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 fcgov.com/aro 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 Brenda McDowell at bmcdowell@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, solear@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 17 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 15 to register. Note: Contact ARO staff to schedule two weeks prior to class start date.

Arts & Theatre Programs

**Holiday Gift Making Workshop**

Create up to three unique gifts for the holidays.

Age: 16 years & up

Location: Senior Center

12/2-12/9 Th 4:30-6:00 PM $40 102991-11

Attendant Section No Fee 102991-1A

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 to go.

Age: 16 years & up

Location: Senior Center

12/8 W 5:00-6:30 PM $15 102401-01

Ice Programs

**Adaptive Skating**

Basic skating skills are introduced and adapted for individuals with disabilities. Focus on skill improvement.

Age: 8 years & up

Location: EPIC

1/8-2/5 Sa 9:45-10:15 AM $51 110356-01

Outdoor

Please see page 45 to review the exciting and inclusive outdoor recreation options being offered. ARO can schedule inclusion support for programs of interest with two week advance notice.

Social Programs

**Dinner & a Movie**

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

Age: 16 years & up

Location: Senior Center

12/15 W 4:00-6:30 PM $10 102404-01

**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

12/17 F 6:00-8:00 PM $2 102405-01

Trips & Travel

**Charles Dickens’ A Christmas Carol**

Kick off the holiday festivities with this popular classic theatre performance at the Fort Collins Lincoln Center. Registration
deadline 11/17.

Age: 16 years & up

Participant

12/18 Sa 6:30-10:00 PM $58 102320-01

Attendant

12/18 Sa 6:30-10:00 PM $30 102320-1A

Unified Sports

**Adult Unified Basketball**

Unified teams get together to shoot hoops during practice and games. Teams are scheduled for one hour of practice/games, within program time frame.

Age: 16 years & up

Location: Webber Middle School: 4201 Seneca St.

Competitive Division

1/8-3/12 Sa 3:30-7:30 PM $33 102951-01

Recreational Division

1/8-3/12 Sa 3:30-7:30 PM $33 102951-02

Individual Skills

1/8-3/12 Sa 3:30-7:30 PM $33 102951-03

**Junior Unified Basketball**

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

Age: 7-16 years

Location: Lopez Elementary School, 637 Wabash St.

Single Child

1/10-2/21 M 5:00-6:00 PM $24 102952-01

Family

1/10-2/21 M 5:00-6:00 PM $38 102952-02

**Panthers Adaptive Cheer and 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: Additional $15 fee for team t-shirt.

Age: All

Location: Club Tico

1/4-2/8 Tu 5:50-7:00 PM $53 102987-01

2/15-3/8 Tu 5:50-7:00 PM $53 102987-02

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 12/24 and after 5 p.m. on 12/31.

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

11/29-12/31 M,W,F 8:00-9:00 AM $57 100412-01

1/3-1/28 M,W,F 8:00-9:00 AM $49 100412-02

**Drop-In Water Volleyball**

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

11/29-1/28 M,W,F 10:00-11:00 AM day pass or drop in fee required

**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

11/29-12/31 M,W,F 7:30-8:30 AM $57 100314-01

1/3-1/28 M,W,F 7:30-8:30 AM $49 100314-02

11/29-12/31 M,W,F 8:30-9:30 AM $57 100314-03

1/3-1/28 M,W,F 8:30-9:30 AM $49 100314-04

 **Twinges Plus**

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

Location: Senior Center

11/29-12/31 M,W,F 12:15-1:15 PM $57 100416-03

1/3-1/28 M,W,F 12:15-1:15 PM $49 100416-04

Medium Intensity

**Advanced Water Fitness**

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

Location: EPIC

11/29-12/31 M,W,F 7:30-8:30 AM $57 100324-01

1/3-1/28 M,W,F 7:30-8:30 AM $49 100324-02

Location: Senior Center

11/29-12/29 M,W,F 9:00-10:00 AM $57 100424-01

1/3-1/28 M,W,F 9:00-10:00 AM $49 100424-02

11/30-12/30 Tu,Th 4:00-5:00 PM $41 100424-03

1/4-1/27 Tu,Th 4:00-5:00 PM $33 100424-04

**Aqua Mix**

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

Location: Mulberry Pool

11/29-12/31 M,W,F 6:00-7:00 PM $57 100417-01

Location: Senior Center

1/3-1/28 M,W,F 6:00-7:00 PM $49 100417-02

**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

11/29-12/31 M,W,F 6:00-7:00 AM $57 100222-01

Location: Senior Center

1/3-1/28 M,W,F 6:00-7:00 AM $49 100422-02

11/29-12/31 M,W,F 5:00-6:00 PM $53 100422-04

1/3-1/28 M,W,F 5:00-6:00 PM $49 100422-05

11/30-12/30 Tu,Th 8:00-9:00 AM $41 100422-07

1/4-1/27 Tu,Th 8:00-9:00 AM $33 100422-08

11/30-12/30 Tu,Th 9:00-10:00 AM $41 100422-10

1/4-1/27 Tu,Th 9:00-10:00 AM $33 100422-11

11/30-12/30 Tu,Th 10:00-11:00 AM $41 100422-13

1/4-1/27 Tu,Th 10:00-11:00 AM $33 100422-14

**Fitness & Fun**

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

Location: Senior Center

1/3-1/28 M,W,F 7:00-8:00 AM $49 100420-02

**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

11/30-12/30 Tu,Th 5:00-6:00 PM $41 100418-01

1/4-1/27 Tu,Th 6:00-6:00 PM $33 100418-02

**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: Senior Center

11/29-12/31 M,W,F 4:00-5:00 PM $57 100426-01

1/3-1/28 M,W,F 4:00-5:00 PM $49 100426-02

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

11/29-12/31 M,W,F 12:15-1:00 PM $53.50 100330-01

1/3-1/28 M,W,F 12:15-1:00 PM $46 100330-02

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**

Beginning January 2022, 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 $30, 2 people for $40, and 3 people for $50. Private lessons are not discountable and are scheduled based on instructor/facility availability. Note: Patrons swimming recreationally before or after a private swim lesson must pay the drop-in rate.

**Learn to Swim Policies**

At the discretion of the head instructor, if it is evident that a child is not water ready before the second lesson, the head instructor contacts the parent for dismissal. A full refund is issued for the class.

Class enrollment maximums ensure a safe learn to swim experience. Minimum enrollment for all classes is 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 swim and lap lane schedules are available online at fcgov.com/recreation. Please see the corresponding facility page for specific schedules. Schedules are available for EPIC, Mulberry Pool, and Senior Center and 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: EPIC

1/19-2/16 M,W 5:55-6:25 PM $66.25 101338-01

1/19-2/16 M,W 6:30-7:00 PM $66.25 101338-02

Location: Senior Center

1/23-2/20 Su 4:25-4:55 PM $37.25 101438-01

1/23-2/20 Su 5:00-5:30 PM $37.25 101438-02

**Lifeguard Training**

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

Age:15 years & up

Location: EPIC

12/20 M 8:30 AM-Noon $207.80 101340-01

12/21 Tu 8:30 AM-5:30 PM

12/22 W 8:30 AM-4:30 PM

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

12/18 Sa 11:00-12:30 PM $36 101352-01

1/15 Sa 11:00-12:30 PM $36 101352-02

**Discover Snorkeling**

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

Age: 5 years & up

Location: EPIC

12/18 Sa 11:00-12:30 PM $26 101353-01

1/15 Sa 11:00-12:30 PM $26 101353-02

**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

12/1 W 6:00-8:00 PM $22 101356-01

12/15 W 6:00-8:00 PM $22 101356-02

12/29 W 6:00-8:00 PM $22 101356-03

1/12 W 6:00-8:00 PM $22 101356-04

1/26 W 6:00-8:00 PM $22 101356-05

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

1/22-2/19 Sa 10:10-10:40 AM $37.25 101235-01

1/23-2/20 Su 5:00-5:30 PM $37.25 101235-03

Youth Programs

**Baby & Me**

Introduce children to the water in a friendly environment. Guardians 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: EPIC

1/19-2/16 M,W 4:45-5:15 PM $66.25 101310-01

1/19-2/16 M,W 5:20-5:50 PM $66.25 101310-02

1/19-2/16 M,W 5:55-6:25 PM $66.25 101310-03

Location: Senior Center

1/23-2/20 Su 3:15-3:45 PM $37.25 101410-01

1/23-2/20 Su 3:50-4:20 PM $37.25 101410-02

1/23-2/20 Su 4:25-4:55 PM $37.25 101410-03

1/23-2/20 Su 5:00-5:30 PM $37.25 101410-04

**Preschool 1**

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

Age: 3-6 years

Location: Mulberry Pool

1/18-2/17 Tu,Th 4:45-5:15 PM $73.50 101216-01

1/18-2/17 Tu,Th 5:20-5:50 PM $73.50 101216-02

1/18-2/17 Tu,Th 5:55-6:25 PM $73.50 101216-03

1/22-2/19 Sa 9:00-9:30 AM $37.25 101216-07

1/22-2/19 Sa 9:35-10:05 AM $37.25 101216-08

1/22-2/19 Sa 9:35-10:05 AM $37.25 101216-09

1/22-2/19 Sa 10:45-11:15 AM $37.25 101216-10

1/22-2/19 Sa 11:20-11:50 AM $37.25 101216-11

1/23-2/20 Su 3:15-3:45 PM $37.25 101216-16

1/23-2/20 Su 3:50-4:20 PM $37.25 101216-17

1/23-2/20 Su 5:00-5:30 PM $37.25 101216-18

1/23-2/20 Su 5:35-6:05 PM $37.25 101216-19

Location: EPIC

1/19-2/16 M,W 4:45-5:15 PM $66.25 101316-01

1/19-2/16 M,W 5:20-5:50 PM $66.25 101316-02

1/19-2/16 M,W 6:30-7:00 PM $66.25 101316-03

Location: Senior Center

1/23-2/20 Su 3:15-3:45 PM $37.25 101416-01

1/23-2/20 Su 4:25-4:55 PM $37.25 101416-02

**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

1/18-2/17 Tu,Th 4:45-5:15 PM $73.50 101218-01

1/18-2/17 Tu,Th 5:55-6:25 PM $73.50 101218-02

1/18-2/17 Tu,Th 6:30-7:00 PM $73.50 101218-03

1/22-2/19 Sa 9:00-9:30 AM $37.25 101218-07

1/22-2/19 Sa 10:10-10:40 AM $37.25 101218-08

1/22-2/19 Sa 10:45-11:15 AM $37.25 101218-09

1/22-2/19 Sa 11:20-11:50 AM $37.25 101218-10

1/23-2/20 Su 3:15-3:45 PM $37.25 101218-14

1/23-2/20 Su 3:50-4:20 PM $37.25 101218-15

1/23-2/20 Su 4:25-4:55 PM $37.25 101218-16

Location: EPIC

1/19-2/16 M,W 4:45-5:15 PM $66.25 101318-01

1/19-2/16 M,W 5:55-6:25 PM $66.25 101318-02

1/19-2/16 M,W 6:30-7:00 PM $66.25 101318-03

Location: Senior Center

1/23-2/20 Su 3:50-4:20 PM $37.25 101418-01

1/23-2/20 Su 5:00-5:30 PM $37.25 101418-02

**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

1/18-2/17 Tu,Th 5:20-5:50 PM $73.50 101222-01

1/18-2/17 Tu,Th 5:55-6:25 PM $73.50 101222-02

1/18-2/17 Tu,Th 6:30-7:00 PM $73.50 101222-03

1/22-2/19 Sa 9:00-9:30 AM $37.25 101222-07

1/22-2/19 Sa 9:35-10:05 AM $37.25 101222-08

1/22-2/19 Sa 10:10-10:40 AM $37.25 101222-09

1/22-2/19 Sa 11:20-11:50 AM $37.25 101222-10

1/23-2/20 Su 3:50-4:20 PM $37.25 101222-15

1/23-2/20 Su 4:25-4:55 PM $37.25 101222-16

1/23-2/20 Su 5:00-5:30 PM $37.25 101222-17

1/23-2/20 Su 5:35-6:05 PM $37.25 101222-18

Location: EPIC

1/19-2/16 M,W 5:20-5:50 PM $66.25 101322-01

1/19-2/16 M,W 5:55-6:25 PM $66.25 101322-02

Location: Senior Center

1/23-2/20 Su 3:15-3:45 PM $37.25 101422-01

**Level 2**

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

Age: 5-12 years

Location: Mulberry Pool

1/18-2/17 Tu,Th 4:45-5:15 PM $73.50 101224-01

1/18-2/17 Tu,Th 5:20-5:50 PM $73.50 101224-02

1/18-2/17 Tu,Th 6:30-7:00 PM $73.50 101224-03

1/22-2/19 Sa 9:00-9:30 AM $37.25 101224-07

1/22-2/19 Sa 9:35-10:05 AM $37.25 101224-08

1/22-2/19 Sa 10:10-10:40 AM $37.25 101224-09

1/22-2/19 Sa 10:45-11:15 AM $37.25 101224-10

1/23-2/20 Su 3:15-3:45 PM $37.25 101224-15

1/23-2/20 Su 4:25-4:55 PM $37.25 101224-16

1/23-2/20 Su 5:00-5:30 PM $37.25 101224-17

1/23-2/20 Su 5:35-6:05 PM $37.25 101224-18

Location: EPIC

1/19-2/16 M,W 4:45-5:15 PM $66.25 101324-01

1/19-2/16 M,W 5:20-5:50 PM $66.25 101324-02

1/19-2/16 M,W 6:30-7:00 PM $66.25 101324-03

Location: Senior Center

1/23-2/20 Su 3:50-4:20 PM $37.25 101424-01

**Level 3**

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

Age: 5-12 years

Location: Mulberry Pool

1/18-2/17 Tu,Th 5:20-5:50 PM $73.50 101226-01

1/18-2/17 Tu,Th 6:30-7:00 PM $73.50 101226-02

1/22-2/19 Sa 9:35-10:05 AM $37.25 101226-05

1/22-2/19 Sa 11:20-11:50 AM $37.25 101226-06

1/23-2/20 Su 3:15-3:45 PM $37.25 101226-09

1/23-2/20 Su 4:25-4:55 PM $37.25 101226-10

Location: EPIC

1/19-2/16 M,W 4:45-5:15 PM $66.25 101326-01

1/19-2/16 M,W 5:55-6:25 PM $66.25 101326-02

**Level 4**

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

Age: 5-12 years

Location: Mulberry Pool

1/18-2/17 Tu,Th 4:45-5:15 PM $73.50 101228-01

1/22-2/19 Sa 9:00-9:30 AM $73.50 101228-03

1/22-2/19 Sa 10:10-10:40 AM $73.50 101228-04

1/23-2/20 Su 3:50-4:20 PM $37.25 101228-06

Location: EPIC

1/19-2/16 M,W 5:20-5:50 PM $66.25 101328-01

**Level 5**

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

Age: 5-12 years

Location: Mulberry Pool

1/18-2/17 Tu,Th 5:55-6:25 PM $73.50 101230-01

1/22-2/19 Sa 10:45-11:15 AM $37.25 101230-03

1/23-2/20 Su 5:35-6:05 PM $37.25 101230-05

Location: EPIC

1/19-2/16 M,W 6:30-7:00 PM $66.25 101330-01

Arts & Crafts

Adult Programs

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

Drawing ]

**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

12/7-1/11 Tu 4:30-6:30 PM $65 103407-01

**Doodling for Fun**

Learn to make quick doodles, simple drawings, cartoons, and Zen tangles to help keep your mind strong and relieve stress wherever you are. Bring paper and a pen or pencil to first class.

Age: 14 years & up

12/2-1/6 Th 4:30-6:30 PM $65 103406-01

**Human Caricatures**

An in-depth focus on drawing individual features such as eyes, nose, mouth, and ears. Learn to exaggerate people’s features and turn them into funny versions of themselves.

Age: 14 years & up

1/5-2/9 W 4:30-6:30 PM $65 103421-01

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. Share ideas and designs.

Note: No instructor provided. Bring supplies necessary to work.

12/9-2/24 Th 1:00-3:00 PM No Fee 103402-01

**C.H.A.T. - Crafts Hobbies Arts Time**

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

12/3-2/25 W,F 1:00-3:00 PM No Fee 103496-01

Glass Arts ]

**Stained Glass Foil, Feathers**

Construct colorful stained-glass feathers to hang in windows or on a wall or using the copper foil technique. Beginner skills required. Supply list available at registration; approximate cost is $30-$45.

1/4-1/18 Tu 9:00 AM-Noon $75 103463-01

**Stained Glass Foil, Picture Frame**

Create a distinctive gift for the holidays with a stained-glass picture frame. Frame holds a 5”x7” picture and may be personalized with jewelry pendants or small souvenirs. Beginner skills required. Note: Supply lit available at registration; approximate cost is $30-45.

12/2-12/16 Th 1:00-4:00 PM $75 103401-01

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.

1/4-2/15 Tu 3:00-5:00 PM $112 103486-01

**Jewelry, Intermediate & Advanced**

Learn different ways to set stones and possible moving parts. Use equipment and finish projects while an instructor is present to answer questions and assist. Prerequisite: Jewelry, Beginning. Note: Supply list available at registration. Supplies and supply cost vary with project choice; approximate cost is $10-70.

1/4-2/15 Tu 5:30-7:30 PM $112 103487-01

Painting ]

**Bob Ross Style Painting**

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

12/2 Th 9:00 AM-3:30 PM $75 103427-01

Woodworking ]

**Woodworking, Beginner**

Create a basic project with 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.

1/12-2/16 W 1:00-3:00 PM $107 103490-01

Family Programs

**Creative Creations Club**

Its craft time! Create together through guided instruction. All supplies included. Children under 10 must be accompanied by an adult.

Age: All

Location: Northside Aztlan Center

Santa Plate, Cup and Reindeer Treat Bowl

12/19 Su 10:00 AM-Noon $39 118583-01

Painted Snowmen Bottles

1/16 Su 10:00 AM-Noon $39 118583-02

**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

Tis the Season

12/12 Su 10:00 AM-Noon $45 118582-01

Northern Lights

1/9 Su 10:00 AM-Noon $45 118582-02

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

1/5-2/2 W 5:45-7:00 PM $91 118586-01

**Drawing Club**

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

Age: 6-10 years

Location: Northside Aztlan Center

1/5-2/2 W 4:30-5:30 PM $64 118587-01

**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

Gingerbread House

12/11 Sa 2:00-3:30 PM $28 118585-01

Snowscape

1/8 Sa 2:00-3:30 PM $28 118585-02

**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 and drink

Age: 6-10 years

Location: Foothills Activity Center

1/17 M 9:00 AM-3:00 PM $69 118784-01

Dance & Movement

Youth Programs

Ballet ]

**Baby Ballerinas**

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

Age: 2-3 years

Location: Club Tico

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

11/8-12/13 M 9:30-10:15 AM $86 421719-02

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. First-time dancers must sign up for lowest ability level for age.

Location: Club Tico

Age: 3-5years

11/30-12/14 Tu 9:45-10:30 AM $39 421124-04

Location: Northside Aztlan Center

Age: 3-4 years

12/3-12/17 F 9:00-9:45 AM $39 421524-04

Age: 4-6 years

12/3-12/17 F 10:00-10:45 AM $39 421524-08

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

11/4-12/16 Th 4:00-4:45 PM $86 421120-04

Location: Foothills Activity Center

11/8-12/13 M 4:15-5:00 PM $86 421720-02

**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

11/30-12/14 Tu 10:45-11:30 AM $49 421113-04

Location: Mulberry Pool

11/30-12/14 Tu 5:15-6:00 PM $39 421213-04

Age: 7-12 years

11/30-12/14 Tu 4:00-5:00 PM $48 421213-08

**Cheer Gymnastics**

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

Age: 5-11 years

Location: Club Tico

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

Location: Foothills Activity Center

11/8-12/13 M 6:15-7:10 PM $96 421721-04

**Gymnastics**

This class will introduce basic tumbling and balancing skills. Your child will learn from rolls, back rolls, bridges, cartwheels to 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

11/8-12/13 M 10:30-11:15 AM $86 421722-02

11/5-12/17 F 10:30-11:15 AM $86 421722-04

Age: 4-7 years

11/5-12/17 F 4:30-5:15 PM $86 421722-06

Age: 5-11 years

11/5-12/17 F 5:30-6:15 PM $86 421722-08

11/5-12/17 F 6:30-7:15 PM $86 421722-10

Instructor Led Structured Classes ]

**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

**Roly Polys**

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

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

12/1-12/15 W 9:30-10:15 AM $38 421701-12

**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

11/9-12/14 Tu 4:30-5:30 PM $80 421702-03

Age: 5-6 years

11/9-12/14 Tu 6:00-7:00 PM $80 421702-06

Age: 7-8 years

11/10-12/15 W 4:30-5:30 PM $80 421702-09

**Tappin’ & Tumbling**

25-minutes of basic tap techniques and rhythms followed by 25 minutes of basic gymnastics skills and rotations. 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

**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

11/10-12/15 W 6:00-7:15 PM $100 421703-03

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.

**Questions?**

Learn more at fcgov.com/youth-programs 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

Location: Northside Aztlan Center

Festive Celebrations

11/30-12/14 Tu 4:30-5:30 PM $40 115556-01

Snow Pals

1/4-1/25 Tu 4:30-5:30 PM $50 115556-02

**Creative Chefs**

Become creative and confident chefs by learning how to make healthy but tasty dishes while learning how to be safe in the kitchen. Chefs will make new friends, improve social skills, and expand their skills in math, science, and art.

Ages: 8-11 years

Location: Northside Aztlan Center

Around the World

12/2-12/16 Th 4:30-5:30 PM $45 115557-01

Snow Days

1/6-1/27 Th 4:30-5:30 PM $55 115557-02

**Youth Night**

Youth enjoy open crafts and gym games at no charge. Structured supervision is not provided; staff or volunteers are available to assist as needed. Children under 10 must be accompanied by an older sibling or responsible adult. No registration is required. Drop-in fees are waived for youth ages 17 and under. Accompanying adults 18 and over must pay a $5 daily drop-in fee or utilize a membership pass. No programs held on 11/25, 12/23, and 12/30.

Ages: 5-17 years

Th 5:00-9:00 PM Free

**Kids Night In**

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

Ages: 5-11 years

12/17 F 5:00-9:00 PM $25 415558-04

1/21 F 5:00-9:00 PM $25 115558-01

Camp FunQuest

State-licensed childcare programs for children ages 5-16 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.

**Enrollment 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.

**Winter Break Camp**

Days are filled with indoor games, field trips, arts & crafts, S.T.E.M., and outdoor activities. Weekly itinerary provided one week prior
to camp.

Week 1: Popular Pastimes/Roller Skating

Week 2: World Explorers/Planetarium

Location: Northside Aztlan Center

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

**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.

Ages: 5-11 years

Winter/Ice Skating

1/3 M 8:00 AM-5:00 PM $45 115552-01

I Have a Dream/Swimming

1/17 M 8:00 AM-5:00 PM $45 115553-01

**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

Winter/Curling

1/3 M 8:00 AM-5:00 PM $55 115552-02

I Have a Dream/Swimming

1/17 M 8:00 AM-5:00 PM $55 115553-02

**Spring Break & Summer Camp Registration**

Mark your calendars! Registration for Spring Break and all weeks of Summer Camp 2022 will begin at 7 a.m. on Thursday, January 13. Be ready for a S.I.L.L.Y camp with more field trips, weekly swimming lessons, outdoor play, and MORE!

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 . 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 class 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).

**Inclusion Services**

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

Funtime Preschool Program

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 April and 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 1/17, 2/21, 3/14, 3/15, 3/16, 3/17, 3/18, 4/14, 4/15.

**Enrollment Information, Initial Registration
& Monthly Tuition Fees**

Spring class session fees are based on $19.50 per scheduled day of classes. Full session fees are divided into monthly payments, January through May, and are due prior to the 15th of each month, for the upcoming month’s payment.

**Emergency Contact & Student Health Information**

An invitation to complete online health profiles through ePACT Emergency Network will be emailed prior to the start of each session and must be completed prior to participation. All required forms including an annual General Health Appraisal form with physician signature, current immunization records (or exemption form), and any required medication administration forms, can either be uploaded into ePACT profiles or hand-delivered to Northside Aztlan Community Center.

Questions?

Visit fcgov.com/youth-programs or call (970) 416-2528.

**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. Monthly tuition
is $136.50.

Age: 3-4 years

Location: Northside Aztlan Center

1/4- 5/12 Tu,Th 9:00 AM-Noon $682.50 117501-01

**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 $187.20.

Age: 4-5 years

Location: Northside Aztlan Center

1/5-5/13 M,W,F 9:00 AM-Noon $936 117500-01

**Lunch Bunch Enrichment**

An add-on, optional program for 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

1/5-5/13 M,W,F Noon-2:00 PM $12 117509-01

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**

Bring the little ones in for some fun gym time. Balls, blocks, a mini jump house, an obstacle course for plasma cars, and other activities are set up. All children must be accompanied and actively supervised by an adult. Registration is not required, $4 drop-in fee per participating child. Free admission for accompanying adults and non-participating infants/siblings. Note: Program will not be held on 12/20, 12/23, 12/27, 12/30, 1/3 and 1/17.

Age: Newborn - 5 years

Location: Northside Aztlan Center

12/2-1/27 TH 10:00 AM-Noon $4 Drop-in Fee

Location: Foothills Activity Center

12/6-1/31 M 10:00 AM-Noon $4 Drop-in Fee

**Small Hands, Big Messy Art**

Get hands-on with paint, playdough, and shaving cream.

Age: 18 months-2 years

Location: Northside Aztlan Center

12/3-12/17 F 10:00-10:45 AM $37 117585-01

1/21-1/28 F 10:00-10:45 AM $25 117585-02

**Art Start**

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

Ages: 18 months-3 years

Location: Northside Aztlan Center

12/7-12/14 Tu 9:30-10:30 AM $39 117583-01

1/4-1/25 Tu 9:30-10:30 AM $76 117583-02

**Little Explorers**

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

Age: 2 years

Location: Foothills Activity Center

12/3-12/17 F 10:00-11:00 AM $33 117761-01

1/7-1/28 F 10:00-11:00 AM $44 117761-02

**Adult & Tot Science**

Explore the world of science by making and doing all kinds of fun science experiments.

Age: 2-3 years

Location: Northside Aztlan Center

1/7-1/14 F 10:00 AM-11:00 AM $25 117560-01

**Preschool Discovery**

Discover arts and crafts, creative play, letter/number recognition, and gym time in this transitional class. Previous class experience recommended. Note: Class will not be held on 1/3, 1/17.

Ages: 2-3.5 years

Location: Northside Aztlan Center

Snowballs, Snowflakes, & Snowmen

11/29-12/15 M,W 10:00-11:30 AM $94 117503-01

Artic Animals

1/5-1/26 M,W 10:00-11:30 AM $94 117503-02

**Fun & Fitness**

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

Ages: 2.5-4 years

Location: Foothills Activity Center

Woodland Animals

11/30-12/16 Tu,Th 9:30-11:30 AM $138 117758-01

Winter’s Wonders

1/4-1/27 Tu,Th 9:30-11:30 AM $184 117758-02

**Discover and Create**

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

Age: 3-5 years

Location: Northside Aztlan Center

Animal World

12/7-12/14 Tu 1:30-2:30 PM $39 116516-01

Galaxy

1/4-1/25 Tu 1:30-2:30 PM $76 116516-02

**Art Studio for Pre-K**

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

Age: 3-6 years

Location: Northside Aztlan Center

Holiday Houses

12/2 Th 10:00-11:30 AM $20 116506-01

Winter Wonderland

12/9 Th 10:00-11:30 AM $20 116506-02

Snow Globes

12/16 Th 10:00-11:30 AM $20 116506-03

Winter Animals

1/6 Th 10:00-11:30 AM $20 116506-04

Snowmen

1/13 Th 10:00-11:30 AM $20 116506-05

Fun with Clay

1/20 Th 10:00-11:30 AM $20 116506-07

Watercolors

1/27 T 10:00-11:30 AM $20 116506-08

**LEGO with Friends**

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

Ages:3-6 years

Location: Foothills Activity Center

1/25-1/27 Tu,Th 1:00-2:30 PM $35 117749-01

**Preschool Tools**

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

Ages: 3-6 years

Location: Foothills Activity Center

1/6-1/20 Th 1:00-2:00 PM $52 117756-01

**Pretend with Friends**

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

Ages: 3-6 years

Location: Foothills Activity Center

Firefighters

11/30 Tu 1:00-2:30 PM $20 117750-01

Builders and Bulldozers

12/7 Tu 1:00-2:30 PM $20 117750-02

Food Truck

12/14 Tu 1:00-2:30 PM $20 117750-04

**Pretty Parties**

Come dressed in your favorite clothing or costume. Enjoy themed arts & crafts, games and snacks.

Ages:3-6 years

Location: Foothills Activity Center

Fairy Party

12/2 Th 1:00-2:30 PM $20 117741-01

Unicorn Party

12/9 Th 1:00-2:30 PM $20 117741-02

Princess Party

12/16 Th 1:00-2:30 PM $20 117741-03

**Those Amazing Dinosaurs**

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

Ages: 3-6 years

Location: Foothills Activity Center

1/4-1/18 Tu 1:00-2:30 PM $52 118708-01

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.

ADULT PROGRAMS

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.

**Indian Breakfast 101**

Have you ever wondered how to make savory, delicious breakfasts? If so, this class is for you! We will make warm and hearty (though not too spicy) authentic Indian breakfasts. All recipes are gluten-free and vegan friendly. Menu: masala oats, chickpea pancakes with cilantro chutney, ginger chai, amaranth cardamom pudding.

12/9 Th 6:00-8:30 PM $45 107425-01

**Christmas Curries**

Make three Indian Curries - one red, one green and one white, which will get you in the festive mood. Make curry pastes for each of those, and then build on top of that by adding different ingredients to complete the curries. All recipes are gluten-free and vegan friendly.

12/13 M 6:00-8:30 PM $45 107423-01

General Interest ]

**Genealogy, Beginner**

Explore personal family genealogy by using Familysearch, a free genealogy website. Learn how to set up an account, entering known family history, connect to existing genealogies, and more. Attendees can use computers at the class location or use their own devices. Enter Family History Center building using the North most entrance on the west side of the building

Age: 18 years & up

Location: Family History Center,600. E Swallow St.

12/2-12/16 Th 7:00-8:00 PM $5 107455-01

1/6-1/27 Th 7:00-8:00 PM $5 107455-02

Youth Programs

**LEGO Winter Wonderland Engineering**

Bundle up, we’re creating a spectacular Winter Wonderland! Build bobsleds, design snowmobiles, and take a ride on the Polar Express. Explore your snowiest ideas and learn S.T.E.M. concepts with tens of thousands of LEGO® pieces at your mitten-tips and the guidance of an experienced Play-Well instructor.

Age: 5-7 years

Location: Northside Aztlan Center

12/27-12/30 M-Th 9:00 AM-Noon $157 115570-01

**LEGO Winter Wonderland Challenge**

Get ready for the deep freeze this winter! Apply concepts in engineering and architecture to brave the challenges of winter weather. Design and build motorized contraptions such as snowplows, gondolas, and a snowball launcher with the guidance of an experienced Play-Well instructor and tens of thousands of LEGO® pieces.

Age: 8-12 years

Location: Northside Aztlan Center

12/27-12/30 M-Th 1:00-4:00 PM $157 115570-02

the 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 a poster.

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

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

**Birthday Parties**

Celebrate your child’s birthday with Farm flair. Meeting the animals, riding a pony (April-October), or going on a hayride creates a unique party for your 3-8 years of age. Call The Farm or stop by during open hours to reserve your date. Payment is due at time of reservation. Your farmer hostess takes care of all the details to ensure a stress-free day for you and your guests. Party packages include pony rides or hayride, a bandana for each child, and of course, a visit with the animals.

**The Farm Store**

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

**The Farm Museum**

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

**Volunteer**

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

**Breakfast with Santa**

Join Santa for muffins, milk, and memories! All the boys and girls on his list will join him for a hayride. A special gift from Santa will highlight the morning. Bring your camera. Note: One registration includes one child and one adult.

Age: 3-5 years

12/18 Sa 9:00-10:00 AM $21 108622-01

12/19 Su 9:00-10:00 AM $21 108622-02

**Stuffies Sleepover**

The adventure begins the minute you drop your favorite stuffed animal off for a sleepover at The Farm. Imagine all the fun they will have, what could happen on one night away? A picture book will tell the whole story. Stuffed animals will be handled following COVID guidelines.

Age: All

12/20-12/21 M,Tu 9:00 AM-Noon $10 108655-01

Fitness & Wellness

**General Information**

Get fit with recreation! Join certified trainers and instructors at City of Fort Collins Recreation Facilities for engaging workouts.

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

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

*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 for Fitness Classes– NEW!**

Participants may register for one or more fitness classes starting on or after the registration date and can register by individual day(s) for all fitness classes. Participants must register for a class before attending. The price of one fitness class is $6.50.

Sign up for four or more days within a transaction and get a lower price of $4 per 60-min class or $3 per 45-min class.

A $1 administrative fee will be added to the total price per transaction no matter the number of days selected.

Pricing structure is per person. Active facility pass holders, reduced fee participants, SilverSneakers and Renew Active members will receive a 70% discount only when registering for 4 or more days in one transaction. This discount does not include the $1 administrative fee. Note: Wellness programs and 25 admission passes are not eligible for this discount.

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

This change in registration guarantees no price increases for those who want to attend a class regularly, while allowing flexibility for those who can only attend select classes.

Questions? Contact the front desk staff at any facility or email recreation@fcgov.com with any questions about fitness classes or registration.

Example Price Chart

|  |  |  |  |
| --- | --- | --- | --- |
| Scenario (per transaction) | Price per day | Administrative Fee | Total Price |
| 60 min class – 1 day | $6.50 | $1 | $7.50 |
| 60 min class – 3 days | $6.50 | $1 | $20.50 |
| 60 min class – 4 days | $4 | $1 | $17 |
| 45 min class – 5 days | $3 | $1 | $16 |
| 60 min class – 10 days | $4 | $1 | $41 |

Fitness classes will require a minimum number of six participants registered for the class to avoid cancellation, for that day. A cancellation will be communicated via email to all registered participants within 12-24 hours prior to the start of class.

Participants may cancel their registration for one or more days as long as it is done no later than 24 hours prior to the start of class. Recreation’s refund policy will apply. See page 6 for more information.

Equipment needed for class is provided. Participants are welcome and encouraged to bring their own if they can. It is requested that participants wipe down equipment before and after each use with the provided wipes and/or towels and spray bottles.

**SilverSneakers**

SilverSneakers passes are accepted at the following facilities: Fort Collins Senior Center, Northside Aztlan Community Center, EPIC, Foothills Activity Center, & Mulberry Pool.

For more information about SilverSneakers, inquire at the front desk of any facility. SilverSneakers branded classes are free to SilverSneakers members and offered at the Fort Collins Senior Center. Note: SilverSneakers non-members may attend these classes by registering for the class by the day.

**Personal Training**

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.

**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

Personal training packages are sold as punch passes. Clients must check in at the front desk prior to each training session.

Single Sessions & Packages will expire one year from the date of purchase. A cancellation notice of at least 24 hours is needed to the trainer or client may lose session. No refunds are given on personal training sessions and packages.

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.

**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.

**Being Mortal Film Screening & Discussion**

The stories in Being Mortal show us the value of shared decision making in medicine at the end of life and illustrate the importance of thinking and planning ahead as we reflect on what matters most to us.

1/26 W 10:00-11:30 AM No Fee 125405-01

**Healthy Living for Your Brain and Body**

Science is able to provide insights into how to optimize our physical and cognitive health as we age. Learn about research in the areas of diet and nutrition, exercise, cognitive activity, and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

12/8 W 4:00-5:00 PM No Fee 125400-01

**Laughter Wellness**

Ready to belly-laugh for health? Warm-up with gentle movements, then stimulate your mind with deep breathing, plenty of laughter and creative, playful activities and relax in a closing meditation. A joyful, natural way to both energize and relax.

Location: Virtual

12/1 W 7:00-8:00 AM No Fee 125402-01

12/15 W 7:00-8:00 AM No Fee 125402-02

1/5 W 7:00-8:00 AM No Fee 125402-03

1/19 W 7:00-8:00 AM No Fee 125402-04

**Living with Alzheimer’s: For the Middle Stage Caregiver**

In the middle stages of Alzheimer’s Disease, those who are care partners now become hands-on caregivers. In this three-part series caregivers and professionals discuss helpful strategies to provide safe, effective, and comfortable care in the middle stages.

1/11-1/25 Tu 1:00-2:30 PM No Fee 125401-01

**Medicare 101**

Are you turning 65 or new to Medicare? This informative class will offer an overview of Medicare benefits, supplemental insurance, Medicare Advantage Plans, prescription drug plans, preventive services and how Medicare works with employer health insurance and more. Presented by Aspen Club Medicare Counselors.

12/15 W 2:00-3:30 PM No Fee 125404-01

**Mindfulness Meditation**

Most of our thoughts are either on autopilot or “kidnapped” by our phone throughout the day. Being “mindful” is to bring our attention back to the present moment, being aware of and understanding ourselves at a deeper level. Inner peace, compassion, and wisdom are the beautiful byproducts of a regular practice.

12/1-12/15 W 10:00-11:00 AM $106 125408-01

**Use of iPad & iPhone with Low Vision**

Smart phones and tablets can be immensely helpful tools for people with low vision. Learn about using these helpful features such as voice assistant, gestures for enlarging, personalizing display features, accessibility features and apps and more.

12/2 Th Noon-1:00 PM No Fee 125407-01

**Yoga for Brain Health**

Yoga offers many brain health benefits. Focus on breathing practices, beginning yoga poses and meditation. These practices help the brain cells develop new connections, reduce anxiety and depression, and help with focus. Join UCHealth Educator and mindfulness practitioner Deanna O’Connell for this calming two-week session.

1/11-1/18 Tu 1:00-2:30 PM No Fee 125403-01

**What is an End-of-Life Doula?**

Learn detailed information as to what an end-of-life doula is and what they can provide the loved one transitioning as well as the loved ones left behind. To honor death as a part of life as well as tools that can be used for comfort, pain relief, stress reduction and more.

1/13 Th 10:00-11:00 AM No Fee 125406-01

Services

**Cholesterol, Blood Pressure & Glucose Testing**

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

12/1, 1/5, 1/20 7:45-11:00 AM

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

Instructors have time in between classes to talk to parents and address their concerns. Be aware that some levels need to be repeated to master 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.

**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, wachhockey.com

**Youth Hockey**

Northern Colorado Youth Hockey, ncyh.org

**Curling**

Poudre Valley Curling Club, poudrevalleycurling.com

**Figure Skating Club**

Fort Collins Figure Skating Club, fortcollinsfsc.org

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.

Age: 16 years & up

1/6-2/3 Th 6:15-6:45 PM $51 110349-01

**Adult Skate, Advanced**

Designed for experienced skaters wishing to learn new skills. See descriptions for Youth Ice Skating, Basic 56 for skills taught.

Age: 16 years & up

1/6-2/3 Th 6:45-7:15 PM $56 110353-01

**Fitness Skate**

Intermediate to advanced skaters benefit from this aerobic exercise. Not discountable. 10 or 20 Admission Passes are available. Note: Sessions will not be held on 12/3, 1/14, & 1/17.

Age: 16 years & up

12/1-1/31 M-F 11:15 AM-1:00 PM $6

**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

12/1-1/26 W 9:15-10:45 AM

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

1/18-3/10 Tu,Th 4:15-5:00 PM $241 110372-01

**Power Skating Drop-In**

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

Age: 9-17 years

12/1-1/26 W 5:30-6:15 PM $14

**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

12/1-1/31 M-F 11:15 AM-12:45 PM $5

**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

12/4-1/30 Sa,Su 3:45-4:45 PM $5

Youth Programs

**Snowplow Sam 1 & 2**

Introduction to the ice at a relaxed pace. Learn to sit on the ice and stand up, to march in place, the standing swizzle, dip, march forward, march forward with two-foot glide, and introduction to backward wiggles and rocking horse.

Age: 4-5 years

1/4-2/3 Tu,Th 4:45-5:15 PM $101 110302-01

1/4-2/3 Tu,Th 9:30-10:00 AM $101 110302-02

1/8-2/5 Sa 10:30-11:00 AM $51 110302-03

**Snowplow Sam 3 & 4**

Learn to march forward across ice, forward one-foot glide, two foot turns, rocking horse, forward swizzles, snowplow stop, two-foot hop, and backward wiggles. Prerequisite: Successful completion of Snowplow Sam 1 & 2.

Age: 4-5 years

1/4-2/3 Tu,Th 4:45-5:15 PM $101 110304-01

1/4-2/3 Tu,Th 9:30-10:00 AM $101 110304-02

1/8-2/5 Sa 10:30-11:00 AM $51 110304-03

**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.

Age: 5-15 years

1/4-2/3 Tu,Th 4:45-5:15 PM $101 110306-01

1/4-2/3 Tu,Th 10:00-10:30 AM $101 110306-02

1/8-2/5 Sa 10:30-11:00 AM $51 110306-03

**Basic 2 Skate**

Learn forward glides, backward two-foot swizzles, two-foot glide, turns, snowplow stop, and scooter pushes. Prerequisite: Successful completion of Basic 1 or 10-15 years and never skated.

Age: 5-15 years

1/4-2/3 Tu,Th 4:45-5:15 PM $101 110310-01

1/4-2/3 Tu,Th 10:00-10:30 AM $101 110310-02

1/8-2/5 Sa 10:30-11:00 AM $51 110310-03

**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.

Age: 5-15 years

1/4-2/3 Tu,Th 4:45-5:15 PM $101 110314-01

1/4-2/3 Tu,Th 10:30-11:00 AM $101 110314-02

1/8-2/5 Sa 11:15-11:45 AM $51 110314-03

**Basic 4 Skate**

Learn stroking with power, backward one-foot glide, forward inside and outside edge on a circle, forward crossovers, backward pumps, and two-foot spin. Prerequisite: Successful completion of Basic 3.

Age: 5-15 years

1/4-2/3 Tu,Th 4:45-5:15 PM $101 110316-01

1/4-2/3 Tu,Th 10:30-11:00 AM $101 110316-02

1/8-2/5 Sa 10:30-11:00 AM $51 110316-03

**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.

Age: 5-15 years

1/4-2/3 Tu,Th 5:30-6:00 PM $101 110318-01

1/8-2/5 Sa 11:15-11:45 AM $51 110318-02

**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.

Age: 5-15 years

1/4-2/3 Tu,Th 5:30-6:00 PM $101 110322-01

1/8-2/5 Sa 11:15-11:45 AM $51 110322-02

**Pre-Free Skate**

Learn forward inside open and closed mohawk, ballet jump, backward crossovers to backward outside edge, one-foot spin, stand still waltz jump, mazurka, combination move, and forward and backward inside pivot. Prerequisite: Successful completion of Basic 6.

Age: 5-15 years

1/4-2/3 Tu,Th 5:15-6:00 PM $166 110324-01

1/8-2/5 Sa 9:30-10:15 AM $84 110324-02

**Field Moves**

Learn pre-preliminary and preliminary moves in the field. Learn stroking, crossovers, forward and backward outside and inside consecutive edges, waltz eight, straight line spiral, figure eight crossovers, right and left three turns, consecutive spirals, and alternating three turns.

Age: 5-15 years

1/4-2/1 Tu 6:15-6:45 PM $56 110330-01

**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.

Age: 5-15 years

1/4-2/3 Tu,Th 5:15-6:00 PM $166 110332-01

1/8-2/5 Sa 9:30-10:15 AM $84 110332-02

**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.

Age: 5-15 years

1/4-2/3 Tu,Th 5:15-6:00 PM $166 110334-01

1/8-2/5 Sa 9:30-10:15 AM $84 110334-02

**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.

Age: 5-15 years

1/4-2/3 Tu,Th 5:15-6:00 PM $166 110336-01

1/8-2/5 Sa 9:30-10:15 AM $84 110336-02

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.

Programs offering special pricing for Senior Center Members are denoted throughout the Recreator with . For more information, see page 57.

**Cancellation/Refund Policy**

Trips may be cancelled, or destinations may be changed due to weather conditions that are deemed hazardous or unsafe for driving/transportation or the program. In case of cancellation, a full refund is issued. If you need to cancel, notify us by 10 a.m., one week prior to the trip departure for refund or credit, in accordance with the Recreation refund policy on page 6.

**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.

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

1/3-2/28 M 9:00-11:00 AM $30 111930-01

**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.

12/13 M 2:00-2:30 PM No Fee

**B.O.O.T.S. Education**

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

Location: TBD.

1/24 M 9:00-11:00 AM No Fee 111933-01

**B.O.O.T.S. Weekly Hikes**

Meet staff at the trail head. Directions will be emailed to all enrollees.

Douglas Reservoir

1/3 M 9:00-11:00 AM No Fee 111932-01

Shoreline Trail from Soderburg Trail Head

1/10 M 9:00-11:00 AM No Fee 111932-02

Prairie Ridge

1/31 M 9:00-11:00 AM No Fee 111932-03

North Foothills to North Loop

2/7 M 9:00-11:00 AM No Fee 111932-04

Maxwell Natural Area

2/21 M 9:00-11:00 AM No Fee 111932-05

Reservoir Ridge Natural Area

2/28 M 9:00-11:00 AM No Fee 111932-06

**B.O.O.T.S. Stewardship**

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

Location: Environmental Learning Center

2/14 M 9:00-11:00 AM No Fee 111934-01

Education

**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.

12/3 F 9:00-11:00 AM $15 111980-01

12/17 F 9:00-11:00 AM $15 111980-02

12/31 F 9:00-11:00 AM $15 111980-03

1/14 F 9:00-11:00 AM $15 111980-04

1/28 F 9:00-11:00 AM $15 111980-05

**Gym to Crag Climbing Clinic**

Dive into the sport of rock climbing with a two-day program geared towards education and experience. Participants will feel comfortable with indoor climbing techniques and top rope belaying, and also experience outdoor climbing firsthand. On day one, learn to climb in a controlled environment, the basics of movement, techniques, and rope management skills are taught. Then, engage in practice drills, skill assessment, and climbing tactics. On day two, put new skills to the test climbing outside.

Location: Ascent Climbing Studio & Duncan’s Ridge

Age: 16 years & up

1/16-1/22 Su,Sa 10:30 AM-4:00 PM $260 111952-01

**Family Crag Climbing Day**

Spend time with the little ones this season while learning a new family sport. Kids & family climbing programs are designed to allow families to go at their own pace with the help and guidance of a certified climbing instructor. Our instructors will introduce basic climbing technique and fundamentals of belaying and are custom tailored to meet to needs of your family. Short approach hike to and from climbing crag. Registration includes one adult and one child. Note: Detailed directions will be shared prior to the program start.

Age: 6 years & up

Location: Duncan’s Ridge

1/29 Sa 10:30 AM-4:00 PM $125 111953-01

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 purchases 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.

Pottery lab time can be purchased as Independent Study classes. Drop-in times will be unavailable at this time.

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.

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

Winter pick-up dates are 4/9 & 4/10 from 11 a.m. -2 p.m.

**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. Staff is in attendance, but no formal instruction is provided. Lab fee includes 12 lbs. of clay. Lab hours are for adults only. Open lab times are not available for students enrolled in the Sampler Class.

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

T & Th 7:30-10:00 pm

1/4-2/1 M-Su 11:00 AM-2:00 PM $90 104899-01

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.

1/7-3/11 F 9:00-11:00 AM $180 104885-01

Creative Clay Craft: 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.

1/6-3/10 Th 6:00-9:00 PM $180 104875-01

**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.

1/6-2/3 Th 2:00-4:00 PM $90 104877-02

1/8-2/5 Sa 9:00-11:00 AM $90 104877-03

Independent Study: Mini Session

11/22-12/20 M 12:30-3:30 PM $135 404877-05

**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.

1/9-2/6 Su 2:30-4:30 PM $70 104870-01

Sampler: Mini Session

11/21-12/19 Su 3:30-5:30 PM $70 404870-03

**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.

1/3-3/7 M 5:45-7:45 PM $180 104850-01

1/3-3/7 M 9:00-11:00 AM $180 104850-02

1/5-3/9 W 8:00-10:00 PM $180 104850-03

1/8-3/12 Sa 9:00-11:00 AM $180 104850-04

**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 & Hanbuilding, Beginner.

1/3-3/7 M 8:00-10:00 PM $180 104855-01

1/5-3/9 W 5:45-7:45 PM $180 104855-02

1/6-3/10 Th 9:00-11:00 AM $180 104855-03

Beginner Plus: Mini Session

11/21-12/19 Su 8:00-10:00 PM $148 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.

1/4-3/8 Tu 5:30-7:30 PM $180 104860-01

1/5-3/9 W 5:45-7:45 PM $180 104860-02

Intermediate: Mini Session

11/17-12/15 W 9:00 AM-Noon $135 404860-04

Family Programs

**Fun Night Out**

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

Snow people

1/7 F 7:00-8:30 PM $40 104828-01

Snowflakes

1/14 F 7:00-8:30 PM $40 104828-02

Hearts

1/21 F 7:00-8:30 PM $40 104828-03

Mugs

1/28 F 7:00-8:30 PM $40 104828-04

Additional Person(s)

1/7 F 7:00-8:30 PM $20 104828-01A

1/14 F 7:00-8:30 PM $20 104828-02A

1/21 F 7:00-8:30 PM $20 104828-03A

1/28 F 7:00-8:30 PM $20 104828-04A

**Parent & Tot Mud, Handbuilding**

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

1/3-1/31 M 2:30-3:30 PM $90 104801-01

1/4-2/1 Tu 9:30-10:30 AM $90 104801-02

1/8-2/5 Sa 12:30-1:30 PM $90 104801-03

Additional child(ren)

1/3-1/31 M 2:30-3:30 PM $45 104801-01A

1/4-2/1 Tu 9:30-10:30 AM $45 104801-02A

1/8-2/5 Sa 12:30-1:30 PM $45 104801-03A

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

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

Age: 10-17 years

1/7-2/4 F 5:00-6:30 PM $135 104845-01

Additional Person(s)

1/7-2/4 F 5:00-6:30 PM $67 104845-01A

**Thrown Together**

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

Age: 7 years & up

1/6-2/3 Th 4:15-5:45 PM $135 104825-01

1/6-2/3 Th 6:00-7:30 PM $135 104825-02

1/8-2/5 Sa 2:30-4:00 PM $135 104825-03

Thrown Together: Mini Session:

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

1/3-1/31 M 4:00-5:30 PM $70 104805-01

**Homeschool Clay**

Learn clay basics while in homeschool. Basic skills and techniques taught. All tools provided. For children 5-7 years, some parent assistance may be needed.

Age: 5-14 years

1/5-2/2 W 2:30-4:00 PM $70 104812-01

**Teen Wheel & Handbuilding**

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

Age: 13-17 years

1/4-2/1 Tu 4:30-6:00 PM $70 104815-01

**Youth Wheel & Handbuilding**

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

Age: 9-13 years

1/5-2/2 W 4:30-6:00 PM $70 104810-01

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 cancelations, 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 ]

**Winter Adult Basketball**

Teams sign-up for their level preference on a first come basis. Registration ends 12/31 or when leagues fill. Rosters are unlimited.

Cost: $459

Date: 1/10–2/28

Men’s

Monday Competitive 113901-01

Monday Recreational 113901-02

Wednesday Recreational 113901-03

Coed

Sun Recreational 113903-01

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

**Winter 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 12/31 or when leagues fill. Leagues begin the week of 1/10; 8 games scheduled.

Location: TBA

Cost: $290

Women’s

Sunday B 113942-01

Wednesday A 113942-02

Wednesday BB 113942-03

Coed

Monday BB 113943-01

Monday B 113943-02

Tuesday A 113943-03

Tuesday BB 113943-04

Friday B 113943-05

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 cancelations, 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 polices 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 49 for more information.

Basketball ]

**Junior Rams Basketball**

All Junior Ram players will receive a reversible Junior Rams jersey for games and two tickets to one pre-selected CSU Basketball games.

**Girls 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.

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

Riffenburg 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

Lesher 114909-09

Lincoln 114909-11

Preston 114909-12

Webber 114909-15

Wellington 114909-17

**Boys Intermediate Basketball**

This program will provide an introduction to intermediate basketball. 1-2 practices, 6 games and an end of season tournament. Teams are randomly formed in the sports office and not by individuals when the players register. Note: Jr Nuggets Jersey will be provided.

Cost: $99

Date: 1/10-3/5

Locations vary

4/5 114903-01

6 114904-01

7/8 114905-01

Martial Arts ]

**Shotokan Karate, Beginner**

Introduction to karate, a Japanese martial art form. Students may be divided into groups depending on ability. Adults are welcome to participate with their children. Learn basic karate techniques and form before moving on to the intermediate level.

Age: 7 years & up

Location: Club Tico

1/3–2/2 M,W 6:00–7:00 PM $56 122122-02

2/7–3/9 M,W 6:00–7:00 PM $56 122122-03

Location: Foothills Activity Center

2/7–3/9 M,W 5:00–6:00 PM $56 122119-03

**Shotokan Karate, Intermediate**

Physical and mental benefits include enhanced physical condition and increased stamina, coordination, confidence, self-esteem, discipline, and concentration. Prerequisite: Successful completion of Shotokan Karate, Beginner.

Age: 7 years & up

Location: Club Tico

1/3–2/2 M,W 6:00–7:00 PM $56 122123-02

2/7–3/9 M,W 6:00–7:00 PM $56 122123-03

Location: Foothills Activity Center

2/7–3/9 M,W 6:00–7:00 PM $56 122120-03

**Shotokan Karate, Advanced**

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

Age: 7 years & up

Location: Club Tico

1/3–2/2 M,W 7:00–8:00 PM $56 122124-02

2/7–3/9 M,W 7:00–8:00 PM $56 122124-03

Location: Foothills Activity Center

2/7–3/9 M,W 6:00–7:00 PM $56 122121-03

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

Lesher 114911-05

Lincoln 114911-06

Preston 114911-07

Webber 114911-08

Wellington 114911-09

Youngsters ]

**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

1/5–1/19 W 10:00–10:45 AM $29 114771-01

1/25–2/8 Tu 10:00–10:45 AM $29 114771-02

**Basketball for Shorties**

Learn the basics of basketball by working on large and small motor skills as they relate to shooting, dribbling, and passing. Note: Parents are not allowed in the gym in order to provide a more efficient class.

Age: 4–5 years

Location: Northside Aztlan Center

1/4–1/18 Tu 10:00–10:45 AM $29 114772-01

**T-ball for Shorties**

Learn the basics of baseball/softball by working on the fundamentals of throwing, hitting, and catching. Note: Parents are not allowed in the gym in order to provide a more efficient class.

Age: 4–5 years

Location: Northside Aztlan Center

1/26–2/9 W 10:00–10:45 AM $29 114773-01

**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.

Cost: $89

Location: Foothills Activity Center

Soccer Tots

Age: 2-3 years

1/12-2/16 W 9:30 AM-10:20 AM 114770-01

1/13-2/17 Th 9:30 AM-10:20 AM 114770-02

Age: 3-5 years

1/12-2/16 W 10:30 AM-11:20 AM 114770-03

1/13-2/17 Th 10:30 AM-11:20 AM 114770-04

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.

Winter hours are 1:00-6:00 p.m. Monday thru Friday and 10:00 a.m.-4:00 p.m. on Saturday (weather permitting)

**Registration**

For full program information, court availability and to register for programs, visit Lewistennis.com or call 970.493.7000. Discounts available for additional family members.

**Programs**

All programs are offered at Rolland Moore Racquet Complex unless otherwise noted.

Adult Programs ]

All adult programs are for those 18 years and older unless otherwise noted.

**Adult Beginner**

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.

1/3-1/26 M,W 6:30-8:00 PM $201 123005-01

1/31-2/23 M,W 6:30-8:00 PM $201 123005-02

2/28-3/23 M,W 6:30-8:00 PM $201 123005-03

**Adult Intermediate**

Learn the “Modern Game” of tennis and refine your skills by experiencing techniques that are used by the pros. Develop your topspin, forehand, backhand and serves, as well as learn doubles and singles strategies that win!

1/4-1/27 Tu,Th 6:30-8:00 PM $201 123006-01

2/1-2/24 Tu,Th 6:30-8:00 PM $201 123006-02

3/1-3/24 Tu,Th 6:30-8:00 PM $201 123006-03

Youth Programs ]

**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

1/3-1/26 M,W 4:00-5:30 PM $153 123053-01

1/31-2/23 M,W 4:00-5:30 PM $153 123053-02

2/28-3/23 M,W 4:00-5:30 PM $153 123053-03

1/8-1/29 Sa 11:00 AM-12:30 PM $77 123053-04

2/5-2/26 Sa 11:00 AM-12:30 PM $77 123053-05

3/5-3/26 Sa 11:00 AM-12:30 PM $77 123053-06

**Aces**

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

1/3-1/26 M,W 4:00-5:30 PM $153 123050-01

1/31-2/23 M,W 4:00-5:30 PM $153 123050-02

2/28-3/23 M,W 4:00-5:30 PM $153 123050-03

1/8-1/29 Sa 11:00 AM-12:30 PM $77 123050-04

2/5-2/26 Sa 11:00 AM-12:30 PM $77 123050-05

3/5-3/26 Sa 11:00 AM-12:30 PM $77 123050-06

**Challenger**

New players learn the basics of the game, play games, learn scoring and rules.

Age: 11-13 years

1/4-1/27 Tu,Th 4:30-6:30 PM $201 123051-01

2/1-2/24 Tu,Th 4:30-6:30 PM $201 123051-02

3/1-3/24 Tu,Th 4:30-6:30 PM $201 123051-03

1/8-1/29 Sa 1:00-3:00 PM $101 123051-04

2/5-2/26 Sa 1:00-3:00 PM $101 123051-05

3/5-3/26 Sa 1:00-3:00 PM $101 123051-06

**Competitive**

Intermediate middle schoolers improve their basic skills, develop more advanced strokes, and develop match skills.

Age: 11-13 years

1/4-1/27 Tu,Th 4:30-6:30 PM $201 123052-01

2/1-2/24 Tu,Th 4:30-6:30 PM $201 123052-02

3/1-3/24 Tu,Th 4:30-6:30 PM $201 123052-03

1/8-1/29 Sa 1:00-3:00 PM $101 123052-04

2/5-2/26 Sa 1:00-3:00 PM $101 123052-05

3/5-3/26 Sa 1:00-3:00 PM $101 123052-06

**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

1/4-1/27 Tu,Th 4:30-6:30 PM $201 123056-01

2/1-2/24 Tu,Th 4:30-6:30 PM $201 123056-02

3/1-3/24 Tu,Th 4:30-6:30 PM $201 123056-03

1/8-1/29 Sa 1:00-3:00 PM $101 123056-04

2/5-2/26 Sa 1:00-3:00 PM $101 123056-05

3/5-3/26 Sa 1:00-3:00 PM $101 123056-06

**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

1/4-1/27 Tu,Th 4:30-6:30 PM $201 123054-01

2/1-2/24 Tu,Th 4:30-6:30 PM $201 123054-02

3/1-3/24 Tu,Th 4:30-6:30 PM $201 123054-03

1/8-1/29 Sa 1:00-3:00 PM $101 123054-04

2/5-2/26 Sa 1:00-3:00 PM $101 123054-05

3/5-3/26 Sa 1:00-3:00 PM $101 123054-06

**Performance Training**

This program is for the devoted junior player who has already developed a solid foundation of the game and has shown a high level of commitment. Players typically have goals of state and sectional rankings, high school varsity play, and college scholarships. Players must be accepted by Head Pro.

Age:14-18 Years

1/3-1/26 M,W 4:30-6:30 PM $259 123058-01

1/31-2/23 M,W 4:30-6:30 PM $259 123058-02

2/28-3/23 M,W 4:30-6:30 PM $259 123058-03

50+ Trips & Travel

Trips are designed for ages 50 years and up unless otherwise noted.

**Registration**

Pre-registration is required for all trips. Some ticketed events have an early registration deadline. See trip details for more information.

**Refunds/Cancellation**

In accordance with the Recreation refund policy, within a week of an activity no refunds are given unless we resell that seat. The Recreation refund policy can be found on page 6. Ticketed trip sales are considered final after the deadline printed for each activity and are non-refundable. Ticketed trips include, but are not limited to: shows, special events, and sports games. Full refunds are available for overnight trips until the final payment deadline listed in the activity, after which all sales are final and non-refundable. For some overnight trips, a refund schedule is available upon request.

**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.

**Accommodations**

Individuals who are not independent in daily living activities or need extra supervision or assistance are encouraged to register and participate with a personal care attendant. At time of registration, please inform us of any accommodations needed. When registering for ticketed events, accommodations can only be guaranteed until the non-refundable date noted in the description. After that date we will make every effort to accommodate needs, but we cannot guarantee ticket availability. There is no transportation fee for the personal care attendant providing assistance, but they must pay for ticket and meal expenses if those are part of the trip fees. Attendants must register separately from individuals they are assisting to ensure that we provide necessary seating, meals, tickets, etc.

If a meal is included in the price, allergy or dietary requests must be made at the time of registration otherwise we cannot guarantee accommodation.

**Door-to-Door Transportation**

Round trip transportation to and from your home is available for most trips if you reside within the Fort Collins city limits (with some exceptions). This service is provided prior to and after printed trip timeframes out of consideration for other participants. On some trips, a pick-up in Loveland is offered and must be requested at time of registration; pick-up time is 15 minutes after time listed in program description. The cost for these services is $5 per person. Requests must be made at the time of registration or at least three business days prior to the trip.

**Waitlist**

If a trip is sold out, you may have your name placed on a waitlist. We will contact you directly if space becomes available. Reservations are on a first-come-first-served basis.

**Trips & Travel Exertion Scale**

Trips are identified throughout this section with an exertion scale rating. The rating scale identifies how intense the walking may be on the trip. A rating of indicates a low walking level for the trip, while a indicates a high level of walking. The rating system is defined below. Please note that many trips may be at altitude regardless of the exertion rating. Distances are approximate.

 =

Walk short distances. Example: To program location from parking lot. May include some stairs. Mostly sitting. Handicap accessibility available. Distance: Less than 20 yards.

 =
Walk short distances on mostly even surfaces. Some stairs. Example: Short tours. Distance: 20-100 yards.

 =
Walk longer distances on mostly even surfaces. Some stairs. Distance: .25-1 mile.

 =
Walk for long distances, on uneven surfaces, and/or on stairs. You will be on your feet for most of the outing. Distance: 1-5 miles.

**Loveland Museum**

Follow the development of business in Loveland as it became the Gateway to the Rockies. visit other exhibits within the Loveland Museum before returning to the Senior Center.

1/6 Th 9:30 AM-Noon $20 105954-01

**Out to Lunch: Claire’s Restaurant & Bar**

Enjoy scenic views as you sample some of Estes Park’s best at Claire’s. Dishes include fresh and locally sourced ingredients. Note: Lunch cost on your own.

1/11 Tu 10:30 AM-3:00 PM $20 105930-01

**The Sound of Music**

Enjoy the final collaboration between Rodgers & Hammerstein in the beloved musical, The Sound of Music. The inspirational story, based on the memoir of Maria Augusta Trapp, follows an ebullient postulate who serves as governess to the seven children of the imperious Captain Von Trapp, bringing music and joy to the household. But as the forces of Nazism take hold of Austria, Maria and the entire Von Trapp family must make a moral decision. Note: Fee includes transportation, ticket, and dinner. Location: Candlelight Dinner Theater. Non-refundable after12/14/21.

1/15 Sa 11:00 AM-5:00 PM $90 105925-01

**Stanley Hotel Tour**

Over a century years old, the Stanley Hotel stands regally at the base of the Rocky Mountains. Take a tour to learn about the hotel’s history and the pop culture associated with it. Enjoy an evening meal at The Post after. Note: Dinner cost on your own.

1/27 Th 2:30-8:30 PM $50 105933-01

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 . 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 45.

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.

1/1-5/31 $33 107410-01

**Reading & Feeding Sale, Front Range Forum Members only**

Support the Food Bank for Larimer County through the Front Range Forum Reading & Feeding event. Front Range Forum members will have exclusive access to a large selection of books available for purchase. $1 for hardcovers, 50 cents for paperbacks, and specialty pricing for special books. All proceeds go directly to the Food Bank for Larimer County. Note: Program is for Front Range Forum Members only.

1/28 F 4:00-6:00 PM

**Older Gay Lesbian Bisexual Transgender +
(OLGBT+) Meet up**

Join the social networking group for monthly det togethers. Meetings occur to plan future events and activities. For more information contact Ashley Ruffer at 970.224.6033,
aruffer@fcgov.com

**Senior Serenaders**

The Senior Serenaders practice and perform seasonal themed 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 12/20.

12/6-1/10 M 9:30-11:00 AM No Fee 112413-01

Education

**Put Some PEP in Your Life**

Are your ready for a personal, natural, or medical emergency? How well is your designated other prepared for your crisis? Join us for tips and tools to create your own Personal Emergency Plan (PEP) for medical, financial, property ,and more..

Age: 18 years & up

1/20 Th 10:00-11:00 AM $5 112437-01

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 Reduced Fee

Age: 60 years & up

Location: Northside Aztlan Center

1/6-2/24 Th 11:00 AM-1:00 PM $38 112500-01

**Bridge 1, Bidding Part 1**

Focus on card basics, bridge etiquette, hand evaluation/counting points, how to win tricks, defending and scoring. Learn the language of bidding in competitive auction. Supplies included.

Note: No class 1/26, 2/23

1/12-3/9 W Noon-3:00 PM $120 112465-01

**Cards & Games**

Note: $5 non-member drop-in option available for member games and billiards. Note: Games will not be held on 12/31.

Age: 18 years & up

All Games

12/6-1/10 M 9:00 AM-Noon No Fee 112411-01

Pinochle, Mahjong

12/7-1/11 Tu 12:30-4:00 PM No Fee 112411-02

Party Bridge

12/7-1/11 Tu 1:30-4:30 PM No Fee 112411-03

All Games

12/8-1/12 W 12:30-4:00 PM No Fee 112411-04

Pinochle

12/3-1/14 F 1:30-4:30 PM No Fee 112411-05

**Donut It Make You Wonder**

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. Note: No group meeting 12/31.

12/3-1/14 F 10:00-11:00 AM No Fee 112412-01

**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

12/15 W 3:00-5:00 PM No Fee 112442-01

1/20 Th 3:00-5:00 PM No Fee 112442-02

**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

12/7-01/25 Tu 9:30 AM-Noon No Fee 403499-01

SPECIAL EVENTS

**Holiday Village**

Visit the Fort Collins Senior Center lobby throughout the holiday season and enjoy the sights and sounds of a beautiful miniature village come to life.

Location: Senior Center

12/13-1/7 M-Th 6:00 AM – 7:00 PM No Fee

12/13-1/7 F 6:00 AM – 5:00 PM No Fee

**Author Talk**

Enjoy a Friday afternoon with a local Author. Learn more about their writing and ask questions. Author will be announced prior to program. Reading a book is fun. Writing one is even better. Local historian / author Brian Carroll shares the anatomy of his recently published biography of our cities namesake - “William O. Collins From the Mayflower to the Rockies With Stops in Between.

Location: Senior Center

1/28 Fri 3:00-4:00 PM $5 112438-01

**Reading & Feeding: A book sale to benefit the Food Bank for Larimer County**

Support the Food Bank for Larimer County through the Front Range Forum Reading & Feeding event. From 8 am to 12 noon a large selection of books will be available for purchase, $1 for hardcovers, 50 cents for paperbacks, and specialty pricing for special books From 12 noon to 2 pm, bring your own grocery bag to fill for $5. All proceeds go directly to the Food Bank for Larimer County.

Location: Senior Center

1/29 Sa 8:00 AM-2:00 PM No Fee

Resources

**Pool Room**

The Pool Room has four 8-ball tables and one snooker table. Non-members may pay a daily drop-in rate. Additionally, users are asked to 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. ¢