

Fall registration starts at 7 a.m., August 20

Fall 2020

# Recreator

City of  
Fort Collins

Ready to  
Welcome You

**A R O**

Find fun, inclusion and support with

**ADAPTIVE**

**RECREATION**

**OPPORTUNITIES**

**Make Your Fall**

**GAME PLAN**

with

**YOUTH  
SPORTS**



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# JAX

OUTDOOR GEAR

# RECREATION &

## COVID-19

In Recreation, we are working to keep our facilities clean, and our guests and staff healthy and protected. As guidelines and best practices regarding COVID-19 continue to develop, we will react accordingly, keeping safety as top priority.

Please note: classes and information contained in this document are subject to change at any time.

Visit [fcgov.com/recreation](http://fcgov.com/recreation) for current information regarding classes, programs, schedules and facility availability.



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Due to COVID-19 there will be no Trips & Travel this season

PG 15

**ARO**  
**ADAPTIVE**  
**RECREATION**  
**OPPORTUNITIES**

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**Make Your Fall**  
**GAME PLAN**  
with  
**YOUTH**  
**SPORTS**

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Follow us @ParksandRecFC





Dear Recreators,

As I am sitting down to write about recreational opportunities, I need to pause and reflect on what is going on right now in our city, our country, and our world. With both the impacts of COVID-19 and the crucial conversations addressing racism and equity, we truly are in unprecedented times. As we slowly have begun to reopen recreation facilities, we want to remind everyone that the safety of our guests and staff is top priority. New safety and prevention measures are built into every area of the recreation experience, from facility entry, to staff interactions, to class structures, to cleaning protocols. Additionally, as financial and economic impacts continue, we will be modifying hours, schedules and facility availability. I thank you in advance for your

understanding and patience as we adapt and transition in an ever-changing environment.

As we developed programs for this fall, our team has diligently followed current public health recommendations regarding physical distancing and size of gatherings. As a result, there will continue to be capacity limits in facilities and programs. We will continue to change our schedules, procedures and protocols as needed and will communicate all changes to schedules or Recreator programming through social media (@FCParksandRec), online at [fcgov.com/recreation](http://fcgov.com/recreation), and through posted information at our facilities.

Equity and inclusion are frameworks to accomplish the City's goals of sustaining an environment where residents and visitors feel welcomed, safe, and valued in the community. As an organization, we seek to exemplify the highest standards of ethical behavior, provide outstanding service to diverse customer needs, and embody a culture of health, safety and wellness for everyone. Recreation offers a reduced rate program for residents of Fort Collins to participate in our programs. We also offer our Adaptive Recreation Opportunities division which assists guests with special needs to be able to participate in any of our programs. Visit [fcgov.com/recreation](http://fcgov.com/recreation) for more information on these programs.

To reduce costs and ensure our information is as accurate as possible, this fall we will only be sharing the Recreator online, with reminder postcards going out to all our participants. If you did not receive one of these postcards and wish to receive one in the future, please fill out the subscription form at [fcgov.com/recreation](http://fcgov.com/recreation). We will also have limited print copies of the Recreator available at the front desk of open facilities. Please visit [fcgov.com/recreation](http://fcgov.com/recreation) or @FCParksandRec on Facebook and Twitter for updates on hours of operations, program offerings and registration dates.

On a final note, I want to take a moment to assure our guests, we are thrilled to have our recreation facilities and programs up and running again. Please remember when visiting our centers to practice physical distancing and wear a face covering, especially in our common areas and meeting rooms. Our goal is to keep our community safe while providing recreational services and we need your assistance to do this successfully.

I hope you will take a moment to browse the Fall Recreator and sign up for your favorite activity - we cannot wait to welcome you back!

In the meantime, take care of yourselves and stay well.

Bob Adams, Director of Recreation



## Credits

### City of Fort Collins

#### Parks and Recreation Board

Catherine Carabetta, Ken Christensen, Mary Carlson, Shari Heymann, Sam Houghteling, Bob Kingsbury, Jessica MacMillan, Michael Novell, Michael Tupa

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970.221.6655  
[recreation@fcgov.com](mailto:recreation@fcgov.com)

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& Sponsorships  
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[recreator@fcgov.com](mailto:recreator@fcgov.com)

Bob Adams  
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970.221.6354  
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For subscription  
information, please  
visit [fcgov.com/recreator](http://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.

## REGISTERING FOR PROGRAMS

**Due to uncertainty related to COVID-19 impacts on our community, registration dates are subject to change. For up-to-date information regarding registration, visit [fcgov.com/recreation](http://fcgov.com/recreation).**

Registration is currently scheduled to begin at 7 a.m. on August 20. Early registration will be available for Senior Center Members at 7 a.m. on August 18.

Registration may not 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.

At this time, checks or credit cards are the only forms of permitted payment. 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

New and current WebTrac account holders may visit [fcgov.com/recreator](http://fcgov.com/recreator) to register online. To register:

- Click on “Register Online”
- **New account holders**  
Click “Login” and select “Create an Account”  
Follow the prompts
- **Existing account holders**  
Click “Login”  
Enter your username/household ID number and password

### At Recreation Centers

The hours listed below are for when registration hours are open. For a list of open facility hours, see page 11.

#### Northside Aztlan Community Center

112 Willow St.  
M-F: 8 a.m. - 7 p.m.  
Sa: 8 a.m.-5 p.m.  
Su: 11 a.m. - 5 p.m.

#### Edora Pool Ice Center (EPIC)

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

#### Fort Collins Senior Center

1200 Raintree Dr.  
M-Th: 6 a.m. - 7 p.m.  
F: 6 a.m. - 5 p.m.  
Sa, Su: Closed

#### Foothills Activity Center

2411 E. Foothills Pkwy.  
M-F: 8 a.m. - 10 a.m. and 4 - 7 p.m.  
Sa, Su: Closed

### Over the Phone

Have your credit or debit card information, along with household account details, 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. Once enrolled in the program, a pass purchase is required to activate benefits. Discounted activity registration can then be done over the phone, in

*Reduced Fee Program continued*

person, or online. For more information visit [fcgov.com/reducedfee](http://fcgov.com/reducedfee).

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

## 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 at staff’s discretion. 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 Recreation Reserve Fund enables the City of Fort Collins to provide and sustain high quality recreation services and facilities. To ensure future needs are met, \$1 per program enrollment and \$2 per hour during facility room rentals are dedicated to reserves for future Recreation use. These fees are not discountable.

### ADA Disclosure

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 15 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 of program start date.

### Disability Resources

For more information contact 970.221.6655, [recreation@fcgov.com](mailto:recreation@fcgov.com). Information on personal care attendants can be found on page 15.



# WELCOME TO THE COOL, CRISP AIR

Keep your fall season healthy.

For the times you can't wait to see your provider, AFM's urgent care is there when you need it. Stop by one of our three urgent care locations in Fort Collins, Windsor, and Loveland or call to schedule a same-day virtual visit.

Hours vary. Visit [AFMnoco.com](https://www.afmnoco.com) for details.



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# BEAT THE BUZZ

WITH THE

## 4D's

1

Mosquitoes breed in water!  
Drain any standing water  
in your yard each week.



2

Keeping covered will do  
a lot to prevent biting.



3

Use an approved repellent  
according to its label.



4

Mosquitoes are most active  
dusk through dawn.



[fcgov.com/westnile](http://fcgov.com/westnile)

Auxiliary aids and services are available for persons with disabilities.

City of  
Fort Collins

18-1966Z

## Recreation’s Admission and Pass Fees

### DEFINITIONS

**Youth:** 2–17 years of age

**Adult:** 18–59 years of age

**60+:** 60 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

**Please note that group rates are not available at this time.**

This will be reexamined as physical distancing restrictions change.

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](http://fcgov.com/recreation) or by calling the desired facility.

#### Farm Admission

Age	Single Admission
Under 2	No Fee
2 years & up	\$4
Barnyard Buddy 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
Student	\$1 at Northside Aztlan Center with school ID (high school & younger)
Adult	\$5
60+	\$4
Drop-In Fitness Class Fee*	
Single Admission	\$7.50
10 Admission	\$67.50
<i>*Excludes karate classes. Valid one year from date of purchase</i>	

Ice Skating Rates	
Public Skate Admission	
Youth	\$4
Adult	\$5
60+	\$4
Skate rental	\$3
* Public Skate Group Admission	
Youth	\$3.50
Adult	\$4.50
60+	\$3.50
Skate rental/person	\$3
<i>Group rates do not include skate rental. EPIC pass holders receive \$1 off ice skating single admission.</i>	
Freestyle Session Passes	
10 Admission	\$25
50 Admission	\$125
Freestyle 15 Min. Drop-In	\$3
Drop-In Hockey Stick & Puck	
All Ages	\$5

#### Multi-Facility Admission Pass

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

<b>25 Admission Pass:</b> 25 admissions to use at any of the facilities listed above. Expires one year from date of purchase.	
Youth	\$80
Adult	\$100
60+	\$80
1 Month Pass *	
Youth	\$25
Adult	\$35
60+	\$25
Family/Couple	\$56
6 Month Pass *	
Youth	\$125
Adult	\$175
60+	\$125
Family/Couple	\$280
Annual Pass *	
Youth	\$225
Adult	\$315
60+	\$225
Family/Couple	\$504
Platinum Pass*	
85 years & up	Free
<i>* Pass holders receive 70% discount on registrations for designated fitness programs. Health &amp; Wellness programs and those using a 25 Admission Pass are not eligible for discount. Facility passes do not include admission to City Park Pool.</i>	
<b>No refunds on passes.</b>	
<i>Multi-facility 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.</i>	



# FROM THE **PARKS & RECREATION BOARD**

Here in Northern Colorado we are blessed with a myriad of recreational opportunities. From hiking and biking, to skiing and swimming, we live in a community that values recreation. We are also fortunate to have a large number of youth sport opportunities. Sports can help build confidence, positive self-esteem, and strong work ethic. Participating in a sport can also aid in teaching valuable life lessons, from how to learn from mistakes, to becoming humble winners and gracious losers.

The City of Fort Collins Recreation Department's facilities play host to several community groups, clubs, and organizations who make use of the spaces for recreational practice. Some of these groups include Colorado State University, Fort Collins Curling Club, Vortex Swim Club, and Fort Collins Area Swim Team (FAST).

The P&R Board would like to highlight FAST, while also recognizing other local user groups. FAST has a long tradition of teaching the sport of swimming to children and adults alike at Edora Pool Ice Center (EPIC). FAST athletes have accomplished many amazing goals in the sport including joining the US National Team, the US National Junior Team, qualifying for Olympic Trials, as well as State Championships. Each athlete is encouraged to develop a lifelong love of the water, resulting in many Fort Collins graduates continuing their swim careers in the collegiate ranks.

Through participation in sports programs children gain lifelong skills both individually and through working with a team. For example, swimming has the unique advantage of being both an individual and team sport. As an individual sport, athletes of all abilities can set and work toward their own goals - from completing a 100-yard event to swimming at the Olympic Trials. Athletes learn that hard work and dedication pay off. As a team sport, participants make lifelong friends and learn to encourage and support one another.

FAST is also unique in governance. The team is not privately owned or for-profit, but is managed by a board with a non-profit mission to support the swimming community of Northern Colorado. This community focus leads to FAST's close relationship with both summer swim teams and local high school swim teams, promoting swimming for both sport and safety throughout our community.

The Parks and Recreation Board would like to recognize the Fort Collins Area Swim Team for its 32 years in our community. With hundreds of swimmers, of all ages and abilities, there is space for everyone at FAST.

*Michael Novell, Parks and Recreation Board Member*

## FACILITIES

### Recreation Facility **Regulations**

To ensure a safe and welcoming atmosphere, all guests are expected to follow posted Recreation Facility Regulations when visiting City of Fort Collins Recreation facilities. The regulations are posted at each recreation facility and available online at [fcgov.com/recreation/regulations](http://fcgov.com/recreation/regulations).

#### **COVID-19 Information**

The City of Fort Collins is working closely with federal, state, and local public health partners to monitor ongoing changes and developments related to COVID-19. Guests to Recreation facilities should follow all posted signage regarding COVID-19 safety, which will align with guidance provided from public health partners including:

- Maintaining physical distance
- Wearing face coverings
- Frequently washing hands or using sanitizer
- Washing high-touch surfaces
- Staying home if you are sick or exhibiting any symptoms of illness

Visit [fcgov.com/eps/coronavirus](http://fcgov.com/eps/coronavirus) for additional information regarding the City of Fort Collins' emergency response to COVID-19.

#### **Recreation Guidelines**

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

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 available 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, Ice Skating & 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.

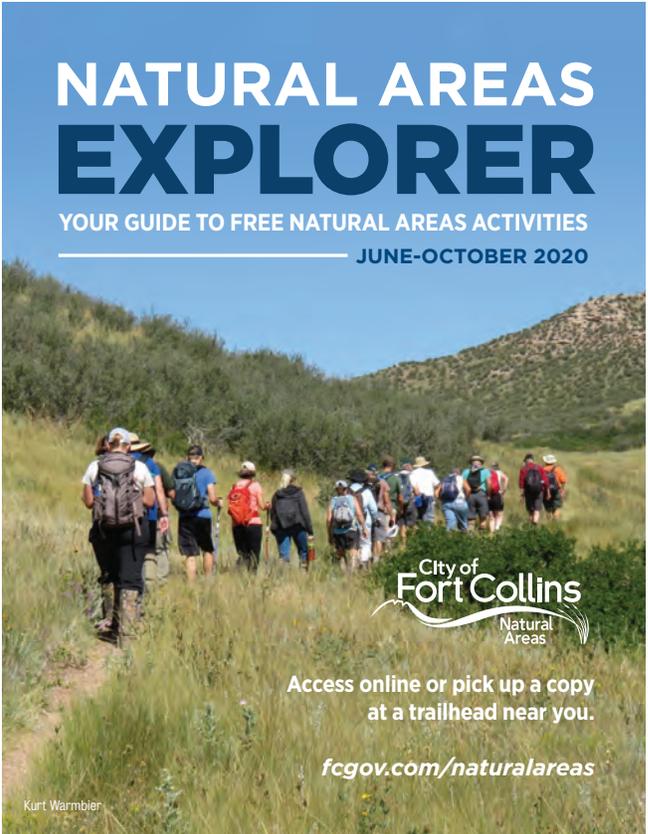
#### **Mulberry, & EPIC Pools**

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.

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.



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Kurt Warmbier



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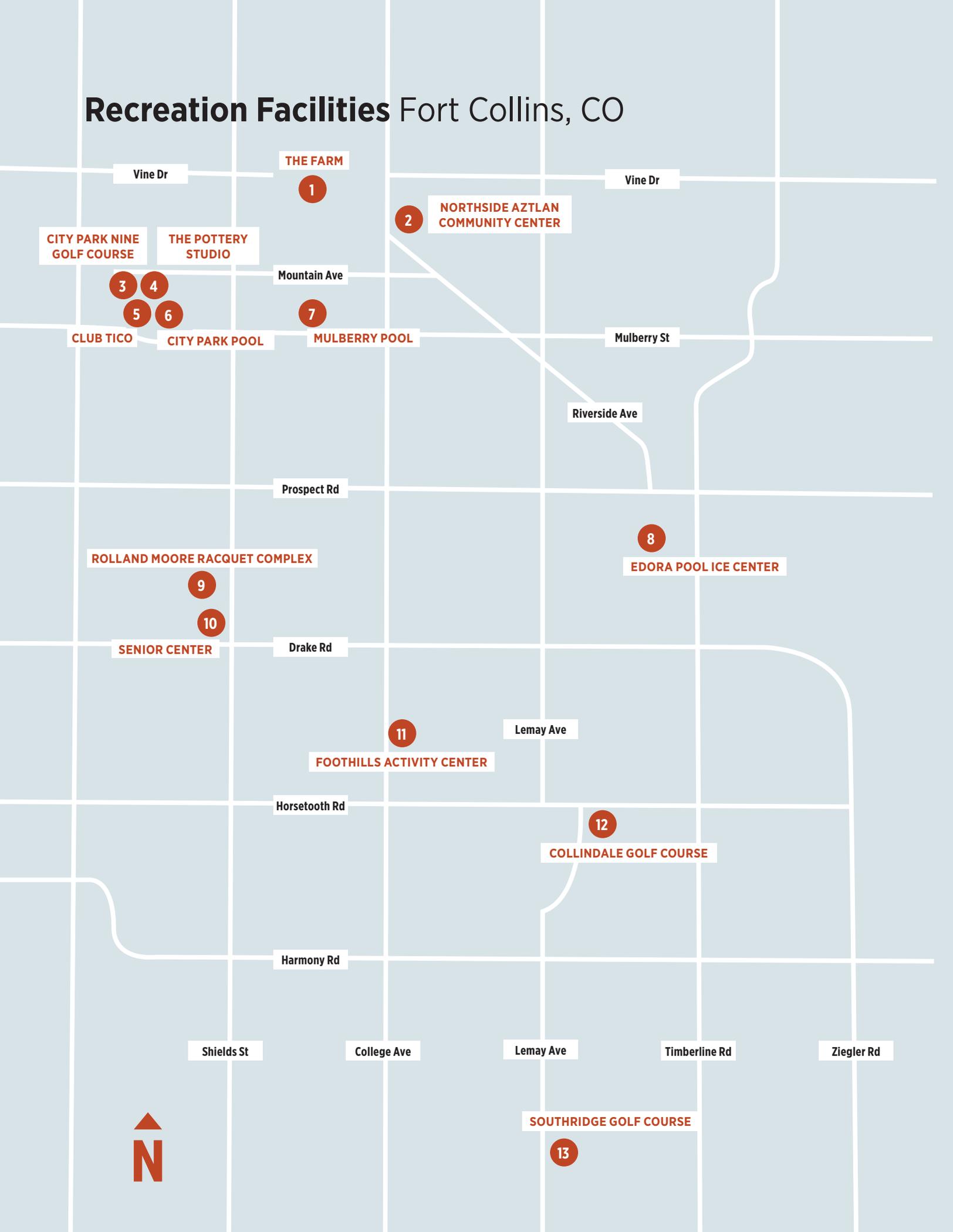
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# Recreation Facilities Fort Collins, CO



## 1 THE FARM

600 Sherwood St. • 970.221.6665 • [fcgov.com/thefarm](http://fcgov.com/thefarm)

Sept 1–Oct 31: W–Sa 11AM–3PM Su Noon–4PM

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

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

June 1–Aug 31: Sa 11AM–3PM Su Noon–4PM

- Meeting Space
- Museum
- Gift Shop
- Pony Rides

## 2 NORTHSIDE AZTLAN COMMUNITY CENTER

112 E. Willow St. • 970.221.6256 • [fcgov.com/northside](http://fcgov.com/northside)

M–Th 8AM–7PM Sa 8AM–5PM Su 11 a.m. – 5 p.m.

- Fitness/Dance Rooms
- Skate Park
- Gymnasium
- Track
- Kitchen
- Weight/Cardio Equipment
- Meeting Space

## 3 CITY PARK NINE GOLF COURSE

411 S. Bryan Ave. • 970.221.6650 • [fcgov.com/golf](http://fcgov.com/golf)

## 4 THE POTTERY STUDIO

1541 Oak St. • 970.221.6644 • [fcgov.com/potterystudio](http://fcgov.com/potterystudio)

- Kilns
- Studio Space

## 5 CLUB TICO

1599 City Park Dr. • 970.224.6113 • [fcgov.com/clubtico](http://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](http://fcgov.com/cityparkpool)

Closed

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

## 7 MULBERRY POOL

424 Mulberry St. • 970.221.6657 • [fcgov.com/mulberrypool](http://fcgov.com/mulberrypool)

M–F 5:30 AM–10 AM & 2–6 PM

Sa 8 AM – 5 PM

Su Closed

- Diving
- Wading Pool
- Meeting Space
- Swimming

## 8 EDORA POOL ICE CENTER

1801 Riverside Ave. • 970.221.6683 • [fcgov.com/epic](http://fcgov.com/epic)

M–F 5:30AM–6PM Sa 8AM–6PM Su Closed

See website for pool and ice hours.

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

## 9 ROLLAND MOORE RACQUET COMPLEX

2201 S. Shields • 970.493.7000

[fcgov.com/racquet-complex](http://fcgov.com/racquet-complex)

For information about Pro Shop hours, visit [lewistennis.com](http://lewistennis.com).

Racquet courts adhere to park hours.

- Pro Shop
- Racquet Courts

## 10 SENIOR CENTER

(Programs available for 18+, with primary focus on 50+)

1200 Raintree Dr. • 970.221.6644 • [fcgov.com/seniorcenter](http://fcgov.com/seniorcenter)

M–Th 6AM – 7 PM

F 6AM – 5PM

Sa–Su Closed

See website for pool hours.

- Auditorium
- Meeting Space
- Billiards Room
- Studio Space
- Gymnasium
- Swimming
- Health & Wellness Center
- Track
- Kitchen
- Weight/Cardio Equipment
- Library

## 11 FOOTHILLS ACTIVITY CENTER

(Programs available for all ages, with primary focus on youth)

241 E. Foothills Pkwy. • 970.416.4280

[fcgov.com/foothillsactivitycenter](http://fcgov.com/foothillsactivitycenter)

M–F 8 AM – 10 AM and 4 PM – 7 PM Sa Closed Su Closed

- Gymnasium
- Weight/Cardio Equipment
- Meeting Space

## 12 COLLINDALE GOLF COURSE

1441 E. Horsetooth Rd. • 970.221.6651 • [fcgov.com/golf](http://fcgov.com/golf)

## 13 SOUTHRIDGE GOLF COURSE

5750 S. Lemay Ave. • 970.416.2589 • [fcgov.com/golf](http://fcgov.com/golf)

For the most current information about special hours and closures, visit [fcgov.com/recreation](http://fcgov.com/recreation).

# *Fall* REGISTER FOR **BASEBALL**

## RECREATIONAL AND ADVANCED LEAGUES

Both leagues include Enhanced Instructional Opportunities  
(Tryouts for Advanced rosters on Sat, Aug 22 or Sun, Aug 23)

**REGISTRATION OPENS AUGUST 3RD**

*CLOSES AUGUST 26*

## AGE DIVISIONS

Kindergarten - \$95.00  
1st & 2nd Grade - \$115.00  
3rd & 4th Grade - \$125.00  
5th & 6th Grade - \$135.00  
7th & 8th Grade - \$140.00

## GAMES ARE PLAYED SUNDAYS 12:00-7:00PM

- Focus of the league is on individual and team instruction by coaches.
- Umpires are asked to call the game and assume a more active role in the educational outcomes of Fall Ball.
- Coaches are given the opportunity to use free substitution to provide more individualized instruction.
- 6 league games (9/13 - 10/18).
- Note: in case of weather cancellations, games are not rescheduled.

## PLAY BALL ... SAFELY

Thanks to our large community of FCBC Families for your support, patience, kindness, and positivity over the past several months. Thanks also to our FCBC Staff, Board of Directors, and partners for their efforts to help us return safely to baseball.

Let's continue to honor the protocols and guidelines set forth by the State of Colorado and Larimer County to help our players continue to play ball.

Here's to good health and kind treatment of all.



**REGISTER TODAY AT [WWW.FORTCOLLINSBASEBALLCLUB.ORG](http://WWW.FORTCOLLINSBASEBALLCLUB.ORG)**

Email: [office@fbcmail.org](mailto:office@fbcmail.org) • FCBC Office: 970-484-3368



# FORT COLLINS CONNEXION

## YOUR COMMUNITY-DRIVEN AND COMMUNITY-OWNED FIBER NETWORK!

-  Blazing-fast Gigabit speed internet - only \$59.95 per month
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**NO DATA CAPS! NO CONTRACTS!  
NO INSTALL FEES!**

**LEARN MORE & SIGN UP FOR NOTIFICATIONS AT [FCCONNEXION.COM](https://fconnexion.com)**



# READY TO WELCOME YOU

IN RECREATION

As the impacts of COVID-19 continue to effect our world, we are working to educate, adapt, and prepare ourselves to provide services and programs for the community as safely as possible.

While things will look a little different for now, here's how we are supporting health and safety at every facility:

- limited class offerings
- modified hours and locations
- smaller class sizes
- reduced amenities
- increased cleaning and sanitation practices
- physical distancing protocols
- face covering requirements
- online booking and limited contact during check in

As we continue to adapt to the changing guidelines regarding COVID-19, safety for visitors and staff remains top priority.

Visit [fcgov.com/recreation](https://fcgov.com/recreation) for more details.

## 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, or other support need, requests should be made two weeks prior to program start date.

### Specialized Adaptive Programs

Designed to meet the unique needs of individuals with physical, intellectual, developmental, and/or emotional disabilities. Specialized Adaptive Programs include trained staff, modifications, and adaptive equipment to provide optimal participation and quality experiences. Personal care is not provided in these programs, but attendants are welcome. See section below on Attendants.

### 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 to class start date.

### Volunteer

Whether assisting with a few events or being a weekly inclusion support partner, volunteers are always needed to help support individuals. Training is provided. To apply, visit [engage.fcgov.com/d/aro](https://engage.fcgov.com/d/aro) or contact Becca Heinze at 970.224.6125, [bheinze@fcgov.com](mailto:bheinze@fcgov.com).

### Contact Information

For additional information about ARO programs, visit [fcgov.com/aro](https://fcgov.com/aro) or contact ARO staff:

Becca Heinze, CTRS, M.Ed., 970.224.6125, [bheinze@fcgov.com](mailto:bheinze@fcgov.com)  
 Brenda McDowell, CTRS, 970.416.2024, [bmcdowell@fcgov.com](mailto:bmcdowell@fcgov.com)  
 Alison Cope, OTR/L, [acope@frii.com](mailto:acope@frii.com)  
 ARO Leaders, [tingram@fcgov.com](mailto:tingram@fcgov.com)

### Transportation

Participants are responsible for their own transportation unless otherwise noted. The following resources provide transportation:

Transfort (Public City Transport), 970.221.6620  
 Dial-A-Ride, 970.224.6066  
 SAINT, 970.223.8645

## ADAPTIVE FITNESS

### Adaptive Power Step - NEW!

Designed to challenge balance, coordination, strength, and flexibility. Focus on walking stride and functional movement. Modified to accommodate all movement disorders. Note: Class will not be held on 11/28.

Age: 18 years & up

Location: Foothills Activity Center

9/12-10/17	Sa	11:00 AM-Noon	\$45	402984-01
10/24-12/5	Sa	11:00 AM-Noon	\$45	402984-02



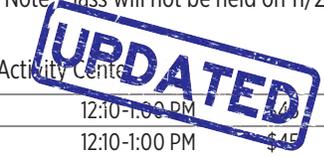
### Power Beats Boot Camp - NEW!

A dynamic cardio drumming class designed for those with Parkinson's, Multiple Sclerosis (MS), brain injuries or other movement disorders. Improve cardiovascular health memory, and elevate a sense of wellbeing. Note: Class will not be held on 11/28.

Age: 18 years & up

Location: Foothills Activity Center

9/12-10/17	Sa	12:10-1:00 PM	\$45	402986-01
10/24-12/5	Sa	12:10-1:00 PM	\$45	402986-02



### Workout Partners

Over the course of 10 weeks, participants are assigned a workout partner to exercise with for one hour, once per week at one of the City's Recreation facilities. Schedules are created amongst partners. Participant exercise plans and goals are created and overseen by a CTRS/Certified Personal Trainer.

Age: 18 years & up

Location: Senior Center

### Program Information Meeting

9/17	Th	5:30-6:30 PM	\$42	402585-01
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### FACE COVERINGS OR MASKS ARE REQUIRED AT ALL RECREATION FACILITIES

Also, it is expected that all visitors maintain 6 feet of physical distance. If you are ill or experiencing COVID-19 symptoms we ask that you do not participate until 72 hours after your symptoms have ended.

### LEGEND

-  Classes in which parents are required to attend
-  Denotes no web registration for program
-  Denotes program/activity has special membership pricing

**Adaptive Yoga**

Learn yoga practices that include breathwork, gentle movements, and deep stretching poses. Standing balance work is on Tuesdays and hands-on assistance is available on Thursdays. Designed for people with Multiple Sclerosis (MS), brain injuries, or other neuromuscular disorders and adapted for people with movement disorders. Note: No class held 11/24, 11/26.

Age: 18 years & up  
Location: Raintree Athletic Club

Standing Yoga				
9/8-10/13	Tu	2:00-3:00 PM	\$45	402980-01
10/20-12/1	Tu	2:00-3:00 PM	\$45	402980-02
Chair Yoga				
9/10-10/15	Th	2:00-3:00 PM	\$45	402980-04
10/22-12/3	Th	2:00-3:00 PM	\$45	402980-05



**Spectrum Yoga**

Designed specifically for people on the Autism Spectrum, or with sensory or intellectual issues. Learn yoga practices modified to teach breathwork, standing and balancing poses.

Age: 16 years & up  
Location: Club Tico

9/14-10/19	Th	12:00-12:45 PM	\$45	402982-01
10/28-11/18	Th	12:00-12:45 PM	\$45	402982-02



**ARTS & CRAFTS**

**Artistic Abilities Art Club**

Create a variety of unique pieces of art in 2D and 3D formats. Accommodations are made for various challenges and disabilities. All abilities welcome.

Age: 13 years & up  
Location: Colorado State University, Visual Arts Building, D102

9/8-10/6	T	4:00-6:00 PM	\$58	402990-02
10/13-11/10	T	4:00-6:00 PM	\$58	402990-03

Age: 18 years & up  
Location: Senior Center

10/1-10/22	Th	4:00-6:00 PM	\$58	402990-01
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**COOKING**

**Adaptive Cooking**

Learn how to cook tasty foods and gain positive eating habits. Small groups will cook together, set the table, then sit down to sample the finished product.

Age: 18 years & up  
Location: Senior Center

Appetizers				
9/23	W	5:00-6:30 PM	\$15	402401-01
Quick-Fix meals				
9/30	W	5:00-6:30 PM	\$15	402401-02
Snacks on the Go				
10/14	W	5:00-6:30 PM	\$15	402401-03
In the Blender				
10/28	W	5:00-6:30 PM	\$15	402401-04

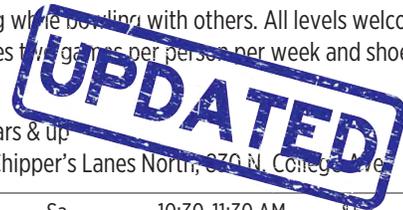
**SOCIAL PROGRAMS**

**Bowling**

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

Age: 16 years & up  
Location: Chipper's Lanes North, 870 N. College Ave

9/12-10/17	Sa	10:30-11:30 AM	\$58	402906-01
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**Dinner & a Movie**

Bring your own dinner to enjoy while watching a movie with friends.

Age: 18 years & up  
Location: Senior Center

9/16	W	4:00-6:30 PM	\$10	402904-01
10/21	W	4:00-6:30 PM	\$10	402904-02
11/18	W	4:00-6:30 PM	\$10	402904-03

**Monthly Themed Dances**

Dances are fun filled events to celebrate with friends. Dressing for the theme is highly encouraged. Note: Preregistration required, no drop in. Snacks not provided.

Age: 18 years & up  
Location: Senior Center

9/24	Th	5:00-6:30 PM	\$4	402405-01
Halloween Dance				
10/29	Th	5:00-6:30 PM	\$4	402405-02
Thanksgiving Dance & Dessert				
11/19	Th	5:00-6:30 PM	\$4	402405-03



**Scramble Disc Golf**

Play Disc Golf as a team, scramble style, at Edora Park's disc golf course. Then enjoy lunch with friends in the park. Note: Bring sack lunch.

Age: 16 years & up

Location: EPIC

9/18-10/9	F	10:00 AM-Noon	\$15	402318-01
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**Panthers Adaptive Cheer & Dance**

Individuals with or without special needs experience cheer and dance together as one unified team. Note: Panther shirts, \$15.

Age: All

Location: Club Tico

9/8-10/13	Tu	5:30-7:00 PM	\$49	402987-01
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10/20-11/24	Tu	5:30-7:00 PM	\$49	402987-02
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**SPECIAL EVENTS****Giant Friends Club**

Giant Friends Club brings kids of all abilities together for fun, friendships, and play at the accessible Inspiration Playground. This event features "nature" related activities and entertainment for a giant's govt. This event is provided with support from the Inspiration Playground Government Fund.

Age: All

Location: Inspiration Playground, Spring Canyon Community Park

10/16	F	10:30 AM-12:30 PM	No Fee	402070-01
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**CANCELLED**

**PARALYMPIC SPORTS****Boccia**

Paralympic sports and adaptive equipment are designed for individuals who have physical disabilities. Played on a smooth surface, with modified equipment. Boccia tests coordination, concentration, and ability to strategize. Note: Option to pay \$4 drop-in fee each class.

Age: 16 years & up

Location: Northside Aztlan Center

10/5-11/16	M	10:30 AM-Noon	\$20	402464-01
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**UNIFIED SPORTS****[ ADULT UNIFIED SPORTS ]****Flag Football**

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

Age: 16 years & up

Location: City Park

9/14-10/19	M	5:30-6:30 PM	\$22.50	402157-01
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**Volleyball**

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

Age: 16 years & older

Location: Senior Center

10/15-11/19	Th	4:15-5:15 PM	\$26	402959-01
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**[ YOUTH UNIFIED SPORTS ]****Youth Unified Flag Football**

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

Age: 8-15 years

Location: City Park

9/14-10/26	M	4:15-5:15 PM	\$22.50	402061-01
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**FACE COVERINGS OR MASKS ARE REQUIRED AT ALL RECREATION FACILITIES**

Also, it is expected that all visitors maintain 6 feet of physical distance. If you are ill or experiencing COVID-19 symptoms we ask that you do not participate until 72 hours after your symptoms have ended.

**LEGEND**

- PC** Classes in which parents are required to attend
- NW** Denotes no web registration for program
- M** Denotes program/activity has special membership pricing

## AQUA FITNESS

Aqua Fitness classes require a minimum number of seven 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). For more information on admission policies and fees see page 7 & 9.

## ADULT PROGRAMS

### [ LOW INTENSITY ]

#### Basic H2O

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: Mulberry Pool

9/9-10/2	M,W,F	8:00-9:00 AM	\$42.25	400410-01
10/5-10/30	M,W,F	8:00-9:00 AM	\$46	400410-02
11/2-11/25	M,W,F	8:00-9:00 AM	\$42.25	400410-03

#### Twinges

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

Age: 18 years & up

Location: Edora Pool Ice Center

9/9-10/2	M,W,F	8:30-9:30 AM	\$42.25	400314-04
10/5-10/30	M,W,F	8:30-9:30 AM	\$46	400314-02
11/2-11/25	M,W,F	8:30-9:30 AM	\$42.25	400314-03
10/5-10/30	M,W,F	9:30-10:30 AM	\$46	400314-05
11/2-11/25	M,W,F	9:30-10:30 AM	\$42.25	400314-06

#### Twinges Plus

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

Age: 18 years & up

Location: EPIC

9/9-10/2	M,W,F	12:15-1:15 PM	\$42.25	400416-01
11/2-11/25	M,W,F	12:15-1:15 PM	\$42.25	400416-03
10/5-10/30	M,W,F	12:15-1:15 PM	\$46	400416-05

# Feeling Overwhelmed? We're here to listen.

COVID-19 emotional support for Larimer County is available 24-hours, 7-days a week. No cost.

## 970-221-5551



### [ 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: Mulberry Pool

9/8-10/1	Tu,Th	4:00-5:00 PM	\$27.25	400424-01
10/6-10/29	Tu,Th	4:00-5:00 PM	\$31	400424-02
11/3-11/24	Tu,Th	4:00-5:00 PM	\$27.25	400424-03
9/9-10/2	M,W,F	9:00-10:00 AM	\$27.25	400424-04
10/5-10/30	M,W,F	9:00-10:00 AM	\$31	400424-05
11/2-11/25	M,W,F	9:00-10:00 AM	\$27.25	400424-06

Location: Edora Pool Ice Center

9/9-10/2	M,W,F	7:30-8:30 AM	\$41.25	400324-01
10/5-10/30	M,W,F	7:30-8:30 AM	\$45	400324-02
11/2-11/25	M,W,F	7:30-8:30 AM	\$41.25	400324-03

**Aqua Mix**

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

Age: 18 years & up

Location: EPIC

9/9-10/2	M,W,F	6:00-7:00 PM	\$42.25	400417-01
10/5-10/30	M,W,F	6:00-7:00 PM	\$46	400417-02
11/2-11/23	M,W,F	6:00-7:00 PM	\$42.25	400417-03

**Classics**

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

Age: 18 years & up

Location: Mulberry Pool

9/9-10/2	M,W,F	6:00-7:00 AM	\$27.25	400422-01
9/9-10/2	M,W,F	5:00-6:00 PM	\$27.25	400422-07
10/5-10/30	M,W,F	6:00-7:00 AM	\$31	400422-02
10/5-10/30	M,W,F	5:00-6:00 PM	\$31	400422-08
11/2-11/25	M,W,F	6:00-7:00 AM	\$27.25	400422-03
11/2-11/23	M,W,F	5:00-6:00 PM	\$27.25	400422-09
9/8-10/1	Tu,Th	8:00-9:00 AM	\$27.25	400422-10
9/8-10/1	Tu,Th	9:00-10:00 AM	\$27.25	400422-13
10/6-10/29	Tu,Th	8:00-9:00 AM	\$31	400422-11
10/6-10/29	Tu,Th	9:00-10:00 AM	\$31	400422-14
11/3-11/24	Tu,Th	8:00-9:00 AM	\$27.25	400422-12
11/3-11/24	Tu,Th	9:00-10:00 AM	\$27.25	400422-15

**Fitness & Fun**

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

Age: 18 years & up

Location: Mulberry Pool

9/9-10/2	M,W,F	7:00-8:00 AM	\$42.25	400420-01
10/5-10/30	M,W,F	7:00-8:00 AM	\$46	400420-02
11/2-11/25	M,W,F	7:00-8:00 AM	\$42.25	400420-03

**Prenatal**

Designed for women during or after pregnancy. Low and medium impact exercises maintain muscle tone and cardiovascular fitness while the water eases the pressure of pregnancy. Build muscle to help support the newborn's weight.

Age: 18 years & up

Location: Mulberry Pool

9/8-10/1	Tu,Th	6:00-7:00 PM	\$27.25	400418-01
10/6-10/29	Tu,Th	6:00-7:00 PM	\$31	400418-02
11/3-11/24	Tu,Th	6:00-7:00 PM	\$27.25	400418-03

**Twist & Shout**

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

Age: 18 years & up

Location: Mulberry Pool

9/9-10/2	M,W,F	4:00-5:00 PM	\$42.25	400426-01
10/5-10/30	M,W,F	4:00-5:00 PM	\$46	400426-02
11/2-11/25	M,W,F	4:00-5:00 PM	\$42.25	400426-03

**[ 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 deep water along with basic swimming skills recommended. Pool depth is 12 ft.

Age: 18 years & up

Location: EPIC

9/9-10/2	M,W,F	12:15-1:00 PM	\$34	400230-01
10/5-10/30	M,W,F	12:15-1:00 PM	\$37	400230-02
11/2-11/25	M,W,F	12:15-1:00 PM	\$34	400230-03

Location: Edora Pool Ice Center

9/9-9/30	M,W	5:30-6:30 PM	\$27.25	400330-01
10/5-10/28	M,W	5:30-6:30 PM	\$31	400330-02
11/2-11/23	M,W	5:30-6:30 PM	\$27.25	400330-03

**FACE COVERINGS OR MASKS ARE REQUIRED AT ALL RECREATION FACILITIES**

Also, it is expected that all visitors maintain 6 feet of physical distance. If you are ill or experiencing COVID-19 symptoms we ask that you do not participate until 72 hours after your symptoms have ended.

**LEGEND**

- PC** Classes in which parents are required to attend
- NW** Denotes no web registration for program
- M** Denotes program/activity has special membership pricing

## AQUATICS

### Group Rates for Swimming

Due to gathering restrictions, group rates are unavailable at this time. Current updates to these restrictions can be found at [fcgov.com/recreation](http://fcgov.com/recreation).

### Birthday Party Packages

Space for birthday parties is not permitted in the lobbies or spectator areas at EPIC or Mulberry Pool. For a fee, space is available for refreshments and present opening. Renters must follow CDC guidelines and maintain 6 feet of physical distance. For more information, visit [fcgov.com/recreation](http://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](http://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 head instructor, if it is evident that a child is not water ready before the second lesson, the head instructor contacts the parent for dismissal. A full refund is issued for the class.

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

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

Registration is required for lap lane swimming. For current lap lane schedules visit [fcgov.com/epic](http://fcgov.com/epic).

Note: Swimming classes will not be held 10/18 and 11/8.

## ADULT PROGRAMS

### Learning the Basics

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

Age: 18 years & up

Location: Edora Pool Ice Center

9/14-10/14	M,W	6:30-7:15 PM	\$73.50	401338-01
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Location: Mulberry Pool

9/13-10/4	Su	11:35 AM-12:20 PM	\$31	401338-02
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### 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: 18 years & up

Location: Edora Pool Ice Center

10/19-11/18	M,W	6:30-7:15 PM	\$73.50	401339-01
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Location: Mulberry Pool

10/11-11/15	Su	11:35-12:20 PM	\$31	401339-02
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## FAMILY PROGRAMS

### Discover Scuba Diving

Under the direct supervision of a PADI professional, learn how to use scuba equipment in shallow water and what it takes to explore the underwater world. 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

9/12	Sa	11:00 AM-12:30 PM	\$36	401352-01
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10/10	Sa	11:00 AM-12:30 PM	\$36	401352-02
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11/21	Sa	11:00 AM-12:30 PM	\$36	401352-03
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### 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.

Age: 5 years & up

Location: Edora Pool Ice Center

9/12	Sa	11:00 AM-12:30 PM	\$26	401353-01
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10/10	Sa	11:00 AM-12:30 PM	\$26	401353-02
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11/21	Sa	11:00 AM-12:30 PM	\$26	401353-03
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### 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

9/2	W	5:00-8:00 PM	\$22	401356-01
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9/16	W	5:00-8:00 PM	\$22	401356-02
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9/30	W	5:00-8:00 PM	\$22	401356-03
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10/21	W	5:00-8:00 PM	\$22	401356-04
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11/4	W	5:00-8:00 PM	\$22	401356-05
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11/18	W	5:00-8:00 PM	\$22	401356-06
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## TEEN PROGRAMS

### 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 7 hour online course available. Note: Must attend all classes. Skill test on first day; continuation depends on passing. \$39 certification fee included.

Age: 16.5 years & up

Location: Edora Pool Ice Center

11/15	Su	8:00 AM-5:00 PM	\$108.40	401341-01
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### Teen Swim Instruction

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

Age: 6-11 years

Location: Mulberry Pool

9/12-10/10	Sa	10:10-10:40 AM	\$68.25	401235-01
10/18-11/15	Su	4:25-4:55 PM	\$68.25	401235-02
10/18-11/15	Su	4:25-4:55 PM	\$68.25	401235-03

## FAMILY & YOUTH PROGRAMS

### Baby & Me 1

Introduces children to the water in a friendly environment. Parents learn how to support and hold their child properly while exploring basic water skills. One child per adult required. Swim diapers or plastic pants must be used.

Age: 6-18 months

Location: Edora Pool Ice Center

9/14-10/14	M,W	4:45-5:15 PM	\$61	401310-01
10/19-11/18	M,W	5:20-5:50 PM	\$61	401310-02

Location: Mulberry Pool

9/13-10/4	Su	9:15-9:45 AM	\$25	401310-03
9/13-10/4	Su	10:25-10:55 AM	\$25	401310-04
9/13-10/4	Su	11:35-12:05 PM	\$25	401310-05
10/11-11/15	Su	9:50-10:20 AM	\$25	401310-06
10/11-11/15	Su	11:00-11:30 AM	\$25	401310-07

### Baby & Me 2

Builds on the skills introduced in Baby & Me 1 and helps parents teach their child(ren) the skills necessary for future swimming success and safety. One child per adult required. Swim diapers or plastic pants must be used.

Age: 18 months-3.5 years

Location: Edora Pool Ice Center

9/14-10/14	M,W	5:20-5:50 PM	\$61	401312-01
10/19-11/18	M,W	4:45-5:15 PM	\$61	401312-02
9/13-10/4	Su	9:50-10:20 AM	\$25	401312-03
9/13-10/4	Su	11:00-11:30 AM	\$25	401312-04
10/11-11/15	Su	9:15-9:45 AM	\$25	401312-05
10/11-11/15	Su	10:25-10:55 AM	\$25	401312-06
10/11-11/15	Su	11:35-12:05 PM	\$25	401312-07

### Pollywog

Students are oriented to the aquatic environment and taught basic aquatic skills to help develop comfort in the water. In addition, students will learn to enter and exit the water independently and float with support. No previous experience is necessary.

Age: 3-6 years

Location: Mulberry Pool

9/15-10/15	Tu,Th	4:45-5:15 PM	\$61	401216-01
9/15-10/15	Tu,Th	5:20-5:50 PM	\$61	401216-02
9/15-10/15	Tu,Th	5:55-6:25 PM	\$61	401216-03
10/20-11/19	Tu,Th	4:45-5:15 PM	\$61	401216-04
10/20-11/19	Tu,Th	5:20-5:50 PM	\$61	401216-05
10/20-11/19	Tu,Th	6:30-7:00 PM	\$61	401216-06
9/12-10/10	Sa	9:35-10:05 AM	\$31	401216-07
9/12-10/10	Sa	10:10-10:40 AM	\$31	401216-08
9/12-10/10	Sa	10:45-11:15 AM	\$31	401216-09
10/17-11/14	Sa	9:00-9:30 AM	\$31	401216-10
10/17-11/14	Sa	9:35-10:05 AM	\$31	401216-11
10/17-11/14	Su	10:45-11:15 AM	\$31	401216-12
10/17-11/14	Su	11:20-11:50 AM	\$31	401216-13
9/13-10/4	Su	9:15-9:45 AM	\$25	401316-06
9/13-10/4	Su	11:00-11:30 AM	\$25	401316-07
9/13-10/4	Su	11:35-12:05 PM	\$25	401316-08
9/13-10/11	Su	3:15-3:45 PM	\$31	401216-14
9/13-10/11	Su	4:25-4:55 PM	\$31	401216-15
9/13-10/11	Su	5:00-5:30 PM	\$31	401216-16
9/13-10/11	Su	5:35-6:05 PM	\$31	401216-17
10/11-11/15	Su	9:50-10:20 AM	\$25	401316-09
10/11-11/15	Su	10:25-10:55 AM	\$25	401316-10
10/11-11/15	Su	11:00-11:30 AM	\$25	401316-11
10/18-11/15	Su	3:15-3:45 PM	\$31	401216-18
10/18-11/15	Su	4:25-4:55 PM	\$31	401216-19
10/18-11/15	Su	5:35-6:05 PM	\$31	401216-20

Location: Edora Pool Ice Center

9/14-10/14	M,W	4:45-5:15 PM	\$61	401316-01
9/14-10/14	M,W	5:55-6:25 PM	\$61	401316-02
9/14-10/14	M,W	6:30-7:00 PM	\$61	401316-03
10/19-11/18	M,W	5:20-5:50 PM	\$61	401316-04

### Tadpole

Students will build upon the basic skills learned in Preschool 1 and begin to learn independent aquatic locomotion skills. The use of simultaneous and alternating arm and leg actions on the front and back will help in the development of future stroke work. Must be able to go underwater without hesitation.

Age: 3-6 years

Location: Mulberry Pool

9/15-10/15	Tu,Th	4:45-5:15 PM	\$61	401218-01
9/15-10/15	Tu,Th	5:55-6:25 PM	\$61	401218-02
9/15-10/15	Tu,Th	6:30-7:00 PM	\$61	401218-03
10/20-11/19	Tu,Th	5:20-5:50 PM	\$61	401218-04
10/20-11/19	Tu,Th	5:55-6:25 PM	\$61	401218-05
9/12-10/10	Sa	9:00-9:30 AM	\$31	401218-06

*continued on next page*

*Tadpole continued*

9/12-10/10	Sa	9:35-10:05 AM	\$31	401218-07
9/12-10/10	Sa	11:20-11:50 AM	\$31	401218-08
10/17-11/14	Sa	9:00-9:30 AM	\$31	401218-09
10/17-11/14	Sa	10:10-10:40 AM	\$31	401218-10
10/17-11/14	Sa	11:20-11:50 AM	\$31	401218-11
9/13-10/4	Su	9:50-10:20 AM	\$25	401318-06
9/13-10/4	Su	11:35-12:05 PM	\$25	401318-07
9/13-10/11	Su	3:15-3:45 PM	\$31	401218-12
9/13-10/11	Su	3:50-4:20 PM	\$31	401218-13
9/13-10/11	Su	5:35-6:05 PM	\$31	401218-14
10/18-11/15	Su	3:15-3:45 PM	\$31	401218-15
10/11-11/15	Su	9:15-9:45 AM	\$25	401318-08
10/11-11/15	Su	11:35-12:05 PM	\$25	401318-09
10/18-11/15	Su	3:50-4:20 PM	\$31	401218-16
10/18-11/15	Su	5:00-5:30 PM	\$31	401218-17

Location: Edora Pool Ice Center

9/14-10/14	M,W	4:45-5:15 PM	\$61	401318-01
9/14-10/14	M,W	6:30-7:00 PM	\$61	401318-02
10/19-11/18	M,W	4:45-5:15 PM	\$61	401318-03
10/19-11/18	M,W	5:55-6:25 PM	\$61	401318-04
10/19-11/18	M,W	6:30-7:00 PM	\$61	401318-05

**Froggy**

Students will be taught to perform the skills presented in Pollywog and Tadpole independently to reach greater distances and develop coordination. The use of combined simultaneous arm and leg actions will continue to help the student build a foundation for proper stroke development.

Age: 3-6 years

Location: Mulberry Pool

9/15-10/15	Tu,Th	5:20-5:50 PM	\$61	401220-01
9/15-10/15	Tu,Th	6:30-7:00 PM	\$61	401220-02
10/20-11/19	Tu,Th	4:45-5:15 PM	\$61	401220-03
10/20-11/19	Tu,Th	5:55-6:25 PM	\$61	401220-04
10/20-11/19	Tu,Th	6:30-7:00 PM	\$61	401220-05
9/12-10/10	Sa	9:00-9:30 AM	\$31	401220-06
9/12-10/10	Sa	10:45-11:15 AM	\$31	401220-07
9/12-10/10	Sa	11:20-11:50 AM	\$31	401220-08
10/17-11/14	Sa	9:35-10:05 AM	\$31	401220-09
10/17-11/14	Sa	10:45-11:15 AM	\$31	401220-10
10/17-11/14	Sa	11:20-11:50 AM	\$31	401220-11
9/13-10/4	Su	9:15-9:45 AM	\$25	401320-05
9/13-10/4	Su	10:25-10:55 AM	\$25	401320-06
9/13-10/11	Su	3:50-4:20 PM	\$31	401220-12
9/13-10/11	Su	4:25-4:55 PM	\$31	401220-13
9/13-10/11	Su	5:00-5:30 PM	\$31	401220-14
10/11-11/15	Su	9:50-10:20 AM	\$25	401320-07
10/11-11/15	Su	11:00-11:30 AM	\$25	401320-08
10/18-11/15	Su	3:15-3:45 PM	\$31	401220-15
10/18-11/15	Su	4:25-4:55 PM	\$31	401220-16
10/18-11/15	Su	5:35-6:05 PM	\$31	401220-17

Location: Edora Pool Ice Center

*Froggy continued*

9/14-10/14	M,W	5:20-5:50 PM	\$61	401320-01
9/14-10/14	M,W	5:55-6:25 PM	\$61	401320-02
10/19-11/18	M,W	4:45-5:15 PM	\$61	401320-03
10/19-11/18	M,W	6:30-7:00 PM	\$61	401320-04

**Level 1**

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

Age: 5-12 years

Location: Mulberry Pool

9/15-10/15	Tu,Th	4:45-5:15 PM	\$61	401222-01
9/15-10/15	Tu,Th	5:55-6:25 PM	\$61	401222-02
10/20-11/19	Tu,Th	4:45-5:15 PM	\$61	401222-03
10/20-11/19	Tu,Th	5:20-5:50 PM	\$61	401222-04
10/20-11/19	Tu,Th	6:30-7:00 PM	\$61	401222-05
9/12-10/10	Sa	9:00-9:30 AM	\$31	401222-06
9/12-10/10	Sa	10:10-10:40 AM	\$31	401222-07
9/12-10/10	Sa	11:20-11:50 AM	\$31	401222-08
10/17-11/14	Sa	9:00-9:30 AM	\$31	401222-09
10/17-11/14	Sa	10:10-10:40 AM	\$31	401222-10
10/17-11/14	Sa	10:45-11:15 AM	\$31	401222-11
9/13-10/11	Sa	3:15-3:45 PM	\$31	401222-12
9/13-10/4	Su	9:50-10:20 AM	\$25	401322-05
9/13-10/4	Su	10:25-10:55 AM	\$25	401322-06
9/13-10/11	Su	3:50-4:20 PM	\$31	401222-13
9/13-10/11	Su	5:00-5:30 PM	\$31	401222-14
10/11-11/15	Su	9:15-9:45 AM	\$25	401322-07
10/11-11/15	Su	10:25-10:55 AM	\$25	401322-08
10/18-11/15	Su	3:50-4:20 PM	\$31	401222-15
10/18-11/15	Su	5:00-5:30 PM	\$31	401222-16
10/18-11/15	Su	5:35-6:05 PM	\$31	401222-17

Location: Edora Pool Ice Center

9/14-10/14	M,W	5:55-6:25 PM	\$61	401322-01
9/14-10/14	M,W	6:15-6:45 PM	\$61	401322-02
10/19-11/18	M,W	5:20-5:50 PM	\$61	401322-03
10/19-11/18	M,W	6:30-7:00 PM	\$61	401322-04

**FACE COVERINGS OR MASKS ARE REQUIRED AT ALL RECREATION FACILITIES**

Also, it is expected that all visitors maintain 6 feet of physical distance. If you are ill or experiencing COVID-19 symptoms, we ask that you do not participate until 72 hours after your symptoms have ended.

**LEGEND**

-  Classes in which parents are required to attend
-  Denotes no web registration for program
-  Denotes program/activity has special membership pricing

**Level 2**

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

Age: 5-12 years

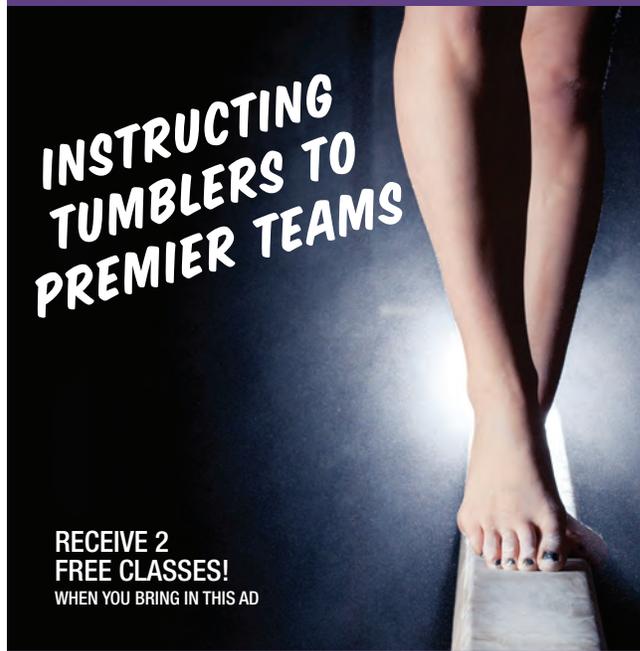
Location: Mulberry Pool

9/15-10/15	Tu,Th	4:45-5:15 PM	\$61	401224-01
9/15-10/15	Tu,Th	5:20-5:50 PM	\$61	401224-02
9/15-10/15	Tu,Th	6:30-7:00 PM	\$61	401224-03
10/20-11/19	Tu,Th	4:45-5:15 PM	\$61	401224-04
10/20-11/19	Tu,Th	5:55-6:25 PM	\$61	401224-05
9/12-10/10	Sa	9:00-9:30 AM	\$31	401224-06
9/12-10/10	Sa	9:35-10:05 AM	\$31	401224-07
9/12-10/10	Sa	10:45-11:15 AM	\$31	401224-08
10/17-11/14	Sa	9:00-9:30 AM	\$31	401224-09
10/17-11/14	Sa	9:35-10:05 AM	\$31	401224-10
10/17-11/14	Sa	10:10-10:40 AM	\$31	401224-11
9/13-10/11	Sa	3:15-3:45 PM	\$31	401224-12
9/13-10/11	Sa	4:25-4:55 PM	\$31	401224-13
9/13-10/4	Su	9:15-9:45 AM	\$25	401324-05
9/13-10/4	Su	11:00-11:30 AM	\$25	401324-06
9/13-10/11	Su	5:35-6:05 PM	\$31	401224-14
10/11-11/15	Su	9:15-9:45 AM	\$25	401324-07
10/11-11/15	Su	11:35-12:05 PM	\$25	401324-08
10/18-11/15	Su	3:15-3:45 PM	\$31	401224-15
10/18-11/15	Su	3:50-4:20 PM	\$31	401224-16

Continued on next page

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NATIONAL TOUR  
CATS

FEB 25  
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MAR 25  
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ASCENT

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GIRLS SHOW!



## Level 2 continued

10/18-11/15	Su	5:00-5:30 PM	\$31	401224-17
Location: Edora Pool Ice Center				
9/14-10/14	M,W	5:20-5:50 PM	\$61	401324-01
9/14-10/14	M,W	6:30-7:00 PM	\$61	401324-02
10/19-11/18	M,W	4:45-5:15 PM	\$61	401324-03
10/19-11/18	M,W	5:55-6:25 PM	\$61	401324-04

## Level 3

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

Age: 5-12 years

Location: Mulberry Pool

9/15-10/15	Tu,Th	4:45-5:30 PM	\$73.50	401226-01
9/15-10/15	Tu,Th	5:55-6:40 PM	\$73.50	401226-02
10/20-11/19	Tu,Th	5:20-6:05 PM	\$73.50	401226-03
9/12-10/10	Sa	9:00-9:45 AM	\$37.25	401226-04
9/12-10/10	Sa	11:20-12:05 PM	\$37.25	401226-05
10/17-11/14	Sa	9:35-10:20 AM	\$37.25	401226-06
10/17-11/14	Sa	10:45-11:30 AM	\$37.25	401226-07
9/13-10/11	Su	3:15-4:00 PM	\$37.25	401226-08
9/13-10/11	Su	5:00-5:45 PM	\$37.25	401226-09
10/18-11/15	Su	3:50-4:35 PM	\$37.25	401226-10
10/18-11/15	Su	5:35-6:20 PM	\$37.25	401226-11

Location: Edora Pool Ice Center

9/14-10/14	M,W	4:45-5:30 PM	\$73.50	401326-01
10/19-11/18	M,W	4:45-5:30 PM	\$73.50	401326-02
9/13-10/4	Su	9:50-10:35 AM	\$30	401326-03
9/13-10/4	Su	11:00-11:45 AM	\$31	401326-04
10/11-11/15	Su	9:15-10:00 AM	\$31	401326-05

## Level 4

Class designed for those 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: Edora Pool Ice Center

9/14-10/14	M,W	5:55-6:40 PM	\$73.50	401328-01
10/19-11/18	M,W	5:20-6:05 PM	\$73.50	401328-02

Location: Mulberry Pool

9/15-10/15	Tu,Th	6:30-7:15 PM	\$73.50	401228-01
10/20-11/19	Tu,Th	4:45-5:30 PM	\$73.50	401228-02
9/12-10/10	Sa	9:35-10:20 AM	\$37.25	401228-03
10/17-11/14	Sa	3:50-4:35 PM	\$37.25	401228-04
9/13-10/4	Su	9:15-10:00 AM	\$30	401328-03
9/13-10/11	Su	3:15-4:00 PM	\$37.25	401228-05
9/13-10/11	Su	5:35-6:20 PM	\$37.25	401228-06
10/11-11/15	Su	11:00-11:45 AM	\$30	401328-04
10/18-11/15	Su	3:15-4:00 PM	\$37.25	401228-07

## Level 5

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

Age: 5-12 years

Location: Mulberry Pool

9/15-10/15	Tu,Th	5:20-6:05 PM	\$73.50	401230-01
10/20-11/19	Tu,Th	6:30-7:15 PM	\$73.50	401230-02
9/12-10/10	Sa	10:10-10:55 AM	\$37.25	401230-03
10/17-11/14	Sa	11:20-12:05 PM	\$37.25	401230-04
9/13-10/4	Su	10:25-11:10 AM	\$30	401330-02
9/13-10/11	Su	4:25-5:10 PM	\$37.25	401230-05
10/11-11/15	Su	10:25-11:10 AM	\$30	401330-03
10/18-11/15	Su	5:00-5:45 PM	\$37.25	401230-06

Location: Edora Pool Ice Center

9/14-10/14	M,W	5:20-6:05 PM	\$73.50	401330-01
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## Pre Competitive

Class is designed for those 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

10/20-11/19	Tu,Th	5:55-6:40 PM	\$73.50	401232-01
9/12-10/10	Sa	10:45-11:30 AM	\$37.25	401232-02
10/17-11/14	Sa	10:10-10:55 AM	\$37.25	401232-03
10/11-11/15	Su	9:50-10:35 AM	\$30	401332-02
10/18-11/15	Su	4:25-5:10 PM	\$37.25	401232-04

Location: Edora Pool Ice Center

10/19-11/18	M,W	5:55-6:40 PM	\$73.50	401332-01
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## Intro to Synchronized Swimming

Learn sculling, unique kicking, strokes, and beginner routines in deep water. Perform in the last class to music. Prerequisite: Comfortable in deep water and ability to swim at least 25 yards using the front crawl. Nose clips are included.

Age: 6-14 years

Location: Edora Pool Ice Center

9/3-9/17	Th	6:00-6:45 PM	\$43	401359-01
10/1-10/15	Th	6:00-6:45 PM	\$43	401359-02
11/5-11/19	Th	6:00-6:45 PM	\$43	401359-03

## FACE COVERINGS OR MASKS ARE REQUIRED AT ALL RECREATION FACILITIES

Also, it is expected that all visitors maintain 6 feet of physical distance. If you are ill or experiencing COVID-19 symptoms, we ask that you do not participate until 72 hours after your symptoms have ended.

## LEGEND

- PC Classes in which parents are required to attend
- NW Denotes no web registration for program
- M Denotes program/activity has special membership pricing

## ARTS & CRAFTS

### Senior Center Exhibits

The Fort Collins 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. If interested in displaying pieces contact Betsy Emond at 970.224.6030, bemon@fcgov.com.

### Arts & Crafts Volunteers

Volunteers are needed to help assist with setting up art displays and maintaining the general arts and crafts studio. For more information contact Betsy Emond at 970.224.6030, bemon@fcgov.com.

### Teachers

New proposals for teaching classes from skilled arts and crafts instructors welcome. For more information contact Betsy Emond at 970.224.6030, bemon@fcgov.com.

## ADULT PROGRAMS

### [ DRAWING ARTS ]

#### Comics Essentials

Develop a style of drawing doodles, stick figures, or superheroes. Learn to draw Manga, cartoony people, places, and animals. Turn characters and concepts into finished comics, gag cartoons, cards, or books.

Age: 14 years & up

Location: Senior Center

9/22-10/27	Tu	4:00-6:00 PM	\$56	403407-01
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#### Sketching Group M

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

Age: 18 years & up

Location: Senior Center

9/4-11/20	F	9:30 AM-12:30 PM	No Fee	403495-01
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### [ GENERAL ARTS ]

#### Basket Cases M NW

Open time for individuals interested in basketry to meet weekly and work on projects. Work with any medium: basket reed, yarn, pine needles, etc. different techniques such as caning are also welcome. Share ideas and designs. Note: No instructor provided. Bring supplies necessary to work.

Age: 18 years & up

Location: Senior Center

9/3-11/19	Th	1:00-3:00 PM	No Fee	
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### [ GLASS ARTS ]

#### Stained Glass, Foil Beginner

Create works of art in stained glass with the foil method of construction. Learn to cut, grind, foil, solder, and finish glass. Create two projects from varied patterns. Note: Some supplies provided. Supply list available at registration; approximate cost is \$20-55.

Age: 18 years & up

Location: Senior Center

9/8-9/29	Tu	1:00-3:00 PM	\$58	403461-01
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#### Stained Glass, Foil 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 reference. Prerequisite: Foil Stained Glass, Beginner. Note: Supply list available at registration; approximate cost \$20-55.

Age: 18 years & up

Location: Senior Center

10/13-11/3	Tu	1:00-3:00 PM	\$58	403462-01
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#### Stained Glass, Holiday Gifts

Create a one-of-a-kind stained glass angel or fairy, just in time for the holidays. Most supplies provided, approximate cost \$14. Prerequisite: Foil Stained Glass, Beginner.

Age: 18 years & up

Location: Senior Center

11/10-11/17	Tu	1:00-3:00 PM	\$40	403463-01
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### FACE COVERINGS OR MASKS ARE REQUIRED AT ALL RECREATION FACILITIES

Also, it is expected that all visitors maintain 6 feet of physical distance. If you are ill or experiencing COVID-19 symptoms, we ask that you do not participate until 72 hours after your symptoms have ended.

#### LEGEND

- PC Classes in which parents are required to attend
- NW Denotes no web registration for program
- M Denotes program/activity has special membership pricing

## [ PAPER ARTS ]

**Soft Cover Journal Workshop**

Create a soft cover journal for recording everything from your travel adventures to garden notes. Learn to sew a multiple signature book and create a journal. Note: Bring pencil, scissors, and bone folder. All other materials provided. Lunch is on your own.

Age: 16 years & up

Location: Senior Center

10/5	M	9:00 AM-4:00 PM	\$45	403412-01
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**Paper Marbling**

Learn the basics of suminagashi paper marbling and create decorated stationary, envelopes, and wrapping paper. Learn specific techniques to create wonderful end papers for books or scrapbooking. Note: All supplies provided; bring additional paper to marble.

Age: 16 years & up

Location: Senior Center

10/12	M	9:00-11:00 AM	\$20	403417-01
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## [ PAINTING ]

**Acrylic Painting, Beginner**

Learn basics skills to prepare a canvas, as well as drawing, color, value, and composition techniques. Designed for those who have never painted before and are interested in learning how to start, or those who wish to improve their skills. Note: Supply list available at registration, approximate cost \$65-85.

Age: 18 years & up

Location: Senior Center

9/14-9/28	M	1:00-3:00 PM	\$37	403446-01
10/5-10/26	M	1:00-3:00 PM	\$49	403446-02
11/2-11/30	M	1:00-3:00 PM	\$61	403446-03
9/14-9/28	M	6:30-8:30 PM	\$37	403446-04
10/5-10/26	M	6:30-8:30 PM	\$49	403446-05
11/2-11/30	M	6:30-8:30 PM	\$61	403446-06

**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 the manipulation of special paints. Note: \$15 discount available with use of own Bob Ross supplies. Bring a roll of paper to class. Other supplies provided.

Age: 18 years & up

Location: Senior Center

9/1	Th	9:00 AM-3:30 PM	\$75	403427-01
10/8	Th	9:00 AM-3:30 PM	\$75	403427-02
11/12	Th	9:00 AM-3:30 PM	\$75	403427-03

## [ WOODWORKING ]

**Woodworking, Beginner**

Create a basic project with use of woodworking tools. Learn proper setup, safety and maintenance skills. Gain knowledge of wood skills, hand tools, and finishes. Note: Some supplies provided. Supply list available at first class; approximate cost is \$30-50. Must attend first class.

Age: 18 years & up

Location: Senior Center

9/9-10/14	W	4:00-6:00 PM	\$107	403490-01
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**Woodworking, Intermediate**

Advanced techniques and concepts are taught. Further exploration into varied tools are available. Projects designed with the instructors 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 \$30-50. Must attend first class. Class will not be held on 11/25.

Age: 18 years & up

Location: Senior Center

10/28-12/9	W	4:00-6:00 PM	\$107	403491-01
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## YOUTH PROGRAMS

**Cupcakes 'n Canvas**

Theme inspired and designed to teach young artists the joy of painting. Paint on canvas while enjoying cupcakes. Note: Enter building through rear door.

Ages: 5-12 years

Location: Carnegie Center for Creativity

10/28	W	4:00-5:30 PM	\$45	416943-01
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**Curious Creations Club**

Create various crafts together, through guided instruction. Note: Price is per project. All supplies included. Children under 10 must be accompanied by an adult.

Age: All

Location: Northside Aztlan Center

Terra Cotta Scarecrow Flower Pot

9/20	Su	10:00 AM-Noon	\$37	418983-01
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Little Ghoulie Lantern

10/11	Su	10:00 AM-Noon	\$37	418983-02
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Leaf Bowl

11/15	Su	10:00 AM-Noon	\$37	418983-03
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**I Can Draw and Paint**

Learn to use basic art supplies. Draw with pastels, pencils, and use watercolor and tempera paints. Note: Enter building through rear door.

Ages: 5-12 years

Location: Carnegie Center for Creativity

10/7-10/21	W	4:00-5:30 PM	\$45	416209-01
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**How to Draw Series**

Designed for those new to art, who love to draw, and want to expand their skills. All supplies included.

Age: 6-10 years

Location: Northside Aztlan Center

**Mythical Magical**

9/30-10/28	W	4:30-5:30 PM	\$60	418987-01
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**Creature Creation**

11/4-12/9	W	4:30-5:30 PM	\$60	418987-02
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**Pastel Explorations**

Use chalk and oil pastels to create beautiful, vibrant works of art.

Age: 6-10 years

Location: Carnegie Center for Creativity

9/30	W	4:00-5:30 PM	\$55	416917-01
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**Painting Pairs**

Instructor will guide you through two-canvas painting with different themes each class. Price is for two canvas projects. All supplies provided.

Age: All

Location: Northside Aztlan Center

**Grandparents Day**

9/13	Su	10:00 AM-Noon	\$42	418982-01
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**Trick or Treat**

10/25	Su	10:00 AM-Noon	\$42	418982-02
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**Dia de los Muertos**

11/1	Su	10:00 AM-Noon	\$42	418982-03
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**Painting Workshop**

Gain confidence creating a new piece of seasonal art in this instructor guided class. All supplies are provided.

Age: 6-14 years

Location: Foothills Activity Center

**Space Explorer**

10/10	Sa	2:00-3:30 PM	\$26	418985-02
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Location: Northside Aztlan Center

**Fall Trees**

9/12	Sa	2:00-3:30 PM	\$26	418985-01
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**Pumpkin Patch**

11/14	Sa	2:00-3:30 PM	\$26	418985-03
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**Schools Out Art**

Keep children engaged with a full day of art on their days off school. All topics develop problem solving, critical thinking and observational skills. Projects will vary by session. Note: Bring sack lunch and drink.

Age: 6-14 years

Location: Foothills Activity Center

**Fun with Watercolors**

9/25	F	9:00 AM-3:00 PM	\$63	418984-01
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**Spooktacular Art**

10/15	Th	8:30 AM-3:30 PM	\$63	418984-02
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**Lost in Space**

10/16	F	9:00 AM-3:00 PM	\$63	418984-03
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Location: Northside Aztlan Center

**Art Around the World**

11/9	M	9:00 AM-3:00 PM	\$63	418984-04
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**Teen Art: Exploring Mediums**

For those who love drawing and want to expand skills. Learn about new mediums and techniques. All supplies provided. Note: Class will not be held on 11/25.

Age: 11-18 years

Location: Foothills Activity Center

**Watercolor**

9/30-10/28	W	5:45-7:00 PM	\$69	418986-01
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**Pastels**

11/4-12/9	Tu,W	5:45-7:00 PM	\$89	418986-02
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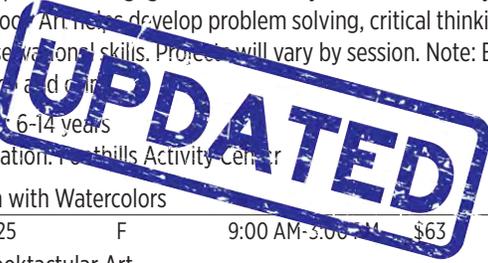
**Watercolor Landscapes**

Students create landscapes inspired by Georgia O'Keefe using watercolors and oil pastels. Note: Enter building through rear door.

Ages: 5-12 years

Location: Carnegie Center for Creativity

11/18	W	4:00-5:30 PM	\$35	416921-01
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**FACE COVERINGS OR MASKS ARE REQUIRED AT ALL RECREATION FACILITIES**

Also, it is expected that all visitors maintain 6 feet of physical distance. If you are ill or experiencing COVID-19 symptoms we ask that you do not participate until 72 hours after your symptoms have ended.

**LEGEND**

- PC** Classes in which parents are required to attend
- NW** Denotes no web registration for program
- M** Denotes program/activity has special membership pricing

## DANCE & MOVEMENT

### ADULT PROGRAMS

#### [ BALLET ]

##### Ballet, Beginner

Basic level to learn ballet barre, center work and steps. Note: Ages 13-17 years welcome with instructor approval. Class will not be held on 11/24.

Age: 18 years & older

Location: Empire Grange, 2306 W. Mulberry St.

9/15-10/20	Tu	5:30-6:30 PM	\$43	406102-01
10/27-12/15	Tu	5:30-6:30 PM	\$50	406102-02

##### Ballet, Continued

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 11/23.

Age: 18 years & older

Location: Empire Grange, 2306 W. Mulberry St.

9/14-10/19	M	5:30-6:45 PM	\$52	406103-01
10/26-12/14	M	5:30-6:45 PM	\$61	406103-02

#### [ LINE DANCE ]

##### Line Dance, Beginner

Learn the basic steps, terminology, and easy sequences to a variety of music rhythms. No partner necessary. Note: Option to pay a drop-in rate of \$7 per class available.

Age: 18 years & up

Location: Senior Center

9/1-9/29	Tu	1:15-2:30 PM	\$21	406436-01
10/6-10/27	Tu	1:15-2:30 PM	\$21	406436-02
11/3-11/24	Tu	1:15-2:30 PM	\$21	406436-03

##### Line Dance, Continued

Designed for the more experienced dancer who thrives on complex dance step sequences and rhythms. Note: Option to pay a drop-in rate of \$7 per class available.

Age: 18 years & up

Location: Senior Center

9/1-9/29	Tu	2:30-3:45 PM	\$21	406437-01
10/6-10/27	Tu	2:30-3:45 PM	\$21	406437-02
11/3-11/24	Tu	2:30-3:45 PM	\$21	406437-03

Looking for more line dancing opportunities? Check out the Line Dance Extravaganza on page 53.

#### [ MODERN ]

##### Modern Dance

Earthy, sometimes jazzy or lyrical movements follow a stretching/toning warm-up which leads to release of stress and interactive enjoyment. Note: Ages 13-17 years welcome with instructor approval. Class will not be held on 11/23.

Age: 18 years & up

Location: Empire Grange, 2306 W. Mulberry St.

9/14-10/19	M	6:50-7:50 PM	\$43	406156-01
10/26-12/14	M	6:50-7:50 PM	\$50	406156-02

### YOUTH PROGRAMS

#### [ BALLET ]

##### Baby Ballerinas <sup>PC</sup>

Discover movement, range, and dynamics as gross motor skills are developed in the form of dance.

Age: 2 years

Location: Mulberry Pool

9/3-9/24	M	9:00-9:30 AM	\$49	421212-01
10/1-10/22	F	9:00-9:30 AM	\$49	421212-02
10/29-11/19	Th	9:00-9:30 AM	\$49	421212-03
12/3-12/17	Th	9:00-9:30 AM	\$39	421212-04

##### Petite Ballerinas

Explore movement and discover the confident dancer within. Leveled classes help 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. Attire: Solid color leotard and tights or white t-shirt and black shorts, and ballet shoes. Note: Class will not be held on 10/17.

Location: Northside Aztlan Center

##### Petite Ballerinas I

Age: 3.5-4 years

9/4-9/25	F	9:00-9:45 AM	\$49	421524-01
10/2-10/23	F	9:00-9:45 AM	\$49	421524-02
10/30-11/20	F	9:00-9:45 AM	\$49	421524-03
12/4-12/18	F	9:00-9:45 AM	\$39	421524-04
9/5-9/26	Sa	9:30-10:15 AM	\$49	421524-05
10/3-10/24	Sa	9:30-10:15 AM	\$49	421524-06
10/31-11/21	Sa	9:30-10:15 AM	\$49	421524-07

#### FACE COVERINGS OR MASKS ARE REQUIRED AT ALL RECREATION FACILITIES

Also, it is expected that all visitors maintain 6 feet of physical distance. If you are ill or experiencing COVID-19 symptoms, we ask that you do not participate until 72 hours after your symptoms have ended.

#### LEGEND

- PC Classes in which parents are required to attend
- NW Denotes no web registration for program
- M Denotes program/activity has special membership pricing

Adult Parties continued

Petite Ballerinas I/II

Age: 3.5-5 years

12/5-12/19	Sa	9:30-10:15 AM	\$39	421524-08
<b>UPDATED</b>				
Petite Ballerinas II				
Age: 4.5-5 years				
9/4-9/11	F	10:00-10:45 AM	\$49	421524-09
10/2-10/23	F	10:00-10:45 AM	\$49	421524-10
10/30-11/20	F	10:00-10:45 AM	\$49	421524-11
12/4-12/18	F	10:00-10:45 AM	\$39	421524-12
9/5-9/26	Sa	11:30 AM-12:15 PM	\$49	421524-13
10/3-10/24	Sa	11:30 AM-12:15 PM	\$39	421524-14
10/31-11/21	Sa	11:30 AM-12:15 PM	\$49	421524-15

Petite Ballerinas II/III

Age: 4.5-6 years

12/5-12/19	Sa	10:00-11:15 AM	\$39	421524-16
<b>UPDATED</b>				
Petite Ballerinas III				
Age: 5.5-6 years				
9/5-9/26	Sa	10:30-11:15 AM	\$49	421524-17
10/3-10/24	Sa	10:30-11:15 AM	\$39	421524-18
10/31-11/21	Sa	10:30-11:15 AM	\$49	421524-19

[ GENERAL DANCE ]

Acro Dance

Learn basic skills in tumbling, acrobatics and dance combined with various props to produce coordination, balance, agility and strength. Attire: Leotard and footless tights, hair pulled out of face.

Age: 4-12 years

Location: Mulberry Pool

Acro Dance I

9/1-9/22	Tu	5:35-6:20 PM	\$49	421213-01
9/3-9/11	Th	9:45-10:30 AM	\$49	421213-05
9/15-10/20	Tu	5:30-6:20 PM	\$49	421213-02
10/1-10/22	Th	9:45-10:30 AM	\$49	421213-06
10/2-11/17	Tu	5:35-6:20 PM	\$49	421213-03
10/29-11/19	Th	9:45-10:30 AM	\$49	421213-07
11/4-12/15	Tu	5:35-6:20 PM	\$39	421213-04
12/3-12/17	Th	9:45-10:30 AM	\$39	421213-08

Acro Dance II

9/1-9/22	Tu	6:30-7:30 PM	\$49	421213-09
9/29-10/20	Tu	6:30-7:30 PM	\$49	421213-10
10/27-11/17	Tu	6:30-7:30 PM	\$49	421213-11
12/1-12/15	Tu	6:30-7:30 PM	\$39	421213-12

Dancin' Dumplin's

Introduction to dance rhythms, movement, tumbling, and creativity. Confidence results from this fun-filled class. Attire: Leotard and tights or t-shirt and shorts.

Location: Foothills Activity Center

Age: 3 years

9/3-9/24	Th	11:15 AM-Noon	\$38	421704-01
10/1-10/24	Th	11:15 AM-Noon	\$48	421704-02
10/29-11/19	Th	11:15 AM-Noon	\$38	421704-03

Age: 4-5 years

9/3-9/24	Th	4:30-5:30 PM	\$48	421704-04
10/1-10/24	Th	4:30-5:30 PM	\$64	421704-05
10/29-11/19	Th	4:30-5:30 PM	\$64	421704-06

Preschool Dance & Pom

Class is designed to help children learn motions, dance, and tumbling. Practice body control, improve strength, flexibility, balance, and coordination.

Age: 3-5 years

Location: Club Tico

9/8-10/13	Tu	4:00-4:45 PM	\$81	421914-01
10/20-11/24	Tu	4:00-4:45 PM	\$81	421914-02

Roly Polys <sup>PC</sup>

Discover the world of gymnastics with focus on agility, flexibility, strength, and coordination using balance beams, swing bars, parallel bars, and a mini trampoline.

Location: Foothills Activity Center

Age: 2 years

9/2-9/16	W	10:30-11:15 AM	\$38	421701-01
9/30-10/21	W	10:30-11:15 AM	\$38	421701-02
10/28-11/18	W	10:30-11:15 AM	\$48	421701-03

Age: 3 years

9/1-9/22	T	11:15 AM-noon	\$38	421701-04
9/2-9/16	W	11:15 AM-noon	\$38	421701-05
9/29-10/20	T	11:15 AM-noon	\$48	421701-06
9/30-10/21	W	11:15 AM-noon	\$48	421701-07
10/27-11/17	T	11:15 AM-noon	\$38	421701-08
10/28-11/18	W	11:15 AM-noon	\$38	421701-09

WEBBY Dance Combo

Build concentration, memory skills, flexibility, coordination, creative movement and self-confidence in a positive atmosphere. Age-appropriate music and props that your child will dance with during their structured ballet and tap time. Class will conclude with tumbling with fun obstacle courses. Note: Class will not be held on 11/26.

Age: 3-5 years

Location: Club Tico

9/9-10/14	W	10:00-10:45 AM	\$81	421913-01
7/28-8/25	Tu	10:00-10:45 AM	\$81	421913-02
9/10-10/15	Th	4:00-4:45 PM	\$81	421913-03
10/22-12/3	Th	4:00-4:45 PM	\$81	421913-04

## [ 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 9/23, 11/25

Age: 7-8 years

Location: Foothills Activity Center

9/2-9/30	W	6:00-7:15 PM	\$60	421703-01
10/7-11/4	W	6:00-7:15 PM	\$79	421703-02
11/11-12/16	W	6:00-7:15 PM	\$60	421703-03

**Tappin' & Tumbling**

45-minutes of basic tap techniques and rhythms followed by 45-minutes of basic gymnastics skills and rotations.

Note: Class will not be held on 11/26.

Age: 4-8 years

Location: Foothills Activity Center

9/3-10/1	Th	6:00-7:30PM	\$71	421706-01
10/8-11/5	Th	6:00-7:30PM	\$95	421706-02
11/12-12/17	Th	6:00-7:30PM	\$71	421706-03

**Tumble Bumbles**

Learn basic tumbling skills like somersaults, cartwheels, and push-up bridge along with use of various pieces of equipment. Develop flexibility, balance, coordination, and self-confidence. Age appropriate skills are taught. Attire: Leotard and tights or t-shirt and shorts. Note: Class will not be held on 9/23, 11/24, 11/25.

Location: Foothills Activity Center

Age: 4-5 years

9/1-9/29	T	4:30-5:30 PM	\$48	421702-01
9/2-9/30	W	11:45 AM-12:45 PM	\$48	421702-02
10/6-11/3	T	4:30-5:30 PM	\$64	421702-03
10/7-11/4	W	11:45 AM-12:45 PM	\$64	421702-04
11/10-12/15	T	4:30-5:30 PM	\$48	421702-05
11/11-12/26	W	11:45 AM-12:45 PM	\$48	421702-06

Age: 5-6 years

9/1-9/29	T	6:00-7:00 PM	\$48	421702-07
10/6-11/3	T	6:00-7:00 PM	\$64	421702-08
11/10-12/16	T	6:00-7:00 PM	\$48	421702-09

Age: 6-7 years

9/2-9/30	W	4:30-5:30 PM	\$48	421702-10
10/7-11/4	W	4:30-5:30 PM	\$64	421702-11
11/11-12/16	W	4:30-5:30 PM	\$48	421702-12



**REDUCE IDLING** by turning off your engine after 30 seconds at rail crossings, in your neighborhood and while waiting for curbside deliveries. It helps us all breathe better air, saves you money, and reduces pollution! Learn more benefits and tips for idling reduction at [fcgov.com/vehicleidling](https://fcgov.com/vehicleidling)



Auxiliary aids and services are available for persons with disabilities.

16-1924

## DAY CAMPS

### CAMP FUNQUEST

Camp FunQuest is Recreation’s way to keep children engaged when school is out of session. Unique activities and field trips are designed with children’s interests in mind.

#### Enrollment Information

Visit [fcgov.com/daycamps](http://fcgov.com/daycamps) to view updated camp information and read details on how we have adapted to new COVID-19 guidelines. Detailed information and an invitation to complete online forms will be emailed to the primary email address on your household account the week prior to start of camp. All required forms, including a copy of current immunization records and any needed medication administration forms, must be submitted prior to arrival on the first day of camp.

#### Camp FunQuest Cancellation Policy

Cancellations must be made at least five calendar days before the start of camp (Tuesday of week prior) and are subject to a \$20 non-refundable cancellation fee. Submit cancellation requests by emailing your original receipt to [recreation@fcgov.com](mailto:recreation@fcgov.com).

#### Drop off & Pick up Details

Drop off and pick up for all campers is at Northside Aztlan Community Center. Parents are expected to sign their child in and out of camp each day. Biking/walking to or from camp is not permitted for any camper.

### Camper Groups

Marmots | Ages 5-6 years | 8 a.m.-5 p.m

Red Foxes | Ages 7-8 years | 8 a.m.-5 p.m.

Big Horns | Ages 9-11 years | 8 a.m.-5 p.m.

### 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 registering and contact Adaptive Recreation Opportunities at 970.221.6655, [recreation@fcgov.com](mailto:recreation@fcgov.com). Note: Requests should be made at least two weeks before the program begins.

### [ CAMP FUNQUEST, WINTER BREAK CAMP ]

Keep busy with arts and crafts, games, gym time, and a Friday field trip. Note: Bring a sack lunch, two snacks, and a water bottle. Itinerary provided one week prior to camp.

#### Marmot

12/21-12/23	M-W	8 AM-5 PM	\$110	115550-01
12/28-12/30	M-F	8 AM-5 PM	\$110	115551-01

#### Red Fox

12/21-12/23	M-W	8 AM-5 PM	\$110	115550-02
12/28-12/30	M-F	8 AM-5 PM	\$110	115551-02

#### Big Horn

12/21-12/23	M-W	8 AM-5 PM	\$110	115550-03
12/28-12/30	M-F	8 AM-5 PM	\$110	115551-03

## WHERE WILL YOU RIDE ON?

Find these recreation destinations in the word search! See how to get there with Transfort at [ridetransfort.com/routes](http://ridetransfort.com/routes)

*Studio, EPIC, Collindale, Twin Silo, Fun Quest, Senior Center, Transfort*

U	H	H	E	J	S	S	T	U	D	I	O
V	Y	Q	Z	X	E	P	B	M	S	S	F
T	W	Z	F	U	N	Q	U	E	S	T	M
R	C	O	L	L	I	N	D	A	L	E	G
A	Y	O	K	T	O	H	E	U	L	T	R
N	Q	Z	P	S	R	E	P	Y	A	W	S
S	O	Z	E	D	C	E	I	G	R	I	L
F	G	D	B	R	E	T	C	W	G	N	M
O	B	G	S	W	N	C	O	F	C	S	H
R	U	Z	G	Z	T	S	T	X	E	I	D
T	K	V	L	L	E	R	V	I	A	L	Y
O	T	W	H	S	R	V	Q	Q	S	O	A

Created with The TeachersCorner.net Word Search Maker



**TRANSFORT**

## EARLY LEARNING

Early Learning programs are tailored towards children ages 6 years and younger 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 to attend are indicated with a **PC**. All other programs are child only.

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 older, browse the Youth Programs in other sections of the Recreator (ex. Education: Youth Programs).

### 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](mailto:recreation@fcgov.com). Note: Requests should be made at least two weeks before the program begins.

### FUNTIME PRESCHOOL PROGRAM

Funtime is an early childhood program for children ages 3-5 yearsold. Focus on the development of readiness skills through childdirecteddiscovery and teacher-led activities. Comprehensivecurriculum content includes development of small-motor, cognitive,gross motor movement, social and early literacy skills. Our playbasedintentional approach encourages self-regulation, criticalthinking and problem-solving.

Funtime Preschool: Children must be age 3 by 9/15/2020.

Funtime Pre-K: Children must be age 4 by 9/15/2020.

Online health profiles, a general health appraisal and currentimmunization records are required for attendance. Emergencymedications will require additional forms to be signed by a physician.All forms will be available online at [fcgov.com/earlylearning](http://fcgov.com/earlylearning) July 1,2020.

To ensure enough time for processing, all required forms must bereceived at least one week prior to class start dates. Completedforms can be uploaded into online health profiles or hand deliveredto the Northside Aztlan Community Center.

Access to online healthprofiles will be emailed after registration. For questions call 970.221.6256

### Funtime: Pre-K

Age: 4-5 years				
9/14-10/9	M,W,F	9:30 AM-Noon	\$159	417500-01
10/12-11/20	M,W,F	9:30 AM-Noon	\$230	417500-02
11/30-12/18	M,W,F	9:30 AM-Noon	\$130	117500-01

### Funtime: Preschool

Age: 3-4 years				
9/15-10/8	Tu,Th	9:30 AM-Noon	\$115	417501-01
10/13-11/19	Tu,Th	9:30 AM-Noon	\$159	417501-02

### Lunch Bunch Enrichment

Bring a lunch, make new friends, and learn something new. Varied enrichment activities are designed to complement most pre-k and half-day kindergarten programs. Note: Drop-in available for \$15/day until class enrollment is reached. Class will not be held on 9/25

Age: 4-6 years				
9/2-10/7	W	Noon-2:00 PM	\$70	417509-01
9/4-10/9	F	Noon-2:00 PM	\$58	417509-02
10/14-11/18	W	Noon-2:00 PM	\$70	417509-03
10/23-11/20	F	Noon-2:00 PM	\$58	417509-04

### EXPERIENTIAL LEARNING/ENRICHMENT PROGRAMS

Play is an important part of children's learning and development. Our experiential learning and enrichment programs offer play-based learning classes that expose children to new experiences which build confidence and develop cognitive, communication and social skills.

Discover the wonder of dance with

*Canyon Concert*  
BALLET

Offering classes in ballet, tap, jazz, hip hop, modern, contemporary, musical theatre, and more for dancers of all ages and abilities! **First class is free for new dancers.**



970-472-4156  
1031 Conifer Street, Fort Collins, CO 80524  
[www.CCBallet.org](http://www.CCBallet.org)

[ 12 MONTHS-4 YEARS ]

**Art Start** PC

Hands-on independent 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

9/9-9/30		9:30-10:30 AM	\$55	417983-01
10/7-10/28	W	9:30-10:30 AM	\$55	417983-02
11/4-11/18	W	9:30-10:30 AM	\$45	417983-03



**Curious Twos**

Attention is directed to games, crafts, and stories to provide a positive first step to independent learning. Themes direct learning focus for the session.

Age: 2 years

Location: Northside Aztlan Center

9/14-10/13	Tu,Th	9:30-10:30 AM	\$61	417504-01
9/14-10/13	Tu,Th	11:00 AM-Noon	\$61	417504-02

**Colors & Costumes**

10/6-10/29	Tu,Th	9:30-10:30 AM	\$54	417504-03
10/6-10/29	Tu,Th	11:00 AM-Noon	\$54	417504-04

**Listening Skills**

11/3-11/24	Tu,Th	9:30-10:30 AM	\$54	417504-05
11/3-11/24	Tu,Th	11:00 AM-Noon	\$54	417504-06



**Funtime Discovery**

Discover arts and crafts, creative play, letter/number recognition, and gym time in this transitional class. Themes direct learning focus for the session. Previous class experience recommended.

Age: 2.5-3.5 years

Location: Northside Aztlan Center

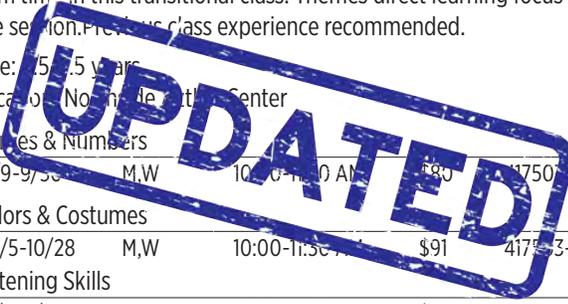
9/9-9/30	M,W	10:00-11:00 AM	\$80	417503-01
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**Colors & Costumes**

10/5-10/28	M,W	10:00-11:30 AM	\$91	417503-02
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**Listening Skills**

11/2-11/25	M,W	10:00-11:30 AM	\$91	417503-03
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**Fun & Fitness**

Be social and enjoy themed arts, crafts, and story time along with featured fitness activities.

Age: 2-4 years

Location: Foot Hill Activity Center

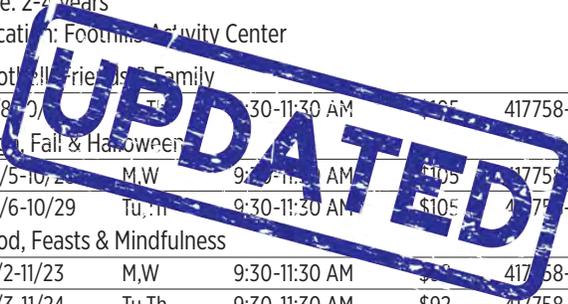
9/8-10/13	Tu,Th	9:30-11:30 AM	\$95	417758-02
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**Yoga, Fall & Halloween**

10/5-10/29	M,W	9:30-11:30 AM	\$105	417758-03
10/6-10/29	Tu,Th	9:30-11:30 AM	\$105	417758-04

**Food, Feasts & Mindfulness**

11/2-11/23	M,W	9:30-11:30 AM	\$92	417758-05
11/3-11/24	Tu,Th	9:30-11:30 AM	\$92	417758-06



**Music Together Demo Class** PC

For prospective families who would like to visit a class before enrolling in one of our upcoming semesters. Learn more about the research based, internationally recognized Music Together Program, have fun with singing, movement, instrument play. Mixed age classes. Registration required.

Age: 9 months-3 years

Location: Foot Hill Activity Center

8/31	M	10:00-10:45 AM	No Fee	418775-01
8/31	M	11:15 AM-Noon	No Fee	418775-02



**Music Together** PC

Mixed age music and movement class for children and caregivers. Explore singing, movement, instrument play in structured playful environment. Tuition includes class materials, online resources. Note: Discount for additional sibling 9 months and older, siblings 8 months and younger are free.

Age: 9 months-3 years

Location: Foot Hill Activity Center

9/14-11/16	M	9:30-10:15 AM	\$202	418776-01
9/14-11/16	M	10:30-11:15 AM	\$202	418776-03

9/14-11/16	M	11:30 AM-12:15 PM	\$202	418776-05
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**Additional Sibling**

9/14-11/16	M	9:30-10:15 AM	\$152	418776-02
9/14-11/16	M	10:30-11:15 AM	\$152	418776-04
9/14-11/16	M	11:30 AM-12:15 PM	\$152	418776-06



[ 3+ YEARS ]

**Cupcakes 'n Canvas**

Theme inspired and designed to teach young artists the joy of painting. Paint on canvas while enjoying cupcakes. Note: Enter building through rear door.

Age: 3-4 years

Location: Carnegie Center for Creativity

10/28	W	1:30-2:30 PM	\$35	417929-01
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**Discovering Reptiles** PC

Learn about reptiles and amphibians from Northern Colorado Herpetological Society members. This hands-on program features both local and global reptiles. Note: Reduced rate of \$5 for siblings after one full price enrollment. Accompanying adults and siblings ages 2 and under are free.

Age: 3-10 years

Location: Northside Aztlan Center

9/12	Sa	10:00-11:30 AM	\$15	418565-01
10/10	Sa	10:00-11:30 AM	\$15	418565-03
11/7	Sa	10:00-11:30 AM	\$15	418565-05

**Additional Sibling**

9/12	Sa	10:00-11:30 AM	\$5	418565-02
10/10	Sa	10:00-11:30 AM	\$5	418565-04
11/7	Sa	10:00-11:30 AM	\$5	418565-06

**I Can Draw & Paint**

Learn to use basic art supplies. Draw with pastels, pencils, and use watercolor and tempera paints. Note: Enter through rear door.

Age: 3-4 years

Location: Carnegie Center of Creativity

10/7	W	1:30-2:30 PM	\$25	416210-01
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**I Want to be a Scientist**

Explore, learn, and discover what it is like to be a scientist by conducting hands-on investigations.

Age: 3-6 years

Location: Northside Aztlan Center

**Concoctions**

9/10	Th	10:00-11:30 AM	\$18	417507-01
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**Oceanography**

10/1	Th	10:00-11:30 AM	\$18	417507-04
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**Paleontology**

10/8	Th	10:00-11:30 AM	\$18	417507-05
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**Reptiles**

11/5	Th	10:00-11:30 AM	\$18	417507-08
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**Vet Medicine**

11/12	Th	10:00-11:30 AM	\$18	417507-09
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**Pastel Explorations**

Use chalk and oil pastels to create beautiful, vibrant works of art. Note: Enter through rear door

Age: 3-4 years

Location: Carnegie Center of Creativity

9/30	W	1:30-2:30 PM	\$25	416916-01
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**Watercolor Landscapes**

Students create landscapes inspired by Georgia O'Keefe using water colors and oil pastels. Note: Enter through rear door.

Age: 3-4 years

Location: Carnegie Center of Creativity

11/18	W	1:30-2:30 PM	\$25	416920-01
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**FACE COVERINGS OR MASKS ARE REQUIRED AT ALL RECREATION FACILITIES**

Also, it is expected that all visitors maintain 6 feet of physical distance. If you are ill or experiencing COVID-19 symptoms we ask that you do not participate until 72 hours after your symptoms have ended.

**LEGEND**

- Classes in which parents are required to attend
- Denotes no web registration for program
- Denotes program/activity has special membership pricing

**Recreation Subscriptions**

**Recreation Newsletters**

- Recreation
- Adaptive Recreation Opportunities
- Senior Center News

Enter email address

**Subscribe to Newsletters**

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**Sign Up**

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Get the Recreator online or delivered to your mailbox. Subscribe at [fcgov.com/recreation](http://fcgov.com/recreation).



## EDUCATION

### ADULT PROGRAMS

All classes are for those 18 years and older and held at the Fort Collins Senior Center, unless otherwise noted.

#### [ CPR & FIRST AID ]

##### First Aid, CPR & AED

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 by OSHA will be emailed after class. Book includes...

Age: 14 years & up  
 9/5 Sa 9:00 AM-5:00 PM \$78 407440-01



##### BLS Provider

This American Heart Association course meets the Basic Life Support training for medical professionals. Skills and written tests required. One and Two Rescuer CPR, AED, and uses included. Certification is emailed and valid for one year.

9/9 W 5:30-9:30 PM \$78 407441-01  
 10/7 W 5:30-9:30 PM \$78 407441-02



##### Wilderness First Aid

Learn skills for short- and long-term management of injuries, medical emergencies and conditions when definitive care is more than one hour away. Field day focuses on handling scenarios and techniques needed to stabilize the victim and assist others in the group. ECSI Certification provided upon successful completion of the class.

Age: 14 years & up  
 9/22-9/24 Tu,Th 5:30-9:30 PM  
 9/26 Sa 9:00 AM-5:00 PM \$156 407442-01



#### [ DOG TRAINING ]

##### Canine Good Citizen

Learn specific skills to be a well-mannered canine of society. Bring tiny treats and a 6-foot leash. Pass/fail test given on the last day to earn a Canine Good Citizen title. AKC registration not required. This is not an obedience class. Children welcome with parent as primary handler.

Location: City Park, corner of Bryan Ave. and Oak St.  
 9/5-10/10 Sa 11:30-12:30 PM \$90 407951-01  
 9/6-10/11 Su 11:30-12:30 PM \$90 407951-01

##### Dog Obedience, Beginner

Learn basic dog obedience with verbal commands and hand signals for sit, down, stand, stay, come when called, and walk on a loose leash. Bring lots of tiny treats and a 6-foot leash. No training prerequisite. Dogs must be at least 8 months old.

Location: City Park, corner of Bryan Ave. and Oak St.  
 9/5-10/10 Sa 10:00-11:00 AM \$90 407950-01  
 9/6-10/11 Su 10:00-11:00 AM \$90 407950-01



##### Good Dogs Out on the Town

Take your dog to a new level of obedience and attention while exploring Fort Collins parks, shops and cafes. Your dog will learn advanced skills necessary for focus and calmness while you dine and shop through use of dog-friendly positive reinforcement techniques.

Location: TBA  
 9/22-10/20 Tu 5:30-6:30 PM \$85 407452-01

#### [ GENERAL INTEREST ]

##### Genealogy, Beginner

Explore personal family genealogy by using FamilySearch. Learn how to set up an account, enter known family history, connect to existing genealogies, and more. Limited computers available, use of personal devices encouraged. Enter building on the west side.

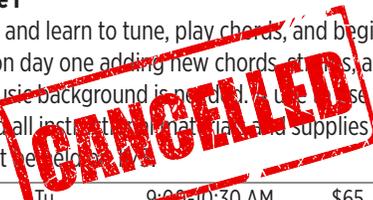
Age: 14 years & up  
 Location: Fort Collins Colorado Family History Center  
 9/3-9/24 Th 7:00 PM-8:00 PM \$6 407455-01  
 10/1-10/22 Th 7:00 PM-8:00 PM \$6 407455-02  
 10/29-11/19 Th 7:00 PM-8:00 PM \$6 407455-03

#### [ MUSIC ]

##### You Can Uke I

Play the uke and learn to tune, play chords, and begin strumming. Play songs on day one adding new chords, strums, and songs each week. No music background is needed. Uke use for duration of the class and all instructional materials and supplies are provided. Class will not be held on 11/3.

9/8-9/29 Tu 9:00-10:30 AM \$65 407468-01  
 10/13-11/10 Tu 9:00-10:30 AM \$65 407468-02



##### You Can Uke II

Review and add new skills and songs each week. Previous class or knowledge of chords in the key of C and G and 4/4 strums required. A uke to use for duration of the class and all instructional materials and supplies are provided. Class will not be held on 11/3.

9/8-9/29 Tu 11:00 AM-12:30 PM \$65 407469-01  
 10/13-11/10 Tu 11:00 AM-12:30 PM \$65 407469-02



## [ S.T.E.M. ]

**Rosin Corps-CW Keyer Kit Build**

Introduction to soldering with build the 'Ultra Pico Keyer' from Ham Gadgets. Use the completed kit to practice and learn Morse code, or use a ham radio to transmit messages on the air. All soldering equipment, supplies, and Keyer kit are provided.

9/11	F	9:00 AM-Noon	\$15	407491-01
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**Rosin Corps-Slinky Radio Art**

Build an HF radio antenna based on a pair of Slinky toys. This easy to build and compact antenna is fully functional for use. All equipment and supplies provided.

11/6	F	9:00 AM-Noon	\$15	407491-02
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## [ VIRTUAL CLASSES ]

All classes are designed for those 14 years or older and held in a virtual classroom. The virtual classroom link will be shared one-week prior to class.

## COOKING

**Fresh Fall Salads & Wraps**

Wraps can be simple or complex and come in many different varieties. Join us to learn to wrap with the best of ingredients. Menu: Roasted vegetable wrap, sautéed vegetable wrap, and kale & apple salad.

9/9	W	5:30-6:30 PM	\$15	407420-01
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**One-Pot Freezer Meals**

Learn how to prep easy-to-make freezer meals so you and your family can quickly eat home-cooked food. Prep the ingredients in a freezer bag then thaw and cook when you wish to eat! All recipes are vegan friendly.

9/23	W	5:30-6:30 PM	\$15	407420-02
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**Curry in a Hurry**

American efficiency meets authentic Indian curry. Learn to make two different styles of Indian curry, each taking less than 20 minutes. Menu: Red & Black Bean Curry with Swiss Chard, Mixed Vegetable Coconut Curry.

10/7	W	5:30-6:30 PM	\$15	407420-03
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**One-Pot Rice Cooker Meals**

In this class we will introduce you to endless possibilities of making one pot meals using the humble and inexpensive rice cooker. Explore international flavors and create some mouthwatering recipes that require no labor, just dump in all the ingredients, sit back, and enjoy the delicious meal.

10/19	M	5:30-6:30 PM	\$15	407420-04
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**Slow Cooker Curries**

Make authentic Indian curry in a slow cooker that is easy, delicious, gluten-free, dairy-free and vegetarian. Menu: Spicy lentil soup, saag (spinach curry), and vegetable korma.

11/4	W	5:30-6:30 PM	\$15	407420-05
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**Thanksgiving Side Dishes**

Impress your family and friends with these easy, delicious and healthy sides for your holiday celebration. All recipes are gluten-free and vegan friendly. Menu: Wholesome Cranberry Relish, Parsnip Mashed Potatoes, and Very Festive Wild Rice Salad

11/11	W	5:30-6:30 PM	\$15	407420-06
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**Thai Cuisines**

Learn to cook Thai curries, flavorful soups, spicy salads, desserts and stir fry dishes. Students will also be taught how to choose quality ingredients, given cooking tips and tricks, and learn time saving restaurant food preparation techniques that will save you time at home.

Age: 16 years & up

1st Course - Mochiko chicken with miso orange dressing salad

9/14	M	5:30-6:30 PM	\$15	407422-01
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2nd Course Menu -Sriracha chicken and lime basil soda

10/5	M	5:30-6:30 PM	\$15	407422-02
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3rd Course Menu - Green curry fried rice, Thai dipping sauce

11/2	M	5:30-6:30 PM	\$15	407422-03
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**1-on-1 Virtual Nutritional Instruction**

Private consultations and cooking classes for those interested in improving overall health. Customized instruction options include: budget-friendly cooking, healthy meal plans, and tips for efficient food preparation. Instruction is provided by a certified health coach.

Age: 18 years & up

45-minute session for 1 person	\$45	407421-01
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45-minute session for 2 people	\$65	407421-02
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## MUSIC

**Guitar I**

Learn basics of the instrument, tuning, strumming chords, and picking tunes. Discover how to use guitar tabs so you can practice on your own. With instructor guidance and dedication to practice, you will be surprised how fast you can improve. Note: Class will not be held on 11/24.

Age: 18 years & up

9/8-9/29	Tu	6:45-7:45 PM	\$80	407466-01
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10/6-10/27	Tu	6:45-7:45 PM	\$80	407466-02
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11/3-12/1	Tu	6:45-7:45 PM	\$80	407466-03
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**Guitar II**

Designed as a continuation of Guitar Level 1. Explore strumming techniques and ideas as well as barre chords. Perfect Guitar Level 1 chords and learn new tabs. Note: Class will not be held on 11/25.

Age: 18 years & up

9/9-30	W	6:45-7:45 PM	\$80	407467-01
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10/7-28	W	6:45-7:45 PM	\$80	407467-02
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11/4-12/2	W	6:45-7:45 PM	\$80	407467-03
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## FARM

All programs are hosted at The Farm unless otherwise noted. Classes in which parents are required to attend are listed with **PC**.

### Adopt an Animal

Anyone can adopt an animal at The Farm and become its parent. As an adoptive parent, your contribution help provide food and care of an animal.

It's easy to adopt; choose your favorite Farm animal and adopt it for a year by making a tax-deductible donation. Parents receive an adoption certificate and their 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, but welcomes your visit regularly. Please note, some of the animals are sold when they reach maturity.

For more information and to fill out an adoption form, visit [fcgov.com/thefarm](http://fcgov.com/thefarm).

### 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 other novelties.

### The Farm Museum & Ross Proving-Up House

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. Visit the Ross Proving-Up House to learn about some of the first settlers of Fort Collins.

### 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](http://engage.fcgov.com/d/fn).

### Pumpkin Patch

Get into the season, with a visit to The Farm for pumpkins. Pumpkins sold by the pound during open hours. Visit [fcgov.com/thefarm](http://fcgov.com/thefarm) for current open hours. Note: Groups are welcome to reserve a time any day to purchase their pumpkins.

### Li'l Dumplin' Farmers **PC**

You and your two-year-old meet the animals at The Farm. Join in the fun with farm chores like gathering eggs. After the chores are finished, enjoy a picnic with the animals. Note: Bring a sack lunch.

Age: 2 years

9/14-9/28	M	11:00 AM-Noon	\$36	408609-01
9/30-10/14	M	11:00 AM-Noon	\$36	408609-02

### Li'l Dumplin's & Beyond **PC**

This Dumplin' class brings all the favorite chores Lil' Dumplin's enjoy and more! Gather eggs, ride ponies, and create a mini-scrapbook using pictures taken during class. Each Dumplin' also receives a souvenir t-shirt.

Age: 2 years

9/14-9/28	M	9:30-10:30 AM	\$50	408624-01
10/5-10/19	M	9:30-10:30 AM	\$50	408624-02

### Little Peepers **PC**

Explore the barnyard by gathering eggs, feeding animals, and reading stories in the hayloft.

Age: 3 years

9/3-9/17	Th	9:00-10:00 AM	\$30	408610-01
9/3-9/17	Th	10:15-11:15 AM	\$30	408610-02
9/8-9/22	Tu	9:00-10:00 AM	\$30	408610-03
9/8-9/22	Tu	10:15-11:15 AM	\$30	408610-04
10/7-10/21	W	9:00-10:00 AM	\$30	408610-05
10/7-10/21	W	10:15-11:15 AM	\$30	408610-06

### Pee Wee Farmers

A favorite since The Farm opened. Learn what life on a farm is like through hands-on experience. Help with chores, gather eggs, take a hayride, and ride the ponies.

Age: 4-5 years

9/1-9/22	Tu	1:30-3:00 PM	\$46	408606-01
9/2-9/23	W	9:30-11:00 AM	\$46	408606-02
9/2-9/23	W	1:30-3:00 PM	\$46	408606-03
9/3-9/24	Th	1:30-3:00 PM	\$46	408606-04
9/4-9/25	F	9:30-11:00 AM	\$46	408606-05
9/4-9/25	F	1:30-3:00 PM	\$46	408606-06

### After School Farmers

Experience life on a farm by participating in farm activities such as taking a hayride, feeding the animals and some surprises too!

Age: 6-10 years

9/2-9/23	W	4:00-5:30 PM	\$46	408601-01
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### FACE COVERINGS OR MASKS ARE REQUIRED AT ALL RECREATION FACILITIES

Also, it is expected that all visitors maintain 6 feet of physical distance. If you are ill or experiencing COVID-19 symptoms we ask that you do not participate until 72 hours after your symptoms have ended.

#### LEGEND

- PC** Classes in which parents are required to attend
- NW** Denotes no web registration for program
- M** Denotes program/activity has special membership pricing

## FITNESS & WELLNESS

### General Information

It is recommended that your physician be consulted before beginning any exercise program. If you are 55 years or older, 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.

There are three sessions two that are 4-weeks long and one that is 5-weeks long. 5-week sessions are marked with an asterisk (\*).

Fitness classes require a minimum number of 6 participants registered per session to avoid cancellation for that session.

Participants may attend only the class for which they are registered.

Active facility pass holders receive 70% off enrollment price of fitness classes. Pass holder discount does not include the \$1 Rec Reserves Fee. Note: Wellness Classes and 25 admission passes are not eligible for additional discounts.

### Virtual Classes

Many fitness classes will have a virtual option. These options are still being worked through but will be indicated on WebTrac when you register.

### Drop-in Policy

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 the daily drop-in fee.

### Class Specifics

The Fort Collins Senior Center offers fitness classes to those ages 18 years and older, unless otherwise noted.

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

For 50 years and older fitness classes, see page 65.

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.

Please check in at the front desk when arriving for class each time.

## SERVICES

### Advanced Care Planning <sup>NW</sup>

Create advanced care planning documents to reflect your wishes for medical care if you cannot speak for yourself. Call the front desk to schedule a 1-hour appointment. Provided by the Health District of Northern Larimer County Advance Care Planning Program.

Location: Senior Center

9/8, 10/13, 11/10	9:00 AM-12:00 PM	No Fee
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### Blood Pressure Checks <sup>NW</sup>

Meet one-on-one with a registered nurse to check blood pressure and talk about heart health. No appointment necessary. Provided by the Health District of Northern Larimer County. Note: Dates are tentative, for current schedule please call 970.221.6844.

Location: Senior Center

9/14	10:00 AM-Noon	No Fee
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### Cholesterol Testing <sup>NW</sup>

Meet one-on-one with a registered nurse for a cholesterol panel, glucose test, and blood pressure check. Includes explanation of test results, interactive discussion, and recommended plans. Appointments required; call the Health District of Northern Larimer County at 970.224.5209.

Location: Senior Center

9/1, 9/12, 9/17	8:00-10:30 AM	\$15
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### Personal Training <sup>NW</sup>

Personal trainers are available at Foothills Activity Center, Northside Aztlan Community Center, and Fort Collins Senior Center. Trainers provide one-on-one guidance to help you achieve your fitness goals. Personal training is available to those ages 13 years and older. For more information, including personal trainer bios and to submit an inquiry request, visit [fcgov.com/fitness](http://fcgov.com/fitness).

### Personal Training Pricing

#### 30 Minute Packages

PT Single	1	\$30
PT Bronze	4	\$115
PT Silver	8	\$220
PT Gold	12	\$300
PT Platinum	24	\$540

#### 60 Minute Packages

PT Single	1	\$40
PT Bronze	4	\$150
PT Silver	8	\$290
PT Gold	12	\$420
PT Platinum	24	\$780

#### Group Packages

PT 2-Person	1	\$60
PT 3-Person	1	\$75
PT 4-Person	1	\$80

### Arthritis Education & Support Group <sup>NW</sup>

Meet up group to offer information and support for those who have arthritis and their family members, friends, and caregivers. Learn more, find resources, meet people, network, and share experiences. Registration required. For more information and to register call the Aspen Club, 970.495.8560.

Location: Senior Center

11/9	11:30 AM-1:00 PM	No Fee
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**Life After Stroke Support Group** <sup>NW</sup>

Meet with other stroke survivors, their families, and caregivers where you can be yourself to learn, share, and be encouraged to live your life to the fullest. For more information call Leigh Anne Creighton, 970.624.2109.

Location: Senior Center				
9/10, 10/8, 11/12	Th	12:30-2:00 PM	No Fee	

**Parkinson's Support Group** <sup>NW</sup>

The Parkinson's Support Group of Larimer County provides a variety of programs for those with Parkinson's disease and their family members, friends and caregivers. Each month, find education, support, and fellowship. For more information visit pdsupportlc.net.

Location: Senior Center				
9/2, 10/7, 11/4	W	10:30 AM-12:30 PM	No Fee	

**ADULT FITNESS**

[ **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 9/7.

Location: Northside Aztlan Center				
8/31-9/23	M,W	9:00-10:00 AM	\$29	409501-04
9/28-10/21	M,W	9:00-10:00 AM	\$33	409501-05
*10/26-11/25	M,W	9:00-10:00 AM	\$41	409501-06

**Boomer Blast**

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

Location: Senior Center				
9/1-9/24	Tu,Th	8:00-8:50 AM	\$33	409414-01
9/29-10/22	Tu,Th	8:00-8:50 AM	\$33	409414-02
*10/27-11/24	Tu,Th	8:00-8:50 AM	\$37	409414-03

**CrossTrain**

An intense workout that aims to maximize strength and agility with use of kettlebells, plyo-boxes, and ropes 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 9/7.

Location: Northside Aztlan Center				
8/31-9/25	M,W,F	5:15-7:15 AM	\$45	409502-01
9/28-10/23	M,W,F	6:15-7:15 AM	\$49	409502-02
*10/26-11/27	M,W,F	6:15-7:15 AM	\$61	409502-03
8/31-9/25	M,W,F	12:30-1:30 PM	\$45	409502-07
9/28-10/23	M,W,F	12:30-1:30 PM	\$49	409502-08
*10/26-11/27	M,W,F	12:30-1:30 PM	\$61	409502-09

**Functional Strength**

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

Location: Senior Center				
9/1-9/24	Tu,Th	9:00-9:50 AM	\$33	409401-04
9/29-10/22	Tu,Th	9:00-9:50 AM	\$33	409401-05
*10/27-11/24	Tu,Th	9:00-9:50 AM	\$37	409401-06

**Mat Pilates**

Gain flexibility, muscle strength, definition, and core balance. Learn to correct posture and alignment through a series of body movements. Note: Class will not be held on 9/7.

Location: Senior Center				
9/2-9/23	W	3:00-4:00 PM	\$17	409402-04
9/30-10/21	W	3:00-4:00 PM	\$17	409402-05
*10/28-11/25	W	3:00-4:00 PM	\$21	409402-06
9/4-9/25	F	3:00-4:00 PM	\$17	409402-07
10/2-10/23	F	3:00-4:00 PM	\$17	409402-08
10/30-11/20	F	3:00-4:00 PM	\$17	409402-09

**Strength & Stretch**

Designed to unlock the body and help with pain relief. Strengthen and lengthen muscles to improve posture and cardiovascular health. With regular practice, become more flexible, limber, and mobile. Note: Class will not be held on 9/7.

Location: Northside Aztlan Center				
9/1-9/24	Tu,Th	10:30-11:30 AM	\$33	409503-04
9/29-10/22	Tu,Th	10:30-11:30 AM	\$33	409503-05
*10/27-11/24	Tu,Th	10:30-11:30 AM	\$37	409503-06

**Total Body Boot Camp**

A mix of cardio, weight circuits, and stretches. Keep the body guessing and see improvements in strength, flexibility, and stamina.

Location: Northside Aztlan Center				
9/1-9/24	Tu,Th	5:30-6:30 PM	\$33	409510-01
9/29-10/22	Tu,Th	5:30-6:30 PM	\$33	409510-02
*10/27-11/24	Tu,Th	5:30-6:30 PM	\$37	409510-03

**TRX Body Blast**

TRX is a suspension fitness system that helps build balance, muscle strength, and flexibility. Adjust the straps to increase or decrease the difficulty of every exercise. All levels welcome. Note: Class will not be held on 10/17.

Location: Northside Aztlan Center				
9/5-9/26	Sa	8:15-9:15 AM	\$17	409511-04
10/3-10/24	Sa	8:15-9:15 AM	\$13	409511-05
*10/31-11/28	Sa	8:15-9:15 AM	\$21	409511-06

[ 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 9/7.

Location: Club Tico

8/31-9/21	M	9:00-10:00 AM	\$13	409112-01
9/28-10/19	M	9:00-10:00 AM	\$17	409112-02
*10/26-11/23	M	9:00-10:00 AM	\$21	409112-03
9/2-9/23	W	9:00-10:00 AM	\$17	409112-04
9/30-10/21	W	9:00-10:00 AM	\$17	409112-05
*10/28-11/25	W	9:00-10:00 AM	\$21	409112-06
9/4-9/25	F	9:00-10:00 AM	\$17	409112-07
10/2-10/23	F	9:00-10:00 AM	\$17	409112-08
*10/30-11/27	F	9:00-10:00 AM	\$21	409112-09

Location: Senior Center

8/31-9/21	M	5:30-6:30 PM	\$13	409404-01
9/28-10/19	M	5:30-6:30 PM	\$17	409404-02
*10/26-11/23	M	5:30-6:30 PM	\$21	409404-03
9/2-9/23	W	5:30-6:30 PM	\$17	409404-04
9/30-10/21	W	5:30-6:30 PM	\$17	409404-05
*10/28-11/25	W	5:30-6:30 PM	\$21	409404-06

Location: Northside Aztlan Center

9/1-9/22	Tu	6:30-7:30 PM	\$17	409512-01
9/29-10/20	Tu	6:30-7:30 PM	\$17	409512-02
*10/27-11/23	Tu	6:30-7:30 PM	\$21	409512-03
9/2-9/23	W	6:30-7:30 PM	\$17	409512-04
9/30-10/21	W	6:30-7:30 PM	\$17	409512-05
*10/28-11/25	W	6:20-7:20 PM	\$21	409512-06
9/3-9/24	Th	6:30-7:30 PM	\$17	409512-07
10/1-10/22	Th	6:30-7:30 PM	\$17	409512-08
10/29-11/19	Th	6:30-7:30 PM	\$17	409512-09

**Zumba Gold**

A modified Zumba class that recreates the same dance moves at a lower intensity. Focus on balance, range of motion, coordination, and having fun. No dance experience necessary.

Location: Senior Center

9/1-9/22	Tu	12:15-1:00 PM	\$13	409430-01
9/29-10/20	Tu	12:15-1:00 PM	\$13	409430-02
*10/27-11/24	Tu	12:15-1:00 PM	\$16	409430-03
9/3-9/24	Th	12:15-1:00 PM	\$13	409430-04
10/1-10/22	Th	12:15-1:00 PM	\$13	409430-05
10/29-11/19	Th	12:15-1:00 PM	\$13	409430-06

[ YOGA ]

**Beginner Yoga for Men**

A gentle way to learn yoga, safe alignment, and how breathing helps relaxation. Practice in a comfortable and non-competitive space. All are welcome. Note: Class will not be held on 10/7.

Location: Northside Aztlan Center

9/5-9/26	Sa	11:00 AM-Noon	\$17	409517-01
10/3-10/24	Sa	11:00 AM-Noon	\$13	409517-02
*10/31-11/28	Sa	11:00 AM-Noon	\$21	409517-03

**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 9/7.

Location: Northside Aztlan Center

8/31-9/21	M	4:00-5:00 PM	\$13	409520-01
9/28-10/19	M	4:00-5:00 PM	\$17	409520-02
*10/26-11/23	M	4:00-5:00 PM	\$21	409520-03
9/1-9/22	Tu	5:00-6:00 PM	\$17	409520-04
9/29-10/20	Tu	5:00-6:00 PM	\$17	409520-05
*10/27-11/24	Tu	5:00-6:00 PM	\$21	409520-06
9/2-9/23	W	4:00-5:00 PM	\$17	409520-07
9/30-10/21	W	4:00-5:00 PM	\$17	409520-08
*10/28-11/25	W	4:00-5:00 PM	\$21	409520-09
9/3-9/24	Th	5:00-6:00 PM	\$17	409520-10
10/1-10/22	Th	5:00-6:00 PM	\$17	409520-11
10/29-11/19	Th	5:00-6:00 PM	\$17	409520-12

**Vinyasa Flow Yoga**

A fun and fast-paced flow which links breath with movement. Learn the fundamental postures and principles to create a strong yoga practice and build core strength to support more advanced poses. Note: Class will not be held on 9/7, 10/17.

Location: Northside Aztlan Center

9/5-9/26	Sa	8:15-9:15 AM	\$17	409521-07
10/3-10/24	Sa	8:15-9:15 AM	\$13	409521-08
*10/31-11/28	Sa	8:15-9:15 AM	\$21	409521-09

**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

9/1-9/24	Tu,Th	9:00-10:00 AM	\$33	409522-01
9/29-10/22	Tu,Th	9:00-10:00 AM	\$33	409522-02
*10/27-11/24	Tu,Th	9:00-10:00 AM	\$37	409522-03

**Yoga, Beginner**

Practice yoga breath work and physical exercises to gain strength, tone, flexibility, and stamina. Also experience a sense of inner calm.

Location: Senior Center

9/1-9/24	Tu,Th	2:45-3:45 PM	\$33	409412-01
9/29-10/22	Tu,Th	2:45-3:45 PM	\$33	409412-02
*10/27-11/24	Tu,Th	2:45-3:45 PM	\$37	409412-03
9/1-9/24	Tu,Th	5:15-6:15 PM	\$33	409412-07
9/29-10/22	Tu,Th	5:15-6:15 PM	\$33	409412-08
*10/27-11/24	Tu,Th	5:15-6:15 PM	\$37	409412-09
9/2-9/23	W	Noon-1:00 PM	\$17	409412-10
9/30-10/21	W	Noon-1:00 PM	\$17	409412-11
*10/28-11/25	W	Noon-1:00 PM	\$21	409412-12

**ADULT WELLNESS PROGRAMS**

All Programs are available to ages 18 years & up unless otherwise noted. All programs are held at the Fort Collins Senior Center unless otherwise noted.

[ EMOTIONAL WELLNESS ]

**Facing Your Fears**

Watch a 48-minute video that explores the physical changes at end of life. This video was done by a hospice nurse who gently discusses the mysteries associated with the dying process and does so with humor and insight. Followed by facilitated discussion with end of life professionals.

9/10	Th	10:00-11:30 AM	No Fee	425428-01
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**Get Advanced Directives Done**

Learn about living wills and medical health care directives. Also discuss end-of-life discussions and the importance of sharing your plans with loved ones.

10/13	Tu	9:00-10:30 AM	No Fee	425408-01
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[ INTELLECTUAL WELLNESS ]

**A Focus on Mental Health**

People are quick to go to the doctor for a sore throat, but what about mental health? Discover information on causes of mental health issues, coping techniques, how to get help, and even put together a personal mental health plan.

11/24	Tu	10:00-11:00 AM	No Fee	425415-01
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**Attend to Pain Mindfully**

We often respond to pain by resisting and trying to control what is uncomfortable. Explore how to work with your conditioning, aversion, and control instincts mindfully in effort to better attend and befriend chronic physical pain as well as emotional difficulties.

11/19	Th	10:30-11:30 AM	No Fee	425425-01
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**Beyond Canned Soup**

As people age it gets harder to shop, cook, and prepare healthy meals. Learn what should be on a plate, eating for health, how to make good choices at a restaurant, and best grocery shopping practices.

9/15	Tu	10:00-11:00 AM	No Fee	425414-01
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**Brain Health Fun: Move, Dance & Laugh**

Humor and fun are woven into movement, dance, and singing to positively impact cognitive health. Humor leads to improved wellbeing, boosted morale, increased communication skills, and an enriched quality of life. Attire: comfortable shoes. Presented by UCHHealth Aspen Club.

11/20	F	2:00-3:30 PM	\$5	425402-01
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**Home Safety**

Accidents and injuries often happen in or close to home. Understand hazards in the home, strategies to keep safe, and when and who to call for extra support. Presented by Covell Care & Rehabilitation.

10/6	Tu	Noon-1:00 PM	No Fee	425412-01
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**Make it Stick**

Behavior changes rarely stick the first time around yet knowledge of the change process can alter the dynamic of efforts. Explore the stages of the change and learn how to assess and address the impediments that get us stuck. Presented by Larimer County/CSU Extension.

10/15	Th	10:30-11:30 AM	No Fee	425421-01
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### Selfcare Planning Workshop

Reprioritize selfcare and identify areas in life that need greater attention. Learn how to develop an individualized selfcare plan based on realistic goals and values for optimal wellbeing.

9/17	Th	10:30 AM-Noon	No Fee	425420-01
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### Taking Care of Your Voice

Learn common changes that can happen to the voice as we age and how to prevent them. UCHHealth Speech Therapist shares tips to keep your voice healthy and strong.

10/14	W	1:00-2:30 PM	No Fee	425423-01
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### To Drive or Not to Drive

Learn how to determine if someone is fit to drive or what restrictions may be needed. Discuss Colorado regulations on driving, red flags to keep in mind, and what supportive resources exist. Presented by Covell Care & Rehabilitation.

10/28	W	11:00 AM-Noon	No Fee	425409-01
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### Understanding Dementia

Alzheimer's is not normal aging, it's a disease of the brain that causes problems with memory, thinking and behavior. Learn the difference between Alzheimer's and dementia, disease stages, risk factors, current research, and treatments to address some of the symptoms.

10/22	Th	Noon-1:00 PM	No Fee	425424-01
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### Understanding Speech

Speech therapy for older adults is much more than speaking. Learn how speech therapy supports someone with cognitive impairments, swallowing, and more. Presented by Covell Care & Rehabilitation.

9/22	Tu	10:00-11:00 AM	No Fee	425413-01
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## [ PHYSICAL WELLNESS ]

### Beyond Kegels

Class led by an occupational therapist with focus on exercises to help strengthen your pelvic floor and help you manage incontinence issues. Recommended after participating in Bossy Bladder/Bowel.

10/15	Th	9:00-10:00 AM	No Fee	425416-01
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### Bossy Bladder or Bowel

Bossy bladders or bowels can stand in the way of life and prevent participation in hobbies or family events. Learn how to get control to lead a worry-free life. Gain tools to manage the bladder and/or bowels. Presented by Covell Care & Rehabilitation.

11/11	W	10:00-11:00 AM	No Fee	425410-01
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### Enhance Wellness: Nutrition

Discuss nutritional choices and mindful eating strategies for a healthier life. Presented by UCHHealth Community Health.

9/21	M	1:00-2:00 PM	No Fee	425403-01
10/19	M	1:00-2:00 PM	No Fee	425403-02
11/16	M	1:00-2:00 PM	No Fee	425403-03

### Exercise at Home

Discuss which exercises can be done safely at home. Learn how to create a safe environment, along with exercises and stretches for movement and strength. Presented by Covell Care & Rehabilitation.

9/10	Th	10:00-11:00 AM	No Fee	425411-01
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### Neuropathy and Balance

Learn what Neuropathy is, how to minimize the effects it has on balance, interventions to maintain and improve balance and what needs to be done to prevent falls from neuropathy.

9/11	F	1:00-2:30 PM	No Fee	425422-01
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## [ SPIRITUAL WELLNESS ]

### Morning Meditation

Basic instruction offered as well as a guided meditation and time for silent practice. Practices will vary week to week. Each session concludes with reflections on how to make and maintain space for everyday mindfulness. All levels welcome.

9/3	Th	9:00-10:00 AM	No Fee	425419-01
9/17	Th	9:00-10:00 AM	No Fee	425419-02
10/1	Th	9:00-10:00 AM	No Fee	425419-03
10/15	Th	9:00-10:00 AM	No Fee	425419-04
11/5	Th	9:00-10:00 AM	No Fee	425419-05
11/19	Th	9:00-10:00 AM	No Fee	425419-06

### FACE COVERINGS OR MASKS ARE REQUIRED AT ALL RECREATION FACILITIES

Also, it is expected that all visitors maintain 6 feet of physical distance. If you are ill or experiencing COVID-19 symptoms we ask that you do not participate until 72 hours after your symptoms have ended.

#### LEGEND

-  Classes in which parents are required to attend
-  Denotes no web registration for program
-  Denotes program/activity has special membership pricing

# DONATING PLASMA FOR COVID PATIENTS COULD HELP IN FIGHT AGAINST

## DEADLY VIRUS

*Hospitals and blood donation centers are seeking plasma donors immediately to help patients who have COVID-19.*

*BY: KATI BLOCKER, UCHEALTH*

### **JULIE CHRISTEN,**

a labor and delivery nurse for the last 28 years, witnesses life's miracles almost every day.

"It never gets old to me — to see a brand new baby enter this world — everyone is a miracle," said Christen, a nurse at UCHealth Poudre Valley Hospital in Fort Collins.

And now — as someone who's fought off COVID-19 — she has another opportunity to assist others by donating her plasma in hopes of helping COVID patients.

Christen tested positive for COVID-19 in March, and she now has antibodies against the virus in the plasma component of her blood. That convalescent plasma, or CCP, is being used to treat other patients with COVID-19.

On April 29, Christen donated plasma at UCHealth Garth Englund Blood Donation Center in Fort Collins.

"It's perfectly safe to donate blood, and a little time and discomfort — if it can save someone's life — is totally worth it," she said.

Convalescent plasma is one treatment option available to help doctors tackle the novel coronavirus. People who convalesce (recover) from COVID-19 have antibodies to the virus, and early research shows that these antibodies, if transfused into a person suffering from COVID-19, may boost that person's immune system and help them battle the invasion.

"Conceptually, it makes a lot of sense, but we are somewhat in the research realm," said Dr. Steven Schuster, a hematologist and medical director of oncology research for UCHealth in northern Colorado, who is helping coordinate the process from the provider side.



### **Thumbs Up!**

*Julie Christen donates convalescent plasma for COVID patients at Garth Englund Blood Donation Center on April 29 after she herself got the virus in March. Photo: Kati Blocker, UCHealth*

The use of convalescent plasma as a COVID-19 treatment falls under the FDA's Expanded Access Protocol, which provides a pathway for patients to gain access to investigational therapies for serious diseases or condition for which there is no comparable or satisfactory therapy options available outside of clinical trials, according to the Colorado Convalescent Plasma Consortium.

"There is early evidence that if someone has had (COVID-19), becoming a donor for this product could potentially help three to four patients," said Dr. Michael Walts, medical director for Garth Englund. "We are collecting that data as to how often (CCP) is used and what other factors are involved, as we just don't know."

However, he said, past research shows that the potential benefits of CCP for a person fighting COVID-19 outweigh small risks associated with a blood transfusion. With past use of convalescent plasma for other coronaviruses, such as SARS and MERS, as well as H1N1 (2009), there has been no evidence of transmission of this type of respiratory virus by transfusion, Walts added. And with H1N1 (2009), transfusion of the plasma appeared to reduce mortality rates.

To prevent spreading the novel coronavirus between COVID plasma donors and others at the center, the FDA is requiring that donors have a negative COVID-19 test or have waited 28 days after their symptoms subside to be eligible to donate convalescent plasma.

Learn more about CCP donation at [uchealth.org/today/donating-covid-19-convalescent-plasma-colorado/](https://uchealth.org/today/donating-covid-19-convalescent-plasma-colorado/)

## ICE SKATING

### Learn to Skate USA

Anyone enrolled in the Learn to Skate program at EPIC is eligible to sign up for a United States Figure Skating (USFS) program membership. This is an optional registration offered for an additional fee giving the participant access to membership privileges in USFS. Membership with USFS is not required to participate in the Learn to Skate program at EPIC. Additional information is available at [learntoskateusa.com](http://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 Professional Skater Association (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 and creates an obstruction for skaters and coaches to have parents at the gate or in the hockey boxes.

Parents are welcome to skate with their child during the 15-minute practice time. Individuals are not allowed on the ice with shoes, however, EPIC's rental skates are available to parents during this time for free.

Our 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 lessons are 30-minutes in length plus 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 skills. Please see your coach with any concerns.

The first day of each lesson is generally termed as Level Evaluation Day. On this day, 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 waitlist. 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 wait list class.

If you are unable to attend the last day of classes for testing, request a progress card from your coach on the last day you attend.

### Proper Attire Includes:

- 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](http://fcgov.com/iceskating) for a current schedule. See page 7 for public skate admission fees. Note: Skate rentals are an additional \$3 fee.

### 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 Lobby.

### 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 or fill out a private lesson request at the front desk.

### 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](http://fcaha.org)

### College Hockey

Colorado State University, [csuhockey.com](http://csuhockey.com)

### High School Hockey

High Plains Hockey, [highplainshockey.com](http://highplainshockey.com)

### Women's Hockey

Flames/Phoenix/Comets/Hot Flashes, [wachockey.com](http://wachockey.com)

### Youth Hockey

Northern Colorado Youth Hockey, [ncyh.org](http://ncyh.org)

### Curling

Poudre Valley Curling Club, [poudrevalleycurling.com](http://poudrevalleycurling.com)

### Figure Skating Club

Fort Collins Figure Skating Club, [fortcollinsfsc.org](http://fortcollinsfsc.org)

## ADULT PROGRAMS

**Adult Skate, Beginner & Intermediate**

Designed for those with little or no previous experience on ice. For skills taught, see descriptions for Youth Ice Skating, Basic 1-4. Note: Helmets strongly recommended for beginners. No class will not be held on 11/26.

Age: 16 years & up				
8/27-9/17	Th	6:15-6:45 PM	\$37	410349-01
9/24-10/15	Th	6:15-6:45 PM	\$37	410349-02
10/22-11/12	Th	6:15-6:45 PM	\$37	410349-03
11/19-12/17	Th	6:15-6:45 PM	\$37	410349-04

**Adult Skate, Advanced**

Designed for experienced skaters who wish to learn new skills. For skills taught, see descriptions for Youth Ice Skating, Basic 5-6. Note: Class will not be held on 11/26.

Age: 16 years & up				
8/27-9/17	Th	6:45-7:15 PM	\$39	410353-01
9/24-10/15	Th	6:45-7:15 PM	\$39	410353-02
10/22-11/12	Th	6:45-7:15 PM	\$39	410353-03
11/19-12/17	Th	6:45-7:15 PM	\$39	410353-04

**Fitness Skate** <sup>NW</sup>

Intermediate to advanced skaters benefit from this aerobic exercise. Not discountable. 10 or 20 Admission Passes are available. Note: Sessions will not be held on 9/25, 10/23, 11/26.

Age: 16 years & up				
8/17-11/30	M-F	11:15 AM-1:00 PM	\$6	

## HOCKEY

**Basic 1 Hockey Skate**

Hockey equipment not required. For skaters who have never skated before. See Basic 1 Skate for more information about skills learned. Note: Class will not be held on 11/28.

Age: All				
10/24-12/12	Sa	11:15-11:45 AM	\$64	410308-02

**Basic 2 Hockey Skate**

Hockey equipment not required. See Basic 2 Skate for more information about skills learned. Prerequisite: Successful completion of Basic 1 or between the ages of 10-15 years and never skated before. Note: Class will not be held on 11/28.

Age: 5-15 years				
10/24-12/12	Sa	10:30-11:00 AM	\$64	410312-02

**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 10/1 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.

Age: 4-8 years				
10/6-11/9	Tu,Th	4:15-5:00 PM	\$169	410372-01

**Drop-In Hockey** <sup>NW</sup>

Open practice session to sharpen skating and shooting skills. Full equipment required. 10 or 20 Admission Passes available. Sign up at the front desk beginning at 6 a.m. Payment must be made when signing up. Limited to 30 players. Note: Session will not be held on 11/26.

Age: 16 years & up				
8/17-11/30	M-F	11:15 AM-12:45 PM	\$5	
8/20-11/26	Th	1:00-2:30 PM	\$5	

**Power Skating Drop-In** <sup>NW</sup>

Hockey skaters develop power, agility, and endurance. Program developed by two-time Olympic speed skater, Jondon Trevena. Full hockey gear required.

Age: 9-17 years				
8/19-11/25	W	5:30 - 6:15 PMPM	\$14	

**Stick and Puck Drop-In** <sup>NW</sup>

Open session. Hockey specific helmet, gloves, stick, and shin guards required. Full equipment recommended for younger skaters. No scrimmaging allowed. Rules are posted in each arena.

Age: All				
8/22-11/29	Sa,	3:45 - 4:45 PMPM	\$5	

## YOUTH PROGRAMS

**Snowplow Sam 1 & 2**

Introduction to the ice at a relaxed pace. Learn to sit on the ice and stand up, to march in place, the standing swizzle, dip, march forward, march forward with two-foot glide, and introduction to backward wiggles and rocking horse. Note: Class will not be held on 11/24, 11/26, 11/28.

Age: 4-5 years				
10/20-11/12	Tu,Th	4:45-5:15 PM	\$73	410302-06
10/24-12/12	Sa	10:30-11:00 AM	\$64	410302-08
11/17-12/17	Tu,Th	4:45-5:15 PM	\$73	410302-09

**Snowplow Sam 3 & 4**

Learn to march forward across ice, forward one-foot glide, two-foot turns, rocking horse, forward swizzles, snowplow stop, two-foot hop, and backward wiggles. Prerequisite: Successful completion of Snowplow Sam 1 & 2. Note: Class will not be held on 11/24, 11/26, 11/28.

Age: 4-5 years

10/20-11/12	Tu,Th	4:45-5:15 PM	\$73	410304-06
10/24-12/12	Sa	10:30-11:00 AM	\$64	410304-08
11/17-12/17	Tu,Th	4:45-5:15 PM	\$73	410304-09

**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 11/24, 11/26, 11/28.

Age: 5-15 years

10/22-11/14	Tu,Th	4:45-5:15 PM	\$73	410306-08
10/24-12/12	Sa	10:30-11:00 AM	\$64	410306-10
11/17-12/17	Tu,Th	4:45-5:15 PM	\$73	410306-13
11/17-12/17	Tu,Th	10:00-10:30 AM	\$73	410306-14

**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 10-15 years of age and never skated. Note: Class will not be held on 11/24, 11/26, 11/28.

Age: 5-15 years

8/25-9/17	Tu,Th	4:45-5:15 PM	\$73	410310-01
9/12-10/17	Sa	10:30-11:00 AM	\$55	410310-03
9/22-10/15	Tu,Th	4:45-5:15 PM	\$73	410310-06
10/20-11/12	Tu,Th	4:45-5:15 PM	\$73	410310-08
10/24-12/12	Sa	10:30-11:00 AM	\$64	410310-10
11/17-12/17	Tu,Th	4:45-5:15 PM	\$73	410310-13

**Basic 3 Skate**

Learn stroking, forward pumping, forward slalom, two-foot turn, one-foot backward glide, and backward snowplow stop. Prerequisite: Successful completion of Basic 2. Note: Class will not be held on 11/24, 11/26, 11/28.

Age: 5-15 years

8/25-9/17	Tu,Th	4:45-5:15 PM	\$73	410314-01
9/12-10/17	Sa	11:15-11:45 AM	\$55	410314-03
9/22-10/15	Tu,Th	4:45-5:15 PM	\$73	410314-04
10/20-11/12	Tu,Th	4:45-5:15 PM	\$73	410314-06
10/24-12/12	Sa	11:15-11:45 AM	\$64	410314-08
11/17-12/17	Tu,Th	4:45-5:15 PM	\$73	410314-09

**FACE COVERINGS OR MASKS ARE REQUIRED AT ALL RECREATION FACILITIES**

Also, it is expected that all visitors maintain 6 feet of physical distance. If you are ill or experiencing COVID-19 symptoms, we ask that you do not participate until 72 hours after your symptoms have ended.

**Basic 4 Skate**

Learn stroking with power, backward one-foot glide, forward inside and outside edge on a circle, forward crossovers, backward pumps, and two-foot spin. Prerequisite: Successful completion of Basic 3. Note: Class will not be held on 11/24, 11/26, 11/28.

Age: 5-15 years

8/25-9/17	Tu,Th	4:45-5:15 PM	\$73	410316-01
9/12-10/17	Sa	10:30-11:00 AM	\$55	410316-03
9/22-10/15	Tu,Th	4:45-5:15 PM	\$73	410316-04
10/20-11/12	Tu,Th	4:45-5:15 PM	\$73	410316-06
10/24-12/12	Sa	10:30-11:00 AM	\$64	410316-08
11/17-12/17	Tu,Th	4:45-5:15 PM	\$73	410316-09

**Basic 5 Skate**

Learn to control back outside and inside edge on a circle, backward crossovers, two-foot spin, hockey stop, side toe hop, and forward outside three turn. Prerequisite: Successful completion of Basic 4. Note: Class will not be held on 11/24, 11/26, 11/28.

Age: 5-15 years

8/25-9/17	Tu,Th	5:30-6:00 PM	\$73	410318-01
9/12-10/17	Sa	11:15-11:45 AM	\$55	410318-02
9/22-10/15	Tu,Th	5:30-6:00 PM	\$73	410318-03
10/20-11/12	Tu,Th	5:30-6:00 PM	\$73	410318-04
10/24-12/12	Sa	11:15-11:45 AM	\$64	410318-05
11/17-12/17	Tu,Th	5:30-6:00 PM	\$73	410318-06

**Basic 6 Skate**

Learn backward crossovers, forward inside three-turn, backward to forward two-foot turn, T-stop, bunny hop, forward straight line spiral, and begin one foot spin. Prerequisite: Successful completion of Basic 5. Note: Class will not be held on 11/24, 11/26, 11/28.

Age: 5-15 years

8/25-9/17	Tu,Th	5:30-6:00 PM	\$73	410322-01
9/12-10/17	Sa	11:15-11:45 AM	\$55	410322-02
9/22-10/15	Tu,Th	5:30-6:00 PM	\$73	410322-03
10/20-11/12	Tu,Th	5:30-6:00 PM	\$73	410322-04
10/24-12/12	Sa	11:15-11:45 AM	\$64	410322-05
11/17-12/17	Tu,Th	5:30-6:00 PM	\$73	410322-06

**Pre-Free Skate**

Learn forward inside open and closed mohawk, ballet jump, backward crossovers to backward outside edge, one-foot spin, stand still waltz jump, mazurka, combination move, and forward and backward inside pivot. Prerequisite: Successful completion of Basic 6. Note: Class will not be held on 11/24, 11/26, 11/28.

Age: 5-15 years

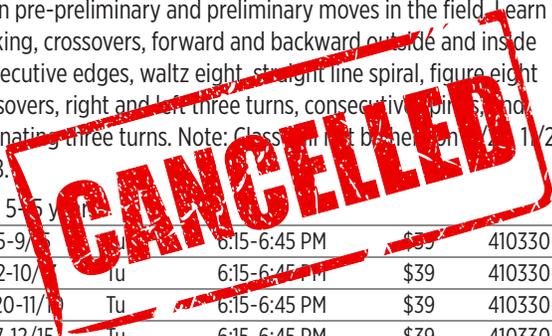
8/25-9/17	Tu,Th	5:15-6:00 PM	\$115	410326-01
9/12-10/17	Sa	9:30-10:15 AM	\$87	410326-02
9/22-10/15	Tu,Th	5:15-6:00 PM	\$115	410326-03
10/20-11/12	Tu,Th	5:15-6:00 PM	\$115	410326-04
10/24-12/12	Sa	9:30-10:15 AM	\$101	410326-05
11/17-12/17	Tu,Th	5:15-6:00 PM	\$115	410326-06

**Field Moves**

Learn pre-preliminary and preliminary moves in the field. Learn stroking, crossovers, forward and backward outside and inside consecutive edges, waltz eight, straight line spiral, figure eight crossovers, right and left three turns, consecutive spins, and alternating three turns. Note: Class will not be held on 11/26, 11/28.

Age: 5-15 years

8/25-9/17	Tu, Th	6:15-6:45 PM	\$39	410330-01
9/22-10/15	Tu	6:15-6:45 PM	\$39	410330-02
10/20-11/12	Tu, Th	6:15-6:45 PM	\$39	410330-03
11/17-12/15	Tu	6:15-6:45 PM	\$39	410330-04



**Free Skate 1 & 2**

Focus on forward power stroking, basic forward outside and inside consecutive edges, backward outside three-turns, upright spin, half flip, toe loop, alternating forward outside and inside spirals on a continuous axis, beginning back spin, half lutz, and salchow. Note: Class will not be held on 11/24, 11/26, 11/28.

Age: 5-15 years

8/25-9/17	Tu, Th	5:15-6:00 PM	\$115	410332-01
9/12-10/17	Sa	9:30-10:15 AM	\$87	410332-02
9/22-10/15	Tu, Th	5:15-6:00 PM	\$115	410332-03
10/20-11/12	Tu, Th	5:15-6:00 PM	\$115	410332-04
10/24-12/12	Sa	9:30-10:15 AM	\$101	410332-05
11/17-12/17	Tu, Th	5:15-6:00 PM	\$115	410332-06

**Free Skate 3 & 4**

Focus on alternating backward crossovers to back outside edges, alternating mohawk/crossover sequence, waltz three-turns, advanced back spin, Loop jump, Toe step sequence, forward power three-turns, waltz eight, forward upright spin to backward upright spin, sit spin, flip jump, stag jump or split falling leaf. Note: Class will not be held on 11/24, 11/26, 11/28.

Age: 5-15 years

8/25-9/17	Tu, Th	5:15-6:00 PM	\$115	410334-01
9/12-10/17	Sa	9:30-10:15 AM	\$87	410334-02
9/22-10/15	Tu, Th	5:15-6:00 PM	\$115	410334-03
10/20-11/12	Tu, Th	5:15-6:00 PM	\$115	410334-04
10/24-12/12	Sa	9:30-10:15 AM	\$101	410334-05
11/17-12/17	Tu, Th	5:15-6:00 PM	\$115	410334-06

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**Free Skate 5 & 6**

Focus on backward outside three-turn mohawk, five-step mohawk sequence, camel spin, waltz jump-loop jump combination, forward power pull, creative step sequence, camel-sit spin combination, layback or attitude spin, waltz jump-half loop-salchow jump sequence and axel. Note: Class will not be held on 11/24, 11/26, 11/28.

Age: 5-15 years

8/25-9/17	Tu, Th	5:15-6:00 PM	\$115	410336-01
9/12-10/17	Sa	9:30-10:15 AM	\$87	410336-02
9/22-10/15	Tu, Th	5:15-6:00 PM	\$115	410336-03
10/20-11/12	Tu, Th	5:15-6:00 PM	\$115	410336-04
10/24-12/12	Sa	9:30-10:15 AM	\$101	410336-05
11/17-12/17	Tu, Th	5:15-6:00 PM	\$115	410336-06

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**LEGEND**

- PC** Classes in which parents are required to attend
- NW** Denotes no web registration for program
- M** Denotes program/activity has special membership pricing

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## OUTDOOR EDUCATION & RECREATION

### 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 cancellation, a full refund is issued. If you need to cancel, notify us one week prior to the trip departure for refund or credit, in accordance with the Recreation refund policy on page 4.

### 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. Return times are impacted by turnaround times followed by instructors. Turnaround times are the times at which a group must turn around whether they have reached their destination or not. Turnaround times consider the pace of the group, departure time, estimated return time, safety, elevation, mileage, weather, and current trail conditions.

### Guided Forest Therapy

Research shows that visits to natural places have real health benefits. Experience the healing and wellness of Shinrin-Yoku: the practice of bathing the senses in nature. Take a quiet, thoughtful walk that integrates gratitude, reflection, and creativity.

Age: 18 years & up

Location: Lee Martinez Park Shelter

9/19	Sa	1:00-3:00 PM	\$20	407403-01
10/31	Sa	1:00-3:00 PM	\$20	407403-02
11/21	Sa	1:00-3:00 PM	\$20	407403-03

### Bird Science Lecture Series

Learn about bird research projects through lectures presented by biologists from the Bird Conservancy of the Rockies. Hear stories from the field, the status of local birds, and how community members can get involved in science and bird conservation.

Note: This class will be offered virtually. Online classroom instructions will be shared after registration.

Age: 18 years & up

9/10	Th	5:00-6:00 PM	\$5	407406-01
9/24	Th	5:00-6:00 PM	\$5	407406-02
10/8	Th	5:00-6:00 PM	\$5	407406-03
10/22	Th	5:00-6:00 PM	\$5	407406-04
11/5	Th	5:00-6:00 PM	\$5	407406-05
11/19	Th	5:00-6:00 PM	\$5	407406-06

### Feather & Flight Fridays

Learn about birds, their behaviors, distinguishing characteristics, bird songs, and more. Meet at the Senior Center and walk around Rolland Moore Park with a Colorado Audubon Society enthusiast to discover the fascinating world of birds.

Age: 18 years & up

9/4	F	9:00-11:00 AM	\$10	407409-01
9/18	F	9:00-11:00 AM	\$10	407409-02
10/2	F	9:00-11:00 AM	\$10	407409-03
10/16	F	9:00-11:00 AM	\$10	407409-04
10/30	F	9:00-11:00 AM	\$10	407409-05
11/13	F	9:00-11:00 AM	\$10	407409-06

### Front Range Bird ID

Learn tips and techniques for bird identification, with a focus on birds we have along the Front Range of Colorado. Note: This class will be offered virtually. Online classroom instructions will be shared after registration.

Age: 18 years & up

9/23	W	9:00 AM-Noon	\$20	407407-01
10/14	W	1:00 PM-Noon	\$20	407407-02
11/11	W	10:00 AM-Noon	\$20	407407-03



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## Health District

FAMILY DENTAL CLINIC

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

[healthdistrict.org/dental](http://healthdistrict.org/dental)

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

## POTTERY

The Pottery Studio is a robust, fully functioning studio that offers classes for all levels and ages. The Pottery Studio is a recreational and educational facility; production work is not permitted.

The first 25 lbs. of clay are provided for adult classes, additional clay can be purchased at the studio for \$24 per 25 lbs. Only clay purchased from the Pottery Studio is fired. A basic tool kit is needed for all classes and can be purchased for \$13 at the Pottery Studio or purchased on your own and brought in. **Shared tools are not provided for the fall session.** Glazes, slips, stains, and engobes are provided. Specialty tools and higher end hand tools are also available for purchase. All work must be accomplished at the Pottery Studio. For more information, contact Sarah Olear at solear@fcgov.com.

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

For the fall session we will not be accommodating private instruction, adult parties, birthday parties or scout badges.

**No pottery lab or drop in times are available for this session.**

### ADULT POTTERY

#### Creative Clay Craft

Combine creativity and inventiveness to create out of the ordinary clay structures. Draw upon inspiration using some of the more exotic tools like extruders and slab rollers and incorporating various textures for rich surfaces. All levels welcome.

Age: 18 years & up

9/18-11/20	F	9:00AM-12:00PM	\$170	404885-01
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#### Handbuilding Expressions

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

Age: 18 years & up

9/17-11/19	Th	6:00-9:00 PM	\$170	404875-01
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#### Independent Study

For experienced students interested in dedicated instructed time to explore wheel and handbuilding projects of their own design. Limited demonstrations based on student interest. Learn and practice under the guidance of an instructor. For intermediate and advanced students. Note: No lab or drop in times will be available this session.

Age: 18 years & older

9/17-10/15	Th	12:30-3:30 PM	\$75	404877-01
10/22-11/19	Th	12:30-3:30 PM	\$75	404877-02

#### Pottery Sampler

Introduction to handbuilding and wheel-throwing, as well as glazing and studio operation. Create while learning the techniques of clay. No lab is offered with this class. All materials and tools provided.

Age: 18 years & up

9/16-10/14	W	1:00-3:00 PM	\$60	404870-01
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Pottery Sampler continued

9/13-10/11	Su	12:30-2:30 PM	\$60	404870-02
10/21-11/18	W	1:00-3:00 PM	\$60	404870-03
10/18-11/15	Su	12:30-2:30 PM	\$60	404870-04

#### Wheel & Handbuilding, Beginner

Designed for beginners. Learn about clay, tools, and glazing. Learn the basic skills, techniques, and principles involved in pottery Note: There is a \$13 fee at the first class for a set of hand tools unless you already own them.

Age: 18 years & up

9/12-11/14	Sa	9:00-Noon	\$170	404850-01
9/14-11/16	M	9:00-Noon	\$170	404850-02
9/14-11/16	M	5:30-7:30 PM	\$150	404850-03
9/16-11/18	W	8:00-10:00 PM	\$150	404850-04

#### Wheel & Handbuilding, Beginner Plus

Designed for those who have previously taken a beginner class and are acquainted with the basic techniques involved in wheel throwing but wish to hone skills before progressing to intermediate. Prerequisite: Pottery, Beginning Wheel or equivalent.

Age: 18 years & up

9/13-11/15	Su	9:00-Noon	\$170	404855-01
9/14-11/16	M	8:00-10:00 PM	\$150	404855-02
9/16-11/18	W	5:30-7:30 PM	\$150	404855-03
9/17-11/19	Th	9:00-Noon	\$170	404855-04

#### Wheel & Handbuilding, Intermediate

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

Age: 18 years & up

9/15-11/17	Tu	6:30-9:30 PM	\$170	404860-01
9/16-11/18	W	9:00 AM-Noon	\$170	404860-02

### YOUTH POTTERY

Lab times are not provided for Youth Pottery programs. No shared tools will be provided.

Classes specifically designed for a parent/guardian to work together with a child on pottery projects are designated with **PC**. Projects vary per class. Lab times are not provided for parent/guardian and child programs.

#### FACE COVERINGS OR MASKS ARE REQUIRED AT ALL RECREATION FACILITIES

Also, it is expected that all visitors maintain 6 feet of physical distance. If you are ill or experiencing COVID-19 symptoms we ask that you do not participate until 72 hours after your symptoms have ended.

#### LEGEND

- PC** Classes in which parents are required to attend
- NW** Denotes no web registration for program
- M** Denotes program/activity has special membership pricing

**Family Raku Workshop Paint & Fire** PC

Fire and smoke are essential to Raku, 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 pieces 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 \$18.

Age: 7 years & up

9/18-9/19	F	6:00-8:00 PM	\$37	404827-01
	Sa	11:15 AM-3:00 PM		
10/16-10/17	F	6:00-8:00 PM	\$37	404827-02
	Sa	11:15 AM-3:00 PM		

Additional Person

9/18-9/19	F,Sa	6:00-8:00 PM	\$18	404827-01A
	Sa	11:15 AM-3:00 PM		
10/16-10/17	F,Sa	6:00-8:00 PM	\$18	404827-02A
	Sa	11:15 AM-3:00 PM		

**Parent & Tot Mud, Handbuilding** PC

Parent and child combine their talents in this unique pottery class. The projects are constantly being varied so it is possible to register for classes as many times as you wish. Note: Registration cost includes two participants; each additional person is \$15.

Age: 3-5 years

Location: Pottery Studio

9/12-10/10	Sa	12:30-1:30 PM	\$60	404801-01
9/14-10/12	M	12:30-1:30 PM	\$60	404801-02
9/15-10/13	Tu	9:00-10:00 AM	\$60	404801-03
10/17-11/14	Sa	12:30-1:30 PM	\$60	404801-04
10/19-11/16	M	12:30-1:30 PM	\$60	404801-05
10/20-11/17	Tu	9:00-10:00 AM	\$60	404801-06

Additional Person

9/12-10/10	Sa	12:30-1:30 PM	\$15	404801-01A
9/14-10/12	M	12:30-1:30 PM	\$15	404801-02A
9/15-10/13	Tu	9:00-10:00 AM	\$15	404801-03A
10/17-11/14	Sa	12:30-1:30 PM	\$15	404801-04A
10/19-11/16	M	12:30-1:30 PM	\$15	404801-05A
10/20-11/17	Tu	9:00-10:00 AM	\$15	404801-06A

**Parent, Teen, and Youth, Wheel & Handbuilding** PC

Explore the world of clay together. Make functional pots and whimsical, imaginative clay objects while learning how to use the potters wheel and handbuilding techniques. Note: Registration includes two participants; each additional person is \$25.

Age: 10-17 years

9/18-10/16	F	6:00-7:30 PM	\$50	404845-01
10/23-11/20	F	6:00-7:30 PM	\$50	404845-02

Additional Person

9/18-10/16	F	6:00-7:30 PM	\$25	404845-01A
10/23-11/20	F	6:00-7:30 PM	\$25	404845-02A

**Thrown Together** PC

Explore the basics of wheel forming techniques while working



*Thrown Together continued*

on pottery wheels. Create functional and decorative pottery and learn how to wedge, center, throw, trim, decorate and glaze. Note: Registration cost includes two participants. Class is limited to a one adult to one child ratio.

Age: 7 years & older

9/12-10/10	Sa	2:00-3:30 PM	\$110	404825-01
9/17-10/15	Th	4:00-5:30 PM	\$110	404825-03
10/17-11/14	Sa	2:00-3:30 PM	\$110	404825-04
10/22-11/19	Th	4:00-5:30 PM	\$110	404825-06

**Teen Wheel & Handbuilding**

Learn potters wheel skills, handbuilding, glazing, and decorating techniques.

Age: 13-17 years

9/15-10/13	Tu	4:30-6:00 PM	\$60	404815-01
10/20-11/17	Tu	4:30-6:00 PM	\$60	404815-02

**Youth Wheel & Handbuilding**

Learn basic potters wheel skills, handbuilding, and techniques when creating with clay.

Age: 9-13 years

9/14-10/12	M	3:30-5:00 PM	\$60	404810-01
9/18-10/16	F	4:00-5:30 PM	\$60	404810-04
10/19-11/16	M	3:30-5:00 PM	\$60	404810-05
10/23-11/20	F	4:00-5:30 PM	\$60	404810-08

## SPECIAL EVENTS

### Line Dance Extravaganza

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

Age: 18 years & up  
Location: Senior Center



10/3	Sa	10:00 AM-3:00 PM	\$35	406438-01
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### History Hour, Cripple Creek

Cripple Creek: “The World’s Greatest Gold Camp.” From cowboy Bob Womack, discoverer of gold, to Colorado’s first millionaires, Cripple Creek’s “Bowl of Gold” had it all. Explore the events that launched the last American gold rush in a virtual setting. Note: Program will be hosted online. Virtual classroom link will be emailed to registered participants one week prior to class.

Age: 18 years & older

11/5	Th	4:00-5:00 PM	\$6	412440-01
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### Veterans Day Breakfast

Enjoy a morning of food, song, and patriotism to celebrate those who have honorably served our country. Presented by the Fort Collins Golden K. Kiwanis Club and City of Fort Collins, Recreation Department. Note: Posting of Colors begins at 8 a.m. Space is limited please pre-register.

Age: All

Location: Senior Center

11/11	W	7:00-10:00 AM	No Fee	412456-01
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#### FACE COVERINGS OR MASKS ARE REQUIRED AT ALL RECREATION FACILITIES

Also, it is expected that all visitors maintain 6 feet of physical distance. If you are ill or experiencing COVID-19 symptoms we ask that you do not participate until 72 hours after your symptoms have ended.

#### LEGEND

-  Classes in which parents are required to attend
-  Denotes no web registration for program
-  Denotes program/activity has special membership pricing

Details for Recreation’s Halloween events are coming soon! For more information visit [fcgov.com/recreation](https://fcgov.com/recreation).

WITCHES  
WIZARDS  
&  
WONDER

AND

TREATSYLVANIA



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

20-22473

## 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](http://teamsideline.com/fortcollins) for current game schedules, league updates, game cancellations, and weather updates.

### ADULT SPORTS

Programs are for ages 16 years & older unless otherwise noted.

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

#### [ FLAG FOOTBALL ]

##### Fall Adult Flag Football

8-on-8 non-contact league. Registration ends 8/14 or when leagues fill; Eight games scheduled.

Location: Rolland Moore Park

Cost: \$445

Date: 8/24-10/27

Monday	Recreational	413011-01
Tuesday	Recreational	413011-02
Thursday	Women's	413011-03

#### [ KICKBALL ]

##### Fall Adult Coed Kickball

Teams play in coed competitive and recreational leagues. Registration ends 8/14 or when league fills. Eight games scheduled.

Location: Rolland Moore Park

Cost: \$270

Date: 8/28-10/30

Friday	Competitive	413061-01
Friday	Recreational	413061-02

#### FACE COVERINGS OR MASKS ARE REQUIRED AT ALL RECREATION FACILITIES

Also, it is expected that all visitors maintain 6 feet of physical distance. If you are ill or experiencing COVID-19 symptoms we ask that you do not participate until 72 hours after your symptoms have ended.

#### LEGEND

-  Classes in which parents are required to attend
-  Denotes no web registration for program
-  Denotes program/activity has special membership pricing

#### [ SOFTBALL ]

Teams sign up for their level of play and night preference on a first-come, first served basis. Levels of Play:

II-Competitive, III-Intermediate, IV-Recreational

##### Fall Adult Softball

Opportunity to continue playing softball after the summer leagues conclude. Eight games scheduled; Eight games guaranteed. Registration ends 8/9 or when leagues fill.

Location: TBA

Cost: \$520

Date: 8/23-10/25

##### Men's

Sunday	IV	413021-01
Monday	III	413021-02
Monday	IV	413021-03
Tuesday	III	413021-04
Tuesday	IV	413021-05
Wednesday	III	413021-06
Wednesday	V	413021-07
Thursday	III	413021-08
Friday	Unlimited HR	413021-09
Friday	IV	413021-10

##### Women's

Tuesday	IV	413022-01
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##### Coed

Sun	II	413023-01
Sun	IV	413023-02
Tues	IV	413023-04
Wed	II	413023-05
Wed	IV	413023-06
Thurs	II	413023-07
Thurs	IV	413023-08

#### [ PICKLEBALL ]

##### Fort Collins Mega League - NEW!

Round robin play and mixed doubles. Paired with a different player in your skill level each week. 6-week sessions.

Age: 18 years & up

Location: Spring Canyon Park

9/3-9/24	Tu	5:00-8:00 PM	\$15	424410-03
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Location: Senior Center

10/1-10/29	Tu	5:30-8:00 PM	\$25	424410-01
11/5-11/26	Tu	5:30-8:00 PM	\$25	424410-02

**Pickleball Lessons, Beginner**

For those new to pickleball or those wanting to freshen up basic skills. Classroom and court time to learn rules, scoring, and basics. Designed as an introduction to a fun and growing sport.

Age: 18 years & up

Location: City Park

9/7-9/14	M	8:00-10:00 AM	\$20	424420-01
9/21-9/28	M	8:00-10:00 AM	\$20	424420-02
10/5-10/12	M	8:00-10:00 AM	\$20	424420-03
10/19-10/26	M	8:00-10:00 AM	\$20	424420-04
Location: Senior Center				
11/2-11/9	M	8:00-10:00 AM	\$20	424420-05
11/16-11/23	M	8:00-10:00 AM	\$20	424420-06
11/30-12/7	M	8:00-10:00 AM	\$20	424420-07

**Pickleball Lessons, Intermediate**

Designed for those above beginner level. Enhance game through practice drills and learn the finer points of play. Must demonstrate adequate skills and proficiency at novice play.

Age: 18 years & up

Location: City Park

9/7-9/28	M	10:00 AM-12:00 PM	\$40	424421-01
10/5-10/26	M	10:00 AM-12:00 PM	\$40	424421-02
Location: Senior Center				
11/2-11/23	M	10:00 AM-12:00 PM	\$40	424421-03

**Pickleball P.O.P. (Paid Open Play)**

Limited number of players to ensure plenty of play time at a skill level that works for you.

Intermediate Level

Location: Northside Aztlan Center

9/2-9/30	W	1:45-4:00 PM	\$15	424460-01
10/7-10/28	W	1:45-4:00 PM	\$15	424460-02
11/4-11/25	W	1:45-4:00 PM	\$15	424460-03

4.0+ Level

Location: Twin Silo Park

9/2-9/30	W	8:30-10:30 AM	\$15	424490-01
10/7-10/28	W	8:30-10:30 AM	\$15	424490-02
Location: Northside Aztlan Center				
11/4-11/25	W	8:30-10:30 AM	\$15	424470-02
11/6-11/27	F	8:30-10:30 AM	\$15	424470-03

**[ VOLLEYBALL ]**

Teams sign up for their level of play and night preference on a first-come, first served basis.

Levels of Play: A=Competitive, BB=Intermediate, B=Recreational

**Fall Adult Volleyball**

Coed and women's leagues are offered for 6-person teams. Registration ends 8/16, or when leagues fill. Leagues begin the week of 8/24. 8 games scheduled.

Age: 16 years & up

Location: TBD

Cost: \$281

Women's

Sun	B	413542-03
Wed	A	413542-01
Wed	BB	413542-02

Coed

Mon	BB	413543-01
Mon	B	413543-02
Tues	A	413543-03
Tues	BB	413543-04
Fri	B	413543-05

**Adult Volleyball Tournament**

Coed and women's tournaments offered for 6-person teams. Pool play format ending in a seeded, single elimination tournament. Registration ends 10/25.

Age: 16 years & up

Location: Northside Aztlan Center

Cost: \$145

Date: 11/2-12/16

Monday	Coed B	413544-01
Tuesday	Coed A	413544-02
Tuesday	Coed BB	413544-03
Wednesday	Women's A	413544-04
Wednesday	Women's BB	413544-05

**MARTIAL ARTS****Shotokan Karate, Beginner**

Introduction to karate, a Japanese martial art form. Students may be divided into groups depending on ability. Adults are welcome to participate with their children.

Age: 7 years & up

Location: Club Tico

9/14-10/14	M,W	6:00-7:00 PM	\$56.50	422122-01
10/19-11/11	M,W	6:00-7:00 PM	\$56.50	422122-02
11/16-12/16	M,W	6:00-7:00 PM	\$45.50	422122-03

Location: Foothills Activity Center

9/15-10/15	T,Th	6:00-7:00 PM	\$56.50	422121-01
10/20-11/12	T,Th	6:00-7:00 PM	\$56.50	422121-02
11/17-12/17	T,Th	6:00-7:00 PM	\$45.50	422121-03

# Register **NOW**: FALL Sports

at Northern Colorado's Largest INDOOR Sports Center

**Join us on our new turf surface!!**

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

Boys & Girls • New sessions every six weeks

- Ages 3 - 5
- Kinder Kicker Soccer**
  - First Baseball**
  - First Football**
  - First Basketball**
- Ages 4 - 5
- First Tennis**
  - Little Laxer Lacrosse**



Call for Days and Times

## Instructional Leagues

Designed for Beginning & Intermediate Players. Sessions split between skill building and small-sided scrimmages. No scores are kept. There are no fixed teams.

The focus is on learning & having FUN!



### Lacrosse

BOYS Gr K - 8 Mondays 9/14 - 10/26  
GIRLS Gr 1 - 8 Tuesdays 9/1 - 10/20

### Volleyball (Boys & Girls)

Gr 3 - 8 Thursdays 9/3 - 10/22

### Flag Football (Boys & Girls)

Gr K - 5 Saturdays 9/12 - 10/24

### Basketball (Boys & Girls)

Gr K - 2 Tuesdays 9/1 - 10/6  
10/13 - 11/17  
12/1 - 12/15  
Gr K - 2 Saturdays 9/12 - 10/17  
12/5 - 12/19

### Baseball (Boys & Girls)

Gr 3 - 6 Tuesday 9/1 - 10/20  
Gr K - 2 Wednesday 9/2 - 10/21

### Soccer (Boys & Girls)

Ages 7-11 Monday 11/2 - 12/7  
Ages 5-6 Tuesday 11/3 - 12/15

## Multi-Sport Day Camps

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

Girls & Boys - Fall Grades K - 5

Full-Day: 9am - 4 pm or Half-Day: 9am - noon



### Late Summer Camps

• Aug 3 - 7; Aug 10 - 14, Aug 19

On all PSD School Days Off, including

• Sep 25; Oct 15 & 16; Nov 9, Nov 25

• Dec 21 & 22; Dec 28 - 30



**CALL US FOR DAY CAMP OPTIONS ON COVID SCHOOL DAYS OFF!**

## Sports Camps & Clinics

### Volleyball Middle School Pre-Tryout Clinic

Gr 6 - 8 Mon - Fri 8/3 - 7



### Tennis Small Group Lessons

Gr K - 6 Fridays 9/4 - 25  
10/2 - 30  
11/6 - 12/18



### Baseball Small Group Hitting Lessons

Gr K - 8 Mondays 9/14 - 10/19  
Gr K - 8 Mondays 11/2 - 12/7  
Gr K - 8 Thursdays 11/5 - 12/17



### Baseball Small Group Pitching Lessons

Gr 3 - 8 Fridays 9/4 - 10/9

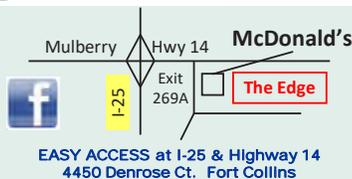
**NERF  
BLASTER  
Birthday  
Parties for  
all Ages!**



**Sports-  
themed  
Birthday  
Parties for  
all Ages!**



**Enter following code with online registration for a \$10 discount: fallrecreator**



**For Details & Registration**  
edgesportscenter.com  
970.472.0048

**Batting Cages - Private Baseball Instruction**

**Shotokan Karate, Intermediate**

Continue to advance your karate skills and build upon beginner concepts. Prerequisite: Successful completion of Shotokan Karate, Beginner.

Age: 7 years & up

Location: Club Tico

9/14-10/14	M,W	6:00-7:00 PM	\$56.50	422123-01
10/19-11/11	M,W	6:00-7:00 PM	\$56.50	422123-02
11/16-12/16	M,W	6:00-7:00 PM	\$45.50	422123-03

Location: Foothills Activity Center

9/15-10/15	T,Th	7:00-8:00 PM	\$56.50	422120-01
10/20-11/12	T,Th	7:00-8:00 PM	\$56.50	422120-02
11/17-12/17	T,Th	7:00-8:00 PM	\$45.50	422120-03

**Shotokan Karate, Advanced**

Learn new karate concepts while reinforcing the concepts gained in previous classes. Move at a faster pace and learn more advanced techniques.

Age: 7 years & up

Location: Club Tico

9/14-10/14	M,W	7:00-8:00 PM	\$56.50	422124-01
10/19-11/11	M,W	7:00-8:00 PM	\$56.50	422124-02
11/16-12/16	M,W	7:00-8:00 PM	\$45.50	422124-03

Location: Foothills Activity Center

9/15-10/15	T,Th	7:00-8:00 PM	\$56.50	422119-01
10/20-11/12	T,Th	7:00-8:00 PM	\$56.50	422119-02
11/17-12/17	T,Th	7:00-8:00 PM	\$45.50	422119-03

**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 bowl games in tackle football.

Outdoor leagues practice on a first come, first-served 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.

**Volunteer Coaching Criteria**

All youth sports coaches must know the fundamentals and rules of the sport for which they are coaching. Coach trainings are offered and it is expected for volunteer coaches to attend in order to enhance coaching abilities and know the rules and philosophy of the program.

Before being approved to coach, all youth sport coaches must participate in a background check and complete a concussion certification, conducted by the City, on an annual basis. Background checks remain confidential and are valid for one year. 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 act in the best interests of young athletes and agree to follow the guidelines and policies of the City of Fort Collins Recreation Department.

For more information about 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 54 for more information.

**[ BASKETBALL ]****Boy's Junior Rams Basketball**

Develop teamwork with participation, fun, skills, and sportsmanship; Six scheduled games with at least one official present for each game. Practices are held twice per week with games on Saturdays. Teams are randomly selected.

Cost: \$87

Dates: 10/19-12/12

Grade: Kindergarten-1

Foothills Activity Center 414906-15

Northside Aztlan Center 414906-01

Grade: 2-3

Bacon	414907-01	Liberty Com	414907-60
Bauder	414907-03	Linton	414907-27
Beattie	414907-05	Lopez	414907-29
Bennett	414907-07	McGraw	414907-31
Bethke	414907-09	O'dea	414907-33
CLP	414907-11	Olander	414907-35
Dunn	414907-13	Polaris	414907-36
Eyestone	414907-15	Putnam	414907-37
Harris	414907-17	Rice	414907-39
Irish	414907-19	Riffenburgh	414907-41
Johnson	414907-21	Shepardson	414907-43
Kruse	414907-24	Tavelli	414907-45
Laurel	414907-25	Timnath	414907-47

*Continued on next page*

*Boy's Junior Rams Basketball*

Traut	414907-49	Zach	414907-53
Werner	414907-51		
Grade: 4-5			
Bacon	414908-01	Lopez	414908-29
Bauder	414908-03	McGraw	414908-31
Beattie	414908-05	O'dea	414908-33
Bennett	414908-06	Olander	414908-35
Bethke	414908-09	Putnam	414908-37
CLP	414908-11	Rice	414908-39
Dunn	414908-13	Riffenburgh	414908-41
Eystone	414908-15	Shepardson	414908-43
Harris	414908-17	Tavelli	414908-45
Irish	414908-19	Polaris	414908-62
Johnson	414908-20	Timnath	414908-47
Kruse	414908-22	Traut	414908-49
Laurel	414908-25	Werner	414908-51
Liberty Common	414908-26	Zach	414908-53
Linton	414908-27		

**Middle School Boys Basketball**

Develop a sense of team play where participation, fun, skills, and sportsmanship are stressed; winning is secondary. Teams are formed by school attended School t-shirt jerseys are provided at practice.

Cost: \$87

Dates: 10/19-12/12

Grade: 6

Blevins	414909-01	Lincoln	414909-25
Boltz	414909-05	Preston	414909-30
CLP	414909-10	Webber	414909-35
Kinard	414909-15	Wellington	414909-40
Leshner	414909-20		

Grade: 7-8

Blevins	414910-01	Lincoln	414910-26
Boltz	414910-05	Preston	414910-25
CLP	414910-10	Webber	414910-35
Kinard	414910-15	Wellington	414910-40
Leshner	414910-20		

# DRIVING RANGE SPECIAL

Purchase a medium bucket of driving range balls and receive an upgrade to large at no additional cost. Offer valid on Sundays at all City golf courses, September - October.

Mention this Recreator ad when placing your order.

Offer expires 10/31/2020





MAKE YOUR FALL GAME PLAN  
**WITH YOUTH  
SPORTS**

YOUTH VOLLEYBALL BOYS BASKETBALL GIRLS BASKETBALL

Questions? Contact [recreation@fcgov.com](mailto:recreation@fcgov.com).



**Girl's Junior Rams Basketball**

Develop team play with participation, fun, skills, and sportsmanship; Six scheduled games with one official minimum for each game. Practices are held twice per week with games on Saturdays. Teams are randomly selected.

Cost: \$87

Dates: 1/11-2/27

Grade: Kindergarten-1  
 Foothills Activity Center 114906-07  
 Northside Aztlan Center 114906-06

Grade: 2-3

Bacon	114907-01	Lopez	114907-29
Bauder	114907-03	McGraw	114907-31
Beattie	114907-05	Odea	114907-33
Bennett	114907-07	Olander	114907-35
Bethke	114907-09	Putnam	114907-37
CLP	114907-11	Rice	114907-39
Dunn	114907-13	Riffenburgh	114907-41
Eystone	114907-15	Shepardson	114907-43
Harris	114907-17	Tavelli	114907-45
Irish	114907-19	Polaris	114907-38
Johnson	114907-21	Timnath	114907-47
Kruse	114907-23	Traut	114907-49
Laurel	114907-25	Werner	114907-51
Linton	114907-27	Zach	114907-53

Grade: 4-5

Bacon	114908-01	McGraw	114908-31
Bauder	114908-03	O'dea	114908-33
Beattie	114908-05	Olander	114908-35
Bennett	114908-07	Putnam	114908-37
Bethke	114908-09	Rice	114908-39
CLP	114908-11	Riffenburg	114908-41
Dunn	114908-13	Shepardson	114908-43
Eystone	114908-15	Tavelli	114908-45
Harris	114908-17	Liberty Common	114908-26
Irish	114908-19	Timnath	114908-47
Johnson	114908-21	Traut	114908-49
Kruse	114908-23	Werner	114908-51
Laurel	114908-25	Zach	114908-53
Linton	114908-27		
Lopez	114908-29		

**Girls Middle School Basketball**

Develop a sense of team play where participation, fun, skills, and sportsmanship are stressed; winning is secondary. Game t-shirt is provided at practice.

Cost: \$87

Date: 1/13-2/29

Grade: 6-8

Liberty Common	114909-16	Lincoln	114909-11
Blevins	114909-01	Preston	114909-12
Boltz	114909-03	Webber	114909-15
CLP	114909-05	Liberty Common	114909-16
Kinard	114909-07	Wellington	114909-17
Leshner	114909-09		

**[ FOOTBALL ]****Junior Rams Flag Football**

Learn the fundamentals of football, teamwork, and sportsmanship through non-contact, continuous action. Emphasis is on equal participation; winning is secondary. Practices are held twice per week with games on Saturday mornings. Seven games and a Junior Rams jersey included.

Cost: \$89

Date: 8/31-10/19

Grade: Kindergarten-1

City Park	414010-01	Spring Canyon Park	414010-15
Edora Park	414010-04	Troutman Park	414010-18
Fossil Creek Park	414010-07	Warren Park	414010-20
Rolland Moore Park	414010-12	Windsor Park	414010-23

Grade: 2-3

City Park	414011-01	Harmony Park	414011-13
Edora Park	414011-03	Spring Canyon Park	414011-15
English Ranch Park	414011-05	Troutman Park	414011-17
Fossil Creek Park	414011-07	Warren Park	414011-19
Greenbriar Park	414011-11	Windsor Park	414011-21

Grade: 4-5

Blevins Park	414012-25	Harmony Park	414012-09
City Park	414012-01	Rolland Moore Park	414012-12
Edora Park	414012-03	Spring Canyon Park	414012-15
Fossil Creek Park	414012-05	Troutman Park	414012-17
Greenbriar Park	414012-07	Warren Park	414012-19

Grade: 6-8

City Park	414013-01	Greenbriar Park	414013-07
English Ranch Park	414013-03	Rolland Moore Park	414013-09
Fossil Creek Park	414013-05	Spring Canyon Park	414013-1

## [ CHEERLEADING ]

**Cheer Central Performance Team & Tumbling**

Enjoy a high energy community cheer program. Learn dances, arm motions, jumps, and stunts. Performance scheduled for each session. Note: \$15 cheer shirt not included.

Age: 6-11 years

9/8-10/13	Tu	4:45-5:45 PM	\$80	414937-12
10/20-11/24	Tu	4:45-5:45 PM	\$80	414937-13
12/1-12/15	Tu	4:45-5:45 PM	\$40	414937-14

## [ PICKLEBALL ]

**Introduction to Pickleball for Families**

Intro to the rapidly growing sport. Learn basic rules, strokes and strategies. All ages welcome, participants under 15 require an adult to sign up to play with them.

Location: Twin Silo Park

9/6	Sun	9:00-11:00 AM	\$5	424405-01
10/11	Sun	9:00-11:00 AM	\$5	424405-02

**Middle School Introduction to Pickleball**

Intro to the rapidly growing sport. Learn basic rules, strokes and strategies. Program designed for current 2019/2020 and 2020/2021 middle schoolers.

Location: Twin Silo Park

9/6	Sun	11:00 AM-1:00 PM	\$5	424406-01
10/11	Sun	11:00 AM-1:00 PM	\$5	424406-02

## [ RUNNING ]

**Junior Rams, C.A.R.A. Cross-Country**

Recreational cross-country running program. Practices are held twice per week in various parks around Fort Collins. Meets are held in various local facilities on Saturday or Sunday each weekend. Fee included. Junior Rams jersey and fees for cross-country meets.

Age: 6-14 years

Location: Varies

8/24-10/11	M,W,Sa,Su	5:30-6:45 PM	\$7	414033-01
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## [ VOLLEYBALL ]

**Junior Rams Volleyball**

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 with matches on Saturday mornings and weeknights. Practice days and times vary; you will hear from the coach the week prior to the program. Junior Rams jersey, two tickets to two pre-selected CSU Volleyball games, and a player/coach clinic at CSU included.

Cost: \$87

Date: 9/8-10/24

*Junior Rams Volleyball continued*

Grade 2

3414941-01

Grade 4

5414942-01

**Middle School Volleyball**

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 with matches on Saturday mornings and occasional weeknights.

Cost: \$87

Date: 9/8-10/24

Grade 6-8

Blevins	414943-01	Lincoln	414943-11
Boltz	414943-03	Preston	414943-13
CLP	414943-05	Webber	414943-17
Kinard	414943-07	Wellington	414943-19
Leshner	414943-09	Mountain Sage	414943-2

## [ 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. Note: Class will not be held 9/7

Location: Foothills Activity Center

Cost: \$60

Age: 18 months-2.5 years

8/31-10/5	M	10:40-11:10 AM	414577-01
9/1-10/6	Tu	10:40-11:10 AM	414577-02
10/12-11/16	M	10:40-11:10 AM	414577-03
10/13-11/17	Tu	10:40-11:10 AM	414577-04

Age: 2.5-3.5 years

8/31-10/5	M	9:00-9:30 AM	414575-01
9/1-10/6	Tu	9:00-9:30 AM	414575-02
10/12-11/16	M	9:00-9:30 AM	414575-03
10/13-11/17	Tu	9:00-9:30 AM	414575-04

Age: 3.5-5 years

8/31-10/5	M	9:45-10:30 AM	414576-01
9/1-10/6	Tu	9:45-10:30 AM	414576-02
10/12-11/16	M	9:45-10:30 AM	414576-03
10/13-11/17	Tu	9:45-10:30 AM	414576-04

**Ninja Kids**

Bring out the inner Ninja. Be challenged with obstacle courses and create a special Ninja identity. Note: Class will not be held on 11/26

Age: 3-6 years

Location: Club Tico

9/10-10/15	Th	4:45-5:30 PM	\$81	421910-01
9/10-10/15	Th	5:30-6:15 PM	\$81	421910-02
10/22-12/3	Th	4:45-5:30 PM	\$81	421910-03
10/22-12/3	Th	4:45-5:30 PM	\$81	421910-04

**Sporties for Shorties**

Play ball and explore the world of sports. Work on the fundamentals of sports as they relate to throwing, kicking, and catching. Each session highlights different skills and sports along with teamwork.

Age: 3-5 years

Location: Northside Aztlan Center

9/2-9/16	W	10:00-10:45 AM	\$29	414571-01
9/22-10/6	Tu	10:00-10:45 AM	\$29	414571-02
12/02-12/16	W	10:00-10:45 AM	\$29	414571-03

**Baseball for Shorties**

Play ball and explore the game of baseball. Learn the fundamentals of throwing, hitting and catching.

Age: 3-5 years

Location: Northside Aztlan Center

11/24-12/8	Tu	10:00-10:45 AM	\$29	414573-01
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**Football for Shorties**

Explore the game of football. Learn football basics by working on large and small motor skills as they relate to throwing, kicking, and catching.

Age: 4-5 years

Location: City Park

9/23-10/7	W	10:00-10:45 AM	\$29	414572-01
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**SuperTots**

Safe and fun class that incorporates physical activity in a non-competitive environment. Class is designed with an engaging, skill-building curriculum in which "tots" learn through a series of fun and beneficial games. Tots will acquire skills and fitness, but also develop an interest and love of sports.

Location: Foothills Activity Center

Cost: \$89

**SoccerTots**

Age: 2-3 years

9/2-10/7	W	9:30-10:20 AM	414780-01
9/3-10/8	Th	9:30-10:20 AM	414780-04

Age: 3-5 years

9/2-10/7	W	10:30-11:20 AM	414780-02
9/3-10/8	Th	10:30-11:20 AM	414780-05



**FAST**

**Fort Collins Area Swim Team**

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

**Specializing in developmental and 10 & Under Age Group Swimming**

FAST practices at EPIC, 1801 Riverside, Ft. Collins  
[fortcollinsareaswimteam.org](http://fortcollinsareaswimteam.org)  
[mike@fortcollinsareaswimteam.org](mailto:mike@fortcollinsareaswimteam.org)  
 Member of USA Swimming and Colorado Swimming

*SuperTots continued*

**1stDownTots**

Age: 2-3 years

10/14-11/18	W	9:30-10:20 AM	414780-07
10/15-11/19	Th	9:30-10:20 AM	414780-10

Age: 3-5 years

10/14-11/18	W	10:30-11:20 AM	414780-08
10/15-11/19	Th	10:30-11:20 AM	414780-11

**FACE COVERINGS OR MASKS ARE REQUIRED AT ALL RECREATION FACILITIES**

Also, it is expected that all visitors maintain 6 feet of physical distance. If you are ill or experiencing COVID-19 symptoms we ask that you do not participate until 72 hours after your symptoms have ended.

**LEGEND**

- PC** Classes in which parents are required to attend
- NW** Denotes no web registration for program
- M** Denotes program/activity has special membership pricing

# LEWIS TENNIS

TENNIS—THE NATURALLY SOCIAL DISTANCED SPORT



## Daytime programs for Juniors and Adults

- 10 and under, middle school, high school, and adult programs
- Private lessons
- Clinics for all levels
- Complete pro shop
- Performance training and league coaching
- Tournaments
- Round Robins

For more info call 970-493-7000  
or visit [lewistennis.com](http://lewistennis.com)



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

20-22424

## TENNIS

### General Information

Lewis Tennis School directs all tennis programs for the City of Fort Collins. With over 50 years of experience in the tennis industry, Lewis Tennis provides quality lessons, programs, and tournaments for all levels and ages with United States Professional Tennis Association (USPTA) certified coaches on staff. Tennis Director, Larry Lewis, has managed five of the top tennis facilities in the United States.

Lewis Tennis School takes the importance of providing a safe, virus free environment for its players and staff seriously. With safety guidelines in place and the use of a decontamination system to disinfect tennis balls we are leading the industry in providing safe play. "Tennis – The Naturally Social Distance Sport."

### Registration

For more program information, court availability and to register for programs, visit [Lewistennis.com](http://Lewistennis.com) or call 970.493.7000. Discounts available for additional family members.

### Rolland Moore Pro Shop

Visit our fully stocked pro shop located at the Rolland Moore Racquet Complex. Racquets, shoes, accessories, and 24-hour stringing available. Fall hours are Monday - Friday noon - 6:00 p.m. and Saturday 10:00 a.m. - 4:00 p.m.

### 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.

### 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.

### Programs

Programs are offered at Rolland Moore Racquet Complex and Fossil Creek Park.

### Session Dates for All Classes

8/17-9/12	Session 1
9/14-10/10	Session 2
10/12-11/7	Session 3
11/9-12/5	Session 4

## [ ADULT TENNIS ]

### Daytime Adult Classes – NEW!

Learn the game while the kids are in school. For more information and to register call 907.493.7000.

**Beginner Lessons** <sup>NW</sup>

Learn and develop fundamentals to enjoy the game, whether new or back after a long hiatus. Learn and enhance forehands, backhands, volleys, overheads, and serves, as well as basic rules and strategies to start competition.

Age: 18 years & up

M,W	6:00-7:30PM
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**Intermediate Lessons** <sup>NW</sup>

Learn the "Modern Game" of tennis and refine skills. Experience techniques used by the pros and doubles and singles strategies that win. Develop topspin, forehand, backhand and serves.

Age: 18 years & up

Tu,Th	6:00-7:30 PM
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**Premier Clinics** <sup>NW</sup>

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

**Round Robins** <sup>NW</sup>

Come on out to Rolland Moore and enjoy some great social competition, doubles and single play. All levels welcome.

Th	6:00-7:30 PM
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## [ YOUTH TENNIS ]

**Youth Daytime Opportunities – New!** <sup>NW</sup>

PSD students on a split schedule can enjoy tennis classes while out of school.

10 years & under

M-F	12:50-2:20PM
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Middle School/High School

M-F	2:30-4:30PM
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**Performance Training** <sup>NW</sup>

Designed for the junior player who has a foundation of the game and shows a high level of commitment. Players have goals of state and sectional rankings, high school varsity play, and college scholarships. Performance players participate in NJTL tennis, leadership, and life skills training on Fridays. Players must be accepted by Head Pro.

Age 12-18 years

M, Tu, W, Th	4:00-6:00PM
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Su	3:00-5:00PM
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**Homeschool Classes** <sup>NW</sup>

Tennis classes held at flexible times during the day. To arrange a homeschool class for your children, call 970.493.7000.

**After-School Enrichment** <sup>NW</sup>

Tennis classes held after school in the gymnasiums of local elementary schools. Check with your school for details.

**Fall Junior Tournaments** <sup>NW</sup>

USTA sanctioned junior tournaments are offered for novice, intermediate and advanced players. To register, call 970.493.7000.

Age: 7-18 years

9/12	Summer Challenger
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9/19	Lewis Tennis Pumpkin Championship
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9/26	Lewis Tennis Autumn Challenger
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10/3	Lewis Tennis October Fest Championship
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**10 YEARS & UNDER**

Exciting play format for those learning tennis. Designed to bring kids into the game by utilizing specialized equipment, shorter court dimensions and modified scoring, all tailored to age and size.

**Little Lobber**

Age: 4-6 years

Sa	10:00-10:45 AM
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**Future Star**

Age: 7-8 years

M,W	4:30-6:00 PM
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Sa	11:00 AM-12:30 PM
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**Aces**

Age: 9-10 years

M,W	4:30-6:00 PM
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Sa	11:00 AM-12:30 PM
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**MIDDLE SCHOOL**

Develop skills to effectively compete on middle and high school teams or just enjoy the benefits of this lifetime sport.

**Challenger (New Player)**

Age: 11-13 years

Tu,Th	4:00-6:00 PM
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Sa	1:00-3:00 PM
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**Competitive (Intermediate/Advanced)**

Age: 11-13 years

Tu,Th	4:00-6:00 PM
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Sa	1:00-3:00 PM
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**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
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Sa	1:00-3:00 PM
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**Grand Slam (Intermediate/Advanced)**

Age: 14-18 years

Tu,Th	4:00-6:00 PM
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Sa	1:00-3:00 PM
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## 50+

All 50+ programs are for ages 50 years and older, and held at the Fort Collins Senior Center, unless otherwise noted. For programs designed for all ages, browse other sections of the Recreator.

### Membership 50+

Membership 50+ is \$30 annually. Scholarships for membership available. Programs with special membership pricing are noted throughout the Recreator with **M**. Additional discounts do not apply on membership programs. If no fee is listed for a membership program, the program is exclusive to Membership 50+. Membership 50+ benefits include:

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

Current drop-in programs including Pool Room, Sketching, Writer's Group, C.H.A.T., and Donut Make U Wonder.

2-day advance registration for Recreator programs.

Member discounts on select services and activities.

Membership in member-only Outdoor Recreation clubs. For more information see page 50.

Notary service.

## CLUBS & ORGANIZATIONS

### Donut Make U Wonder **M** **NW**

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.

Ongoing	F	10:00-11:00 AM	No Fee
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### Fort Collins Senior Center Friends **NW**

Fort Collins Senior Center Friends is a private nonprofit 501c3 organization. The group supports and enhances the use and enjoyment of the Fort Collins Senior Center through public relations, socializing, fundraising, and advocacy. Meetings are four times per year. Annual membership fees are \$10. For more information contact fcscfriends@gmail.com.

### Front Range Forum **M**

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. Registrants facilitate classes for each other; participants take part in short presentations and informal discussions on a variety of topics. For more information and to sign up for an newsletter visit fronrangeforum.org.

6/1-8/31	\$14	307410-01
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### Older Gay Lesbian Bisexual Transgender (OGLBT) **M** **NW**

Join the social networking group for monthly get togethers. Meetings occur to plan future events and activities. For more information contact Ashley Ruffer at 970.224.6033, aruffer@fcgov.com.

### Senior Advisory Board **NW**

The Senior Advisory Board advises City Council on issues related to older adults. The board is comprised of nine individuals, appointed by City Council, who share a concern for the aging members of the community. The Senior Advisory Board meets the second Wednesday of each month at 11:30 a.m. Guests are welcome.

### The Writers Group **M** **NW**

Express yourself through writing and gather weekly to share work. All writing styles and skills welcome. For more information contact Betsy Emond at 970.224.6030, bemonde@fcgov.com.

Ongoing	Tu	9:30 AM-Noon	No Fee
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## FITNESS

### General Information

It is recommended that your physician be consulted before beginning any exercise program. If you are 55 years or older, 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 (\*).

Fitness classes require a minimum number of six participants registered per session to avoid cancellation for that session.

Participants may attend only the class for which they are registered.

Active facility pass holders receive 70% off enrollment price of fitness classes. Note: 25-admission passes are not eligible for the discount. Pass holder discount does not include the \$1 Rec Reserves Fee.

The fitness classes listed below are specific for ages 50 years or older. See page 39 for information on additional fitness classes and personal training services.

Please check in at the front desk when arriving for each class.

### Drop-in Policy

See page 7 for fitness class drop-in prices and passes. Note: Drop-in participants do not count toward minimum number in fitness classes. Reduced rates do not apply to the daily drop-in fee.

### Back & Body Strength

Strengthen and stretch the major muscle groups of the body. Physical conditions like back, hip, knee, and neck problems can be prevented or alleviated through a holistic training routine. Note: Class will not be held on 9/7.

8/31-9/25	M,W,F	8:50-9:50 AM	\$45	409415-01
9/28-10/23	M,W,F	8:50-9:50 AM	\$49	409415-02
*10/26-11/25	M,W,F	8:50-9:50 AM	\$57	409415-03
<b>Back &amp; Body 2x/Week</b>				
8/31-9/23	M,W	8:50-9:50 AM	\$29	409415-1A
9/28-10/21	M,W	8:50-9:50 AM	\$33	409415-2A
*10/26-11/25	M,W	8:50-9:50 AM	\$41	409415-3A

**Balance 201**

Practice techniques and work to develop body awareness, methods, and confidence in facing challenging balance issues. Just like strength improves with practice, so does balance.

9/3-9/24	Th	1:15-2:15 PM	\$17	409418-01
10/1-10/22	Th	1:15-2:15 PM	\$17	409418-02
*10/29-11/19	Th	1:15-2:15 PM	\$17	409418-03

**Seated Tai Chi and Qigong**

Increase strength, energy, and flexibility while enjoying the slow and gentle movements of Tai Chi and Qigong. Improve mind body integration, reduce arthritis pain, and improve circulation. No experience necessary.

9/4-9/25	F	3:00-4:00 PM	\$17	409421-01
10/2-10/23	F	3:00-4:00 PM	\$17	409421-02
*10/30-11/20	F	3:00-4:00 PM	\$17	409421-03

**Tai Chi**

The benefits of Tai Chi have been researched and are proven to improve balance and increase mental focus along with stress relief. Designed for beginners to learn the flowing movements of Tai Chi and Qigong as well as the underlying principles.

9/4-9/25	F	Noon-1:00 PM	\$17	409422-01
10/2-10/23	F	Noon-1:00 PM	\$17	409422-02
*10/30-11/20	F	Noon-1:00 PM	\$17	409422-03

**[ SILVERSNEAKERS ]**

For more information about SilverSneakers, inquire at the front desk of the Fort Collins Senior Center or Northside Aztlan Community Center. Note: SilverSneakers non-members may attend by paying the drop-in fee or registering for the session.

**Circuit SilverSneakers**

Move through a series of exercises in a circuit format to improve cardiovascular endurance as well as muscular strength and endurance. Note: Class will not be held on 9/7.

8/31-9/25	M,W,F	1:00-1:45 PM	\$34	409424-01
9/28-10/23	M,W,F	1:00-1:45 PM	\$37	409424-02
*10/26-11/25	M,W,F	1:00-1:45 PM	\$43	409424-03

**Classic SilverSneakers**

Move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a small ball are offered for resistance. A chair is used for seated or standing support. Note: Class will not be held on 9/7.

Location: Senior Center

9/1-9/24	Tu,Th	10:10-10:55 AM	\$25	409423-01
9/29-10/22	Tu,Th	10:10-10:55 AM	\$25	409423-02
*10/27-11/24	Tu,Th	10:10-10:55 AM	\$28	409423-03

Location: Northside Aztlan Center

8/31-9/23	M,W	11:00-11:45 AM	\$22	409514-01
9/28-10/21	M,W	11:00-11:45 AM	\$25	409514-02
*10/26-11/25	M,W	11:00-11:45 AM	\$31	409514-03

**EnerChi SilverSneakers**

Combine modified Tai Chi forms and Qigong exercises to promote wellness. Purposeful movement performed with awareness and focused breathing cultivates a strong, balanced body and a calm mind.

9/1-9/24	Tu,Th	4:00-4:45 PM	\$25	409435-01
9/29-10/22	Tu,Th	4:00-4:45 PM	\$25	409435-02
*10/27-11/24	Tu,Th	4:00-4:45 PM	\$28	409435-03

**Stability SilverSneakers**

Become stronger and improve balance. Designed for fall prevention and suitable for all fitness levels. Exercise is adapted depending on the skill of participants. A chair may be used for balance and support.

9/4-9/25	F	2:00-2:45 PM	\$13	409426-01
10/2-10/23	F	2:00-2:45 PM	\$13	409426-02
*10/30-11/20	F	2:00-2:45 PM	\$13	409426-03

**Yoga SilverSneakers**

Focus on poses and postures to improve joint range of movement, muscular strength, endurance, and balance. Static and dynamic movements are presented with a chair for seated and standing support. Note: Class will not be held on 9/7.

8/31-9/23	M,W	4:10-4:55 PM	\$22	409427-01
9/28-10/21	M,W	4:10-4:55 PM	\$25	409427-02
*10/26-11/25	M,W	4:10-4:55 PM	\$28	409427-03
9/1-9/24	Tu,Th	11:00-11:55 AM	\$25	409427-04
9/29-10/22	Tu,Th	11:00-11:55 AM	\$25	409427-05
*10/27-11/24	Tu,Th	11:00-11:55 AM	\$28	409427-06

**[ YOGA ]****Yoga, Chair**

A form of adaptive exercise. Be supported by a chair and receive yoga's healing and restorative benefits. Yoga relaxes the body and mind and improves musculoskeletal fitness and flexibility. Note: Class will not be held on 9/7. Own yoga mat encouraged, but not required.

8/31-9/21	M	8:30-9:30 AM	\$13	409428-01
9/28-10/19	M	8:30-9:30 AM	\$17	409428-02
*10/26-11/23	M	8:30-9:30 AM	\$21	409428-03

**RESOURCES****Pool Room M**

The Pool Room has four 8-ball tables and one snooker table. Non-members pay a daily drop-in rate. Additionally, users are asked to contribute to the donation box located in the room to help support facility maintenance.

**LEGEND**

- PC Classes in which parents are required to attend
- NW Denotes no web registration for program
- M Denotes program/activity has special membership pricing

**VOA Senior Nutrition Program** <sup>NW</sup>

Volunteers of America and the City of Fort Collins Recreation Department host the Senior Nutrition Program to provide hot lunch at Northside Aztlan Center and the Senior Center. There is no charge for ages 60 years & older (and their spouses). Reservations are not required; contact 970.472.9630 by 11:30 AM on the business day prior.

Location: Senior Center			
Ongoing	Tu, Th	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 friendships, and enrich their community and the lives of others through purposeful activity. Volunteers may choose from one-time special events to longer term commitments in a variety of areas. To apply as a volunteer, visit [engage.fcgov.com/D/sc/App/General](http://engage.fcgov.com/D/sc/App/General) or contact Betsy Emond at 970.224.6030, [bemond@fcgov.com](mailto:bemond@fcgov.com).

**FACE COVERINGS OR MASKS ARE REQUIRED AT ALL RECREATION FACILITIES**

Also, it is expected that all visitors maintain 6 feet of physical distance. If you are ill or experiencing COVID-19 symptoms, we ask that you do not participate until 72 hours after your symptoms have ended.

**SOCIAL PROGRAMS**

**Coffee with Bob** <sup>NW</sup>

Grab a cup of coffee with Recreation Director, Bob Adams. Coffee provided. Bring thoughts and questions for discussion.

9/23	W	9:30-10:30 AM	No Fee
10/21	W	9:30-10:30 AM	No Fee
11/18	W	9:30-10:30 AM	No Fee

**Los Ancianos**

Instituted more than 40 years ago, Ancianos is one of the City of Fort Collins' oldest running social groups. Gather for lunch, arts and crafts, bingo and holiday themed parties. Engage with community guest speakers during lunch programs. Ancianos runs in conjunction with the VOA Senior Nutrition Program. Discount available. Note: Participation in Ancianos is not required to participate in VOA Senior Nutrition Program. Participation in quarterly programs not required if attending lunch. Class will not be held on 11/26, 12/24.

Location: Northside Aztlan Center				
9/1-12/29	Tu,Th	11:00 AM-1:00 PM	\$75	412500-01

**SOAP Troupe Actors**

SOAP Troupe produces two major shows per year featuring a variety of acts/short skits, monologues, stand-up comedy, song, and dance. Whether an experienced performer or a beginner, talent can be used for each show.

9/22, 10/27 & 11/17	Tu	1:00-3:00 PM	\$12	412421-01
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“Subaru’s new DriverFocus® technology in the new Forester makes most other systems look dated.” - *Autoblog*



Visit Dellenbach Subaru | 3103 S. College Ave. Fort Collins, CO 80525 | [DellenbachSubaru.com](http://DellenbachSubaru.com) | 970-226-2438

# Keep NOCO OPEN



When in DOUBT  
**OPT OUT**

Keep at home if you feel unwell.



WEAR A  
FACE COVERING

Keep covered for others.



**SOCIAL DISTANCE**

Keep 6 feet or more apart.



WASH HANDS  
FREQUENTLY

Keep healthy by keeping clean.



BE KIND  
AND PATIENT

Keep caring for each other.



**SUPPORT LOCAL BUSINESS**

Keep investing in our community.



Help us to Keep NoCo Open, healthy and thriving. Together we can reopen safe and strong.

#KeepNoCoOpen



The Youth Clinic  
caring for our future generations



# More Than A Youth Clinic

# *We Are a Family*

## Growing Healthy Kids Since 1969

At The Youth Clinic, our pediatricians are specially trained in caring for kids, like yours, so that they can grow up to live happy and healthy lives.



Well Care Visits  
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"Well" Office Locations



Phone Nurse  
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## Taking Care of Your Kids 365 Days a Year

### Walk-Ins Welcome

Monday-Friday: 9:00 AM-9:00 PM

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4845 Weitzel St., Ste. 101

Timnath, CO 80547



A Great Place To Grow!



## Mountain Kids PRESCHOOL

Half-day preschool with multiple options for children ages 3-5 years old!

## Mountain Kids DANCE

Flexible dance class schedules for all ages and skill levels!



## Mountain Kids GYMNASTICS

Gymnastics programs with NO long-term commitments or enrollment fees!



GYMNASTICS | DANCE | PRESCHOOL | BIRTHDAY PARTIES | NINJA ZONE

[mountain-kids.com](http://mountain-kids.com) | (970) 482-3118

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