for sale.

#### **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. For more information contact Katie Stieber at 970.224.6029, *kstieber@fcgov.com*.

#### Teachers

New proposals for teaching classes from skilled arts and crafts instructors welcome. For more information contact Katie Stieber at 970.224.6030, *bemond@fcgov.com*.

#### **ADULT PROGRAMS**

#### [ BASKET ARTS ]

#### Basket Cases ໜ

Open time for individuals interested in basketry to come together weekly and work on projects. Work with any medium: basket reed, yarn, pine needles, or caning. Share ideas and designs. **Note:** No instructor provided. Bring supplies necessary to work.

No Fee

Age: 18 years & up Location: Senior Center

Location. Sc	mor center	
3/7-5/30	Th	1:00-3:00 PM

#### [ DRAWING ARTS ]

#### Calligraphy, Beginner

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

Age: 18 years & up Location: Senior Center

3/4-4/8	М	9:00-11:30 AM	\$80	203409-01

#### **Calligraphy, Continued**

Expand calligraphy skills with a new letterform and work with a variety of papers and colors. **Note:** Experience working with a broad edge pen preferred. Bring supplies to first class. Supply list available at registration; approximate cost is \$20.

Age: 18 years & up Location: Senior Center

4/15-5/20	М	9:00-11:30 AM	\$80	203410-01

#### **Comics Essentials**

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

Age: 14 years & up Location: Senior Center

3/19-4/23	Tu	6:30-8:30 PM	\$54	203407-01	

#### Sketching Group ໜ

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

Age: 18 years & up

Location: S	Senior	Center
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3/8-5/31 F 9:30 AM-12:30 PM No Fee	
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#### [FIBER ARTS]

#### Felting, Needle Style

Learn the barbed needle technique method on wool roving to make colorful handcrafted soft sculptures measuring roughly 4"-6" and landscapes roughly 5"x7".

Age: 14 years & up Location: Senior Center

Leprechaun or Gnome

Lepreendurio	i ununic				
3/9	Sa	9:00 AM-Noon	\$28	203436-01	
Easter Eggs					
4/13	Sa	9:00 AM-Noon	\$28	203436-02	
May Flowers					
5/11	Sa	9:00 AM-Noon	\$28	203436-03	

#### Quilting Quorum ໜ

All levels of quilters welcome. Work on any project or on items for a charity the group has adopted which offers quilts for people in need. Meet local quilters, swap tips, and share techniques, ideas, and a common interest in quilting. **Note:** No instructor provided.

Age: 18 years & up

l	_oca	tion:	Senior	Cent	er

3/1-5/31	F	1:00-3:00 PM	No Fee	

#### [ GLASS ARTS ]

#### **Glass Art**

Learn about glass art by fusing and slumping. Fusing is working with flat glass, cutting, and creating a design. Slumping turns it into a 3D art object. Learn the techniques and then create. Tools and materials provided. No experience necessary. Prerequisite: Glass Art I or equivalent experience required before taking Glass Art II.

#### Age: 18 years & up

Location: Creator Hub, 1304 Duff Dr. #15

#### Glass Art I

3/13	W	6:00-9:00 PM	\$91	215968-01
4/10	W	6:00-9:00 PM	\$91	215968-02
5/8	W	6:00-9:00 PM	\$91	215968-03
Glass Art II				
3/27	W	6:00-9:00 PM	\$91	215968-04
4/24	W	6:00-9:00 PM	\$91	215968-05
5/22	W	6:00-9:00 PM	\$91	215968-06

#### **Mosaic Glass Window or Table**

Bring a small table or window to cover with mosaic glass. Prerequisite: Stained Glass, Beginner or higher. **Note:** Some supplies provided. Supply list available at first class.

Age: 18 years & up

Location: Senior Center

4/2-5/14	Tu	1:00-3:00 PM	\$60	203463-01

#### Stained Glass, Intermediate

Use the foil method of construction to create an 11"x14" panel designed to fit in a picture frame and display in a window. Bring a picture to the first class to use as a reference. Prerequisite: Beginner Foil Stained Glass. **Note:** Supply list available at registration; approximate cost is \$20-55.

Age: 18 years & up

Location: Senior Center

3/5-3/26	Tu	1:00-3:00 PM	\$60	203462-01

#### [ GENERAL ARTS ]

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

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

Age: 18 years & up

Location: Senior Center

W

3/6-5/29

Ø

1:00-3:00 PM

No Fee

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

#### Open Shop ໜ

Open shop time. Tools available for use with jewelry, stained glass, and woodworking including scroll saws, wood lathes, other wood related tools, and basic tools for mechanical repairs. A shop attendant is on duty to assist with questions. Production work or work on items for sale is not permitted.

Age: 18 years & up

Location: Senior Center

3/5-5/28	Tu	8:00 AM-Noon	No Fee	
3/6-5/29	W	1:00-5:00 PM		
3/7-5/30	Th	5:00-9:00 PM		

#### [ JEWELRY ]

#### **Jewelry Casting Lost Wax**

Learn the basic lost wax process in casting. Focus on forming, spruing, investment, burn-out, and centrifugal casting. Attention to the finishing and surface treatment techniques are covered for creating exquisitely finished cast pieces. **Note:** Some supplies provided. Supply list available at registration; approximate cost is \$50-85. Class will not be held on 4/26.

Age: 18 years & up

Location: Senior Center

3/5-4/16	Tu	6:00-8:00 PM	\$101	203488-01

#### Jewelry Lapidary

Learn the basic processes used for rock and gem cutting and grinding. Learn which are the best stones, including semiprecious stones, for grinding and polishing. Explore the details for constructing a jewelry piece with a stone. Prerequisite: Jewelry, Beginner preferred. **Note:** Some supplies provided. Supply list available at registration; approximate cost is \$10-20.

Age: 18 years & up Location: Senior Center

3/5-4/16	Tu	3:30-5:30 PM	\$103	203489-01

#### [ PAINTING ]

#### **Bob Ross Style Painting**

Complete a finished painting in one day using the Bob Ross painting technique. A certified Bob Ross instructor teaches the use of different brushes, a palette knife, mixing colors, and manipulation of certain special paints. **Note:** \$15 discount available when using own Bob Ross supplies. Bring a roll of paper towels. An example of a class painting project is on display at the Senior Center one month prior to class start.

Age: 18 years & up Location: Senior Center

Landscape

Lanascupe				
3/7	Th	9:00 AM-3:30 PM	\$65	203427-01
5/9	Th	9:00 AM-3:30 PM	\$65	203427-03
Seascape				
4/11	Th	9:00 AM-3:30 PM	\$65	203427-02

#### **Acrylic Painting, Beginner**

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 in learning how to start, or those who would like to improve their skills. **Note:** Supply list available at registration; approximate cost is \$30-50. Class will not be held on 5/13, 5/27.

Age: 18 years & up Location: Senior Center

3/4-3/25	М	1:00-3:00 PM	\$44	203446-01
4/1-4/29	М	1:00-3:00 PM	\$46	203446-02
5/6-5/20	М	1:00-3:00 PM	\$39	203446-03
3/4-3/25	М	6:30-8:30 PM	\$44	203446-04
4/1-4/29	М	6:30-8:30 PM	\$46	203446-05
5/6-5/20	М	6:30-8:30 PM	\$39	203446-06

#### Porcelain Painting, Beginner

Learn proper painting techniques that include the use of oils, thinners, wiping tools, and specialty brushes. Techniques and processes for completion of the finished product takes several weeks. The entire process requires several firings to get the desired result. **Note:** Firing of work included. Reduced fee when using own supplies. Class will not be held on 5/2, 5/9.

Age: 18 years & up

Location: Senior Center

3/6-3/27	W	9:00-11:30 AM	\$48	203470-01
4/3-4/24	W	9:00-11:30 AM	\$48	203470-02
5/1-5/29	W	9:00-11:30 AM	\$57	203470-03

#### Porcelain Painting, Intermediate

Expand current skills and knowledge. Learn varied techniques to achieve desired results, including mixing pigments and application. **Note:** Firing of work included. Painting supplies not provided. Class will not be held on 5/2, 5/9.

#### Age: 18 years & up

Location: Senior Center

3/6-3/27	W	9:00-11:30 AM	\$43	203471-01
4/3-4/24	W	9:00-11:30 AM	\$43	203471-02
5/1-5/29	W	9:00-11:30 AM	\$52	203471-03

#### **Porcelain Painting, Advanced**

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

#### Age: 18 years & up Location: Senior Center

 3/6-3/27
 W
 1:00-4:00 PM
 \$49
 203472-01

 4/3-4/24
 W
 1:00-4:00 PM
 \$49
 203472-02

 5/1-5/29
 W
 1:00-4:00 PM
 \$60
 203472-03

#### Watercolor, Beginner

Learn basics to prepare paper and board for painting. Learn composition, painting techniques, special effects, how to set up a palette, types of papers, color theory, design principles, and techniques for handling the pigment. **Note:** Supply list available at registration; approximate cost is \$50-75. No class on 4/20.

Age: 18 years & up Location: Senior Center

3/1-4/5	F	9:00-11:00 AM	\$70	203480-01

#### Watercolor, Intermediate & Advanced

Emphasis on observation and various brush techniques with in-depth exploration of watercolor. A challenge for beginners and an opportunity to build skills and knowledge of artistic concepts. Prerequisite: Watercolor, Beginner. **Note:** Supply list available at registration; approximate cost is \$50-100.

Age: 18 years & up

Location: Senior Center

3/1-3/29	F	1:00-3:00 PM	\$51	203481-01
4/5-4/26	F	1:00-3:00 PM	\$49	203481-02
5/3-5/31	F	1:00-3:00 PM	\$51	203481-03

#### [ WOODWORKING ]

#### Woodworking, Intermediate

A continuation of Woodworking, Beginner. Advanced techniques and concepts are taught. Further exploration into varied tools available. Projects designed with the instructor's assistance and approval to include the use of traditional joinery techniques like mortise, tenon, dovetail, and rabbet. Prerequisite: Woodworking, Beginner. **Note:** Some supplies provided. Supply list available first day of class; approximate cost is \$20-30. Must attend first class. Class not held 4/24.

Age: 18 years & up Location: Senior Center

3/20-4/24	W	7:00-9:00 PM	\$59	203491-01	

#### **FAMILY PROGRAMS**

All supplies are provided for the classes below. Children under 12 years of age must have an accompanying adult present. Price listed is per project.

#### **Curious Creations Club**

Guided craft time to create various themed projects.

Age: All

Location: Northside Aztlan Center

Umbrella	Painting
ombrenu	i uniting

	ing				
3/9	Sa	1:00-3:30 PM	\$32	218983-01	
Flowers in a Jar Straw Art					
4/13	Sa	1:00-3:30 PM	\$32	218983-02	
Sandal Wreath					
5/11	Sa	1:00-3:30 PM	\$32	218983-03	

vitalant

# *Time for humans to learn a new trick.*

Donating blood saves 12,000 lives a day. But people under 40 aren't giving like generations before them. So animals are teaming up with Vitalant to save the humans. Because if young people don't start donating, we could run out. End a blood donation center at Vitalant.org



Find a location in your area at Vitalant.org now with more options to donate in Fort Collins and surrounding northern Colorado communities. Walk-ins welcome!

#### **Painting Pairs**

Dynamic duo-ing at its best. Paint with a friend to create a two-canvas work of art with guided instruction. **Note:** Price is for a two-canvas project. Only one person of the pair needs to register.

#### Age: All

Location: Northside Aztlan Center

Luck of the Irish

20.010 01 011					
3/15	F	6:00-8:30 PM	\$42	218982-01	
Easter Bunnies					
4/19	F	6:00-8:30 PM	\$42	218982-02	
A Mother's Love					
5/10	F	6:00-8:30 PM	\$42	218982-03	

#### Painting Workshop

Create a single painted masterpiece with guided instruction.

#### Age: All

28

Location: Northside Aztlan Center

#### Rainy Day

3/29	F	6:00-8:00 PM	\$23	218584-01
Spring Forest				
4/26	F	6:00-8:00 PM	\$23	218584-02
Sunflower				
5/31	F	6:00-8:00 PM	\$23	218584-03

#### fcgov.com/recreator

#### **YOUTH PROGRAMS**

#### **Artistic Encounters**

Focus on creative development with introduction to a variety of mediums. Children are encouraged to create and use their imagination.

#### Age: 6-12 years

Location: Carnegie Center for Creativity, 200 Mathews St.

3/7-3/21	Th	4:30-6:00 PM	\$45	216922-01
4/4-4/25	Th	4:30-6:00 PM	\$55	216922-02
5/2-5/16	Th	4:30-6:00 PM	\$45	216922-03

#### **Cupcakes 'n Canvas**

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

#### Age: 6-12 years

Location: Carnegie Center for Creativity, 200 Mathews St.

Unicorn

3/4	М	4:30-6:00 PM	\$35	216943-01
National G	Filled Cheese			
4/12	F	4:30-6:00 PM	\$35	216943-02

#### **Dottie Designs**

Focus on the simplest design element: the dot. Inspiration derived from Roy Lichtenstein, Australian Aboriginal dot paintings, and the works of the Pointillists.

#### Age: 6-12 years

Location: Car	negie Center	for Creativity	200 Mathews St.
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3/4	М	9:00 AM-Noon	\$55	216914-01

#### **National Colorado Day**

Manipulate paint and colored paper into layers to create a mixed media design inspired by the Colorado state flag.

Age: 6-12 years

Location: Carnegie Center for Creativity, 200 Mathews St.

4/12	F	9:00 AM-Noon	\$55	216909-01

#### **Schools Out Art**

Keep children engaged with art on their days off. Art helps develop problem solving, critical thinking and observational skills, as well as focus, discipline, and perseverance. **Note:** Same day classes are meant to be taken together, but morning class can be taken alone.

Age: 6-11 years

Location: Foothills Activity Center

Chibi Workshop, Part 1

	Shop, Full F			
3/4	М	9:30 AM-Noon	\$28	218984-01
Chibi Worl	kshop, Part 2			
3/4	М	1:00-3:30 PM	\$28	218984-02
Life of Pet	s, Part 1			
4/12	F	9:30 AM-Noon	\$28	218984-03
Life of Pet	s, Part 2			
4/12	F	1:00-3:30 PM	\$28	218984-04
Drawing H	lorses, Part 1			
5/17	F	9:30 AM-Noon	\$28	218984-05
Drawing H	lorses, Part 2			
5/17	F	1:00-3:30 PM	\$28	218984-06

#### POTTERY

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

For adult classes, the first 25 lbs. of clay are provided. More clay can be purchased at the Studio for \$22. Only clay purchased from the Pottery Studio is fired. A basic toolkit (\$12) must be purchased at the first class if you don't already own hand tools. Large tools and project specific tools are provided, as well as a slab roller and two extruders with different dyes. 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 completed at the Studio; production work is not permitted.

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

#### **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.

Age: 18 years & up

3/25-6/1	M,W,Th,F,Sa	11:00 AM-2:00 PM	\$170	204899-01
3/26-5/28	Tu	9:00 AM-Noon		
3/26-5/30	Tu,Th	7:30-10:00 PM		

#### **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; approximate cost is \$37 per hour and \$18.50 each additional hour.

#### **Adult Parties**

Have a unique, creative gathering 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 adult (6 adult minimum).

#### **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).

#### **Youth Pottery**

Lab times are not provided for youth pottery programs. All tools and supplies are provided.

#### **Child with Parent Pottery**

Classes specifically geared for a parent/guardian to work together with a child on pottery projects. Projects vary per class. Lab times are not provided for youth pottery programs. All tools and supplies are provided.

#### [ ADULT POTTERY PROGRAMS ]

#### **Cool Clay**

Explore imaginative methods of wheel and handbuilding with use of 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

3/30-4/27	Sa	4:30-6:30 PM	\$98.90	204880-01
5/4-6/1	Sa	4:30-6:30 PM	\$98.90	204880-02

#### **Creative Clay Craft**

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

#### Age: 18 years & up

3/26-5/28	Tu	12:30-2:30 PM	\$170	204885-01
3/29-5/31	F	9:00-11:00 AM	\$170	204885-02

#### **Crystalline Glazes Introduction - New!**

Learn glaze formulation, seed crystals, catcher design, and use combinations of glazes to grow multiple species of crystals. Glaze materials provided. bring 5-7 bisque ware pieces in various sizes. Limited class time for construction. Focus is on pedestals.

Age: 18 years & up

3/31-5/12 Su	11:00 AM-1:00 PM	\$95.90	204869-01
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#### The Figure in Clay

Figure sculpture is seeing its freshest and most relevant expression through the medium of common clay. Explore line and form, integrated with design and shape relationships. An ultimate transformation through fire places the clay figure in a league of its own, each piece a unique creation. All levels welcome. **Note:** Class will not be held on 5/27.

Age: 18 years & up

3/25-6/3	М	6:00-8:00 PM	\$170	204890-01
5/25 0/5		0.00 0.00111	ψ1/Ο	204030 01

#### **Pottery Sampler**

Introduction to handbuilding and wheel throwing, as well as glazing, and studio operation. Create and learn beginner techniques of clay. **Note:** All materials and tools provided.

#### Age: 18 years & up

3/30-4/27	Sa	9:00-11:00 AM	\$60	204870-01
5/4-6/1	Sa	9:00-11:00 AM	\$60	204870-02

#### Handbuilding Expressions

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

#### Age: 18 years & up

3/27-5/29	W	6:00-8:00 PM	\$170	204875-01

#### Wheel & Handbuilding, Beginner

Learn about clay, tools, glazing, basic skills, techniques, and principles involved in pottery. Primary emphasis is on creating while using the potter's wheel. Some handbuilding is covered. **Note:** Supply list available at registration; \$12 tool set available at first class. Class will not be held on 5/27.

#### Age: 18 years & up

3/25-6/3	М	9:00-11:00 AM	\$170	204850-01
3/25-6/3	М	5:45-7:45 PM	\$170	204850-02
3/27-5/29	W	8:00-10:00 PM	\$170	204850-03
3/30-6/1	Sa	9:00-11:00 AM	\$170	204850-04

#### Wheel & Handbuilding, Beginner Plus

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

#### Age: 18 years & up

3/25-6/3	М	8:00-10:00 PM	\$170	204855-01
3/27-5/29	W	5:45-7:45 PM	\$170	204855-02
3/28-5/30	Th	9:00-11:00 AM	\$170	204855-03

#### Wheel & Handbuilding, Intermediate

Explore more complex ceramic and pottery techniques and skills. Expression and exploration of form are taught. Prerequisite: Pottery Wheel, Beginner or equivalent.

#### Age: 18 years & up

3/26-5/28	Tu	5:30-7:30 PM	\$170	204860-01
3/27-5/29	W	9:00-11:00 AM	\$170	204860-02

#### Wheel & Handbuilding, Advanced

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

#### Age: 18 years & up

	3/28-5/30	Th	5:30-7:30 PM	\$170	204865-01
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#### **YOUTH POTTERY PROGRAMS**

#### [ CHILD WITH PARENT PROGRAMS ]

#### Family Handbuilding

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

Age: 5 years & up

#### Birds/Owls

BILOS/OWIS				
3/24	Su	2:30-4:00 PM	\$37	204828-01
Dinosaurs				
4/7	Su	2:30-4:00 PM	\$37	204828-03
Fish				
4/21	Su	2:30-4:00 PM	\$37	204828-05
Fruits/Veggie	es			
5/5	Su	2:30-4:00 PM	\$37	204828-07
Monsters				
5/19	Su	2:30-4:00 PM	\$37	204828-09
Flower Pot				
6/2	Su	2:30-4:00 PM	\$37	204828-11
Family Handb	building, 2	2nd Child		
3/24	Su	2:30-4:00 PM	\$16	204828-02
4/7	Su	2:30-4:00 PM	\$16	204828-04
4/21	Su	2:30-4:00 PM	\$16	204828-06
5/5	Su	2:30-4:00 PM	\$16	204828-08
5/19	Su	2:30-4:00 PM	\$16	204828-10
6/2	Su	2:30-4:00 PM	\$16	204828-12

#### Family Raku, Paint & Fire

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

#### Age: 7 years & up

\$65	204827-01					
Family Raku, Additional Person						
\$30	204827-02					

#### **Parent & Child Handbuilding**

Work on individual projects and share a creative experience. **Note:** All supplies provided. Registration cost includes two participants; each additional person is \$52.

#### Age: 6-9 years

3/30-4/27	Sa	4:00-5:30 PM	\$110	204835-01	
5/4-6/1	Sa	4:00-5:30 PM	\$110	204835-03	
Parent & Child Handbuilding, Additional Person					
3/30-4/27	Sa	4:00-5:30 PM	\$52	204835-02	
5/4-6/1	Sa	4:00-5:30 PM	\$52	204835-04	

#### Parent Teen & Youth Handbuilding & Wheel

Explore the world of clay together. Make functional pots and whimsical, imaginative clay objects while learning how to use the potter's wheel and handbuilding techniques. **Note:** Registration cost includes two participants; each additional person is \$52.

#### Age: 10-17 years

3/29-4/26	F	5:45-7:15 PM	\$110	204845-01
5/3-5/31	F	5:45-7:15 PM	\$110	204845-03
Parent & Teer	n, Additi	onal Person		
3/29-4/26	F	5:45-7:15 PM	\$52	204845-02

3/29-4/26	F	5:45-7:15 PM	\$52	204845-02
5/3-5/31	F	5:45-7:15 PM	\$52	204845-04

#### Parent & Tot Mud, Handbuilding

Parent and child combine talents in this unique pottery class. Projects are varied so it is possible to register for classes multiple times. **Note:** Registration cost includes two participants; each additional person is \$20.

#### Age: 3-5 years

3/26-4/23	Tu	12:30-1:30 PM	\$60	204801-01
3/27-4/24	W	2:45-3:45 PM	\$60	204801-03
3/30-4/27	Sa	2:30-3:30 PM	\$60	204801-05
4/30-5/28	Tu	12:30-1:30 PM	\$60	204801-07
5/1-5/29	W	2:45-3:45 PM	\$60	204801-09
5/4-6/1	Sa	2:30-3:30 PM	\$60	204801-11
Parent & Tot,	2nd Child			
3/26-4/23	Tu	12:30-1:30 PM	\$20	204801-02
3/27-4/24	W	2:45-3:45 PM	\$20	204801-04
3/30-4/27	Sa	2:30-3:30 PM	\$20	204801-06
4/30-5/28	Tu	12:30-1:30 PM	\$20	204801-08
5/1-5/29	W	2:45-3:45 PM	\$20	204801-10
5/4-6/1	Sa	2:30-3:30 PM	\$20	204801-12

#### **Thrown Together**

Explore basics of wheel forming techniques while working on the potter's wheel. Create functional and decorative pottery and learn the basics of wedging, centering, throwing, trimming, surface decorating, and glazing. **Note:** Registration cost includes two participants; each additional person is \$52.

#### Age: 7 years & up

3/28-4/25	Th	4:00-5:30 PM	\$110	204825-01
5/2-5/30	Th	4:00-5:30 PM	\$110	204825-03
3/30-4/27	Sa	2:30-4:00 PM	\$110	204825-05
5/4-6/1	Sa	2:30-4:00 PM	\$110	204825-07

#### Thrown Together, Additional Person

5	,			
3/28-4/25	Th	4:00-5:30 PM	\$52	204825-02
5/2-5/30	Th	4:00-5:30 PM	\$52	204825-04
3/30-4/27	Sa	2:30-4:00 PM	\$52	204825-06
5/4-6/1	Sa	2:30-4:00 PM	\$52	204825-08
3/30-4/27	Sa	2:30-4:00 PM	\$52	204825-00

#### [ CHILD WITHOUT PARENT PROGRAMS ]

#### **Child Handbuilding**

Create interesting clay projects and learn various methods of forming and glazing. New projects introduced each session. **Note:** Class will not be held on 5/27.

Age: 6-9 years

3/25-4/22	М	4:00-5:15 PM	\$59	204805-01
3/27-4/24	W	4:00-5:15 PM	\$59	204805-02
4/29-5/27	М	4:00-5:15 PM	\$59	204805-03
5/1-5/29	W	4:00-5:15 PM	\$59	204805-04

#### Youth Wheel & Handbuilding

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

#### Age: 10-12 years

3/28-4/25	Th	3:45-5:15 PM	\$59	204810-01
3/29-4/26	F	4:00-5:30 PM	\$59	204810-02
5/2-5/30	Th	3:45-5:15 PM	\$59	204810-03
5/3-5/31	F	4:00-5:30 PM	\$59	204810-04

#### **Teen Wheel & Handbuilding**

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

#### Age: 12-17 years

3/26-4/23	Tu	4:00-5:30 PM	\$59	204815-01
4/30-5/28	Tu	4:00-5:30 PM	\$59	204815-02

# Dance & Movement

#### **ADULT PROGRAMS**

#### [ BELLY DANCING ]

#### **Belly Dancing, Beginner**

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

# Age: 18 years & up

#### Location: Senior Center

3/5-3/26	Tu	7:00-8:00 PM	\$31	206426-01
4/2-4/23	Tu	7:00-8:00 PM	\$31	206426-02
4/30-5/21	Tu	7:00-8:00 PM	\$31	206426-03

#### **Belly Dancing, Continued**

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

Age: 16 years & up

Location: Senior Center

3/5-3/26	Tu	8:00-9:00 PM	\$31	206427-01
4/2-4/23	Tu	8:00-9:00 PM	\$31	206427-02
4/30-5/21	Tu	8:00-9:00 PM	\$31	206427-03

#### [ BALLET ]

#### **Ballet, Beginner**

An introduction to classical barre, positions, and steps. **Note:** Ages 13-17 years welcome with instructor approval. Class will not be held on 4/2.

Age: 18 years & up Location: Club Tico

3/19-5/7	Tu	5:30-6:30 PM	\$43	206102-01

#### Ballet, Low-Intermediate

Continued work on basic technique. **Note:** Ages 13-17 years welcome with instructor approval. Class will not be held on 4/1.

#### Age: 18 years & up

3/18-5/6 M	5:30-6:45 PM	\$57 206103-0	)1
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#### **Ballet, Intermediate**

A more challenging, ongoing class for experienced dancers. Based on Cecchetti technique. **Note:** Ages 13-17 years welcome with instructor approval. Class will not be held on 4/4.

Age: 18 years & up Location: Club Tico

3/21-5/9	Th	5:45-7:00 PM	\$57	206104-01

#### [ MODERN ]

#### **Modern Dance**

Earthy, sometimes jazzy or lyrical movements follow a stretching/ toning warm-up which leads to release of stress and interactive enjoyment. **Note:** Ages 13-17 years welcome with instructor approval. Class will not be held on 4/1.

Age: 18 years & up

Location: Empire Grange, 2306 W. Mulberry St.					
3/18-5/6	М	6:50-7:50 PM	\$43	206156-01	

#### [WEST COAST SWING]

#### West Coast Swing, Beginner

Learn 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. One-hour lesson followed by half hour practice time.

Age: 18 years & up Location: Senior Center

3/6-3/27	W	7:30-9:00 PM	\$40	206440-01
4/3-4/24	W	7:30-9:00 PM	\$40	206440-02
5/1-5/22	W	7:30-9:00 PM	\$40	206440-03

#### West Coast Swing, Continued

Expand upon the basic 6 and 8 count patterns of this partner swing dance. The inside turn, free spin, outside turn, inside whip, outside whip, cutoff whip, reverse whip, and slingshot are taught. One-hour lesson followed by half hour practice time. Prerequisite: West Coast Swing, Beginner or instructor approval.

Age: 18 years & up

Location: Senior Center

3/7-3/28	Th	7:30-9:00 PM	\$40	206441-01
4/4-4/25	Th	7:30-9:00 PM	\$40	206441-02
5/2-5/23	Th	7:30-9:00 PM	\$40	206441-03

#### **YOUTH PROGRAMS**

#### [ BALLET ]

#### **Ballet & Modern Dance**

Features live musical accompaniment and offers pre-ballet and modern dance techniques with improvisation. Each child builds technical skills at an individual level while engaging in creative work that is ever-changing. **Note:** Class will not be held on 4/2.

Grade: Kindergarten-2 Location: Club Tico

3/19-4/23	Tu	4:15-5:15 PM	\$38.50	206101-01	

#### **Dancing Swans**

An introduction to basic dance, pre-ballet movement, and body awareness using imagery and imaginative play. **Note:** Class will not be held on 3/21.

#### Age: 3-5 years

Location: Mulberry Pool

3/7-3/28	Th	12:30-1:15 PM	\$35	221211-01
4/4-4/25	Th	12:30-1:15 PM	\$45	221211-02
5/2-5/23	Th	12:30-1:15 PM	\$45	221211-03

#### **Petite Ballerinas**

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

#### Location: Northside Aztlan Center

#### Petite Ballerinas I Age: 3-4 years

3/1-3/22	F	9:00-9:45 AM	\$45	221524-01
4/5-4/26	F	9:00-9:45 AM	\$45	221524-02
5/3-5/17	F	9:00-9:45 AM	\$35	221524-03
3/2-3/23	Sa	9:30-10:15 AM	\$45	221524-04
4/6-4/27	Sa	9:30-10:15 AM	\$45	221524-05
5/4-5/18	Sa	9:30-10:15 AM	\$35	221524-06

#### Petite Ballerinas II Age: 4-5 years

3/1-3/22	F	10:00-10:45 AM	\$45	221524-07
4/5-4/26	F	10:00-10:45 AM	\$45	221524-08
5/3-5/17	F	10:00-10:45 AM	\$35	221524-09
3/2-3/23	Sa	10:30-11:15 AM	\$45	221524-10
4/6-4/27	Sa	10:30-11:15 AM	\$45	221524-11
5/4-5/18	Sa	10:30-11:15 AM	\$35	221524-12

#### Petite Ballerinas III Age: 5-6 years

3/2-3/23	Sa	11:30 AM-12:15 PM	\$45	221524-13
4/6-4/27	Sa	11:30 AM-12:15 PM	\$45	221524-14
5/4-5/18	Sa	11:30 AM-12:15 PM	\$35	221524-15

#### **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 session. Registration deadline is one week prior to class.

Age: 7-11 years

Location: Northside Aztlan Center

3/2-3/23	Sa	12:30-1:15 PM	\$50	221526-01
4/6-4/27	Sa	12:30-1:15 PM	\$50	221526-02
5/4-5/18	Sa	12:30-1:15 PM	\$40	221526-03

#### [ CHILD WITH PARENT PROGRAMS ]

#### **Baby Ballerinas**

Bring imagination to life to explore body movement and awareness as a ballerina. **Note:** Class will not be held on 3/21.

#### Age: 2-3 years

Location: Mulberry Pool

3/7-3/28	Th	11:00-11:45 AM	\$35	221212-01
4/4-4/25	Th	11:00-11:45 AM	\$45	221212-02
5/2-5/23	Th	11:00-11:45 AM	\$45	221212-03

#### **Roly Polys**

Discover the world of gymnastics and work on agility, flexibility, strength, and coordination using balance beams, swing bars, parallel bars, and a mini trampoline. **Note:** Class will not be held on 3/18, 3/19, 3/20, 5/13, 5/14, 5/15.

# Age: 2-3 years

Location: Foothills Activity Center

#### Age: 2 years

riger 2 years				
3/11-4/1	М	10:30-11:15 AM	\$35	221701-01
3/12-4/2	Tu	11:15-12:00 PM	\$35	221701-02
3/13-4/3	W	10:30-11:15 AM	\$35	221701-03
4/8-4/22	М	10:30-11:15 AM	\$35	221701-04
4/9-4/23	Tu	11:15-12:00 PM	\$35	221701-05
4/10-4/24	W	10:30-11:15 AM	\$35	221701-06
4/29-5/20	М	10:30-11:15 AM	\$35	221701-07
4/30-5/21	Tu	11:15-12:00 PM	\$35	221701-08
5/1-5/22	W	10:30-11:15 PM	\$35	221701-09
Age: 3 years				
3/11-4/1	М	9:30-10:15 AM	\$35	221701-10
3/13-4/3	W	9:30-10:15 AM	\$35	221701-11
4/8-4/22	М	9:30-10:15 AM	\$35	221701-12
4/10-4/24	W	9:30-10:15 AM	\$35	221701-13
4/29-5/20	М	9:30-10:15 AM	\$35	221701-14
5/1-5/22	W	9:30-10:15 AM	\$35	221701-15



Denotes no web registration for program

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





Summer Festival Camp Registration Now Open!





June 3-8 2019



#### [ GENERAL DANCE ]

#### Acro Dance

Learn the basics of acrobatic dance, including a mixture of acrobatics, gymnastics, and the art of lyrical dance. Children are placed based on skill level. **Note:** Class will not be held on 3/18, 3/21.

#### Acro I, Age: 3-5 years

Location: Mulberry Pool

	2			
3/7-3/28	Th	1:15-2:00 PM	\$35	221213-01
4/4-4/25	Th	1:15-2:00 PM	\$45	221213-02
5/2-5/23	Th	1:15-2:00 PM	\$45	221213-03

#### Acro II, III, Age: 6-8 years

Location: Northside Aztlan Center

3/4-4/1	М	5:15-6:00 PM	\$45	221513-01
4/8-5/13	М	5:15-6:00 PM	\$65	221513-02
Age: 9 years	& up			
3/4-4/1	М	7:30-8:15 PM	\$45	221513-04
4/5-5/13	М	7:30-8:15 PM	\$65	221513-05

#### **Dancin' Dumplin's**

Introduction to dance rhythms, movement, tumbling, and creativity. Attire: Leotard and tights, or t-shirt and shorts. **Note:** Class will not be held on 3/21, 3/22, 5/16.

Location: Foothills Activity Center

Age: 3 years

3/14-4/4	Th	11:15-12:00 PM	\$35	221704-01
3/15-4/12	F	10:45-11:30 AM	\$45	221704-02
4/11-4/25	Th	11:15-12:00 PM	\$35	221704-03
4/19-5/10	F	10:45-11:30 AM	\$45	221704-04
5/2-5/23	Th	11:15-12:00 PM	\$35	221704-05

#### Age: 4-5 years

3/15-4/12	F	9:30-10:30 AM	\$45	221704-07
4/19-5/10	F	9:30-10:30 AM	\$45	221704-08

#### Just Dance

Learn time steps, step combinations, choreography, and gymnastics. **Note:** Class will not be held on 3/20, 5/15.

#### Age: 5-7 years

Location: Foothills Activity Center

3/13-4/17	W	5:00-6:30 PM	\$110	221716-01
4/24-5/22	W	5:00-6:30 PM	\$89	221716-02
## [ HIP HOP ]

#### Нір Нор

Fundamentals of hip hop are taught in a fun, appropriate environment. Learn basic dance skills like keeping rhythm, following choreography, and developing body control. Leveled classes teach progressive skills. **Note:** Class will not be held on 3/18 & 3/21.

#### Hip Hop I, Age: 3-5 years

#### Location: Mulberry Pool

3/7-3/28	Th	11:45 AM-12:30 PM	\$35	221210-01
4/4-4/25	Th	11:45 AM-12:30 PM	\$45	221210-02
5/2-5/23	Th	11:45 AM-12:30 PM	\$45	221210-03

#### Hip Hop II, III, IV, Age: 6-8 years

#### Location: Northside Aztlan Center

3/4-4/1	М	6:00-6:45 PM	\$45	221511-01			
4/8-5/13	М	6:00-6:45 PM	\$65	221511-02			
Age: 9-11 years							
3/4-4/1	М	6:45-7:30 PM	\$45	221511-04			
4/8-5/13	М	6:45-7:30 PM	\$65	221511-05			
Age: 12-17 years							
3/4-4/1	М	8:15-9:00 PM	\$45	221511-07			
4/8-5/13	М	8:15-9:00 PM	\$65	221511-08			

#### [TUMBLING]

#### **Just Tumbling**

Learn basic tumbling skills and incorporate new learned skills into a mini-floor exercise routine. **Note:** Class will not be held on 3/21.

Age: 7-8 years

Location: Foothills Activity Center

3/14-4/11	Th	6:00-7:15 PM	\$75	221703-01
4/18-5/9	Th	6:00-7:15 PM	\$75	221703-02

#### **Tappin' & Tumbling**

Forty-five minutes of basic tap techniques and rhythms followed by 45 minutes of basic gymnastics skills and rotations. **Note:** Class will not be held on 3/19, 5/14.

#### Age: 4-6 years

Location: Foothills Activity Center

3/12-4/16	Tu	4:30-6:00 PM	\$110	221706-01
4/23-5/21	Tu	4:30-6:00 PM	\$89	221706-02

#### **Tot Tumblers**

Tumble through obstacle courses to practice body control and improving strength, flexibility, balance, and coordination.

#### Age: 3-5 years

Location: Cheer Central Suns, 128 Racquette Dr.

4/10-4/24	W	10:15-11:00 AM	\$41	221911-01	

# ----GET WITH THE BEATH---

## FREE Cholesterol Tests in February

<text>

\* You must be a Health District resident to be eligible for free cholesterol testing. Health District boundaries include Fort Collins, Laporte, Wellington, Red Feather Lakes, Livermore, Bellvue and Timnath. Cost for non-residents is \$15.

#### **Tumble Bumbles**

Individual attention is paid to learning basic tumbling skills (somersault, cartwheel, and push-up bridge) and how to use various pieces of equipment. As a result, flexibility, balance, coordination, and self-confidence are developed. Age appropriate skills are taught. Attire: Leotard and tights, or t-shirt and shorts. **Note:** Class will not be held on 3/18, 3/20, 3/21, 5/13, 5/15.

Location: Foothills Activity Center

200000000000000						
Tumble Bumbles I Age: 4-5 years						
3/11-4/15	М	4:30-5:30 PM	\$75	221702-01		
3/13-4/3	W	12:15-1:15 PM	\$45	221702-02		
4/22-5/20	М	4:30-5:30 PM	\$60	221702-03		
4/10-4/24	W	12:15-1:15 PM	\$45	221702-04		
5/1-5/22	W	12:15-1:15 PM	\$45	221702-05		
Tumble Bumbles II Age: 5-6 years						
3/11-4/15	М	5:50-6:50 PM	\$75	221702-06		
4/22-5/20	М	5:50-6:50 PM	\$60	221702-07		
Tumble Bumbles III Age: 6-7 years						
3/14-4/11	Th	4:30-5:30 PM	\$60	221702-08		
4/18-5/9	Th	4:30-5:30 PM	\$60	221702-09		

## Day Camps

While out of school, keep busy making new friends and going on fun adventures. We host programs for all types of campers. If you're looking for camps specific to farming, see our Farm section on page 50. For all other camps, you're in the right place.

When registering, be sure to note any allergies. Please pack a water bottle, sack lunch, and sunscreen, and dress appropriately for the weather and activities. For more information about Recreation Camps, including what to bring, what to expect, weekly field trip destinations, and access to read through the Parent Camp Manual online, visit *fcgov.com/daycamps*.

## **SPRING BREAK DAY CAMPS**

#### **Camp FunQuest Spring Break Camp**

The spring version of this popular summer camp. Meet new friends, play games, enjoy gym time, and do arts and crafts. Campers go on fieldtrips to EPIC and Loveland Laser Tag. **Note:** Itinerary provided the week before camp. Age groups may be combined.

Location: Northside Aztlan Center

#### Red Fox 6-8 years

Jeans			
M-F	8:00 AM-5:00 PM	\$190	215550-01
l years			
M-F	8:00 AM-5:00 PM	\$190	215550-02
	l years	M-F 8:00 AM-5:00 PM I years	M-F 8:00 AM-5:00 PM \$190 I years

#### **LEGO Jedi Engineering**

The force awakens with exploration of engineering principles along with design and building projects with LEGO materials like X-Wings, R2 Units, Energy Catapults, Defense Turrets, and Settlements from a galaxy far, far away.

Location:	Northside Aztlan	Center
Age: 6-12	years	

3/18-3/22	M-F	9:00 AM-Noon	\$170	215770-01

## **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. Create a unique individual mix to take home at the end of camp. All equipment provided. No experience necessary

Age: 10 years & up

L	ocation:	Northside	Aztian	Center

3/18-3/22 M-F 1:00-4:00 PM \$221 21	15572-01
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## SUMMER DAY CAMPS

## [ CAMP FUNQUEST ]

Camp FunQuest is Recreation's way to do Summer Camp. Each week, Camp FunQuest hosts unique camp activities and fieldtrips designed around a varying theme.

Drop-off for all campers is at Northside Aztlan Community Center unless otherwise noted. Biking/walking to or from camp is not permitted for any Camper group. Parents are expected to sign their child in and out of camp each day.

#### **Camper Groups**

- Marmots | Ages 3-5 years | 8 a.m.-12 p.m.
- Red Foxes | Ages 6-8 years | 8 a.m.-5 p.m.
- Big Horns | Ages 9-11 years | 8 a.m.-5 p.m.
- Black Bears | Ages 12-15 years | 8 a.m.-5 p.m.

**Questions prior to the start of camp?** Come to the Open House on 5/16 at Northside Aztlan Community Center from 6-7 p.m. to meet your camp team. Learn about camp expectations, fieldtrips, shirt sizes, and ARO services. Or, visit us online to view the Parent Manual for Program Participation: *fcgov.com/daycamps*.

#### **Inclusion Services**

The City of Fort Collins welcomes individuals of all abilities into our classes and programs. If you would like to request support for your child to participate in camps and youth programs due to conditions of a disability, please indicate any special needs when you register and contact Adaptive Recreation Opportunities at 970.221.6655, recreation@fcgov.com. **Note:** Requests should be made at least two weeks before the program begins.

## **Camp Schedules**

Marmot, Age: 3-5 years

Note: Parent drop off/pickup at Mulberry Pool on Fridays.

note: i urcint	urop on/pic	Rup at Mulberry 100	Uninnuc	iys.
6/3-6/7	M-F	8:00 AM-Noon	\$90	315550-01
6/10-6/14	M-F	8:00 AM-Noon	\$90	315551-01
6/17-6/21	M-F	8:00 AM-Noon	\$90	315552-01
6/24-6/28	M-F	8:00 AM-Noon	\$90	315553-01
7/1-7/3	M-W	8:00 AM-Noon	\$54	315554-01
7/8-7/12	M-F	8:00 AM-Noon	\$90	315555-01
7/15-7/19	M-F	8:00 AM-Noon	\$90	315556-01
7/22-7/26	M-F	8:00 AM-Noon	\$90	315557-01
7/29-8/2	M-F	8:00 AM-Noon	\$90	315558-01
8/5-8/9	M-F	8:00 AM-Noon	\$90	315559-01
8/12-8/16	M-F	8:00 AM-Noon	\$90	315560-01
Red Fox, Age	: 6-8 years			
6/3-6/7	M-F	8:00 AM-5:00 PM	\$190	315550-02
6/10-6/14	M-F	8:00 AM-5:00 PM	\$190	315551-02
6/17-6/21	M-F	8:00 AM-5:00 PM	\$190	315552-02
6/24-6/28	M-F	8:00 AM-5:00 PM	\$190	315553-02
7/1-7/3	M-W	8:00 AM-5:00 PM	\$114	315554-02
7/8-7/12	M-F	8:00 AM-5:00 PM	\$190	315555-02
7/15-7/19	M-F	8:00 AM-5:00 PM	\$190	315556-02

Red Fox, Age: 6-8 years continued

Red Fox, Age: 6	-8 years continu	ied		
7/22-7/27	M-F	8:00 AM-5:00 PM	\$190	315557-02
7/29-8/2	M-F	8:00 AM-5:00 PM	\$190	315558-02
8/5-8/9	M-F	8:00 AM-5:00 PM	\$190	315559-02
8/12-8/16	M-F	8:00 AM-5:00 PM	\$190	315560-02
Big Horn, Age	e: 9-11 years			
6/3-6/7	M-F	8:00 AM-5:00 PM	\$190	315550-03
6/10-6/14	M-F	8:00 AM-5:00 PM	\$190	315551-03
6/17-6/21	M-F	8:00 AM-5:00 PM	\$190	315552-03
6/24-6/28	M-F	8:00 AM-5:00 PM	\$190	315553-03
7/1-7/3	M-W	8:00 AM-5:00 PM	\$114	315554-03
7/8-7/12	M-F	8:00 AM-5:00 PM	\$190	315555-03
7/15-7/19	M-F	8:00 AM-5:00 PM	\$190	315556-03
7/22-7/26	M-F	8:00 AM-5:00 PM	\$190	315557-03
7/29-8/2	M-F	8:00 AM-5:00 PM	\$190	315558-03
8/5-8/9	M-F	8:00 AM-5:00 PM	\$190	315559-03
8/12-8/16	M-F	8:00 AM-5:00 PM	\$190	315560-03
Black Bear, A <b>Note:</b> Parent	-	rs (up at Northside. Ca	mp locat	ion at EPIC.

Note: Parent d	rop отт/ріскі	up at Northside. Carr	np locatic	on at EPIC.
6/3-6/7	M-F	8:00 AM-5:00 PM	\$210	315550-04
6/10-6/14	M-F	8:00 AM-5:00 PM	\$210	315551-04
6/17-6/21	M-F	8:00 AM-5:00 PM	\$210	315552-04
6/24-6/28	M-F	8:00 AM-5:00 PM	\$210	315553-04
7/1-7/3	M-W	8:00 AM-5:00 PM	\$126	315554-04
7/8-7/12	M-F	8:00 AM-5:00 PM	\$210	315555-04
7/15-7/19	M-F	8:00 AM-5:00 PM	\$210	315556-04
7/22-7/26	M-F	8:00 AM-5:00 PM	\$210	315557-04
7/29-8/2	M-F	8:00 AM-5:00 PM	\$210	315558-04
8/5-8/9	M-F	8:00 AM-5:00 PM	\$210	315559-04
8/12-8/16	M-F	8:00 AM-5:00 PM	\$210	315560-04

#### **CAMP FUNQUEST CAMP THEMES**

#### Week 1 | June 3-7 | STEM / Inventor's Workshop

Come to camp ready for invention. Use recycled materials to build master pieces, get messy with slime, design a vessel for an egg drop experiment, and build a catapult. All full day campers hike to the Fort Collins Museum of Discovery; Black Bears also visit the Creator Hub.

#### Week 2 | June 10-14 | Fear Factor

Eat bugs, touch brains, and compete in unusual challenges. Fieldtrips to ropes course are scheduled at Loveland Laser Tag for Red Fox and Big Horn; Black Bears test their courage at Open Air Adventures ropes course in Estes Park.

#### Week 3 | June 17-21 | Animal Planet

Kids learn about animals, bugs, and reptiles. A fieldtrip to Denver Zoo is planned for all full day campers.

#### Week 4 | June 24-28 | Hogwarts Camp

Participate in Harry Potter inspired activities. Get sorted into a house, play quidditch, take magical classes, and cast spells. Red Fox, Big Horn, and Black Bear camps go to a movie. In addition, Black Bears dine out at a local restaurant.

#### Week 5 | July 1-July 3 | Water Week

Take a dip in the area pools, play water games, and cool off from the heat with water games. Bring swimsuits every day this week.

#### Week 6 | July 8-July 12 | CSI Secret Agents

Top secret briefings and activities put detective skills to the test. Break codes, create gadgets, go on scavenger hunts, and strategize for capture the flag. All full day campers go to Loveland Laser Tag. Black Bears also go rock climbing at a studio.

#### Week 7 | July 15-19 | Camp FunQuest's Got Talent

Karaoke, lip sync battles, and theatrical play. All capped off by an end-of-week talent show; parents invited. Campers participation in the talent show is encouraged, but optional.

#### Week 8 | July 22-26 | Jedi Training Camp

In a galaxy not so far away, padawans begin their Jedi training. Campers participate in Star Wars themed and traditional camp activities. Red Foxes and Big Horns go to Loveland Laser Tag. Black Bears fieldtrip TBD.

#### Week 9 | July 29-August 2 | Game On

Play human versions of Mario Kart, Hungry Hippos, and Foosball. Red Foxes and Big Horns go to Fort Fun. Black Bears go to The Summit.

#### Week 10 | August 5-9 | Time Travelers

Travel to the past and future. Experience games and crafts from the 70s and 80s and imagine what the future holds. All full day campers go to Rollerland. Black Bears also go to Pinball Jones.

#### Week 11 | August 12-16 | All Camp Olympics

Prepare for a week of fun challenges, both physical and mental. Create a team flag, skate at Rollerland, and enjoy an all-camp picnic and Olympic competition.

## [ BIKE CAMPS ]

Bring a functional bicycle, helmet, and backpack to carry.

#### Learn to Ride

It's time to lose the training wheels and ride a two-wheeler. With safe, easy, and effective methods of instruction, learn how to balance, pedal, start, stop, and steer a bicycle. Once comfortable, explore the bike trail for short forays. Led by a Safe Routes to School instructor.

Age: 6 years & up

Location: Rolland Moore Park

6/10-6/14	M-F	9:00-11:00 AM	\$82	315984-01
6/18-6/27	Tu,Th	1:00-3:30 PM	\$82	315984-02



That's why we offer Family Climb, a class filled with adventure for parents and kids at Whetstone, Northern Colorado's largest indoor climbing gym. Come learn from our staff during this guided experience!

220 Smokey St. | whetstoneclimbing.com | (970) 795 - 8356

#### Bike I

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

Age: 6-8 yea	rs Locatior	n: Spring Canyon Park		
6/3-6/7	M-F	8:30 AM-12:30 PM	\$155	315985-01
Age: 6-8 yea	rs Locatior	n: Rolland Moore Park		
6/17-6/21	M-F	8:30 AM-12:30 PM	\$155	315985-03
Location: No	rthside Az	tlan Center		
7/8-7/12	M-F	8:30 AM-12:30 PM	\$155	315985-05
Age: 9-11 yea	rs Locatio	n: Spring Canyon Park		
6/10-6/14	M-F	8:30 AM-12:30 PM	\$155	315985-02
Age: 9-11 yea	rs Locatio	n: Rolland Moore Park		
6/24-6/28	M-F	8:30 AM-12:30 PM	\$155	315985-04
Age: 9-11 yea	rs Locatio	n: Northside Aztlan Cen	ter	
7/15-7/19	M-F	8:30 AM-12:30 PM	\$155	315985-06

#### Bike II

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

Location: Rolland Moore Park

Aye. U U years	Age:	6-8	years
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	•				
7/22-7/26	5 I	M-F	8:30 AM-12:30 PM	\$155	315986-01
Age: 9-11	years				
7/29-8/2	I	M-F	8:30 AM-12:30 PM	\$155	315986-02

#### **Teen Bike Camp**

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

Age: 12-15 years

Location: Rolland Moore Park

7/8-7/12	M-F	9:00 AM-4:00 PM	\$220	315987-01
7/29-8/2	M-F	9:00 AM-4:00 PM	\$220	315987-02

## [ OUTDOOR CAMP ]

#### Survival in the Woods

Learn what to do if lost in the woods. Techniques for shelter building, water safety, trail etiquette, and basic camping skills are taught. Make a survival kit and go on a fieldtrip to a local hiking trail. Campers should prepare for up to 3 miles of hiking at an elevation of 5,600-6,500 ft.

Age: 8-11 years

Location: Northside Aztlan Center

6/3-6/7	M-F	9:00 AM-3:00 PM	\$165	315930-01
6/10-6/14	M-F	9:00 AM-3:00 PM	\$165	315930-02
6/17-6/21	M-F	9:00 AM-3:00 PM	\$165	315930-03
6/24-6/28	M-F	9:00 AM-3:00 PM	\$165	315930-04
7/8-7/12	M-F	9:00 AM-3:00 PM	\$165	315930-05
7/15-7/19	M-F	9:00 AM-3:00 PM	\$165	315930-06
7/22-7/26	M-F	9:00 AM-3:00 PM	\$165	315930-07
7/29-8/2	M-F	9:00 AM-3:00 PM	\$165	315930-08
8/5-8/9	M-F	9:00 AM-3:00 PM	\$165	315930-09
8/12-8/16	M-F	9:00 AM-3:00 PM	\$165	315930-10

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Ë	0

Denotes no web registration for program

Denotes program/activity has special membership pricing

Denotes Health and Wellness program

## 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. Child Without Parent Classes are designed for kids ages 3 years and older. Classes in which parents are required or permitted to attend are listed in the Child With Parent Classes on page 43.

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 are not permitted to change diapers. Please note any dietary restrictions when registering and inform class instructor.

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

## CHILD WITHOUT PARENT PROGRAMS: 2-6 YEARS

## [ FUNTIME PROGRAMS ]

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

#### **Funtime Discovery**

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

Age: 2.5-3.5	years			
Location: No	orthside Aztl	an Center		
4/9-5/16	Tu,Th	9:30-11:30 AM	\$102	217503-01

## **Funtime for Preschoolers**

Participate in arts and crafts, storytelling, science, math, pre-reading, creative play/dramatics, and gym play. **Note:** Children must be age 3 by 9/15/2018. Previous class experience recommended.

Age: 3-4 years

Location: Northside Aztlan Center
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4/8-5/15 M,W,F 9:30 AM-Noon \$234 217501-01	1-Noon \$234 217501-01	-	4/8-5/15 M
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## 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

4/8-5/15	M,W,F	9:30 AM-Noon	\$234	217500-01

## [ ARTS & CRAFTS ]

### Art in the Afternoon

Meet new friends and get creative. A new project is featured each week.

Age: 3-6 years

Location: Foothills Activity Center

4/2-4/16	Tu	1:00-2:30 PM	\$36	216708-01
4/25-5/9	Th	1:00-2:30 PM	\$36	216708-02

#### Art Studio for Pre-K

Discover the inner artist. Focus on different mediums and themes or create at-will with various materials provided.

Age: 3-6 years

Location: Northside Aztlan Center

St	Patrick's	Da
υ.	I ULIICK S	νuj

SL. Pallick S Da	ау			
3/12	Tu	10:00-11:30 AM	\$14	216506-01
Self Portrait				
3/26	Tu	10:00-11:30 AM	\$14	216506-02
Clay				
4/2	Tu	10:00-11:30 AM	\$16	216506-03
Water Colors				
4/9	Tu	10:00-11:30 AM	\$14	216506-04
Bunnies and C	hicks			
4/16	Tu	10:00-11:30 AM	\$14	216506-05
Crayon Resist				
4/23	Tu	10:00-11:30 AM	\$14	216506-06
Collage				
4/30	Tu	10:00-11:30 AM	\$14	216506-07
Mother's Day				
5/7	Tu	10:00-11:30 AM	\$14	216506-08
Birds & Bees				
5/14	Tu	1:00-3:00 PM	\$14	216506-09
Water Colors				
3/5	Tu	10:00-11:30 AM	\$16	216506-10

#### Cupcakes 'n Canvas, Pre-K

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

Age: 3-5 years

Location: Carnegie Center for Creativity, 200 Mathews St.

	j	····,, _···,				
Unicorn						
3/4	М	1:00-2:30 PM	\$35	217929-01		
National Grilled Cheese Day						
4/12	F	1:00-2:30 PM	\$35	217929-02		

#### **National Rainbow Day**

Manipulate paint and colored papers in layers to create a mixed media rainbow.

Age: 3-5 years

Location: Carnegie Center for Creativity, 200 Mathews St.

4/3 W 9:00 AM-Noon \$55 216916-02

#### Pre-K CreARTe

Draw, paint, and sculpt with vibrant colors to create from the imagination.

Age: 3-5 years

Location: Carnegie Center for Creativity, 200 Mathews St.

3/7-3/21	Th	1:00-2:30 PM	\$45	216923-01
4/4-4/25	Th	1:00-2:30 PM	\$55	216923-02
5/2-5/16	Th	1:00-2:30 PM	\$45	216923-03

## [ COOKING ]

#### Once Upon A Time in the Kitchen

Each week a cooking and craft project is based on a different children's book.

#### Age: 3-6 years

Location: Northside Aztlan Center

3/14-4/4	Th	1:00-2:30 PM	\$35	217522-01
5/2-5/16	Th	10:00-11:00 AM	\$35	217522-02

## [ GENERAL PROGRAMS ]

#### A Pirate's Life for Me

Jump aboard Matey. Help the crew search and find hidden treasure. Dramatic play and arts and crafts are part of the curriculum.

#### Age: 3-6 years

4/4-4/25	Th	1:00-2:30 PM	\$35	217551-01

#### **Curious Twos**

Attention is directed to games, crafts, stories, and providing a positive first step to independent learning. **Note:** Class will not be held on 3/19, 3/21

#### Age: 2 years

#### Location: Northside Aztlan Center

3/5-4/11	Tu,Th	9:30-10:30 AM	\$61	217504-01
4/16-5/16	Tu,Th	9:30-10:30 AM	\$61	217504-02

#### **Disney Delights**

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

Age: 3-6 years Location: Mulberry Pool

Moana				
3/25	М	1:00-2:30 PM	\$17	217240-01
Сосо				
4/1	М	1:00-2:30 PM	\$17	217240-02
Trolls				
4/8	М	1:00-2:30 PM	\$17	217240-03
Frozen				
4/22	М	1:00-2:30 PM	\$17	217240-04
5/6	М	1:00-2:30 PM	\$17	217240-06
The Incred	libles			
4/29	М	1:00-2:30 PM	\$17	217240-05



## **Fun & Fitness**

Develop a healthy fitness habit in a fun, festive atmosphere. Along with fitness activities, also enjoy arts and crafts, social time, and story time. **Note:** Class will not be held on 3/4, 3/18, 3/19 3/20, 3/21.

#### Age: 2-4 years

Location: Foothills Activity Center

3/6-4/10	M,W	9:30-11:30 AM	\$104	217778-01	
3/5-4/11	Tu,Th	9:30-11:30 AM	\$115	217758-02	
4/15-5/15	M,W	9:30-11:30 AM	\$115	217758-03	
4/16-5/16	Tu,Th	9:30-11:30 AM	\$115	217758-04	
Location: Mulberry Deel					

LUCALIUII. Mu	iberry POOI				
3/6-4/10	M,W	9:30-11:30 AM	\$104	217258-01	
4/15-5/15	M,W	9:30-11:30 AM	\$115	217258-02	

#### **Hospital Helpers**

Designed for those who love to help. Simulate what it is like to be a doctor or nurse and learn how to take care of minor cuts, scrapes, and bruises. **Note:** Class will not be held on 3/21.

#### Age: 3-6 years

Location: Northside Aztlan Center

3/7-3/28	Th	1:00-2:30 PM	\$35	217545-01



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FAMILY DENTAL CLINIC

# Call to see if you qualify! 970-416-5331

healthdistrict.org/dental

Patients must live in the Health District, have no private dental insurance, and meet income guidelines.

## 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

#### Paleontology

Paleontology				
3/7	Th	10:00-11:30 AM	\$17	217507-01
Astronomy				
3/14	Th	10:00-11:30 AM	\$17	217507-02
Magnets				
3/28	Th	10:00-11:30 AM	\$17	217507-03
Oceanography				
4/4	Th	10:00-11:30 AM	\$17	217507-04
Concoctions				
4/11	Th	10:00-11:30 AM	\$17	217507-05
Vet Medicine				
4/18	Th	10:00-11:30 AM	\$17	217507-06
Entomology				
4/25	Th	10:00-11:30 AM	\$17	217507-07
Zoology				
5/2	Th	10:00-11:30 AM	\$17	217507-08
Reptiles				
5/9	Th	10:00-11:30 AM	\$17	217507-09
Flight				
5/16	Th	10:00-11:30 AM	\$17	217507-10

#### **LEGO with Friends**

Use LEGO bricks to create all the imagination can dream. In addition to building, crafts and games could be included. **Note:** Class will not be held on 3/21.

Age: 3-6 years

Location: Foothills Activity Center

3/7-3/	28	Th	1:00-2:30 PM	\$35	217749-01
4/4-4	/18	Γh	1:00-2:30 PM	\$35	217749-02

#### **Lunch Bunch Enrichment**

Bring a lunch, make friends, and learn something new. Varied enrichment activities are designed to complement most pre-k and half-day kindergarten programs. **Note:** Drop in available for \$12 per day until class maximum is reached. Class will not be held on 4/12.

Age: 4-6 years

Location: Northside Aztlan Center

4/10-5/8	W	Noon-2:00 PM	\$54	217509-01
4/19-5/10	F	Noon-2:00 PM	\$44	217509-02

#### **My First Book Club**

Develop early literacy and listening skills through reading, storytelling, and arts and crafts.

Age: 3-6 years

Location: Northside Aztlan Center

The Day the Crayons Quit

3/5	Tu	1:00-2:30 PM	\$17	217516-01
Rainbow Fish				
4/2	Tu	1:00-2:30 PM	\$17	217516-02
Pete the Cat				
4/23	Tu	1:00-2:30 PM	\$17	217516-03
Are You My Mo	ther?			
5/7	Tu	1:00-2:30 PM	\$17	217516-04

## Paw Patrol

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

Age: 3-6 years

Location: Northside Aztlan Center

3/26	Tu	1:00-2:30 PM	\$17	217550-01
4/16	Tu	1:00-2:30 PM	\$17	217550-02

#### **Pinkalicious**

In keeping with the Pinkalicious book series, embrace everything pink. Find inner pink with arts and crafts, cupcakes, and Pinkalicious stories.

Age: 3-6 years

Location: Northside Aztlan Center

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#### **Preschool STEM**

Different hands-on STEM activities presented each week.

Age: 3-6 years

Location: Foothills Activity Center

4/3-4/17	W	1:00-2:30 PM	\$35	217763-01
4/24-5/8	W	1:00-2:30 PM	\$35	217763-02



Ft. Collins' Premier Private School Daily 1-on-1 Instruction Individualized Curriculum Focus on the Whole Child Small Class Sizes





# **RIVENDELL-SCHOOL.ORG**



**NOW ENROLLING** PRESCHOOL & PRE-K THROUGH 5TH GRADE

#### **Preschool Tools**

Under close supervision, get hands-on practice with real tools. **Note:** Class will not be held on 3/20.

Age: 3-6 years

Location: Foothills Activity Center

3/6-3/27	W	1:00-2:00 PM	\$30	217756-01

### **Storybook Theater**

Immerse in traditional children's stories and fairytales. Act out and make crafts related to the stories. New stories are introduced each week.

Age: 3-6 years

Location: Foothills Activity Center

3/5-3/26	Tu	1:00-2:30 PM	\$35	217730-01
4/23-5/7	Tu	1:00-2:30 PM	\$35	217730-02

#### **Super Heroes**

Create super heroes, dress up, and play like legendary super heroes.

Age: 3-6 years

Location: Northside Aztlan Center	
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5/2-5/16	Th	1:00-2:30 PM	\$35	217548-01
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#### **Those Amazing Dinosaurs**

Learn about dinosaur favorites. Hunt for fossils, classify by characteristics, and create a unique dinosaur.

Age: 3-5 years

Location: Northside Aztlan Center

4/11	-4/25	Th	1:00-2:30 PM	\$35	218508-01

## **Ultimate Fort Making**

Construct a fort using blankets, towels, parachutes, boxes, hula hoops, floor mats, and whatever else can be found. **Note:** Snack provided.

Age: 3-6 years

Location: Northside Aztlan Center

3/12	Tu	1:00-2:30 PM	\$15	217539-01
4/30	Tu	1:00-2:30 PM	\$15	217539-02

## When I Grow Up

Learn about different grown-up jobs and pretend using themed props and dress-up clothes.

Age: 3-6 years

Location: Mulberry Pool

Dc	octor	

DOCIOI				
3/11	М	1:00-2:30 PM	\$17	217244-01
Firefighter				
4/15	М	1:00-2:30 PM	\$17	217244-02
Veterinarian				
5/13	М	1:00-2:30 PM	\$17	217244-03

#### **CHILD WITH PARENT PROGRAMS**

## [ ARTS & CRAFTS ]

#### Art Start

Hands-on with independent exploration to inspire imagination and self-esteem. Explore, collage, cut, tear, drizzle, drip, paste, and paint.

Age: 18 months-3 years

Location: Carnegie Center for Creativity, 200 Mathews St.

3/7-3/21	Th	9:30-10:30 AM	\$45	217983-01
4/4-4/25	Th	9:30-10:30 AM	\$55	217983-02
5/2-5/16	Th	9:30-10:30 AM	\$45	217983-03

#### Small Hands, Big Messy Art

Get hands on and in paint, shaving cream, flubber, and playdough.

Age: 18 months-2 years

Location: Mulberry Pool

4/9-4/23	Tu	10:00-11:00 AM	\$25	217285-01

#### [DROP-IN]

#### Tot Gym

Bring the little ones in for some fun gym time. Balls, blocks, a mini obstacle course, and other activities are set up. Children must be accompanied by an adult. \$2.50 per child, adults are free. **Note:** Class will not be held on 3/18, 3/19, 3/20, 3/21, 3/22, 4/12

Age: 0-6 years

Location: Foothills Activity Center

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3/1-5/10	W,F	10:00 AM-Noon	\$2.50	217798-01	
Location: Northside Aztlan Center					
Location: NO	Dittiside Azt				

## [ GENERAL PROGRAMS ]

#### Little Explorers

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

Age: 15 months-2 years

Location: Mulberry Pool

4/30-5/14	Tu	10:00-11:00 AM	\$25	217261-01	

#### **Parent & Tot Science**

Explore the world of science by making and doing all kinds of fun science experiments. **Note:** Class will not be held on 3/19.

Age: 2-3 years Location: Mulberry Pool

3/12-4/2	Tu	10:00-11:00 AM	\$25	217260-01

#### **Reptile Petting Zoo**

Learn about reptiles and amphibians from Northern Colorado Herpetological Society members. Get hands-on with both local and global reptiles. **Note:** Discounted rate of \$5 available for siblings after one full price enrollment. Enroll additional siblings by phone at 970.221.6256. Accompanying adults and siblings ages 2 and under are free.

#### Age: 3-11 years

Location: Northside Aztlan Center

Reptile Petting Zoo

	0			
3/16	Sa	10:00-11:30 AM	\$15	218565-01
4/13	Sa	10:00-11:30 AM	\$15	218565-03
Additional	Child			
3/16	Sa	10:00-11:30 AM	\$5	218565-02
4/13	Sa	10:00-11:30 AM	\$5	218565-04

## [ MUSIC & THEATRE ]

#### **Music Together**

Experience musical growth through song, dance, and instrument play in a creative yet structured environment. Tuition includes CD, songbook, parent education materials, and online resources. Mixed age classes/sibling discount. **Note:** Discount available for additional siblings age 9 months and up. No fee for siblings ages 8 months and under. Register 2 or more siblings by phone at 970.221.6256.

Age: 0-4 years

Location: Foothills Activity Center

Music Toget	her			
4/1-5/20	М	9:30-10:15 AM	\$173	218776-01
4/1-5/20	М	10:30-11:15 AM	\$173	218776-03
4/1-5/20	М	11:30 AM-12:15 PM	\$173	218776-05
Additional C	hild			
4/1-5/20	М	9:30-10:15 AM	\$128	218776-02
4/1-5/20	М	10:30-11:15 AM	\$128	218776-04
4/1-5/20	М	11:30 AM-12:15 PM	\$128	218776-06

#### 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, CD, songbook, and a plush toy. **Note:** Reduced rate of \$15 available for additional siblings. Register 2 or more siblings by phone at 970.221.6256. Siblings 6 months and younger are free. Must meet age requirement.

Age: 0-4 years

Location: Northside Aztlan Center

Zumbini				
3/28-5/23	Th	9:15-10:00 AM	\$140	218578-01
3/28-5/23	Th	10:30-11:15 AM	\$140	218578-03
	. 1. 1			
Additional Cl	חוומ			
3/28-5/23	Th	9:15-10:00 AM	\$15	218578-02
		9:15-10:00 AM 10:30-11:15 AM	\$15 \$15	218578-02 218578-04

## Education

## ADULT PROGRAMS

## [ CPR & FIRST AID ]

#### **CPR & First Aid**

Learn basic first aid procedures, as well as adult, child, and infant CPR and AED. Great for daycare providers. Two certificates from the Emergency Care Safety Institute-AAOS are issued at the end of the class. Book included.

#### Age: 14 years & up

#### Location: Senior Center

3/2	Sa	9:00 AM-5:00 PM	\$78	207441-01
4/13	Sa	9:00 AM-5:00 PM	\$78	207441-02
5/4	Sa	9:00 AM-5:00 PM	\$78	207441-03

#### **CPR Professional**

This American Heart Association course meets the BLS training for medical professionals. Skills and written tests required. One and Two Rescuer CPR, AED, BVM use included. Certification emailed upon completion and is valid for two years.

#### Age: 18 years & up

Location: Senior Center

3/6	W	5:30-9:30 PM	\$78	207442-01
4/10	W	5:30-9:30 PM	\$78	207442-02
5/8	W	5:30-9:30 PM	\$78	207442-03

#### **Wilderness First Aid**

Cover 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. ECSI Certificate emailed upon completion.

Age: 18 years & up Location: Senior Center

4/23-4/25	Tu,Th	5:30-9:30 PM	\$156	207443-01
4/27	Sa	9:00 AM-5:00 PM		

## [ COOKING ]

#### **One-on-One Nutritional Instruction**

Private consultations and cooking classes for those interested in improving overall health available. Customized instruction may include budget-friendly, healthy meal plans, as well as tips for efficient food preparation and productive grocery shopping. Instruction is provided by Sapna Von Reich, a certified health coach. For more information and to schedule a session, contact 970.221.6644.

#### Age: 18 years & up

1-hour session for 1 person	\$60
1-hour session for 2 people	\$80

#### **Cooking Around the World**

Learn about a new country each week through its cuisine. Recipes are simple adaptations with locally available ingredients, designed for convenience. Meals take 30-minutes to prepare. Vegetarian options available. All supplies included. **Note:** Class will not be held on 5/22.

Age: 14 years & up

Location: Senior Center

3/5-3/26	Tu	6:30-7:30 PM	\$50	207432-01
5/7-5/28	Tu	6:30-7:30 PM	\$50	207432-02

#### **Curry in a Hurry**

American efficiency meets authentic Indian curry. Learn about making curry in the modern world by trying three different styles of Indian curry, each taking less than 20 minutes. Menu: Red and black bean curry with spinach, butternut squash curry, and mixed vegetable coconut curry.

Age: 14 years & up Location: Senior Center

3/6	W	6:00-8:15 PM	\$40	207427-01

#### **Ethiopian Made Easy**

Using all the colors of the rainbow, learn to cook a vegetarian Ethiopian meal that is easy to prepare and healthy. Menu: Key sir alicha (beets and potato stew), swiss chard gomen, chickpea wot, kik alicha (yellow split peas), and instant teff flour crepe.

Age: 14 years & up Location: Senior Center

3/28	Th	6:00-8:00 PM	\$40	207424-01

#### Food for Life: Cancer Project

Studies show that a diet built from plant foods offers the most cancer-fighting protection. Learn to maintain a healthy weight and discuss a variety of cancer related topics, as well as how to prepare delicious, healthy meals at home. Weekly topics include: how foods fight cancer; low-fat, high-fiber foods; diary and meat alternatives; cancer-fighting compounds; and healthy weight control.

Age: 14 years & up Location: Senior Center

4/9-4/30	Tu	6:00-8:00 PM	\$89	207431-01
4/9	Tu	6:00-8:00 PM	\$19	207431-02

#### Indian Breakfast 101

Make warm and hearty (not too spicy) authentic Indian breakfasts. Recipes are gluten-free and vegan friendly. Menu: Masala oats, Idlis (steamed rice and lentil cakes) with coconut chutney, ginger tea, and amaranth cardamom pudding.

Age: 18 years & up

Location: Senior Center

5/8	W	10:00 AM-12:15 PM	\$40	207429-01

Learn to make simple, naturally gluten-free creations at home. Pair these dishes with the perfect chutneys and make it a delicious meal. 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

4/17 W 6:00-8:15 PM \$40 207426-
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#### **Indian Fusion**

Bring a bit of globalization to dinner. Mix and match traditional recipes with common local ingredients and learn how easy it is to spice things up every day with an Indian spin. Menu: Indian style quinoa, mushroom and green peas curry on pasta, tofu tikka masala on baguette, and cardamom chai tea.

Age: 14 years & up Location: Senior Center

4/24	W	10:00 AM-12:15 PM	\$40	207428-01

#### Korean at Home

Learn to make Bibimbap, a Korean dish that means "mix rice." Bibimbap is usually served as a bowl of warm rice topped with seasonal vegetables, chili pepper paste, and a fried egg.

Age: 18 years & up

Location: Senior Center

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5/22	W	6:00-8:30 PM	\$40	207435-01	

#### Thai Cooking, 1st Course

Create delicious Thai dishes at home. Learn the secrets of combining aromatic herbs and spices with authentic ingredients to create flavors that make Thai cuisine uniquely delicious. Menu: Tom Kha soup, pineapple fried rice, and Thai coconut pancake.

Age: 18 years & up Location: Senior Center

3/13	W	6:00-8:30 PM	\$40	207433-01

## Thai Cooking, 2nd Course

Delicious Thai cuisine is all about balancing the complexity of sour, sweet, salty, and creamy flavors into a harmonious dish. Learn how to combine aromatic herbs and spices with traditional ingredients and how to balance the unique flavors found in Thai cuisine. Menu: Pad Thai, fresh rolls with sweet chili sauce, & Thai iced tea with lime.

Age: 18 years & up

Location: Senior Center

4/2	Tu	6:00-8:30 PM	\$40	207434-01

#### Zen & the Art of Street Food

The great masters on the streets of this world know that all it really takes is a tiny stove, elementary tools, an immersion into the soul and zen of the food. Recipes are vegan-friendly. Menu: Egyptian falafal wrap with tahini and red pepper sauce, spicy sweet potato salad, Indian street chaat, and Mexican fruit salad.

Age: 14 years & up

LUCALION.	Senior Center			
4/8	М	6:00-8:15 PM	\$40	207425-01

## [ DOG OBEDIENCE ]

## **Puppy Kindergarten**

Learn basic commands such as sit, down, stay, and come, as well as a few tricks. Bring lots of tiny treats, a 6-foot leash, and a buckle collar or harness. Designed for puppies ages 8 weeks to 8 months. No prior training required.

Age: 18 years & up Location: City Park

4/6-5/11	Sa	11:00 AM-Noon	\$80	207450-01
4/7-5/12	Su	11:00 AM-Noon	\$80	207450-02

#### **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 registration not required.

Age: 18 years & up

Location: Cli	ly Park			
4/6-5/11	Sa	2:00-3:00 PM	\$80	207453-01
4/7-5/12	Su	2:00-3:00 PM	\$80	207453-02

#### **Dog Obedience, Beginner**

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. Dogs must be age 8 months and up.

Age: 18 years & up Location: City Park

4/6-5/11	Sa	12:30-1:30 PM	\$80	207456-01
4/7-5/12	Su	12:30-1:30 PM	\$80	207456-02

#### Good Dogs Out on the Town

Learn the latest training techniques while teaching dogs to be more attentive and obedient. Practice skills on fieldtrips throughout Fort Collins. **Note:** Instructor contacts participants prior to class with meeting locations.

Age: 18 years & up
Location: Senior Center

5/7-6/4	Tu	5:30-6:30 PM	\$80	207462-01

## [ PERSONAL GROWTH ]

#### **The Art of Awareness**

Use mindfulness and mental mastery to improve health, reduce stress, and increase safety. Learn how to use creative visualization to bring mindfulness into daily life.

Age: 14 years & up Location: Senior Center

3/6-4/17	W	9:30-10:30 AM	\$40	207461-01

## **Find Your Gold**

Treasures are still sought and found, while many remain unfound. Learn some treasure stories, insights into treasure hunting, and a few of the skills used in the field. Treasures to be discussed include Tayopa, La Noch Triste, Kokoweef/Crystal Cave, Treasure Mountain, and the Great Treasure of Lima.

Age: 18 years & up

Location:	Sonior	Contor
LOCALION:	Senior	Center

4/24	W	9:30-11:30 AM	\$7.75	207459-01
5/22	W	9:30-11:30 AM	\$7.75	207459-02

### Health Benefits of Volunteering

Volunteering has physical, emotional, cognitive, and other health benefits. Learn about new national studies that show volunteering is good for you. Bring a sack lunch or a snack.

Age: 18 years & up

Location: Senior Center

3/12	Tu	11:30 AM-12:30 PM	No Fee	207446-01
3/27	W	1:00-2:00 PM	No Fee	207446-02

#### **Improving Performance**

Learn mindfulness and mental mastery techniques to improve performance in athletics and academics. Local athletes and students have improved times and grades with these techniques including psychological inoculation, breath control, creative visualization, and stress reduction.

#### Age: 18 years & up

Location: Senior Center

3/9	Sa	9:30 AM-1:30 PM	\$35	207457-01
4/27	Sa	9:30 AM-1:30 PM	\$35	207457-02
5/11	Sa	9:30 AM-1:30 PM	\$35	207457-03

#### **Talk to Anyone**

Learn to speak with anyone from anywhere about anything. This includes the power of words, using questions, harnessing register, and speaking with diverse audiences. Open the door to new opportunities.

Age: 18 years & up Location: Senior Center

4/11-4/25	Th	7:00-8:00 PM	\$30	207458-01

#### **Transfort Travel Training**

Learn how to read the bus schedule, plan a bus trip, and see how rider tools make riding the bus easier than ever. Training starts at the Downtown Transit Center. Ride the MAX to the South Transit Center and back Downtown.

#### Age: 14 years & up

Location: Downtown Transit Center, 250 N. Mason St.

3/12	Tu	10:00 AM- 12:00 PM	No Fee	207483-01
4/9	Tu	10:00 AM- 12:00 PM	No Fee	207483-02
5/14	Tu	10:00 AM- 12:00 PM	No Fee	207483-03

## [LANGUAGE]

#### Introduction to Latin

Learn the fundamentals of Latin via authentic Sententiae Antiquae, and the thoughts of the ancient Romans themselves. Begin with lessons on vocabulary and grammar and conclude with translation and discussion of adapted sentences and passages.

Age: 14 years & up Location: Senior Center

3/5-5/28	Tu	6:00-7:30 PM	\$90	207468-01

## [ PARENTING ]

#### A Parent's Toolbox

Extensive evidence supports the notion that when "The 5 Protective Factors" are in place, families cultivate stronger bonds, a deeper connection to community, and resilience in the face of challenges. After exploring the 5 Factors, explore a "toolbox" of strategies to help parenting be more effective, conscious, and rewarding.

Age: 18 years & up Location: Senior Center

3/13	W	6:30-8:30 PM	\$22	207469-01

## Words That Work

Language sets up expectations. When communication is clear and direct, messaging is more easily received. Learn effective communication techniques that encourage cooperation and strengthen relationships.

Age: 18 years & up

Location: Senior Center

3/27	W	6:30-8:30 PM	\$22	207471-01

#### **A Discipline Intensive**

Dive into an in-depth examination of positive discipline practices that enhance effectiveness when dealing with challenges. Discuss and practice strategies to correct negative patterns and discern the child's unmet need behind misbehavior.

Age: 18 years & up Location: Senior Center

4/13	Sa	9:30 AM-12:30 PM	\$30	207475-01

Effective discipline helps the child learn to make better choices. Rewards and punishments have a faster impact, but research shows that in the long-run there are many negative outcomes. Learn how to approach behavior challenges with procedures that encourage cooperation, form agreements, and introduce problem solving.

Age: 18 years & up	
Location: Senior Center	

4/17	W	6:30-8:30 PM	\$22	207472-01

## Self Esteem: A Family Matter

Explore ways for families to create a conscious culture that powerfully supports the child's growing sense of self. Learn activities that will fortify a child's identity and relationships with others, and introduce higher level thinking skills.

Age: 18 years & up Location: Senior Center

5/4	Sa	9:30 AM-12:30 PM	\$30	207473-01

## Importance of Emotional Intelligence

Emotional and social intelligence are said to be more important than IQ in contributing to a person's happiness and success. Learn strategies to help children develop abilities to identify, understand, and manage emotions positively to relieve stress, communicate effectively, overcome challenges, and defuse conflict.

Age: 18 years & up

Location: Senior Center					
5/15	W	6:30-8:30 PM	\$22	207474-01	

## [ TECHNOLOGY ]

## 2D CAD & Laser Cutting

Learn the basics of 2D CAD using Inkscape, then engrave and cut a design with an 80W laser.

Age: 18 years & up					
Location:	Creator Hub, 1	304 Duff Dr. #15			
4/6	Sa	1:00-3:00 PM	\$20	215975-01	

## **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 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

Location	Seriior center			
4/16	Tu	11:00 AM-Noon	\$15	207420-01
4/23	Tu	11:00 AM-Noon	\$15	207420-02
4/30	Tu	11:00 AM-Noon	\$15	207420-03
5/7	Tu	11:00 AM-Noon	\$15	207420-04

## **Excel Introduction**

Learn the basics of data entry, formulas, formatting, charts, and printing for Excel version 2010. Prerequisite: Basic computer knowledge, such as familiarity with Word Processing.

#### Age: 18 years & up

Location:	Columbine Hea	alth Computer Lab, 80	2 W. D	rake Rd.
3/9	Sa	8:30 AM-12:30 PM	\$15	207903-01

## **Pinball Engineering**

Play games on a 1970s pinball machine and learn how electricity, magnetism, and logic are used to put the pinball in motion, keep score, and drive features of the game. Interact with working devices from the game and tour the game's interior to see how it all works together.

Age: 18 years & up

Location:	Creator	Hub,	1304	Duff	Dr.	#15	

3/30	Sa	1:00-3:00 PM	\$30	215969-01

## Intro 3D Printing

Learn how to create a 3D design and how to print it on a 3D printer. Explore the basics of shape creation and editing to design an object of choice. Then print a design on 3D printers to take home.

## Age: 18 years & up

Location: Creator Hub, 1304 Duff Dr. #15

5/16	Th	7:00-10:00 PM	\$20	215973-02
5/10		1.00 10.00111	Ψ20	213373 02

## **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 include keeping in touch online; managing, sharing, and storing digital photos and documents; online safety; and digital legacy.

Age: 18 years & up

ļ	Loca	tion:	Senior	Center

4/16-5/7	Tu	9:00-10:30 AM	\$50	207421-01

## **YOUTH PROGRAMS**

## **Go Kart Driving**

Learn to be a safe, educated Go-Kart driver. Focus on skills that transfer to the everyday driving world. Demonstrate driving competence and receive a Fort Fun Drivers Permit which allows for independent driving on future paid visits. **Note:** Must be at least 50" tall to participate.

Age: 8-12 years

Location: Fort Fun, 1513 E. Mulberry St.

3/20	W	8:00-10:00 AM	\$29	216989-01
3/23	Sa	8:00-10:00 AM	\$29	216989-02
4/13	Sa	8:00-10:00 AM	\$29	216989-03

#### **Intro 3D Printing**

Learn how to create a 3D design and how to print it on a 3D printer. Explore the basics of shape creation and editing to design an object of choice. Print a design on 3D printers to take home.

Age: 10 years & up

Location: Creator Hub, 1304 Duff Dr. #15

Age: 10-17 years

5/4	Sa	7:00-10:00 PM	\$20	215973-01

## Intro to Soldering

Learn the basics of soldering including safety, theory, and technique to build a lantern lit by a flickering "candle" circuit board. Take projects home at the end of class.

Age: 10-17 years Location: Creator Hub, 1304 Duff Dr. #15 4/6 Sa 1:00-3:00 PM \$20 215970-01

#### **LEGO Harry Potter Engineering**

Explore the magic of Harry Potter using LEGO. Find Platform 9 <sup>3</sup>/<sub>4</sub>, build the Hogwarts Express Train, work cooperatively to construct the mysterious Hogwarts Castle, and soar on the wings of a Norwegian Ridgeback Dragon. Travel to a world of wizardry and learn about Muggle STEM concepts.

Location: Foothills Activity Center

#### Age: 5-7 years

F	9:00 AM-Noon	\$36	215773-01
ears			
F	1:00-4:00 PM	\$36	215773-02
	F ears F	ears	ears

#### **Music Production 101**

Learn the hands-on skills of music production from the Music District's professional producers. Gain an understanding of music production and by the day's end, create a track to take home. All equipment provided. No experience necessary.

Age: 12 ye	ars & up			
Location:	Northside Azt	lan Center		
4/12	F	9:00 AM-5:00 PM	\$71	215573-01

#### **Ultimate Babysitting Bootcamp**

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

Age: 11-16 years

Location: Northside Aztlan Center

4/27	Sa	8:30 AM-5:00 PM	\$85	215575-01
5/4	Sa	8:30 AM-5:00 PM	\$85	215575-02



### **YEL Junior Robotics**

Learn STEM engineering with projects to build a walking giant, ferocious lion, and terrible pterodactyl with LEGO bricks. Program creations to walk, roar, or flap wings with drag-and-drop software.

Age: 6-10 years

Location: Northside Aztlan Center

3/23-4/27	Sa	9:00-10:00 AM	\$95	215580-01
3/23-4/27	Sa	10:00-11:00 AM	\$95	215580-02

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## 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. For all practical purposes, some of the animals are sold when they reach maturity.

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

## **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 child ages 3-8 years. Call The Farm or stop by during open hours to reserve your date. Payment is due at time of reservation. Your farmer hostess takes care of all the details to ensure a stress-free day for you and your guests. Party packages include pony rides or hayride, lemonade, table settings, a bandana for each child, and of course, a visit with the animals.

## **The Farm Store**

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

## **The Farm Museum**

Take a walk through yesteryear's farm era. See displays that depict farming from the turn of the century to the early 1930s. Guess what the mystery tool is and how it was used. Test your farm strength by lifting a bale of hay with and without the aid of a pulley system.

## Volunteer

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

## **Pony Rides**

Take your child for a pony ride. Lead your cowpoke for up to 10 minutes in the arena.

Closed-toed shoes recommended. Admission to The Farm and a pony token are required. Maximum weight to ride the ponies is 150 lbs.

4/6-10/20	Sa	11:00 AM – 4:00 PM
4/6-10/20	Su	1:00-4:00 PM (Weather permitting)

## **FAMILY PROGRAMS**

#### Goat Yoga

Must love goats: the four-legged yoga enthusiasts are part of class. Bring an old mat and curiosity. Goats may interact or they may curl up in a corner. **Note:** The City is not responsible for "acts of nature" from the goats.

Age: All				
5/14	Tu	5:15-6:15 PM	\$15	208030-02
Age: 16 yea	ars & up			
5/13	М	5:15-6:15 PM	\$15	208030-01
5/22	W	5:15-6:15 PM	\$15	208030-03
5/23	Th	5:15-6:15 PM	\$15	208030-04

## **YOUTH PROGRAMS**

## [ DAY CAMPS ]

For a listing of other summer day camps, see page 36.

## Farm Day Camp

Every summer is new and exciting at day camp. Each session is packed full of games, crafts, barnyard trivia, and chores. Campers help take care of the animals by gathering eggs, milking the cow, and "slopping" the pigs. A fieldtrip and an overnight at the Farm highlight the second week. **Note:** Children must be picked up by 8:30 a.m. on the Friday after the overnight. Class will not be held on 7/4.

#### Age: 8-12 years

6/4-6/14	Tu-F	8:30 AM-3:30 PM	\$236	308602-01
6/18-6/28	Tu-F	8:30 AM-3:30 PM	\$236	308602-02
7/1-7/12	M-F/Tu-F	8:30 AM-3:30 PM	\$236	308602-03
7/16-7/26	Tu-F	8:30 AM -3:30 PM	\$236	308602-04

#### Mini Day Camp

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

#### Age: 6-7 years

6/4-6/7	Tu-F	8:30 AM-12:30 PM	\$76	308604-01
6/11-6/14	Tu-F	8:30 AM-12:30 PM	\$76	308604-02
6/18-6/21	Tu-F	8:30 AM-12:30 PM	\$76	308604-03
7/16-7/19	Tu-F	8:30 AM-12:30 PM	\$76	308604-04
6/11-6/14 6/18-6/21	Tu-F Tu-F	8:30 AM-12:30 PM 8:30 AM-12:30 PM	\$76 \$76	308604-02 308604-03

## Not-So-Mini Day Camp

An extended version of Mini Day Camp. Campers can be found gathering eggs, milking a cow or goat, and riding the ponies. Other "chores" include crafts and going on a hayride. **Note:** Class will not be held on 7/4.

#### Age: 6-7 years

6/25-6/28	Tu-F	8:30 AM-3:30 PM	\$151	308605-01
7/1-7/5	M-W,F	8:30 AM-3:30 PM	\$151	308605-02
7/30-8/2	Tu-F	8:30 AM-3:30 PM	\$151	308605-03

## Pony Camp, Beginner

Pony campers learn to groom, saddle, and ride a pony. Pony chores are included for young equestrians and safety is stressed at all times. **Note:** Class will not be held on 7/4.

Age: 8-12 years

6/4-6/7	Tu-F	8:30-11:00 AM	\$156	308607-01
6/4-6/7	Tu-F	11:45 AM-2:15 PM	\$156	308607-02
6/11-6/14	Tu-F	11:45 AM-2:15 PM	\$156	308607-03
6/18-6/21	Tu-F	8:30-11:00 AM	\$156	308607-04
6/25-6/28	Tu-F	8:30-11:00 AM	\$156	308607-05
7/1-7/5	M-W,F	8:30-11:00 AM	\$156	308607-06
7/9-7/12	Tu-F	11:45 AM-2:15 PM	\$156	308607-07
7/16-7/19	Tu-F	8:30-11:00 AM	\$156	308607-08

#### Pony Camp, Advanced

Once a child has mastered grooming and saddling, this camp is for them. The basics of riding are reviewed and more time is spent riding. **Note:** Class will not be held on 7/4.

Age: 8-12 yea	irs			
6/11-6/14	Tu-F	8:30-11:00 AM	\$156	308608-01
6/18-6/21	Tu-F	11:45 AM-2:15 PM	\$156	308608-02
6/25-6/28	Tu-F	11:45 AM-2:15 PM	\$156	308608-03
7/1-7/5	M-W,F	11:45 AM-2:15 PM	\$156	308608-04
7/9-7/12	Tu-F	8:30-11:00 AM	\$156	308608-05
7/16-7/19	Tu-F	11:45 AM-2:15 PM	\$156	308608-06
7/16-7/19	Tu-F	8:30-11:00 AM	\$156	308608-07
7/23-7/26	Tu-F	11:45 AM-2:15 PM	\$156	308608-08

#### Horsemanship I

Learn to groom, saddle, and ride a horse.

Age: 12-18 years

M-Th	12:15-2:45 PM	\$156	308616-01
M-Th	9:00-11:30 AM	\$156	308616-02
M-Th	12:15-2:45 PM	\$156	308616-03
M-Th	12:15-2:45 PM	\$156	308616-04
	M-Th M-Th	M-Th 9:00-11:30 AM   M-Th 12:15-2:45 PM	M-Th 9:00-11:30 AM \$156   M-Th 12:15-2:45 PM \$156

#### Horsemanship II

Designed for teens who have taken Horsemanship I or Pony Camps. Spend more time riding and learning about horses.

#### Age: 12-18 years

6/10-6/13	M-Th	12:15-2:45 PM	\$156	308617-01
6/17-6/20	M-Th	12:15-2:45 PM	\$156	308617-02
6/24-6/27	M-Th	9:00-11:30 AM	\$156	308617-03
7/8-7/11	M-Th	9:00-11:30 AM	\$156	308617-04
7/15-7/18	M-Th	9:00-11:30 AM	\$156	308617-05
7/15-7/18	M-Th	12:15-2:45 PM	\$156	308617-06
7/22-7/25	M-Th	12:15-2:45 PM	\$156	308617-07
7/22-7/25	M-Th	12:15-2:45 PM	\$156	308617-08





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ILLUSION

## [ CHILD WITHOUT PARENT ]

#### **After School Farmers**

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

Age:	6-10	years
------	------	-------

3/27-4/17	W	4:00-5:30 PM	\$46	208601-01

#### **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

3/20-4/10	W	9:30-11:00 AM	\$46	208606-01
3/21-4/11	Th	1:30-3:00 PM	\$46	208606-02
3/22-4/12	F	9:30-11:00 AM	\$46	208606-03
4/16-5/7	Tu	9:30-11:00 AM	\$46	208606-04
4/16-5/7	Tu	1:30-3:00 PM	\$46	208606-05
4/17-5/8	W	9:30-11:00 AM	\$46	208606-06
4/18-5/9	Th	9:30-11:00 AM	\$46	208606-07
4/18-5/9	Th	1:30-3:00 PM	\$46	208606-08
4/19-5/10	F	1:30-3:00 PM	\$46	208606-09

#### **Little Peepers**

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

Age: 3 years

3/21-4/4	Th	9:00-10:00 AM	\$31	208610-01
3/21-4/4	Th	10:15-11:15 AM	\$31	208610-02
4/19-5/3	F	9:00-10:00 AM	\$31	208610-03
4/19-5/3	F	10:15-11:15 AM	\$31	208610-04

## [ CHILD WITH PARENT ]

#### Li'l Dumplin' Farmers

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

Age: 2 years

3/18-4/1	М	11:00 AM-Noon	\$35	208609-01
3/19-4/2	Tu	11:00 AM-Noon	\$35	208609-02
4/8-4/22	М	11:00 AM-Noon	\$35	208609-03



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# HEALTHY OR SICK, WE'RE HERE FOR YOU.

## Li'l Dumplin's & Beyond

All the favorite chores Lil' Dumplin's enjoy, plus a few more. Gather eggs, milk a cow or goat, ride the ponies, and create a miniscrapbook with pictures taken during class. Each Dumplin' also receives a souvenir t-shirt.

Two Fort Collins locations to serve YOU!

1635 Blue Spruce Drive

1830 Laporte Avenue

(303) **MYSALUD** 

(303) 697-2583

#### Age: 2 years

3/25-4/8	М	9:30-10:30 AM	\$51	208624-01
3/26-4/9	Tu	9:30-10:30 AM	\$51	208624-02
4/15-4/29	М	9:30-10:30 AM	\$51	208624-03

#### **Pony Riding Lessons**

Round 'em up and bring those cowpokes to The Farm where both child and parent/guardian learn to groom and saddle a pony. Lead the child's pony as the basics of riding are taught. **Note:** One child per adult; adults are full-time participants with the pony rider. Attire: Parent and child wear closed toed shoes.

## Age: 3-5 years

3/27-4/17	W	1:00-2:00 PM	\$65	208614-01
4/6-4/27	Sa	9:30-10:30 AM	\$65	208614-02
4/24-5/15	W	1:00-2:00 PM	\$65	208614-03
5/4-5/25	Sa	9:30-10:30 AM	\$65	208614-04

## 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.

Participants may register for one or more class sessions starting on or after the registration date. Sessions are 4-weeks long and 5-weeks long during major holidays; 5-week sessions are marked with an asterisk (\*).

Active facility pass holders receive 70% off enrollment price. **Note:** Health & Wellness programs <sup>(1)</sup> and 25 admission passes are not eligible for the discount.

Fitness Classes require a minimum number of 6 participants registered per class to avoid cancellation for the session. Participants may attend only the class for which they are registered.

## **Drop-in Policy**

Please see page 7 for Fitness Class drop-in prices and passes. **Note:** Drop-in participants do not count toward minimum number of a fitness class. Reduced rates do not apply to daily the drop-in fee.

## **Class Specifics**

Senior Center offers fitness classes to those ages 18 years and up unless otherwise noted.

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

For family, youth and teen fitness classes, see page 64.

For 50 years and up fitness classes, see page 93.

Class time includes set-up, warm-up, cool-down, take down, and transition times. Instruction time is approximately 50–55 minutes per 1-hour class. Fitness equipment needed for instruction is provided, though participants are welcome to bring their own.

## **Personal Training**

Personal trainers are available to train at Edora Pool Ice Center, Foothills Activity Center, Northside Aztlan Community Center, and Senior Center and provide one-on-one guidance to help you achieve your fitness goals. Personal training is available to those ages 13 years and up. For more information, including Personal Trainer bios and to submit an inquiry request, visit *fcgov.com/fitness*.

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

gram

Denotes Health and Wellness program

#### **Personal Training Pricing**

30-Minute Packages		
Package Name	Sessions	Cost
PT Single	1	\$25
PT Bronze	4	\$95
PT Silver	8	\$180
PT Gold	12	\$255
PT Platinum	24	\$480
60-Minute Packages		
Package Name	Sessions	Cost
PT Single	1	\$35
PT Bronze	4	\$135
PT Silver	8	\$260
PT Gold	12	\$375
PT Platinum	24	\$720
Group Packages		
Package Name	Sessions	Cost
PT 2-Person	1	\$50
PT 3-Person	1	\$67.50
PT 4-Person	1	\$80

## **ADULT FITNESS PROGRAMS**

## [ CARDIO & STRENGTH ]

#### **Barre Fitness**

Turn classic ballet on its head. Utilize a mix of ballet barre movements, stretches, 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 5/27.

Location: Northside Aztlan Center

3/4-3/27	M,W	9:00-10:00 AM	\$33	209501-01
4/1-4/24	M,W	9:00-10:00 AM	\$33	209501-02
*4/29-5/29	M,W	9:00-10:00 AM	\$37	209501-03
3/8-3/29	F	7:00-8:00 AM	\$17	209501-04
4/5-4/26	F	7:00-8:00 AM	\$17	209501-05
*5/3-5/31	F	7:00-8:00 AM	\$21	209501-06
3/4-3/27	M,W	7:30-8:30 AM	\$33	209501-07
4/1-4/24	M,W	7:30-8:30 AM	\$33	209501-08
*4/29-5/29	M,W	7:30-8:30 AM	\$37	209501-09

## Boomer Blast 🕒

A full body workout geared to increase strength and stamina. Get in shape and increase energy with guidance from trainers. By Columbine Health Systems.

Location: Senior Center

3/5-3/28	Tu,Th	8:00-8:50 AM	\$27	225445-01
4/2-4/25	Tu,Th	8:00-8:50 AM	\$27	225445-02
4/30-5/23	Tu,Th	8:00-8:50 AM	\$27	225445-03

#### CrossTrain

An intense workout that aims to maximize strength and agility by using kettlebells, plyo boxes, ropes, and more to work every muscle in the body. Every workout is different; keep the body guessing and force it to stay at its peak. **Note:** Class will not be held on 5/27.

## Location: Northside Aztlan Center

3/4-3/29	M,W,F	6:15-7:15 AM	\$49	209502-01
4/1-4/26	M,W,F	6:15-7:15 AM	\$49	209502-02
*4/29-5/31	M,W,F	6:15-7:15 AM	\$57	209502-03
3/4-3/29	M,W,F	11:30 AM-12:30 PM	\$49	209502-04
4/1-4/26	M,W,F	11:30 AM-12:30 PM	\$49	209502-05
*4/29-5/31	M,W,F	11:30 AM-12:30 PM	\$57	209502-06
3/4-3/29	M,W,F	12:30-1:30 PM	\$49	209502-07
4/1-4/26	M,W,F	12:30-1:30 PM	\$49	209502-08
*4/29-5/31	M,W,F	12:30-1:30 PM	\$57	209502-09

#### Essentrics

A unique fitness program to 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 5/27.

Location: Northside Aztlan Center

3/4-3/27	M,W	10:00-11:00 AM	\$33	209503-01
4/1-4/24	M,W	10:00-11:00 AM	\$33	209503-02
*4/29-5/29	M,W	10:00-11:00 AM	\$37	209503-03
3/4-3/25	М	5:15-6:15 PM	\$17	209503-04
4/1-4/22	М	5:15-6:15 PM	\$17	209503-05
4/29-5/20	М	5:15-6:15 PM	\$17	209503-06

#### **Functional Interval Training**

Keep the muscles guessing through workouts that are designed to improve cardiorespiratory recovery and build a base for strength and endurance. Each class is a combination of new and progressive exercises.

Location: Foothills Activity Center

3/5-3/28	Tu,Th	6:15-7:15 AM	\$33	209704-01
4/2-4/25	Tu,Th	6:15-7:15 AM	\$33	209704-02
*4/30-5/30	Tu,Th	6:15-7:15 AM	\$41	209704-03

#### **Functional Strength**

Training for an active lifestyle. Integrate strength, flexibility, balance, and agility with a personal trainer in a group setting.

## Location: Senior Center

Tu,Th	8:00-8:50 AM	\$33	209402-01
Tu,Th	8:00-8:50 AM	\$33	209402-02
Tu,Th	8:00-8:50 AM	\$41	209402-03
Tu,Th	9:00-9:50 AM	\$33	209402-04
Tu,Th	9:00-9:50 AM	\$33	209402-05
Tu,Th	9:00-9:50 AM	\$41	209402-06
	Tu,Th Tu,Th Tu,Th Tu,Th Tu,Th	Tu,Th 8:00-8:50 AM   Tu,Th 8:00-8:50 AM   Tu,Th 9:00-9:50 AM   Tu,Th 9:00-9:50 AM   Tu,Th 9:00-9:50 AM	Tu,Th 8:00-8:50 AM \$33   Tu,Th 8:00-8:50 AM \$41   Tu,Th 9:00-9:50 AM \$33   Tu,Th 9:00-9:50 AM \$33   Tu,Th 9:00-9:50 AM \$33

## Les Mills BODYPUMP

A total body workout with light to moderate weights and repetition. Instructors coach through the scientifically proven moves and techniques pumping out encouragement, motivation, and great music. **Note:** Class will not be held on 5/27.

#### Location: Foothills Activity Center

3/4-3/27	M,W	6:15-7:15 AM	\$41	209710-01
4/1-4/24	M,W	6:15-7:15 AM	\$41	209710-02
*4/29-5/29	M,W	6:15-7:15 AM	\$46	209710-03
3/4-3/27	M,W	12:15-1:00 PM	\$31	209710-04
4/1-4/24	M,W	12:15-1:00 PM	\$31	209710-05
*4/29-5/29	M,W	12:15-1:00 PM	\$34.75	209710-06
3/4-3/27	M,W	6:40-7:40 PM	\$41	209710-07
4/1-4/24	M,W	6:40-7:40 PM	\$41	209710-08
*4/29-5/29	M,W	6:40-7:40 PM	\$46	209710-09
3/5-3/28	Tu,Th	5:30-6:30 PM	\$41	209710-10
4/2-4/25	Tu,Th	5:30-6:30 PM	\$41	209710-11
*4/30-5/30	Tu,Th	5:30-6:30 PM	\$51	209710-12
3/9-3/30	Sa	9:45-10:45 AM	\$21	209710-13
4/6-4/27	Sa	9:45-10:45 AM	\$21	209710-14
*5/4-6/1	Sa	9:45-10:45 AM	\$26	209710-15

#### Lose to Win

Designed for those wanting to lose weight. Perform a variety of exercises that are geared to burn fat and gain confidence. **Note:** Class will not be held on 5/22, 5/24, 5/27.

Location: Northside Aztlan Center

3/4-3/29	M,W,F	9:30-10:30 AM	\$49	209504-01
4/1-4/26	M,W,F	9:30-10:30 AM	\$49	209504-02
*4/29-5/31	M,W,F	9:30-10:30 AM	\$49	209504-03

#### Low Impact Aerobics

Emphasis on low impact aerobics including floor exercise and a cooldown period. Good introduction for previously sedentary persons. **Note:** Class will not be held on 5/14, 5/16.

Location: Foothills Activity Center

3/5-3/28	Tu,Th	8:50-9:50 AM	\$33	209705-01
4/2-4/25	Tu,Th	8:50-9:50 AM	\$33	209705-02
*4/30-5/30	Tu,Th	8:50-9:50 AM	\$33	209705-03

#### **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 5/27; or 5/21, 5/22, 5/23 at Northside Aztlan Community Center.

#### Location: Senior Center

3/4-3/25	М	3:00-4:00 PM	\$17	209403-01
4/1-4/22	М	3:00-4:00 PM	\$17	209403-02
4/29-5/20	М	3:00-4:00 PM	\$17	209403-03
3/8-3/29	F	3:00-4:00 PM	\$17	209403-04
4/5-4/26	F	3:00-4:00 PM	\$17	209403-05
*5/3-5/31	F	3:00-4:00 PM	\$21	209403-06

continued on next page

#### Mat Pilates continued

#### Location: Northside Aztlan Center

3/4-3/27	M,W	10:40-11:40 AM	\$33	209506-01
4/1-4/24	M,W	10:40-11:40 AM	\$33	209506-02
*4/29-5/29	M,W	10:40-11:40 AM	\$33	209506-03
3/5-3/28	Tu,Th	1:00-2:00 PM	\$33	209506-04
4/2-4/25	Tu,Th	1:00-2:00 PM	\$33	209506-05
*4/30-5/30	Tu,Th	1:00-2:00 PM	\$33	209506-06
Location: Foo	thills Activ	vity Center		
3/5-3/28	Tu,Th	8:30-9:30 AM	\$33	209702-01

4/2-4/25	Tu,Th	8:30-9:30 AM	\$33	209702-02
*4/30-5/30	Tu,Th	8:30-9:30 AM	\$41	209702-03
3/5-3/28	Tu,Th	9:45-10:45 AM	\$33	209702-04
4/2-4/25	Tu,Th	9:45-10:45 AM	\$33	209702-05
*4/30-5/30	Tu,Th	9:45-10:45 AM	\$41	209702-06

#### Pound Rockout Workout

Combine cardio, strength-training, balance, and pilates-inspired movements with simulated drumming using lightly weighted ripstixs for total body conditioning.

Location: Senior Center

3/6-3/27	W	6:35-7:20 PM	\$13	209405-01
4/3-4/24	W	6:35-7:20 PM	\$13	209405-02
*5/1-5/29	W	6:35-7:20 PM	\$16	209405-03

#### PowerTrain

Pump iron and the heart. An intense body strengthening workout using free weights, resistance machines, and cardio equipment. Each powerful cardio and weightlifting session is different, keeping the body guessing and forcing it to stay at its peak. **Note:** Class will not be held on 5/27.

#### Location: Northside Aztlan Center

3/5-3/28	Tu,Th	6:15-7:15 AM	\$33	209507-01
4/2-4/25	Tu,Th	6:15-7:15 AM	\$33	209507-02
*4/30-5/30	Tu,Th	6:15-7:15 AM	\$41	209507-03
3/5-3/28	Tu,Th	Noon-1:00 PM	\$33	209507-04
4/2-4/25	Tu,Th	Noon-1:00 PM	\$33	209507-05
*4/30-5/30	Tu,Th	Noon-1:00 PM	\$41	209507-06
Location: Foo	thills Activ	ity Center		
3/4-3/29	M,W,F	5:30-6:30 PM	\$49	209701-01
4/1-4/26	M,W,F	5:30-6:30 PM	\$49	209701-02
*4/29-5/31	M,W,F	5:30-6:30 PM	\$57	209701-03

#### Spin & Tone

Includes the same challenging workout that other group spin classes offer, but with an additional toning segment either throughout the class or at the end. Great for cardiovascular training and total body strengthening. **Note:** Class will not be held on 5/21, 5/22, 5/23, 5/27.

#### Location: Northside Aztlan Center

A77	
\$33	209505-01
\$33	209505-02
\$33	209505-03
\$33	209505-04
\$33	209505-05
\$33	209505-06
	\$33 \$33 \$33

#### Strength & Tone

Upbeat and designed to develop strength and flexibility of every fitness level. Sculpt with free weights, toning moves, waves of cardio, and rotating fitness equipment to help rev metabolism in an encouraging atmosphere.

Location: Northside Aztlan Center

3/5-3/28	Tu,Th	Noon-12:55 PM	\$33	209508-01
4/2-4/25	Tu,Th	Noon-12:55 PM	\$33	209508-02
*4/30-5/30	Tu,Th	Noon-12:55 PM	\$41	209508-03

#### Strength Training

Increase muscle strength, bone mass, and stamina. The first class of each session includes an orientation to training principles and equipment. **Note:** Class will not be held on 5/21, 5/22, 5/23, 5/27.

Location: Northside Aztlan Center

3/4-3/27	M,W	8:30-9:30 AM	\$33	209509-01
4/1-4/24	M,W	8:30-9:30 AM	\$33	209509-02
*4/29-5/29	M,W	8:30-9:30 AM	\$33	209509-03
3/5-3/28	Tu,Th	9:30-10:30 AM	\$33	209509-04
4/2-4/25	Tu,Th	9:30-10:30 AM	\$33	209509-05
*4/30-5/30	Tu,Th	9:30-10:30 AM	\$33	209509-06

#### **Total Body Boot Camp**

A mix of cardio, weight circuits, and stretching. Keep the body guessing and see improvements in strength, flexibility, and stamina. **Note:** Class will not be held on 5/21, 5/23.

Location: Northside Aztlan Center

3/5-3/28	Tu,Th	5:15-6:15 PM	\$33	209510-01
4/2-4/25	Tu,Th	5:15-6:15 PM	\$33	209510-02
*4/30-5/30	Tu,Th	5:15-6:15 PM	\$33	209510-03

#### **Trail Fit**

An integrated training program designed for all ability levels to progressively improve flexibility, endurance, balance, and strength in order to increase enjoyment while hiking and reduce the risk of injury. **Note:** Class will not be held on 5/27.

Location: Foothills Activity Center

3/4-3/27	M,W	9:00-10:00 AM	\$33	209706-01
4/1-4/24	M,W	9:00-10:00 AM	\$33	209706-02
4/29-5/29	M,W	9:00-10:00 AM	\$37	209706-03

#### **TRX Body Blast**

TRX is a suspension fitness system that helps build balance, muscle strength, and flexibility. Adjust the straps to increase or decrease the difficulty of every exercise. All levels welcome. **Note:** Class will not be held on 5/21, 5/23.

#### Location: Northside Aztlan Center

3/5-3/28	Tu,Th	Noon-1:00 PM	\$33	209511-01
4/2-4/25	Tu,Th	Noon-1:00 PM	\$33	209511-02
*4/30-5/30	Tu,Th	Noon-1:00 PM	\$33	209511-03
3/9-3/30	Sa	8:15-9:15 AM	\$17	209511-04
4/6-4/27	Sa	8:15-9:15 AM	\$17	209511-05
*5/4-6/1	Sa	8:15-9:15 AM	\$21	209511-06

#### Weight Lifting, Beginner

Geared toward beginners, learn the basics of exercise science and weightlifting while also getting in a good workout.

Location: Foothills Activity Center

3/5-3/28	Tu,Th	5:30-6:30 PM	\$33	209703-01
4/2-4/25	Tu,Th	5:30-6:30 PM	\$33	209703-02
*4/30-5/30	Tu,Th	5:30-6:30 PM	\$41	209703-03

## [ DANCE ]

#### Zumba

Zumba fuses hypnotic Latin rhythms and easy to follow movements to create a dynamic fitness program. Routines feature interval training sessions where fast and slow rhythms are combined to tone and sculpt while burning fat. **Note:** Class will not be held on 5/21, 5/23, 5/27.

#### Location: Club Tico

Location: Club	0   ICO						
3/4-3/25	М	9:00-10:00 AM	\$17	209112-01			
4/1-4/22	М	9:00-10:00 AM	\$17	209112-02			
4/29-5/20	М	9:00-10:00 AM	\$17	209112-03			
3/6-3/27	W	9:00-10:00 AM	\$17	209112-04			
4/3-4/24	W	9:00-10:00 AM	\$17	209112-05			
*5/1-5/29	W	9:00-10:00 AM	\$21	209112-06			
3/8-3/29	F	9:00-10:00 AM	\$17	209112-07			
4/5-4/26	F	9:00-10:00 AM	\$17	209112-08			
*5/3-5/31	F	9:00-10:00 AM	\$21	209112-09			
Location: Senior Center							
3/4-3/25	М	5:30-6:30 PM	\$17	209406-01			
4/1-4/22	М	5:30-6:30 PM	\$17	209406-02			
4/29-5/20	М	5:30-6:30 PM	\$17	209406-03			
3/6-3/27	W	5:30-6:30 PM	\$17	209406-04			
4/3-4/24	W	5:30-6:30 PM	\$17	209406-05			
*5/1-5/29	W	5:30-6:30 PM	\$21	209406-06			
3/9-3/30	Sa	9:00-10:00 AM	\$17	209406-07			
4/6-4/27	Sa	9:00-10:00 AM	\$17	209406-08			
*5/4-6/1	Sa	9:00-10:00 AM	\$21	209406-09			
Location: Nor	thside Az	ztlan Center					
3/5-3/26	Tu	6:30-7:30 PM	\$17	209512-01			
4/2-4/23	Tu	6:30-7:30 PM	\$17	209512-02			
*4/30-5/28	Tu	6:30-7:30 PM	\$17	209512-03			
3/6-3/27	W	6:30-7:30 PM	\$17	209512-04			
4/3-4/24	W	6:30-7:30 PM	\$17	209512-05			
*5/1-5/29	W	6:30-7:30 PM	\$21	209512-06			
3/7-3/28	Th	6:30-7:30 PM	\$17	209512-07			
4/4-4/25	Th	6:30-7:30 PM	\$17	209512-08			
*5/2-5/30	Th	6:30-7:30 PM	\$17	209512-09			

## [ MIND/BODY ]

#### Nia

Claim wellness and explore joy with this sensory based, non-impact, aerobic fusion of dance, healing, and martial arts. Connect body, mind, emotions, and spirit for wellness, conditioning, and overall fitness. Advance registration strongly encouraged. All levels welcome.

#### Location: Senior Center

3/5-3/26	Tu	5:30-6:30 PM	\$17	209404-01
4/2-4/23	Tu	5:30-6:30 PM	\$17	209404-02
*4/30-5/28	Tu	5:30-6:30 PM	\$21	209404-03
3/7-3/28	Th	5:30-6:30 PM	\$17	209404-04
4/4-4/25	Th	5:30-6:30 PM	\$17	209404-05
*5/2-5/30	Th	5:30-6:30 PM	\$21	209404-06

#### **Qigong & Taichi for Health**

Ancient Chinese systems of cultivating great health and internal strength. Learn gentle Qigong and Taichi routines and improve balance, strength, flexibility, mental concentration, and focus. All ages welcome.

Location: Foothills Activity Center

3/9-3/30	Sa	9:15-10:15 AM	\$17	209740-01
4/6-4/27	Sa	9:15-10:15 AM	\$17	209740-02
*5/4-6/1	Sa	9:15-10:15 AM	\$21	209740-03

## Tai Chi, Beginner

Tai Chi is an orthodox internal martial art from China. Discover the four "Mother Forms" of the art which are low-impact, meditative repeating movements, and provides some insight into internal movement and training.

Location: Senior Center

3/9-3/30	Sa	12:45-1:45 PM	\$17	209441-01
4/6-4/27	Sa	12:45-1:45 PM	\$17	209441-02
*5/4-6/1	Sa	12:45-1:45 PM	\$21	209441-03

#### **Taijifit Flow**

A style of fun and easy to follow tai chi that helps improve balance, strength, and flexibility. No routines or choreography to memorize. No experience necessary. **Note:** Class will not be held on 5/27.

Location: Senior Center

3/4-3/27	M,W	Noon-12:45 PM	\$25	209440-01
4/1-4/24	M,W	Noon-12:45 PM	\$25	209440-02
*4/29-5/29	M,W	Noon-12:45 PM	\$28	209440-03

#### **Taijifit Forms**

A stronger focus on choreography and intentional movement. The fun atmosphere of TaijiFit Flow with a focus on learning some traditional tai chi forms such as the 9 and 24 forms.

3/7-3/28	Th	3:00-3:45 PM	\$13	209440-07
4/4-4/25	Th	3:00-3:45 PM	\$13	209440-08
*5/2-5/30	Th	3:00-3:45 PM	\$16	209440-09

# PARKS & REC HIRING FAIR

# Work for the City of Fort Collins this summer.

March 30, 9 a.m. – Noon Northside Aztlan Community Center 112 E. Willow Street, Fort Collins

201

For more info and to pre-apply, visit fcgov.com/jobs

TOP 5 REASONS TO BE A LIFEGUARD: 1. UNLIMITED SUPPLY OF SUNBLOCK

- 2. WEAR FLIPFLOPS
- 3. WHISTLE BLOWING
- 4. PRACTICE BACK FLIPS
- 5. SAVE LIVES



## **FOOTHILLS ACTIVITY CENTER**

Monday	Tuesday	Wednesday	Thursday	Friday
6:15 - 7:15 AM	6:15 - 7:15 AM	6:15 - 7:15 AM	6:15 - 7:15 AM	9:00 - 10:00 AM
Les Mills BodyPump	Functional Interval Training	Les Mills BodyPump	Functional Interval Training	Parent/Baby Yoga
9:00 - 10:0 AM	8:30 - 9:30 AM	9:00 - 10:00 AM	8:30 - 9:30 AM	10:00 - 10:45 AM
Trail Fit	Mat Pilates	Trail Fit	Mat Pilates	Parent/Toddler Yoga
12:15 - 1:00 PM	8:50 - 9:50 AM	12:15 - 1:00 PM	8:50 - 9:50 AM	5:00 - 5:45 PM
Les Mills BodyPump	Low Impact Aerobics	Les Mills BodyPump	Low Impact Aerobics	Parent/Child
5:30 PM - 6:30 PM	9:45 - 10:45 AM	5:30 - 6:30 PM	9:45 - 10:45 AM	5:30 - 6:30 PM
Slow Flow Hatha Yoga	Mat Pilates	Slow Flow Hatha Yoga	Mat Pilates	PowerTrain
5:30 - 6:30 PM	2:15 - 3:15 PM	5:30 - 6:30 PM	2:15 - 3:15 PM	5:45 - 6:30 PM
Power Train	Slow Flow Hatha Yoga	Teen Yoga	Slow Flow Hatha Yoga	Parent/Child Yoga
6:40 - 7:40 PM	4:00 - 6:00 PM	4:15 - 5:15 PM	4:00 - 6:00 PM	Saturday
Les Mills BodyPump	Smart Fit Girls	PlayItUp, Family Fitness	Smart Fit Girls	
	4:15 - 5:15 PM	5:30 - 6:30 PM	5:30 - 6:30 PM	9:15 - 10:15 AM
	PlayItUp, Family Fitness	PowerTrain	Les Mills BodyPump	Qigong & Taichi for Health
	5:30 - 6:30 PM	6:40 - 7:40 PM	5:30 - 6:30 PM	9:45 - 10:45 AM
	Les Mills BodyPump	Les Mills BodyPump	Weight Lifting, Beginner	Les Mills BodyPump
	5:30 - 6:30 PM Weight Lifting, Beginner			10:30 - 11:30 AM PlayItUp, Family Fitness

## 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
7:30 - 8:30 AM	6:15 - 7:15 AM	7:30 - 8:30 AM	6:15 - 7:15 AM	7:00 - 8:00 AM
Barre Fitness	Spin & Tone	Barre Fitness	Spin & Tone	Barre Fitness
8:30 - 9:30 AM	7:30 - 8:30 AM	8:30 - 9:30 AM	7:30 - 8:30 AM	9:00 - 10:00 AM
Strength Training	Morning Meditation & Yoga	Strength Training	Morning Meditation & Yoga	Zumba @ Club Tico
9:00 - 10:00 AM	9:00 - 10:00 AM	9:00 - 10:00 AM	9:00 - 10:00 AM	9:30 - 10:30 AM
Barre Fitness	Yoga & Meditation	Barre Fitness	Yoga & Meditation	Lose to Win
9:00 - 10:00 AM	9:30 - 10:30 AM	9:00 - 10:00 AM	9:30 - 10:30 AM	11:00 AM - Noon
Zumba @ Club Tico	Strength Training	Zumba @ Club Tico	Strength Training	Restorative Yoga
9:30 - 10:30 AM	Noon - 1:00 PM	9:30 - 10:30 AM	Noon - 1:00 PM	11:30 AM - 12:30 PM
Lose to Win	TRX Body Blast	Lose to Win	TRX Body Blast	CrossTrain
10:00 - 11:00 AM	Noon - 1:00 PM	10:00 - 11:00 AM	Noon - 1:00 PM	12:30 - 1:30 PM
Essentrics	PowerTrain	Essentrics	PowerTrain	CrossTrain
10:40 - 11:40 AM	Noon - 12:55 PM	10:40 - 11:40 AM	Noon - 12:55 PM	Saturday
Mat Pilates	Strength & Tone	Mat Pilates	Strength & Tone	
11:00 - 11:45 AM	1:00 - 2:00 PM	11:00 - 11:45 AM	1:00 - 2:00 PM	8:15 - 9:15 AM
SS Classic	Mat Pilates	SS Classic	Mat Pilates	TRX Body Blast
11:30 AM - 12:30 PM	1:00 - 2:00 PM	11:30 AM - 12:30 PM	1:00 - 2:00 PM	8:15 - 9:15 AM
CrossTrain	Sculpting Yoga	CrossTrain	Sculpting Yoga	Vinyasa Flow Yoga
Noon - 1:00 PM	5:00 - 6:00 PM	Noon - 1:00 PM	5:00 - 6:00 PM	Sunday
Restorative Yoga	Slow Flow Hatha Yoga	Restorative Yoga	Slow Flow Hatha Yoga	
12:30 - 1:30 PM	5:15 - 6:15 PM	12:30 - 1:30 PM	5:15 - 6:15 PM	10:00 - 11:00 AM
CrossTrain	Total Body Boot Camp	CrossTrain	Total Body Boot Camp	Mindfulness Yoga
4:00 - 5:00 PM	6:15 - 7:15 PM	4:00 - 5:00 PM	6:15 - 7:15 PM	11:15 AM - 12:15 PM
Slow Flow Hatha Yoga	Power Yoga	Slow Flow Hatha Yoga	Power Yoga	Meditation
5:15 - 6:15 PM	6:30 - 7:30 PM	5:30 - 6:30 PM	6:30 - 7:30 PM	
Essentrics	Zumba	Spin & Tone	Zumba	
5:30 - 6:30 PM Spin & Tone		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	9:00 - 9:50 AM	10:00 - 10:55 AM	9:00 - 9:50 AM	12:00 - 1:00 PM
Body & Mind in Motion	Functional Strength	Body & Mind in Motion	Functional Strength	Taichi for Arthritis II
10:00 - 11:00 AM	10:10 - 10:55 AM	10:15 - 11:45 AM	10:00 - 11:00 AM	1:00 - 1:45 PM
Therapeutic Yoga	Silver Sneakers Classic	Svaroopa Yoga 🔒	Therapeutic Yoga	Silver Sneakers Circuit
11:00 AM - Noon	11:00 AM - Noon	Noon - 1:00 PM	10:10 - 10:55 AM	2:00 - 2:45 PM
Therapeutic Yoga	Restorative Yoga	Yoga, Beginning	Silver Sneakers Classic	Silver Sneakers Stability
Noon - 12:45 PM	11:10 - 11:55 AM	Noon - 12:45 PM	11:00 AM - Noon	3:00 - 4:00 PM
Taijifit Flow	Silver Sneakers Yoga	Taijifit Flow	Therapeutic Yoga	Mat Pilates
1:00 - 1:45 PM	12: 15 - 1:10 PM	1:00 - 1:45 PM	11:10 - 11:55 AM	3:00 - 4:00 PM
Silver Sneakers Circuit	Silver Sneakers Splash	Silver Sneakers Circuit	Silver Sneakers Yoga	Tai Chi for Arthritis I
2:30 - 3:30 PM	1:15 - 2:10 PM	1:15 - 2:15 PM	12: 15 - 1:10 PM	Saturday
N'Balance (3/4-4/24)	Silver Sneakers Splash	Yoga, Beginning	Silver Sneakers Splash	
3:00 - 4:00 PM	2:45 - 3:45 PM	2:30 - 3:30 PM	12:15 - 1:15 PM	9:00 - 10:00 AM
Mat Pilates	Yoga, Beginning	N'Balance 3/4 - 4/24	Gentle Yoga 🔒	Zumba
4:10 - 4:55 PM	4:00 - 4:45 PM	4:10 - 4:55 PM	12:30 - 1:30 PM	9:30 - 10:30 AM
Silver Sneakers Yoga	Taijifit Tools	Silver Sneakers Yoga	Balance 201	Yoga All Levels
4:30 - 5:20 PM	4:00 - 5:00 PM	4:30 - 5:20 PM	1:15 - 2:10 PM	10:30 - 11:15 AM
Yoga, Advanced Beginner	Yoga, Beginning	Yoga, Advanced Beginner	Silver Sneakers Splash	SS Classic
5:30 - 6:20 PM	5:15 - 6:15 PM	5:30 - 6:20 PM	2:45 - 3:45 PM	11:15 AM - Noon
Yoga, Advanced Beginner	Yoga, Beginning	Yoga, Advanced Beginner	Yoga, Beginning	SS Yoga
5:30 - 6:30 PM	5:30 - 6:30 PM	5:30 - 6:30 PM	3:00 - 3:45 PM	12:45 - 1:45 PM
Zumba	Nia	Zumba	Taijifit Forms	Tai Chi Beginning
6:30 - 7:30 PM	6:30 - 7:30 PM	6:30 - 7:30 PM	4:00 - 5:00 PM	
Slow Flow Hatha Yoga	Yoga, Advanced Beginner	Slow Flow Hatha Yoga	Swiss Theraball	
		6:35 - 7:20 PM Pound Rockout Workout	4:00 - 5:00 PM Yoga, Beginning	
			5:15 - 6:15 PM Yoga, Beginning	
			5:30 - 6:30 PM Nia	

#### **Taijifit Tools**

All the flow of TaijiFit with the addition of traditional tai chi tools such as the sword fan and weighted chi spheres. Also practice new Fusion forms like Bamboo Fusion (yoga and tai chi), Iron Fusion (strength and tai chi), and Fire Fusion (karate and tai chi). No experience necessary.

3/5-3/26	Tu	4:00-4:45 PM	\$13	209440-04
4/2-4/23	Tu	4:00-4:45 PM	\$13	209440-05
*4/30-5/28	Tu	4:00-4:45 PM	\$16	209440-06

## [YOGA]

## Gentle Yoga 🕒

The many, varied postures are individually adapted to address specific needs. Focus on awareness and breathing to benefit body, mind, heart, and health. Suitable for beginners, advanced who seek better precision, and those with some chronic conditions.

#### Location: Senior Center

3/7-3/28	Th	12:15-1:15 PM	\$30	225449-01
4/4-4/25	Th	12:15-1:15 PM	\$30	225449-02
5/2-5/23	Th	12:15-1:15 PM	\$30	225449-03

#### Meditation

Join a supportive setting for regular meditation practice. Learn and experience the benefits of various techniques to help find one that can be adapted to individual challenges and needs. Time for questions, discussion, and sharing included. **Note:** Class will not be held on 4/21.

#### Location: Northside Aztlan Center

3/10-3/31	Su	11:15 AM-12:15 PM	\$17	209567-01
4/7-4/28	Su	11:15 AM-12:15 PM	\$13	209567-02
*5/5-6/2	Su	11:15 AM-12:15 PM	\$21	209567-03

#### **Mindfulness Yoga**

Integrate the practice of mindfulness with yoga poses. All levels welcome. Based on the book, Mindfulness Yoga, by Frank Jude Boccio. **Note:** Class will not be held on 4/21.

Location: Northside Aztlan Center

3/10-3/31	Su	10:00-11:00 AM	\$17	209566-01
4/7-4/28	Su	10:00-11:00 AM	\$13	209566-02
*5/5-6/2	Su	10:00-11:00 AM	\$21	209566-03

## **Morning Meditation & Yoga**

Begin the morning with meditation, moving into gentle yoga: a positive and healthy way to balance the day.

Location: Northside Aztlan Center

3/5-3/28	Tu,Th	7:30-8:30 AM	\$33	209564-01
4/2-4/25	Tu,Th	7:30-8:30 AM	\$33	209564-02
*4/30-5/30	Tu,Th	7:30-8:30 AM	\$41	209564-03

#### Power Yoga

A vigorous, fitness-based approach to yoga with an emphasis on strength, endurance, and flexibility.

Location: Northside Aztlan Center

3/5-3/28	Tu,Th	6:15-7:15 PM	\$33	209568-01
4/2-4/25	Tu,Th	6:15-7:15 PM	\$33	209568-02
*4/30-5/30	Tu,Th	6:15-7:15 PM	\$41	209568-03

#### **Restorative Yoga**

A pleasant way to relax and soothe frayed nerves. Use blankets and blocks as props and 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 5/27.

Location: Senior Center

3/5-3/26	Tu	11:00 AM-Noon	\$17	209465-01
4/2-4/23	Tu	11:00 AM-Noon	\$17	209465-02
*4/30-5/28	Tu	11:00 AM-Noon	\$21	209465-03

#### Location: Northside Aztlan Center

3/4-3/27	M,W	Noon-1:00 PM	\$33	209560-01
4/1-4/24	M,W	Noon-1:00 PM	\$33	209560-02
*4/29-5/29	M,W	Noon-1:00 PM	\$37	209560-03
3/8-3/29	F	11:00 AM-Noon	\$17	209560-04
4/5-4/26	F	11:00 AM-Noon	\$17	209560-05
*5/3-5/31	F	11:00 AM-Noon	\$21	209560-06

## Sculpting Yoga

Sculpt with weights and yoga. Build strength and definition. All levels welcome.

Location: Northside Aztlan Center

3/5-3/28	Tu,Th	1:00-2:00 PM	\$33	209561-01
4/2-4/25	Tu,Th	1:00-2:00 PM	\$33	209561-02
*4/30-5/30	Tu,Th	1:00-2:00 PM	\$41	209561-03

#### 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. Designed for beginner and intermediate levels. **Note:** Class will not be held on 5/27.

#### Location: Senior Center

3/4-3/25	М	6:30-7:30 PM	\$17	209461-01
4/1-4/22	М	6:30-7:30 PM	\$17	209461-02
4/29-5/20	М	6:30-7:30 PM	\$17	209461-03
3/6-3/27	W	6:30-7:30 PM	\$17	209461-04
4/3-4/24	W	6:30-7:30 PM	\$17	209461-05
5/1-5/29	W	6:30-7:30 PM	\$21	209461-06

#### Location: Northside Aztlan Center

3/4-3/25	М	4:00-5:00 PM	\$17	209562-01
4/1-4/22	М	4:00-5:00 PM	\$17	209562-02
4/29-5/20	М	4:00-5:00 PM	\$17	209562-03
3/5-3/26	Tu	5:00-6:00 PM	\$17	209562-04
4/2-4/23	Tu	5:00-6:00 PM	\$17	209562-05
*4/30-5/28	Tu	5:00-6:00 PM	\$21	209562-06

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Slow Flow Hatha Yoga continued

3/6-3/27	W	4:00-5:00 PM	\$17	209562-07
4/3-4/24	W	4:00-5:00 PM	\$17	209562-08
*5/1-5/29	W	4:00-5:00 PM	\$21	209562-09
3/7-3/28	Th	5:00-6:00 PM	\$17	209562-10
4/4-4/25	Th	5:00-6:00 PM	\$17	209562-11
*5/2-5/30	Th	5:00-6:00 PM	\$21	209562-12

#### Location: Foothills Activity Center

3/4-3/27	M,W	5:30-6:30 PM	\$33	209761-01
4/1-4/24	M,W	5:30-6:30 PM	\$33	209761-02
*4/29-5/29	M,W	5:30-6:30 PM	\$37	209761-03
3/5-3/28	Tu,Th	2:15-3:15 PM	\$33	209761-04
4/2-4/25	Tu,Th	2:15-3:15 PM	\$33	209761-05
*4/30-5/30	Tu,Th	2:15-3:15 PM	\$41	209761-06

#### Svaroopa Yoga 🕒

A restorative style of Hatha yoga. Open and release core spinal muscles that cause pain in knees, back, shoulders, and neck. Dissolve tension, stress, and spinal compression. Transform outside and inside.

Location: Senior Center

3/6-3/27	W	10:15-11:45 AM	\$40	225446-01
4/3-4/24	W	10:15-11:45 AM	\$40	225446-02
5/1-5/22	W	10:15-11:45 AM	\$40	225446-03

#### **Therapeutic Yoga**

Slow moving, directed yoga emphasizes joint health, circulation, and mindfulness. Designed for aging adults. **Note:** Class will not be held on 5/27.

Location: Senior Center

3/4-3/25	М	10:00-11:00 AM	\$17	209460-01
4/1-4/22	М	10:00-11:00 AM	\$17	209460-02
4/29-5/20	М	10:00-11:00 AM	\$17	209460-03
3/4-3/25	М	11:00 AM-Noon	\$17	209460-04
4/1-4/22	М	11:00 AM-Noon	\$17	209460-05
4/29-5/20	М	11:00 AM-Noon	\$17	209460-06
3/7-3/28	Th	10:00-11:00 AM	\$17	209460-07
4/4-4/25	Th	10:00-11:00 AM	\$17	209460-08
*5/2-5/30	Th	10:00-11:00 AM	\$21	209460-09
3/7-3/28	Th	11:00 AM-Noon	\$17	209460-10
4/4-4/25	Th	11:00 AM-Noon	\$17	209460-11
*5/2-5/30	Th	11:00 AM-Noon	\$21	209460-12

#### **Vinyasa Flow**

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

3/9-3/30	Sa	8:15-9:15 AM	\$17	209563-01
4/6-4/27	Sa	8:15-9:15 AM	\$17	209563-02
*5/4-6/1	Sa	8:15-9:15 AM	\$21	209563-03

# PREMIER GYMNASTICS OF THE ROCKIES



#### Yoga All Levels

An emphasis on precision in alignment is taught in standing, forward bending, back bending, twisting, and restorative poses.

Location: Senior Center

3/9-3/30	Sa	9:30-10:30 AM	\$17	209464-01
4/6-4/27	Sa	9:30-10:30 AM	\$17	209464-02
*5/4-6/1	Sa	9:30-10:30 AM	\$21	209464-03

#### Yoga & Meditation

Learn to quiet the mind and find inner balance. Begin with meditation and move into a gentle flow of yoga asanas. This is a calm approach to being present, rejuvenated, and healthier.

Location: Northside Aztlan Center

3/5-3/28	Tu,Th	9:00-10:00 AM	\$33	209565-01
4/2-4/25	Tu,Th	9:00-10:00 AM	\$33	209565-02
*4/30-5/30	Tu,Th	9:00-10:00 AM	\$41	209565-03

#### Yoga, Beginner

By practicing yoga breathing and physical exercises, gain physical strength, tone, flexibility, and stamina. Also experience a sense of inner calm.

Location: Senior Center

3/5-3/28	Tu,Th	2:45-3:45 PM	\$33	209462-01		
4/2-4/25	Tu,Th	2:45-3:45 PM	\$33	209462-02		
*4/30-5/30	Tu,Th	2:45-3:45 PM	\$41	209462-03		
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#### Yoga, Beginner continued

3/5-3/28	Tu,Th	4:00-5:00 PM	\$33	209462-04
4/2-4/25	Tu,Th	4:00-5:00 PM	\$33	209462-05
*4/30-5/30	Tu,Th	4:00-5:00 PM	\$41	209462-06
3/5-3/28	Tu,Th	5:15-6:15 PM	\$33	209462-07
4/2-4/25	Tu,Th	5:15-6:15 PM	\$33	209462-08
*4/30-5/30	Tu,Th	5:15-6:15 PM	\$41	209462-09
3/6-3/27	W	Noon-1:00 PM	\$17	209462-10
4/3-4/24	W	Noon-1:00 PM	\$17	209462-11
*5/1-5/29	W	Noon-1:00 PM	\$21	209462-12
3/6-3/27	W	1:15-2:15 PM	\$17	209462-13
4/3-4/24	W	1:15-2:15 PM	\$17	209462-14
*5/1-5/29	W	1:15-2:15 PM	\$21	209462-15

## Yoga, Advanced Beginner

Previous yoga experience expected, with modifications offered for varying levels. Release stress and improve balance, flexibility, and strength with sometimes challenging poses. Mindfulness and breathing techniques also offered. **Note:** Must be able to do floor and standing exercises at a fast pace. Class will not be held on 5/27.

Location: Senior Center

3/4-3/25	М	4:30-5:20 PM	\$17	209463-01
4/1-4/22	М	4:30-5:20 PM	\$17	209463-02
4/29-5/20	М	4:30-5:20 PM	\$17	209463-03
3/4-3/27	M,W	5:30-6:20 PM	\$33	209463-04
4/1-4/24	M,W	5:30-6:20 PM	\$33	209463-05
*4/29-5/29	M,W	5:30-6:20 PM	\$37	209463-06
3/6-3/27	W	4:30-5:20 PM	\$17	209463-07
4/3-4/24	W	4:30-5:20 PM	\$17	209463-08
*5/1-5/29	W	4:30-5:20 PM	\$21	209463-09
3/5-3/26	Tu	6:30-7:30 PM	\$17	209463-10
4/2-4/23	Tu	6:30-7:30 PM	\$17	209463-11
*4/30-5/28	Tu	6:30-7:30 PM	\$21	209463-12

#### **FAMILY & YOUTH FITNESS PROGRAMS**

#### PlayItUp

Connect with a child through circuit training-based fitness play. Adults achieve a solid workout, while interacting/playing with children. **Note:** At least one adult must be present and in the room with enrolled child/children.

Age: 3-12 years

#### Location: Foothills Activity Center

3/5-3/26	Tu	4:15-5:15 PM	\$47	209755-01
4/2-4/23	Tu	4:15-5:15 PM	\$47	209755-02
4/30-5/28	Tu	4:15-5:15 PM	\$47	209755-03
3/6-3/27	W	4:15-5:15 PM	\$47	209755-04
4/3-4/24	W	4:15-5:15 PM	\$47	209755-05
5/1-5/29	W	4:15-5:15 PM	\$47	209755-06
3/9-3/30	Sa	10:30-11:30 AM	\$47	209755-07
4/6-4/27	Sa	10:30-11:30 AM	\$47	209755-08
5/4-6/1	Sa	10:30-11:30 AM	\$47	209755-09

#### **Smart Fit Girls**

A 10-week program for adolescent girls aimed at promoting physical and mental wellbeing. Participate in physical activity with a focus on strength training. Also discuss topics including nutrition, bullying, media, and self-love, all while building friendships and working out together. **Note:** Class will not be held on 3/19, 3/21.

Grade: 6-8

Location: Foothills Activity Center

3/5-5/16	Tu,Th	4:00-6:00 PM	\$151	209776-01

## [YOGA]

#### Family Yoga, Baby & Toddler

Take this opportunity to explore yoga with a baby or toddler. Both child and parent/guardian benefit physically, emotionally, and mentally with this fun approach to breathing and movement together. **Note:** At least one adult must be present and in the room with enrolled child/children.

Location: Foothills Activity Center

Parent/Baby	/ Yoga, A	ge: 6-18 months		
3/8-3/29	F	9:00-10:00 AM	\$17	209760-01
4/5-4/26	F	9:00-10:00 AM	\$17	209760-02
*5/3-5/31	F	9:00-10:00 AM	\$21	209760-03

#### Parent/Toddler Yoga, Age: 18 months-3 years

F	10:00-10:45 AM	\$13	209760-04
F	10:00-10:45 AM	\$13	209760-05
F	10:00-10:45 AM	\$16	209760-06
	F F F	F 10:00-10:45 AM	F 10:00-10:45 AM \$13

#### Family Yoga, Child

Parents and children take this opportunity to explore yoga together. Improve body and mind with a fun approach to breathing and movement. Increase strength, flexibility, coordination, and posture. Learn relaxation techniques and fun posture poses to create a foundation for health and wellness. **Note:** At least one adult must be present and in the room with enrolled child/children.

#### Age: 4-12 years

Location: Foothills Activity Center

3/8-3/29	F	5:00-5:45 PM	\$13	209760-07
4/5-4/26	F	5:00-5:45 PM	\$13	209760-08
*5/3-5/31	F	5:00-5:45 PM	\$16	209760-09
3/8-3/29	F	5:45-6:30 PM	\$13	209760-10
4/5-4/26	F	5:45-6:30 PM	\$13	209760-11
*5/3-5/31	F	5:45-6:30 PM	\$16	209760-12

#### Teen Yoga

Become more connected with body, mind, and the world through self-discovery, mindful breathing, invigorating yoga sequences, and self-confidence building games.

#### Age: 13-16 years

Location: Foothills Activity Center

3/6-3/27	W	5:30-6:30 PM	\$17	209764-01
4/3-4/24	W	5:30-6:30 PM	\$17	209764-02
*5/1-5/29	W	5:30-6:30 PM	\$21	209764-03

## Health & Wellness

Health and Wellness Services is a unique and comprehensive public health and wellness program provided in partnership by the City of Fort Collins, Columbine Health Systems, and UCHealth. All services are for ages 18 years & up unless otherwise noted. Programs are hosted at the Senior Center unless otherwise noted. Find additional Health & Wellness sponsored programs throughout the Recreator; they are denoted with a **(F)**. **Note:** Health & Wellness programs **(F)** are not eligible for a discount.

## SERVICES

## Advanced Care Planning 🕕

Receive help creating medical directives that represent individual values and matters of importance. Have a say in provided care and know who can make medical decisions if needed. Appointments are 1 hour. By The Health District of Northern Larimer County, Advance Care Planning Team.

3/12.4/9.5/14 Tu

9:00 AM-1:00 PM No Fee

## Blood Pressure Clinic 🔒

Meet one-on-one with a registered nurse to check blood pressure and talk about heart health. No appointment necessary; check-in at the front desk. Provided by the Health District.

3/11, 4/8, 5/13 M 10:00 AM-Noon No Fee

## Cholesterol Screening 🕒

Cholesterol panel, glucose test, and blood pressure check provided in a 25-minute one-on-one appointment with a registered nurse. Includes explanation of test results, interactive discussion, and recommendations. Appointments required; call the Health District at 970.224.5209.

3/5, 4/2, 5/7	Tu	8:00-11:00 AM	\$15	
3/21, 4/18, 5/16	Th	8:00-11:00 AM	\$15	

## Manicure/Pedicure/Nail Care 🕒

Look and feel good with spa manicure and pedicure services. Nail clipping also available. By Neitha Schneider, Sweetheart Nails.

Thursdays 10 AM-4 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: stress relief, relaxation, range of motion improvement, pain relief, and muscle relaxation. For more information contact the Senior Center at 970.221.6644.



## **FINANCIAL WELLNESS**

#### Buying a Home 🗄

Information on the full process, from checking credit to being handed the keys. Learn about loan types, down payments, the current market, choosing a realtor, and buying or renting considerations. This is a major investment, so be well informed. By Canvas Credit Union.

Location: Foothills Activity Center

4/2	Tu	6:30-8:00 PM	No Fee	225732-01

## Student Loan Strategies 🕒

Explore student loan debt issues and options to deal with debt. Learn types of student loans, repayment options, refinancing, consolidating, Public Service Loan Forgiveness, and additional resources. Tips on avoiding student loans with savings, grants, and scholarships. By Canvas Credit Union.

Location: Foothills Activity Center

3/6	W	6:30-7:30 PM	No Fee	225733-01	

#### Upside of Downsizing 🕒

Learn how to "downsize" a closet, an attic, or a whole home. Tips and strategies to get started decluttering and organizing. Cover the what, how, and why of organizing and downsizing. By Home Smart Realty Group.

3/18	М	9:30-11:00 AM	No Fee	225447-01
4/9	Tu	1:00-2:30 PM	No Fee	225447-02
5/15	W	2:00-3:30 PM	No Fee	225447-03

#### **HOLISTIC OPTIONS**

#### Everyday Mindfulness 🔒

Increased mindful awareness can bring about profound changes in how life is experienced. In this experiential class, learn practical strategies to help reconnect with senses, calm the nervous system, befriend negative thoughts, and relax reactivity. By Larimer County/ CSU Extension.

5/16	Th	10:30-11:30 AM	No Fee	225418-01	
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#### Healing thru Meditation & Spiritual Wisdom 🕒

Age gracefully by bringing strength to midlife joys and challenges through simple yoga breathing, visualization, positive affirmations, and meditation. These techniques help with stress, fatigue, lack of sleep, high blood pressure, and emotional distress. By Swamjii Dharmananda.

3/8-3/29	F	10:00-11:30 AM	\$40	225419-01
4/5-4/26	F	10:00-11:30 AM	\$40	225419-02
5/3-5/24	F	10:00-11:30 AM	\$40	225419-03

#### Himalayan Singing Bowls 🕒

Experience the soothing sound vibrations of Himalayan Singing Bowls. Practice balanced body rhythms, relaxation, and meditation. Bring a mat, small blanket, and pillow. By Betsy Perna, Certified by Atma Buti Sound Healing School.

3/6	W	1:00-2:00 PM	\$30	225420-01

#### Spring Cleaning with Essential Oils 🕒

Learn what oils are safe and effective for healthy natural cleaning.

k	4/3	W	6:00-7:30 PM	No Fee	225442-01
5	Explore w	<b>Prep with Ess</b> what oils to use g from bugs to	throughout the sum	mer to aid	with
_	5/1	W	6:00-7:30 PM	No Fee	225443-01
	-	<b>with Essenti</b> ne best oils to l	al Oils 🕕 bring on a trip and wl	hy.	
	3/6	W	6:00-7:30 PM	No Fee	225444-01

#### **MEDICAL EDUCATION**

#### Bossy Bladder 🕒

Bossy bladders or bowels can stand in the way of life, preventing participation in hobbies and family events. Act and learn how to get control and lead a worry-free life. Gain tools to manage the bladder and/or bowels. By Covell Care & Rehabilitation.

3/12	Tu	10:00-11:00 AM	No Fee	225453-01
4/11	Th	1:00-2:00 PM	No Fee	225453-02
5/13	М	11:00 AM-Noon	No Fee	225453-03

### Continuum of Care 🕒

Education on advanced health care options and services. By Covell Care & Rehabilitation.

5/2 Th	10:00-11:00 AM	No Fee	225456-01
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## Exercise at Home 🕒

According to the CDC, 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 risks and stay out of the hospital. By Covell Care & Rehabilitation.

4/9 Tu	9:00-10:00 AM	No Fee	225455-01
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#### Hiking Preparedness 🕒

Learn therapeutic and balance exercises to make sure hiking season is successful and injury free. A great way to get prepared for outdoors on the trails. By UCHealth Outpatient Therapy.

4/24 W 3:30-5:00 PM \$5 22	5402-01
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#### Home Safety 🕒

Learn about home hazards and what to do to make the home safer. Receive a checklist to evaluate home safety ratings. By Covell Care & Rehabilitation.

#### Movement is Medicine 🕒

Discuss spine mobility and core stability and learn about mechanisms of pain and how to move past the pain. Class includes interactive lecture and immediate ability to put concepts into practice. Dress for activity. By UCHealth Outpatient Therapy.

TEN WAYS TO GET KIDS TO EAT HEALTHY

#### By UCHealth

Do your kids stick to the same four foods when they go out to eat? Are french fries their idea of a vegetable? If so, you are not alone. The Center for Disease Control reports most children don't get the recommended amounts of fruit and vegetables and empty calories from soda, pizza and desserts make up a large part of their daily caloric intake.

## UCHealth Pediatrician Dr. Heather Isaacson offers her best advice for getting children to eat outside their comfort zone when you go out for a meal.

## 1. SET A GOOD EXAMPLE

If you tend to order the same meal every time you go to a restaurant, venture out from your regular order. Being adventurous and encourage your kids to do the same.

## 2. VEER OUTSIDE OF THE KIDS MENU

Often, the more nutritious options are on the adult menu. "I recognize that [the adult menu] is more expensive, but a family could split or share an item," Isaacson said. "I think there are healthier choices when you look at the whole menu."

## **3. SHARE THE NUTRITIONAL INFO**

Educating your kids on how many calories and grams of fat certain meals have can help them make better choices when you're not around. Isaacson recommends choosing meals under 600 calories with less than 30% of total calories from fat.

## 4. ENCOURAGE & PRAISE

Don't make it a power struggle. Instead, heap praise on positive behavior like trying something new.

## 5. LET'S MAKE A DEAL

If your children are adamant about eating the same old same old from the kids menu and you don't want to make a scene, let them have their chicken fingers. But negotiate their side dish has to be a healthy choice such as carrots or fruit.

## 6. MAKE THE CHOICES WIN/WIN

For kids who can't read yet, only read aloud the healthy options. If they get to choose their meal, they may be more inclined to eat it. For older kids, point out the healthier options such as grilled chicken or grilled salmon. This way you're still giving them the choice, but with a little nudging.

## 7. SUGGEST DRINKS OTHER THAN SODA

Isaacson recommends only offering water or milk with meals. "There isn't any reason for soda. It really brings down the nutritional value of the meal, adds a lot of sugar and doesn't provide any calcium," she said.

## 8. AVOID FILLING UP BEFORE THE ENTRÉE

When a server brings out bread or chips, politely refuse them. "Kids don't have huge stomachs and if they fill up on bread and chips, they might not have room for an entrée, which is likely more balanced."

## 9. SHARE ONE DESSERT

Most restaurants serve large desserts that are big enough to share. A few bites after a meal, Isaacson advises, is probably all anyone needs. She also is not a fan of encouraging kids to finish their meal in order to have dessert. "Then the kids are taught not to listen to their own body and not to stop when they're full," Isaacson said.

## **10. BE PATIENT**

It might sound daunting, but Isaacson says it can take up to 20 times of trying something before your child decides to like it. "You have to be really patient and continue to offer it and continue to put on their plate," she said.

#### To Drive or Not to Drive 田

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 & Rehabilitation.

#### Understanding Speech Therapy 🕀

Speech therapy is often misunderstood as only revolving around one's speaking ability. Learn the ins and outs of speech therapy and how it goes beyond speaking to focus on areas of cognition, independence, and swallowing. By Covell Care & Rehabilitation.

3/7 Th 1:00-2:00 PM	No Fee	225416-01
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#### **NUTRITION**

#### 21-Day Sugar Detox 田

Through this proven program, learn to tame the Sugar Monster. Sugar is highly addictive and eating foods high in sugar and refined carbs can damage health causing fatigue, weight gain, mood swings, aches, pains, and illness by a Holistic Nutritionist. Note: Class will not be held on 3/13, 4/8, 5/15.

2/27-3/20	W	10:00-11:00 AM	\$60	225427-01
3/25-4/15	М	5:00-6:00 PM	\$60	225427-02
5/1-5/22	W	10:00-11:00 AM	\$60	225427-03

#### EnhanceWellness, Nutrition 🕀

Meet monthly to answer questions about nutrition with a mindful eating focus. By Julie Knighton, RN. Prerequisite: Enrolled in the EnhanceWellness program. For more information, contact 970.495.7335.

3/18	М	1:00-2:00 PM	No Fee	225411-01
4/15	М	1:00-2:00 PM	No Fee	225411-02
5/20	М	1:00-2:00 PM	No Fee	225411-03

#### Food Prep Ideas 🕒

Learn tips and tricks on how to plan and prep ahead for the week so more homemade meals are consumed. Recipe and samples included. By Sapna Von Reich, Food for Life Educator.

3/25	М	1:30-2:30 PM	\$5	225432-01
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#### Food to Fight Diabetes 🔒

Research studies demonstrate that a plant-based nutrition approach reduces the risk and can greatly benefit those who have been diagnosed with diabetes. Explore how the right food choices can help. Recipe and samples included. By Sapna Von Reich, Food for Life Educator.

3/15 F 10:00-11:00 AM \$5 225433	-01
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#### Sugar: Not as Sweet as You Think 🕒

Sugar has flooded the food supply, contributing to the steady decline in health and increase in size of Americans. Learn how pervasive sugar is, how it affects health, and how to make common-sense reductions in consumption. By a Holistic Nutritionist.

3/14	Th	9:30-10:30 AM	\$5	225428-01
4/23	Tu	5:00-6:00 PM	\$5	225428-02
5/14	Tu	10:00-11:00 AM	\$5	225428-03

#### WELLNESS EDUCATION

#### Arthritis Support Group 🔒

A quarterly meet-up group designed to offer information and support for those who have arthritis and their family members, friends, and caregivers. Learn more, find related resources, meet people, network, and share experiences. For more information, contact the Aspen Club at 970.495.8560.

5/13 M	11:30 AM-1:00 PM	No Fee	225421-01	
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#### Brain Boosters for the Noggin' 🕒

Regularly challenge the brain with games, mental exercises, and new activities for brain wellbeing. Learn strategies that are a unique blend of research and activities around the theme of brain-healthy living. By UCHealth Aspen Club.

5/8 W 10:00-11:30 AM \$5 225407-01
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## Enhance Wellness, Conversation Café 🕒

Part of the EnhanceWellness program, meet for support and share successes and barriers with the group. By Julie Knighton, RN. For more information, contact 970.495.7335.

3/12	Tu	2:00-3:00 PM	No Fee	225450-01
4/9	Tu	2:00-3:00 PM	No Fee	225450-02
5/7	Tu	2:00-3:00 PM	No Fee	225450-03

## Get Your Advanced Directives 🕀

An explanation of living wills and medical health care directives, as well as the opportunity to complete them. End-of-life discussions and the importance of sharing plans with loved ones included. By UCHealth Aspen Club.

4/24	W	5:30-7:00 PM	No Fee	225408-01

#### Laughter Wellness 田

A series of breath work, laughter, play, and tapping allow the body to move naturally and create an environment of joy and love. Reduce stress as the body, mind, and spirit thrive with connection to others.

Location: Senior Center

3/2, 4/13, 5/4	Sa	9:00-9:45 AM	No Fee	225452-01
Location: North	hside Aztlar	Center		
3/9, 4/20, 5/18	Sa	3:00-4:00 PM	No Fee	225452-02

## Living Well with Diabetes 🕕

Learn how to take control of diabetes, whether dealing with diabetes or offering support to others. Explore skills to deal with the life and emotional changes that come with it. By UCHealth Aspen Club.

3/18-4/22	М	1:00-3:30 PM	No Fee	225405-01

## Make it Stick 🕒

Behavior changes rarely stick the first time around. Knowledge of the change process can alter the dynamic of efforts. Explore stages of change and learn how to assess and address challenges. By Larimer County/CSU Extension.

4/18	Th	10:30-11:30 AM	Νο Ερρ	225417-01
7/10		10.50 H.50 AH	NOTEC	223417 01

## Meditation for Brain Health 🔒

Stress reduction is one of the best things to do for memory and general brain health. Combine memory strategies, meditation techniques, and deep breathing to reduce stress, relax, and improve memory. By UCHealth Aspen Club.

	4/17	W	1:30-3:00 PM	\$5	225409-01
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#### Mind Body Connection 🔒

Focus better with practical tools and techniques that use the mind to help change patterns of thought and behavior to healthier ones. Gain support when managing chronic conditions. By UCHealth.

5/9-7/11 Th 3:00-5:00 PM	\$25 225412-01
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#### Morning Meditation 🕒

Basic instruction followed by guided meditation and time for silent practice. Enjoy reflections on how to make and maintain space for mindfulness in everyday life. All levels welcome. By CSU/ Larimer County Extension.

#### Age: 18 years & up

3/14	Th	9:00-10:00 AM	No Fee	225426-01
4/4	Th	9:00-10:00 AM	No Fee	225426-02
4/18	Th	9:00-10:00 AM	No Fee	225426-03
5/2	Th	9:00-10:00 AM	No Fee	225426-04
5/16	Th	9:00-10:00 AM	No Fee	225426-05

#### Move, Dance, Laugh, & Brain Health 🕒

Combine humor and fun with movement to positively impact cognitive health. Humor leads to improved wellbeing, boosted morale, increased communication skills, and an enriched quality of life. Wear comfortable shoes. By UCHealth Aspen Club.

4/25 Th 2:00-3:30 PM \$5 225410-
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## Parkinson's Support Group 🔒

The Parkinson's Support Group of Larimer County (PSGLC) provides a variety of programs for those with Parkinson's disease and their partners. Each month find education, support and fellowship. For more information visit *pdsupportlc.net*.

3/6	W	10:30 AM-12:30 PM	No Fee	225430-01
4/3	W	10:30 AM-12:30 PM	No Fee	225430-02
5/8	W	10:30 AM-12:30 PM	No Fee	225430-03

#### Positive Brain Change 🔒

Change the brain and reap the benefits of health and wellbeing. Explore the concept of positive neuroplasticity and use techniques to create new neural pathways by cultivating positivity and mindful presence. By CSU/Larimer County Extension.

3/14 Th 10:30 AM-Noon No Fee	225429-01
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### Remembering When, Principles of Fire & Fall Prevention 🕀

Developed by the National Fire Prevention Association and the Center for Disease Control. Discuss eight principles of fire protection and eight principles of fall protection. By Rich Shipman, Safety Specialist, UCHealth Aspen Club.

Age: 18 years & up

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## Tai Chi Chih 🕒

The soft, gentle movements of Tai Chi Chih bring health to the body, mind, and spirit through the circulation and balance of internal energy.

#### Beginner

3/5-4/30	Tu	1:00-2:00 PM	\$80	225404-01
5/7-6/25	Tu	1:00-2:00 PM	\$80	225404-02
Beginner Repeat				

## Prerequisite: Tai Chi Chih, Beginner.

		, = - J			
3/5-4/30	Tu	1:00-2:00 PM	\$40	225401-01	
5/7-6/25	Tu	1:00-2:00 PM	\$40	225401-02	

Continued

Prerequisite: Tai Chi Chih, Beginner.

		, 5		
3/6-3/27	W	9:45-11:00 AM	\$20	225406-01
4/3-4/24	W	9:45-11:00 AM	\$20	225406-02
5/8-5/29	W	9:45-11:00 AM	\$20	225406-03



Denotes no web registration for program

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

## Ice Skating

## Learn to Skate USA

Anyone enrolled in the Learn to Skate program at EPIC is eligible to sign up for membership in the United States Figure Skating (USFS) program. This is an optional registration offered for an additional fee giving the participant access to membership privileges in USFS. This membership with USFS is not required to participate in the Learn to Skate program at EPIC. Additional information is available at *learntoskateusa.com* and during all Learn to Skate classes.

## **General Information**

All Ice programs are held at EPIC unless otherwise noted.

Lessons are taught by Certified P.S.A. instructors and are in compliance with the United States Figure Skating Association.

Parents may observe lessons from the upstairs bleachers; it is distracting for skaters and coaches to have parents at the gate and creates an obstruction for skaters that are entering or exiting the ice.

Individuals are not allowed on the ice with their shoes on. Parents are welcome to skate with their child during the 15-minute practice time. EPIC's rental skates are available free of charge.

Our class student to instructor ratio is one instructor for every 10 students. Any Snowplow Sam, Basic 1, or Basic 2 classes greater than 10 students include an additional assistant. Minimum for all classes is 5 students; class levels may be combined to meet this minimum.

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

Instructors have time in between classes to talk to parents and address their concerns. Be aware that some levels need to be repeated to master all the skills.

The first day of each lesson is generally termed as Level Evaluation Day. At this time, instructors evaluate all participants in their assigned classes to make certain they have been correctly enrolled; if there is a problem, the instructor will discuss the best course of action with the parent. Students are moved if there is space available in the appropriate level of class.

There are no make-up lessons for missed skating classes.

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

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

🖤 🛛 Denotes no web registration for program

Denotes program/activity has special membership pricing

Denotes Health and Wellness program

#### Proper clothing may include:

- Helmet (Not provided; required for Snowplow Sam 1-4, and strongly recommended for beginners).
- Gloves (thin, not ski mittens).
- Fleece or light weight jacket.
- Skating dresses with tights or leggings/pants that are easy to move in.
- Loose or bulky clothing is not recommended.

### **Public Skate**

Lace up and get on the ice. Rinks are open for Public Skate at various dates and times throughout the week. Visit *fcgov.com/iceskating* for a current schedule. **Note:** Skate rentals are an additional \$3.

Location: Edora Pool Ice Center

Age: 2-17 years	S		
Ongoing	M-Su	Various Times	\$4
Age: 18-49 yea	ars		
Ongoing	M-Su	Various Times	\$5
Age: 60 years	& up		
Ongoing	M-Su	Various Times	\$4

## Freestyle

Interested in learning more about competitive or recreational figure skating programs? Call 970.221.6683 and ask to speak with one of the professional skate instructors on staff.

### **Conditioning for Skaters**

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

## **Private Skating Instruction**

Private ice-skating instruction available for all abilities in figure skating, dance, edges, style, choreography, hockey, and power. Fees vary. Ice time and skate rental not included. For more information, call 970.221.6683.

## 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 four skaters. Flexible number of weeks available. To schedule a lesson 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

#### College Hockey Colorado State University, csuhockey.com

High School Hockey High Plains Hockey, highplainshockey.com

Women's Hockey Flames/Phoenix/Comets, wachhockey.com

**Youth Hockey** Northern Colorado Youth Hockey, ncyh.org

Curling Poudre Valley Curling Club, Poudrevalleycurling.com

**Figure Skating Club** Fort Collins Figure Skating Club, fortcollinsfsc.org

Speed Skating Jondon Speed, Jondonspeed.com

#### **CURLING**

#### **Curling League**

Designed 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. Attire: Helmet, clean rubber soled sneakers, and layers that are stretchy or loose.

Age: 8 years & up

4/28-5/19	Su	9:30-11:00 AM	\$44	210376-01
Learn to Curl				

#### Learn to Curi

For those that have never curled before and would like to see what it's all about. Discuss terminology and proper curling technique. Learn to slide, throw stones, and sweep.

4/14	Su	9:30-11:00 AM	No Fee	210376-02

#### HOCKEY

#### **Cub Hockey, Beginner**

Focus on basic hockey and skating skills. Practice is held on Tuesdays; recreational games are held on Thursdays. Rental skates included; sticks available at equipment check-out for \$12. Prerequisite: Snowplow Sam 1 & 2 or Basic 1. Note: Equipment handout is 3/28 from 4-6 p.m.; equipment can be checked out with a \$150 check deposit. Equipment check-in is immediately following last game of the session. Class will not be held on 5/9.

Age: 4-8 years

4/2-5/23	Tu,Th	4:15-5:00 PM	\$145	210372-01

#### Power Skating Drop-In ໜ

Hockey skaters develop power, agility, and endurance. Program developed by two-time Olympic speed skater, Jondon Trevena. Full hockey gear required. **Note:** Session will not be held on 3/20, 5/15, 5/22.

Age: 9-17 years

3/6-5/22 W 4:00-4:45 PM \$14	3/6-5/22	W	4:00-4:45 PM	\$14
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#### Drop-In Hockey ໜ

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 morning session and 7 p.m. for evening session. Payment must be made at sign-up. Limited to 30 players. Note: Session will not be held on 4/5, 5/9, 5/10, 5/14, 5/16, 5/21, 5/23.

Age: 16 years & up

3/1-5/24	M-F	11:15 AM-12:45 PM	\$5
3/7-5/23	Th	1:00-2:30 PM	\$5
3/19-5/7	Tu,Th	9:15-10:45 PM	\$5

#### Stick & Puck Drop-In 🚥

Open session. Full equipment recommended for younger skaters. No scrimmaging allowed. Rules are posted in each arena. Attire: Hockey specific helmet, gloves, stick, and shin guards required. Note: Session will not be held on 4/6, 4/7, 4/21, 5/11.

#### Age: All

3/2-5/26	Sa,Su	2:30-3:30 PM	\$5	
3/18-3/22	M-F	4:30-6:30 PM	\$5	

#### SPEED SKATING

#### Speed Skating ໜ

Designed to enhance skating speed technique for all types of skating. Gain knowledge of edges, pushes, balance, and pressure. Developed by Olympic speed skater, Jondon Trevena. Attire: Wear warm-up pants, long sleeved shirt, and speed skates (Intermediate and Advanced). Prerequisite: Previous skating experience required. Note: Class will not be held on 5/15, 5/22.

Age: 7 years & up

Beginner			
3/7-5/23	W	5:00-5:30 PM	\$10
Intermediate			
3/6-5/22	W	5:00-6:00 PM	\$19

#### **ADULT ICE SKATING**

#### Fitness Skate 📖

Intermediate to advanced skaters benefit from this aerobic exercise. 10 or 20 admission passes available. Note: Session will not be held on 4/4, 4/5, 5/8, 5/9, 5/10, 5/13, 5/15, 5/17, 5/20, 5/22, 5/23, 5/24.

Age: 16 years & up

3/1-5/25	M-F	11:15 AM-1:00 PM	\$6	

#### Senior Coffee Club ໜ

For older adults interested in social skating. Drop-in fees apply. **Note:** Adults ages 85 years & up are eligible for the Platinum Pass. Ask the front desk for details. Session will not be held on 5/15, 5/22.

No Fee

Age: 60 years & up

3/6-5/22 W 9:15-10:45 AM

**YOUTH ICE SKATING** 

#### Snowplow Sam 1 & 2

Introduction to the ice at a relaxed pace. Learn to sit on the ice and stand up, march in place, the standing swizzle, dip, march forward, march forward with two-foot glide, and introduction to backward wiggles and rocking horse. **Note:** Class will not be held on 4/4.

Age: 4-5 years

3/26-4/23	Tu,Th	9:30-10:00 AM	\$73	210302-01

#### Snowplow Sam 3 & 4

Learn to march forward across ice, forward one-foot glide, two-foot turns, rocking horse, forward swizzles, snowplow stop, two-foot hop, and backward wiggles. Prerequisite: Successful completion of Snowplow Sam 1 & 2. **Note:** Class will not be held on 4/4.

#### Age: 4-5 years

3/26-4/23	Tu,Th	9:30-10:00 AM	\$73	210304-01

#### **Basic 1 Skate**

For skaters who have never skated before. Learn to sit and stand up, to march forward, two-foot glide, glide with dip, forward two-foot swizzles, two-foot snowplow stop, two-foot hop, wiggles, and introduction to forward one-foot glide. **Note:** Class will not be held on 4/4.

Age: 5-1	5 years
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3/25-5/6	М	4:00-4:30 PM	\$64	210306-01
3/25-5/6	М	4:30-5:00 PM	\$64	210306-02
3/26-4/23	Tu,Th	6:00-6:30 PM	\$73	210306-03

#### **Basic 2 Skate**

Learn forward glides, backward two-foot swizzles, two-foot glide, turns, snowplow stop, and scooter pushes. Prerequisite: Successful completion of Basic 1, or age 10-15 years and never skated. **Note:** Class will not be held on 4/4.

#### Age: 5-15 years

3/25-5/6	М	4:00-4:30 PM	\$64	210310-01
3/25-5/6	М	4:30-5:00 PM	\$64	210310-02
3/26-4/23	Tu,Th	6:00-6:30 PM	\$73	210310-03

# NEED ACCESS TO THE CITY IN YOUR POCKET?



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



#### **Basic 3 Skate**

Learn stroking, forward pumping, forward slalom, two-foot turn, gliding backward on one foot, and backward snowplow stop. Prerequisite: Successful completion of Basic 2. **Note:** Class will not be held on 4/4.

Age: 5-15 years

3/26-4/23	Tu,Th	6:00-6:30 PM	\$73	210314-01

#### **Basic 4 Skate**

Learn stroking with power, backward one-foot glide, forward inside and outside edge on a circle, forward crossovers, backward pumps, and two-foot spin. Prerequisite: Successful completion of Basic 3. **Note:** Class will not be held on 4/4.

Age: 5-15 years

3/26-4/23	Tu,Th	6:00-6:30 PM	\$73	210316-01

#### Basic 5 & 6 Skate

Learn forward crossovers, hold outside and inside edge on a circle, backward crossovers, one-foot spin, t-stop, side toe hop, forward inside and outside three-turn, backward to forward two-foot turn, hockey stop, bunny hop, forward straight-line spiral, and forward lunge. Prerequisite: Successful completion of Basic 4. **Note:** Class will not be held on 4/4.

Age: 5-15 years

3/26-4/23	Tu,Th	6:00-6:30 PM	\$73	210320-01

### Outdoor Education & Recreation

Challenge your mind, challenge your body. Explore what Recreation has to offer in the great outdoors.

Programs that offer special pricing for members are denoted throughout the Recreator with **(W)**. For more information, see page 91. For First Aid and CPR classes, see page 44.

#### **Cancellation/Refund Policy**

Trips may be cancelled or destinations may be changed due to weather conditions that are deemed hazardous or unsafe for driving/ transportation or the program. In case of a cancellation, a full refund is issued. If you need to cancel, notify us by 10 a.m. one week prior to trip departure for refund or credit in accordance with the Recreation refund policy on page 5.

#### **ADULT PROGRAMS**

Classes are for ages 18 years & up unless otherwise noted. Classes depart from the Senior Center unless otherwise noted.

#### [B.0.0.T.S.]

Building on Outdoor Trail Stewardship (B.O.O.T.S.) is a club to get out there, get dirty, be active, and have fun. Experience new social opportunities in the outdoors on various dates and times. Attend the Quarterly Kickoff Meeting to learn more about club membership and activities. For more information, including a schedule of upcoming events, visit fcgov.com/outdoorrecreation.

#### B.O.O.T.S. Membership

Registration enrolls participants in club membership and all ongoing club activities throughout the quarter. Registration is open throughout the quarter.

B.O.O.T.S \$10 211930-01

#### **Quarterly Kickoff Meeting**

Meet club members and club coordinators. Learn details of upcoming activities including destinations, projects, and continuing education opportunities. Attendance at the meeting is highly encouraged, but not necessary for participation in club activities.

3/4	М	5:00-6:00 PM	No Fee

#### **Hiking Club**

Join fellow outdoor enthusiasts for weekly hikes along the Front Range led by a knowledgeable instructor. Enjoy an active morning filled with conversation and a chance to see local flora and fauna. Club benefits include access to hiking gear, trip coordination, carpooling options, social events, and exclusive continuing education opportunities. Hikes are no more than two hours long and depart from designated trailheads.

#### **Stewardship Club**

Assist with outdoor volunteer projects around Larimer County to help maintain trails, clean up litter in parks, or pitch in wherever the environment needs help. In addition to giving back to nature, club members benefit from social events, behind the scenes tours, and continuing education opportunities.

#### [ COUCH TO 14ER CHALLENGE ]

It's never too early or too late to tackle a Colorado bucket list item. Over the course of this three-part series, build the skills, strength, knowledge, and comradery to make it to the top of a 14,000 ft. mountain. Starting at any level, engage in fitness and outdoor education and recreation activities designed to build confidence and get that picture on the summit of Mt. Bierstadt.

#### Couch to 14er, Part 1

Learn the basics for a journey to the top of Mt. Bierstadt. Build a foundation with the Trail Fit class (pg. 55), then learn about pacing, prepping, nutrition, and equipment needed to hit the trails. **Note:** Fee includes registration in the Trail Fit fitness class, 2 leisure hikes, 1 adventure hike, and 2 outdoor education classes.

#### Multiple Dates, March-May

M-Su	\$175	211940-01	

#### Couch to 14er, Part 2

Continue your training with the Trail Fit class, 2 leisure hikes, 2 adventure hikes, and classroom learning about useful gear, 14er prep and technical hiking.

Multiple Dates, June-July		
M-Su	\$250	311940-01

#### Couch to 14er, Part 3 – The Summit

All of the training has been for this-the summit of Mt. Bierstadt. Depart the Senior Center on day 1 and arrive in Georgetown for a pre-summit dinner. The next morning, rise before dawn to reach the top of the mountain. After the summit excursion, dine as a group in Georgetown, then have the afternoon to explore this quaint mountain town. On day 3, the group gathers for breakfast in Georgetown, travels to Idaho Springs to soak and relax, and then back to Fort Collins with the mission accomplished. **Note:** 1 breakfast, 1 lunch, and 1 dinner in Georgetown included. Also included: lunch and hot springs admission in Idaho Springs and transportation to and from the Senior Center.

8/6-8/8 Tu-Th Cost: TBD 311990-01

#### [ OUTDOOR EDUCATION ]

#### Japanese Beetle & Emerald Ash Borer – The Invasives 🕒

These two invasive insects are a major threat to Colorado landscapes. Explore the biology of the insects, control options, and resources available to homeowners. By Larimer County/CSU Extension.

#### Age: 18 years & up

3/11	М	9:30-11:00 AM	No Fee 225415-01	

#### **Growing Up Colorado**

Discuss books, resources, and ideas to develop and enhance an outdoor family lifestyle. Learn hands-on methods to embrace and absorb Vitamin N as a daily supplement. Meet local, nature-minded parents of elementary-aged students and create a Growing Up Wild in Colorado family mission statement.

#### Age: 18 years & up

Location	: Northside Azt					
3/12	Tu	6:30-8:00 PM	\$12	207407-01		
Location: Foothills Activity Center						
3/28	Th	6:30-8:00 PM	\$12	207407-02		

#### **Bees & Beekeeping**

Honey bees are important to U.S. food production. Learn about honey bees and their behavior. Watch a demonstration of beekeeping equipment and learn more about backyard beekeeping.

#### Age: 18 years & up

3/16	Sa	9:30-10:30 AM	\$10	207406-01	
4/20	Sa	9:30-10:30 AM	\$10	207406-02	
5/18	Sa	9:30-10:30 AM	\$10	207406-03	

#### **Guided Forest Therapy**

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

#### Age: 18 years & up

Location: Lee Martinez Park

3/23	Sa	1:00-3:00 PM	\$20	207403-01
4/20	Sa	1:00-3:00 PM	\$20	207403-02
5/11	Sa	1:00-3:00 PM	\$20	207403-03

#### **Wilderness Survival**

Learn skills to build confidence, abilities, and insights in the wilderness and on the road through interactive work.

#### Age: 14 years & up

3/30	Sa	9:30 AM-1:30 PM	\$50	207455-01
5/25	Sa	9:30 AM-1:30 PM	\$50	207455-02

#### **Backcountry Cooking**

Plan a menu of lightweight meals and calorie dense snacks for the next backpacking trip. Ideas include breakfast, lunch, and dinner options, as well as vegetarian meals. Also, learn and practice strategies to keep a clean and safe camp.

4/2	Tu	6:30-8:00 PM	\$12	207401-01
4/11	Th	6:30-8:00 PM	\$12	207401-02

#### Low Impact Day Hiking

Learn how to avoid or reduce negative impacts on the environment and other outdoor enthusiasts when hiking. Become familiar with the seven "Leave No Trace" principles and the science behind them.

4/3	W	5:30-7:00 PM	\$13	207404-01

#### **Our Shared Birds**

Learn about the threats that grassland birds of North America face on their wintering grounds, and how scientists are using new technologies to uncover their decline. Experience drone footage from the Chihuahuan Desert and hear stories from the field about conservation efforts.

4/10	W	6:00-7:00 PM	\$8	207411-01

#### Low Impact Backpacking

Learn how to avoid or reduce negative impacts on the environment and other outdoor visitors while backpacking. Become familiar with the seven "Leave No Trace" principles and the science behind them.

4/18	Th	5:30-8:00 PM	\$18	207405-01

#### Wine & Wander M

Gear up for a 2-hour hike along Devil's Backbone followed by a wine tasting presentation at Sweetheart Winery. Join a local naturalist to drink in the sights and sounds of the Blue Sky Trail. **Note:** Fee includes guided hike with naturalist, snacks, and wine class.

#### Age: 21 years & up

4/27	Sa	9:30 AM-3:00 PM	\$62	211950-01
5/19	Su	9:30 AM-3:00 PM	\$62	211950-02

#### Wednesday Wildlife Walks

Observe local birds to learn more about other animals and plants around the Senior Center. Join a Wildlife Walk led by volunteers from the Fort Collins Audubon Society and gain appreciation for nature all around.

5/8	W	9:00-11:00 AM	\$4	207409-01
5/29	W	9:00-11:00 AM	\$4	207409-02

#### **Birding**, Beginner

Start with the basics of ornithology, then learn identification characteristics and easy bird calls. In the second class, gain experience with equipment and guidebooks while participating in a bird count at Rolland Moore Park.

5/15-5/22	W	9:00 AM-Noon	\$45	207402-01

#### [ OUTDOOR RECREATION ]

#### Steamboat Springs Snowshoe Adventure

Snowshoe and cross-country enthusiasts welcome on this outdoor snow sport adventure. Take in the sights and sounds of Steamboat Springs including Steamboat Lake State Park, Steamboat Nordic Center, Old Town, and Strawberry Hot Springs. **Note:** 3 days/2 nights. Fee includes transportation, some meals, lodging, guide, and entrance to hot springs. Deadline to register is 2/14/19. Non-refundable after 2/14/19.

#### Age: 21 years & up

3/11-3/13	Single Occupancy	\$700	211990-01
3/11-3/13	Double Occupancy	\$575	211990-01

#### [ DOWNHILL SKI TRIPS 🚺 ]

Motorcoach trips are made to various ski resorts. Equipment, lift ticket, and lunch not included. Trips depart from Rolland Moore Park promptly at 7 a.m. and pickup in Loveland at I-25 and Highway 34 at 7:20 a.m.

Location: Rolland Moore Park

Copper Mountain

3/6	W	7:00 AM-7:00 PM	\$46	211910-01
Winter Par	k			
3/13	W	7:00 AM-7:00 PM	\$46	211910-02
3/27	W	7:00 AM-7:00 PM	\$46	211910-04
Copper Mo	ountain			
3/20	W	7:00 AM-7:00 PM	\$46	211910-03
4/3	W	7:00 AM-7:00 PM	\$46	211910-05

#### [ SNOWSHOEING, CROSS-COUNTRY SKIING, & HIKING 🚺 ]

Designed for adults who enjoy a good physical challenge as well as accommodates a range of individual paces.

No formal instruction; trips are led by experienced guides with wilderness first aid training. Vans are equipped with portable AEDS and guides carry SPOT GPS positioning in case of emergency.

Some trips are in the backcountry of the Poudre Canyon without available Nordic centers. Trips made to Rocky Mountain National Park (RMNP) require a Parks Pass, Golden Age Pass, or \$20 entry fee.

You should be in good health and capable of moderate physical activity, i.e. walking about 2 miles per hour at City of Fort Collins altitude. For your own safety, bring equipment, water, layers, and food. Cost includes guide and sweep. **Note:** Ratings are subjective and offered as a general guide. All mileage is roundtrip and an estimate.

#### [ CROSS-COUNTRY SKIING ]

#### **Michigan Ditch**

Spectacular views of Nokhu Crags. Rating: Easy; Mileage: 4-5 miles; Lowest elevation: 10,255 ft.; Highest elevation: 10,320 ft.

3/6 W 8:00 AM-4:30 PM \$42 211921-01
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#### **Gould Loop**

Quiet trails along Michigan River through wooded sections. Overlooks of moose habitat. Rating: Moderate; Mileage: 4-6 miles; Lowest elevation: 9,400 ft.; Highest elevation: 9,640 ft.

4/3	W	8:00 AM- 5:00 PM	\$42	211921-02

#### [ SNOWSHOEING ]

#### Lower Ute (RMNP)

Large meadows and mixed forests in Rocky Mountain National Park. Rating: Moderate; Mileage 4-6 miles; Lowest elevation: 8,440 ft; Highest elevation 9,245 ft.

3/8	F	8:00 AM-4:00 PM	\$42	211920-01

#### **Gould Loop**

Quiet trails along Michigan River through wooded sections. Overlooks of moose habitat. Rating: Moderate; Mileage: 4-6 miles; Lowest elevation: 9,400 ft.; Highest elevation: 9,640 ft.

3/15	F	8:00 AM-5:00 PM	\$42	211920-02

#### **Trail Ridge Road**

Enjoy the views of Trail Ridge Road up to Many Parks Curve with views of snowcapped Mummy Range and scenic Endo Valley. Rating: Challenging; Mileage 4-6 miles; Lowest elevation: 9,640 ft.; Highest elevation: 10,290 ft.

3/20	W	8:00 AM-4:30 PM	\$42	211920-03

#### **Ranger Lakes**

Climb through a tree tunnel before the area opens into the high mountain valley. Views of the riparian area and Seven Utes Mountain. Rating: Moderate; Mileage: 4-6 miles; Lowest elevation: 9,300 ft.; Highest elevation: 10,320 ft.

3/27	W	8:00 AM-5:00 PM	\$42	211920-04

#### **Lake Agnes Cabins**

Spectacular views of Nokhu Crags. Rating: Moderate; Mileage 4-6 miles; Lowest elevation: 10,000 ft; Highest elevation: 10,381 ft.

4/5 F 8:00 AM-4:30 PM \$42	211920-05
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#### Bierstadt Lake (RMNP)

Scenic wooded glacial moraine with excellent views along the way. Rating: Moderate; Mileage: 3-4 miles; Lowest elevation: 8,850 ft.; Highest elevation: 9,416 ft.

4/10	W	8:00 AM-4:30 PM	\$42	211920-06

#### [ LEISURE HIKES ]

#### **Bobcat Ridge**

Views of ponderosa pine, red rock cliffs, and more. Rating: Easy; Mileage: 4-5 miles; Lowest elevation: 5,440 ft.; Highest elevation: 7,000 ft.

5/10 F 8:00 AM-3:00 PM \$31 211903-
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#### **Eagles Nest**

Along the North Fork of the Cache La Poudre River, this open space has breathtaking views of the Laramie Foothills. Rating: Easy; Mileage: 4-6 miles; Lowest elevation 5,640 ft.; Highest elevation: 6,080 ft

Highest elevation: 6,080 ft.

5/15	W	8:00 AM-3:00 PM	\$31	211903-02
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#### **Pawnee Buttes**

Experience the wide-open prairie and views of the East Butte. Rating: Easy; Mileage: 5-6 miles; Lowest elevation: 6,000 ft.; Highest elevation: 7,000 ft.

5/24 F	8:00 AM-3:00 PM	\$31	211903-03
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#### **Little Beaver Creek**

Hike through open forest and enter Comanche Peak Wilderness with potential views of active beavers along the stream. Rating: Moderate; Mileage: 5-6 miles; Lowest elevation: 8,151 ft.;

Highest elevation: 8,600 ft.

5/28 Tu 8:00 AM-3:00 PM \$31 211903-04	5-04
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#### [ ADVENTURE HIKES ]

#### **Devil's Backbone to Coyote Ridge**

Weave through the dramatic rock formations in the foothills known as the hogback, heading north to Coyote Ridge. Rating: Moderate; Mileage: 8-10 miles; Lowest elevation: 5,100 ft.;

Highest elevation: 5,500 ft.

5/2	Th	8:00 AM-4:30 PM	\$36	211901-01

#### **Red Mountain to Soapstone**

Travel from Red Mountain to Soapstone Prairie with views of rolling prairie, red rock cliffs, and interesting geology. Rating: Moderate; Mileage: 8-10 miles; Lowest elevation: 6,300 ft.; Highest elevation: 7,200 ft.

5/8	W	8:00 AM-4:30 PM	\$36	211901-02

#### Mt. Margaret to Red Feather Lakes

Travel through a ponderosa pine forest with stands of quaking aspen and view a unique rock tower. Rating: Moderate; Mileage 7-9 miles; Lowest elevation: 8,090 ft.; Highest elevation: 8,180 ft.

5/17	F	8:00 AM-4:00 PM	\$36	211901-03
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#### **Round Mountain**

Travel through granite outcroppings, Ponderosa Pine, and Douglas Fir. Views include Big Thompson Canyon, eastern plains of Colorado, and Pinewood and Carter Lake reservoirs. Rating: Challenging: 8-10 miles; Lowest elevation: 5,770 ft.; Highest elevation: 8,440 ft.

5/22 W 8:00 AM-4:30 PM \$36 211901-04

#### **Roaring Creek**

Venture through meadows and stands of large Ponderosa Pine and Douglas Fir with panoramic views of Poudre Canyon. Rating: Moderate; Mileage: 8-10 miles; Lowest elevation: 7,750 ft.; Highest elevation: 9,880 ft.

5/31	F	8:00 AM-4:30 PM	\$36	211901-05

#### **YOUTH PROGRAMS**

#### Archery

Archery is a skillful sport requiring balance, poise, accuracy, vision, timing, and action. Learn basic techniques and how to be safe.

#### Age: 8-16 years

Location: Rocky Mountain Archery, 4518 Innovation Dr.

5/9-5/16	Th	4:30-5:30 PM	\$30	215941-02
4/11-4/18	Th	4:30-5:30 PM	\$30	215941-01

#### Wilderness Explorer

Explore the wilderness and learn additional skills needed to be on the trail each day. Up to 5 miles of hiking at an elevation of 5,600-6,500 ft. **Note:** No experience necessary.

Age: 10-15 years

Location: Northside Aztlan Center

Navigation & Shelter

4/20	Sa	8:30 AM-2:30 PM	\$35	215531-01
Fire & Wat	er			
4/27	Sa	8:30 AM-2:30 PM	\$35	215531-02

#### Survival in the Woods

Sharpen and challenge wilderness skills through a survival scenario. Up to 5 miles of hiking at an elevation of 5,600-6,500 ft.

Age: 10-15 years

Location: Northside Aztlan Center

Lost in the	Woods			
5/4	Sa	8:30 AM-2:30 PM	\$35	215540-01
Animal En	counter			
5/11	Sa	8:30 AM-2:30 PM	\$35	215540-02

#### WHY I VOLUNTEER



## Special Events

#### Mother & Son Superhero Night

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Come dressed as superheroes for a night of pizza, games, music, and superhero fun. Fee is per mother/child pair; option for additional son to attend available. **Note:** Adult chaperones other than Mom such as Aunts, Sisters, Grandmothers, or female family friends are welcome.

Age: 3-10 ye	ears	Location: Foothills Act	ivity Cent	er
Mother & O	ne Son			
3/9	Sa	5:00-7:00 PM	\$25	216701-01
Additional S	Son			
3/9	Sa	5:00-7:00 PM	\$10	216701-02

#### **Spring Artisan Market**

7 10

Spring is in the air and handmade goods are at the Senior Center. Support more than 50 local artisans and crafters selling their wares.

Age: All		Location: Senior Center		
4/13	Sa	10:00 AM- 4:00 PM	No Fee	

#### **Kentucky Derby Party**

Celebrate the 2019 Kentucky Derby in style. Dress to impress with a derby hat or fascinator, drink mint juleps, and eat southern themed appetizers. Watch a presentation and learn the history of the derby and traditions.

Age: 21 ye	ears and up	Location: Senior Center		
4/27	Sa	9:00 AM-Noon	\$10	212488-01

#### Spring SOAP Show 🖤

Be entertained this Spring with SOAP Troupe. This annual show consists of comedy skits and music presented with the SOAP Tones. Purchase tickets at the Senior Center.

Age: All	Location: Senior Center					
5/3	F	1:30 PM	\$6	Ticketed Event		
5/3	F	7:00 PM	\$6	Ticketed Event		
5/4	Sa	2:00 PM	\$6	Ticketed Event		

#### **Spring Ice Spectacular**

Skaters from the Learn to Skate program perform the fourth annual spring ice show. Tickets available beginning 4/8 at EPIC or by phone at 970.221.6683.

Age: All	Location: Edora Pool Ice Center					
5/10	F	7:00 PM	\$8-14	Ticketed Event		
5/11	Sa	1:00 PM	\$8-14	Ticketed Event		
5/11	Sa	6:00 PM	\$8-14	Ticketed Event		

#### Kids in the Park

A new twist on an old favorite. Kids in the Park, formally Kites in the Park, encourages kids to get outside and play. Hosted at Twin Silo Community Park, learn about new exciting recreation activities, play in the park, dance to live music, munch on some grub from the food trucks, and of course, fly kites.

Age: All		Location: Twin Silo Park	
5/19	Su	10:00 AM-3:00 PM	No Fee



#### Sports

#### **Online Sports Schedules & League Rules**

All youth and adult sports schedules and league rules are located online through Team Sideline. Schedules are posted no later than one week prior to the first game of each season. Visit *teamsideline. com/fortcollins* for current game schedules, league updates, game cancellations, and weather updates.

#### **ADULT SPORTS**

Programs are for ages 16 years & up unless otherwise noted. **Note:** 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 ]

#### Spring Adult Men's Basketball

Teams sign up for level preference on a first come basis. Six games scheduled. Registration ends 3/15 or when leagues fill. Leagues begin the week of 3/25.

Location: Northside Aztlan Center

Friday Competitive	213901-01	\$341	
Friday Recreational	213901-02	\$341	

#### 3 vs. 3 Tournament

3-on-3 basketball tournament for adult men, women, and coed teams. Championship t-shirts for the winning teams. Three games guaranteed with pool play and bracket tournament. **Note:** Ages 16-17 years need parent signature on roster prior to participation.

Age: 16 years & up Location: TBD

Location TDD

Date: 3/30 213901-03 \$81

#### Summer Adult Basketball

Teams sign-up for their level preference on a first come basis. Registration ends 5/29. Rosters are unlimited. **Note:** Ages 16-17 years need parent signature on roster prior to participation.

Age: 16 years & up.

Location: Northside Aztlan Center Date: 6/7–8/2

Men's Fri Competitive	313001-01	\$459	
Men's Fri Recreational	313001-02	\$459	
Women's Fri Recreational	313001-03	\$459	

#### [ FLAG FOOTBALL ]

#### **Spring Adult Flag Football**

8-on-8 non-contact league. Registration ends 3/8 or when leagues fill. 6 games scheduled, 6 games guaranteed.

Location: Rolland Moore Park

3/18-4/29 M 6	5:00-10:00 PM	\$330	213011-01
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#### **Summer Adult Flag Football**

8-on-8 non-contact league. Registration ends 5/29 or when leagues fill. 8 games scheduled, 8 games guaranteed. **Note:** Class will not be held on 7/4.

Location: Rolland Moore Park

	6/6-8/8	Th	6:00-10:00 PM	\$445	313011-01	
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#### [KICKBALL]

#### Spring Coed Kickball

Participate in an American classic invented on the playground. Registration ends 3/8 or when league fills. League begins 3/22. 6 games scheduled.

Location: Rolland Moore Park

Date: 3/22-5/3

Fri Coed Competitive	213061-01	\$205	
Fri Coed Recreational	213061-02	\$205	

#### Summer Adult Coed Kickball - New!

Teams play in coed competitive and recreational leagues. Registration ends 5/29 or when league fills. 8 games scheduled. Rosters are unlimited. Ages 16-17 years need parent signature on roster prior to participation.

Age: 16 years & up Location: Rolland Moore Park

#### Date: 6/7-8/2

Friday Competitive	313061-01	\$270	
Friday Recreational	313061-02	\$270	

#### [MARTIAL ARTS]

#### Shotokan Karate, Beginner

Introduction to karate, a Japanese martial art form. Students may be divided into groups depending on ability. Adults are welcome to participate with their children. Learn basic karate techniques and form before the intermediate level. **Note:** Class will not be held on 5/27.

#### Age: 7 years & up

Location: Clu	b Tico				
3/25-4/24	M,W	6:00-7:00 PM	\$56	222122-01	
4/29-5/29	M,W	6:00-7:00 PM	\$50	222122-02	
Location: Foothills Activity Center					
Location: Foo	thills Activ	ity Center			
Location: Foc 3/26-4/25	thills Activ Tu,Th	ity Center 7:00-8:00 PM	\$56	222122-04	

#### Shotokan Karate, Intermediate

Physical and mental benefits include enhanced physical condition and increased stamina, coordination, confidence, self-esteem, discipline, and concentration. Prerequisite: Successful completion of Shotokan Karate, Beginner. **Note:** Class will not be held on 5/27.

Age: 7 years & up

Location: Clu	b Tico			
3/25-4/24	M,W	7:00-8:00 PM	\$56	222123-01
4/29-5/29	M,W	7:00-8:00 PM	\$50	222123-02

Location: Foothills Activity	Center
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3/26-4/25	Tu,Th	7:00-8:00 PM	\$56	222123-04
4/30-5/30	Tu,Th	7:00-8:00 PM	\$56	222123-05

#### Shotokan Karate, Advanced

Learn new karate concepts and reinforce those gained in previous classes. Move at a faster pace and learn more advanced techniques. **Note:** Class will not be held on 5/27.

#### Age: 7 years & up

5 5						
Location: Club	o Tico					
3/25-4/24	M,W	7:00-8:00 PM	\$56	222124-01		
4/29-5/29	M,W	7:00-8:00 PM	\$50	222124-02		
Location: Foothills Activity Center						
3/26-4/25	Tu,Th	7:00-8:00 PM	\$56	222124-04		
4/30-5/30	Tu Th	7.00-8.00 PM	\$56	222124-05		

#### [ PICKLEBALL ]

#### **Pickleball Open Tournament**

Grab a friend, a racquet, and lucky socks for a Spring Open Tournament. Self-ranking for first round, then placement for continued play. Register as two-person team.

Age: 18 ye	ars & up	
Location:	Northside Azt	lan Center
3/16	Sa	9:00 AM-5:00 PM

#### Pickleball League, Women

Join a fun, competitive league and play against teams with similar skills each week. Teams compete in pool play with the opportunity to move up or down brackets. **Note:** Fee is per two-person team.

224400-01

224410-01

\$55

Age: 18 years & up Location: Senior Center

3/5-3/26 Tu 5:00-9:00 PM \$40

#### Pickleball League, Men

Enjoy competition against teams with similar skill levels. This ladder league provides opportunity to move up, down, and jump brackets. **Note:** Fee is per two-person team.

Age: 18 years & up Location: Senior Center

4/2-4/23 Tu 5:00-9:00 PM \$40 224412-0	4/2-4/23	Tu	5:00-9:00 PM	\$40	224412-01	
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# **FORT COLLINS**

Join the premier soccer club in the Front Range! With camps & leagues for every player age 3-18, from beginner to elite, there's no better time to see everything Rapids Fort Collins has to offer. For more information on programming, dates, locations, and pricing, follow the link below.

# **CRY.SC/FORT-COLLINS**

#### **Pickleball League, Novice**

Hone skills during fun, competitive play with those at a similar level. Familiarity with scoring and basic play required. Teams compete in pool play with the opportunity to move up or down brackets. **Note:** Fee is per two-person team.

Age: 18 years & up

Location: Senior Center

		nor conter			
	4/30-5/21	Tu	5:00-9:00 PM	\$40	224414-01

#### **Pickleball, Beginner Lessons**

Designed for those new to Pickleball or those wanting to freshen up skills. Introduction to rules, scoring, and basics takes place in a classroom and on the court.

#### Age: 18 years & up

Location: Senior Center

3/5-3/26	Tu	9:45-11:00 AM	\$21	224420-01
4/2-4/23	Tu	9:45-11:00 AM	\$21	224420-02
4/30-5/21	Tu	9:45-11:00 AM	\$21	224420-03

#### Pickleball, Intermediate Lessons

Enhance skills through practice drills and learning the finer points of play. **Note:** Ability to demonstrate adequate skills and proficiency at novice play required.

#### Age: 18 years & up

Location: Senior Center

3/20	W	10:00 AM-Noon	\$14	224422-01
5/15	W	10:00 AM-Noon	\$14	224422-02

#### Pickleball, Novice Refresher

Designed for beginners to improve skills and knowledge of the game. Play more and chase balls less. Prerequisite: Successful completion of beginner lessons.

Age: 18 years & up	
Location: Senior Center	

4/17 W 10:00 AM-Noon 5	\$14	224424-01
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#### **Pickleball Skills, Net Play**

Learn the finer points of pickleball play at the net. Practice blocking and other strategies for more competitive play.

Age: 18 years & up Location: Senior Center				
3/13	W	10:00-11:00 AM	\$7	224450-01

#### **Pickleball Skills, Strategies**

Become more competitive and learn the various strategies of pickleball.

Age: 18 years & up				
Location: S	Senior Center			
4/10	W	10:00-11:00 AM	\$7	

#### Pickleball P.O.P. (Paid Open Play)

Lots of playtime guaranteed with a limited number of players at a comfortable skill level.

Age: 18 years & up Location: Northside Aztlan Center

Beginner				
3/4-3/25	М	1:45-4:45 PM	\$15	224600-01
4/1-4/22	М	1:45-4:45 PM	\$15	224600-02
4/29-5/20	М	1:45-4:45 PM \$15 2246		224600-03
Intermediate				
3/6-3/27	W	1:45-4:45 PM	\$15	224610-01
4/3-4/24	W	1:45-4:45 PM	\$15	224610-02
5/1-5/29	W	1:45-4:45 PM	\$15	224610-03
Advanced				
3/1-3/29	F	1:45-4:45 PM	\$15	224620-01
4/5-4/26	F	1:45-4:45 PM	\$15	224620-02
5/3-5/31	F	1:45-4:45 PM	\$15	224620-03
4.0+				
3/6-3/27	W	7:30-9:30 AM	\$10	224630-01
4/3-4/24	W	7:30-9:30 AM	\$10	224630-02
5/1-5/29	W	7:30-9:30 AM	\$10	224630-03

#### [SOFTBALL]

#### **Spring Adult Softball**

Get the rust off before the summer leagues begin. Registration ends 3/8, or when leagues fill. Leagues begin the week of 3/17. 6 games scheduled.

Location: Rolland Moore Park

Cost: \$345

110113			
Sunday IV	213021-01	Wednesday II	213021-06
Monday III	213021-02	Wednesday III	213021-07
Monday IV	213021-03	Wednesday IV	213021-08
Tuesday III	213021-04	Thursday III	213021-09
Tuesday IV	213021-05	Friday IV	213021-10
Women's			
Thursday III	213022-01		
Coed			
Sun Competitive	213023-01	Wed Competitive	213023-05
Sun Recreational	213023-02	Wed Recreational	213023-06
Tues Competitive	213023-03	Thurs Recreational	213023-07
Tues Recreational	213023-04		

#### **Summer Adult Softball**

Games are played at Fossil Creek, Lee Martinez, Rolland Moore, and Twin Silo 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 ends 4/26 or when leagues fill. Rosters are unlimited. Ages 16-17 years need parent signature on roster prior to participation.

Age: 16 years & up

224455-01

Location: TBA Cost: \$600 Date: 5/12–8/16 Men's Softball			
Sun III Sun IV Mon III Mon IV Tues II Tues III Tues IV Wed II	313021-01 313021-02 313021-03 313021-04 313021-05 313021-06 313021-07 313021-08	Wed III Wed IV Thurs III Thurs IV Fri IV Fri Wood Bat Friday 40 years & Up	313021-09 313021-10 313021-11 313021-12 313021-13 313021-14 313021-15
Men's Fast Pitch Soft Thurs	oall 313024-01		
Women's Softball Tues IV Wed IV Thurs III	313022-01 313022-02 313022-03	Thurs IV Thurs Leisure	313022-04 313022-05
Coed Softball Sun Competitive Sun Recreational Tues Competitive Tues Recreational Wed Competitive	313023-01 313023-02 313023-03 313023-04 313023-05	Wed Recreational Thurs Competitive Thurs Recreational Fri Recreational	313023-06 313023-07 313023-08 313023-09

#### **Senior Travel Softball**

See page 96 for more information.

#### [ VOLLEYBALL ]

Teams sign up for their level of play and night preference on a first come basis.

Levels of Play: A=Competitive, BB=Intermediate, B=Recreational

#### **Spring Adult Volleyball**

Coed and women's leagues are offered for 6-person teams. Teams sign up for their level of play and night of preferences on a first come basis. Registration ends 3/11 or when leagues fill. Leagues begin the week of 3/25. 8 games scheduled.

Wednesday BB

Tuesday BB

Friday B

213943-02

213943-03

Age: 16 years & up Location: TBD Cost: \$281 Women's Sunday B 213942-01 Wednesday A 213942-02 Coed Monday BB 213943-01

Monday B

Tuesday A

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#### **General Information**

Lewis Tennis School directs all tennis programs for the City of Fort Collins. With 50 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.

Spring hours are Monday-Friday from noon-6 p.m. and Saturday from 10 a.m.-4 p.m.

#### 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.

#### [ ADULT TENNIS ]

Programs are offered at Rolland Moore Racquet Complex.

#### **Session Dates for All Classes**

3/4-3/30	Session 1
4/1-4/27	Session 2
4/29-5/25	Session 3

#### **Beginner Lessons**

Whether new to the game or getting back into it after a long hiatus, learn and develop fundamentals to enjoy the game. Learn the correct way to hit forehands, backhands, volleys, overheads, and serves, as well as basic rules and strategies to start competition.

Age: 18 years & up

M, W	6:00-7:30 PM	
I*I, VV	0.00-7.30 PM	

#### **Intermediate Lessons**

Learn the "Modern Game" of tennis and refine skills. Experience techniques used by the pros. Develop topspin, forehand, backhand and serves, and learn doubles and singles strategies that win.

Age: 18 years & up

213942-03

213943-04

213943-05

Tu, Th 6:00-7:30 PM

#### League Coaching

Get the team ready for the USA Tennis Leagues. Professional coaching improves team strategy, technique, and mental toughness. A variety of coaching programs available.

#### **Premier Clinics**

Designed for the beginner through advanced player who wants more personal attention in their group instruction. Great for friends who want to learn together. Clinic times are flexible. Low student to pro ratio.

Age: 18 years & up

#### **Private Lessons & Ball Machine**

Private lessons are available with USPTA certified professionals and college coaching staff. Times are flexible. Rent ball machines to work on that pesky backhand.

#### [ YOUTH TENNIS ]

#### **Session Dates for All Classes**

3/4-3/30	Session 1	
4/1-4/27	Session 2	
4/29-5/25	Session 3	

#### **Summer Junior Team Tennis**

8-week program with practice and competition. Matches are held on Mondays from 6/10-7/22. Competitions include teams from Fort Collins, Loveland, Windsor, and Greeley. Registration deadline is 5/3.

#### 8 Years & Under Tennis Courts at Rolland Moore Park

Experience the new courts designed for young players 8 years & under.

#### 10 Years & Under

Specific play format for those new to tennis. Designed to bring kids into the game with specialized equipment, shorter court dimensions, and modified scoring, all tailored to age and size.

Little Lobbers	Age: 4-6 years
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Sa 10:00–10:45 AM

Future Stars Age: 7-8 years			
M, W 4:30-6:00 PM			
Sa	11:00 AM-12:30 PM		
Aces Age: 9-10 years			
M, W	4:30 - 6:00 PM		
Sa			

#### **Middle School**

Develop skills to effectively compete on middle and high school teams or just enjoy the benefits of this lifetime sport.

Challenger (Ne	w Player)	Age: 11	-13 years
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Tu, Th	4:00-6:00 PM			
Sa	1:00-3:00 PM			
Competitive (Intermediate/Advanced) Age: 11–13 years				

1 1 1 1 1 1 1 <b>X</b>	
Tu, Th	4:00-6:00 PM
Sa	1:00-3:00 PM

#### **High School**

Develop tennis skills to play on the high school team or to enjoy with friends.

Wimbledon (New Player) Age: 14–18 years

Tu, Th	4:00-6:00 PM	
Sa	1:00 –3:00 PM	

Grand Slam (Intermediate/Advanced) Age: 14–18 years

Tu, Th	4:00-6:00 PM
Sa	1:00-3:00 PM

#### Performance Training

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. Call 970.493.7000 for times and additional information.

#### **Homeschool Classes**

These tennis classes are held at flexible times during the day. Contact 970.493.7000 to arrange a homeschool class.

#### **After-School Enrichment**

Tennis classes are held after school in the gymnasiums of local elementary schools. Check with schools for details.

#### Junior Spring Tournaments

Contact 970.493.7000 to enter.

3/2/2018		Junior March Madness Challenger
	3/30/2018	Junior Spring Fling Challenger
	4/20/2018	Junior Summer Super Set Challenger Series #1
	4/27/2018	Junior Summer Super Set Challenger Series #2

#### **YOUTH SPORTS**

#### **Youth Sports General Information**

Registration closes approximately two weeks prior to the listed start date of the program.

Teams are split up by staff at random, not by special requests or registration dates. Special requests are not guaranteed.

Coach meetings are scheduled 1-2 weeks before the program start date. Coaches contact teams directly to establish practice dates and times after the coach meeting.

Tournaments are only played in the middle school divisions of all leagues, except for the bowl games in tackle football.

Outdoor leagues practice on a first come basis at the location (or nearby park with approval from Recreation staff) indicated when registering.

Indoor leagues scheduled practice times and locations are determined by staff prior to the season. Teams practice 1-2 times per week based on availability. In the event of gym cancellations, teams may practice in locations that differ from registration site. All youth sports coaches must know the basic fundamentals and rules of the sport for which they are coaching. Coach trainings are offered to volunteers; volunteer coaches are expected to attend these meetings to enhance coaching abilities and know the rules and philosophy of the program.

All youth sport coaches who volunteer with the City of Fort Collins must participate in a background check conducted by the City on an annual basis and complete a concussion certification before being approved to coach in any youth sport league. Background checks remain confidential and are valid for one year. Individuals are not permitted to volunteer/instruct until a completed background check has been received and approved by the City of Fort Collins. The City of Fort Collins reserves the right to deny anyone to coach based on the results found in the background check, or any coach that the City does not believe will follow our recreational philosophies.

Volunteer coaches are expected to always act in the best interests of young athletes and agree to follow the guidelines and polices of the City of Fort Collins Recreation Department.

Interested in coaching? Call 970.416.4297.

#### **Online Sports Schedules & League Rules**

All youth sports schedules and league rules are located online through Team Sideline. See page 78 for more information.

#### [ BASKETBALL ]

#### Girl's Junior Nuggets Basketball, Intermediate – New!

Introduction to intermediate basketball. 1-2 practices per week, 6 games, and an end of season tournament. **Note:** Jr. Nuggets Jersey will be provided.

Cost: \$99	Date: 3/25-5/10	
Grade: 4–5	214968-01	
Grade: 6	214969-01	
Grade: 7–8	214970-01	

#### Spring Break Basketball Camp

Learn fundamental skills all athletes need to succeed. Coaches lead athletes through game-speed drills and exercises and focus on ball handling, passing, shooting, defense, and rebounding.

Age: 6–12 years Location: Foothills Activity Center

3/18-03/22	M-F	1:00-4:00 PM	\$135	214072-02

#### Summer Boys & Girls Basketball

Teams formed by park practice location. 1-2 practices outside, 6 games on indoor courts. Games scheduled in the evenings on various week nights. Based on the 2018/2019 current school year grade. NBA replica jerseys provided. **Note:** Class will not be held on 7/3.

Cost: \$87	Dates: 6/3-7	/2	,
Coed Grade: K–1 Foothills Activity Center	314700-01		
Boys Grade 2/3 City Park Fossil Creek Park Lee Martinez Park Rogers Park Boys Grade 4/5	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
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 6/7/8 City Park Fossil Creek Park Landings Park Lee Martinez Park	314003-01 314003-11 314003-25 314003-15	Rolland Moore Park Spring Canyon Park Warren Park	314003-20 314003-06 314003-26
Boys Grade 9/10/11/1	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 Rolland Moore Park	314005-01 314005-10 314005-15 314005-20	Spring Canyon Park Troutman Park Warren Park	314005-05 314005-25 314005-30
Girls Grade 6/7/8 City Park Fossil Creek Park Landings Park Girls Grade 9/10/11/12	314006-01 314006-10 314006-25 314008-01	Lee Martinez Park Rolland Moore Park Spring Canyon Park	314006-15 314006-20 314006-05

**Basketball Team League** 

Designed for pre-formed teams. 5 games and end of season single elimination tournament. Teams must provide an adult coach during games and same colored jerseys with identifiable numbers on the back. Based on the 2018/2019 school year grade. Tuesday or Thursday night games.

Location: Northside A	ztlan Center o	or Foothills Activity Ce	nter
Cost: \$480	Date: 6/11-7/	18	
Boys League Grade 4-5	314909-01	Grade 6-8	314909-02
Girls League Grade 4-5	314909-06	Grade 6-8	314909-07

# Don't Forget to Register for Summer Baseball!

Registration for 2019 Summer Baseball is currently open for Pre-K through 12th Grade!

#### Registration closes on 3/29/19. Details at FortCollinsBaseballClub.org





Intermediate Tryouts: March 10, 2019 at The Edge Sports Center Ages 8-14 (age as of 4/30/19)

\*To tryout, players <u>must</u> be registered for FCBC Recreational Baseball *prior* to the Intermediate Tryouts.

#### www.FortCollinsBaseballClub.org

211 S. Bryan Ave (in City Park) • P.O. Box 1031 • Fort Collins, CO 80522

# **LEWIS TENNIS**



Baseball Club

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

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

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





ixiliary aids and services are available for persons with disabilities. V/TDD: 711 18-20614

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

facebook.com/mightykicksnorthernco

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# **SPRING SOCCER PROGRAMS SCHEDULE**

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
STARTS 4/1/19	STARTS 4/2/19	STARTS 4/3/19	STARTS 4/4/19	STARTS 4/5/19
EDORA PARK 9:30 - 10:15 3 YEAR OLDS (CLASSIC) 10:30 - 11:15 4/5 YEAR OLDS (CLASSIC) RIFFENBURG ELEMENTARY 4:15 - 5:00 3 YEAR OLDS (CLASSIC) 5:15 - 6:00 4/5 YEAR OLDS (CLASSIC) 5:15 - 6:15 5 YEAR OLDS (ADVANCED)	TWIN SILO PARK           9:30 - 10:15 3 YEAR           OLDS (CLASSIC)           10:30 - 11:15 4/5 YEAR           OLDS (CLASSIC)           2ACH ELEMENTARY           4:15 - 5:00 3 YEAR OLDS           (CLASSIC)           5:15 - 6:00 4/5 YEAR           OLDS (CLASSIC)           5:15 - 6:15 6 YEAR OLDS           (CLASSIC)           5:15 - 6:15 6 YEAR OLDS           (ADVANCED)	MIRAMONT PARK 9:30 - 10:15 3 YEAR OLDS (CLASSIC) 10:30 - 11:15 4/5 YEAR OLDS(CLASSIC) TROUTMAN PARK 5:00 - 5:45 3 YEAR OLDS (CLASSIC) 5:00 - 5:45 4/5 YEAR OLDS (CLASSIC) 5:15 - 6:15 5 YEAR OLDS (ADVANCED)	WARREN PARK 9:30 - 10:15 3 YEAR OLDS (CLASSIC) 10:30 - 11:15 4/5 YEAR OLDS (CLASSIC) 4:15 - 5:00 3 YEAR OLDS (CLASSIC) 5:15 - 6:00 4/5 YEAR OLDS (CLASSIC) 5:15 - 6:15 5 YEAR OLD (ADVANCED)	CITY PARK 9:30 - 10:15 3 YEAR OLDS (CLASSIC) 10:30 - 11:15 4/5 YEAR OLDS(CLASSIC) 4:15 - 5:00 3 YEAR OLDS (CLASSIC) 5:15 - 6:00 4/5 YEAR OLDS (CLASSIC) 5:15 - 6:15 6 YEAR OLD (ADVANCED)
builds motor teaches life		SUMMER Programs Open for	• builds self co	SEASON nfidence soccer techniques
REGISTER	ONLINE:	REGISTRATION NOW!		<b>CONTACT US</b> ALL 970-682-4898 @mightykicks.net

MIGHTYKICKSNORTHERNCO.NET

#### [ CHALLENGER SPORTS ]

Register for the programs below at *challengersports.com*. For more information, contact Nathan Robinson at *nrobinson@challengersports.com*.

#### **Challenger International Soccer Camp**

High-level soccer coaching from a team of international experts. Receive the appropriate level of curriculum and a culture/educational experience. Practice foot skills, technical drills, tactical drills, smallsided games, scrimmages, and a World Cup tournament. **Note:** Includes jersey, t-shirt, ball, and graduation party.

#### Location: City Park

#### Tiny Tykes Age: 4-5 years

, , , , ,	<b>j j</b>			
6/3-6/7	M-F	8:00-9:00 AM	\$77	
7/29-8/2	M-F	8:00-9:00 AM	\$77	
Half Day Age	e: 6–14 years			
6/3-6/7	M-F	9:00 AM- Noon	\$182	
7/29-8/2	M-F	9:00 AM – Noon	\$182	

#### **Challenger Rookie Rugby Coed Camp**

Non-contact and full of action and fun. Practice and play a form of flag rugby. Fun, safe, team game that develops a rand of ball handling, running, and evasion skills. Learn the importance of teamwork and respect for opponents, coaches, and referees.

Location: City Park

## Age: 6–14 years

Half Day			
6/10-6/6/14	M-F	9:00 AM -Noon	\$167
Full Day			
6/10-6/6/14	M-F	9:00 AM -3:00 PM	\$237

#### [ CHEERLEADING & TUMBLING ]

Classes will not be held 2/27-3/5 and 3/18-3/22.

#### Introduction to Cheer, Middle School

Designed for those interested in trying out for high school cheer and what it takes to be on a cheer team. Learn skills to perform jumps, motions, stunts, and dance. Teams perform in-house or at a community event and showcase at one competition. **Note:** \$15 cheer shirt not included.

#### Grade: 6-8

Location: Cheer Central Suns, 128 Racquette Dr.

4/11 4/25 111 7.00 7.55 111 \$40 214555	4/11-4/25	Th	7:00-7:55 PM	\$40	214939-0
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#### **Cheer Central Recreational Performance Team**

Enjoy a high energy community cheer program. Learn dances, arm motions, jumps, and stunts. Perform in-house or out in the community each session. Also, showcase at one competition. **Note:** \$15 cheer shirt not included.

Location: Cheer Central Suns, 128 Racquette Dr.

Age: 5–8 yea	rs			
4/9-4/23	Tu	5:00-5:55 PM	\$40	214937-01
Age: 8-14 yea	ars			
4/9-4/23	Tu	6:00-6:55 PM	\$40	214937-02
Age: 5–10 ye	ars			
4/11-4/25	Th	5:00-5:55 PM	\$40	214937-03

#### **Cheer Central Suns, Recreational Tumbling**

Polish cheerleading tumbling skills from cartwheels and running passes, to handstands, bridges, back walkovers, and back hand-springs.

Age: 5-14 years

Location: Cheer Central Suns, 128 Racquette Dr.

М	6:30-7:25 PM	\$40	214938-01
Tu	4:00-4:55 PM	\$40	214938-02
Tu	7:00-7:55 PM	\$40	214938-03
Th	6:00-6:50 PM	\$40	214938-04
	Tu	Tu         4:00-4:55 PM           Tu         7:00-7:55 PM	Tu         4:00-4:55 PM         \$40           Tu         7:00-7:55 PM         \$40

#### [ DAY CAMPS ]

#### **Mini-Hawk Spring Break Camp**

Introductory program to explore the basics of soccer, baseball, and basketball while instilling confidence. Coaching staff is trained to meet the special needs of young children and help them get stared off on the right foot as they take their first steps into athletics.

Age: 4–6 years

Location: Foothills Activity Center

3/18-03/22 M-F	9:00 AM-Noon	\$135	214072-01
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#### SuperTots Spring Break Sampler

Incorporate physical activity in a non-competitive environment. Designed to encourage engagement, build skills, and develop of a love of sports through a series of games.

Age: 2-4 years

Location: Foothills Activity Center

3/18-03/22	M-F	8:00-8:30 AM	\$59	214072-03
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#### [FOOTBALL]

#### NFL Flag Football

Cost: \$85

Learn fundamentals of football, teamwork, and sportsmanship through non-contact, continuous action. Emphasis on equal participation; winning is secondary. Practices held twice per week; games on Saturdays. 7 games scheduled. **Note:** Official NFL FLAG jersey included.

Dates: 3/30-5/11

Grade: Kindergarten-1

Grade: Kindergarten-	·I		
City Park	214012-01	Harmony Park	214012-17
Edora Park	214012-03	Spring Canyon Park	214012-21
English Ranch Park	214012-07	Troutman Park	214012-25
Fossil Creek Park	214012-11	Warren Park	214012-29
Greenbriar Park	214012-14		
Grade: 2–3			
Beattie Park	214013-01	Greenbriar Park	214013-11
Blevins Park	214013-03	Harmony Park	214013-13
Stew Case Park	214013-05	Rolland Moore Park	214013-19
City Park	214013-31	Spring Canyon Park	214013-21
Edora Park	214013-07	Troutman Park	214013-23
Fossil Creek	214013-29	Warren Park	214013-25
Grade: 4–5			
Blevins Park	214014-07	Harmony Park	214014-11
City Park	214014-03	Rolland Moore Park	214014-13
Edora Park	214014-05	Spring Canyon Park	214014-17
Fossil Creek Park	214014-21	Troutman Park	214014-23
Greenbriar Park	214014-08	Warren Park	214014-25
Grade: 6			
Blevins	214015-01	Preston	214015-13
Boltz	214015-03	Heritage	214015-18
CLP	214015-05	Mountain Sage	214015-19
Kinard	214015-07	Webber	214015-15
Lesher	214015-09	Wellington	214015-17
Lincoln	214015-11	Trenington	211010 17
Grade: 7–8			
Blevins	214017-01	Preston	214017-13
Boltz	214017-03	Heritage	214017-18
CLP	214017-05	Mountain Sage	214017-19
Kinard	214017-07	Webber	214017-15
Lesher	214017-09	Wellington	214017-17
Lincoln	214017-11		

#### [ SKYHAWKS SUMMER 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. For more information, visit *skyhawks.com/Colorado*. **Note:** Class will not be held on 7/4.

#### Baseball

Designed for beginner and intermediate players. Learn 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 Glenn Park

7/8-7/12	M-F	9:00 AM-Noon	\$135	314071-11

#### Cheerleading

Entry-level cheer camp teaches 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, teambuilding, and leadership.

Age: 5–9 years

Location: Foothills Activity Center

6/10-6/14	M-F	9:00 AM-Noon	\$135	314071-01

#### **Flag Football**

Beginner 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, giving participants a chance to showcase skills on the gridiron.

Age: 6-12 years

Location: Miramont Park

6/3-6/7	M-F	9:00 AM-Noon	\$135	314071-02
Location: Radi	ant Park			
8/5-8/9	M-F	9:00 AM-Noon	\$135	314071-17

#### Golf, Beginning

Entry-level players focus on proper technique and the fundamentals of form, swinging, putting, and body positioning. By adopting Starting New At Golf (SNAG), instruction is simplified so players can transition with ease onto the golf course. All equipment provided.

Age: 5-8 years

Location: Radiant Park

6/10-6/14	M-F	9:00 AM-Noon	\$135	314071-10
Location: Co	ttonwood G	ilen Park		
7/8-7/12	M-F	9:00 AM-Noon	\$135	314071-22

#### **Indoor Basketball**

Designed for beginner and intermediate players. Learn skills to be a better athlete on and off the court. A "skill of the day" progresses into passing, shooting, dribbling, and rebounding drills and games.

Location: Foothills Activity Center

Age: 6–10 years	S			
6/17-6/21	M-F	9:00 AM-3:00 PM	\$225	314071-06
Age: 6–12 years	5			
7/1-7/3	M-W	1:00 PM-4:00 PM	\$85	314071-18
Age: 7–12 years	i			
7/22-7/26	M-F	9:00 AM-Noon	\$135	314071-14

#### **Indoor Volleyball**

Co-ed program, designed for the beginner and intermediate players. Learn all aspects of the game through drills and exercises with focus on passing, setting, hitting, and serving. Athletes develop fundamental skills with game-speed drills and daily scrimmages aimed at developing the whole player.

#### Age: 7-12 years

Location: Foothills Activity Center

6/10-6/14	M-F	9:00 AM-Noon	\$135	314071-08
7/2-7/6	M-F	9:00 AM-Noon	\$85	314071-20
7/2-7/6	M-F	1:00 PM-4:00 PM	\$85	314071-21

#### Lacrosse

Learn the fundamentals of running, cradling, passing, and shooting in a fun, non-checking environment. Focus on respect, teamwork, and discipline to gain an understanding of the game and its traditions.

Age: 6-12 years

Location: City Park, #6

7/15-7/19	M-F	9:00 AM-Noon	\$135	314071-09	

#### Mini-Hawk

This multi-sport program is designed for campers to explore balance, movement, hand/eye coordination, and skill development at their own pace. Baseball, basketball, and soccer are taught in a safe, structured environment with encouragement and focus on fun.

Age: 4-7 years

Location: City	Park				
6/3-6/7	M-F	9:00 AM-Noon	\$135	314071-03	
Location: Miramont Park					
7/15-7/19	M-F	9:00 AM-Noon	\$130	314071-12	
Location: Fossil Creek Park					
Eo cationi i occ	in creek r unk				
6/24-6/28	M-F	9:00 AM-Noon	\$130	314071-07	
	M-F		\$130	314071-07	

#### **Skyhawks Sports Camp**

Designed to introduce youth to a variety of sports, this multi-sport camp combines basketball and flag football into one fun-filled week. Athletes 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: Fossil Creek Park					
6/24-6/28	M-F	9:00 AM-Noon	\$135	314071-04	
Location: Spring Canyon Park					
7/29-8/2	M-F	9:00 AM-Noon	\$135	314071-15	

DN	NW	Denotes no web registration for program
<u>е</u>	M	Denotes program/activity has special membership pricing
-	0	Denotes Health and Wellness program

#### Soccer

Designed for beginner and intermediate players. Learn sport knowledge and fundamentals of dribbling, passing, shooting, and ball control.

Age: 6–12 years

Location.	Miramont	Park
Location.	munion	I UIN

6/17-6/21	9:00 AM-Noon		\$135	314071-05
Location: City	Park #6			
7/22-7/26	M-F	9:00 AM-3:00 PM	\$225	314071-19

#### **Track & Field**

Prepare for a future in cross country, track and field events, and distance running, while inspiring a love for running and being active. Learn fundamentals of body positioning, stride, proper stretching, and cool-down techniques.

Age: 6-12 years

Location: Fo	ssil Creek Pa	ark		
8/5-8/9	M-F	9:00 AM-Noon	\$135	314071-23

#### [ SOFTBALL ]

#### Softball Coed Tee Ball - New!

Develop skills, sportsmanship, and coordination. Teams practice 30 minutes before each game, once per week. Based on 2018/2019 school year grade level. Registration closes 5/24. Team shirts included.

Age: 5–6 years	
Location: Spring Canvon Park	

	9		
6/4-7/9	Spring Canyon Park	\$41	314020-03

#### Summer Girls' Softball

Learn and improve slow pitch softball skills and enjoy team competition. 1-2 practices per week (days and times TBD). Grades 2-3 play coach pitch style softball. Grades 4-5 play modified fast pitch. Grades 6-8 play regular fast pitch. Based on 2018/2019 school year grade level. Games played Tuesdays and/or Thursdays. Team shirts included.

Cost: \$75

Date: 5/28-7/11

Grade 2-3 City Park Fossil Creek Beattie	314021-16 314021-17 314021-18	Rolland Moore Spring Canyon Rolland Moore	314021-19 314021-20 314021-21
Grade 4-5 City Park Fossil Creek Beattie	314022-16 314022-17 314022-18	Spring Canyon Rolland Moore	314022-19 314022-20
Grade 6-8 Blevins Boltz CLP Kinard Lesher	314023-20 314023-21 314023-22 314023-23 314023-24	Lincoln Preston Webber Wellington	314023-25 314023-26 314023-27 314023-28

#### [ TRACK & FIELD ]

#### C.A.R.A. Track

Basic techniques of track are taught. Compete in Colorado Association of Recreational Athletics 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 track meet fees included.

Location: Fort Collins High School Cost: \$90

Date: 6/3-7/20

Age: 3.5–8 years	9:00-10:15 AM	M,W,F	314031-03
Age: 9–16 years	10:30-11:45 AM	M,W,F	314031-04

#### [ ULTIMATE FRISBEE ]

#### **Ultimate Frisbee**

Learn the basic fundamentals of ultimate. Emphasis is on equal participation; winning is secondary. Practices held twice per week; games on Saturdays. 6 games scheduled. Coaches contact teammates with practice days/times. **Note:** \$15 jersey available if needed.

Location: Troutman Park Cost: \$64

Date: 4/8-5/18

Grade 4–6	6:00-7:30 PM	M,W,Sa	214061-01
Grade 7–12	6:00-7:30 PM	M,W,Sa	214062-01

#### [ VOLLEYBALL ]

#### Volleyball, 6-8 Grade

Develop a sense of team play where participation, fun, skills, and sportsmanship are stressed; winning is secondary. Practices are held 1-2 times per week. Matches are Saturday mornings and occasional week nights. Coaches contact teammates by 3/18 with practice days/times.

#### Cost: \$76

Location: Foothills Activity Center Dates: 3/25–5/11

Blevins	214944-01	Lincoln	214944-11
Boltz	214944-03	Preston	214944-13
CLP	214944-05	Webber	214944-15
Kinard	214944-07	Wellington	214944-17
Liberty Common	214944-08	Ridgeview	214944-19
Lesher	214944-09		

#### 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

Ages: 18 months-2.5 years

3/11-4/15	М	10:35-11:00 AM	\$45	214779-05
3/14-4/18	Th	10:35-11:00 AM	\$45	214779-06
4/22-5/20	М	10:35-11:00 AM	\$54	214779-07
4/26-5/23	Th	10:35-11:00 AM	\$54	214779-08
Ages: 2.5-3.5	years			
3/11-4/16	М	9:00-9:30 AM	\$45	214774-05
3/15-4/18	Th	9:00-9:30 AM	\$45	214774-06
4/22-5/20	М	9:00-9:30 AM	\$54	214774-07
4/25-5/23	Th	9:00-9:30 AM	\$54	214774-08
Ages: 3.5 year	rs–5 years			
3/11-4/16	М	9:45-10:30 AM	\$45	214775-03
3/15-4/18	Th	9:45-10:30 AM	\$45	214775-06
4/22-5/20	М	9:45-10:30 AM	\$54	214775-07

#### **Basketball for Shorties**

Learn basketball basics and work on large and small motor skills as they relate to shooting, dribbling, and passing. **Note:** Parents/ guardians are not allowed as spectators in the gym so as to provide a more efficient class. Players demonstrate what they learned the last class.

9:45-10:30 AM

\$54

214775-08

Age: 4-6 years

4/25-5/23

Location: Foothills Activity Center

Th

2/12-2/26	Tu	10:00-10:45 AM	\$29	214777-01

#### **Football for Shorties**

Learn the basics of football and work on large and small motor skills as they relate to throwing, kicking, and catching.

Age: 4-5 years

Location: Northside Aztlan Center

3/20-4/3	W	10:00-10:45 AM	\$29	214778-02

#### Ninja Kids

Bring out the inner Ninja through obstacle course challenges and create a special Ninja identity.

Location: 128 Racquette Dr.

Ninja Kids I A	.ge: 3-5 y	/ears				
4/10-4/24	W	9:15-10:00 AM	\$41	221910-01		
4/11-4/25	Th	4:00-4:45 PM	\$41	221910-02		
4/12-4/26	F	5:00-5:45 PM	\$41	221910-03		
Ninja Kids II Age: 6-11 years						
4/12-4/26	F	6:00-6:45 PM	\$41	221910-04		



#### **SNAG Golf for Shorties**

Explore Starting New At Golf (SNAG) and work on the fundamentals of the game. All equipment provided.

Age: 4–5 years

Location: City Park

5/14-5/28	Tu	10:00-10:45 AM	\$33	314092-01
5/15-5/29	W	10:00-10:45 AM	\$33	314092-02

#### **Sporties for Shorties**

Play ball and explore the world of sports. Work on fundamentals of sports as they relate to throwing, kicking, and catching. Each session highlights different skills and different sports along with team work. **Note:** Parents are not allowed in the gym in order to provide a more efficient class.

#### Age: 3–5 years Location: Northside Aztlan Center

2/20-3/6	W	10:00-10:45 AM	\$29	214776-04
3/19-4/2	W	10:00-10:45 AM	\$29	214776-05
4/10-4/24	W	10:00-10:45 AM	\$29	214776-06



# LOVE HOOPS? PLAY BASKETBALL.

Northern Colorado's Premier Club Basketball Program

Year-round Boys & Girls Competitive Teams

Camps/Clinics

# FeverHoops.com

970.631.9310



Incorporates physical activity in a non-competitive environment. Designed with an engaging, skill-building curriculum where "tots" learn through a series of fun and beneficial games. Tots acquire skills and fitness, and develop an interest of sports.

Location: Foothills Activity Center

Basketball Age	e: 2-3 years			
2/13-3/6	W	10:00-10:50 AM	\$59	114770-09
Soccer Age: 2-	3 years			
2/15-3/8	F	10:00-10:50 AM	\$59	114770-13
3/27-4/17	W	10:00-10:50 AM	\$59	114770-15
Baseball Age:	2-3 years			
3/29-4/19	F	10:00-10:50 AM	\$59	114770-17
Basketball Age	e: 3-5 years			
2/13-3/6	W	11:00-11:50 AM	\$59	114770-10
Soccer Age: 3-	5 years			
2/15-3/8	F	11:00-11:50 AM	\$59	114770-14
3/27-4/17	W	11:00-11:50 AM	\$59	114770-16
Baseball Age:	3-5 years			
3/29-4/19	F	11:00-11:50 AM	\$59	114770-18

#### 50+

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

Other Adult Programs in the Recreator

Adaptive Recreation	14	Fitness 50+	93
Aqua Fitness	18	Heath & Wellness	65
Aquatics	21	Ice Skating	70
Arts & Crafts	25	<b>Outdoor Recreation</b>	73
Dance & Movement	32	Special Events	77
Education	44	Sports	78
Fitness	55	Trips & Travel	98

#### Senior Center Membership

Membership 50+ is \$30 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 new Hiking and Stewardship Clubs. See page 73 for more information.
- Birthday and anniversary celebrations.
- Notary service.

#### **CLUBS & ORGANIZATIONS**

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

For more information about C.H.A.T., see page 26

#### Donut Make U Wonder 🚺 ໜ

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

Ongoing

10:00–11:30 АМ No Fee

#### Fort Collins Senior Center Friends ໜ

F

Fort Collins Senior Center Friends is a private nonprofit 501c3 organization that supports and enhances the use and enjoyment of the Senior Center through public relations, socializing, fundraising, and advocacy. Meetings are four times per year. Annual membership fees are \$10. For more information, contact Chris Hays at 970.237.9340, *haysmith@frii.com*.

#### Front Range Forum ໜ

Front Range Forum serves the residents of Northern Colorado's Front Range who are intellectually curious and dedicated to enriching their daily lives through life-long learning. Members facilitate classes for each other; participants take part in short presentations and informal discussions. Subjects have varied from the Vikings to the stories of Chekov and Jewett; from the Civil War to ethics; and from Van Gogh to Broadway musicals. In addition, the Forum sponsors lectures, a summer arts program, and offers programs: FRF Travels and FRF Goes to the Movies. Membership is \$20 per year. For more information, including the newsletter, visit *frontrangeforum.org*.

#### Harmonettes 🚺 🖤

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

Practice M 9:30–11:00 AM No Fee

#### Older Gay Lesbian Bisexual Transgender (OGLBT) 🚺 🚥

This social networking group is looking for volunteers and leaders. The group would like to reformat and decide how to best serve the community. Seeking persons who are OGLBT and ages 50 years & up, but open to all. For more information contact Katie Stieber at 970.224.6029, *kstieber@fcgov.com*.

#### Senior Bowling Leagues 🚺 ໜ

League members and substitutes play at Chippers Lanes on Horsetooth; league fees apply. For more information, contact Karen Burgess at 970.484.2906.

Tuesday League	T	1:00 PM	
Thursday League	Th	1:00 PM	

#### Senior Advisory Board ໜ

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 🚺 ໜ

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. All levels welcome. For more information, contact Magic John at 970.599.1234, *sc-chess@broccoli.gq*.

Ongoing Tu/F 9:30-11:30 AM No Fee	
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#### SOAP Troupe (Slightly Older Adult Players) 📶 🚥

SOAP Troupe produces two major shows per year featuring a variety of acts/short skits, monologues, stand-up comedy, song, dance or instrumental performances, a short play, and usually a melodrama or short comedy. Whether an experienced performer or a beginner, talent can be used to act, pound nails, sew, sing, and/or write. SOAP meets at 1 p.m. on the fourth Tuesday of each month. For more information, contact Ashley Ruffer at 970.224.6033, aruffer@fcgov.com.

#### The Writers Group 🚺 🖤

Expression through writing in any manner regardless of content, genre, or skill. Gather weekly to share work and occasionally write on a topic selected by all. New participants welcome. For more information, contact Ashley Ruffer at 970.224.6033, aruffer@fcgov.com.

Ongoing Tu 9:30 AM-Noon No Fee

#### **CARDS & GAMES**

#### Bingo M

Compete in Bingo for prizes.

12/10, 1/14, 2/11 М

1:00-2:00 PM No Fee

#### Cards & Games M

Age: 18 years & up

Ongoing	All Games	М	9:00 AM-Noon	No Fee
Ongoing	Bridge	Т	12:30-4:00 PM	No Fee
Ongoing	Pinochle	Т	12:30-4:00 PM	No Fee
Ongoing	Mahjong	Т	1:00-4:00 PM	No Fee
Ongoing	All Games	W	12:30-4:00 PM	No Fee
Ongoing	Bridge	Th	5:00-8:00 PM	No Fee
Ongoing	Pinochle	F	12:30-4:00 PM	No Fee

#### **BRIDGE DROP-IN PLAY**

#### Duplicate Bridge (M) 🚥

Weekly drop-in duplicate bridge for companionable play. No partner required. Non-member fee: \$5.

Age: 18 years & up

Ongoing

1:30 AM-3:00 PM

\$4

#### Bridge Mentoring 🖤 🖤

F

Drop-in half-hour review of one topic, followed by Bridge play. Mentor assists with bidding and playing guestions. No partner required. Non-member fee: \$5.

Age: 18 years & up

3/11	М	5:30-8:30 PM	No Fee	
0/11		0.000 0.000 1.1.		
3/25	М	5:30-8:30 PM	No Fee	
5/25		5.50 0.50111	потее	
4/8	М	5:30-8:30 PM	No Fee	
4/0	1.1	J.J0-0.J0 FM	NUTEE	
1/22	М	5:30-8:30 PM	No Fee	
4/22	I*I	5.50-8.50 PM	No ree	
5/13	М	E-70 0-70 DM	ΝοΓοο	
5/15	I*I	5:30-8:30 PM	No Fee	

#### BRIDGE

Learn the 21st Century Standard American Bridge System using MiniBridge and the ACBL Bridge Series textbooks in Bridge 1-6. Bridge 7 uses the book, 25 More Bridge Conventions You Should Know by Barbara Seagram.

In Bridge "Play" courses (Bridge P1-P8), practice with companion materials. Receive 30-minute overview of teaching points, play 8 pre-set hands each session, and review specific analysis for each hand.

Beginner courses on Wednesday evenings.

Intermediate courses on Monday afternoons.

Registration includes supplies.

Courses taught by an ACBL-certified life-master teacher.

#### **Bridge 5, Commonly Used Conventions**

Add conventions to bidding language: Stayman, Jacoby Transfers, Jacoby 2NT, Jordan 2NT, Weak Two's, Michaels, Unusual NT. Prepare to play in duplicate bridge games with review of SAYC convention card. Prerequisite: Bridge 3, Play of the Hand or instructor approval.

Age: 18 years & up

4/17-6/5 W 5:30-8:30 PM \$100	212460-01
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#### **Bridge 7, More Advanced Conventions**

Add conventions to bidding language beyond SAYC: New Minor Forcing, Inverted Minors, Cappelletti, DON'T, Bergen, DOPI/ROPI/ DEPO, Puppet Stayman, 4-suit transfers. Prerequisite: Bridge 5, Commonly Used Conventions or instructor approval.

Age: 18 years & up

3/25-5/20	М	1:30-4:30 PM	\$121	212461-01

#### Bridge P3, Defense "Play"

In structured play, practice hands with bridge play and bidding concepts learned through Bridge 4, Defense. Prerequisite: Bridge 3, Play of the Hand or instructor approval.

Age: 18 years & up

3/4, 3/18, 4/1, 4/15	М	5:30-8:30 PM	\$55	112462-01

#### Bridge P4, Advancing Player 1 "Play"

In structured play, practice hands with bridge play and bidding concepts learned through Bridge 4, Defense. Prerequisite: Bridge 3, Play of the Hand or instructor approval.

Age: 18 years & up

4/29, 5/6, 5/20, 6/3	М	5:30-8:30 PM	\$55	112463-01

#### **EDUCATION**

#### Housing Options for Seniors 🕀

Explore various housing options for aging adults. Learn differences between patio homes, condos, and town homes. Differentiate between independent and assisted living, as well as local costs. Make informed decisions regarding future housing choices.

3/12	Tu	1:00-2:30 PM	No Fee	225431-01
4/24	W	10:00-11:30 AM	No Fee	225431-02
5/6	М	3:00-4:30 PM	No Fee	225431-03

#### [ ACTIVE MINDS VIRTUAL LEARNING 🚺 ]

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

Age: 18 years & up

#### **Puerto Rico**

Devastated by hurricane Maria nearly two years ago, Puerto Rico is still far from fully recovered. Total losses from the storm are expected to exceed \$100 billion, hundreds have died, and rebuilding infrastructure has been much slower than anticipated. Review the history of the island, how U.S. policies have impacted its economy and its people over the past century, and what the future may hold as it continues to rebuild.

3/26 Tu 1:00-2:00 PM \$9 212441-0	1:00-2:00 PM \$9 212441-01		3/26
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#### **Renewable Energy**

Energy from renewable sources (solar, wind, geothermal, hydro, etc.) is important for the future of energy in the U.S. and the world. The issues involved are complex, with technical challenges, economic issues, as well as environmental, political, and social factors. Survey the current state of renewable energy and look at how these resources will evolve in the future.

4/23	Tu	1:00-2:00 PM	\$9	212441-02

#### FITNESS

#### **General Information**

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

Participants may register for one or more class sessions starting on or after the registration date. Sessions are 4-weeks long and 5-weeks long during major holidays; 5-week sessions are marked with an asterisk (\*).

Active facility pass holders receive 70% off enrollment price. **Note:** Health & Wellness programs (1) and 25-admission passes are not eligible for the discount.

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

See page 7 for fitness class drop-in prices and passes. **Note:** Drop-in participants do not count toward minimum number of a fitness class. Reduced rates do not apply to daily the drop-in fee.

The fitness classes listed below are specific for ages 50 years & up. See page 93 for information about additional fitness classes, as well as information about personal training services.

#### **Back & Body Strength**

Strengthen and stretch 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 5/27.

3/4-3/29	M,W,F	8:50-9:50 AM	\$49	209431-01
4/1-4/26	M,W,F	8:50-9:50 AM	\$49	209431-02
*4/29-5/31	M,W,F	8:50-9:50 AM	\$57	209431-03
Back & Body,	2x/Week			
3/4-3/27	M,W	8:50-9:50 AM	\$33	209431-1A
4/1-4/24	M,W	8:50-9:50 AM	\$33	209431-2A
*4/29-5/29	M,W	8:50-9:50 AM	\$37	209431-3A

#### **Body & Mind in Motion**

Designed for adults with physical limitations. Perform a variety of arm and leg movements while sitting in a chair. **Note:** Class will not be held on 5/27.

3/4-3/29	M,W,F	10:00-10:55 AM	\$49	209432-01
4/1-4/26	M,W,F	10:00-10:55 AM	\$49	209432-02
*4/29-5/31	M,W,F	10:00-10:55 AM	\$57	209432-03
Body & Mind,	2x/Week			
3/4-3/27	M,W	10:00-10:55 AM	\$33	209432-1A
4/1-4/24	M,W	10:00-10:55 AM	\$33	209432-2A
*4/29-5/29	M,W	10:00-10:55 AM	\$37	209432-3A

#### **N'Balance**

Learn effective fall prevention techniques that achieve results. Practice exercises and movements to strengthen core balance and to overcome the fear of falling. This is an evidence-based balance program designed from the kinetic principles of Fall Proof, created by California State University Fullerton.

3/4-4/24	M,W	2:30-3:30 PM	\$20	209433-01

#### Balance 201

Practice techniques and work to develop body awareness, methods, and confidence in balance. Just like strength improves with practice, so can balance.

3/7-3/28	Th	12:30-1:30 PM	\$17	209439-01
4/4-4/25	Th	12:30-1:30 PM	\$17	209439-02
*5/2-5/30	Th	12:30-1:30 PM	\$21	209439-03

#### Swiss Theraball

Enjoy gentle, effective, low-impact exercise on a Theraball. Improve balance, endurance, flexibility, and strength with this routine. Theraballs provided.

3/7-3/28	Th	4:00-5:00 PM	\$17	209434-01
4/4-4/25	Th	4:00-5:00 PM	\$17	209434-02
*5/2-5/30	Th	4:00-5:00 PM	\$21	209434-03

#### Tai Chi for Arthritis I

Tai Chi for Arthritis and Falls Prevention is effective, and evidence based. It relieves pain, and maintains and improves health and quality of life.

3/8-3/29	F	3:00-4:00 PM	\$17	209436-01
4/5-4/26	F	3:00-4:00 PM	\$17	209436-02
*5/3-5/31	F	3:00-4:00 PM	\$21	209436-03

#### Tai Chi for Arthritis II

Designed for those with or without Arthritis and are looking for a challenge. Prerequisite: Tai Chi for Arthritis I.

3/8-3/29	F	Noon-1:00 PM	\$17	209435-01
4/5-4/26	F	Noon-1:00 PM	\$17	209435-02
*5/3-5/31	F	Noon-1:00 PM	\$21	209435-03

#### [ 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 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 5/27.

#### Location: Senior Center

200000000000000000000000000000000000000				
3/5-3/28	Tu,Th	10:10-10:55 AM	\$25	209450-01
4/2-4/25	Tu,Th	10:10-10:55 AM	\$25	209450-02
*4/30-5/30	Tu,Th	10:10-10:55 AM	\$31	209450-03
3/9-3/30	Sa	10:30-11:15 AM	\$13	209450-04
4/6-4/27	Sa	10:30-11:15 AM	\$13	209450-05
*5/4-6/1	Sa	10:30-11:15 AM	\$16	209450-06
Location: Nor	thside Azt	lan Center		
3/4-3/27	M,W	11:00-11:45 AM	\$25	209550-01
4/1-4/24	M,W	11:00-11:45 AM	\$25	209550-02

11:00-11:45 AM

#### **Circuit SilverSneakers**

M.W

\*4/29-5/29

Move through a series of exercises in a circuit format to improve cardiovascular endurance and muscular strength and endurance. **Note:** Class will not be held on 5/27.

3/4-3/29	M,W,F	1:00-1:45 PM	\$37	209451-01
4/1-4/26	M,W,F	1:00-1:45 PM	\$37	209451-02
*4/29-5/31	M,W,F	1:00-1:45 PM	\$43	209451-03

#### Splash SilverSneakers

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

3/5-3/28	Tu,Th	12:15-1:10 PM	\$33	209452-01
4/2-4/25	Tu,Th	12:15-1:10 PM	\$33	209452-02
*4/30-5/30	Tu,Th	12:15-1:10 PM	\$41	209452-03
3/5-3/28	Tu,Th	1:15-2:10 PM	\$33	209452-04
4/2-4/25	Tu,Th	1:15-2:10 PM	\$33	209452-05
*4/30-5/30	Tu,Th	1:15-2:10 PM	\$41	209452-06

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

#### Stability SilverSneakers

Become stronger and improve balance. Designed for fall prevention and suitable for all fitness levels. Adapted exercises available based on skill of individual participants. Chairs may be used for balance and support.

3/8-3/29	F	2:00-2:45 PM	\$13	209453-01
4/5-4/26	F	2:00-2:45 PM	\$13	209453-02
*5/3-5/31	F	2:00-2:45 PM	\$16	209453-03

#### **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 5/27.

3/4-3/27	M,W	4:10-4:55 PM	\$25	209454-01
4/1-4/24	M,W	4:10-4:55 PM	\$25	209454-02
*4/29-5/29	M,W	4:10-4:55 PM	\$28	209454-03
3/5-3/28	Tu,Th	11:10-11:55 AM	\$25	209454-04
4/2-4/25	Tu,Th	11:10-11:55 AM	\$25	209454-05
*4/30-5/30	Tu,Th	11:10-11:55 AM	\$31	209454-06
3/9-3/30	Sa	11:15 AM-Noon	\$13	209454-07
4/6-4/27	Sa	11:15 AM-Noon	\$13	209454-08
*5/4-6/1	Sa	11:15 AM-Noon	\$16	209454-09

#### [YOGA]

#### Yoga, Chair

209550-03

\$28

A form of adaptive exercise. Use a chair for support 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 5/27.

3/4-3/25	М	8:30-9:30 AM	\$17	209437-01
4/1-4/22	М	8:30-9:30 AM	\$17	209437-02
4/29-5/20	М	8:30-9:30 AM	\$17	209437-03

#### Yoga for Osteoporosis

Learn and practice yoga poses to help with the prevention and treatment of osteoporosis and strengthen bones. Focus on breathing techniques, balance, strength, and posture. Based on the book, Walk Tall, by Sara Meeks, PT.

3/6-3/27	W	9:00-10:00 AM	\$17	209466-01
4/3-4/24	W	9:00-10:00 AM	\$17	209466-02
*5/1-5/29	W	9:00-10:00 AM	\$21	209466-03

#### ICE

#### Senior Coffee Club ໜ

For older adults interested in social skating. Drop-in fees apply. **Note:** Adults ages 85 years & up are eligible for the Platinum Pass. Ask the front desk for details. Session will not be held on 5/15, 5/22.

Location: Edora Pool Ice Center

Age: 60 years & up

3/6-5/22 W 9:15-10:45 AM
--------------------------

#### RESOURCES

#### Library/Media Center M

A quiet location for reading, reflection, relaxing, or using one of the computers. Book library includes large print, hard cover, and paperback books, as well as works by local artists. Volunteer Library Attendants are available to assist members during the day. Book donations are accepted as space allows.

#### Pool Room 🚺

The Pool Room has four 8-ball tables and one snooker table. Non-members may pay a daily drop-in rate. Additionally, users are asked to make a contribution to the donation box located in the room to help support facility maintenance.

#### VOA Senior Nutrition Program ໜ

Volunteers of America and the City of Fort Collins Recreation Department host the Senior Nutrition Program to provide hot lunch at Northside Aztlan Community Center and the Senior Center. There is no charge for ages 60 years & up (and their spouses). Reservations required; contact 970.472.9630 by 1:30 p.m. one business day prior.

Location: Senior Center						
Ongoing	M,Tu,Th,F	Noon	\$2.50 suggested donation			
Location: Northside Aztlan Center						
Ongoing	Tu,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/D/SC/App/General*, 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 Senior Programs**

Gather for arts and crafts, bingo, holiday themed parties, movies, and community guest speakers after the VOA Senior Nutrition Program (see above). Discounts available for reduced fee applicants. **Note:** Participation in Ancianos is not required to participate in VOA Senior Nutrition Program.

Location:	Northside	Aztlan	Center
Locution.	NULLISIAC	ALUUII	CUILLI

3/1-5/30	T,Th	\$75	212500-01

#### Coffee with Bob 🖤

Grab a cup of coffee with Recreation Director, Bob Adams. Coffee provided. Bring thoughts and questions for discussion.

3/27	W	8:30-9:30 AM	No Fee
4/24	W	8:30-9:30 AM	No Fee
5/22	W	8:30-9:30 AM	No Fee

#### Movies, New Release, & Classics 🚺 ໜ

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

3/1	F	1:00-3:00 PM	No fee	
3/15	F	1:00-3:00 PM	No fee	
4/5	F	1:00-3:00 PM	No fee	
4/19	F	1:00-3:00 PM	No fee	
5/17	F	1:00-3:00 PM	No fee	

#### Prairie Sage Dances 🖤

Dance to live music. Refreshments served. Free dance lessons at 5:30 p.m. with purchase of dance ticket.

3/4	М	7:00-10:00 PM	\$5	Big Twang Theory
3/18	М	7:00-10:00 PM	\$5	Pepie
4/1	М	7:00-10:00 PM	\$5	Tom Yook
4/15	М	7:00-10:00 PM	\$5	Harris and Harris
5/6	М	7:00-10:00 PM	\$5	Big Twang Theory
5/20	М	7:00-10:00 PM	\$5	Harris and Harris (potluck)

#### SPECIAL EVENTS

See a list of Special Events available for all ages on page 77.

#### Celebrations 🚺

Celebrate January, February, and March birthdays and anniversaries of Senior Center members with cake, gifts, and entertainment.

3/28	Th	1:30-3:00 PM	No Fee	212410-01

#### **Mahjong Mini-Marathon**

Bring boards and tiles and for a morning of coffee and Mahjong.

#### Pool Tournaments M

8-ball billiards tournament with prizes awarded to the top three competitors. Snacks and beverages provided.

3/2	Sa	10:00 AM-3:00 PM	\$16	212421-01

#### SPORTS

#### AOA Badminton

Join the group of Active Older Adults to play badminton. **Note:** Drop-in fees apply. Class will not be held on 12/25, 1/1.

Age: 18 years & up

Location: Northside Aztlan Center

8:00-10:00 AM

212422-01

# Join our community of curious minds

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

# www.OsherCSU.com



OSHER LIFELONG LEARNING INSTITUTE colorado state university

#### AOA Basketball

Active Older Adults suit-up and get on the court for some hoops. **Note:** Drop-in fees apply.

Age: 18 years & up Location: Northside Aztlan Center

12/3-3/1 M,W,F 8:00-10:00 AM

#### **Senior Travel Softball**

Travel as far as Colorado Springs to play softball against teams in other cities, as well as Fort Collins. Registration ends 3/15. 28 league games plus a season ending tournament. 32 games total. **Note:** Class will not be held on 7/4.

\$76

Age: 50 years & up

Location: TBD

Date: 4/24-8/14

313026-01

34 Duplex Patio Homes for Active Seniors Wanting a Maintenance-Free Lifestyle



Move-in Ready!

Columbine PATIO HOMES Torino Circle in Fort Collins

**Monday - Friday** 10:00 a.m. - 5:00 p.m.





970-999-2071 columbinepatiohomes.com

## 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. See trip details for more information.

#### **Refunds/Cancellation**

In accordance with the Recreation refund policy, within a week of an activity no refunds are given unless we resell that seat. The Recreation refund policy can be found on page 5.

Ticketed trip sales are considered final after the deadline printed for each activity and are non-refundable. Ticketed trips include, but are not limited to: shows, special events, and sports games.

Full refunds are available for overnight trips until the final payment deadline listed in the activity, after which all sales are final and non-refundable. For some overnight trips, a refund schedule is available upon request.

#### Discounts

The Senior Center Member discount applies to trips where an 0 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 to check in with the driver. Out of respect for the other participants, we do not wait for late arrivals; trips leave promptly at the posted trip time.

#### **Return Times**

All return times are approximate. Please do not schedule appointments close to return times in case delays occur.

#### What's Included

All trip prices include transportation and escort, unless otherwise noted. Many trips include more amenities depending on the trip. See trip details for more information.

#### Accommodations

Individuals who are not independent in daily living activities or need extra supervision or assistance are encouraged to register and participate with a personal care attendant. At time of registration, please inform us of any accommodations needed. When registering for ticketed events, accommodations can only be guaranteed until the non-refundable date noted in the description. After that date we will make every effort to accommodate needs, but we cannot guarantee ticket availability.

There is no transportation fee for the personal care attendant providing assistance, but they must pay for ticket and meal expenses if those are part of the trip fees. Attendants must register separately from individuals they are assisting to ensure that we provide necessary seating, meals, tickets, etc.



#### YELLOWSTONE WINTER WONDERLAND SNOW COACH TOUR FEB 28 - MAR 5, 2018

Two Days in Yellowstone with Guides Old Faithful and Fountain Paint Pots Grand Canyon of the Yellowstone Artist Point and Gibbon Falls • Moss Mansion Occidental Hotel • Little Bighorn Battlefield

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

BOOK SOON! Time is running out on these experiences!

#### CRIPPLE CREEK GAMING & ICE FESTIVAL FEB 10 - 12, 2019

Ice Sculptures • Double Eagel Hotel 2 Breakfast Vouchers • Free Personal Pizza Earn Points & Get Dinner Free!

\$189 Dbl | \$259 Sgl

Royalty Coach

970-493-7778 RoyaltyCoach.com

Trips include motor coach, hotels, & admissions.

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 timeframes out of consideration for other participants. On some trips, a pick-up in Loveland is offered and must be requested at time of registration; pick-up time is 15 minutes after time listed in program description. The cost for these services is \$5 per person. Requests must be made at the time of registration or at least three business days prior to the trip.

#### Waitlist

If a trip is sold out, you may have your name placed on a waitlist. We will contact you directly if space becomes available. Reservations are on a first-come-first-served basis.

#### **Trips & Travel Exertion Scale**

Trips are identified throughout this section with an exertion scale rating. The rating scale identifies how intense the walking may be on the trip. A rating of ● indicates a low walking level for the trip, while a ▲ indicates a high level of walking. The rating system is defined below. Please note that many trips may be at altitude regardless of the exertion rating. Distances are approximate.

• = Walk short distances. Example: To program location from parking lot. May include some stairs. Mostly sitting. Handicap accessibility available. Distance: Less than 20 yards.

Walk short distances on mostly even surfaces. Some stairs. Example: Short tours. Distance: 20-100 yards.

♦ = Walk longer distances on mostly even surfaces. Some stairs. Distance: .25-1 mile.

▲ = Walk for long distances, on uneven surfaces, and/or on stairs. You will be on your feet for most of the outing. Distance: 1-5 miles.

#### **ADVENTURE**

Installment billing is available for Adventure trips. To set-up reoccurring payments, contact Cate Eckenrode at 970.224.6136. To pay in full, register online using the activity number listed in the program description. For a schedule of trip previews contact 970.224.6136, *trips@fcgov.com.* 

All adventure trips are rated **A**. Accommodations must be requested at time of registration.

These include wheelchair transport at airports, airline seat assignments, and other accommodations.

#### New York City: The Big Apple

Spring in the Big Apple is an unforgettable experience with something for everyone. From Broadway to the Empire State Building to the Statue of Liberty, enjoy the sights and sounds of this bustling metropolis. See the highlights with city tours and culinary inclusions and explore the unexpected delights of the city that never sleeps. **Note:** 4 days/3 nights. Fee includes airfare, admissions, accommodations, tours, tour director, Broadway show, and meals as listed in the itinerary. Non-refundable after 3/19/19.

5/9-5/12, 2019	Double Occupancy	\$2,445	205992-01
5/9-5/12, 2019	Single Occupancy	\$2,905	205992-01

#### **Imperial Cities**

Bask in the splendor and romance of Eastern Europe's Imperial Cities: Prague, Vienna, and Budapest. Walk the Golden Lane in Prague before a private castle tour. Delight in the Baroque marvels of Vienna's Schoenbrunn Palace, and indulge in an unforgettable classical music performance. Experience the chivalry of old as knights recreate the days of old in a Hungarian castle. **Note:** 11 days/10 nights. Fee includes airfare, accommodations, tours, admissions, tour director, and meals as listed in the itinerary. Non-refundable after 5/1/19.

7/15-7/25, 2019 Double Occupancy	\$4,300	305996-01
7/15-7/25 2019 Single and Triple Rate Availabl	e I Inon Requ	ect

// 15-//25, 2019 Single and Triple Rate Available Upon Request

#### Wonders of the Maritimes & Cape Breton

Discover the heart of Canada's Atlantic seacoast. Begin in Halifax and end in Montreal. Experience scenic drives, visit beautiful national parks, and explore quaint fishing villages. With overnights in Moncton, Charlottetown, and Baddeck, tour Cape Breton Highlands National Park and UNESCO World Heritage Site, Lunenberg. Travel VIA Rail's Ocean Train to Montreal for a beautiful end to an out of the ordinary tour. **Note:** 12 days/11 nights. Fee includes accommodations, tour, tour director, and meals as listed in itinerary. Airfare not included. Non-refundable after 7/9/19.

 9/12-9/23, 2019 Double Occupancy
 \$3,320
 405990-01

 9/12-9/23, 2019 Single and Triple Rates Available Upon Request

#### Albuquerque Balloon Fiesta

There is no better way to experience the wonders of New Mexico and one of America's favorite festivals than on this guided tour. Take in the waves of colorful balloons as they lift into the morning sky and the evening Balloon Glow. Enjoy tours along the way with stops in Colorado Springs, Garden of the Gods, Santa Fe, and Taos. **Note:** 6 days/5 nights. Fee includes accommodations, tours, tour director, and meals as listed in the itinerary. Non-refundable after 8/2/19.

10/2-10/7, 2019	Double Occupancy	\$1,985	405991-01
10/2-10/7, 2019	Single Occupancy	\$2,485	405991-01

#### Galapagos

Experience the incredible wildlife and scenery of the Galapagos Islands on this multi-sport tour. Spend days with playful sea lions, giant manta rays, and the Galapagos giant tortoise. Enjoy stops at the Charles Darwin Research Station and Giant Tortoise Breeding Centre, snorkeling and kayaking around Floreana Island, biking on Isabela Island, and hiking the Sierra Negra Volcano. **Note:** 11 days/10 nights. Fee includes accommodations, tours, tour director, and meals as listed in the itinerary. Airfare not included. Non-refundable after 8/12/19.

10/11-10/21, 2019	Double Occupancy	\$3,299	405992-01
10/11-10/21, 2019	Single Occupancy	\$3,838	405992-01

#### **Festive Season on the Blue Danube**

From Budapest to Prague discover enchanting Christmas markets and traditions. Enjoy the holiday season of yesteryear from the Christmas Advent Market to the Christkindlesmarkt. Enjoy the Wachau Valley, Melk, Regensburg, and Nuremburg along the river before heading to Prague. Take in the iconic sights of Kaiserburg Castle, the WWII Third Reich Rally Grounds, the Astronomical Clock, and Hradcany Castle Grounds. It is Christmas like never before with culinary treats, gifts, and warmth of the season. **Note:** 13 days/12 nights. Fee includes accommodations, tours, tour director, meals, as listed in the itinerary, and roundtrip airfare. Non-refundable after 8/27/19.

 11/27-12/9, 2019 Double Occupancy
 \$5,230
 405994-01

 11/27-12/9, 2019 Single Rates Available upon Request
 \$5,230
 405994-01

#### Dia de Los Muertos & More in Mexico

Travel to City of Fort Collins Friendship City, San Cristobal de las Casas in the heart of the Sierra Madre highlands. Experience the people, projects, and cultures through environmentally sustainable *continued on next page* 

#### Dia de Los Muertos & More in Mexico continued

tourism. After a stop in the Mexican Riviera, travel through El Canon del Sumidero to San Cristobal de las Casas. On this people-to-people exchange, visit a local Mayan family in Zinacantan, enjoy a worldclass coffee tasting at a family owned cafeteria, and learn about the unique art-pottery in Amatenango del Valle at a clay workshop of a local woman-cooperative. Experience the strong traditions of the Mayan and Mexican cultures. **Note:** 10 days/9 nights. Fee includes accommodations, local guides, meals as listed in the itinerary. Airfare not included. Non-refundable after 5/24/19.

10/29-11/7	Double Occupancy	\$3,350	405993-01
10/29-11/7	Single Occupancy	\$3,800	405993-01

#### Peru & The Inca Trail

A unique combination of cultural highlights of the Sacred Valley with the challenge of one of the world's best-known hikes. Enjoy the four-day Inca Trail trek that passes through a stunning combination of the region's ruins, mountainscapes, and cloud forests. The first glimpse of Machu Picchu in the early morning light makes the journey worthwhile. Relax and enjoy the beauty of the region as porters take care of the equipment and food on this award-winning program. **Note:** 9 days/8 nights. Fee includes accommodations (3 nights hotel/3 nights camping), guide, cooks, and porters. Airfare not included. Non-refundable after 3/1/20.

4/30-5/8, 2020	Double Occupancy	\$3,090	205993-01
4/30-5/8, 2020	Single Occupancy	Upon Request	205993-01

#### [ ONGOING TRIPS ]

#### Rockies Games 🚺 🔶

DL 111

Enjoy a game at Denver's Coors Field. **Note:** Fee includes ticket. Non-refundable after 4 weeks prior to game date.

vs. Phillies				
4/21	Su	10:30 AM-6:00 PM	\$43	205901-01
vs. Nationals				
4/24	W	10:30 AM-6:00 PM	\$43	205901-02
vs. Padres				
5/12	Su	10:30 AM-6:00 PM	\$43	205901-03
vs. Orioles				
5/26	Su	10:30 AM-6:00 PM	\$43	205901-04

#### Casino Trips 💻

A day in the mountains at the Mardi Gras Blackhawk.

**Note:** Fee includes a \$5 lunch coupon and \$5 free play.

#### Location: Rolland Moore Park

3/19	Tu	8:00 AM-5:30 PM	\$11	205910-01
4/16	Tu	8:00 AM-5:30 PM	\$11	205910-02
5/21	Tu	8:00 AM-5:30 PM	\$11	205910-03

#### [OUT TO LUNCH 🚺 ] 🗖

A trip out to lunch with friends. **Note:** Lunch cost on your own. Range: \$10-15.

#### **Clancy's Irish Pub, Wheatridge**

Colorado's oldest and longest running Irish Pub serving traditional Irish fare just right for celebrating St. Patrick's Day.

3/12	Tu	10:30 AM-3:30 PM	\$31	205930-01
3/13	W	10:30 AM-3:30 PM	\$31	205930-02

#### Lucky Fins, Greeley

Great tasting seafood dishes along with burgers and sandwiches make for a great lunch.

4/11	Th	10:30 AM-3:30 PM	\$31	205930-03

#### Chautauqua, Boulder

Spectacular views and charm accompany the included lunch. Lunch menu features choice of appetizer, entrée, and dessert from a specially curated seasonal menu.

5/14	Tu	10:30 AM-3:30 PM	\$76	205930-04

#### [ SUNDAY OUT TO LUNCH ]

Head 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 on your own. Range: \$10-15.

Su	11:00 AM-3:00 PM	\$11	205932-01
Su	11:00 AM-3:00 PM	\$11	205932-02
Su	11:00 AM-3:00 PM	\$11	205932-03
	Su	Su 11:00 AM-3:00 PM	Su 11:00 AM-3:00 PM \$11

#### [TRAVELING GOURMET 🚺 ] 🗖

Get fancy for dinner and try gourmet Colorado cuisine. **Note:** Dinner cost on your own. Range: \$40-\$75.

#### The Boulder Cork

A fine dining experience in Boulder for over 30 years with an everevolving menu and changing local artwork.

3/21 Th 4:00-9:30 PM	4 \$26 205940-01
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#### Samples, Longmont

Featured on Diners, Drive-Ins, & Dives, the menu features comfort foods and much more.

4/23 Tu 4:00-9:30 P	M \$26 205940-02
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#### The Fort, Morrison

The essence of Colorado specializing in food and drink of the early west featuring buffalo, beef, game, and seafood.

5/23	Th	4:00-9:30 PM	\$26	205940-03

#### MARCH

#### Beethoven Symphony No. 7, Denver

Driving dance rhythms link this trio of works by Beethoven and Mason Bates. Dubbed the "apotheosis of the dance" by Wagner for the motion at the heart of this constantly developing piece, the second movement stands alone as a powerful, haunting piece of classical music. **Note:** Fee includes ticket. Non-refundable after 2/8/19.

Location: Boettcher Concert Hall

 3/3
 Su
 10:00 AM-7:00 PM
 \$100
 205920-01

#### Boyer's Coffee & Hammonds Co, Denver 🚺 🗖

Born in 1915, Boyer's Coffee is still thriving with original techniques and coffee sources from around the world. In 1920, after several years learning the candy business, Carl T. Hammond Sr., was inspired to become an entrepreneur after creating his first original candy. **Note:** Lunch cost on your own.

Location: Denver

#### Leonardo Da Vinci, Denver 🚺 🔶

Leonardo Da Vinci's legacy comes to life at the Denver Museum of Nature and Science in the special exhibit, Leonardo da Vinci: 500 Years of Genius. The comprehensive exhibit includes replicas of his inventions built using his detailed codices, multimedia content, and the fascinating "Secrets of the Mona Lisa." **Note:** Fee includes admission and IMAX film. Lunch cost is on your own.

Location: Denver Museum of Nature and Science

,	3/7	Th	8:30 AM-4:00 PM	\$76	205951-01	
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#### The Play That Goes Wrong, Denver 🗖

Broadway and London's award-winning smash comedy is a hilarious hybrid of Monty Python and Sherlock Holmes. This classic murder mystery gone awry is Broadway's longest running play. Welcome to opening night where things are quickly going from bad to utterly hilarious, with an unconscious leading lady, a corpse who can't play dead, and actors who trip over everything. **Note:** Bring a snack/meal to enjoy on the bus. Fee includes ticket. Non-refundable after 2/8/19.

Location: Buell Theater

3/17	Su	10:00 AM-7:00 PM	\$111	205921-01

#### Denver Powwow 🚺 🔶

The 45th Annual Denver Powwow celebrates tribal dancers representing 95 tribes from 33 states and 6 Canadian provinces. Watch the Grand Entry procession. Experience more than 1,600 dancers, award-winning storytellers, and powerful drum circles. Then sample delicious food and explore arts and crafts. **Note:** Fee includes admission. Lunch cost is on your own.

Location: Denver

3/22	F	8:00 AM-5:00 PM	\$31	205952-01

#### Oliver!, Johnstown

A true theatrical masterpiece about Oliver, a malnourished orphan and neglected apprentice. Follow Oliver along his path of escaping to London, becoming a thief with a gang of pickpockets, and being captured and then rescued by his victim. Discover how the true love of a family turned this lost soul around. **Note:** Fee includes ticket and lunch. Non-refundable after 2/22/19.

Location: Candlelight Dinner Playhouse.

3/24	Su	11:30 AM-7:00 PM	\$80	205922-01

#### Family Jones Distillery, Denver 🚺 🗖

Take a tour behind the scenes of one of Denver's hottest distilleries. Blending style and experience in Denver's first distillery-restaurant combination. Experience the pairing of hand-crafted spirits and food that highlight local ingredients. Learn about the distilling process, including a Colorado pine amaretto. **Note:** Fee includes tour, tasting, and lunch.

Location: Denver

3/26	Tu	10:00 AM-5:00 PM	\$76	205953-01

#### Hello, Dolly!, Denver

Tony Award-winning Broadway legend Betty Buckley stars in this universally acclaimed smash musical. Winner of four Tony Awards including Best Musical Revival, this production pays tribute to the original work of legendary director/choreographer Gower Champion. The story of a meddlesome matchmaker brings together the young clerk of a wealthy Yonkers merchant and his assistant with a widowed milliner and her assistant, while making sure she herself gets to marry the merchant. **Note:** Bring a snack/lunch to enjoy on the bus. Fee includes ticket. Non-refundable after 2/8/19.

Location: Buell Theater

3/28	Th	10:30 AM-7:00 PM	\$111	205923-01

#### APRIL

#### Denver Police Headquarters & Firefighter Museum 🚺 🔶

Visit the new state of the art Denver Police Headquarters. Then explore the history of the Denver Fire Department at the Firefighter Museum. Learn the historical facts like Fire Station One began in 1882 as home to the Broadway Hose Co. No 6.

Location: Denver

4/2	Tu	9:00 AM – 4:30 PM	\$21	205954-01

#### Women of Rock, Denver

From Aretha to Whitney, women have been a force to be reckoned with in the world of music. Denver music powerhouse Tracksuit Wedding takes the stage with the Colorado Symphony to pay homage to female visionaries including: Adele, Janis Joplin, Stevie Nicks, Diana Ross, and more. **Note:** Bring snack/meal to enjoy on the bus. Fee includes ticket. Non-refundable after 3/1/19.

Location: Boettcher Concert Hall.

4/4 Th 4:00-11:30 PM \$100 205924-01
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#### National Center for Atmospheric Research, Boulder 🔘 💻

NCAR is a world-class laboratory which offers an informative view of weather, climate, and the spectrum of atmospheric research. Enjoy a guided tour of NCAR and learn about atmospheric science and current research. **Note:** Fee includes tour. Lunch cost is on your own.

4/9 Tu 8:00 AM-4:00 PM \$21 205955-01

#### Conference of World Affairs, Boulder 🚺 🔺

Each April, CWA week features 200 panels, 100 speakers, and performers over 5 days. The goal of the week is to bring together thought leaders from across the globe to share a range of perspectives on the pressing issues of the day. **Note:** Fee includes admissions. Lunch cost is on your own.

#### Sin Street Social Club, Arvada 🗖

This flirty, fun, feminist comedy is a bold new take on Aphra Behn's restoration classic *The Rover*, adapted by Denver playwright Jessica Austgen. Helen, a novice nun, and Florie Mae, her nightclub singing sister, take to the streets of 1916 New Orleans in a last-ditch effort to save their departed daddy's dance club. **Note:** Bring snack/meal to enjoy on the bus. Fee includes ticket. Non-refundable after 3/15/19. Location: Arvada Center

	4/17	W	10:30 AM-6:00 PM	\$66	205925-01
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#### Vintage Aero Flying Museum, Denver M 🔶

Known as "The LaFayette Escacrille & Flying Corps," the museum honors Americans who served their country in WWI and WWII. Aviation artifacts, memorabilia, and aircrafts are on display. **Note:** Fee includes guided tour. Lunch cost is on your own.

Location: Denver

4/18	Th	9:00 AM-4:00 PM	\$46	205956-01	

#### Taste of Pearl, Boulder 🚺 🔺

Celebrate Taste of Pearl's 10th Anniversary. Pairing 15 Boulder restaurants with 15 Colorado wineries/distilleries. Experience the epicurean adventure and stroll from one location to the next at the showcase for the talents of some of Colorado's most renowned restaurants and chefs. **Note:** Fee includes General Admission ticket, samples, keepsake wine glass, and special offers.

4/25	Th	Noon-7:00 PM	\$101	205957-01
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#### Trav'lin, The Musical, Arvada 🗖

Travel back to the Harlem Renaissance and the music of legendary artists like Billie Holiday, Louie Armstrong, and Count Basie. In 1930s Harlem, three couples from three different generations try to hold onto each other in a complicated time. A funny and heartfelt look at love rediscovers the music of Harlem Renaissance. **Note:** Bring a snack/lunch to enjoy on the bus. Fee includes ticket. Non-refundable after 3/29/19.

Location: Arvada Center

4/28	Su	11:30 AM-6:00 PM	\$80	205926-01

#### Chamberlain Observatory, Denver

Join the Denver Astronomical Society for a public night of sky gazing. Enjoy a multi-media astronomy presentation by a DAS lecturer. Rain or shine enjoy a fun night full of astronomical delights designed for the non-astronomer ready to learn about the universe. **Note:** Dinner cost on your own. Accommodations are limited.

4/30	Tu	3:00-11:00 PM	\$31	205958-01

#### MAY

#### Butterfly Pavilion, Westminster 🚺 🗖

Learn about the hidden heroes of the animal kingdom. A class on Butterflies of the Rainforest with tea and cookies included in the adventure. **Note:** Fee includes admission. Lunch cost is on your own.

Location: Westminster

5/1	W	9:30 AM-4:00 PM	\$42	205959-01

#### Haystack Mountain Goat Dairy, Longmont 🚺 🔶

Founded in 1989, Haystack Mountain Goat Dairy produces inventive and hand-made, award-winning goat's milk cheeses. Enjoy a private tour and guided cheese tasting. **Note:** Fee includes guided tour. Lunch cost is on your own.

Location: Longmont

5/7	Tu	9:00 AM-3:00 PM	\$42	205960-01

#### Wicked, Denver

The Broadway sensation looks at what happened in the Land of Oz from a different angle. Long before Dorothy arrives, there is another young woman, born with emerald-green skin. She's smart, fiery, misunderstood, and possessing an extraordinary talent. When she meets a bubble blonde who is exceptionally popular, their initial rivalry turns to the unlikeliest of friendships until the world decides to call one "good" and the other "wicked." **Note:** Fee includes ticket. Non-refundable after 3/29/19.

Location: Buell Theater

-,	5/9	Th	10:30 AM-7:00 PM	\$111	205927-01
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#### Golden Geology Tour, Golden 🚺 🔺

Enjoy the best geologic points of interest in and around Golden. With a professional geologist as a guide, learn about the depositional and tectonic events that formed the Rocky Mountains. Stops to view the Front Range stratigraphy, ancient metamorphic rocks, granite pegmatites, and tertiary volcanic flows. **Note:** Lunch cost on your own.

Location: Golden

5/15	W	9:00 AM-4:00 PM	\$71	205962-01
5/16	Th	9:00 AM-4:00 PM	\$71	205962-02

# **GYMNASTICS CLASSES ENROLLING NOW**

CAMNERTINE

Certified Coaches Boys and Girls Gymnastics Programs Recreational and Competitive Programs Preschool Open Play Birthday Parties Camps ...and More! Ages 18 months - 18 years



# **Gymnastics Programs Your Kids will FLIP for!**

# PLUS, THE BEST BIRTHDAY PARTIES IN TOWN!

Includes Set Up, Clean Up, Party Host, Coaches, and Gymnastics Fun! Call to Reserve Your Party!



**970-226-0306** TimberlineGym.com 2026 Lowe St. Ft. Collins

#### Long's Iris Garden, Boulder 🚺 🔶

Recognized as a Colorado Centennial Farm in 2017, the third generation now runs Long's Iris Garden. Visit these incredible gardens and learn about the challenges of operating an agricultural enterprise in the middle of the city. **Note:** Fee includes guided tour. Lunch cost is on your own.

Location: Boulder

5/29 W 9:00 AM-4:00 PM \$26 205963-01

#### Beer 202, Fort Collins 🚺 🗖

Fort Collins is famous for its great water and better beer. Up next in the Beer Series, experience German beer along the Front Range. Famous across the world for this frosty beverage, Germany has strict purity laws only permitting three ingredients: water, hops, and malt. Learn how breweries specializing in German beer stack up. **Note:** Fee includes tastings and door to door transportation prior to and after trip times listed. Lunch cost is on your own. Bring a photo ID. Staff will call two days prior to the trip with pick-up times. Door to door transportation may add up to an hour both prior to and after listed trip time.

Location: Fort Collins

5/30	Th	11:00 AM-4:00 PM	\$66	205964-01

## Short Term Stay Options for Those Who Need Memory Care at New Mercer Commons.....



# Speak. Learn. Listen. Share. React. Participate.

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Fort Collins

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# COMING FALL 2019! STAY TUNED FOR UPDATES!

# fcconnexion.com



# The Youth Clinic's 2018 Express Flu Clinics

Clinics will be after hours Weekdays starting at 5:30 p.m. and Saturdays starting at 9 a.m. \*\*Youth Clinic Patients and Families Only\*\*

### Call 970.482.2515 to Schedule for ALL Family Members!

## Be prepared when you call:

🖌 Know Dates Available 🛛 🖌 Know Number of People 🛛 🖌 Have All Names & Birth Dates Ready

- Appts are required
- Insurance will be billed (we do not accept Adult Medicare, Adult Medicaid, or Adult Tricare)
- Charges will apply for no-show appts
- Save your family time in line and complete your paperwork 2 days before your appt. using Phreesia, our new electronic check-in system

All Express Flu Clinic appointments will be located at <u>1200 E. Elizabeth Office</u> on the following dates:

SAT	September 29	TUES October 9	SAT October 20	SAT November 3
WED	October 3	WED October 17	TUES October 23	WED November 7



www.YouthClinic.com

The Youth Clinic, the Advisory Committee on Immunization Practices, and the Center for Disease Control are recommending the vaccination of everyone over 6 months of age to prevent possible complication of influenza.

The providers at The Youth Clinic agree with the AAP and are recommending that our patients receive the FLU SHOT rather than the Flumist for this season. Please visit www. youthclinic.com for more information.



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

- \* New and convenient class times for families and for students that participate in other activities or sports.
- \* Ninja and sport themed classes.
- \* Fun and recreational competitive opportunities.
- \* Mix and match our gymnastics, dance and ninja classes for a well rounded athletic and artistic experience.









Gymnastics Dance Ninja Preschool Swimming Summer Camp

(970)482-3118

WWW.mountain-kids.com 419 E. Stuart St. Fort Collins, CO 80525