

Fall registration starts at 7 a.m., August 12

Fall 2021

Recreator



PROUD

TO BE

A JUNIOR RAM





fortcollinsbaseballclub.org

(970) 484-3368

office@fcbcmail.org



2022 Force Baseball Tryouts

Force Baseball will conduct tryouts for the 2022 season this July /August. Force will have at least one team at the following ages: 9u, 10u, 11u, 12u, 13u, and 14u.

More information can be found online at fortcollinsbaseballclub.org/2022tryouts.

Please email director@fcbcmail.org if you are interested in tryouts for the 2022 season.



Fall Ball 2021

Fall Ball is a great opportunity for all baseball players to grow their skills in both recreational and advanced leagues.

Keep an eye out for information on Fall Ball 2021. Information will be shared through the email list and posted online at fortcollinsbaseballclub.org.



FCBC Training Center

If you are interested in lessons or clinics at the FCBC Training Center please email dayton@fcbcmail.org.

To join the FCBC email list, email dayton@fcbcmail.org -- direct any general questions to office@fcbcmail.org



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OUTDOOR GEAR



PROUD TO BE A JUNIOR RAM

More photos and registration information inside.

Cover photo (from left): Cannon, Brett, Reed, Nick, Bryan, Addison and Paxton of the Razorblades team.

p66

Program Areas

- | | |
|--------------------------------------|-----------------------------------|
| 13 Adaptive Recreation Opportunities | 40 Farm |
| 17 Aqua Fitness | 43 Fitness & Wellness |
| 19 Aquatics | 49 Ice Skating |
| 24 Arts & Crafts | 53 Outdoor Recreation & Education |
| 27 Dance & Movement | 55 Pottery |
| 31 Day Camps & School's Out Programs | 59 Events |
| 33 Early Learning | 61 Sports |
| 38 Education | 73 50+ |



p33

Learn
something
NEW
with our education
programs

General Information

- | | |
|--------------------------|--------------------------|
| 3 From the Director | 9 Facility Map |
| 6 Registration Details | 10 Recreation Facilities |
| 7 Recreation Information | 75 Parks Guide |

p38

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Hello, Recreators –

When Mike and I met for lunch recently, we discussed what fall means to us - the activities we look forward to and the emotions the season evokes. We both identify fall as a season of change, the tree leaves change color, the heat of summer gradually subsides, and kids go back to school. We immediately made a connection between the fall season and emerging from the pandemic. This fall we are all trying to reestablish our normal routines.

Over the past year and a half, many people have used Parks and Recreation as an outlet for safe fun, relaxation, and exercise. We hope that as routines are adjusted and more normalcy returns. Parks and Recreation continues to have a place in our community members' routines.

Part of our normal routines involve seeing old friends and engaging in our community. On September 26 the Kids in the Park event is returning, this time at Twin Silo Community Park. The event is free and open for all to enjoy games at a park, learn about programs, and engage with the community.

New park openings are an integral part of the Fort Collins culture, this year we will celebrate the long-anticipated opening of Traverse Park in northeast Fort Collins. The park will feature a unique playground, pump track, and trees celebrating the history of the space as a tree farm.

As part of the theme of reestablishing routines, we are excited that one of our facility amenities is returning this fall – the pool at the Fort Collins Senior Center! This marks a great milestone in that all Parks and Recreation facilities will have reopened to the public.

This fall also marks the first school year when the City of Fort Collins is offering a licensed preschool program, Funtime Preschool. This program will be based out of Northside Aztlan Community Center and provide additional quality childcare options for the Fort Collins community.

We appreciate everyone in our community that has made an effort to keep Parks and Recreation as part of their routine. Enjoy the fall season with the color of the urban forest, and we hope to see you around town!

*Aaron Harris, Interim Recreation Director
and Mike Calhoon, Parks Director*



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

City of Fort Collins

Vision

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

Mission

Exceptional service for an
exceptional community.



FROM THE PARKS & RECREATION BOARD

After more than a year of City staff, community, and stakeholder participation, the Fort Collins City Council unanimously adopted an updated Parks & Recreation Master Plan in January of this year. Created as a visionary and pragmatic document to guide the future of the City's Parks, Park Planning & Development, and Recreation departments, the Master Plan showcases the vital role that parks and recreation play in the overall fabric of Fort Collins.

The Parks and Recreation Master Plan examines park and recreation needs in the context of our city's impressive system of public spaces, articulating an ambitious and attainable vision for parks and recreation in the future. To implement this vision, the plan weaves together strategies, guidelines, and decision-making tools that the City can use as a road map to shape the park and recreation system over the next 20 years. The complete Master Plan as well as an Executive Summary are available for review online at www.fcgov.com/parksandrecplan.

The path forward for parks and recreation in Fort Collins is captured within the twelve goals and actions described in both the Master Plan and Executive Summary. As we move forward to rethink, renew, and reimagine parks and recreation, Fort Collins is committed to ensuring that equity is a primary consideration.

Equity is a theme interwoven throughout the master plan to ensure all community members benefit from the richness of parks and recreation. To emphasize this, the first two goals in the Master Plan are to provide equitable access to parks and equitable access to recreational experiences. The Plan includes service metrics ensuring access to recreational amenities across the city along with recommendations to expand equitable program pricing strategies. The City is also committed to proactively and consistently

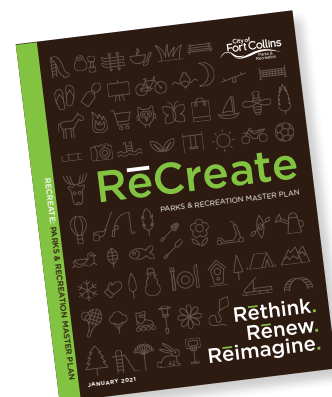
involving neighbors into the process of shaping future projects so that public spaces reflect the needs and values of the community.

While the Parks and Recreation departments have stretched operational budgets to maintain existing parks and recreation facilities, additional capital and operational funding is needed to ensure all parks and recreation facilities continue to provide the level of experience the community seeks. The Master Plan has identified a full range of funding needs including day-to-day operations and maintenance costs as well as capital costs for replacing individual park and recreation amenities at the end of their life cycles, refreshing existing parks, and building new recreation facilities in both growing and established parts of the city. Addressing this financial gap is one of the 31 priorities of the current City Council.

The creation of the 2022 budget is in progress, and community members still have opportunities to shape the budget over the next several months, through online forums, surveys, public hearings with City Council in the fall, and more. If you feel strongly about any of the aspects of the Parks and Recreation Master Plan and want them prioritized in the budget, please use these opportunities to voice your opinion.

Ken Christensen
Co-Chair, Parks and Recreation Board

fcgov.com/ParksandRecPlan





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REGISTERING FOR PROGRAMS

Due to the variability regarding COVID-19 and impacts on our community, registration dates are subject to change. For up-to-date information regarding registration, visit fcgov.com/recreation.

Registration is currently scheduled to begin at 7 a.m. on August 12. Early registration will be available for Senior Center Members at 7 a.m. on August 10.

Registration may not be approved by an instructor or coach. During registration, 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, credit cards are the only form of permitted payment. No cash refunds.

YOU CAN REGISTER FOR PROGRAMS IN THREE WAYS:

ONLINE



Visit fcgov.com/recreator to register online.

Click on **"Register Online"**

New users: Click "Login" and select "Create an Account." Then follow the prompts.

Existing users: Click "Login" and enter your username/household ID number and password.

IN PERSON



All Recreation Facilities are able to assist with registering for programs.

See page 11 for information on open hours.

OVER THE PHONE



Call **970.221.6655** to register.

Have your credit or debit card information, along with household account details, available.

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.

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 will be applied. 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 meeting of the class 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.

Outdoor Recreation Cancellation/Refund Policy

Trips may be canceled, or destinations may be changed due to weather conditions that are deemed hazardous or unsafe for driving/transportation or the program. No refund will be given if trip destination is changed due to weather conditions. In case of cancellation, a full refund is issued. If you need to cancel, notify us by 10 a.m., one week prior to the trip departure for refund or credit.

REDUCED FEE PROGRAM

Reduced fees are available to participants with limited incomes. Interested persons must apply in person with the Recreation Department and be approved prior to registering for programs.

Applications are available at all recreation facilities; a downloadable version is also available online.

Once approved and enrolled in the program, a pass purchase is required to activate benefits. Discounted activity registration can then be done over the phone, in person, or online.

The following programs are excluded from the Reduced Fee Program: adult team sports, tournaments, ticketed events, and private instruction.

For more information visit fcgov.com/reduced fee.

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.

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, if not fully vaccinated
- 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 for additional information regarding the City of Fort Collins' emergency response to COVID-19.

Pool Rules & Guidelines

For a full list of pool rules, please visit fcgov.com/recreation, or view in person at an aquatics facility. Rules are posted in the pool deck area of all recreation aquatic locations.

ADA Disclosure

Individuals of all abilities and ages are welcome to participate fully in any Recreation program.

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, please indicate that you need an accommodation during the registration process. Specialized programs and service information can be found on page 13. 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 recreation@fcgov.com. Information on personal care attendants can be found on page 13.

Translation & Interpretation/Traducción e Interpretation

If you require assistance in another language, contact 970.221.6655, recreation@fcgov.com.

Esta información puede ser traducida, sin costo para usted.



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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. Visit fcgov.com/aro for more details.

LEGEND



Classes in which adults are required to attend



Denotes no web registration for program



Denotes program/activity has special membership pricing

ADMISSION & PASS FEES

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

Reduced Fees

Available to residents with limited incomes, see page 6 for more information.

MULTI-FACILITY ADMISSION PASS

	25 Admission Pass	1 Month Pass	6 Month Pass	Annual Pass	Platinum Pass	Barnyard Buddy
Youth	\$80	\$25	\$125	\$225	-	-
Adult	\$100	\$35	\$175	\$315	-	-
60+	\$80	\$25	\$125	\$225	-	-
Family/Couple	-	\$56	\$280	\$504	-	\$85
85+	-	-	-	-	FREE	-
25 admissions to use at any of the facilities listed above. Expires one year from the date of purchase.						Unlimited visits up to four people per visit (guests pay half admission). For more information, visit fcgov.com/thefarm..

SINGLE ADMISSION (One-time Drop-In Rate)

Youth	\$4	Student Discounts Free at Northside on Thursdays from 4 p.m.-Close \$1 at Foothills on Sundays from Open-Close
Adult	\$5	
60+	\$4	
Family/Couple	-	
85+	-	

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.

ICE SKATING RATES & RENTALS

	Public Skate Admission	Public Skate Group Admission
Youth	\$4	\$3.50
Adult	\$5	\$4.50
60+	\$4	\$3.50
Skate rental per Drop-in	\$3	\$3
Other Drop-In Activities		
Fitness Skate	\$6	
Drop-in Hockey Stick & Puck	\$5	

*Multi-facility pass holders receive \$1 off ice skating single admission.

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.

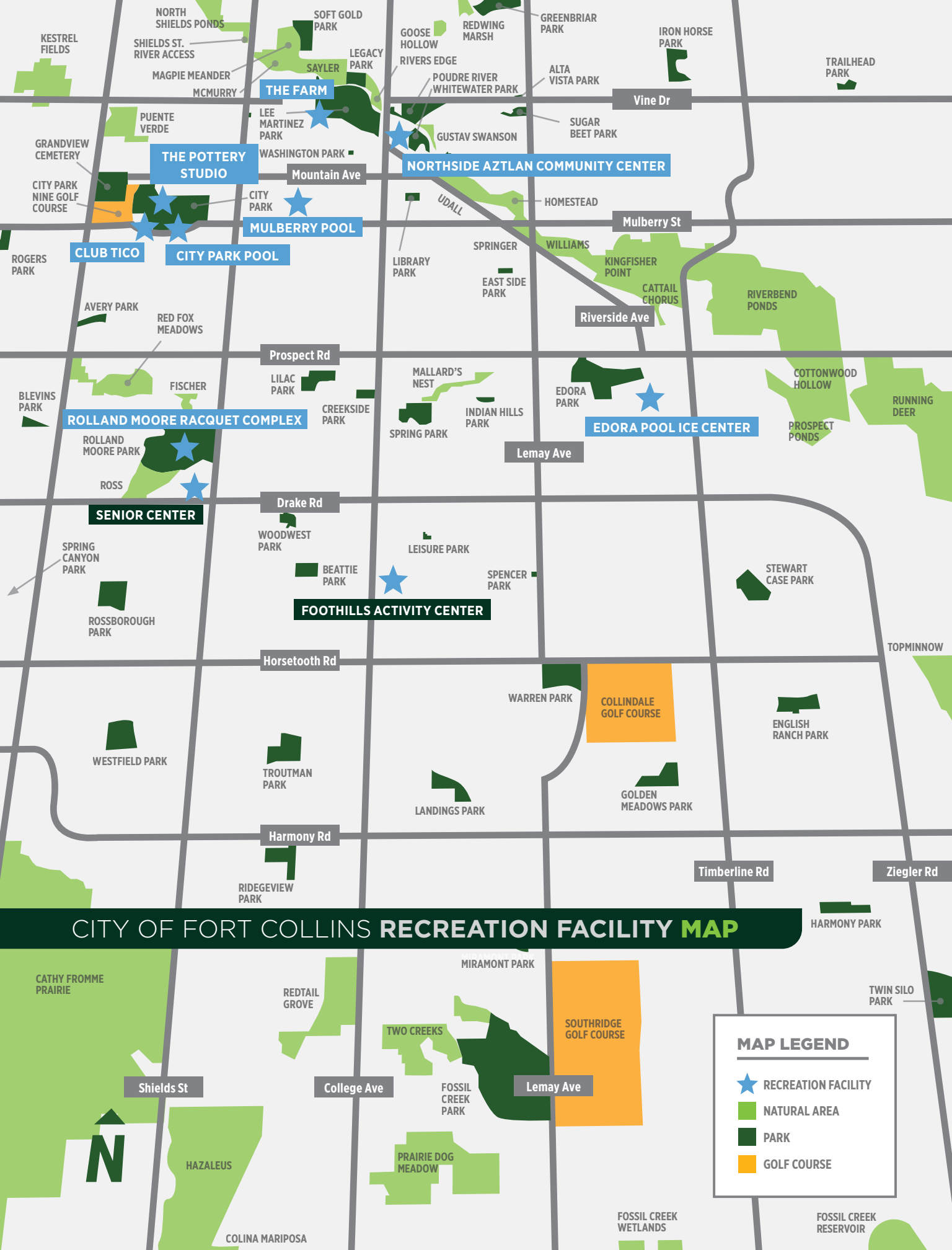
Reduced facility admission is available for groups at EPIC, Mulberry Pool, and City Park Pool. To receive these rates, groups of 10 or more must schedule a reservation at least 14 days in advance. Groups greater than 100 must schedule a reservation 30 days in advance. Reservations requested outside the 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 or by calling the desired facility.

RECREATION RESERVE FUND

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 allocated to reserves for future Recreation use. These fees are not discountable.

THE FARM ADMISSION RATES

	Daily Fee
Under 2 years	No Fee
2 years & up	\$4



CITY OF FORT COLLINS RECREATION FACILITY MAP

MAP LEGEND

★

RECREATION FACILITY

NATURAL AREA

PARK

GOLF COURSE



RECREATION FACILITIES	CITY PARK POOL	CLUB TICO	EDORA POOL ICE CENTER	THE FARM	FOOTHILLS ACTIVITY CENTER	FORT COLLINS SENIOR CENTER
Water slide/play features	★					
Auditorium						★
Basketball Court					★	★
Billiards Room						★
Catering Kitchen		★				★
Dance Floor		★				★
Diving			★			
Elevator		★	★		★	★
Family Changing Room			★			★
Fitness/Dance Rooms					★	★
Gift Shop				★		
Gymnasium					★	★
Ice Rink			★			
Kilns						
Kitchen		★				★
Lazy River	★					
Library						★
Locker Rooms	★		★		★	★
Lounge						★
Meeting Space		★	★	★	★	★
Museum				★		
Pickleball Courts					★	★
Pony Rides				★		
Pro Shop						★
Racquet Courts						
Skate Park			★			
Spectator Seating			★			
Stage		★				★
Studio Space						★
Swimming	★		★			★
Track						★
Wading Pool			★			
Weight/Cardio Equipment					★	★
WIFI			★		★	★

MULBERRY POOL	NORTHSIDE AZTLAN COMMUNITY CENTER	THE POTTERY STUDIO
★		
	★	
★		
★	★	
★	★	
	★	
	★	
		★
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★	★	
	★	
	★	
★	★	
		★
★		
	★	
★	★	
★	★	

CITY PARK POOL

1599 City Park Dr. • 970.224.6363 • fcgov.com/cityparkpool
Closed for the season.

CLUB TICO

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

EDORA POOL ICE CENTER

1801 Riverside Ave. • 970.221.6683 • fcgov.com/epic
M–F 5:30 AM–6 PM Sa 8 AM–6 PM Su Noon–5 PM
See website for pool and ice hours.

THE FARM

600 Sherwood St. • 970.221.6665 • fcgov.com/thefarm
Aug. – Dec.
W–Sa 10 AM–4 PM Su Noon–4 PM

FOOTHILLS ACTIVITY CENTER

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

241 E. Foothills Pkwy. • 970.416.4280 •
fcgov.com/foothillsactivitycenter
M–F 8 AM–7 PM Sa 8 AM–4 PM Su Closed

FORT COLLINS SENIOR CENTER

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

1200 Raintree Dr. • 970.221.6644 • fcgov.com/seniorcenter
M–Th 6 AM–7 PM F 6 AM–5 PM Sa–Su Closed
Pool opening in October, visit fcgov.com/senior-center for updates.

MULBERRY POOL

424 Mulberry St. • 970.221.6657 • fcgov.com/mulberrypool
M–F 5:30 AM–10 AM & 2–6 PM Sa 9 AM–5 PM Su Closed

NORTHSIDE AZTLAN COMMUNITY CENTER

112 E. Willow St. • 970.221.6256 • fcgov.com/northside
M–F 8 AM–9 PM Sa 8 AM–5 PM Su 11 AM–5 PM

THE POTTERY STUDIO

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

ROLLAND MOORE RACQUET COMPLEX

2201 S. Shields • 970.493.7000 • fcgov.com/racquet-complex
For information about Pro Shop hours, visit lewistennis.com.
Racquet courts adhere to park hours.

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

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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. New to ARO? Visit our site to complete a new participant information form to begin the support request process. 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.

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. Fill out your Passport to Recreation Profile at fcgov.com/aro.

Attendants

Individuals who are not independent in activities of daily living 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 events or being a weekly inclusion support partner, volunteers are always needed to help support individuals in the ARO program. To apply, visit engage.fcgov.com/d/aro or contact Becca Heinze at bheinze@fcgov.com.

Contact Information

For additional information about ARO programs, visit fcgov.com/aro or contact ARO staff:

Becca Heinze, M.Ed., CTRS, 970.224.6125, bheinze@fcgov.com
 Brenda McDowell, CTRS, 970.416.2024, bmcdowell@fcgov.com
 Sarah Olear, CTRS, 970.224.6028, solar@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
Heart & Soul Paratransit	970.690.3338

AQUATICS PROGRAMS

Adaptive Swim Lessons

ARO Aquatics Specialists support individuals in group lessons using adaptive techniques based on individualized goals. See page 19 and register for youth, teen, or adult swim lessons. Note: Contact ARO staff to schedule a swim assessment two weeks prior to lesson start date.

Adaptive Aqua Fitness

ARO Aquatics Specialists can support individuals in group aqua fitness classes. ARO Workout Partners Program offers either land or water-based workout support. See page 17 to register. Note: Contact ARO staff to schedule two weeks prior to class start date.

ARTS & THEATRE

Artistic Abilities Art Club

Creative expression for all. Use a variety of materials to make unique pieces of 2-D and 3-D art. All abilities are welcome.

Age: 13 years & up

Location: Colorado State University

9/16-10/14	Th	4:30-6:00 PM	\$59	402990-01
10/20-11/17	Th	4:30-6:00 PM	\$59	402990-02

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. Visit fcgov.com/aro for more details.

LEGEND



Classes in which adults are required to attend



Denotes no web registration for program



Denotes program/activity has special membership pricing

EDUCATION PROGRAMS

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. Note: Bring a reusable container for a portion to go.

Age: 16 years & up

Location: Senior Center

Entree Salads

9/15	W	5:00-6:30 PM	\$15	402401-01
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Simple Sandwiches

9/29	W	5:00-6:30 PM	\$15	402401-02
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Build Your Own Pizza

10/13	W	5:00-6:30 PM	\$15	402401-03
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Mexican Fiesta

10/28	Th	5:00-6:30 PM	\$15	402401-04
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Holiday Spread

11/11	Th	5:00-6:30 PM	\$15	402401-05
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Baking

11/18	Th	5:00-6:30 PM	\$15	402401-06
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FITNESS PROGRAMS

Spectrum Yoga

Designed for people with intellectual and developmental disabilities, sensory integration sensitivity, and those on the autism spectrum. Learn yoga practices modified to teach breathwork, standing, and balancing poses.

Age: 16 years & up

Location: Northside Aztlan Center

9/16-10/21	Th	1:15-2:15 PM	\$49	402982-03
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10/28 - 12/2	Th	1:15 - 2:15 PM	\$49	402982-04
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ICE PROGRAMS

Adaptive Skating

Basic skating skills are introduced and adapted for individuals with disabilities. Focus on skill improvement. Note: Class will not be held on 11/27.

Age: 8 years & up

Location: EPIC

9/11-10/16	Sa	9:45-10:15 AM	\$61	410356-01
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10/23-12/11	Sa	9:45-10:15 AM	\$71	410356-02
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PARALYMPIC SPORTS

Paralympic sports engage youth and adults with physical disabilities or visual impairments and veterans in sports and physical activity.

Adaptive Curling

Learn about the Paralympic sport of curling and test skills on the ice.

Age: 14 years & up

Location: EPIC

9/11	Sat	10:45-11:45 AM	\$6	402764-01
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Wheelchair Rugby

A fast paced, full contact wheelchair sport designed for those with physical disabilities. Extra sport chairs are available. Note: Class will not be held 11/23.

Age: 14 years & up

Location: Northside Aztlan Center

9/28-12/7	Tu	6:00-8:00 PM	\$30	402560-01
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SOCIAL PROGRAMS

Bowling

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

Age: 16 years & up

Location: Chippers Lanes North, 830 N. College Ave.

9/11-10/16	Sat	12:30-1:30 PM	\$58	402906-01
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Dinner & a Movie

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

Age: 16 years & up

Location: Senior Center

Comedy

9/22	W	4:00-6:30 PM	\$10	402904-01
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Classic

10/21	Th	4:00-6:30 PM	\$10	402904-02
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Animation

11/4	Th	4:00-6:30 PM	\$10	402904-03
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Monthly Themed Dances

Dances are fun filled events to celebrate with friends. Dressing for the theme is highly encouraged. Note: Pre-registration required for participants and attendants, no drop in. Snack not provided.

Age: 16 years & up

Location: Northside Aztlan Center

Country Dance

9/24	F	6:00-8:00 PM	\$4	402405-01
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Halloween Dance

10/29	F	6:00-8:00 PM	\$4	402405-02
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Fall Harvest Dance

11/19	F	6:00-8:00 PM	\$4	402405-03
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TRIPS & TRAVEL

Elitch Gardens

Spend the day experiencing all the thrills Elitch Gardens Theme Park has to offer. Note: Ticket included. Registration deadline is 9/12. Depart from Fort Collins Senior Center.

Age: 16 years & up

9/19	Su	9:00 AM-5:00 PM	\$84	402317-01
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Movie Bistro Night

Watch a movie on the big screen with a group at a local theatre including dinner service and plush seating. Note: Bring \$20 for dinner or refreshments, if desired. Movie ticket included. Specific program time TBA based on show times. Registration deadline is 11/1. Depart from Fort Collins Senior Center.

Age: 16 years & up

11/8	M	5:00-9:00 PM	\$26	402323-01
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Cheley Cabin Campout

Spend a weekend at Cheley Camp in Estes Park with others from the Front Range region. Activities include hiking, fishing, climbing, and a themed dance. All lodging, meals and activities included. Note: Designed for individual who are independent in activities of daily living, or register an attendant in section 1A. Registration deadline is 9/20.

Age: 18 years & up

Location: Depart from Senior Center

Participant

10/1-10/3	F-Su	1:00-12:30 PM	\$226	402925-01
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Attendant

10/1-10/3	F-Su	1:00-12:30 PM	\$226	402925-1A
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Pumpkin Patch

Visit Bartel's Farm to pick out a pumpkin, then carve or paint your pumpkin with friends. Note: Bring a sack dinner and money to pay for your pumpkin. Depart from Northside Aztlan Community Center.

Age: 16 years & up

10/6	W	4:00-8:30 PM	\$24	402316-01
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THE EVOLUTION OF FOOTBALL

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PRE/K-12TH GRADE






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7 / 7



9 / 9



11 TACKLE

UNIFIED SPORTS

Adult Unified Flag Football

Modified techniques are used to teach the fundamentals of football and allow players of all abilities to participate fully during skills-based practices.

Age: 16 years & up

Location: City Park

9/13-11/1	M	5:30-6:30 PM	\$33	402157-01
9/13-11/1	M	5:30-6:30 PM	\$33	402157-02

Youth Unified Flag Football

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

Age: 8-16 years

Location: City Park

9/13-10/18	M	4:15-5:15 PM	\$33	402158-01
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Adaptive Panther SUNS Cheer & Dance

Experience cheer and dance as one unified team in an all-abilities program. Additional performance dates throughout the season in the Fort Collins area are optional. Note: \$15 fee for team t-shirt.

Age: 8 years & up

Location: Club Tico

9/28-11/2	T	5:50-7:00 pm	\$49	402987-04
11/9-12/14	T	5:50-7:00 pm	\$49	402987-05

**AMAZING COURSES.
BEAUTIFUL VIEWS.
ENDLESS FUN.**



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Auxiliary aids and services are available for persons with disabilities. V/TDD: 711 21-23321

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.

All Aqua Fitness classes are designed for those 18 years & up unless otherwise noted.

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 8.

Note: Classes will not be held 9/6, 11/24 after 5 p.m., 11/25, and 11/26.

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.

Location: Senior Center

10/4-10/29	M,W,F	8:00-9:00 AM	\$49	400410-02
11/1-11/24	M,W,F	8:00-9:00 AM	\$45	400410-03

Drop-In Water Volleyball ^{NW}

An in-the-water volleyball game that is also a low-impact exercise option. Admission is the daily drop-in rate or one facility admission pass. Note: Comfort in the water and basic swimming skills recommended. Pool depth is 3-4 feet.

Location: Senior Center

10/4-11/24	M,W,F	10:30-11:30 AM	Day pass or drop in fee required	
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Twinges

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

Location: EPIC

8/30-10/1	M,W,F	8:30-9:30 AM	\$57	400314-01
10/4-10/29	M,W,F	8:30-9:30 AM	\$49	400314-02
11/1-11/24	M,W,F	8:30-9:30 AM	\$45	400314-03
8/30-10/1	M,W,F	7:30-8:30 AM	\$57	400314-07
10/4-10/29	M,W,F	7:30-8:30 AM	\$49	400314-08
11/1-11/24	M,W,F	7:30-8:30 AM	\$45	400314-09

Twinges Plus

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

Location: EPIC

8/30-10/1	M,W,F	12:15-1:15 PM	\$57	400316-01
Location: Senior Center				
10/4-10/29	M,W,F	12:15-1:15 PM	\$49	400416-02
11/1-11/24	M,W,F	12:15-1:15 PM	\$45	400416-03

MEDIUM INTENSITY

Advanced Water Fitness

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

Location: EPIC

8/30-10/1	M,W,F	7:30-8:30 AM	\$57	400324-01
10/4-10/29	M,W,F	7:30-8:30 AM	\$49	400324-02
11/1-11/24	M,W,F	7:30-8:30 AM	\$45	400324-03

Location: Mulberry Pool

8/30-10/1	M,W,F	9:00-10:00 AM	\$57	400224-01
Location: Senior Center				
10/5-10/28	Tu,Th	4:00-5:00 PM	\$33	400424-02
11/2-11/23	Tu,Th	4:00-5:00 PM	\$29	400424-03
10/4-10/29	M,W,F	9:00-10:00 AM	\$49	400424-05
11/1-11/24	M,W,F	9:00-10:00 AM	\$45	400424-06

Aqua Mix

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

Location: Senior Center

10/4-10/29	M,W,F	6:00-7:00 PM	\$49	400417-02
11/1-11/22	M,W,F	6:00-7:00 PM	\$41	400417-03

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. Visit fcgov.com/aro for more details.

LEGEND



Classes in which adults are required to attend



Denotes no web registration for program



Denotes program/activity has special membership pricing

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.

Location: Mulberry Pool

8/30-10/1	M,W,F	6:00-7:00 AM	\$57	400222-01
10/4-10/29	M,W,F	7:30-8:30 AM	\$49	400222-02
11/1-11/24	M,W,F	7:30-8:30 AM	\$45	400222-03
8/30-10/1	M,W,F	5:00-6:00 PM	\$57	400222-04
8/31-9/30	Tu,Th	8:00-9:00 AM	\$41	400222-05

Location: Senior Center

10/4-10/29	M,W,F	6:00-7:00 AM	\$49	400422-02
11/1-11/24	M,W,F	6:00-7:00 AM	\$45	400422-03
10/4-10/29	M,W,F	5:00-6:00 PM	\$49	400422-08
11/1-11/22	M,W,F	5:00-6:00 PM	\$41	400422-09
10/5-10/28	Tu,Th	8:00-9:00 AM	\$33	400422-11
11/2-11/23	Tu,Th	8:00-9:00 AM	\$29	400422-12
10/5-10/28	Tu,Th	9:00-10:00 AM	\$33	400422-14
11/2-11/23	Tu,Th	9:00-10:00 AM	\$29	400422-15
10/5-10/28	Tu,Th	10:00-11:00 AM	\$33	400422-17
11/2-11/23	Tu,Th	10:00-11:00 AM	\$29	400422-18

Fitness & Fun

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

Location: Senior Center

10/4-10/29	M,W,F	7:00-8:00 AM	\$49	400420-02
11/1-11/24	M,W,F	7:00-8:00 AM	\$45	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.

Location: Senior Center

10/5-10/28	Tu,Th	6:00-7:00 PM	\$33	400418-02
11/2-11/23	Tu,Th	6:00-7:00 PM	\$29	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.

Location: Mulberry Pool

8/30-10/1	M,W,F	4:00-5:00 PM	\$57	400226-01
Location: Senior Center				
10/4-10/29	M,W,F	4:00-5:00 PM	\$49	400426-02
11/1-11/22	M,W,F	4:00-5:00 PM	\$41	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.

Location: EPIC

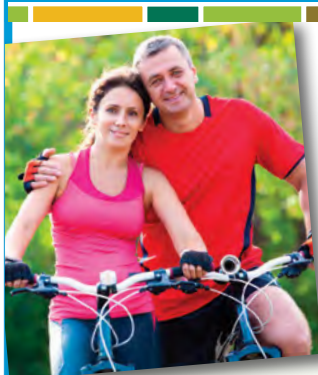
8/30-10/1	M,W,F	12:15-1:00 PM	\$53.50	400330-01
10/4-10/29	M,W,F	12:15-1:00 PM	\$46	400330-02
11/1-11/24	M,W,F	12:15-1:00 PM	\$42.25	400330-03

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. Visit fcgov.com/aro for more details.

Still uninsured?

Get covered by Aug. 15. We can help!



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Health District

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AQUATICS

Ratios

To provide a safe pool experience, we require adult supervision for swimming groups:

# of children	Age	# of in-water adult supervisors
1-6*	1-7 years	1
1-10	8-11 years	1
1-20	12 years & up	1

*Children ages 8 years and up who cannot swim or touch the bottom of the pool should be included in this ratio. Groups not complying with above ratio are not permitted to swim.

Children under the age of 8 years must be accompanied by a parent/guardian at least 15 years of age. The parents, guardians, leaders, or chaperons of the group must pay admission, be wearing a swimsuit, and actively participating in the water with the child.

Private Swim Instruction

Private swim instruction is available for all ability levels. Interested persons may fill out a waitlist request form online at fcgov.com/aquatics. Fees are based on a 30-minute session: 1 person for \$25, 2 people for \$35, and 3 people for \$45. Private lessons are not discountable and are scheduled based on instructor/facility availability. Note: Patron's 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 4 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 Lane Swimming

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

ADULT PROGRAMS

Adult Learn to Swim

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

Age: 18 years & up

Location: Mulberry Pool

9/12-10/10	Su	5:35-6:20 PM	\$37.25	401238-01
Location: EPIC				
9/8-10/6	M,W	6:30-7:15 PM	\$73.50	401338-01
10/11-11/10	M,W	6:30-7:15 PM	\$73.50	401338-02
Location: Senior Center				
10/17-11/14	Su	5:00-5:45 PM	\$37.25	401438-01

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: Certification fee included.

Age: 16.5 years & up

Location: EPIC

11/14	Su	8:00 AM-5:00 PM	\$109.70	401341-01
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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: EPIC

9/25	Sa	11:00 AM-12:30 PM	\$36	401352-01
10/16	Sa	11:00 AM-12:30 PM	\$36	401352-02
11/13	Sa	11:00 AM-12:30 PM	\$36	401352-03

Scuba Challenge

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

Age: 10 years & up

Location: EPIC

9/15	W	6:00-8:00 PM	\$22	401356-01
9/29	W	6:00-8:00 PM	\$22	401356-02
10/13	W	6:00-8:00 PM	\$22	401356-03
10/27	W	6:00-8:00 PM	\$22	401356-04
11/10	W	6:00-8:00 PM	\$22	401356-05
11/17	W	6:00-8:00 PM	\$22	401356-06

LEGEND



Classes in which adults are required to attend



Denotes no web registration for program



Denotes program/activity has special membership pricing

TEEN PROGRAMS

Teen Swim Instruction

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

Age: 13-17 years

Location: Mulberry Pool

9/11-10/9	Sa	11:20-11:50 AM	\$37.25	401235-01
10/16-11/13	Su	9:00-9:30 AM	\$37.25	401235-02
10/17-11/14	Su	5:35-6:05 PM	\$37.25	401235-03

YOUTH PROGRAMS

Baby & Me

Introduce 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 month-3.5 years

Location: Mulberry Pool

9/7-10/7	Tu,Th	4:45-5:15 PM	\$73.50	401210-01
9/7-10/7	Tu,Th	5:20-5:50 PM	\$73.50	401210-02
9/7-10/7	Tu,Th	5:55-6:25 PM	\$73.50	401210-03
9/11-10/9	Sa	9:00-9:30 AM	\$37.25	401210-04
9/11-10/9	Sa	9:35-10:05 AM	\$37.25	401210-05
9/11-10/9	Sa	10:45-11:15 AM	\$37.25	401210-06
9/11-10/9	Sa	11:20-11:50 AM	\$37.25	401210-07
9/12-10/10	Su	3:15-3:45 PM	\$37.25	401210-08
9/12-10/10	Su	3:50-4:20 PM	\$37.25	401210-09
9/12-10/10	Su	4:25-4:55 PM	\$37.25	401210-10
9/12-10/10	Su	5:00-5:30 PM	\$37.25	401210-11

Location: EPIC

9/8-10/6	M,W	4:45-5:15 PM	\$66.25	401310-01
9/8-10/6	M,W	5:20-5:50 PM	\$66.25	401310-02
9/8-10/6	M,W	5:55-6:25 PM	\$66.25	401310-03
10/11-11/10	M,W	4:45-5:15 PM	\$73.50	401310-04
10/11-11/10	M,W	5:20-5:50 PM	\$73.50	401310-05
10/11-11/10	M,W	5:55-6:25 PM	\$73.50	401310-06

Location: Senior Center

10/17-11/14	Su	3:15-3:45 PM	\$37.25	401410-01
10/17-11/14	Su	3:50-4:20 PM	\$37.25	401410-02
10/17-11/14	Su	4:25-4:55 PM	\$37.25	401410-03
10/17-11/14	Su	5:00-5:30 PM	\$37.25	401410-04

Preschool 1

Children 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 necessary.

Age: 3-6 years

Location: Mulberry Pool

9/7-10/7	Tu,Th	4:45-5:15 PM	\$73.50	401216-01
9/7-10/7	Tu,Th	5:20-5:50 PM	\$73.50	401216-02
9/7-10/7	Tu,Th	5:55-6:25 PM	\$73.50	401216-03
10/12-11/11	Tu,Th	5:20-5:50 PM	\$73.50	401216-04
10/12-11/11	Tu,Th	5:55-6:25 PM	\$73.50	401216-05
10/12-11/11	Tu,Th	6:30-7:00 PM	\$73.50	401216-06
9/11-10/9	Sa	9:00-9:30 AM	\$37.25	401216-07
9/11-10/9	Sa	9:35-10:05 AM	\$37.25	401216-08
9/11-10/9	Sa	10:10-10:40 AM	\$37.25	401216-09
9/11-10/9	Sa	11:20-11:50 AM	\$37.25	401216-10
10/16-11/13	Sa	9:35-10:05 AM	\$37.25	401216-11
10/16-11/13	Sa	10:10-10:40 AM	\$37.25	401216-12
10/16-11/13	Sa	10:45-11:15 AM	\$37.25	401216-13
10/16-11/13	Su	11:20-11:50 AM	\$37.25	401216-14
9/12-10/10	Su	3:15-3:45 PM	\$37.25	401216-15
9/12-10/10	Su	3:15-3:45 PM	\$37.25	401216-16
9/12-10/10	Su	3:50-4:20 PM	\$37.25	401216-17
9/12-10/10	Su	5:35-6:05 PM	\$37.25	401216-18
10/17-11/14	Su	3:50-4:20 PM	\$37.25	401216-19
10/17-11/14	Su	4:25-4:55 PM	\$37.25	401216-20
10/17-11/14	Su	5:00-5:30 PM	\$37.25	401216-21
10/17-11/14	Su	5:35-6:05 PM	\$37.25	401216-22

Location: EPIC

9/8-10/6	M,W	4:45-5:15 PM	\$66.25	401316-01
9/8-10/6	M,W	5:20-5:50 PM	\$66.25	401316-02
9/8-10/6	M,W	5:55-6:25 PM	\$66.25	401316-03
10/11-11/10	M,W	5:20-5:50 PM	\$73.50	401316-04
10/11-11/10	M,W	5:55-6:25 PM	\$73.50	401316-05
10/11-11/10	M,W	6:30-7:00 PM	\$73.50	401316-06

Location: Senior Center

10/17-11/14	Su	3:50-4:20 PM	\$37.25	401416-01
10/17-11/14	Su	4:25-4:55 PM	\$37.25	401416-02

LEGEND



Classes in which adults are required to attend



Denotes no web registration for program



Denotes program/activity has special membership pricing

Preschool 2

Kids 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, comfortable floating on front and back with support.

Age: 3-6 years

Location: Mulberry Pool

9/7-10/7	Tu,Th	5:20-5:50 PM	\$73.50	401218-01
9/7-10/7	Tu,Th	5:55-6:25 PM	\$73.50	401218-02
9/7-10/7	Tu,Th	6:30-7:00 PM	\$73.50	401218-03
10/12-11/11	Tu,Th	4:45-5:15 PM	\$73.50	401218-04
10/12-11/11	Tu,Th	5:20-5:50 PM	\$73.50	401218-05
10/12-11/11	Tu,Th	5:55-6:25 PM	\$73.50	401218-06
9/11-10/9	Sa	9:35-10:05 AM	\$37.25	401218-07
9/11-10/9	Sa	10:10-10:40 AM	\$37.25	401218-08
9/11-10/9	Sa	10:45-11:15 AM	\$37.25	401218-09
10/16-11/13	Sa	9:00-9:30 AM	\$37.25	401218-10
10/16-11/13	Sa	9:35-10:05 AM	\$37.25	401218-11
10/16-11/13	Su	10:10-10:40 AM	\$37.25	401218-12
10/16-11/13	Su	10:45-11:15 AM	\$37.25	401218-13
9/12-10/10	Su	3:50-4:20 PM	\$37.25	401218-14
9/12-10/10	Su	4:25-4:55 PM	\$37.25	401218-15
9/12-10/10	Su	5:00-5:30 PM	\$37.25	401218-16
9/12-10/10	Su	5:35-6:05 PM	\$37.25	401218-17
10/17-11/14	Su	3:15-3:45 PM	\$37.25	401218-18
10/17-11/14	Su	3:50-4:20 PM	\$37.25	401218-19
10/17-11/14	Su	4:25-4:55 PM	\$37.25	401218-20
10/17-11/14	Su	5:00-5:30 PM	\$37.25	401218-21

Location: EPIC

9/8-10/6	M,W	5:20-5:50 PM	\$66.25	401318-01
9/8-10/6	M,W	5:55-6:25 PM	\$66.25	401318-02
9/8-10/6	M,W	6:30-7:00 PM	\$73.50	401318-03
10/11-11/10	M,W	4:45-5:15 PM	\$73.50	401318-04
10/11-11/10	M,W	5:20-5:50 PM	\$73.50	401318-05
10/11-11/10	M,W	5:55-6:25 PM	\$73.50	401318-06

Location: Senior Center

10/17-11/14	Su	9:50-10:20 AM	\$37.25	401418-01
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Level 1

Students will focus on being comfortable in the water, learn the importance of water safety, get introduced to front and back floats, front and back glides, and alternating arm and leg actions. Children in this level do not need any previous swimming experience.

Age: 5-12 years

Location: Mulberry Pool

9/7-10/7	Tu,Th	4:45-5:15 PM	\$73.50	401222-01
9/7-10/7	Tu,Th	5:20-5:50 PM	\$73.50	401222-02
9/7-10/7	Tu,Th	6:30-7:00 PM	\$73.50	401222-03
10/12-11/11	Tu,Th	4:45-5:15 PM	\$73.50	401222-04
10/12-11/11	Tu,Th	5:55-6:25 PM	\$73.50	401222-05
10/12-11/11	Tu,Th	6:30-7:00 PM	\$73.50	401222-06
9/11-10/9	Sa	9:00-9:30 AM	\$37.25	401222-07
9/11-10/9	Sa	10:10-10:40 AM	\$37.25	401222-08
9/11-10/9	Sa	10:45-11:15 AM	\$37.25	401222-09
9/11-10/9	Sa	11:20-11:50 AM	\$37.25	401222-10
10/16-11/13	Sa	9:00-9:30 AM	\$37.25	401222-11
10/16-11/13	Sa	10:10-10:40 AM	\$37.25	401222-12
10/16-11/13	Su	3:50-4:20 PM	\$37.25	401222-13
10/16-11/13	Su	11:20-11:50 AM	\$37.25	401222-14
9/12-10/10	Su	3:50-4:20 PM	\$37.25	401222-15
9/12-10/10	Su	4:25-4:55 PM	\$37.25	401222-16
9/12-10/10	Su	5:00-5:30 PM	\$37.25	401222-17
10/17-11/14	Su	3:15-3:45 PM	\$37.25	401222-18
10/17-11/14	Su	3:50-4:20 PM	\$37.25	401222-19
10/17-11/14	Su	5:00-5:30 PM	\$37.25	401222-20

Location: EPIC

9/8-10/6	M,W	4:45-5:15 PM	\$66.25	401322-01
9/8-10/6	M,W	5:20-5:50 PM	\$66.25	401322-02
9/8-10/6	M,W	6:30-7:00 PM	\$73.50	401322-03
10/11-11/10	M,W	4:45-5:15 PM	\$73.50	401322-04
10/11-11/10	M,W	5:55-6:25 PM	\$73.50	401322-05
10/11-11/10	M,W	6:30-7:00 PM	\$73.50	401322-06

Location: Senior Center

10/17-11/14	Su	3:15-3:45 PM	\$37.25	401422-01
10/17-11/14	Su	4:25-4:55 PM	\$37.25	401422-02

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. Visit fcgov.com/aro for more details.

Level 2

Students will focus on complete submerging, floating and gliding without support, swim using alternating leg and arm action for five yards, water safety rules, and how to help others. Children in this level should be comfortable trying things on their own.

Age: 5-12 years

Location: Mulberry Pool

9/7-10/7	Tu,Th	4:45-5:15 PM	\$73.50	401224-01
9/7-10/7	Tu,Th	5:55-6:25 PM	\$73.50	401224-02
9/7-10/7	Tu,Th	6:30-7:00 PM	\$73.50	401224-03
10/12-11/11	Tu,Th	4:45-5:15 PM	\$73.50	401224-04
10/12-11/11	Tu,Th	5:20-5:50 PM	\$73.50	401224-05
10/12-11/11	Tu,Th	6:30-7:00 PM	\$73.50	401224-06
9/11-10/9	Sa	9:00-9:30 AM	\$37.25	401224-07
9/11-10/9	Sa	9:35-10:05 AM	\$37.25	401224-08
9/11-10/9	Sa	10:10-10:40 AM	\$37.25	401224-09
10/16-11/13	Sa	9:00-9:30 AM	\$37.25	401224-10
10/16-11/13	Sa	9:35-10:05 AM	\$37.25	401224-11
10/16-11/13	Sa	10:10-10:40 AM	\$37.25	401224-12
10/16-11/13	Su	11:20-11:50 AM	\$37.25	401224-13
9/12-10/10	Su	3:15-3:45 PM	\$37.25	401224-14
9/12-10/10	Su	4:25-4:55 PM	\$37.25	401224-15
9/12-10/10	Su	5:35-6:05 PM	\$37.25	401224-16
10/17-11/14	Su	3:15-3:45 PM	\$37.25	401224-17
10/17-11/14	Su	4:25-4:55 PM	\$37.25	401224-18
10/17-11/14	Su	5:35-6:05 PM	\$37.25	401224-19

Location: EPIC

9/8-10/6	M,W	4:45-5:15 PM	\$66.25	401324-01
9/8-10/6	M,W	5:55-6:25 PM	\$66.25	401324-02
9/8-10/6	M,W	6:30-7:00 PM	\$73.50	401324-03
10/11-11/10	M,W	4:45-5:15 PM	\$73.50	401324-04
10/11-11/10	M,W	5:20-5:50 PM	\$73.50	401324-05
10/11-11/10	M,W	6:30-7:00 PM	\$73.50	401324-06

Location: Senior Center

10/17-11/14	Su	3:50-4:20 PM	\$37.25	401424-01
10/17-11/14	Su	5:00-5:30 PM	\$37.25	401424-02

Level 3

Students will focus on deep water entry and safety, side breathing, treading water, introduction to front crawl, back crawl, dolphin kick, and body motion. Students in this level should be able to swim 3 body lengths on their own.

Age: 5-12 years

Location: Mulberry Pool

9/7-10/7	Tu,Th	4:45-5:15 PM	\$73.50	401226-01
9/7-10/7	Tu,Th	6:30-7:00 PM	\$73.50	401226-02
10/12-11/11	Tu,Th	5:20-5:50 PM	\$73.50	401226-03
10/12-11/11	Tu,Th	6:30-7:00 PM	\$73.50	401226-04
9/11-10/9	Sa	11:20 AM-12:05 PM	\$37.25	401226-05
9/11-10/9	Sa	10:45-11:15 AM	\$37.25	401226-06
10/16-11/13	Sa	9:35-10:05 AM	\$37.25	401226-07
10/16-11/13	Su	10:45-11:15 AM	\$37.25	401226-08
9/12-10/10	Su	3:50-4:20 PM	\$37.25	401226-09
9/12-10/10	Su	5:00-5:30 PM	\$37.25	401226-10
10/17-11/14	Su	3:15-3:45 PM	\$37.25	401226-11

Location: EPIC

9/8-10/6	M,W	4:45-5:15 PM	\$66.25	401326-01
9/8-10/6	M,W	5:55-6:25 PM	\$66.25	401326-02
10/11-11/10	M,W	5:20-5:50 PM	\$73.50	401326-03
10/11-11/10	M,W	6:30-7:00 PM	\$73.50	401326-04

Level 4

Students will focus on surface dives and underwater swimming, treading water using all kicks, front crawl, back crawl, butterfly, breaststroke, and diving safety. Children in this level should be able to swim 25 yards without stopping.

Age: 5-12 years

Location: Mulberry Pool

9/7-10/7	Tu,Th	5:20-5:50 PM	\$73.50	401228-01
10/12-11/11	Tu,Th	4:45-5:15 PM	\$73.50	401228-02
9/11-10/9	Sa	10:10-10:40 AM	\$37.25	401228-03
9/11-10/9	Sa	11:20-11:50 AM	\$37.25	401228-04
10/16-11/13	Su	9:00-9:30 AM	\$37.25	401228-05
10/16-11/13	Su	10:10-10:40 AM	\$37.25	401228-06
9/12-10/10	Su	3:15-3:45 PM	\$37.25	401228-07
9/12-10/10	Su	4:25-4:55 PM	\$37.25	401228-08
10/17-11/14	Su	3:50-4:20 PM	\$37.25	401228-09
10/17-11/14	Su	5:00-5:30 PM	\$37.25	401228-10

Location: EPIC

9/8-10/6	M,W	5:20-5:50 PM	\$66.25	401328-01
10/11-11/10	M,W	4:45-5:15 PM	\$73.50	401328-02

Level 5

Students will focus on refining swim strokes and turns while staying safe in, on, and around the water. Swimmers practice front crawl, back crawl, butterfly, breaststroke, elementary backstroke, and sidestroke over increasing distances and are introduced to flip turns.

Age: 5-12 years

Location: Mulberry Pool

9/7-10/7	Tu,Th	5:55-6:25 PM	\$73.50	401230-01
10/12-11/11	Tu,Th	5:55-6:25 PM	\$73.50	401230-02
9/11-10/9	Sa	9:35-10:05 AM	\$37.25	401230-03
9/11-10/9	Sa	10:45-11:15 AM	\$37.25	401230-04
10/16-11/13	Su	9:35-10:05 AM	\$37.25	401230-05
10/16-11/13	Su	11:20-11:50 AM	\$37.25	401230-06
9/12-10/10	Su	5:00-5:30 PM	\$37.25	401230-07
10/17-11/14	Su	5:35-6:05 PM	\$37.25	401230-08

Location: EPIC

9/8-10/6	M,W	6:30-7:00 PM	\$73.50	401330-01
10/11-11/10	M,W	5:55-6:25 PM	\$73.50	401330-02



2021

JUNIOR RAMS





SATURDAY
NOV. 13
5:00 PM



\$35

PACKAGE INCLUDES:
GAME TICKET
RALLY TOWEL
FREE PARKING
PREGAME ON-FIELD EXPERIENCE

PROMO CODE: JRRAMS








YOUTH SPORTS DAY



FRIDAY
SEPT. 3
7:00 PM



TICKET PRICE \$25

FOOTBALL TICKET INCLUDES:
- PARKING
- PARTICIPATION IN RAM WALK
- ON-FIELD HALFTIME EXPERIENCE
- EXCLUSIVE CSU GIFT

PROMO CODE: YOUTH



SCHEELS



COLORADO STATE ATHLETICS IS PROUD TO BE A PART OF THE JR RAMS PROGRAM AND PARTNERS WITH THE CITY OF FORT COLLINS TO PURCHASE TICKETS VISIT [CSURAMS.COM/PROMOCODE](https://csurams.com/promocode)

ARTS & CRAFTS

ADULT PROGRAMS

Programs are designed for those 18 years & up and held at the Fort Collins Senior Center unless otherwise noted.

[DRAWING PROGRAMS]

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. Note: Supply list available at registration.

Age: 14 years & up

9/21-10/26	Tu	4:00-6:00 PM	\$60	403407-01
11/2-12/7	Tu	4:00-6:00 PM	\$60	403407-02

Drawing Animals

Improve skills creating animal-like imagery, including facial features. Each week focus on a specific lesson with instructor-provided reference material. Note: Supply list available at registration, approximate cost \$30.

Age: 14 years & up

9/7-10/12	Tu	10:00 AM-Noon	\$65	403405-01
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Drawing from the Right Side of the Brain

Awaken your creativity and improve drawing skills. Designed for those who have little or no drawing experience. Learn basic perceptual skills to put you in touch with the creative side of your brain and learn new seeing and drawing skills. Note: Supply list available at registration; approximate cost \$40.

10/5-11/23	Tu	4:00-6:30 PM	\$120	403418-01
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Sketching Group

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. Bring supplies necessary to work.

9/3-11/19	F	9:30 AM-12:30 PM	No Fee	403495-01
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[FIBER ARTS]

Felting, Needle Style

Learn the needle technique method on wool roving to create colorful handcrafted soft sculptures measuring roughly 4"-6" tall and landscapes roughly 5"x7". Note: All supplies provided.

Age: 14 years & up

Children's Figures

9/10	F	10:00 AM-1:00 PM	\$28	403436-01
Pumpkins				
10/22	F	10:00 AM-1:00 PM	\$28	403436-02
Pilgrims				
11/19	F	10:00 AM-1:00 PM	\$28	403436-03

[GENERAL ARTS]

Basket Cases

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 welcome. Share ideas and designs. Note: No instructor provided. Bring supplies necessary to work.

9/2-11/18	Th	1:00-3:00 PM	No Fee	403402-01
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C.H.A.T.

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

9/1-11/24	W, F	1:00-3:00 PM	No Fee	403496-01
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[GLASS ARTS]

Stained Glass Foil, Beginner

Create two or more suncatchers using the foil method of stained glass. Learn to cut glass, grind, foil, solder, and finish. Note: Some supplies provided. Supply list available at registration; approximate cost is \$25-45.

9/28-10/19	Tu	1:00-3:00 PM	\$75	403461-01
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Stained Glass Foil, Intermediate

Create a stained-glass panel using a jig. Learn to cut concave curves building a pane to a specific size. Prerequisite: Stained Glass Foil, Beginner. Note: Supply list available at registration; approximate cost is \$25-45.

11/1-11/15	M	1:00-4:00 PM	\$75	403462-01
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[JEWELRY]

Jewelry, Beginner

Focus on cutting and piercing with a jeweler's saw, filing, and soldering, as well as proper techniques for polishing and finishing. Designed for those with no metal experience, as well as those who would like to improve their skills. Note: Tools and some supplies provided. Supply list available at registration; approximate cost is \$55-80.

9/14-10/26	Tu	3:00-5:00 PM	\$112	403486-01
11/9-12/21	Tu	3:00-5:00 PM	\$112	403486-02

Jewelry, Casting

Learn the basic lost wax process in casting. Focus on forming, spruing, investment, burn-out, and centrifugal casting. Attention to finishing and surface treatment techniques covered to create finished cast pieces. Note: Some supplies provided. Supply list available at registration; approximate cost is \$60-85.

9/14-10/26	Tu	5:30-7:30 PM	\$112	403488-01
11/9-12/21	Tu	5:30-7:30 PM	\$112	403488-02

[PAINTING]

Bob Ross Style Painting

Complete a finished painting in one day using the Bob Ross painting technique. A certified Bob Ross instructor teaches the use of different brushes, a palette knife, mixing colors, and the manipulation of special paints. Note: Bring a roll of paper towels. Other supplies provided.

Landscape, Painting

9/2	Th	9:00 AM-3:30 PM	\$75	403427-01
11/4	Th	9:00 AM-3:30 PM	\$75	403427-03

Seascape, Painting

10/7	Th	9:00 AM-3:30 PM	\$75	403427-02
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Painting, Acrylic

Learn 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, or those who would like to improve their skills. Note: Supply list available at registration, approximate cost is \$30-50.

9/13-9/27	M	1:00-3:00 PM	\$37	403446-01
10/4-10/25	M	1:00-3:00 PM	\$49	403446-02
11/1-11/29	M	1:00-3:00 PM	\$61	403446-03
9/13-9/27	M	5:00-7:00 PM	\$37	403446-04
10/4-10/25	M	5:00-7:00 PM	\$49	403446-05
11/1-11/29	M	5:00-7:00 PM	\$61	403446-06

Watercolor, Beginner

Learn basics of preparing paper and board for painting. Discover composition, painting techniques, special effects, setting up a palette, types of papers, color theory, design principals, and techniques for handling pigment. Note: Supply list available at registration; approximate cost is \$100. Class will not be held on 11/26.

9/24-10/29	F	9:00-11:00 AM	\$70	403480-01
11/5-12/17	F	9:00-11:00 AM	\$70	403480-02

Watercolor, Intermediate

Emphasis on observation and various brush techniques with in-depth exploration of watercolor. Build skills and knowledge of artistic concepts. Prerequisite: Watercolor, Beginner. Note: Supply list available at registration; approximate cost is \$100. Class will not be held on 11/26.

9/24-10/29	F	1:00-3:00 PM	\$70	403481-01
11/5-12/17	F	1:00-3:00 PM	\$70	403481-02

[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.

9/15-10/20	W	3:00-5:00 PM	\$107	403490-01
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Woodworking, Intermediate

Advanced techniques and concepts are taught. Further exploration into varied tools is available. Projects designed with the instructor's assistance and approval to include the use of traditional joinery techniques like mortise, tenon, dovetail, and rabbet. Note: Prerequisite: Woodworking, Beginner. Some supplies provided. Supply list available first day of class; approximate cost is \$30-50. Must attend first class.

11/3-12/15	W	3:00-5:00 PM	\$107	403491-01
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FAMILY PROGRAMS

Painting Pairs

A guided 2-canvas painting project. All supplies included. Price is for two attendees; register only one. Note: Children under 12 must be accompanied by an adult.

Age: All

Location: Northside Aztlan Center

Grandparents Day

9/12	Su	10:00 AM-Noon	\$45	418582-01
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Spooktacular Art

10/24	Su	10:00 AM-Noon	\$45	418582-02
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Moonscape

11/14	Su	10:00 AM-Noon	\$45	418582-03
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Creative Creations Club

Its craft time! Create 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

Seed Art

9/19	Su	10:00 AM-Noon	\$39	418583-01
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Corn Husk Witch Doll

10/17	Su	10:00 AM-Noon	\$39	418583-02
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Torn/Cut Paper Thankful Collage

11/21	Su	10:00 AM-Noon	\$39	418583-03
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YOUTH PROGRAMS**Art Club**

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 11/24.

Age: 11-15 years

Location: Northside Aztlan Center

Charcoal

9/1-9/29	W	5:45-7:00 PM	\$91	418586-01
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Watercolor

10/6-11/3	W	5:45-7:00 PM	\$91	418586-02
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Pastel

11/10-12/15	W	5:45-7:00 PM	\$91	418586-03
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Cupcakes 'n Canvas

Theme inspired and designed to teach young artists the joy of painting. Paint on canvas while enjoying cupcakes.

Age: 6-12 years

Location: Foothills Activity Center

10/27	W	4:00-5:30 PM	\$30	416743-01
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Drawing Club

Guided practice on a variety of drawing techniques and subjects. All supplies included.

Age: 6-10 years

Location: Northside Aztlan Center

Wild Animals

9/1-9/29	W	4:30-5:30 PM	\$64	418587-01
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Mythical Magical

10/6-11/3	W	4:30-5:30 PM	\$64	418587-02
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Animated Objects

11/10-12/15	W	4:30-5:30 PM	\$64	418587-03
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Painting Workshop

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

Age: 6-12 years

Location: Northside Aztlan Center

Desert Landscape

9/11	Sa	2:00-3:30 PM	\$27	418585-01
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Monster Mash

10/23	Sa	2:00-3:30 PM	\$27	418585-02
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Colors of Fall

11/13	Sa	2:00-3:30 PM	\$27	418585-03
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Schools Out Art

Keep children engaged with art on their days off. Art helps develop problem solving, critical thinking and observational skills as well as focus, discipline, and perseverance. Note: Bring sack lunch, snacks, and drink

Age: 6-12 years

Location: Foothills Activity Center

Fun with Color: A Lesson in Color Theory

9/17	F	9:00 AM-3:00 PM	\$67	418784-01
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Interstellar Art

10/14	Th	9:00 AM-3:00 PM	\$67	418784-02
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Spooky Scary Skeletons

10/15	F	9:00 AM-3:00 PM	\$67	418784-03
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Picasso vs Warhol: Portrait Wars

11/8	M	9:00 AM-3:00 PM	\$67	418784-04
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INCLUSION SUPPORT

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LEGEND

Classes in which adults are required to attend



Denotes no web registration for program



Denotes program/activity has special membership pricing

DANCE & MOVEMENT

ADULT PROGRAMS

All adult dance programs are for those 18 years & up unless otherwise noted.

Ballet, Beginner

An introduction to classical barre, positions, and steps. Note: No class on 11/23.

Location: Empire Grange

9/14-10/19	Tu	6:50-7:50 PM	\$49	406402-01
10/26-12/14	Tu	6:50-7:50 PM	\$57	406402-02

Ballet, Intermediate

A more challenging, ongoing class for experienced dancers. Based on Cicchetti technique. Note: No class on 11/22.

Location: Empire Grange

9/13-10/18	M	5:30-6:45 PM	\$61	406404-01
10/25-12/13	M	5:30-6:45 PM	\$71	406404-02

Line Dance, Beginner

Learn the basic steps, terminology, and easy sequences to a variety of music rhythms. No partner necessary.

Location: Senior Center

9/7-9/21	Tu	12:30-1:30 PM	\$25	406436-01
10/5-10/26	Tu	12:30-1:30 PM	\$33	406436-02
11/2-11/30	Tu	12:30-1:30 PM	\$41	406436-03

Line Dance, Continued

Designed for the more experienced dancer who thrives on complex dance steps, sequences, and rhythms.

Location: Senior Center

9/7-9/21	Tu	2:00-3:00 PM	\$25	406437-01
10/5-10/26	Tu	2:00-3:00 PM	\$33	406437-02
11/2-11/30	Tu	2:00-3:00 PM	\$41	406437-03

Line Dance Shindig

Learn some of the newest dances and some familiar ones, too, in this smaller version of the annual Line Dance Extravaganza. All levels welcome. Note: Snacks provided. BYO lunch or visit surrounding restaurants doing mid-day break.

Age: 18 years & up

Location: Senior Center

9/11	Sa	10:00 AM-3:00 PM	\$10	406438-01
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YOUTH PROGRAMS

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: 4-6 years

Location: Club Tico

9/7-9/28	Tu	10:45-11:30 AM	\$49	421113-01
10/5-10/26	Tu	10:45-11:30 AM	\$49	421113-02
11/2-11/16	Tu	10:45-11:30 AM	\$39	421113-03
11/30-12/14	Tu	10:45-11:30 AM	\$49	421113-04

Location: Mulberry Pool

9/7-9/28	Tu	5:15-6:00 PM	\$49	421213-01
10/5-10/26	Tu	5:15-6:00 PM	\$49	421213-02
11/2-11/16	Tu	5:15-6:00 PM	\$39	421213-03
11/30-12/14	Tu	5:15-6:00 PM	\$39	421213-04

Age: 7-12 years

Location: Mulberry Pool

9/7-9/28	Tu	4:00-5:00 PM	\$57	421213-05
10/5-10/26	Tu	4:00-5:00 PM	\$57	421213-06
11/2-11/16	Tu	4:00-5:00 PM	\$48	421213-07
11/30-12/14	Tu	4:00-5:00 PM	\$48	421213-08



**TALKING TO
SOMEONE
CAN HELP.**

**OUT
OF SORTS
THESE DAYS?**

970-221-5551
24/7 | NO COST

mental health & substance use
connections
answers • options • support

Acro Dance Performance

Acro Dancers bring your skills from class into the performance group! We will perform with the Petite Ballerinas in the Fall Production. Performance dates TBD. Participation in all performances is encouraged but not required. Prerequisite: Performance Prep. Dancers must be signed up for both Performance Prep and Performing Group. Note: Production fee of \$100 is due 9/25. Must register by 9/7 for Performance Prep and 10/23 for Performing Group.

Location: Northside Aztlan Center

Age: 4-6 years

Performance Prep I

9/11-10/30	Sa	12:45-1:45 PM	\$139	421514-01
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Performing Group I

11/6-12/18	Sa	12:45-1:45 PM	\$139	421514-02
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Age: 6-12 years

Performance Prep II

9/11-10/30	Sa	12:45-1:45 PM	\$139	421514-03
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Performing Group II

11/6-12/18	Sa	12:45-1:45 PM	\$139	421514-04
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[BALLET]

Baby Ballerinas ^{AC}

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

Age: 2-3 years

Location: Club Tico

9/7-9/28	Tu,Th	9:00-9:30 AM	\$49	421112-01
10/5-10/26	Tu,Th	9:00-9:30 AM	\$49	421112-02
11/2-11/16	Tu,Th	9:00-9:30 AM	\$39	421112-03
11/30-12/14	Tu,Th	9:00-9:30 AM	\$39	421112-04

Ballet Tap Combo

Children will benefit by building their concentration, memory skills, flexibility, coordination, creative movement, and self-confidence in a positive atmosphere. Age-appropriate music and props will be used. Note: Class will not be held on 11/26.

Age: 3-5 years

Location: Foothills Activity Center

9/27-11/1	M	9:30-10:15 AM	\$86	421719-01
11/8-12/13	M	9:30-10:15 AM	\$86	421719-02
9/24-10/29	F	9:30-10:15 AM	\$86	421719-03
11/5-12/17	F	9:30-10:15 AM	\$86	421719-04

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 slippers.

Location: Club Tico

Age: 3-5 years

9/7-9/28	Tu	9:45-10:30 AM	\$49	421124-01
10/5-10/26	Tu	9:45-10:30 AM	\$49	421124-02
11/2-11/16	Tu	9:45-10:30 AM	\$39	421124-03
11/30-12/14	Tu	9:45-10:30 AM	\$39	421124-04

Location: Northside Aztlan Center

Age: 3-4 years

9/10-10/1	F	9:00-9:45 AM	\$49	421524-01
10/8-10/29	F	9:00-9:45 AM	\$49	421524-02
11/5-11/19	F	9:00-9:45 AM	\$39	421524-03
12/3-12/17	F	9:00-9:45 AM	\$39	421524-04

Age: 4-6 years

9/10-10/1	F	10:00-10:45 AM	\$49	421524-05
10/8-10/29	F	10:00-10:45 AM	\$49	421524-06
11/5-11/19	F	10:00-10:45 AM	\$39	421524-07
12/3-12/17	F	10:00-10:45 AM	\$39	421524-08

Petite Ballerinas Performance

Pre-Ballet and beginners of Classical Ballet will prepare for the Fall Production. Dancers learn and perfect choreography. Participation in all performances is encouraged but not required. Performance dates TBD. Prerequisite: Performance Prep must be taken prior to Performance Group. Dancers must be signed up for both Performance Prep and Performance Group. Dancers need not be registered in additional classes. Note: Production fee of \$100 is due 9/25 to instructor. Must register by 9/7 for Performance Prep and 10/23 for Performance Group.

Location: Northside Aztlan Center

Age: 3-4 years

Performance Prep I

9/11-10/30	Sa	9:00-9:45 AM	\$139	421525-01
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Performance Group I

11/6-12/18	Sa	9:00-9:45 AM	\$139	421525-02
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Age: 5-6 years

Performance Prep II

9/11-10/30	Sa	10:30-11:15 AM	\$139	421525-03
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Performance Group II

9/11-10/30	Sa	10:30-11:15 AM	\$139	421525-04
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Age: 6-11 years

Performance Prep III

9/11-10/30	Sa	11:30 AM-12:30 PM	\$139	421525-05
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Performance Prep III

11/6-12/18	Sa	11:30 AM-12:30 PM	\$139	421525-06
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[CHEER, GYMNASTICS & TUMBLING]

Roly Polys ^{AC}

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

9/1-9/22	W	10:30-11:15 AM	\$48	421701-01
9/28-10/19	Tu	11:15 AM-Noon	\$48	421701-02
9/29-10/20	W	10:30-11:15 AM	\$48	421701-03
10/27-11/17	W	10:30-11:15 AM	\$48	421701-04
11/30-12/14	Tu	11:15 AM-Noon	\$38	421701-05
12/1-12/15	W	10:30-11:15 AM	\$38	421701-06

Age: 3 years

8/31-9/21	Tu	11:15 AM-Noon	\$48	421701-07
10/26-11/16	Tu	11:15 AM-Noon	\$48	421701-08
9/1-9/22	W	9:30-10:15 AM	\$48	421701-09
9/29-10/20	W	9:30-10:15 AM	\$48	421701-10
10/27-11/17	W	9:30-10:15 AM	\$48	421701-11
12/1-12/15	W	9:30-10:15 AM	\$38	421701-12

Gymnastics

Children will learn basic tumbling and balancing skills including rolls, back rolls, bridges, cartwheels, and back walkovers all in a safe and fun atmosphere. Note: Class will not be held on 11/26.

Location: Foothills Activity Center

Age: 3-5 years

9/27-11/1	M	10:30-11:15 AM	\$86	421722-01
11/8-12/13	M	10:30-11:15 AM	\$86	421722-02
9/24-10/29	F	10:30-11:15 AM	\$86	421722-03
11/5-12/17	F	10:30-11:15 AM	\$86	421722-04

Age: 4-7 years

9/24-10/29	F	4:30-5:15 PM	\$86	421722-05
11/5-12/17	F	4:30-5:15 PM	\$86	421722-06

Age: 5-11 years

9/24-10/29	F	5:30-6:15 PM	\$86	421722-07
11/5-12/17	F	5:30-6:15 PM	\$86	421722-08
9/24-10/29	F	6:30-7:15 PM	\$86	421722-09
11/5-12/17	F	6:30-7:15 PM	\$86	421722-10

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. Visit fcgov.com/aro for more details.

LEGEND

Classes in which adults are required to attend



Denotes no web registration for program



Denotes program/activity has special membership pricing

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Fort Collins
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**Healthy
HOMES**
IMPROVING INDOOR
AIR QUALITY

20-22911

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-shirts and shorts. Note: Class will not be held on 11/23, 11/24.

Location: Foothills Activity Center

Age: 4-5 years

8/31-9/28	Tu	4:30-5:30 PM	\$80	421702-01
10/5-11/2	Tu	4:30-5:30 PM	\$80	421702-02
11/9-12/14	Tu	4:30-5:30 PM	\$80	421702-03

Age: 5-6 years

8/31-9/28	Tu	6:00-7:00 PM	\$80	421702-04
10/5-11/2	Tu	6:00-7:00 PM	\$80	421702-05
11/9-12/14	Tu	6:00-7:00 PM	\$80	421702-06

Age: 7-8 years

9/1-9/29	W	4:30-5:30 PM	\$80	421702-07
10/6-11/3	W	4:30-5:30 PM	\$80	421702-08
11/10-12/15	W	4:30-5:30 PM	\$80	421702-09

Cheer Gymnastics

This high energy recreational cheerleading class is designed to help learn jumps, motions, stunts, dance and gymnastics through sportsmanship and teamwork. Each session the cheer team will perform in house or at a community event. Poms and t-shirt provided.

Age: 5-11 years

Location: Club Tico

9/28-11/2	Tu	4:50-5:45 PM	\$96	421121-01
11/9-12/14	Tu	4:50-5:45 PM	\$96	421121-02

Location: Foothills Activity Center

9/27-11/1	M	5:15-6:10 PM	\$96	421721-01
11/8-12/13	M	5:15-6:10 PM	\$96	421721-02
9/27-11/1	M	6:15-7:10 PM	\$96	421721-03
11/8-12/13	M	6:15-7:10 PM	\$96	421721-04

Tappin' & Tumbling

25 minutes of basic tap techniques and rhythms followed by 25 minutes of basic gymnastics skills and rotations. Note: Class will not be held on 11/25.

Age: 6-8 years

Location: Foothills Activity Center

11/11-12/16	Th	4:30-5:30 PM	\$100	421706-01
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Jazz Dance Gymnastics

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

Age: 7-9 years

Location: Foothills Activity Center

9/2-9/23	Th	6:00-7:15 PM	\$80	421705-01
10/7-11/4	Th	6:00-7:15 PM	\$100	421705-02

Just Tumbling

Learn basic tumbling skills and incorporate new learned skills into a mini-floor exercise routine. Note: Class will not be held on 11/24.

Age: 8-9 years

Location: Foothills Activity Center

9/1-9/29	W	6:00-7:15 PM	\$100	421703-01
10/6-11/3	W	6:00-7:15 PM	\$100	421703-02
11/10-12/15	W	6:00-7:15 PM	\$100	421703-03

[GENERAL DANCE]**Creative Dance**

This action-packed dance class offers a variety of age appropriate and creative movement full of fun while learning skills, such as front rolls, handstands, bridges, cartwheels etc. all incorporated into a high energy obstacle course. Note: Class will not be held on 11/25.

Age: 3-5 years

Location: Club Tico

9/28-11/2	Tu	4:00-4:45 PM	\$86	421120-01
11/9-12/14	Tu	4:00-4:45 PM	\$86	421120-02
9/23-10/28	Th	4:00-4:45 PM	\$86	421120-03
11/4-12/16	Th	4:00-4:45 PM	\$86	421120-04

Location: Foothills Activity Center

9/27-11/1	M	4:15-5:00 PM	\$86	421720-01
11/8-12/13	M	4:15-5:00 PM	\$86	421720-02

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

9/2-9/23	Th	11:15 AM-Noon	\$48	421704-01
10/7-10/21	Th	11:15 AM-Noon	\$38	421704-02
10/28-11/18	Th	11:15 AM-Noon	\$48	421704-03
12/2-12/16	Th	11:15 AM-Noon	\$38	421704-04

Age: 4-5 years

9/2-9/23	Th	4:30-5:30 PM	\$64	421704-05
10/7-11/4	Th	4:30-5:30 PM	\$80	421704-06

LEGEND

Classes in which adults are required to attend



Denotes no web registration for program



Denotes program/activity has special membership pricing

DAY CAMPS & SCHOOL'S OUT PROGRAMS

Keep children S.I.L.L.Y. (Safe, Intelligent, Loving, Laughing, You) with these fun youth programs that are designed to keep children active, learning, and finding their passions. All programs are located at the Northside Aztlan Community Center unless otherwise noted.

Questions?

Learn more at fcgov.com/recreation/youthprograms or call 970.221.6357.

AFTER SCHOOL ENRICHMENT PROGRAMS

Adventures in Art

Explore different forms of art and learn how to create your own masterpiece using that technique. Artists will learn to use their creativity and knowledge when making art.

Age: 5-11 years

9/8-9/29	Tu	4:30-5:30 PM	\$50	415556-01
10/6-10/27	Tu	4:30-5:30 PM	\$50	415556-02

Creative Chefs

Become creative and confident chefs while learning how to make healthy but tasty dishes and how to stay safe in the kitchen.

Ages: 8-11 years

9/10-10/1	Th	4:30-5:30PM	\$55	415557-01
10/8-10/29	Th	4:30-5:30 PM	\$55	415557-02

Kids in Nature

Explore the outdoors and expand your knowledge on Colorado wildlife, climate, and more. Class meets outside so dress for the weather.

Ages: 8-11 years

Location: Lee Martinez Park

9/8-9/29	W	4:30-6:00 PM	\$60	415555-01
10/6-10/27	W	4:30-6:00 PM	\$60	415555-02

CAMP FUNQUEST

State-licensed childcare programs for children ages 5-15 years old, when school is out of session. Unique activities including games, crafts, S.T.E.M., and field trips (when possible) are designed with children's age, developmental stage, and interests in mind. All programs operate from 8 a.m.-5 p.m. unless otherwise noted. Families must provide a peanut-free sack lunch, two healthy snacks, a water bottle and appropriate clothing/gear for outdoor play each day.

Emergency Contact & Camper Health Information

An emailed invitation to complete online health profiles through ePACT Emergency Network will be sent after registration. All enrolled children must have a completed online health profile through ePACT Emergency Network before programs start. Per childcare licensing requirements, all forms and waivers must be completed prior to participation, including current immunization records or exemption

forms, and any required medication administration forms. Completed forms can either be uploaded into ePACT or hand-delivered to Northside Aztlan Center. Note: If you completed forms for Summer Camp 2021, you do not need to complete them again.

School's Out Days - Elementary

Children stay busy with fun, structured activities that focus on social-emotional learning when schools have a scheduled-out day. Cost of daily field trip admission included in camp fees. Note: Daily itineraries emailed week prior to program start date.

Age: 5-11 years

Community Helpers/Laser Tag

9/17	F	8:00 AM-5:00 PM	\$45	415550-01
Dreadful Desserts/Bakery				
10/14-10/15	Th,F	8:00 AM-5:00 PM	\$80	415551-01
Fall Harvest/Pumpkin Patch				
11/8	M	8:00 AM-5:00 PM	\$45	415552-01

School's Out Days - Middle School

Keep your teen moving and learning, active and engaged with adventurous activities during their scheduled school's out days. Days are full of physical activity, skill development and social fulfillment. Cost of daily field trip admission included in camp fees.

Age: 12-15 years

Community Helpers/Trail Hike

9/17	F	8:00 AM-5:00 PM	\$55	415560-01
Fear Factor/Ropes Course				
10/14-10/15	Th,F	8:00 AM-5:00 PM	\$100	415561-01
Adventure Seekers/Trampoline Park				
11/8	M	8:00 AM-5:00 PM	\$55	415562-01

Winter Break Camp

Days are filled with indoor games, field trips, arts & crafts, S.T.E.M., and outdoor activities. Cost of weekly field trip admission included in camp fees. Note: Itineraries emailed week prior to program start dates.

Week 1: Popular Pastimes/Roller Skating

Week 2: World Explorers/Planetarium

Marmot (5-6 years)

12/20-12/23	M-Th	8:00 AM-5:00 PM	\$160	415553-01
12/27-12/30	M-Th	8:00 AM-5:00 PM	\$160	415554-01

Red Fox (7-8 years)

12/20-12/23	M-Th	8:00 AM-5:00 PM	\$160	415553-02
12/27-12/30	M-Th	8:00 AM-5:00 PM	\$160	415554-02

Big Horn (9-11 years)

12/20-12/23	M-Th	8:00 AM-5:00 PM	\$160	415553-03
12/27-12/30	M-Th	8:00 AM-5:00 PM	\$160	415554-03

Black Bear (12-15 years)

12/20-12/23	M-Th	8:00 AM-5:00PM	\$200	415563-01
12/27-12/30	M-Th	8:00 AM-5:00 PM	\$200	415564-01

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EARLY LEARNING

Early Learning programs are tailored toward children ages 6 years & younger and are designed to enrich both their social and educational skills. Classes in which adults are required to attend are indicated with a **AC**. All other programs are child-only.

It is recommended that children enrolled in classes without an accompanying, responsible adult are fully toilet trained. Children not yet toilet trained are welcome to attend classes, however, an adult must be available to attend to toileting needs. City of Fort Collins Recreation staff are not permitted to change diapers. Please inform class instructors on the first day of any dietary or health-related restrictions.

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

FALL FUNTIME PRESCHOOL & PRE-K

Funtime Preschool Program is a state-licensed childcare program for ages 3-5 years focused on the development of readiness skills through child-directed discovery and teacher-led activities. Comprehensive curriculum content includes development of fine motor, cognitive, gross motor, social emotional and early literacy skills. The play-based, intentional approach encourages self-regulation, critical thinking and problem-solving.

This school year-round preschool program follows the Poudre School District (PSD) calendar for most school days off and holiday breaks but does not follow PSD delays or closures due to inclement weather. Teacher conferences are held in October opportunities for family engagement events including picnics, seasonal performances, and transition celebrations will be communicated to enrolled families throughout the school year.

Note: Class will not be held on 9/6, 9/17, 10/14, 10/15, 11/8, 11/22, 11/23, 11/24, 11/25, 11/26.

Initial Registration & Monthly Tuition Fees

A \$30 annual materials fee is due prior to enrolling in any Funtime Preschool program. This fee covers processing registrations, transfers, and cancellations, Family Information Meetings held prior to start of seasonal sessions, health profiles in the required ePACT Emergency Network, daily sunscreen use throughout the summer session, and a Funtime Preschool bag to aid in storing daily belongings. Note: This fee is required once per calendar year for each enrolled child.

Fall class session fees are based on \$16 per scheduled day of classes. Full session fees are divided into monthly payments, August through November, and are due prior to the 15th of each month, for the upcoming month's payment. Note: 8/31 date is included in September's monthly tuition fees.

Emergency Contact & Camper Health Information

Before programs begin, you will receive an emailed invitation to complete online health profiles through ePACT Emergency Network. All forms and waivers must be completed prior to participation. Completed forms, including physician signatures, can either be uploaded into ePACT profiles or hand-delivered to staff at Northside Aztlan Center. Note: All forms for Fall 2021 session must be submitted prior to August 20.

Questions?

Visit fcgov.com/recreation/youthprograms or call (970) 416-2528.

Funtime Preschool & Pre-K Annual Registration Fee – NEW!

Prerequisite for Funtime for Preschoolers and Funtime Pre-K.

Note: This fee is required once per calendar year. Families who paid this fee for Summer 2021 do not need to pay again until Spring 2022.

\$30	417506-01
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Funtime for Preschoolers

A play-based, child-directed, and teacher-guided approach encourages self-regulation, critical thinking, and problem-solving skills. Note: Children must be age 3 by 10/1/2021. Child must turn 3 prior to their first day attending class. Monthly tuition is \$117.25.

Age: 3-4 years

Location: Northside Aztlan Center

8/31-12/16	Tu,Th	9:30 AM-Noon	\$469	417501-01
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Funtime Pre-K

Comprehensive Kindergarten-readiness curriculum includes development of fine motor, cognitive, gross motor, social emotional, and early literacy skills. Note: Children must be age 4 by 10/1/2021. Monthly tuition is \$165.25.

Age: 4-5 years

Location: Northside Aztlan Center

8/30-12/17	M,W,F	9:30 AM-Noon	\$661	417500-01
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Lunch Bunch Enrichment

An add-on, optional program for Funtime Funtime Pre-K students only. Extend your child's days with lunch and active enrichment activities. Please provide a healthy, nut-free sack lunch that does not require refrigeration or reheating. Note: This fee is per day. Minimum enrollments must be met by the Friday prior to each week for class to be held.

Age: 4-5 years

Location: Northside Aztlan Center

8/30-12/17	M,W,F	Noon-2:00 PM	\$12 per day	417509-01
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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. Visit fcgov.com/aro for more details.

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 physical, cognitive, and social emotional skills.

Tot Gym AC

Bring the little ones in for some fun gym time. Balls, blocks, a mini obstacle course, and other activities are set up. Children must be accompanied by an adult. Registration is not required. Note: \$4 per child. Free admission for adults and babies accompanying an older sibling, that will not be participating in tot gym.

Age: Newborn-5 years

Location: Northside Aztlan Center

9/6-11/19	M-F	10:00 AM-Noon
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Location: Foothills Activity Center

9/7-11/19	Tu,W,F	10:00 AM-Noon
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Small Hands, Big Messy Art AC

Get hands-on with paint, playdough, and shaving cream. Note: Class will not be held on 9/17.

Age: 18 months-2 years

Location: Northside Aztlan Center

9/10-10/1	F	10:00-10:45 AM	\$25	417585-01
11/5-11/19	F	10:00-10:45 AM	\$25	417585-02

Art Start AC

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

Age: 18 months-3 years

Location: Northside Aztlan Center

9/14-9/28	Tu	9:30-10:30 AM	\$39	417583-01
11/9-11/30	Tu	9:30-10:30 AM	\$50	417583-02

Curious Twos

Attention is directed to games, crafts, and stories, and provide a positive first step to independent learning. Note: Class will not be held on 10/14

Age: 2 years

Location: Northside Aztlan Center

Family and Friends

9/7-9/30	Tu,Th	9:30-10:30 AM	\$96	417504-01
9/7-9/30	Tu,Th	11:00 AM-Noon	\$96	417504-02

Fall & Halloween

10/5-10/28	Tu,Th	9:30-10:30 AM	\$84	417504-03
10/5-10/28	Tu,Th	11:00 AM-Noon	\$84	417504-04

Favorite Stories

11/2-11/18	Tu,Th	9:30-10:30 AM	\$73	417504-05
11/2-11/18	Tu,Th	11:00 AM-Noon	\$73	417504-06

Little Explorers AC

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

Age: 2 years

Location: Foothills Activity Center

9/10-9/24	F	10:00-11:00 AM	\$33	417761-01
10/1-10/22	F	10:00-11:00 AM	\$33	417761-02
10/29-11/12	F	10:00-11:00 AM	\$33	417761-03

Adult & Tot Science AC

Explore the world of science by making and doing all kinds of fun science experiments. Note: Class will not be held on 10/15.

Age: 2-3 years

Location: Northside Aztlan Center

10/8-10/29	F	10:00 AM-11:00 PM	\$33	417560-01
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Cholesterol Testing is BACK!**Screening includes:**

- ✓ Total Cholesterol
- ✓ HDL - Good Cholesterol
- ✓ LDL - Bad Cholesterol
- ✓ Triglycerides
- ✓ Glucose
- ✓ Blood Pressure
- ✓ Heart Risk Appraisal
- ✓ Diabetes Risk Appraisal
- ✓ Personalized Consultation

Still FREE for Health District residents

Health District

HEART HEALTH PROMOTION

Appointment and mask required.

224-5209

Full schedule at healthdistrict.org/heart

Health District residents receive their test for free. Cost for all others is \$15. The Health District boundaries include Fort Collins, Laporte, Wellington, Red Feather Lakes, Livermore, Bellvue, and Timnath.

Mother Hubbard's Cupboard

Find out what's in Mother Hubbard's cupboard. Themed arts and crafts, and cooking activities are inspired by popular children's books.

Age: 2-3 years

Location: Northside Aztlan Center

9/13	M	10:00-11:00 AM	\$19	417571-01
9/27	M	10:00-11:00 AM	\$19	417571-02
10/11	M	10:00-11:00 AM	\$19	417571-03
10/25	M	10:00-11:00 AM	\$19	417571-04

Fun & Fitness

Enjoy themed arts and crafts, social time, and story time along with featured fitness activities. Note: Class will not be held on 10/14, 11/8.

Age: 2-4 years

Location: Foothills Activity Center

Football, Friends & Family

9/8-9/29	M,W	9:30-11:30 AM	\$160	417758-01
9/7-9/30	Tu,Th	9:30-11:30 AM	\$184	417758-02

Yoga, Fall & Halloween

10/4-10/27	M,W	9:30-11:30 AM	\$184	417758-03
10/5-10/28	Tu,Th	9:30-11:30 AM	\$160	417758-04

Community Helpers, Food & Feasts

11/1-11/24	M,W	9:30-11:30 AM	\$160	417758-05
11/2-11/23	Tu,Th	9:30-11:30 AM	\$160	417758-06

Preschool Discovery

Discover arts and crafts, creative play, letter/number recognition, and gym time in this transitional class. Designed to prepare students for our Funtime Preschool Program. Previous class experience recommended.

Age: 2.5-3 years

Location: Northside Aztlan Center

Family & Friends

9/8-9/29	M,W	10:00-11:30 AM	\$110	417503-01
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Fall & Halloween

10/4-10/27	M,W	10:00-11:30 AM	\$125	417503-02
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Favorite Stories

11/1-11/22	M,W	10:00-11:30 AM	\$110	417503-03
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Discover & Create

Spark creativity and grow confidence. Work with clay, watercolors, and paint.

Age: 3-5 years

Location: Northside Aztlan Center

Animal World

9/14-9/28	Tu	1:30-2:30 PM	\$39	416516-01
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Galaxy

11/9-11/30	Tu	1:30-2:30 PM	\$50	416516-02
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Afternoon Adventures

Parents take the afternoon to themselves while kids are entertained with themed activities that may include arts and crafts, games, and gym time. Note: Please bring water bottle and wear sunscreen. Must be toilet trained. Previous class experience recommended.

Age: 3-6 years

Location: Foothills Activity Center

9/15	W	1:00-4:00 PM	\$35	417713-01
9/22	W	1:00-4:00 PM	\$35	417713-02
9/29	W	1:00-4:00 PM	\$35	417713-03
10/6	W	1:00-4:00 PM	\$35	417713-04
10/13	W	1:00-4:00 PM	\$35	417713-05
10/20	W	1:00-4:00 PM	\$35	417713-06
10/27	W	1:00-4:00 PM	\$35	417713-07
11/3	W	1:00-4:00 PM	\$35	417713-08
11/10	W	1:00-4:00 PM	\$35	417713-09
11/17	W	1:00-4:00 PM	\$35	417713-10

Art in the Afternoon

Meet new friends and get creative. New projects featured each week.

Age: 3-6 years

Location: Northside Aztlan Center

9/8-9/22	W	1:00-2:30 PM	\$45	416508-01
10/6-10/20	W	1:00-2:30 PM	\$45	416508-02
11/3-11/17	W	1:00-2:30 PM	\$45	416508-03

Art Studio for Pre-K

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

Age: 3-6 years

Location: Northside Aztlan Center

Self-Portrait

9/9	Th	10:00-11:30 AM	\$20	416506-01
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Crayon Resist

9/16	Th	10:00-11:30 AM	\$20	416506-02
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Clay

9/23	Th	10:00-11:30 AM	\$20	416506-03
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Collage

9/30	Th	10:00-11:30 AM	\$20	416506-04
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Paint on Canvas

10/7	Th	10:00-11:30 AM	\$20	416506-05
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Painting Pumpkins

10/21	Th	10:00-11:30 AM	\$20	416506-07
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Spooky Art

10/28	Th	10:00-11:30 AM	\$20	416506-08
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Make a Puppet

11/4	Th	10:00-11:30 AM	\$20	416506-09
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Animal Pictures

11/11	Th	10:00-11:30 AM	\$20	416506-10
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Thanksgiving

11/18	Th	10:00-11:30 AM	\$20	416506-11
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Discover S.T.E.M.

Engage in hands-on science, technology, engineering, and mathematics (S.T.E.M.) activities.

Age: 3-6 years

Location: Foothills Activity Center

11/2-11/4	Tu,Th	1:00-2:00 PM	\$35	417763-01
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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

9/8	W	10:00-11:30 AM	\$20	417507-01
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Botanist

9/15	W	10:00-11:30 AM	\$20	417507-02
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Magnets

9/22	W	10:00-11:30 AM	\$20	417507-03
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Oceanography

9/29	W	10:00-11:30 AM	\$20	417507-04
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Paleontology

10/6	W	10:00-11:30 AM	\$20	417507-05
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Entomology

10/13	W	10:00-11:30 AM	\$20	417507-06
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Zoology

10/20	W	10:00-11:30 AM	\$20	417507-07
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Reptiles

10/27	W	10:00-11:30 AM	\$20	417507-08
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Vet Medicine

11/3	W	10:00-11:30 AM	\$20	417507-09
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Flight

11/17	W	10:00-11:30 AM	\$20	417507-11
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LEGO with Friends

Use LEGO bricks to create all the imagination can dream. In addition to building, crafts and games may be included.

Age: 3-6 years

Location: Foothills Activity Center

11/16-11/18	Tu,Th	1:00-2:30 PM	\$35	417749-01
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Once Upon a Time in the Kitchen

Cook and create a craft project each week based on a different children's book. Note: Class will not be held on 10/15

Age: 3-6 years

Location: Northside Aztlan Center

9/10-9/24	F	10:00-11:00 AM	\$41	417522-01
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10/1-10/22	F	10:00-11:00 AM	\$41	417522-02
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11/5-11/19	F	10:00-11:00 AM	\$41	417522-03
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Preschool Tools

Under close supervision, preschoolers get hands-on practice with hammers and nails, screws and screwdrivers, and nuts and bolts.

Age: 3-6 years

Location: Foothills Activity Center

10/19-10/21	Tu,Th	1:00-2:30 PM	\$35	417556-01
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Pretend with Friends

Themed, interactive activities foster imaginative play and include arts & crafts, and more.

Age: 3-6 years

Location: Foothills Activity Center

Construction Crew

9/14	Tu	1:00-2:30 PM	\$20	417750-01
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Camping

9/28	Tu	1:00-2:30 PM	\$20	417750-02
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Zookeeper

10/12	Tu	1:00-2:30 PM	\$20	417750-03
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Office

10/26	Tu	1:00-2:30 PM	\$20	417750-04
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Pizzeria

11/9	Tu	1:00-2:30 PM	\$20	417750-05
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Storybook Theater

Fairytales and traditional children's stories provide a familiar base on which acting skills are encouraged. New stories are introduced each session.

Age: 3-6 years

Location: Foothills Activity Center

The Three Pigs

9/16	Th	1:00-2:30 PM	\$35	417730-01
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Three Billy Goats Gruff

10/14	Th	1:00-2:30 PM	\$35	417730-02
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Where the Wild Things Are

10/28	Th	1:00-2:30 PM	\$35	417730-03
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The Gingerbread Man

11/11	Th	1:00-2:30 PM	\$35	417730-04
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Superheroes

Create superheroes, then dress up and play like legendary superheroes.

Age: 3-6 years

Location: Foothills Activity Center

10/5-10/7	Tu,Th	1:00-2:30 PM	\$35	417548-01
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Those Amazing Dinosaurs

Learn about favorite dinosaurs. Hunt for fossils, classify by characteristics, and create your own dinosaur.

Age: 3-6 years

Location: Foothills Activity Center

9/21-9/23	Tu,Th	1:00-2:30 PM	\$35	418508-01
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[MUSIC]

Music Together Demo Class ^{AC}

Enjoy a free introduction to the Music Together Outdoor Program. Learn about musical development through singing, movement, instrument play. Note: Caregiver participation is required. Please register all siblings and bring a towel or blanket. Meet at picnic table.

Age: Newborn-4 years

Location: Warren Park

8/16	M	9:30-10:15 AM	No Fee	418775-01
8/17	Tu	9:30-10:15 AM	No Fee	418775-02

Music Together-Outdoors ^{AC}

Mixed age outdoor classes with caregiver attendance. Explore singing, movement, instrument play with the "Fiddle Collection." Tuition includes materials (book, CD) and online resources. Discounted tuition for siblings 9 months and older. Siblings 8 months and younger free. Note: Class will not be held on 9/6.

Age: Newborn-4 years

Location: Warren Park

8/23-10/18	M	9:30-10:15 AM	\$175	418776-01
8/23-10/18	M	10:30-11:15 AM	\$175	418776-03
8/23-10/18	M	11:30 AM-12:15 PM	\$175	418776-05
8/24-10/12	Tu	9:30-10:15 AM	\$175	418776-07
8/24-10/12	Tu	10:30-11:15 AM	\$175	418776-09

Sibling(s)

8/23-10/18	M	9:30-10:15 AM	\$130	418776-02
8/23-10/18	M	10:30-11:15 AM	\$130	418776-04

8/23-10-18	M	11:30 AM-12:15 PM	\$130	418776-06
8/24-10/12	Tu	9:30-10:15 AM	\$130	418776-08
8/24-10/12	Tu	10:30-11:15 AM	\$130	418776-10

Music Together Rhythm Kids Demo Class ^{AC}

Join a free introduction of the new Music Together Rhythm Kids Class! A drumming and movement-based program designed for the older child. Bring a blanket. Caregiver attendance required. Meet at picnic table. Pre-registration required.

Age: 4-8 years

Location: Warren Park

8/17	Tu	10:30-11:15 AM	No Fee	418778-01
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Music Together-Rhythm Kids ^{AC}

A fun multicultural drumming- based music and movement program for older children. Explore music through singing, movement, drumming, and interactive games. Tuition includes the "Alligator Collection" materials and online resources. Caregiver attendance required.

Age: 4-8 years

Location: Warren Park

8/24-10/12	Tu	11:30 AM-12:15 PM	\$175	418777-01
8/26-10/14	Th	4:00-4:45 PM	\$175	418777-03

Sibling(s)

8/24-10/12	Tu	11:30 AM-12:15 PM	\$130	418777-02
8/26-10/14	Th	4:00-4:45 PM	\$130	418777-04



GRIDIRON FOOTBALL

FORT COLLINS: SPRING CANYON PARK

AUGUST 29 - OCTOBER 17

SUNDAYS, 7 WEEKS

+ END OF SEASON TOURNAMENT

\$149.99





EDUCATION

It's never too late to learn something new! Education programs are taught by experts with years of teaching experience. Plan a fun date night, cook new food with friends, or challenge your mind by learning a new instrument.

COOKING

All cooking classes are designed for those ages 14 years & up and held at the Fort Collins Senior Center unless otherwise noted. Please bring an apron to each class. Prior to the first class please send any food allergies or concerns to Ashley Ruffer at aruffer@fcgov.com.

For the Love of Pad Thai

Thai food is not complicated with a little know how. Attire: Bring an apron. Menu: Pad Thai, Crispy tofu, Fresh rolls with sweet chili sauce, Thai iced tea with lime.

9/14	Tu	6:00-8:30 PM	\$45	407433-01
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Indian Crepes and Chutneys

Learn how to make awesome, simple, gluten free, vegan creations at home! Pair them with the perfect chutneys and you've got a meal that everyone will be talking about. Menu: Millet Crepes with Coconut chutney, Quinoa Crepes with Roasted Red Pepper Chutney, Mung Bean Crepes with Beet Chutney.

9/16	Th	6:00-8:30 PM	\$45	407428-01
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Chinese Food at Home

Who needs takeout when you can easily create delicious Chinese dishes at home? In this hands-on class, Sim will walk you through the techniques, tips, and tricks. Attire: Bring an apron. Menu: Hot and sour soup, Scrambled eggs and tomatoes, Ginger Fried Rice, Mango Coconut Pudding.

9/21	Tu	6:00-8:30 PM	\$45	407434-01
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Dal 101-Indian Style Lentils

Dal, a Sanskrit name that refers to all pulses, legumes, and their food derivatives, still forms the mainstay of the amino acid (protein) supply to the largely vegetarian Indian subcontinent. In addition to being high in protein, lentils also contain a copious amount of essential dietary fiber, vitamins, and minerals. Menu: Green Lentil Pancake, Spinach and Lentil Curry (Saag), Red Lentil Stew.

9/27	M	6:00-8:30 PM	\$45	407429-01
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Lunch time in Bangkok

In this hands-on class, learn the secrets for combining aromatic herbs and spices with authentic ingredients to create the flavors that make Thai cuisine uniquely delicious. Attire: Bring an apron. Menu: Green curry, Tom yum fried rice, Spicy noodles, Lime basil soda.

10/5	Tu	6:00-8:30 PM	\$45	407437-01
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IT'S NEVER TOO LATE TO LEARN SOMETHING NEW!

Education programs are taught by experts with years of teaching experience. Plan a fun date night, cook new food with friends, or challenge your mind by learning a new instrument.

Learn more at:

fcgov.com/recreation



Z1-23367



Ethiopian Made Easy

Learn to make a delicious Ethiopian meal that is easy to prepare and good for you. Cook with all the colors of the rainbow! All recipes are gluten-free and vegan/vegetarian friendly. Menu: Key Sir Alich (Beets stew), kik Alich (yellow split peas), Swiss Chard Gomen, Instant Teff Flour Crepes

10/14	Th	6:00 AM-8:30 PM	\$45	407427-01
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Curry in a Snap

Speedy preparation and easy recipes. Make a tasty meal that goes from your stove to your stomach in just 20 minutes! All recipes are gluten-free and vegan/vegetarian friendly. Menu: Chana masala, spicy potato curry, tikka masala sauce in which you can add in any protein.

10/26	Tu	6:00-8:30 PM	\$45	407431-01
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Thai Street Food

Thailand is one of the best places to find delicious, quick, inexpensive food at any time of the day. Learn how to choose and prepare ingredients and how to cook them. Menu: Satay Chicken, BBQ Pork, Sticky Rice, Peanut sauce, Cucumber salad, Thai iced tea.

11/2	Tu	6:00-8:30 PM	\$45	407435-01
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Slow Cooker Curries

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

11/8	M	6:00-8:30 AM	\$45	407425-01
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No-Bake Desserts

With holiday season upon us, learn to make some treats that are delicious, nutritious, and, best of all, they require no baking! All recipes are gluten-free and vegan/vegetarian friendly.

11/17	W	6:00-8:30 PM	\$45	407432-01
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DOG TRAINING

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.

Age: 18 years & up

Location: City Park, corner of Bryan Ave. and Oak St.

9/11-10/16	Sa	10:00-11:00 AM	\$90	407450-01
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9/12-10/17	Su	10:00-11:00 AM	\$90	407450-02
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Canine Good Citizen, Advanced

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.

Age: 18 years & up

Location: City Park, corner of Bryan Ave. and Oak St.

9/11-10/16	Sa	11:30 AM-12:30 PM	\$90	407451-01
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9/12-10/17	Su	11:30 AM-12:30 PM	\$90	407451-02
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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 during shopping and calmness while you dine using dog-friendly positive reinforcement techniques. Note: Instructor contacts participants prior to class with location.

Age: 18 years & up

Location: TBA

9/14-10/12	Tu	5:30-6:30 PM	\$90	407452-01
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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 Family History Center building on the west side.

Age: 18 years & up

Location: Family History Center, 600 E Swallow St.

9/2-9/23	Th	7:00-8:00 PM	\$5	407455-01
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10/7-10/28	Th	7:00-8:00 PM	\$5	407455-02
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History Hour

Mountain Home Cemetery has been a missing piece of Fort Collins history and Lyn Iannuzzi has worked with the Fort Collins Parks Department to uncover the 75-year controversial history through work on the records project.

Age: 18 years & up

Location: Senior Center

9/2	Th	4:00-5:00 PM	\$6	412440-01
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MUSIC & THEATRE

Guitar I

Learn the basics of the instrument, tuning, strumming chords, and picking tunes. Discover how to use guitar tabs so you can practice, you will be surprised how fast you can improve.

Age: 14 years & up

Location: Senior Center

9/7-9/28	Tu	5:45-6:45 PM	\$80	407466-01
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10/5-10/26	Tu	5:45-6:45 PM	\$80	407466-02
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11/2-11/23	Tu	5:45-6:45 PM	\$80	407466-03
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Guitar II

Designed as a continuation of Guitar I, explore strumming techniques and ideas as well as barre chords. Perfect Guitar I chords and learn new tabs.

Age: 14 years & up

Location: Senior Center

9/8-9/29	W	5:45-6:45 PM	\$80	407467-01
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10/6-10/27	W	5:45-6:45 PM	\$80	407467-02
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11/3-11/24	W	5:45-6:45 PM	\$80	407467-03
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FARM

All programs are hosted at The Farm unless otherwise noted.

Adopt an Animal

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

It's easy to adopt choose your favorite Farm animal and adopt it for a year by making a tax-deductible donation. A Farm parent receives an adoption certificate and his/her name listed at The Farm. All adoptive parents are invited to a special event at The Farm in December.

Your adopted animal stays at The Farm where it is cared for by Farm staff and welcome your visit regularly. For all practical purposes, some of the animals are sold when they reach maturity.

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

The Farm Store

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

The Farm Museum

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

Volunteer

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

Pony Rides

Take your child for a pony ride, you will lead your cowpoke for up to 10 minutes in the arena. Closed-toed shoes recommended. Admission to The Farm and a pony token are required. Maximum weight to ride the ponies is 150 lbs. April 6-October 20, Saturdays 11a.m. – 3 p.m. Sundays Noon – 3 p.m. (weather permitting).

Special Events

Looking for more information on fall festivities like Treatsylvania and a pumpkin patch at The Farm? See page 59.

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. Visit fcgov.com/aro for more details.

FAMILY PROGRAMS

Farm Chores AC

Have you ever wondered what a morning on a farm is like? Join the farmer for a round of chores which will include feeding the animals, gathering eggs, and going on a hayride through the pasture.. This is a family activity. Your registration includes up to 4 people.

Age: All

9/12	Su	8:30-9:30 AM	\$30	408615-01
9/19	Su	8:30-9:30 AM	\$30	408615-02

YOUTH PROGRAMS

Lil' Dumplin' Farmers AC

Learn about life on a farm, meet animals and help with farm chores like gathering eggs. After the chores are finished, enjoy a picnic with the animals. Note: Bring a sack lunch. No class on 9/6.

Age: 2 years

8/30-9/20	M	11:00 AM-Noon	\$36	408609-01
9/27-10/11	M	11:00 AM-Noon	\$36	408609-02

Lil' Dumplin's & Beyond AC

This Dumplin' class brings all the favorite chores Lil' Dumplin's enjoy plus a few added touches. Gather eggs, help with farm chores, and ride ponies. After, create a mini scrapbook using pictures taken during class. Each Dumplin' also receives a souvenir t-shirt.

Age: 2 years

9/13-9/27	M	9:30-10:30 AM	\$50	408624-01
10/4-10/18	M	9:30-10:30 AM	\$50	408624-02

Little Peepers

Explore the barnyard by gathering eggs, learning about cow's milk, and reading stories in the hayloft.

Age: 3 years

9/2-9/16	Th	9:00-10:00 AM	\$30	408610-01
9/2-9/16	Th	10:15-11:15 AM	\$30	408610-02
9/21-10/5	Tu	9:00-10:00 AM	\$30	408610-03
9/21-10/5	Tu	10:15-11:15 AM	\$30	408610-04
9/29-10/13	W	9:00-10:00 AM	\$30	408610-05
9/29-10/13	W	10:15-11:15 AM	\$30	408610-06

Pony Riding Lessons AC

Round 'em up and bring those cowpokes to The Farm where both you and your child will learn to groom and saddle a pony. Lead your child's pony as the basics of riding are taught. Note: Other children may not attend this class because you are a full-time participant with your pony rider. Parent and child must wear closed toed shoes.

Age: 3-5 years

9/5-9/26	Su	10:45-11:45 AM	\$65	408614-03
9/4-9/25	Sa	9:30-10:30 AM	\$65	408614-05

Pee Wee Farmers

A favorite since The Farm opened. Learn what life on a farm is like through hands-on experience. Take a hayride, gather eggs, crafts, learn about the barnyard animals, and ride the ponies.

Age 4-5 years

8/31-9/21	Tu	1:30-3:00 PM	\$46	408606-01
9/1-9/22	W	9:30-11:00 AM	\$46	408606-02
9/1-9/22	W	1:30-3:00 PM	\$46	408606-03
9/2-9/23	Th	1:30-3:00 PM	\$46	408606-04
9/3-9/24	F	9:30-11:00 AM	\$46	408606-05
9/3-9/24	F	1:30-3:00 PM	\$46	408606-06

The Great Pumpkin

All things pumpkin, Charlie Brown style! Join us in the barn for a story, crafts, and scavenger hunt to find the Great Pumpkin!

Age 4-6 years

10/2	Sa	9:00-10:00 AM	\$15	408635-01
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After School Farmers

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

Age: 6-10 years

9/1-9/22	W	4:00-5:30 PM	\$46	408601-01
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TREATSYLVANIA

AT THE FARM AT LEE MARTINEZ PARK 600 SHERWOOD STREET



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

FRIDAY, OCT. 22 | 5:30-7 P.M.

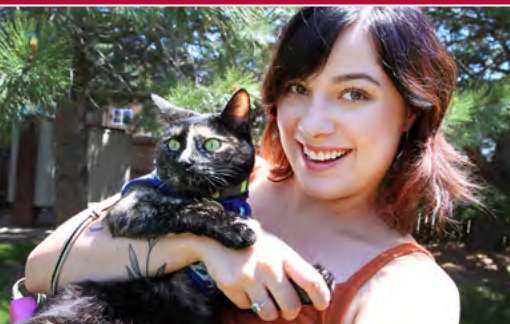
SATURDAY, OCT. 23 | 3-5 P.M.

SUNDAY, OCT. 24 | 11 A.M.-1 P.M.

SUNDAY, OCT. 24 | 2:30-4:30 P.M.

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

21-23345



25-year old phlebotomist goes from taking blood to needing it

by Kati Blocker, UCHealth

Audrey Lopez's bicycle sits inside the front door of her apartment, a reminder of a different life she was living just weeks before. The rest of her house is filled with boxes. She's in the process of moving to a ground-level apartment with more "accessibility," a rushed necessity for the 25-year-old.

"I was ordering things on Amazon I never thought I'd be ordering: a walker and shower bar, non-slip mats and canes," Lopez said.

Despite her new handicaps, Lopez, a phlebotomist, is grateful she's alive — and she's grateful for the blood donors who made that possible.

From taking blood to needing blood

In April 2021, Lopez was infected by the Epstein-Barr virus, one of the most common human viruses, which then lead to infectious mononucleosis, also called mono.

"That lasted all of April and into May," said Lopez. "It gave me multiple complications and several severe diseases, but this one was the worst."

On May 21, Lopez woke up early in the morning and attempted to get out of bed, but she struggled to move her legs.

"I knew immediately something was wrong," she said. "I shuffled to the bathroom to figure out what was going on. I then got back into bed, laid there, I realized I couldn't move my arms or turn my neck."

She had movement in her fingers, so she dialed her parents and then her boyfriend, who immediately arrived to take her to the emergency department at UCHealth Poudre Valley Hospital in Fort Collins.

"In the (emergency department) they told me that I might have Guillain-Barre syndrome," Lopez said.

Guillain-Barre is a rare neurological disorder where the body's immune system mistakenly attacks the healthy nerves located outside the brain and spinal cord. The first symptoms are weakness and tingling in the extremities, but it can spread quickly, paralyzing the whole body, and if it gets to the diaphragm, it can be deadly.

Lopez was immediately admitted to the hospital's neurology unit.

How blood donors saved her life

Although Guillain-Barre cannot be cured, the first line of treatment is called immunoglobulin infusions (IVIg), which is derived from plasma from thousands of whole blood donors.

Immunoglobulins are proteins that the immune system naturally makes to attack infecting organisms. The therapy injects these immunoglobulins, which can lessen the immune attack on the nervous system.

"This is why whole blood donors are just as important as plasma donors," Lopez said. "Everyone together is part of a functioning whole."

Lopez had a severe reaction to the treatment the next day. Doctors needed to try another option: plasmapheresis, a plasma exchange. A catheter was inserted into her neck, where some blood was removed and replaced by good plasma from blood donors in the hopes that the bad antibodies that had been damaging the nerves are also replaced.

"I immediately turned a corner at that point," she said.



Blood transfusion treatments

Even before she got five plasma transfusions over the course of a week, Lopez understood the importance of blood donors. As a phlebotomist at UCHealth Garth Englund Blood Donation Center, it's her job to draw blood from donors. She loves what she does.

"Every donor has a different reason why they come in," she said. "Sometimes they are donating because someone they loved had a blood transfusion, or themselves. They wanted to do something good, and donating blood is one of the most altruistic things you can do."

At the blood donation center, she monitors patients and gets to know them.

"They all have stories and life outside of their donation. It's like making a million friends, and it's my favorite part about the job. The second favorite part is the team — being part of a productive environment that's making a difference."

Profound appreciation for blood donors

Lopez is now on leave from her job to focus on her rehabilitation.

She was released from the hospital about a week after being admitted, but before she left, she talked to her neurologist about the possibility of Guillain-Barre reoccurring.

"It's less than 20%, but there is always a chance it will start all over again. It could start right away or in 30 years. I have to be realistic about things, like fatigue, weakness — I have to be cognitive of my strength," she said.

After being home a week, she's able to get around the house without a cane, shuffling boxes out of her way with a stiff humpback-like posture. She still uses a cane when she goes outside, and once she gets the OK from her neurologist, she will begin outpatient rehabilitation therapy.

She plans to return to her job at the blood donation center, though when that will happen is still uncertain.

"I don't want to put my coworkers at risk because I'm too excited to get back to the job I love," she continued. "I need to be able to carry my supplies, be steady with a needle, and be able to react to my donors."

"I need to focus on myself right now, but I'll show up (to work) as soon as I can."

And when she does return, it will be with a much greater appreciation for her donors and a much stronger message.

"As a phlebotomist, we get into a rhythm and let people know that, 'Every pint of blood you give saves up to three lives.' It becomes a thing we say to our donors and it is the same for everyone."

"But now that I've gone through it and someone's plasma saved my life, it's not just 'your blood will save three lives,' it's, 'your blood saved my life.' I've seen it happen. I've seen it in person."

"I always thought I knew how important blood donation was because I saw it through the lenses of a health care worker, through helping others. Now, seeing it through the lens of being helped, it feels so much more profound. ... This is the one thing you can do that I promise will save lives."

Photos by Joel Blocker Photography

Donors Needed

UCHealth Garth Englund at Fort Collins is now open Saturdays from 9 a.m. to 4 p.m.
Garth Englund Blood Center - Fort Collins, 1025 Pennock Place, Suite 105
Call 970.495.8965 to schedule an appointment.

FITNESS & WELLNESS

General Information

It is recommended that your physician be consulted before beginning any exercise program. If you are 55 years and up, sedentary, or exhibit any of the major coronary risk factors, we recommend that you get your doctor's clearance to start a new exercise program.

Registration & Fitness Class Sessions

Participants may register for one or more fitness class sessions starting on or after the registration date. Each season, there are two fitness class sessions that are 4-weeks long and one that is 5-weeks long. 5-week long sessions are notated with an asterisk (*). See below for the schedule of 2021 sessions,

Fall

Session #1	8/30-10/3*	Class will not be held on 9/6
Session #2	10/4-31	
Session #3	11/1-28	Class will not be held on 11/24 after 5:00pm & 11/25

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

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 programs and 25 admission passes are not eligible for this discount.

Class Specifics

The Fort Collins Senior Center offers fitness classes to those ages 18 years & up unless otherwise noted.

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

Fitness equipment needed for class is provided, however participants are welcome and encouraged to bring their own. Participants must sanitize any equipment they use before and after use with provided wipes and/or towels and spray.

All participants must check in at the front desk when arriving for class each time.

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.

Personal Training ^{NW}

Nationally certified personal trainers are available to provide one-on-one guidance to help you achieve your health and fitness goals. Personal training is available at Foothills Activity Center, Northside Aztlan Community Center, and Fort Collins Senior Center. Personal training is available for those 13 years and up. For more information, including personal trainer bios and to submit a trainer interest form, visit fcgov.com/fitness.

Package Name Sessions Cost

30 Minute Session Packages

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

1 Hour Session Packages

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

2-Person hour long Single Session

PT 2-Person	1	\$60
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Fitness Class Schedule Key

Title of Class | Begin & End Time | Days of the week

Begin & End Date | Price for the session | Activity Number

M=Monday, Tu=Tuesday, W=Wednesday, Th=Thursday, F=Friday, Sa=Saturday, Su=Sunday

Note: Signing up for a class with multiple days listed means participants will be able to attend all the days, i.e. Tu,Th gets you Tuesday & Thursday. A class that has only one day listed means participants will be able to attend only the day listed, i.e Tu gets you Tuesday only.

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. Visit fcgov.com/aro for more details.

LEGEND

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

		Monday	Tuesday	Wednesday
FORT COLLINS SENIOR CENTER 1200 Raintree Drive		CrossTrain 6:15-7:15 AM M,W,F 8/30-10/1 \$57 409502-01 10/4-10/29 \$49 409502-02 11/1-11/24 \$45 409502-03	Boomer Blast 8-9 AM Tu,Th 8/31-9/30 \$41 409414-01, Virtual-1A 10/5-10/28 \$33 409414-02, Virtual-2A 11/2-11/23 \$29 409414-03, Virtual-3A	CrossTrain 6:15-7:15 AM M,W,F 8/30-10/1 \$57 409502-01 10/4-10/29 \$49 409502-02 11/1-11/24 \$45 409502-03
		Circuit SilverSneakers 10-10:45 AM M,W 8/30-9/29 \$28 409424-01, Virtual-1A 10/4-10/27 \$25 409424-02, Virtual-2A 11/1-11/24 \$25 409424-03, Virtual-3A	Functional Strength 9:30-10:15 AM Tu,Th 8/31-9/30 \$31 409401-01, Virtual-1A 10/5-10/28 \$25 409401-02, Virtual-2A 11/2-11/23 \$22 409401-03, Virtual-3A	Zumba Gold 9:00-9:45 AM W 9/1-9/29 \$16 409430-01, Virtual-1A 10/6-10/27 \$13 409430-02, Virtual-2A 11/3-11/24 \$13 409430-03, Virtual-3A
		Chair Pilates 11 AM-12 PM M 8/30-9/27 \$17 409403-01, Virtual-1A 10/4-10/25 \$17 409403-02, Virtual-2A 11/1-11/22 \$17 409403-03, Virtual-3A	Classic SilverSneakers 10:30-11:15 AM Tu,Th 8/31-9/30 \$31 409423-01, Virtual-1A 10/5-10/28 \$25 409423-02, Virtual-2A 11/2-11/23 \$22 409423-03, Virtual-3A	Circuit SilverSneakers 10-10:45 AM M,W 8/30-9/29 \$28 409424-01, Virtual-1A 10/4-10/27 \$25 409424-02, Virtual-2A 11/1-11/24 \$25 409424-03, Virtual-3A
		Yoga, Advanced Beginner 4:30-5:30 PM M 8/30-9/27 \$17 409413-01, Virtual-1A 10/4-10/25 \$17 409413-02, Virtual-2A 11/1-11/22 \$17 409413-03, Virtual-3A	Yoga SilverSneakers 11:30am-12:15 PM Tu,Th 8/31-9/30 \$31 409427-01, Virtual-1A 10/5-10/28 \$25 409427-02, Virtual-2A 11/2-11/23 \$22 409427-03, Virtual-3A	Yoga, Beginner Noon-1:00 PM W 9/1-9/29 \$21 409412-07, Virtual-7A 10/6-10/27 \$17 409412-08, Virtual-8A 11/3-11/24 \$17 409412-09, Virtual-9A
		Zumba 5:30-6:30 PM M 8/30-9/27 \$17 409404-01, Virtual-1A 10/4-10/25 \$17 409404-02, Virtual-2A 11/1-11/22 \$17 409404-03, Virtual-3A	T'ai Chi Chih Beginner 1 12:30-1:45 PM Tu 8/31-9/28 \$41 409431-01 10/5-10/26 \$33 409431-02 11/2-11/23 \$33 409431-03	T'ai Chi Chih Advanced 10-11:15 AM W 10/6-10/27 \$33 409433-01 11/3-11/24 \$33 409433-02
		Slow Flow Hatha Yoga 5:45-6:45 PM M 8/30-9/27 \$17 409409-01, Virtual-1A 10/4-10/25 \$17 409409-02, Virtual-2A 11/1-11/22 \$17 409409-03, Virtual-3A	T'ai Chi Chih Beginner 2 2-3:15 PM Tu 8/31-9/28 \$41 409431-04 10/5-10/26 \$33 409431-05 11/2-11/23 \$33 409431-06	T'ai Chi Chih Intermediate 11:30 AM-12:45 PM W 9/1-9/29 \$41 409432-01 10/6-10/27 \$33 409432-02 11/3-11/24 \$33 409432-03
			Yoga, Beginner 2:45-3:45 PM Tu,Th 8/31-9/30 \$41 409412-01, Virtual-1A 10/5-10/28 \$33 409412-02, Virtual-2A 11/2-11/23 \$29 409412-03, Virtual-3A	Pilates Mat, Beginner/Intermediate 3-4 PM W 9/1-9/29 \$21 409402-01, Virtual-1A 10/6-10/27 \$17 409402-02, Virtual-2A 11/3-11/24 \$17 409402-03, Virtual-3A
			Yoga, Beginner 5:15-6:15 PM Tu,Th 8/31-9/30 \$41 409412-04, Virtual-4A 10/5-10/28 \$33 409412-05, Virtual-5A 11/2-11/23 \$29 409412-06, Virtual-6A	Yoga, Advanced Beginner 4:30-5:30 PM W 9/1-9/29 \$21 409413-04, Virtual-4A 10/6-10/27 \$17 409413-05, Virtual-5A 11/3-11/17 \$13 409413-06, Virtual-6A
				Zumba 5:30-6:30 PM W 9/1-9/29 \$21 409404-04, Virtual-4A 10/6-10/27 \$17 409404-05, Virtual-5A 11/3-11/27 \$13 409404-06, Virtual-6A
				Slow Flow Hatha Yoga 5:45-6:45 PM W 9/1-9/29 \$21 409409-04, Virtual-4A 10/6-10/27 \$17 409409-05, Virtual-5A 11/3-11/17 \$13 409409-06, Virtual-6A
FOOTHILLS ACTIVITY CENTER 241 E. Foothills Parkway		Hatha Flow Yoga 2:30-3:30 PM M,W 8/30-9/29 \$37 409707-01, Virtual-1A 10/4-10/27 \$33 409707-02, Virtual-2A 11/1-11/24 \$33 409707-03, Virtual-3A	Pilates Fusion 9-10 AM Tu,Th 8/31-9/30 \$41 409702-01, Virtual-1A 10/5-10/28 \$33 409702-02, Virtual-2A 11/2-11/23 \$29 409702-03, Virtual-3A	Hatha Flow Yoga 2:30-3:30 PM M,W 8/30-9/29 \$37 409707-01, Virtual-1A 10/4-10/27 \$33 409707-02, Virtual-2A 11/1-11/24 \$33 409707-03, Virtual-3A
		Core Performance 5:30-6:30 PM M,W 8/30-9/29 \$37 409701-01, Virtual-1A 10/4-10/27 \$33 409701-02, Virtual-2A 11/1-11/22 \$29 409701-03, Virtual-3A	Vinyasa Flow Yoga 12-1 PM Tu,Th 8/31-9/30 \$41 409703-01, Virtual-1A 10/5-10/28 \$33 409703-02, Virtual-2A 11/2-11/23 \$29 409703-03, Virtual-3A	Core Performance 5:30-6:30 PM M,W 8/30-9/29 \$37 409701-01, Virtual-1A 10/4-10/27 \$33 409701-02, Virtual-2A 11/1-11/22 \$29 409701-03, Virtual-3A
NORTHSIDE AZTLAN COMMUNITY CENTER 112 E. Willow Street		Strength & Stretch 10-11 AM M,W 8/30-9/29 \$37 409504-01, Virtual-1A 10/4-10/27 \$33 409504-02, Virtual-2A 11/1-11/24 \$33 409504-03, Virtual-3A	Yoga & Meditation 9-10 AM Tu,Th 8/31-9/30 \$41 409522-01, Virtual-1A 10/5-10/28 \$33 409522-02, Virtual-2A 11/2-11/23 \$29 409522-03, Virtual-3A	Strength & Stretch 10-11 AM M,W 8/30-9/29 \$37 409504-01, Virtual-1A 10/4-10/27 \$33 409504-02, Virtual-2A 11/1-11/24 \$33 409504-03, Virtual-3A
		Restorative Yoga 12-1 PM M,W 8/30-9/29 \$37 409523-01, Virtual-1A 10/4-10/27 \$33 409523-02, Virtual-2A 11/1-11/24 \$33 409523-03, Virtual-3A	Barre Fitness 10:45-11:45 AM Tu,Th 8/31-9/30 \$41 409501-01, Virtual-1A 10/5-10/28 \$33 409501-02, Virtual-2A 11/2-11/23 \$29 409501-03, Virtual-3A	Restorative Yoga 12-1 PM M,W 8/30-9/29 \$37 409523-01, Virtual-1A 10/4-10/27 \$33 409523-02, Virtual-2A 11/1-11/24 \$33 409523-03, Virtual-3A
		CrossTrain 12:30-1:30 PM M,W,F 8/30-10/1 \$57 409502-04 10/4-10/29 \$49 409502-05 11/1-11/26 \$49 409502-06	Pilates Fusion 12-1 PM Tu,Th 8/31-9/30 \$41 409505-01, Virtual-1A 10/5-10/28 \$33 409505-02, Virtual-2A 11/2-11/23 \$29 409505-03, Virtual-3A	CrossTrain 12:30-1:30 PM M,W,F 8/30-10/1 \$57 409502-04 10/4-10/29 \$49 409502-05 11/1-11/26 \$49 409502-06
		Slow Flow Hatha Yoga 4-5 PM M 8/30-9/27 \$17 409520-01, Virtual-1A 10/4-10/25 \$17 409520-02, Virtual-2A 11/1-11/22 \$17 409520-03, Virtual-3A	Slow Flow Hatha Yoga 5-6 PM Tu 8/31-9/28 \$21 409520-04, Virtual-4A 10/5-10/26 \$17 409520-05, Virtual-5A 11/2-11/23 \$17 409520-06, Virtual-6A	Slow Flow Hatha Yoga 4-5 PM W 9/1-9/29 \$21 409520-07, Virtual-7A 10/6-10/27 \$17 409520-08, Virtual-8A 11/3-11/24 \$17 409520-09, Virtual-9A
		Vinyasa Flow Yoga 5:15-6:15 PM M 8/30-9/27 \$17 409521-01, Virtual-1A 10/4-10/25 \$17 409521-02, Virtual-2A 11/1-11/22 \$17 409521-03, Virtual-3A	TRX Body Blast 5:30-6:30 PM Tu,Th 8/31-9/30 \$41 409511-01 10/5-10/28 \$33 409511-02 11/2-11/23 \$29 409511-03	Spin & Tone 5:30-6:30 PM M,W 8/30-9/29 \$37 409503-01 10/4-10/27 \$33 409503-02 11/1-11/22 \$29 409503-03
		Spin & Tone 5:30-6:30 PM M,W 8/30-9/29 \$37 409503-01 10/4-10/27 \$33 409503-02 11/1-11/22 \$29 409503-03	Zumba 6:15-7:15 PM Tu 8/31-9/28 \$21 409512-01, Virtual-1A 10/5-10/26 \$17 409512-02, Virtual-2A 11/2-11/23 \$17 409512-03, Virtual-3A	Zumba 6-7 PM W 9/1-9/29 \$21 409512-04, Virtual-4A 10/6-10/27 \$17 409512-05, Virtual-5A 11/3-11/17 \$13 409512-06, Virtual-6A

	Thursday	Friday	Saturday
	Boomer Blast 8-9 AM Tu,Th 8/31-9/30 \$41 409414-01, Virtual-1A 10/5-10/28 \$33 409414-02, Virtual-2A 11/2-11/23 \$29 409414-03, Virtual-3A	CrossTrain 6:15-7:15 AM M,W,F 8/30-10/1 \$57 409502-01 10/4-10/29 \$49 409502-02 11/1-11/24 \$45 409502-03	Zumba (Virtual Only) 9-10 AM Sa 9/4-10/2 \$21 409404-7A 10/9-10/30 \$17 409404-8A 11/6-11/27 \$17 409404-9A
	Functional Strength 9:30-10:15 AM Tu,Th 8/31-9/30 \$31 409401-01, Virtual-1A 10/5-10/28 \$25 409401-02, Virtual-2A 11/2-11/23 \$22 409401-03, Virtual-3A	Zumba Gold 9:00-9:45 AM F 9/3-10/1 \$16 409430-04, Virtual-4A 10/8-10/29 \$13 409430-05, Virtual-5A 11/5-11/19 \$10 409430-06, Virtual-6A	
	Classic SilverSneakers 10:30-11:15 AM Tu,Th 8/31-9/30 \$31 409423-01, Virtual-1A 10/5-10/28 \$25 409423-02, Virtual-2A 11/2-11/23 \$22 409423-03, Virtual-3A	Pilates Mat, Beginner 3-4 PM F 9/3-10/1 \$21 409402-04, Virtual-4A 10/8-10/29 \$17 409402-05, Virtual-5A 11/5-11/19 \$10 409402-06, Virtual-6A	
	Yoga SilverSneakers 11:30 AM-12:15 PM Tu,Th 8/31-9/30 \$31 409427-01, Virtual-1A 10/5-10/28 \$25 409427-02, Virtual-2A 11/2-11/23 \$22 409427-03, Virtual-3A		
	Focus on Balance 1:30-2:30 PM Th 9/2-9/30 \$21 409415-01, Virtual-1A 10/7-10/28 \$17 409415-02, Virtual-2A 11/4-11/18 \$13 409415-03, Virtual-3A		
	Swiss Theraball 3:00-4:00 PM Th 9/2-9/30 \$21 409416-01 10/7-10/28 \$17 409416-02 11/4-11/18 \$13 409416-03		
	Yoga, Beginner 2:45-3:45 PM Tu,Th 8/31-9/30 \$41 409412-01, Virtual-1A 10/5-10/28 \$33 409412-02, Virtual-2A 11/2-11/23 \$29 409412-03, Virtual-3A		
	Yoga, Beginner 5:15-6:15 PM Tu,Th 8/31-9/30 \$41 409412-04, Virtual-4A 10/5-10/28 \$33 409412-05, Virtual-5A 11/2-11/23 \$29 409412-06, Virtual-6A		
	Pilates Fusion 9-10 AM Tu,Th 8/31-9/30 \$41 409702-01, Virtual-1A 10/5-10/28 \$33 409702-02, Virtual-2A 11/2-11/23 \$29 409702-03, Virtual-3A		Tai Chi & Qigong 11 AM-12 PM Sa 9/4-10/2 \$21 409706-01, Virtual-1A 10/9-10/30 \$17 409706-02, Virtual-2A 11/6-11/27 \$17 409706-03, Virtual-3A
	Vinyasa Flow Yoga 12-1 PM Tu,Th 8/31-9/30 \$41 409703-01, Virtual-1A 10/5-10/28 \$33 409703-02, Virtual-2A 11/2-11/23 \$29 409703-03, Virtual-3A		
	Zumba 5-6 PM Th 9/2-9/30 \$21 409705-01, Virtual-1A 10/7-10/28 \$17 409705-02, Virtual-2A 11/4-11/18 \$13 409705-03, Virtual-3A		
	Yoga & Meditation 9-10 AM Tu,Th 8/31-9/30 \$41 409522-01, Virtual-1A 10/5-10/28 \$33 409522-02, Virtual-2A 11/2-11/23 \$29 409522-03, Virtual-3A	CrossTrain 12:30-1:30 PM M,W,F 8/30-10/1 \$57 409502-04 10/4-10/29 \$49 409502-05 11/1-11/26 \$49 409502-06	Vinyasa Flow Yoga 8:15-9:15 AM Sa 9/4-10/2 \$21 409521-04, Virtual-4A 10/9-10/30 \$13 409521-05, Virtual-5A 11/6-11/27 \$17 409521-06, Virtual-6A
	Barre Fitness 10:45-11:45 AM Tu,Th 8/31-9/30 \$41 409501-01, Virtual-1A 10/5-10/28 \$33 409501-02, Virtual-2A 11/2-11/23 \$29 409501-03, Virtual-3A		
	Pilates Fusion 12-1 PM Tu,Th 8/31-9/30 \$41 409505-01, Virtual-1A 10/5-10/28 \$33 409505-02, Virtual-2A 11/2-11/23 \$29 409505-03, Virtual-3A		
	Slow Flow Hatha Yoga 5-6 PM Th 9/2-9/30 \$21 409520-10, Virtual-10A 10/7-10/28 \$17 409520-11, Virtual-11A 11/4-11/18 \$13 409520-12, Virtual-12A		
	TRX Body Blast 5:30-6:30 PM Tu,Th 8/31-9/30 \$41 409511-01 10/5-10/28 \$33 409511-02 11/2-11/23 \$29 409511-03		
	Zumba 6:15-7:15 PM Th 9/2-9/30 \$21 409512-07, Virtual-7A 10/7-10/28 \$17 409512-08, Virtual-8A 11/4-11/18 \$13 409512-09, Virtual-9A		
			Sunday
			Mindfulness Yoga 10-11 AM Su 9/5-10/3 \$21 409518-01, Virtual-1A 10/10-10/31 \$17 409518-02, Virtual-2A 11/7-11/28 \$17 409518-03, Virtual-3A
			Meditation 11:15 AM-12:15 PM Su 9/5-10/3 \$21 409519-01, Virtual-1A 10/10-10/31 \$17 409519-02, Virtual-2A 11/7-11/28 \$17 409519-03, Virtual-3A

FITNESS CLASS DESCRIPTIONS

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.

Boomer Blast

A full body workout that includes, strength, flexibility, balance, and reaction time with low impact cardio.

Chair Pilates

Learn Pilates fundamentals, with the support of a chair, to activate abdominals and increase flexibility and body awareness.

Core Performance

Develop a well-conditioned core with stability, strength, power, and isometric exercises in order to improve postural control and performance.

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.

Focus on Balance

Work on exercises, tips, & techniques to enhance equilibrium, posture, strength, and coordination that improve stability.

Functional Strength

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

Hatha Flow Yoga

A beginner- intermediate hatha flow. Includes Sun Salutations, balance, hips, twists, hamstrings and relaxation.

Meditation

Join a supportive setting for regular meditation practice. Learn and experience the benefits of various techniques, that can be adapted to individual challenges and needs. Time available for questions, discussion, and sharing.

Mindfulness Yoga

Integrate the practice of mindfulness with yoga poses. All levels welcome. Based on the book, Mindfulness Yoga, by Frank Jude Boccio.

Pilates Fusion

A mix of exercises combining mat Pilates, core conditioning, and body weight training to improve strength, flexibility, and balance. Modifications are given to tailor the exercises to your own fitness level.

Pilates Mat, Beginner & Intermediate

Get energized and reduce tension with exercises that increase strength and flexibility while improving balance and mind/body awareness. In the Friday class, more emphasis is on Pilates fundamentals and basic exercises for beginners.

Restorative Yoga

A pleasant way to relax and create balance in life. Use bolsters, blocks, and blankets to experience the benefits of a passive practice. Allows release of effort that encourages calmness, tranquility, and connecting with self-healing.

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.

Spin & Tone

Includes the same workout challenge that other group spin classes offer, but with an additional toning segment either throughout the class or at the end. Great for cardiovascular training and total body strengthening.

Strength & Stretch

A unique fitness program for strengthening and lengthening muscles. Designed to unlock the body and heal pain, this full body workout helps participants improve posture, too. Let's get more flexible, limber and mobile!

Swiss Theraball

Enjoy gentle, effective, low-impact exercise on a Theraball. Improve balance, endurance, flexibility, and strength with this relaxing routine. Theraballs provided.

T'ai Chi Chih

A moving meditation that circulates and balances the internal energy of the body also known as Chi. Gain better balance, improved health and well-being, increased flexibility and strength, inner peace, and joy. The movements can be done by anyone regardless of age or physical condition.

Beginner I - An introduction to the first half of the movements

Beginner II - An introduction to the second half of the movements (Must Complete Beginner I)

Intermediate - Deepening into the movements with a guided practice (Must complete Beginner I & II)

Advanced - Deepening into the movements with a silent full practice (Must complete Beginner I & II)

Tai Chi & Qigong

Introduction to the art of Tai Chi Chuan with health cultivation exercises that make up the basis of the long Yang style form.

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.

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.

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.

Yoga, Beginner

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

Yoga, Advanced Beginner

Previous yoga experience expected, with modifications offered for varying levels. Release stress and improve balance, flexibility, and strength with some difficult poses. Mindfulness and breath techniques offered.

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.

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.

SILVERSNEAKERS

Circuit SilverSneakers

Move through a series of exercises in a circuit format to improve cardiovascular endurance as well as muscular strength and endurance.

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.

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.

WELLNESS PROGRAMS

All wellness programs are designed for those 18 years & up and are held at the Fort Collins Senior Center unless otherwise noted.

The Wheel of Awareness

Learn about Dr. Daniel Siegel's Wheel of Awareness. This tool helps cultivate more focus and presence, and can lead to healthier resilience, reduced stress, and better access to your intuition. UCHHealth Community Health will show you how awareness supports a healthy mind.

9/1	W	2:00-3:30 PM	No Fee	425402-01
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Live Well with Diabetes

Do you or someone you care for have diabetes? Take back control of your health by better managing your diabetes. Light snacks and resource book included. This program does not replace services from a diabetes educator.

9/2-10/7	Th	1:00-3:30 PM	No Fee	425407-01
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Am I Hungry? Mindful Eating Workshop

Learn how to be in charge of your eating instead of feeling out of control. Practice eating the foods you love without overeating or guilt and improve mindless and emotional eating. Taught by a UCHHealth Dietitian and Mindfulness practitioner.

9/7-10/26	Tu	4:30-6:00 PM	\$66	425409-01
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No Cost Shoes + Medical Equipment

For Seniors on Medicare to learn how to get things that they would normally have to pay all or part of at no cost. Diabetic and Ortho shoes, walkers, canes, braces for back knee and hip etc.

9/8	W	10:00-11:00 AM	No Fee	425412-01
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Living with Low Vision: Challenges and Solutions

Learn about changes in vision as we age, common eye disorders and how they affect vision loss, and an introduction to low vision rehabilitation. Presented by Ensign Staff.

9/14	Tu	10:00-10:00 AM	No Fee	425417-01
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Enhance Wellness Nutrition

These monthly classes cover a variety of trending nutrition topics and answer all of your nutrition and food related questions. Taught by UCHHealth Registered Dietitian, Deanna O'connell.

9/20	M	1:00-2:00 PM	No Fee	425410-01
10/18	M	1:00-2:00 PM	No Fee	425410-02
11/15	M	1:00-2:00 PM	No Fee	425410-03

Get Your Advanced Directives Done

Do you know who would speak for yourself in a medical emergency if you could not speak for yourself? Learn about medical health care directives and the importance of end-of-life discussions. Notary assistance and supportive tools provided in class to help you get your advance directives for health care done.

9/21	Tu	2:00-3:30 PM	No Fee	425408-01
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Death Happens - What to Know and Expect

Learn how to prepare for an unexpected death and what comes after. Panel includes first responders, police, county Coroner, Goes Funeral, Charter Home Care and Hospice, Alzheimer's Association, and Advance Care Planning Professionals from the UCHHealth Aspen Club and Health District of Northern Larimer County.

9/22	W	10:00 AM-Noon	No Fee	425403-01
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Palliative Care & Advance Care Planning

Palliative care is specialized medical care for people living with a serious illness with a focus on symptom relief and quality of life. Advance Care Planning goes hand in hand with palliative care as it helps you think about what matters to you.

9/27	M	2:30-4:00 PM	No Fee	425404-01
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Neurofeedback for All

Learn about NeuroOptimal® Neurofeedback. It is safe, gentle brain training for all. Train your brain to be its most flexible, resilient, and efficient. Each participant will experience two sessions during class times.

10/6-10/27	W	4:00-6:00 PM	\$101	425401-01
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Do you Have Droopy Eyelids?

When you look in the mirror, do you see sleepy looking eyes? Does the skin and muscles around your upper eyelids sag or cover your pupil? This could be ptosis, a fancy term for droopy eyelids. UCHHealth Plastic and Reconstructive Surgery, will discuss treatment and management of ptosis.

10/19	Tu	5:30-7:00 PM	No Fee	425405-01
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Facing Your Fears: Straight Talk About Dying Process

Are you curious about the natural changes that may accompany dying? Join us for an informative session that gently describes the physical changes and the awesome mystery of dying. Facilitated discussion and video presentation by The Larimer Advance Care Planning Program.

10/27	W	10:00-11:30 AM	No Fee	425414-01
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Death Cafe

An opportunity to demystify the topic of death and engage in thoughtful and respectful conversation. This is not a bereavement or grief group, and there is no set agenda. Provided by Larimer Advance Care Planning Program.

11/3	W	1:00-2:00 PM	No Fee	425413-01
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The Conversation Project

The Conversation Project is a public engagement initiative with a goal that is both simple and transformative: to help everyone talk about their wishes for care through the end of life, so those wishes can be understood and respected. Learn how to share what matters to you with those you care about.

11/16	Tu	3:00-4:30 PM	No Fee	425411-01
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High Intensity Interval Training (HIIT) - A Safe Option for Older Adults

Community health educator and ACE certified personal trainer, JoAnn Herkenhoff, will help you up your intensity game to improve your aerobic capacity, elevate the hormones that promote muscle growth to aid in activities of daily living (ADL), and help manage a healthy body weight.

11/30	Tu	10:30-11:30 AM	No Fee	425406-01
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SERVICES

Cholesterol, Blood Pressure & Glucose Testing ^{NW}

Meet one-on-one with a registered nurse for a 25-minute appointment focusing on heart health. Includes a finger stick test with immediate results for the total cholesterol panel, glucose and blood pressure check with an explanation and discussion of test results. Register by calling the Health District at 970.224.5209. Note: Free for Health District Residents, \$15 for non-residents

9/9, 9/14, 9/22	7:45-11:00 AM
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Blood Pressure Checks ^{NW}

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.

9/13, 10/11, 11/8	M	10:00 AM-Noon	No Fee
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Arthritis Quarterly Education ^{NW}

Today, joint replacement surgery is not your only option for relief of chronic joint pain. Learn about current joint preservation and repair options. Both nonsurgical and surgical joint preservation techniques help us delay or prevent degenerative conditions like osteoarthritis that affect the joints. Provided by UCHHealth Aspen Club. Register by calling 970.495.8560.

11/8	M	11:30-1:00 PM	No Fee
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LEGEND



Classes in which adults are required to attend



Denotes no web registration for program



Denotes program/activity has special membership pricing

ICE SKATING

Learn to Skate USA

Anyone enrolled in the Learn to Skate program at EPIC is eligible to sign up for membership in the United States Figure Skating (USFS) program 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 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 their shoes on. EPIC's rental skates are available free of charge.

The 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 classes is 5 students; class levels may be combined to meet this minimum.

Skating lessons are 30-minutes in length with a 15-minute practice time, which may be before or after the lesson depending on scheduling.

Instructors have time in between classes to talk to parents and address their concerns. Be aware that some levels need to be repeated to master 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 waiting list. We attempt to accommodate the demand for skating lessons by adding new classes, however they may not be at the same time/day as the waiting list class.

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.

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. Visit fcgov.com/aro for more details.

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 for a current schedule. See page 8 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 service available.

TEAM & CLUB CONTACTS

Adult Hockey

Fort Collins Hockey League, fchl.org

College Hockey

Colorado State University, csuhockey.com

High School Hockey

High Plains Hockey, highplainshockey.com

Women's Hockey

Flames/Phoenix/Comets/Hot Flashes, wachockey.com

Youth Hockey

Northern Colorado Youth Hockey, ncyh.org

Curling

Poudre Valley Curling Club, poudrevalleycurling.com

Figure Skating Club

Fort Collins Figure Skating Club, fortcollinsfsc.org

ADULT SKATING

Adult Skate, Beginner & Intermediate

Designed for those with little or no previous experience on ice. See descriptions for Youth Ice Skating, Basic 14 for skills taught. Helmets are strongly recommended for beginners. Note: Session will not be held on 11/25.

Age: 16 years & up

8/26-9/16	Th	6:15-6:45 PM	\$41	410349-01
9/23-10/14	Th	6:15-6:45 PM	\$41	410349-02
10/21-11/11	Th	6:15-6:45 PM	\$41	410349-03
11/18-12/16	Th	6:15-6:45 PM	\$41	410349-04

Adult Skate, Advanced

Designed for experienced skaters wishing to learn new skills. See descriptions for Youth Ice Skating, Basic 56 for skills taught. Note: Session will not be held on 11/25.

Age: 16 years & up

8/26-9/16	Th	6:45-7:15 PM	\$45	410353-01
9/23-10/14	Th	6:45-7:15 PM	\$45	410353-02
10/21-11/11	Th	6:45-7:15 PM	\$45	410353-03
11/18-12/16	Th	6:45-7:15 PM	\$45	410353-04

Fitness Skate

Intermediate to advanced skaters benefit from this aerobic exercise. Not discountable. 10 or 20 Admission Passes are available. Note: Session will not be held on 9/24, 10/22, & 11/25.

Age: 16 years & up

8/16-11/30	M-F	11:15 AM-1:00 PM	\$6	
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Senior Coffee Club

For older adults interested in social skating. Drop-in fees apply. Note: Adults ages 85 years & up are eligible for the Platinum Pass. Ask the front desk for details.

Age: 60 years & up

8/18-11/24	W	9:15-10:45 AM		
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HOCKEY

Cub Hockey, Beginner

Focus on basic hockey and skating skills. Practice is held on Tuesdays; recreational games are held on Thursdays. Rental skates included; sticks available for purchase at equipment check-out for \$12. Prerequisite: Snowplow Sam 1 & 2 or Basic 1 Skate. Note: Equipment handout is Thursday, 9/9 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

9/14-11/18	Tu,Th	4:15-5:00 PM	\$256	410372-01
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Power Skating Drop-In

Hockey skaters develop power, agility, and endurance. Program developed by two-time Olympic speed skater, Jondon Trevena. Full hockey gear required. Registration begins at 7 a.m. the day of each session. To register, visit fcgov.com/epic.

Age: 9-17 years

8/18-11/17	W	5:30-6:15 PM	\$14	
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Hockey Drop-In

Pick-up hockey game. Full equipment required. Registration begins at 7 a.m. the day of each session. To view schedule or register, visit fcgov.com/epic. Not discountable. Goalies must call the front desk to reserve a spot at 970-221-6683.

Age: 16 years & up

8/16-11/30	M-F	11:15 AM-12:45 PM	\$5	
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Stick & Puck Drop-In

Open session for working on hockey skills. Hockey specific helmet, gloves, stick, and shin guards required. Full equipment recommended for younger skaters. Pucks not provided, games and drills not allowed. Not discountable. Rules are posted in each arena. Registration begins at 7 a.m. the day of each session. To view schedule or register, visit fcgov.com/epic.

Age: All

8/21-11/28	Sa,Su	3:45-4:45 PM	\$5	
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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: Sessions will not be held on 11/23, 11/25, & 11/27.

Age: 4-5 years

8/24-9/16	Tu,Th	4:45-5:15 PM	\$81	410302-01
8/24-9/16	Tu,Th	9:30-10:00 AM	\$81	410302-02
9/11-10/16	Sa	10:30-11:00 AM	\$61	410302-03
9/21-10/14	Tu,Th	4:45-5:15 PM	\$81	410302-04
9/21-10/14	Tu,Th	9:30-10:00 AM	\$81	410302-05
10/19-11/11	Tu,Th	4:45-5:15 PM	\$81	410302-06
10/19-11/11	Tu,Th	9:30-10:00 AM	\$81	410302-07
10/23-12/11	Sa	10:30-11:00 AM	\$71	410302-08
11/16-12/16	Tu,Th	4:45-5:15 PM	\$81	410302-09
11/16-12/16	Tu,Th	9:30-10:00 AM	\$81	410302-10

Snowplow Sam 3 & 4

Learn to march forward across ice, forward one-foot glide, two foot turns, rocking horse, forward swizzles, snowplow stop, two-foot hop, and backward wiggles. Prerequisite: Successful completion of Snowplow Sam 1 & 2. Note: Sessions will not be held on 11/23, 11/25, & 11/27.

Age: 4-5 years

8/24-9/16	Tu,Th	4:45-5:15 PM	\$81	410304-01
8/24-9/16	Tu,Th	9:30-10:00 AM	\$81	410304-02
9/11-10/16	Sa	10:30-11:00 AM	\$61	410304-03
9/21-10/14	Tu,Th	4:45-5:15 PM	\$81	410304-04
9/21-10/14	Tu,Th	9:30-10:00 AM	\$81	410304-05
10/19-11/11	Tu,Th	4:45-5:15 PM	\$81	410304-06
10/19-11/11	Tu,Th	9:30-10:00 AM	\$81	410304-07
10/23-12/11	Sa	10:30-11:00 AM	\$71	410304-08
11/16-12/16	Tu,Th	4:45-5:15 PM	\$81	410304-09
11/16-12/16	Tu,Th	9:30-10:00 AM	\$81	410304-10

Basic 1 Skate

For skaters who have never skated before. Learn to sit and stand up, to march forward, two-foot glide, glide with dip, forward two-foot swizzles, two-foot snowplow stop, two-foot hop, wiggles, and introduction to forward one-foot glide. Note: Sessions will not be held on 11/23, 11/25, & 11/27.

Age: 5-15 years

8/24-9/16	Tu,Th	4:45-5:15 PM	\$81	410306-01
8/24-9/16	Tu,Th	10:00-10:30 AM	\$81	410306-02
9/11-10/16	Sa	10:30-11:00 AM	\$55	410306-03
9/13-10/25	M	4:00-4:30 PM	\$71	410306-04
9/13-10/25	M	4:30-5:00 PM	\$71	410306-05
9/21-10/14	Tu,Th	4:45-5:15 PM	\$81	410306-06
9/21-10/14	Tu,Th	10:00-10:30 AM	\$81	410306-07
10/19-11/11	Tu,Th	4:45-5:15 PM	\$81	410306-08
10/19-11/11	Tu,Th	10:00-10:30 AM	\$81	410306-09
10/23-12/11	Sa	10:30-11:00 AM	\$71	410306-10
11/1-12/13	M	4:00-4:30 PM	\$71	410306-11
11/1-12/13	M	4:30-5:00 PM	\$71	410306-12
11/16-12/16	Tu,Th	4:45-5:15 PM	\$81	410306-13
11/16-12/16	Tu,Th	10:00-10:30 AM	\$81	410306-14

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. Visit fcgov.com/aro for more details.

LEGEND



Classes in which adults are required to attend



Denotes no web registration for program



Denotes program/activity has special membership pricing

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 and never skated. Note: Sessions will not be held on 11/23, 11/25, & 11/27.

Age: 5-15 years

8/24-9/16	Tu,Th	4:45-5:15 PM	\$81	410310-01
8/24-9/16	Tu,Th	10:00-10:30 AM	\$81	410310-02
9/11-10/16	Sa	10:30-11:00 AM	\$61	410310-03
9/13-10/25	M	4:00-4:30 PM	\$71	410310-04
9/13-10/25	M	4:30-5:00 PM	\$71	410310-05
9/21-10/14	Tu,Th	4:45-5:15 PM	\$81	410310-06
9/21-10/14	Tu,Th	10:00-10:30 AM	\$81	410310-07
10/19-11/11	Tu,Th	4:45-5:15 PM	\$81	410310-08
10/19-11/11	Tu,Th	10:00-10:30 AM	\$81	410310-09
10/23-12/11	Sa	10:30-11:00 AM	\$71	410310-10
11/1-12/13	M	4:00-4:30 PM	\$71	410310-11
11/1-12/13	M	4:30-5:00 PM	\$71	410310-12
11/16-12/16	Tu,Th	4:45-5:15 PM	\$81	410310-13
11/16-12/16	Tu,Th	10:00-10:30 AM	\$81	410310-14

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: Sessions will not be held on 11/23, 11/25, & 11/27.

Age: 5-15 years

8/24-9/16	Tu,Th	4:45-5:15 PM	\$81	410314-01
8/24-9/16	Tu,Th	10:30-11:00 AM	\$81	410314-02
9/11-10/16	Sa	9:30-10:00 AM	\$61	410314-03
9/21-10/14	Tu,Th	4:45-5:15 PM	\$81	410314-04
9/21-10/14	Tu,Th	10:30-11:00 AM	\$81	410314-05
10/19-11/11	Tu,Th	4:45-5:15 PM	\$81	410314-06
10/19-11/11	Tu,Th	10:30-11:00 AM	\$81	410314-07
10/23-12/11	Sa	11:15-11:45 AM	\$71	410314-08
11/16-12/16	Tu,Th	4:45-5:15 PM	\$81	410314-09
11/16-12/16	Tu,Th	10:30-11:00 AM	\$81	410314-10

Basic 4 Skate

Learn stroking with power, backward one-foot glide, forward inside and outside edge on a circle, forward crossovers, backward pumps, and two-foot spin. Prerequisite: Successful completion of Basic 3. Note: Sessions will not be held on 11/23, 11/25, & 11/27.

Age: 5-15 years

8/24-9/16	Tu,Th	4:45-5:15 PM	\$81	410316-01
8/24-9/16	Tu,Th	10:30-11:00 AM	\$81	410316-02
9/11-10/16	Sa	10:30-11:00 AM	\$61	410316-03
9/21-10/14	Tu,Th	4:45-5:15 PM	\$81	410316-04
9/21-10/14	Tu,Th	10:30-11:00 AM	\$81	410316-05
10/19-11/11	Tu,Th	4:45-5:15 PM	\$81	410316-06
10/19-11/11	Tu,Th	10:30-11:00 AM	\$81	410316-07
10/23-12/11	Sa	10:30-11:00 AM	\$71	410316-08
11/16-12/16	Tu,Th	4:45-5:15 PM	\$81	410316-09
11/16-12/16	Tu,Th	10:30-11:00 AM	\$81	410316-10

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: Sessions will not be held on 11/23, 11/25, & 11/27.

Age: 5-15 years

8/24-9/16	Tu,Th	5:30-6:00 PM	\$81	410318-01
9/11-10/16	Sa	11:15-11:45 AM	\$61	410318-02
9/21-10/14	Tu,Th	5:30-6:00 PM	\$81	410318-03
10/19-11/11	Tu,Th	5:30-6:00 PM	\$81	410318-04
10/23-12/11	Sa	11:15-11:45 AM	\$71	410318-05
11/16-12/16	Tu,Th	5:30-6:00 PM	\$81	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: Sessions will not be held on 11/23, 11/25, & 11/27.

Age: 5-15 years

8/24-9/16	Tu,Th	5:30-6:00 PM	\$81	410322-01
9/11-10/16	Sa	11:15-11:45 AM	\$61	410322-02
9/21-10/14	Tu,Th	5:30-6:00 PM	\$81	410322-03
10/19-11/11	Tu,Th	5:30-6:00 PM	\$81	410322-04
10/23-12/11	Sa	11:15-11:45 AM	\$71	410322-05
11/16-12/16	Tu,Th	5:30-6:00 PM	\$81	410322-06

Field Moves

Learn pre-preliminary and preliminary moves in the field. Learn stroking, crossovers, forward and backward outside and inside consecutive edges, waltz eight, straight line spiral, figure eight crossovers, right and left three turns, consecutive spirals, and alternating three turns. Note: Session will not be held on 11/23.

Age: 5-15 years

8/24-9/14	Tu	6:15-6:45 PM	\$45	410330-01
9/21-10/12	Tu	6:15-6:45 PM	\$45	410330-02
10/19-11/9	Tu	6:15-6:45 PM	\$45	410330-03
11/16-12/14	Tu	6:15-6:45 PM	\$45	410330-04

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: Sessions will not be held on 11/23, 11/25, & 11/27.

Age: 5-15 years

8/24-9/16	Tu,Th	5:15-6:00 PM	\$133	410326-01
9/11-10/16	Sa	9:30-10:15 AM	\$100	410326-02
9/21-10/14	Tu,Th	5:15-6:00 PM	\$133	410326-03
10/19-11/11	Tu,Th	5:15-6:00 PM	\$133	410326-04
10/23-12/11	Sa	9:30-10:15 AM	\$117	410326-05
11/16-12/16	Tu,Th	5:15-6:00 PM	\$133	410326-06

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: Sessions will not be held on 11/23, 11/25, & 11/27.

Age: 5-15 years

8/24-9/16	Tu,Th	5:15-6:00 PM	\$133	410332-01
9/11-10/16	Sa	9:30-10:15 AM	\$100	410332-02
9/21-10/14	Tu,Th	5:15-6:00 PM	\$133	410332-03
10/19-11/11	Tu,Th	5:15-6:00 PM	\$133	410332-04
10/23-12/11	Sa	9:30-10:15 AM	\$117	410332-05
11/16-12/16	Tu,Th	5:15-6:00 PM	\$133	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: Sessions will not be held on 11/23, 11/25, & 11/27.

Age: 5-15 years

8/24-9/16	Tu,Th	5:15-6:00 PM	\$133	410334-01
9/11-10/16	Sa	9:30-10:15 AM	\$100	410334-02
9/21-10/14	Tu,Th	5:15-6:00 PM	\$133	410334-03
10/19-11/11	Tu,Th	5:15-6:00 PM	\$133	410334-04
10/23-12/11	Sa	9:30-10:15 AM	\$117	410334-05
11/16-12/16	Tu,Th	5:15-6:00 PM	\$133	410334-06

Free Skate 5 & 6

Focus on backward outside three-turn mohawk, five-step mohawk sequence, camel spin, waltz jump-loop jump combination, forward power pull, creative step sequence, camel-sit spin combination, layback or attitude spin, waltz jump-half loop-salchow jump sequence, and axel. For a detailed description of skills, see the Learn-to-Skate bulletin board. Note: Sessions will not be held on 11/23, 11/25, & 11/27.

Age: 5-15 years

8/24-9/16	Tu,Th	5:15-6:00 PM	\$133	410336-01
9/11-10/16	Sa	9:30-10:15 AM	\$100	410336-02
9/21-10/14	Tu,Th	5:15-6:00 PM	\$133	410336-03
10/19-11/11	Tu,Th	5:15-6:00 PM	\$133	410336-04
10/23-12/11	Sa	9:30-10:15 AM	\$117	410336-05
11/16-12/16	Tu,Th	5:15-6:00 PM	\$133	410336-06

LEGEND

Classes in which adults are required to attend



Denotes no web registration for program



Denotes program/activity has special membership pricing

OUTDOOR RECREATION & EDUCATION

Designed for adults 18 years & up, unless otherwise noted, who wish to get into the outdoors with experienced guides. Guides carry inReach GPS positioning in case of emergencies and are Wilderness First Aid certified. All participants must follow guide instructions while on the trail.

Vans depart and return to the Fort Collins Senior Center and are equipped with AEDs. Participants are required to provide their own equipment, water, food, and park entrance costs (\$25 for RMNP or a park pass). All participants are encouraged to use trekking poles which can be provided upon request. Participants must be in good health and capable of moderate physical activity and meet the distance and elevation requirement associated with each outing. Each participant is also required to provide an emergency contact. Please note that destination of outings and turnaround times may change due to weather, trail conditions, or other factors at the discretion of the program coordinator prior to the program or day of at the discretion of the guides.

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.

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. Visit fcgov.com/aro for more details.

Activity Classification

Please carefully read through our new outing descriptions and contact outdoor@fcgov.com with any questions.

-  Class A: Outings with 0-500 ft. in elevation change.
-  Class B: Outings with 500-1,000 ft. in elevation change.
-  Class C: Outings with 1,000-2,000 ft. in elevation change.
-  Class D: Outings over 2,000 ft. in elevation change.

EXAMPLE

[DAY HIKES: LEVEL 2]

Outings up to 5 miles. Pace ranges from 1-2 mph and is dependent on the individual.

Zimmerman Lake

Beautiful views of Neota Wilderness Area. Peaceful trail on an old logging road. Note: Mileage: 4-5; lowest elevation: 10,026 ft.; highest elevation: 10,479 ft.

Example	Tu	7:00 AM-4:00 PM	\$40
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B.O.O.T.S

Building on Outdoor Trail Stewardship (B.O.O.T.S.) is a club to get out there, get dirty, be active, and have fun. Experience new social opportunities in the outdoors on various dates and times. Dip your toe in the great outdoors and start locally with a B.O.O.T.S. instructor to guide you. Attend the quarterly kickoff meeting to learn more about club membership and activities. For more information, including a schedule of upcoming events, visit fcgov.com/outdoorrecreation.

B.O.O.T.S. Quarterly Kickoff Meeting

Learn about the City of Fort Collins hiking club, B.O.O.T.S. at the kickoff meeting to discusses benefits and registration.

Location: Senior Center

9/13	M	2:00-3:00 PM	No Fee	411931-01
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B.O.O.T.S. Quarterly Membership

Once registered, participants choose hikes, stewardship, and education events to attend (listed below). After registration, the B.O.O.T.S. coordinator will contact club members to welcome them to the group.

9/1-11/30	M	8:00-10:00 AM	\$30	411930-01
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B.O.O.T.S. Education

Fall education opportunities TBD. Information will be emailed to group members prior to event.

11/1	M	8:00-10:00 AM		411933-01
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B.O.O.T.S. Hikes

Red Fox Meadows

9/27	M	8:00-10:00 AM	No Fee	411932-01
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Environmental Learning Center

10/11	M	8:00-10:00 AM	No Fee	411932-02
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Pineridge Natural Area

10/18	M	8:00-10:00 AM	No Fee	411932-03
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Fossil Creek Reservoir

10/25	M	8:00-10:00 AM	No Fee	411932-04
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Red Mountain Open Space

11/1	M	8:00-10:00 AM	No Fee	411932-05
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Cathy Fromme Natural Area

11/8	M	8:00-10:00 AM	No Fee	411932-06
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Devil's Backbone

11/15	M	8:00-10:00 AM	No Fee	411932-07
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Gateway Natural Area

11/22	M	8:00-10:00 AM	No Fee	411932-08
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B.O.O.T.S. Stewardship

Fall stewardship opportunities TBD. Information will be emailed to group members prior to event.

10/4	M	8:00-10:00 AM	No Fee	411934-01
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DAY HIKES**[LEVEL 2]****Emerald Lake**

Hike to one of Rocky Mountain National Park's scenic gems. Mileage: 3-5; Lowest Elevation: 9,400 feet; Highest Elevation: 10,100 feet.

Location: Senior Center

9/8	W	7:00 AM-4:00 PM	\$40	411902-01
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[LEVEL 3]**West Creek**

Hike along the scenic North Boundary trail in RMNP with a detour to the majestic West Creek Falls. Mileage: 4-6; Lowest Elevation: 7,630 feet; Highest Elevation: 8,130 feet.

9/22	W	6:30 AM-4:00 PM	\$45	411903-01
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Gem Lake

Weave through some of the many rugged rock outcroppings of Lumpy Ridge and take in the sweeping views of Estes Park and the surrounding mountains on the way to this hidden gem. Mileage: 5-7; Lowest Elevation: 7,760 feet; Highest Elevation: 8,860 feet.

10/6	W	8:00 AM-4:00 PM	\$45	411903-02
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EDUCATION**Fly Fishing, Beginner**

Prepare to hit the water with confidence in this waterless fly fishing class. Learn various fly types, fish eating habits, rods, fly lines, hands on knot tying, and fishing etiquette. At the end, practice casting. Cost is per person.

Age: 10 years & up

Location: City Park, corner of W. Mulberry and Jackson Ave.

9/11	Sa	10:00 AM-Noon	\$40	411971-01
9/25	Sa	10:00 AM-Noon	\$40	411971-02
10/9	Sa	10:00 AM-Noon	\$40	411971-03
10/23	Sa	10:00 AM-Noon	\$40	411971-04
11/13	Sa	10:00 AM-Noon	\$40	411971-05
11/27	Sa	10:00 AM-Noon	\$40	411971-06

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.

Location: Senior Center

9/10	F	9:00-11:00 AM	\$10	411980-01
9/24	F	9:00-11:00 AM	\$10	411980-02
10/8	F	9:00-11:00 AM	\$10	411980-03
10/22	F	9:00-11:00 AM	\$10	411980-04
11/5	F	9:00-11:00 AM	\$10	411980-05
11/19	F	9:00-11:00 AM	\$10	411980-06

Wilderness First Aid

Learn skills for short- and long-term management of injury, medical emergencies, and conditions when definitive care is more than one hour away. Field day focuses on hands-on scenarios and techniques needed to stabilize the victim and others in the group. ECSI Certificate emailed at the end of class.

Age: 14 years & up

Location: Foothills Activity Center

10/16-10/23	Sa	9:00 AM-5:00 PM	\$156	411960-01
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LEGEND

Classes in which adults are required to attend



Denotes no web registration for program



Denotes program/activity has special membership pricing

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, an additional 2 bags clay can be purchased at the studio for \$24 per 25 lbs. Only clay 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 this session. Glazes, slips, stains, and underglazes are provided. Specialty tools and higher end hand tools are also available for purchase.

All work must be accomplished at the Pottery Studio.

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

Rentals are available. For more information, contact Sarah Olear at solear@fcgov.com.

The Pottery Studio will only hold on to finished pieces for one session after a completed program. Any remaining pieces will be disposed of.

Summer pick-up date is 9/11 from 1 p.m.-3 p.m.

Fall pick-up dates are 12/11 & 12/18 from 11 a.m. -2 p.m.

NEW this season – Mini Sessions! Join us for 5-week sessions, rather than the usual 10, to try something new and test out different classes. For fall programming, a 5-week mini session runs from November to December, perfect timing for holiday gifts! Prices and dates vary.

Pottery Lab

Lab is included for adult students who are currently enrolled in a 10-week class and is intended for practicing or finishing work in progress.

Adults who have taken a 10-week class at the Pottery Studio may register as a lab student. This is a recreational and educational facility; production work is not permitted. Staff is in attendance, but no formal instruction is provided. Lab fee includes 25 lbs. of clay. Lab hours are for adults only.

M-Su: 11:00 AM-2:00 PM

T & Th: 7:30-10:00 PM

9/07-10/11	\$90	404899-01
10/12-11/15	\$90	404899-02

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. Visit fcgov.com/aro for more details.

ADULT PROGRAMS

Programs are designed for those 18 years & older unless otherwise noted.

Creative Clay Craft

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

9/10-11/12	F	9:00-11:00 AM	\$180	404885-01
Mini Session				
11/16-12/14	Tu	11:00 AM-2:00 PM	\$135	404885-02

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, integrated with design and shape relationships. All levels welcome.

9/9-11/11	Th	6:00-8:00 PM	\$180	404875-01
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Holiday Tile

Make personal and unique holiday decorations, such as Santa centerpieces, holly trivets, ornaments, seasonal cookie plates and more. Six classes, no lab time. Note: Class is held Wednesdays and Sundays and will not be held on 11/24 & 11/28.

11/17-12/08	W	6:00-9:00 PM	\$126	404826-01
11/21-12/12	Su	9:00 AM-Noon		

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.

9/7-10/5	Tu	2:00-4:00 PM	\$90	404877-01
9/9-10/07	Th	2:00-4:00 PM	\$90	404877-02
9/11-10/09	Sa	9:00-11:00 AM	\$90	404877-03
10/12-11/9	Tu	2:00-4:00 PM	\$90	404877-04
10/14-11/11	Th	2:00-4:00 PM	\$90	404877-05
10/16-11/13	Sa	9:00-11:00 AM	\$90	404877-06

Mini Session

11/22-12/20	M	12:30-3:30 PM	\$135	404877-07
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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.

9/12-10/10	Su	2:00-4:00 PM	\$70	404870-01
9/12-10/10	Su	4:30-6:30 PM	\$70	404870-02
10/17-11/14	Su	2:00-4:00 PM	\$70	404870-03
Mini Session				
11/21-12/19	Su	3:30-5:30 PM	\$70	404870-04

Raku: Make & Fire

Learn American style Raku wheel or handbuilding. Work in wet clay the first week and then move into firing and glazing. Use hands-on contemporary exploration of the forming and firing process first used by Japanese potters. Note: No experience necessary. All tools and supplies provided.

Age: 16 years & up

11/22-12/20	M	6:00-9:00 PM	\$135	404895-01
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Wheel & Handbuilding, Beginner

Designed for beginners. Learn about clay, tools, and glazing. Learn the basic skills, techniques, and principles involved in pottery. Note: Optional tool kit available for \$13 purchase.

9/8-11/10	W	8:00-10:00 PM	\$180	404850-01
9/11-11/13	Sa	9:00-11:00 AM	\$180	404850-02
9/13-11/15	M	9:00-11:00 AM	\$180	404850-03
9/13-11/15	M	5:45-7:45 PM	\$180	404850-04

Mini Session

11/16-12/14	Tu	6:00-9:00 PM	\$135	404850-05
11/17-12/15	W	8:00-10:00 PM	\$90	404850-06
11/20-12/18	Sa	11:00 AM-2:00 PM	\$135	404850-07
11/22-12/20	M	9:00 AM-Noon	\$135	404850-08

Wheel & Handbuilding, Beginner +

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

9/8-11/10	W	5:45-7:45 PM	\$180	404855-01
9/9-11/11	Th	9:00-11:00 AM	\$180	404855-02
9/13-11/15	M	8:00-10:00 PM	\$180	404855-03

Mini Session

11/17-12/15	W	5:45-7:45 PM	\$90	404855-04
11/21-12/19	Su	Noon-3:00 PM	\$135	404855-05

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, Plus, or equivalent.

9/7-11/9	Tu	5:30-7:30 PM	\$180	404860-01
9/8-11/10	W	9:00-11:00 AM	\$180	404860-02
9/12-11/14	Su	9:00-11:00 AM	\$180	404860-03

Mini Session

11/17-12/15	W	9:00 AM-Noon	\$135	404860-04
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FAMILY PROGRAMS**Family Raku Workshop Paint & Fire** ^{AC}

Fire and smoke are essential to Raku, which is an interactive firing process that results in a wide variety of colors ranging from metallic coppers and golds to greens, yellow, reds, and blues. No two are ever alike. Glaze one cup, bottle, or bowl on day one, then fire the piece on day two. Note: All supplies provided. Registration cost includes one child and one adult for this Friday and Sunday class. Additional person is \$40.

Age: 7 years & up

9/17 & 9/19	F	6:00-8:00 PM	\$85	404827-01
	Su	2:00-6:00 PM		
10/1 & 10/3	F	6:00-8:00 PM	\$85	404827-02
	Su	2:00-6:00 PM		
11/5 & 11/7	F	6:00-8:00 PM	\$85	404827-03
	Su	2:00-6:00 PM		

Additional Person(s)

9/17 & 9/19	F	6:00-8:00 PM	\$40	404827-01A
	Su	2:00-6:00 PM		
10/1 & 10/3	F	6:00-8:00 PM	\$40	404827-02A
	Su	2:00-6:00 PM		
11/5 & 11/7	F	6:00-8:00 PM	\$40	404827-03A
	Su	2:00-6:00 PM		

Fun Night Out ^{AC}

Have a fun night out on the town as a pair while squishing, rolling, pinching, and painting clay into whimsical and functional shapes. Learn some of the basics of clay. Each week offers a different experience that can be done by the whole family. Note: \$40 Registration costs includes 2 individuals. Each additional person is \$20.

Age: 5 years & up

Pumpkins

9/24	F	7:00-8:30 PM	\$40	404828-01
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Lanterns

10/8	F	7:00-8:30 PM	\$40	404828-02
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Mugs

10/22	F	7:00-8:30 PM	\$40	404828-03
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Birds

10/29	F	7:00-8:30 PM	\$40	404828-04
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Snowflakes

11/5	F	7:00-8:30 PM	\$40	404828-05
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Additional Person(s)

9/24	F	7:00-8:30 PM	\$20	404828-01A
10/8	F	7:00-8:30 PM	\$20	404828-02A
10/22	F	7:00-8:30 PM	\$20	404828-03A
10/29	F	7:00-8:30 PM	\$20	404828-04A
11/5	F	7:00-8:30 PM	\$20	404828-05A

Parent & Tot Mud, Handbuilding AC

Parent and child combine their talents in this unique pottery class. The projects are constantly being varied so it is possible to register for multiple classes. Note: \$90 Registration fee includes one adult and one child. Additional individuals can be purchased for \$45.

Age: 3-6 years

9/7-10/5	Tu	9:30-10:30 AM	\$90	404801-01
9/11-10/9	Sa	12:30-1:30 PM	\$90	404801-02
9/13-10/11	M	2:30-3:30 PM	\$90	404801-03
10/12-11/9	Tu	9:30-10:30 AM	\$90	404801-04
10/16-11/13	Sa	12:30-1:30 PM	\$90	404801-05
10/18-11/15	M	2:30-3:30 PM	\$90	404801-06

Additional Person(s)

9/7-10/5	Tu	9:30-10:30 AM	\$45	404801-01A
9/11-10/9	Sa	12:30-1:30 PM	\$45	404801-02A
9/13-10/11	M	2:30-3:30 PM	\$45	404801-03A
10/12-11/9	Tu	9:30-10:30 AM	\$45	404801-04A
10/16-11/13	Sa	12:30-1:30 PM	\$45	404801-05A
10/18-11/15	M	2:30-3:30 PM	\$45	404801-06A

Mini Session

11/16-12/14	Tu	9:30-10:30 AM	\$90	404801-07
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Additional Person(s)

11/16-12/14	Tu	9:30-10:30 AM	\$45	404801-07A
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Parent, Teen & Youth Wheel & Handbuilding AC

Explore the world of clay together. Make functional pots and whimsical, imaginative clay objects while learning how to use the potter's wheel and handbuilding techniques. Note: \$135 Registration costs includes one adult and one child. Additional persons are \$67.

Age: 10-17 years

9/10-10/8	F	5:00-6:30 PM	\$135	404845-01
10/15-11/12	F	5:00-6:30 PM	\$135	404845-02

Additional Person(s)

9/10-10/8	F	5:00-6:30 PM	\$67	404845-01A
10/15-11/12	F	5:00-6:30 PM	\$67	404845-02A

INCLUSION SUPPORT

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LEGEND

AC

Classes in which adults are required to attend

NW

Denotes no web registration for program

M

Denotes program/activity has special membership pricing



FOUR PAWS
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970-682-2973

www.fourpawspethotel.com

Thrown Together ^{AC}

Explore the basics of wheel forming techniques while working on pottery wheels. Create functional and decorative pottery and learn the basics of wedging, centering, throwing, trimming, surface decorating, and glazing. Registration cost includes one adult and one child. No Additional persons available.

Age: 7 years & up

9/9-10/7	Th	4:15-5:45 PM	\$135	404825-01
9/9-10/7	Th	6:00-7:30 PM	\$135	404825-02
9/11-10/9	Sa	2:30-4:00 PM	\$135	404825-03
10/14-11/11	Th	4:15-5:45 PM	\$135	404825-04
10/14-11/11	Th	6:00-7:30 PM	\$135	404825-05
10/16-11/13	Sa	2:30-4:00 PM	\$135	404825-06

Mini Session

11/20-12/18	Sa	2:30-4:00 PM	\$135	404825-07
11/22-12/20	M	4:00-5:30 PM	\$135	404825-08

YOUTH PROGRAMS**Child Handbuilding**

Create interesting clay projects while learning various methods of forming and glazing. New projects introduced each session.

Age: 6-9 years

9/13-10/11	M	4:00-5:30 PM	\$70	404805-01
10/18-11/15	M	4:00-5:30 PM	\$70	404805-02

Homeschool Clay

Learn clay basics while in homeschool. Basic skills and techniques taught. All tools provided.

Age: 5-14 years

9/8-10/6	W	2:30-4:00 PM	\$70	404812-01
10/13-11/10	W	2:30-4:00 PM	\$70	404812-02

Mini Session

11/17-12/15	W	1:00-3:00 PM	\$70	404812-03
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Teen Wheel & Handbuilding

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

Age: 13-17 years

9/7-10/5	Tu	4:30-6:00 PM	\$83	404815-01
10/12-11/9	Tu	4:30-6:00 PM	\$83	404815-02

Youth Wheel & Handbuilding

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

Age: 9-13 years

9/8-10/6	W	4:30-6:00 PM	\$83	404810-01
9/9-10/7	Th	4:15-5:45 PM	\$83	404810-02
10/13-11/10	W	4:30-6:00 PM	\$83	404810-03
10/14-11/11	Th	4:15-5:45 PM	\$83	404810-04

KIDS IN THE PARK

**SUNDAY,
SEPTEMBER 26**
10 a.m. - 2 p.m.
Twin Silo Park

Presented by First National Bank

fcgov.com/kidsinthepark

Auxiliary aids and services are available for persons with disabilities. V/TDD: 711 21-23344

SPECIAL EVENTS

Grandparents Day ^{NW}

Celebrate National Grandparents Day at The Farm! Grandparents (50 years & older) are welcome for free, all others pay regular admission to The Farm.

Location: The Farm

9/12	Su	Noon-4:00PM
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Kids Night In

Kids will enjoy a fun night in at the Northside Aztlan Center while family members run errands, get caught up on chores, or enjoy a night out free of kids.

Ages: 5-11 years

Location: Northside Aztlan Center

9/24	F	5:00-9:00 PM	\$60	415558-01
10/22	F	5:00-9:00 PM	\$60	415558-02
11/19	F	5:00-9:00 PM	\$60	415558-03
12/17	F	5:00-9:00 PM	\$60	415558-04

Kids in the Park ^{NW}

Encourage kids to get outside and play. Learn about new and exciting recreation activities, play in the park, dance to live music, enjoy savory snacks from the food trucks, and of course, fly kites.

Age: All

Location: Twin Silo Park

9/26	Su	10:00 AM-3:00 PM	No Fee
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Get Up to Get Out, Gear Swap ^{NW}

Warm weather outdoor activities are wrapping up while cold weather activities are starting. Peruse local's tables as they sell/trade gently used outdoor equipment. Get the gear to get out in the outdoors at great prices or in trade.

Age: All

Location: Senior Center

Gear Swap

10/16	Sa	10:00 AM-1:00 PM
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Gear Swap: Swapper

Interested in having a table to sell/trade gear? Contact Sarah Olear at solear@fcgov.com.

Pumpkin Patch ^{NW}

Get into the fall season and come to The Farm for yet another reason! Pumpkins will be sold by the pound, head to the barn where they can be found. Note: The Pumpkin Patch will not be open 10/22, 10/23, & 10/24. Note: Pumpkins are sold during open hours at The Farm. However, groups are welcome to reserve a time any day to purchase their pumpkins.

Age: All

Location: The Farm

10/01-10/31	W-Sa	10:00 AM-4:00 PM
10/3-10/31	Su	Noon-4:00 PM

Treatsylvania ^{NW}

Back for its 31st year! The Not-So-Spooky Barn, photo opportunities, trick or treating and hayrides delight families at The Farm Tickets available October 6 at The Farm, EPIC, Northside Aztlan Community Center, and Foothills Activity Center during open hours.

Age: All

Location: The Farm

10/22	F	5:30-7:00 PM	\$5
10/23	Sa	3:00-5:00 PM	\$5
10/24	Su	11:00 AM-1:00 PM	\$5
10/24	Su	2:30-4:30 PM	\$5

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 to 150, please pre-register.

Age: All

Location: Senior Center

11/11	Th	7:00-10:00 AM	No Fee	412456-01
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Holiday Artisan Market ^{NW}

Find uniquely crafted gifts at this premier craft fair. More than 100 artisans and crafters gather to share handmade creations with visitors. As one of the largest craft fairs around, and a Fort Collins tradition with thousands of shoppers in attendance.

Age: All

Location: Senior Center

11/26 & 11/27	F,Sa	10:00 AM-4:00PM	No Fee
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LEGEND



Classes in which adults are required to attend



Denotes no web registration for program

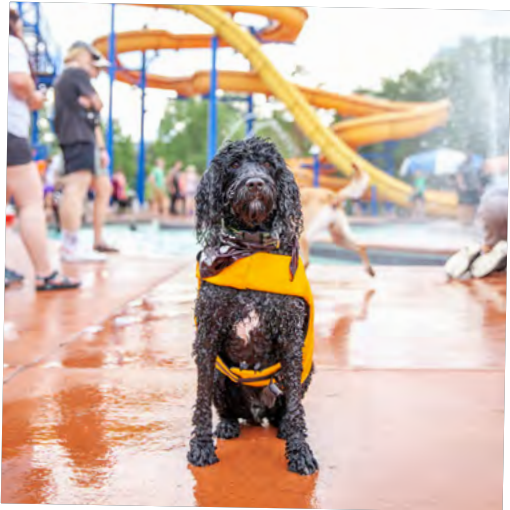


Denotes program/activity has special membership pricing

THANK YOU

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SPORTS

Online Sports Schedules & League Rules

All youth and adult sports schedules and league rules are located online through Team Sideline. Schedules are posted no later than one week prior to the first game of each season. Visit teamsideline.com/fortcollins for current game schedules, league updates, game cancellations, and weather updates.

ADULT SPORTS

Programs are for ages 16 years & up unless otherwise noted. Note: Adult sports team leagues and tournaments for which individuals do not register, but instead register as a team, are not applicable in the reduced fee program.

[BASKETBALL]

Fall Adult Basketball

Teams sign-up for their level preference on a first come basis. Registration ends 9/5. Rosters are unlimited.

Cost: \$459

Date: 9/13–11/1

Men's Monday Competitive	413501-01
Men's Monday Recreational	413501-02
Coed Friday Recreational	413501-03



Sing With Us!

Centennial Children's Chorus

A Choral Music Experience for Kids Grades K-8

ccchome.org
(970) 460-6589

City of Fort Collins
Fort Fund

[FLAG FOOTBALL]

Fall Adult Flag Football

8-on-8 non-contact league. Registration ends 8/13 or when leagues fill; 8 games scheduled.

Location: Rolland Moore Park

Cost: \$445

Date: 8/23–10/25

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. 8 games scheduled.

Location: Rolland Moore Park

Cost: \$270

Date: 8/27–10/22

Friday Competitive	413061-01
Friday Recreational	413061-02

[PICKLEBALL]

Beginner Lessons

For those new to Pickleball or those wanting to refresh basic skills. Classroom and court time to learn rules, scoring, and basics. A perfect introduction to this fun and growing sport.

Location: City Park

9/7–9/14	Tu	8:00–10:00 AM	\$20	424420-01
9/21–9/28	Tu	8:00–10:00 AM	\$20	424420-02

Location: Twin Silo

10/5–10/12	Tu	8:00–10:00 AM	\$20	424420-03
10/19–10/26	Tu	8:00–10:00 AM	\$20	424420-04

Location: Senior Center

11/2–11/9	Tu	8:00–10:00 AM	\$20	424420-05
11/16–11/16	Tu	8:00–10:00 AM	\$10	424420-06

Intermediate Lessons

Enhance skills through practice drills and learning the finer points of play. Note: Ability to demonstrate adequate skills and proficiency at novice play required.

Location: City Park

9/7–9/14	Tu	10:00 AM–12:00 PM	\$20	424421-01
9/21–9/28	Tu	10:00 AM–12:00 PM	\$20	424421-02

Location: Twin Silo

10/5–10/12	Tu	10:00 AM–12:00 PM	\$20	424421-03
10/19–10/26	Tu	10:00 AM–12:00 PM	\$20	424421-04

Location: Senior Center

11/2–11/9	Tu	10:00 AM–12:00 PM	\$20	424421-05
11/16–11/16	Tu	10:00 AM–12:00 PM	\$10	424421-06

[SOFTBALL]

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

II–Competitive, III–Intermediate, IV–Recreational.

Note: The levels of play listed above do not apply to the Coed leagues.

Fall Adult Softball

Opportunity to continue playing softball after the summer leagues conclude. 8 games scheduled; 8 games guaranteed. Registration ends 8/6 or when leagues fill.

Location: TBA

Cost: \$520

Date: 8/22-10/24

Men's Softball

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 IV	413021-07
Thursday III	413021-08
Friday Unlimited HR	413021-09
Friday IV	413021-10

Women's Softball

Tuesday IV	413022-01
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Coed Softball	
Sunday Coed Comp	413023-01
Sunday Coed Rec	413023-02
Tuesday Coed Rec	413023-04
Wednesday Coed Comp	413023-05
Wednesday Coed Rec	413023-06
Thursday Coed Comp	413023-07
Thursday Coed Rec	413023-08

[VOLLEYBALL]

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

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

Fall Adult Volleyball

Coed and women's leagues are offered for 6-person teams. Teams sign up for their level of play and night of preferences on a first come basis. Registration ends 8/15, or when leagues fill. Leagues begin the week of 8/23. 8 games scheduled.

Location: TBD

Cost: \$290

Women's

Sunday B	413542-03
Wednesday A	413542-01
Wednesday BB	413542-02

Coed

Monday BB	413543-01
Monday B	413543-02
Tuesday A	413543-03
Tuesday BB	413543-04
Friday 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 10/22.

Age: 16 years & up

Location: Northside Aztlan Center

Cost: \$145

Date: 11/1-12/15

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

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. Visit fcgov.com/aro for more details.

LEGEND

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

YOUTH SPORTS

Youth Sports General Information

Registration closes approximately two weeks prior to the listed start date of the program.

Teams are split up by staff at random, not by special requests, or registration dates. Special requests are not guaranteed.

Coach meetings are scheduled 1-2 weeks before the program start date. Coaches contact teams directly to establish practice dates and times after the coach meeting.

Tournaments are only played in the middle school divisions of all leagues, except for the bowl games in tackle football.

Outdoor leagues practice on a first-come-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.

Coaching Criteria

All youth sports coaches must know the fundamentals and rules of the sport for which they are coaching. Coach trainings are offered to volunteers; volunteer coaches are expected to attend these meetings to enhance coaching abilities and know the rules and philosophy of the program.

All youth sport coaches who volunteer with the City of Fort Collins must participate in a background check conducted by the City on an annual basis and complete a concussion certification before being approved to coach in any youth sport league. Background checks remain confidential and are valid for one year. Individuals are not permitted to volunteer/instruct until a completed background check has been received and approved by the City of Fort Collins. The City of Fort Collins reserves the right to deny anyone to coach based on the results found in the background check, or any coach that the City does not believe will follow our recreational philosophies.

Volunteer coaches are expected to always act in the best interests of young athletes and agree to follow the guidelines and policies of the City of Fort Collins Recreation Department.

For more information about coaching, contact 970.416.4297.

Online Sports Schedules & League Rules

All youth sports schedules and league rules are located online through Team Sideline. See page 61 for more information.



You Hold the Key, Be Idle Free.

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

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




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

16-1924

[BASKETBALL]

Junior Rams Basketball

All Junior Ram players will receive a reversible Junior Rams jersey for games and two tickets to two pre-selected CSU Basketball games.

Boy's Junior Rams Basketball

Develop teamplay with participation, fun, skills, and sportsmanship; 6 scheduled games with 1 official minimum for each game. Two practices per week with games on Saturdays. Teams are randomly selected. Note: Class will not be held on the week of 11/22.

Cost: \$87

Dates: 10/18-12/11

Grade: Kindergarten-1

Foothills Activity Center	414906-15
Northside Aztlan Center	414906-01
Grade: 2-3	
Bacon	414907-01
Bauder	414907-03
Beattie	414907-05
Bennett	414907-07
Bethke	414907-09
CLP	414907-11
Dunn	414907-13
Eyestone	414907-15
Harris	414907-17
Irish	414907-19
Johnson	414907-21
Kruse	414907-24
Laurel	414907-25
Liberty Common	414907-60
Linton	414907-27
Lopez	414907-29
McGraw	414907-31
O'dea	414907-33
Olander	414907-35
Polaris	414907-36
Putnam	414907-37
Rice	414907-39
Riffenburgh	414907-41
Shepardson	414907-43
Tavelli	414907-45
Timnath	414907-47
Traut	414907-49
Werner	414907-51
Zach	414907-53
Grade: 4-5	
Bacon	414908-01
Bauder	414908-03
Beattie	414908-05
Bennett	414908-06
Bethke	414908-09
CLP	414908-11
Dunn	414908-13

Eyestone	414908-15
Harris	414908-17
Irish	414908-19
Johnson	414908-20
Kruse	414908-22
Laurel	414908-25
Liberty Common	414908-26
Linton	414908-27
Lopez	414908-29
McGraw	414908-31
O'dea	414908-33
Olander	414908-35
Putnam	414908-37
Rice	414908-39
Riffenburgh	414908-41
Shepardson	414908-43
Tavelli	414908-45
Polaris	414908-62
Timnath	414908-47
Traut	414908-49
Werner	414908-51
Zach	414908-53

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 and are randomly formed in the sports office and not by when the players registered. School T-shirt jerseys are provided at practice. Note: Class will not be held the week of 11/22.

Cost: \$87

Dates: 10/18-12/11

Grade: 6

Blevins	414909-01
Boltz	414909-05
CLP	414909-10
Kinard	414909-15
Leshner	414909-20
Lincoln	414909-25
Preston	414909-30
Webber	414909-35
Wellington	414909-40
Grade: 7-8	
Blevins	414910-01
Boltz	414910-05
CLP	414910-10
Kinard	414910-15
Leshner	414910-20
Lincoln	414910-26
Preston	414910-25
Webber	414910-35
Wellington	414910-40

Girls Junior Rams Basketball

Develop teamwork with participation, fun, skills, and sportsmanship; 6 scheduled games with 1 official minimum for each game. Two practices per week with games on Saturdays. Teams are randomly selected.

Cost: \$87

Dates: 1/10–2/26

Grade: Kindergarten–1

Foothills Activity Center	114906-07
Northside Aztlan Center	114906-06

Grade: 2–3

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

Grade: 4–5

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

Girls Middle School Basketball

Develop a sense of team play where participation, fun, skills, and sportsmanship are stressed; winning is secondary. Teams are randomly formed in the sports office and not by when the players registered. Special requests are not guaranteed. Game T-shirt is provided at practice.

Cost: \$87

Date: 1/10–2/26

Grade: 6–8

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

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. Visit fcgov.com/aro for more details.

LEGEND



Classes in which adults are required to attend

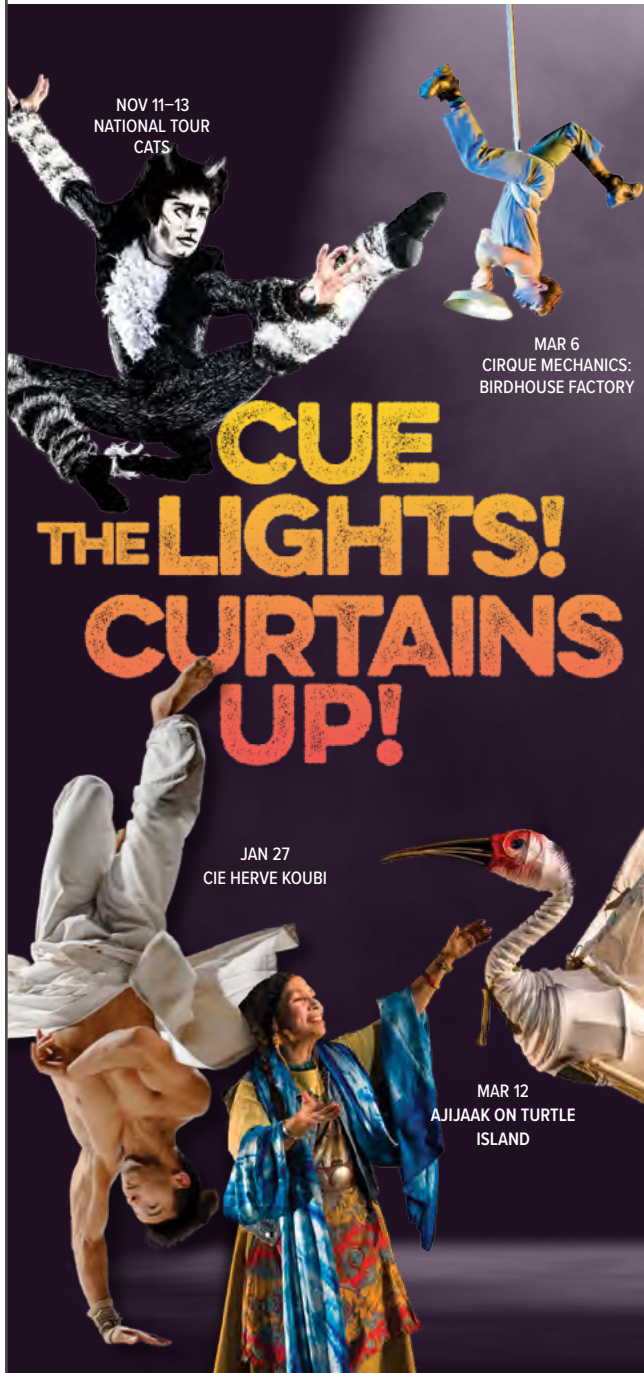


Denotes no web registration for program



Denotes program/activity has special membership pricing

the LINCOLN center
2021 | 2022 SEASON



LCtix.com

Tickets on Sale Sep 15

[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. 7 games and a Junior Rams jersey included.

Cost: \$89

Date: 8/30-10/23

Grade Kindergarten-1

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

Grade 2-3

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

Grade 4-5

Blevins Park	414012-25
City Park	414012-01
Edora Park	414012-03
Fossil Creek Park	414012-05
Greenbriar Park	414012-07
Harmony Park	414012-09
Rolland Moore Park	414012-12
Spring Canyon Park	414012-15
Troutman Park	414012-17
Warren Park	414012-1

Grade 6-8

City Park	414013-01
English Ranch Park	414013-03
Fossil Creek Park	414013-05
Greenbriar Park	414013-07
Rolland Moore Park	414013-09
Spring Canyon Park	414013-11



**PROUD
TO BE**

A JUNIOR RAM



[TACKLE FOOTBALL]

Teams will be formed by the City of Fort Collins and placed in the NOCO Elite league for games. Practices are held 2-3 times per week in Fort Collins, games on Saturday mornings. Games are played in Fort Collins and Loveland. 7 games scheduled.

Equipment Handout

For all ages at Club Tico in City Park Saturday 8/14, 10:30 AM-1:30PM and Monday 8/16, 4:00-6:00PM.

Mouthpieces required; Tackle equipment provided, and the player must be present to be fitted properly.

Cost: \$150

Dates: 8/23-10/30

Grade 3	414017-01
Grade 4	414018-01
Grade 5	414019-01
Grade 6	
Blevins	414020-01
Boltz	414020-05
CLP	414020-10
Kinard	414020-15
Leshar	414020-20
Lincoln	414020-25
Preston	414020-30
Webber	414020-35
Wellington	414020-40

**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
mike@fortcollinsareaswimteam.org
Member of USA Swimming and Colorado Swimming

[MARTIAL ARTS]

Shotokan Karate, Beginner

Introduction to karate, a Japanese martial art form. Students may be divided into groups based on ability. Adults are welcome to participate with their children. Learn basic karate techniques and form before intermediate level.

Age: 7 years & up

Location: Club Tico

9/13-10/13	M,W	6:00-7:00 PM	\$56.50	422122-01
10/18-11/17	M,W	6:00-7:00 PM	\$56.50	422122-02
11/22-12/15	M,W	6:00-7:00 PM	\$45.50	422122-03

Location: Foothills Activity Center

9/13-10/13	M,W	5:00-6:00 PM	\$56.50	422121-01
10/18-11/17	M,W	5:00-6:00 PM	\$56.50	422121-02
11/22-12/15	M,W	5:00-6:00 PM	\$45.50	422121-03

Shotokan Karate, Intermediate

Physical and mental benefits include enhanced physical condition and increased stamina, coordination, confidence, self-esteem, discipline, and concentration. Prerequisite: Completion of Shotokan Karate, Beginner.

Age: 7 years & up

Location: Club Tico

9/13-10/13	M,W	6:00-7:00 PM	\$56.50	422123-01
10/18-11/17	M,W	6:00-7:00 PM	\$56.50	422123-02
11/22-12/15	M,W	6:00-7:00 PM	\$45.50	422123-03

Location: Foothills Activity Center

9/13-10/13	M,W	6:00-7:00 PM	\$56.50	422120-01
10/18-11/17	M,W	6:00-7:00 PM	\$56.50	422120-02
11/22-12/15	M,W	6:00-7:00 PM	\$45.50	422120-03

Shotokan Karate, Advanced

Learn new karate concepts and reinforce the concepts gained in previous classes. Move at a faster pace and develop more advanced techniques.

Age: 7 years & up

Location: Club Tico

9/13-10/13	M,W	7:00-8:00 PM	\$56.50	422124-01
10/18-11/17	M,W	7:00-8:00 PM	\$56.50	422124-02
11/22-12/15	M,W	7:00-8:00 PM	\$45.50	422124-03

Location: Foothills Activity Center

9/13-10/13	M,W	6:00-7:00 PM	\$56.50	422119-01
10/18-11/17	M,W	6:00-7:00 PM	\$56.50	422119-02
11/22-12/15	M,W	6:00-7:00 PM	\$45.50	422119-03

[RUNNING]**Junior Rams- C.A.R.A. Cross Country**

Recreational cross-country program. Practices are held twice per week in various parks around Fort Collins. Meets are held in Front Range cities on Saturday or Sunday each weekend. Fee includes Junior Rams jersey and fees for cross country meets.

Age: 6-14 years

Location: Varies

8/23-10/10	M,W,Sa,Su	5:30-6:45 PM	\$75	414033-01
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[VOLLEYBALL]**Junior Rams Volleyball**

All Junior Ram players receive a reversible Junior Rams jersey for games and two tickets to two pre-selected CSU Volleyball games and a player/coach clinic at CSU.

Develop a sense of team play where participations, fun, skills, and sportsmanship are stressed; winning is secondary. Practices are held 1-2 times per week, matches are Saturday mornings and weeknights. Practice days and times vary. You will hear from the coach the week prior to the program.

Cost: \$87

Date: 9/7-10/23

Grade 2-3	414941-01
Grade 4-5	414942-01

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. Matches are Saturday mornings and occasional weeknights.

Cost: \$87

Date: 9/7-10/23

Grade 6-8

Blevins	414943-01
Boltz	414943-03
CLP	414943-05
Kinard	414943-07
Leshner	414943-09
Lincoln	414943-11
Preston	414943-13
Webber	414943-17
Wellington	414943-19
Mountain Sage	414943-21

[WRESTLING]

Designed for the beginner, as well as the experienced wrestler. Learn the fundamentals and skills of wrestling and compete in interschool dual meets. Wrestling techniques and conditioning will be taught. All participants compete in an end of season tournament. Note: School shirt included.

Date: 1/3-2/19

Cost: \$87

Grade: 1-6

Blevins	114911-01
Boltz	114911-02
CLP	114911-03
Kinard	114911-04
Leshner	114911-05
Lincoln	114911-06
Preston	114911-07
Webber	114911-08
Wellington	114911-09

[YOUNGSTERS]**Amazing Athletes**

Learn the basics of nine different ball sports including volleyball, basketball, tennis, football, lacrosse, golf, hockey, soccer, and baseball in a fun, non-competitive, learning based environment. Includes kid-friendly cardio, muscle terminology, motor skills, speed, and agility.

Location: Foothills Activity Center

Cost: \$55

Age: 18 months-2.5 years

9/14-10/12	Tu	10:35-11:00 AM	414577-02
10/19-11/16	Tu	10:35-11:00 AM	414577-04
11/30-12/21	Tu	10:35-11:00 AM	414577-06

Age: 2.5-3.5 years

9/14-10/12	Tu	9:00-9:30 AM	414575-02
10/19-11/16	Tu	9:00-9:30 AM	414575-04
11/30-12/21	Tu	9:00-9:30 AM	414575-06

Age: 3.5-5 years

9/14-10/12	Tu	9:45-10:30 AM	414576-02
10/19-11/16	Tu	9:45-10:30 AM	414576-04
11/30-12/21	Tu	9:45-10:30 AM	414576-06

Location: Northside Aztlan Center

Cost: \$55

Age: 18 months-2.5 years

9/13-10/11	M	10:35-11:00 AM	414577-01
10/18-11/15	M	10:35-11:00 AM	414577-03
11/29-12/20	M	10:35-11:00 AM	414577-05

Age: 2.5-3.5 years

9/13-10/11	M	9:00-9:30 AM	414575-01
10/18-11/15	M	9:00-9:30 AM	414575-03
11/29-12/20	M	9:00-9:30 AM	414575-05

continued on next page

Amazing Athletes continued

Age: 3.5–5 years

9/13–10/11	M	9:45–10:30 AM	414576-01
10/18–11/15	M	9:45–10:30 AM	414576-03
11/29–12/20	M	9:45–10:30 AM	414576-05

Baseball for Shorties

Play ball and explore baseball. Learn the basics by working on the fundamentals of throwing, hitting, and catching.

Age: 3–5 years

Location: Northside Aztlan Center

11/30–12/14	Tu	10:00–10:45 AM	\$29	414573-01
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Sporties for Shorties

Play ball and explore the world of sports. Work on the fundamentals of sports as they relate to throwing, kicking, and catching. Each session highlights different skills and different sports along with teamwork.

Age: 3–5 years

Location: Northside Aztlan Center

9/8–9/22	W	10:00–10:45 AM	\$29	414571-01
9/28–10/12	Tu	10:00–10:45 AM	\$29	414571-02
12/1–12/15	W	10:00–10:45 AM	\$29	414571-03

PREMIER GYMNASTICS

OF THE ROCKIES



INSTRUCTING
TUMBLERS TO
PREMIER TEAMS

RECEIVE 2
FREE CLASSES!
WHEN YOU BRING IN THIS AD

1410 E. 11th St., Loveland, CO 80537 • 970.663.3173 • premiergymnastics.net

Football for Shorties

Come play ball and explore football. Learn the football basics by working on large and small motor skills as they relate to throwing, kicking, and catching.

Age: 4–5 years

Location: City Park

9/22–10/6	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. Acquire skills and fitness, but also develop an interest and love of sports.

Location: Foothills Activity Center

Cost: \$89

Soccer Tots

Age: 2–3 years

9/4–10/9	W	9:30–10:20 AM	414780-01
9/5–10/10	Th	9:30–10:20 AM	414780-04

Age: 3–4 years

9/4–10/9	W	10:30–11:20 AM	414780-02
9/5–10/10	Th	10:30–11:20 AM	414780-05

Age: 4–5 years

9/4–10/9	W	11:30–12:20 PM	414780-03
9/5–10/10	Th	11:30–12:20 PM	414780-06

1st Down Tots

Age: 2–3 years

10/16–11/20	W	9:30–10:20 AM	414780-07
10/17–11/21	Th	9:30–10:20 AM	414780-10

Age: 3–4 years

10/16–11/20	W	10:30–11:20 AM	414780-08
10/17–11/21	Th	10:30–11:20 AM	414780-11

Age: 4–5 years

10/16–11/20	W	11:30–12:20 PM	414780-09
10/17–11/21	Th	11:30–12:20 PM	414780-12

TENNIS

General Information

Lewis Tennis School directs all tennis programs for the City of Fort Collins. Lewis Tennis is celebrating 51 years of experience in the tennis industry this year. Lewis Tennis provides quality lessons, programs and tournaments for all levels and ages with USPTA certified coaches on staff. Tennis director, Larry Lewis, has managed five of the top tennis facilities in the United States.

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

Rolland Moore Pro Shop

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

Hours are Noon-6 p.m. Monday thru Friday
and 10 a.m.-4 p.m. Saturday

[ADULT PROGRAMS]

Adult Lessons

Whether you have never played or are getting back into the game after a long hiatus you will learn and develop your fundamentals so you can really enjoy the game. You will learn the correct way to hit forehands, backhands, volleys, overheads, and serves. You will also learn basic rules and strategies as you start competing.

Age: 18 years & up

Location: Rolland Moore

Beginner

8/16-9/8	M,W	6:30-8:00 PM	\$173	423005-01
9/13-10/6	M,W	6:30-8:00 PM	\$173	423005-02
10/11-11/3	M,W	6:30-8:00 PM	\$173	423005-03
11/8-12/1	M,W	6:30-8:00 PM	\$173	423005-04

Intermediate

8/17-9/9	Tu,Th	6:30-8:00 PM	\$173	423006-01
9/14-10/7	Tu,Th	6:30-8:00 PM	\$173	423006-02
10/12-11/4	Tu,Th	6:30-8:00 PM	\$173	423006-03
11/9-12/2	Tu,Th	6:30-8:00 PM	\$173	423006-04

[YOUTH PROGRAMS]

Little Lobbers

Young players will develop their basic hand and eye coordination and athletic skills. Movement, balance, and proper techniques will be taught by using fun games. Sportsmanship and encouraging words are emphasized.

Age: 4-6 years

Location: Fossil Creek

8/21-9/11	Sa	10:00-10:45 AM	\$46	423015-01
9/18-10/9	Sa	10:00-10:45 AM	\$46	423015-02

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. Visit fcgov.com/aro for more details.

LEGEND

- AC Classes in which adults 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

Programs for Juniors and Adults

- 10 and under, middle school, high school, and adult programs
- Performance training and league coaching
- Private lessons
- Clinics for all levels
- Complete pro shop
- Tournaments
- Round Robins

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



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

21-23111

Future Stars

Learn basic stroking fundamentals, rules, and play fun games to develop skills. Players will learn the correct way to hit the ball in order to build a strong foundation for future play. As they learn the game they will participate in fun drills and games. Sportsmanship and positive attitude is emphasized.

Age: 7-8 years

Location: Fossil Creek

8/21-9/11	Sa	11:00 AM-12:30 PM	\$70	423013-05
9/18-10/9	Sa	11:00 AM-12:30 PM	\$70	423013-06
Location: Rolland Moore				
8/16-9/8	M,W	3:30-5:00 PM	\$138	423053-01
9/13-10/6	M,W	3:30-5:00 PM	\$138	423053-02
10/11-11/3	M,W	3:30-5:00 PM	\$138	423053-03
11/8-12/1	M,W	3:30-5:00 PM	\$138	423053-04
10/16-11/6	Sa	3:30-5:00 PM	\$138	423053-07
11/13-12/4	Sa	3:30-5:00 PM	\$138	423053-08

Aces Fossil Creek

Players learn basic stroking fundamentals, rules, and play fun games to develop skills. As players progress, they will develop more advanced strokes such as topspin and slice serves and develop match skills. Players will be encouraged to participate in novice level tournaments.

Age: 9-10 years

Location: Fossil Creek

8/21-9/11	Sa	11:00 AM-12:30 PM	\$70	423010-05
9/18-10/9	Sa	11:00 AM-12:30 PM	\$70	423010-06
Location: Rolland Moore				
8/16-9/8	M,W	3:30-5:00 PM	\$138	423050-01
9/13-10/6	M,W	3:30-5:00 PM	\$138	423050-02
10/11-11/3	M,W	3:30-5:00 PM	\$138	423050-03
11/8-12/1	M,W	3:30-5:00 PM	\$138	423050-04
10/16-11/6	Sa	3:30-5:00 PM	\$138	423050-07
11/13-12/4	Sa	3:30-5:00 PM	\$138	423050-08

Challenger

New players learn the basics of the game, play games, learn scoring and rules.

Age: 11-13 years

Location: Fossil Creek

8/21-9/11	Sa	1:00-3:00 PM	\$91	423011-05
9/18-10/9	Sa	1:00-3:00 PM	\$91	423011-06
Location: Rolland Moore				
8/17-9/9	Tu,Th	4:30-6:30 PM	\$181	423051-01
9/14-10/7	Tu,Th	4:30-6:30 PM	\$181	423051-02
10/12-11/4	Tu,Th	4:30-6:30 PM	\$181	423051-03
11/9-12/2	Tu,Th	4:30-6:30 PM	\$181	423051-04
10/16-11/6	Sa	4:30-6:30 PM	\$181	423051-07
11/13-12/4	Sa	4:30-6:30 PM	\$181	423051-08

Competitive

Intermediate middle schoolers improve their basic skills, develop more advanced strokes, and develop match skills.

Age: 11-13 years

Location: Fossil Creek

8/21-9/11	Sa	1:00-3:00 PM	\$91	423012-05
9/18-10/9	Sa	1:00-3:00 PM	\$91	423012-06
Location: Rolland Moore				
8/17-9/9	Tu,Th	4:30-6:30 PM	\$181	423052-01
9/14-10/7	Tu,Th	4:30-6:30 PM	\$181	423052-02
10/12-11/4	Tu,Th	4:30-6:30 PM	\$181	423052-03
11/9-12/2	Tu,Th	4:30-6:30 PM	\$181	423052-04
10/16-11/6	Sa	4:30-6:30 PM	\$181	423052-07
11/13-12/4	Sa	4:30-6:30 PM	\$181	423052-08

Wimbledon

New players will learn the foundation of proper techniques to build a lifetime of tennis. Players will also play games, learn scoring, and rules.

Age: 14-18 years

Location: Fossil Creek

8/21-9/11	Sa	1:00-3:00 PM	\$91	423016-05
9/18-10/9	Sa	1:00-3:00 PM	\$91	423016-06
Location: Rolland Moore				
8/17-9/9	Tu,Th	4:30-6:30 PM	\$181	423056-01
9/14-10/7	Tu,Th	4:30-6:30 PM	\$181	423056-02
10/12-11/4	Tu,Th	4:30-6:30 PM	\$181	423056-03
11/9-12/2	Tu,Th	4:30-6:30 PM	\$181	423056-04
10/16-11/6	Sa	4:30-6:30 PM	\$181	423056-07
11/13-12/4	Sa	4:30-6:30 PM	\$181	423056-08

Grand Slam

Intermediate to advanced players will develop advanced stroking skills, learn doubles and singles strategy, and learn how to compete effectively on their high school teams and in tournaments.

Age: 14-18 years

Location: Rolland Moore

8/17-9/9	Tu,Th	4:30-6:30 PM	\$181	423054-01
9/14-10/7	Tu,Th	4:30-6:30 PM	\$181	423054-02
10/12-11/4	Tu,Th	4:30-6:30 PM	\$181	423054-03
11/9-12/2	Tu,Th	4:30-6:30 PM	\$181	423054-04
10/16-11/6	Sa	4:30-6:30 PM	\$181	423054-07
11/13-12/4	Sa	4:30-6:30 PM	\$181	423054-08

Location: Fossil Creek

8/21-9/11	Sa	1:00-3:00PM	\$91	423014-05
9/18-10/09	Sa	1:00-3:00PM	\$91	423014-06

50+

All 50+ programs are for ages 50 years & up and held at the Fort Collins Senior Center unless otherwise noted. For programs designed for all ages, browse the 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.
- Free admission to drop-in programs including Pool Room, Open Shop, Library & Media Center, Bingo, and Cards & Games at the Senior Center.
- 2-day advance registration to Recreator programs.
- Member discounts on select services and activities.
- Membership in member-only Outdoor Recreation clubs. For more information see page 53.
- Birthday and anniversary celebrations.
- Notary service.

CLUBS & ORGANIZATIONS

Front Range Forum

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 term presentations and informal discussions on a variety of topics. Other one day classes, movies, trips, and more are offered throughout each quarter. For more information, visit frontrangeforum.org.

9/1-11/30	\$14	407410-01
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Senior Serenaders

The Senior Serenaders practice and perform seasonal themed programs of popular music from years past for local assisted living facilities and special events. no choral experience required, but ability to read music is helpful. For more information, contact Betsy Emond at 970.224.6030, bemond@fcgov.com. Note: Class will not be held on 10/18, 11/15.

9/13-11/29	M	9:30-11:00 AM	No Fee	412411-01
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LEGEND

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

SOCIAL PROGRAMS

Los Ancianos

Instituted more than 40 years ago, Ancianos is one of the City of Fort Collins' longest running social groups. Gather for arts and crafts, light physical activities, holiday themed parties and engage with community guest speakers. Discount available for those enrolled in the City of Fort Collins Recreation

Age: 60 years & up

Location: Northside Aztlan Center

9/2-12/30	Th	11:00 AM-1:00 PM	\$38	412500
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Donut Make U Wonder **M**

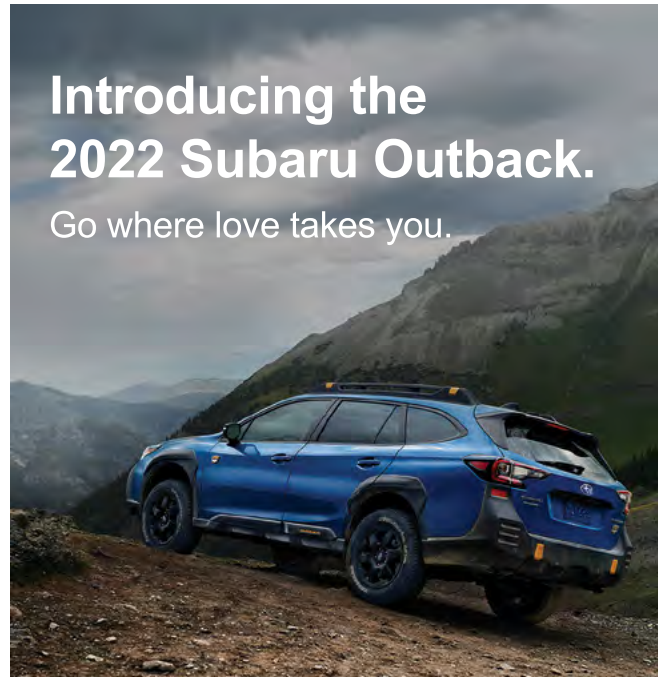
Discuss current subjects and related personal experiences. Matters related to religion and politics avoided to ensure comradery. Meetings begin with a brief song and end with a few shared jokes.

9/3-11/19	F	10:00-11:00 AM	No Fee	412412-01
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Older Gay Lesbian Bisexual Transgender+ (OGLBT+) Meet up **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 970.224.603, aruffer@fcgov.com

Introducing the
2022 Subaru Outback.
Go where love takes you.



We expected a better Outback.
What we got was a great one. -Autoblog

Dellenbach

SUBARU

Visit Dellenbach Subaru | 3103 S. College Ave. Fort Collins, CO 80525
DellenbachSubaru.com | 970-226-2438

Sing Along/Jam Session

Guitar, banjo, uke players, and singers meet for fun, enjoyment, and education. All levels welcome. Songs, song sheets, and basic chord and strumming suggestions provided.

Age: 18 years & up

9/16	Th	3:00-5:00 PM	No Fee	412444-01
10/21	Th	3:00-5:00 PM	No Fee	412444-02
11/18	Th	3:00-5:00 PM	No Fee	412444-03

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.

9/1-11/30	Tu	1:00-3:00 PM	\$12	412421-01
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The Writers' Group

Express yourself through writing and gather weekly to share work. All writing styles and skills are welcome. For more information contact Betsy Emond at 970.224.6030. bemond@fcgov.com.

Age: 18 years & up

9/7-12/28	Tu	9:30 AM-Noon	No Fee	403499-01
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RESOURCES

Pool Room M

The Pool Room has four 8-ball tables and one snooker table. Non-members may pay a daily drop-in rate. Additionally, users are asked to contribute to the donation box located in the room to help support facility maintenance.

Volunteers

We strive to provide trained volunteers with quality opportunities that meet their expectations, align with their skills and needs, and capitalize on the many talents they possess. Volunteers gain new skills, forge new friendships, interact with fellow community members, enrich their community through purposeful activity, utilize their life experiences to enhance the lives of others, learn new things about themselves, set and achieve personal goals, and make a positive difference in the lives of others.

Volunteers may choose from one-time special events to longer term commitments in a variety of areas. To apply as a volunteer, visit engage.fcgov.com/D/sc/App/General or contact Ashley Ruffer at 970.224.6033, aruffer@fcgov.com.

ADD SOME LIFE TO YOUR YARD WITH THE

XERISCAPE

• INCENTIVE PROGRAM •

- **STEP 1:** Sign up for a training class and enroll in the program
- **STEP 2:** Submit your landscape plan for approval
- **STEP 3:** Install the project
- **STEP 4:** Get a rebate

\$0.75/square foot up to 1,000 square feet of area converted from high- to low-water landscape. Get an additional \$0.25/square foot if your plant list is made up of plants native to our region.



fcgov.com/xip
fcgov.com/xeriscape

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. Visit fcgov.com/aro for more details.

LEGEND

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

PARKS GUIDE



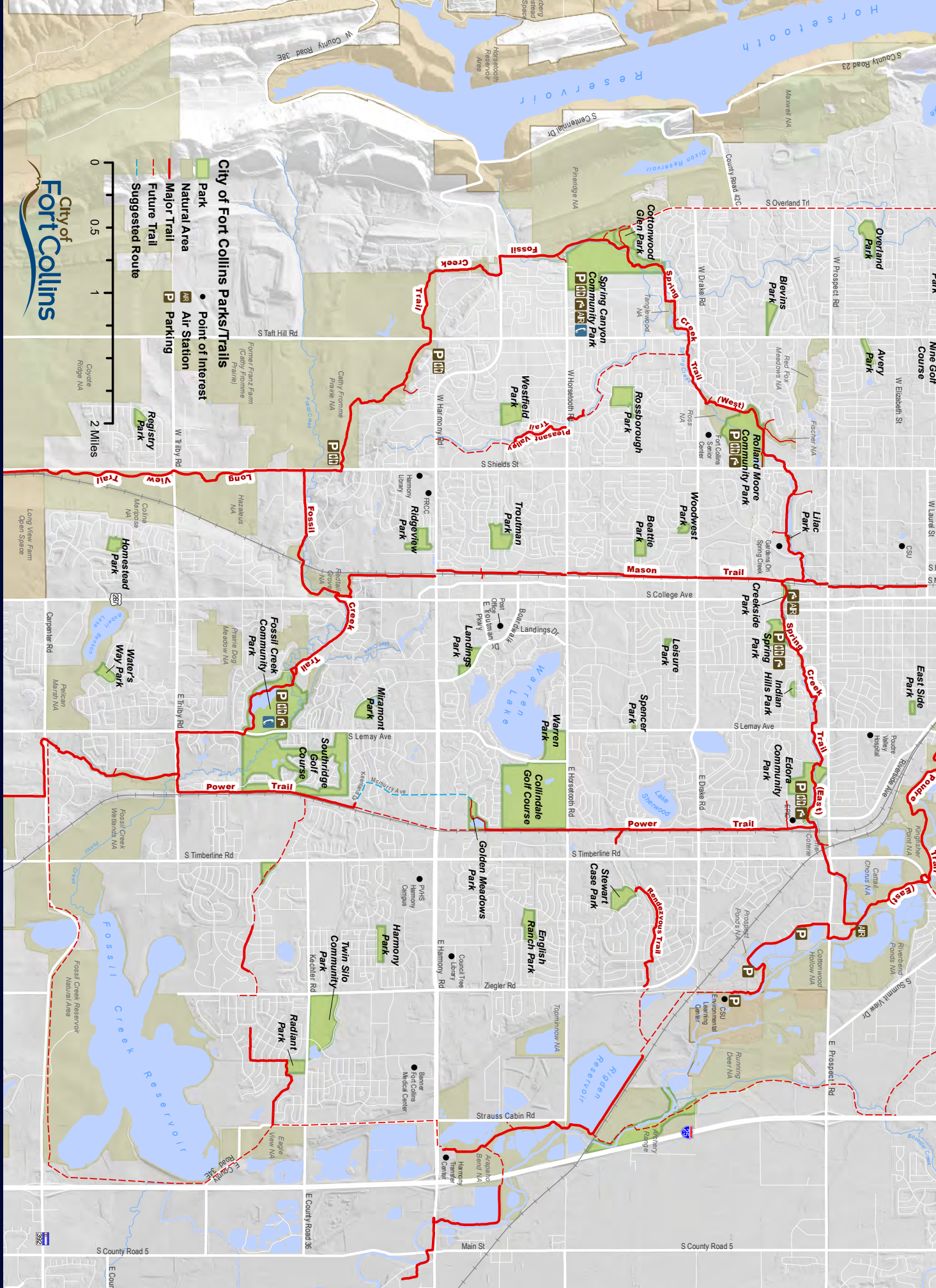
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Twin Silo Park

5480 Ziegler Rd

Nearby School: Fossil Ridge High School



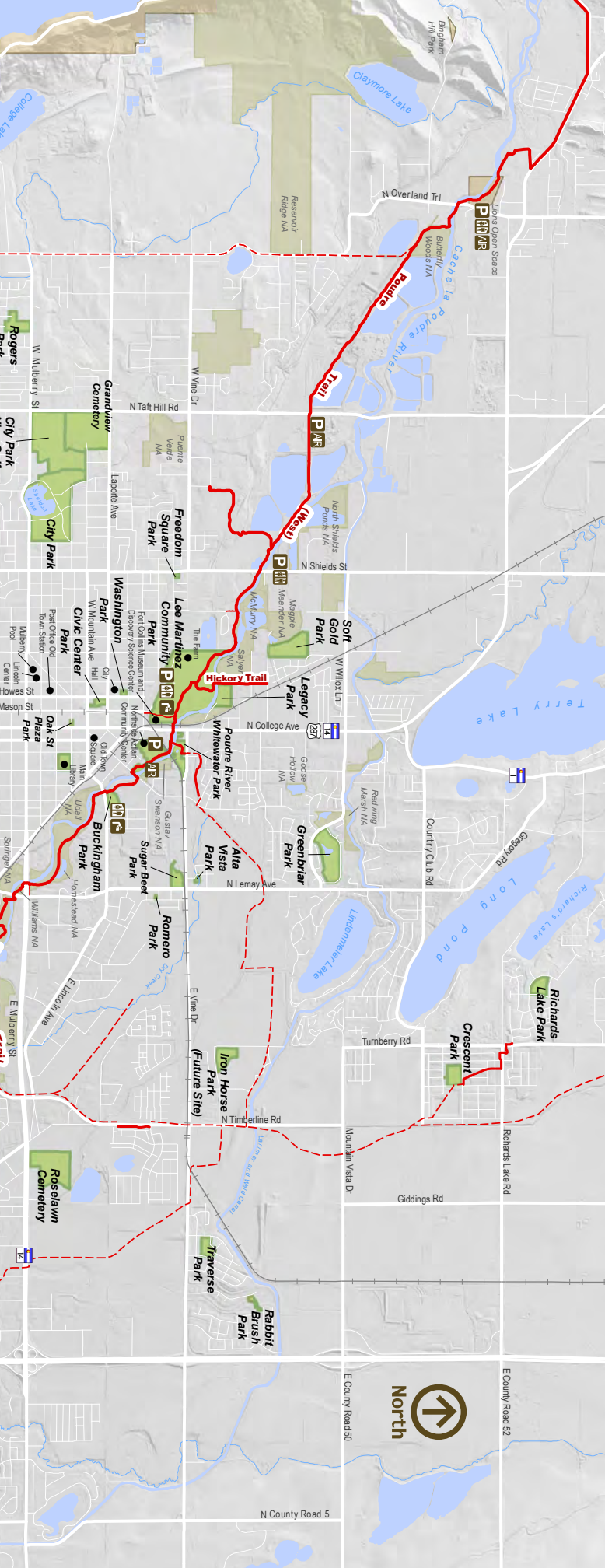


PARKS GUIDE

The Parks Department is proud to provide the community with clean, safe, and attractive environments for all to enjoy. With over 966 acres of developed parks, including 7 community parks and 43 neighborhood/pocket parks, and just over 45 miles of paved trails, there are hundreds of ways to recreate in Fort Collins. Use this guide as you explore the variety of parks and trails Fort Collins has to offer.

Interested in learning more about the trails system? Visit fcgov.com/trails.

Would you like to receive notifications regarding current happenings at community parks and trails, learn about forestry projects, or stay current with cemeteries updates? Enroll your email address at fcgov.com/parks and click “Sign Up for Notifications.”



COMMUNITY PARKS

City Park

1500 W. Mulberry St.



Edora Park

1420 E. Stuart St.

Nearby School: Riffenburg Elementary



Fossil Creek Park

5821 S. Lemay Ave.



Lee Martinez Park

600 N. Sherwood St.



Rolland Moore Park

2201 S. Shields St.



Spring Canyon Park

2626 W. Horsetooth Rd.

Nearby School: Olander Elementary



Twin Silo Park

5480 Ziegler Rd

Nearby School: Fossil Ridge High School



NEIGHBORHOOD PARKS

Avery Park

1101 Castlerock Dr.



Buckingham Park

101 1st St.



Cottonwood Glen Park

3074 S. Overland Trl.



Crescent Park

2401 Bar Harbor Dr.



Creekside Park

200 Johnson Dr



Greenbriar Park

730 Willox Ln.



Homestead Park

7045 Avondale Rd.



Iron Horse Park

769 Ouzel Dr.



Landings Park

4351 Boardwalk Dr.



Legacy Park

300 Woodlawn Dr.



Library Park

207 Peterson St.



Miramont Park

5138 S. Boardwalk Dr.



Old Fort Collins Heritage Park

112 E. Willow St.



Overland Park

2930 Virginia Dale Dr.



Rabbit Brush Park

1114 Elgin Ct.



Registry Park

6820 Ranger Dr.



Richards Lake Park

2945 Parkside Dr.



Rogers Park

2515 W. Mulberry St.



Soft Gold Park

520 Hickory St.



Spring Park

2100 Matthews St.



Sugar Beet Park

524 San Cristo St.



Trail Head Park

Trail Head Neighborhood



Warren Park

1101 E. Horsetooth Rd.



Washington Park

301 Maple St.



Waters Way Park

715 Fairbourne Way



SCHOOLSIDE PARKS

Bacon Park

5830 S. Timberline Rd.

Nearby School: Bacon Elementary



Beattie Park

500 W. Swallow Rd.

Nearby School: Beattie Elementary



Blevins Park

2012 Hampshire Rd.

Nearby School: Blevins Middle School



Eastside Park

1000 E. Locust

Nearby School: Laurel Elementary



English Ranch Park

3825 Kingsley Dr.

Nearby School: Linton Elementary



Golden Meadows Park

4324 McMurray Ave.

Nearby School: Kruse Elementary



Harmony Park

5015 Corbett Dr.

Nearby School: Preston Middle School



Huidekoper Park

1808 W. Lancer Dr.

Nearby School: Lincoln Middle School



Radiant Park

3651 Kechter Rd.

Nearby School: Zach Elementary



Ridgeview Park

4700 Hinsdale Dr.

Nearby School: McGraw Elementary



Rossborough Park

1630 Casa Grande Blvd.

Nearby School: Rocky Mountain High School



Stew Case Park

2351 Pinecone Cr.

Nearby School: Fort Collins High School



Troutman Park

500 W. Troutman Pkwy.

Nearby School: Lopez Elementary



Westfield Park

4075 Seneca St.

Nearby School: Webber Middle School & Johnson Elementary



Woodwest Park

618 Powderhorn Dr.

Nearby School: Beattie Elementary



LEGEND

- Ball Fields
- Turf Sports Fields
- Pickleball
- Tennis
- Multi-use Sport Courts
- Basketball
- Skate Park
- Bike Facilities
- Reservable Shelters
- Shelters
- Year-round Restroom
- Splash Pad
- Dog Park
- Playground
- Undeveloped

MINI PARKS

Alta Vista Park

724 Alta Vista St.



Freedom Square Park

600 N. Shields



Indian Hills Park

801 E. Stuart St.

Leisure Park

2800 Leisure Dr.



Romero Park

421 10th St.



Spencer Park

1035 E. Swallow Rd.

URBAN PARKS

Civic Center Park

225 LaPorte Ave.

PLAZAS

Oak Street Plaza Park

120 W. Oak St.



SPECIAL USE PARKS

Archery Range

2825 SW Frontage Rd.

Poudre River Whitewater Park

201 E. Vine Dr.





**Reserve Shelters, Fields & More
with Parks**

fcgov.com/parks





REDUCED FEE PROGRAM

Reduced fees available for income-qualified participants. Discounted passes and activities! Visit fcgov.com/reducedfee for more information.



PROGRAMA DE TARIFAS REDUCIDAS

Tarifas reducidas basadas en nivel de ingreso para participantes que reúnan los requisitos. Pase de recreación y actividades con descuento. Visite fcgov.com/reducedfee para obtener más información.





Since 1986, we've helped young children get kindergarten ready! Our preschool program focuses on practicing necessary skills such as sharing, communicating, establishing boundaries, learning appropriate assertiveness and problem solving. **Give your little one a head start by enrolling today!**

Mountain Kids Gymnastics

Challenges Your Child To Reach New Heights

Help your child find an extracurricular activity that focuses on providing a healthy balance between work and play! At Mountain Kids, our gymnastics program does just that. We offer boys and girls gymnastics programs for ages 3-17, that will challenge and encourage your child while helping them build self-confidence!

www.mountain-kids.com
(970) 482-3118

419 E. STUART STREET
FORT COLLINS, CO 80525



Gymnastics | Preschool | Dance | Birthday Parties