Registration starts at 7 a.m., November 10

Fort Collins

INSIDE: **FITNESS** within your reach

Recreator OF THE YEAR

FORT COLLINS BASEBALL CLUB Your Ticket to FCBC this Winter

SATURDAY STICKS

Saturday Sticks will be held throughout winter in the FCBC Training Center. Email dayton@fcbcmail.org to be put on the FCBC Mailing List, so you can know when the next sign-up is for Saturday Sticks.

WINTER BASEBALL

Lessons and Clinics

FCBC will be offering winter lessons and clinics. Please email <u>dayton@fcbcmail.org</u> if you are interested in either.



SUMMER BASEBALL Mark Your Calendar

Registration for our main season (Recreational and Intermediate) will open on Friday, January 14th.

FORT COLLINS STARS TRIP

A Stars trip is a great opportunity to learn, grow and play baseball, while competing in a new environment. Previous trips have included Southern California, Texas, Las Vegas and Cooperstown. Please join the

mailing list for information on new trips and tryouts.



FALL BALL 2021

Thanks to everyone who participated in Fall Ball! We had an all-time high with over 700 players involved in Fall Ball from Pre-K through 8th Grade. A special thanks to all of our Coaches who volunteer to help the young ballplayers of Fort Collins enjoy The Game.



FORT COLLINS • JAXGOODS.COM



NOTICE

In 2022, the Recreator is moving to a new publication cycle of three times per year. Your favorite programs will still continue to be offered year-round!

2022 Registration Dates

Spring: January 13

Covers February - May programming including Camp FunQuest and youth sports camps

Summer: April 14

June-August programming including preschool and adult softball leagues

Fall/Winter: August 11

Program Areas

September-December programming including learn to swim and youth basketball

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NEW registration options for fitness that fits your schedule

FITNESS

within your reach

p35

Recreator OF THE YEAR

p25





Hello, Recreators -

As impacts from the COVID-19 pandemic continue to exist within our community, we want to reassure you that Parks and Recreation will be here for Fort Collins. Since March 2020, we have learned a great deal about how to deliver programs and services to the community in a measured and safe manner. As has been the case throughout the pandemic, Parks and Recreation will follow the State of Colorado and Larimer County public health guidance for any changes to operations.

As the weather cools, and most Recreation programming turns indoors, we want to highlight the many fitness opportunities available. The City of Fort Collins has a robust program with a variety of classes and services, geared toward providing access to everyone in the community. Many of the fitness classes are offered virtually and in person, so patrons have a choice whether to attend a class in person or remotely. A personal favorite of mine is the cross-train class from 6:15 -7:15 a.m., held at the Senior Center.

The Downtown Holiday Lighting Ceremony in Old Town Square is scheduled for Friday, November 5. It will be wonderful to welcome the community back to Old Town for this tradition that was missed by many last year. If you plan to attend the lighting ceremony, try to arrive a few hours early and grab some food beforehand. This will allow you to easily find parking, and get some food before the restaurant rush after the lighting ceremony.

Lastly, this winter is the first full season the Senior Center Pool will be reopened since the COVID closure in March 2020. Since June 2020, the demand for swim lanes has been incredibly high. This is a welcome change for many aqua-fitness participants, swim lessons patrons, and other community members that have been anxiously awaiting the return of this amenity.

Have fun out there, Recreators!

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



Credits

City of Fort Collins Parks and Recreation Board

Catherine Carabetta, Ken Christensen, Mary Carlson, Jeff Haber, Shari Heymann, Bob Kingsbury, Michael Novell, Jesse Scaccia, Michael Tupa

Interim Recreation Director Aaron Harris

Parks Director Mike Calhoon

Recreation Managers Sara Mendez (Interim) Marc Rademacher

Golf Manager Scott Phelps

Forestry Manager Kenda Boot

Parks Manager Rob Crabb

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

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

City of Fort Collins

Vision

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

Mission

Exceptional service for an exceptional community.

FIND YOUR WINTER THING IN FORT COLLINS THIS SEASON

FROM THE PARKS & RECREATION BOARD

Fort Collins is a city for all seasons. Each one brings with it a bevy of new ways, reasons, and excuses to get out there and be active.

Especially in winter, when seasonal depression hits so many in our community, it really helps to have "your thing." Your thing can be anything, really, as long as it is something that brings a smile to your face when you're off to go do it.

Here we've highlighted a few special reasons to leave your house this winter and be part of something fun and enriching. Some of them you can find here in the Recreator, while others you join elsewhere in the city.

Cross Country Ski in City Parks and Golf Courses

Talk about good Colorado living!

Our parks and golf courses aren't just beautiful when covered in snowfall, they also become a home for a classic winter activity: cross country skiing.

"Cross country skiing is allowed in the parks and on the golf courses when adequate snow level is present," said Mike Calhoon, Director of Parks. "Refrain from crossing the tee boxes and greens. Outdoor ice skating is also available on City Park's Sheldon Lake when at least 6" of clear ice is present."

Take a Class at the City's Own Pottery Studio

At all phases of life, exercising our creativity helps keep us vibrant. By creating art, we articulate our spirits. You can achieve these lofty goals and play out your favorite scene from "Ghost" at the City's Pottery Studio, which has been around and hosting classes since 1971.

"I found that using my hands helped me with arthritis and kept my mind active," said Ursula, a Fort Collins resident who makes good use of the studio. "I have met and made many friends through the pottery studio. It has expanded my creativity, knowing that not every thing I make has to be round and centered. I have had some great teachers, who have taught me many things." If pottery isn't your thing, but you want to make art "your thing" this winter, check out the Recreator for a palette of other options.

To sign up for a pottery class, go to: fcgov.com/recreation/pottery-studio.

Pond Hockey!

The Fort Collins Pond Hockey League is a non-profit organization that provides access to the sport of pond hockey in Northern Colorado.

They believe that hockey is best enjoyed when it is simple, free of charge and played in a natural outdoor setting that aligns with the deep roots of the sport. It's their goal to build community by bringing people of different ages, genders, backgrounds and abilities together to enjoy this great game.

For more on the league, go here: nocopondhockey.org

Take a Family & Friends-Who-Are-Family Trip to the Garden of Lights

Join The Gardens on Spring Creek for one of Northern Colorado's favorite holiday traditions, this year, with the return of Santa himself.

"Stroll through a whimsical, twinkling winter wonderland illuminated by hundreds of thousands of LED lights," said The Garden's Amanda Sammartino. "The Color Blossom Show will light up the Great Lawn again this year, with 700 lighted blossoms adding vibrant colors and movement to the holiday experience."

The Gardens on Spring Creek will host its annual Garden of Lights event from December 10 - 26, 2021 with entry times 5 – 9 p.m. nightly, with the exception of Christmas Day. For more on Garden of Lights, go here: fcgov.com/gardens/garden-of-lights

> —Jesse Scaccia Parks & Recreation Advisory Board Member

WINTER BALANSE ADDE ADDE ADDE Schedule appointments and see your provider, all from home sweet home.

With easy online scheduling, Virtual Visits, and in-person appointments available, our local family providers at AFM are here for your health. No matter the situation or season.

Schedule your virtual or in-clinic appointment today. AFMnoco.com/Schedule



Here for good.

REGISTERING FOR PROGRAMS

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

Registration is currently scheduled to begin at 7 a.m. on November 10. Early registration will be available for Senior Center Members at 7 a.m. on November 9.

Registration may not be approved by an instructor or coach. During registration, personal information is entered into the registration database by household. By providing household information to the City, you are consenting to the release of information regarding your household to all members of your household.

At this time, credit cards are the only form of permitted payment. No cash refunds.

YOU CAN REGISTER FOR PROGRAMS IN THREE WAYS:



Aquatics, Ice Skating & Sports Registration Policies

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

REFUND & CANCELLATION POLICIES

Withdrawals

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

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

Transfers

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

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

Cancellations

Recreation may cancel programs at staff's discretion. If Recreation cancels a program for any reason, you will receive a full refund or credit. Recreation staff can assist you in finding another program that meets your needs.

Outdoor Recreation Cancellation/Refund Policy

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

REDUCED FEE PROGRAM

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

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

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

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

For more information visit fcgov.com/reduced fee.

RECREATION FACILITY REGULATIONS

To ensure a safe and welcoming atmosphere, all guests are expected to follow posted Recreation Facility Regulations when visiting City of Fort Collins Recreation facilities.

The regulations are posted at each recreation facility and available online at fcgov.com/recreation/regulations.

COVID-19 Information

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

- Maintaining physical distance
- Wearing face coverings, if not fully vaccinated
- Frequently washing hands or using sanitizer
- Washing high-touch surfaces
- Staying home if you are sick or exhibiting any symptoms of illness

Visit fcgov.com/eps/coronavirus for additional information regarding the City of Fort Collins' emergency response to COVID-19.

Pool Rules & Guidelines

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

ADA Disclosure

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

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

If you require assistance participating in programs due to a disability, please indicate that you need an accommodation during the registration process. Specialized programs and service information can be found on page 13. If you are interested in participation support due to a disability, requests should be made two weeks in advance of program start date.

Disability Resources

For more information contact recreation@fcgov.com. Information on personal care attendants can be found on page 13.

Translation & Interpretation/Traduccion e Interpretation

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

Esta información puede ser traducían, sin costo para usted.



2721 S. College Ave., Fort Collins, CO 80525 - 970.226.4253 - www.soccerfortcollins.org

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ADMISSION & PASS FEES

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

Reduced Fees

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

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

MULTI-FACILITY ADMISSION PASS

SINGLE ADMISSION (One-time Drop-In Rate)

Youth	\$4	Youth Rate
Adult	\$5	Free
60+	\$4	at Northside on Thursdays from 4 p.mClose
Family/Couple	-	\$1
85+	-	at Foothills and Northside

ICE SKATING RATES & RENTALS

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

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

THE FARM ADMISSION RATES

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

DEFINITIONS

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

60+: 60 years & up

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

PASSHOLDER ACCESS

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

GROUP RATES

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

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

RECREATION RESERVE FUND

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



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



CITY PARK POOL

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

CLUB TICO

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

EDORA POOL ICE CENTER

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

THE FARM

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

FOOTHILLS ACTIVITY CENTER

(Programs available for all ages, with primary focus on youth) **241 E. Foothills Pkwy. • 970.416.4280 •** *fcgov.com/foothillsactivitycenter* M—F 8 AM—7PM Sa 8 AM—4 PM Su Closed

FORT COLLINS SENIOR CENTER

(Programs available for 18+, with primary focus on 50+) **1200 Raintree Dr. • 970.221.6644 •** *fcgov.com/seniorcenter* M—Th 6 AM—7 PM F 6 AM—5 PM Sa—Su Closed

MULBERRY POOL

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

NORTHSIDE AZTLAN COMMUNITY CENTER

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

THE POTTERY STUDIO

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

ROLLAND MOORE RACQUET COMPLEX

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

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

Looking for golf? Visit fcgov.com/golf



FORT COLLINS CONNEXION

YOUR COMMUNITY-DRIVEN AND COMMUNITY-OWNED FIBER NETWORK!

- Blazing-fast Gigabit speed internet only \$59.95 per month
- 🔇 Affordable, reliable home phone
- Live TV, sports, On Demand and all your favorite shows!



NO DATA CAPS! NO CONTRACTS! NO INSTALL FEES!

LEARN MORE & SIGN UP FOR NOTIFICATIONS AT FCCONNEXION.COM

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:

0 A 11 IT		
Dial-A-Ride		970.224.6066
Iransfort (Public City	Transport)	970.221.6620

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.



Fees based on ability to pay Medicaid • CHP+

Medicaid dental benefit decreases next year. Use yours now!

Health District

Call us for an appointment, 7:30 a.m. - 6 p.m., M-F 970-416-5331

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

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 Se	ction		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: El	PIC			
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

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

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

6:30-10:00 PM	\$58	102320-01
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.

vivision							
Sa	3:30-7:30 PM	\$33	102951-01				
Recreational Division							
Sa	3:30-7:30 PM	\$33	102951-02				
Individual Skills							
Sa 3:30-7:3	SO PM	\$33	102951-03				
	Division Sa Is	Sa 3:30-7:30 PM Division Sa 3:30-7:30 PM	Sa 3:30-7:30 PM \$33 Division \$33 Sa 3:30-7:30 PM \$33 Is \$33				

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	М	5:00-6:00 PM	\$24	102952-01
Family				
1/10-2/21	М	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

ND	AC	Classes in which adults are required to attend
B	NW	Denotes no web registration for program
Ш	M	Denotes program/activity has special membership pricing

AQUA FITNESS

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

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

INCLUSION SUPPORT

Individuals of all abilities and ages are welcome to participate in any program listed in the Recreator. If you are interested in participation support due to a disability, or other support need, requests should be made two weeks prior to program start date. Visit *fcgov.com/aro* for more details.

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: Sen	ior 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: Ser	nior 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: Sen	ior 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 Cent	er
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1/3-1/28 M,W,F 7:00-8:00 AM \$49 1004

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
Location	Scillor	Contor

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

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



PREMIER CARD

A reloadable card that works like cash at any course, with additional discounts earned the more you spend. Use for tee times, cart rentals, and driving range visits!

ANNUAL PASS

Visit our City courses frequently? The Annual Pass will save you money and maximize your value.

GIFT CARDS

Redeemable at any course for merchandise, golf play, cart rentals and range balls.





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 & u	р	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.

INCLUSION SUPPORT

Individuals of all abilities and ages are welcome to participate in any program listed in the Recreator. If you are interested in participation support due to a disability, or other support need, requests should be made two weeks prior to program start date. Visit *fcgov.com/aro* for more details.

ADULT PROGRAMS

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: Sen	ior 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	М	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 I ocation: FPIC

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

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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: Ser	nior 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

AC	Classes in which adults are required to attend	
-		

Denotes no web registration for program

M Denotes program/activity has special membership pricing

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: Senio	or 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: Seni	or 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

EGEND

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

-			
Tu,Th	5:20-5:50 PM	\$73.50	101222-01
Tu,Th	5:55-6:25 PM	\$73.50	101222-02
Tu,Th	6:30-7:00 PM	\$73.50	101222-03
Sa	9:00-9:30 AM	\$37.25	101222-07
Sa	9:35-10:05 AM	\$37.25	101222-08
Sa	10:10-10:40 AM	\$37.25	101222-09
Sa	11:20-11:50 AM	\$37.25	101222-10
Su	3:50-4:20 PM	\$37.25	101222-15
Su	4:25-4:55 PM	\$37.25	101222-16
Su	5:00-5:30 PM	\$37.25	101222-17
Su	5:35-6:05 PM	\$37.25	101222-18
M,W	5:20-5:50 PM	\$66.25	101322-01
M,W	5:55-6:25 PM	\$66.25	101322-02
or Center			
Su	3:15-3:45 PM	\$37.25	101422-01
	Tu,Th Tu,Th Sa Sa Sa Sa Su Su Su Su Su Su M,W M,W or Center	Tu,Th 5:55-6:25 PM Tu,Th 6:30-7:00 PM Sa 9:00-9:30 AM Sa 9:35-10:05 AM Sa 10:10-10:40 AM Sa 11:20-11:50 AM Su 3:50-4:20 PM Su 4:25-4:55 PM Su 5:00-5:30 PM Su 5:20-5:50 PM M,W 5:20-5:50 PM M,W 5:55-6:25 PM or Center	Tu,Th 5:55-6:25 PM \$73.50 Tu,Th 6:30-7:00 PM \$73.50 Sa 9:00-9:30 AM \$37.25 Sa 9:35-10:05 AM \$37.25 Sa 10:10-10:40 AM \$37.25 Sa 11:20-11:50 AM \$37.25 Su 3:50-4:20 PM \$37.25 Su 4:25-4:55 PM \$37.25 Su 5:00-5:30 PM \$37.25 Su 5:20-5:50 PM \$37.25 M,W 5:20-5:50 PM \$37.25 M,W 5:55-6:25 PM \$366.25 M,W 5:55-6:25 PM \$66.25 or Center

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: EPI	С			
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: Ser	nior 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

INCLUSION SUPPORT

Individuals of all abilities and ages are welcome to participate in any program listed in the Recreator. If you are interested in participation support due to a disability, or other support need, requests should be made two weeks prior to program start date. Visit *fcgov.com/aro* for more details.

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 year	rs & 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 year	rs & 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
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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 F	ee 103496-01
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AC	Classes in which adults are required to attend
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Denotes no web registration for program

M Denotes program/activity has special membership pricing

[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
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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
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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

EGEND

[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 Sn	owmen Bott	les			
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
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12/12	Su	10:00 AM-Noon	\$45	118582-01	
Northern I	ights				
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.

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Age: 11-15 years
Location: Northside Aztlan Center
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1/5-2/2	W	5:45-7:00 PM	\$91	118586-01	
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Drawing Club

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

Age: 6-10 years

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

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

Age:6-12 years Location: Northside Aztlan Center

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	М	9:00 AM-3:00 PM	\$69	118784-01

INCLUSION SUPPORT

Individuals of all abilities and ages are welcome to participate in any program listed in the Recreator. If you are interested in participation support due to a disability, or other support need, requests should be made two weeks prior to program start date. Visit *fcgov.com/aro* for more details.



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				
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	М	9:30-10:15 AM	\$86	421719-02
11/5-12/17	F	9:30-10:15 AM	\$86	421719-04

No health insurance? You may qualify for financial help.

We can help you find the

best health insurance for

your needs and budget,

including plans that offer

financial assistance.

Dec. 15 Deadline for

Nov. 1 Open Enrollment starts

Jan. 2022 coverage

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

rige. 5 Sycurs				
11/30-12/14	Tu	9:45-10:30 AM	\$39	421124-04
Location: Nort	hside Aztla	an Center		
Age: 3-4 years	5			
12/3-12/17	F	9:00-9:45 AM	\$39	421524-04
Age: 4-6 year:	S			
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: Foo	othills Acti	vity Center		
11/8-12/13	М	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

EGEN

Location: Club Tico

11/30-12/14	Tu	10:45-11:30 AM	\$49	421113-04	
Location: Mul	berry Pool				
11/30-12/14	Tu	5:15-6:00 PM	\$39	421213-04	
Age: 7-12 year	S				
11/30-12/14	Tu	4:00-5:00 PM	\$48	421213-08	



AC	Classes in which adults are required to attend
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Denotes no web registration for program

Denotes program/activity has special membership pricing



COLORADO STATE MEN'S & WOMEN'S BASKETBALL

PICK-N-ROLL FLEX PASS

X AVAILABLE FOR BOTH MEN'S AND WOMEN'S BASKETBALL

X TICKET PACKS REDEEMABLE FOR GAMES OF YOUR CHOICE (some restrictions apply)

X UPPER LEVEL SEATING WITH UPGRADE OPTIONS TO THE LOWER (some restrictions apply)

X PASSES MAY ALSO BE REDEEMED FOR SINGLE-GAME PARKING PASSES

X MEN'S BASKETBALL PASSES START AT \$75 AND WOMEN'S BASKETBALL Passes Start at \$30 and come in 5-, 10-, and 20-pack options. The more you buy, the more you save!

PURCHASE YOU FLEX PASS AT CSURAMS.COM/TICKETS

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 Location: Foo	Tu othills Act	4:50-5:45 PM tivity Center	\$96	421121-02
11/8-12/13	М	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	years
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Age. 5 5 yeu	15			
11/8-12/13	М	10:30-11:15 AM	\$86	421722-02
11/5-12/17	F	10:30-11:15 AM	\$86	421722-04
Age: 4-7 yea	rs			
11/5-12/17	F	4:30-5:15 PM	\$86	421722-06
Age: 5-11 yea	irs			
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 year	S			
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: Z 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 4:30-5:30 PM \$80 421702-09 W

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: Foo	thiis Acti	vity Center		
11/10-12/15	W	6:00-7:15 PM	\$100	421703-03

INCLUSION SUPPORT

Individuals of all abilities and ages are welcome to participate in any program listed in the Recreator. If you are interested in participation support due to a disability, or other support need, requests should be made two weeks prior to program start date. Visit *fcgov.com/aro* for more details.

Classes in which adults are required to attend

Denotes no web registration for program

🚺 Denotes program/activity has special membership pricing

EGEND

Recreator of the YEAR

by Kathryn Gehrke Photo by Tina Chandler

Favorite memory with recreation:

Meeting all the great people involved in recreation programs. Staff are well chosen and trained, and extremely knowledgeable at dealing with older people. I've made so many long-term friends through recreation programs. My favorite memories are the people! When Dorris Taylor moved to the Fort Collins area in the early 2000s she only knew her daughter. Dorris quickly found the Fort Collins Senior Center and began taking water aerobics classes. After leaving her water aerobics class one morning, she saw people playing badminton in the gym and thought, "I can do that." Dorris joined the badminton group at the Senior Center, and the game quickly became a passion.

She now organizes the badminton open gym times at both the Senior Center and Northside Aztlan Community Center, plays with the competitive group, and organizes a multi-state annual badminton tournament.

Dorris has made many friends through recreation programs and still gets together with her very first water aerobics instructor from 2000.

Favorite way to recreate: I enjoy water aerobics, hiking with the outdoor club, learning with Front Range Forum, and of course, badminton!

(RA)

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

Th	4:30-5:30 PM	\$45	115557-01
Th	4:30-5:30 PM	\$55	115557-02
	Th	Th 4:30-5:30 PM	Th 4:30-5:30 PM \$45

Youth Night ໜ

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

	J			
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.

Fall Parent Education Series

Free online talks presented by Child, Adolescent, and Young Adult Connections (CAYAC)



Register at healthdistrict.org/classes or call 970-530-2843. Oct. 26 – 6-7 p.m. Social Media and the Pressures of Parenting

Nov. 3 – 12-1 p.m. Experimentation or Cause for

Concern? Helping Parents Understand Substance Use Among Teens

Nov. 8 – 6-7 p.m. Fostering Healthy Body Image

Nov. 17 – 12-1 p.m. Child and Adolescent Anxiety



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)

	ycuis)			
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

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

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

Skating				
М	8:00 AM-5:00 PM	\$45	115552-01	
eam/Swimr	ning			
М	8:00 AM-5:00 PM	\$45	115553-01	
	M eam/Swimr	M 8:00 AM-5:00 PM eam/Swimming	M 8:00 AM-5:00 PM \$45 eam/Swimming	M 8:00 AM-5:00 PM \$45 115552-01 eam/Swimming

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

	5			
1/3	М	8:00 AM-5:00 PM	\$55	115552-02
l Have a Di	ream/Swimn	ning		
1/17	М	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 ⁽²⁰⁾. 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 selfregulation, 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

GENI

Location: Northside Aztlan Center

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

AC	Classes in which adults are required to attend
NW	Denotes no web registration for program

Denotes program/activity has special membership pricing

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: Fo	othills Act	ivity Center		
12/6-1/31	М	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 Wor	nders			
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 Wone	derland			
12/9	Th	10:00-11:30 AM	\$20	116506-02
Snow Globes	5			
12/16	Th	10:00-11:30 AM	\$20	116506-03
Winter Anim	als			
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 Cla	у			
1/20	Th	10:00-11:30 AM	\$20	116506-07
Watercolors				
1/27	Т	10:00-11:30 AM	\$20	116506-08

Food Truck 12/14

Tu

	bricks to crea	te all the imaginati s and game may b		-
Ages:3-6 ye Location: Fo	ars othills Activit	y Center		
1/25-1/27	Tu,Th	1:00-2:30 PM	\$35	117749-01
Preschool T	ools			
		oreschoolers have h vs and screwdrivers	-	
Ages: 3-6 ye Location: Fo	ears othills Activit	y Center		
1/6-1/20	Th	1:00-2:00 PM	\$52	117756-01
arts & crafts Ages: 3-6 ye	eractive activ , and more.	ities foster imagina v Center	ative play a	and include
Firefighters				
11/30	Tu	1:00-2:30 PM	\$20	117750-01
Builders and	l Bulldozers		·	
12/7	Tu	1:00-2:30 PM	\$20	117750-02

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: Fo	oothills Acti	vity Center		
1/1 1/10	Tu	1:00 2:70 DM	¢50	110700

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



Old Town Square SKATE RINK For hours and more info, visit downtownfortcollins.org/skate-rink Open Friday–Sunday November 24–February 5 Extended holiday hours

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
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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	М	6:00-8:30 PM	\$45	107423-01

YIELD TO THE BUS. IT'S THE LAW

HAVE A HEART. DRIVE SMART.

Colorado law requires drivers to yield to buses merging into traffic. Failure to yield is a traffic violation. Keep our operators, passengers, and your vehicle's occupants safe!

LEARN MORE ABOUT TRANSFORT AT



Auxiliary aids and services are available for persons with disabilities. V/TDD 711 21-23543

[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

INCLUSION SUPPORT

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Meeting Your Goals? Or, Just Getting By?

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COLORADO STATE UNIVERSITY ONLINE

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.

INCLUSION SUPPORT

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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

<u> </u>				
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		

PREMIER GYMNASTICS OF THE ROCKIES





FITNESS THAT FITS YOUR SCHEDULE



All fitness classes are now set up as pay per class, so you only sign up for the days of the week that fit your schedule.

Visit fcgov.com/fitness for more info.



21-23632 | Auxiliary aids and services are available for persons with disabilities. V/TDD: 711
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

		u 900	
PT Single	1	\$40	
PT Bronze	4	\$150	
PT Silver	8	\$290	
PT Gold	12	\$420	
PT Platinum	24	\$780	

2-Person hour long Single Session

PT 2-Person	1	\$60
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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.

WINTER FITNESS SCHEDULE

FACILITIES

FORT COLLINS SENIOR CENTER 1200 Raintree Drive

FOOTHILLS ACTIVITY CENTER 241 E. Foothills Parkway

NORTHSIDE AZTLAN COMMUNITY CENTER 112 E .Willow Sttreet

CLUB TICO 1599 City Park Drive

FITNESS CLASS SCHEDULE KEY

Title of Class Begin & End Time | Activity Number

Classes marked with an * are offered virtually in addition to in-person.

Fitness classes for the Winter Recreator are offered from November 29 to January 31.

Note: No fitness classes will be held on December 24, 25, and January 1 Note: Fitness classes are now set up as pay per class, meaning you will need to select each day you'd like to attend class during registration. See info on page 35 for more information.

Monday

FORT COLLINS SENIOR CENTER

CrossTrain 6:15-7:15 AM | 109502-01

Circuit SilverSneakers 10-10:45 AM | 109424-01*

Chair Pilates 11 AM-12 PM | 109403-01*

Yoga, Advanced Beginner 4:30-5:30 PM | 109413-01*

Zumba 5:30-6:30 PM | 109404-01*

Slow Flow Hatha Yoga 5:45-6:45 PM | 109409-01*

FOOTHILLS ACTIVITY CENTER

Hatha Flow Yoga 2:30-3:30 PM | 109707-01*

Core Performance 5:30-6:30 PM | 109701-01*

NORTHSIDE AZTLAN COMMUNITY CENTER

Restorative Yoga 12-1 PM | 109523-01*

CrossTrain 12:30-1:30 PM | 109502-02

Slow Flow Hatha Yoga 4-5 PM | 109520-01*

Vinyasa Flow Yoga 5:15-6:15 PM | 109521-01*

Spin & Tone 5:30-6:30 PM | 109503-01

CLUB TICO

Zumba 9-10 AM | 109112-01*

Tuesday

FORT COLLINS SENIOR CENTER

Boomer Blast 8-9 AM | 109414-01*

Functional Strength 9:30-10:15 AM | 109401-01*

Classic SilverSneakers 10:30-11:15 AM | 109423-01*

Yoga SilverSneakers 11:30am-12:15 PM | 109427-01*

T'ai Chi Chih Beginner 1 12:30-1:45 PM | 109431-01

T'ai Chi Chih Beginner 2 2-3:15 PM | 109431-02

Yoga, Beginner 2:45-3:45 PM | 109412-01*

Yoga, Beginner 5:15-6:15 PM | 109412-02*

FOOTHILLS ACTIVITY CENTER

Pilates Fusion 9-10 AM | 109702-01*

Vinyasa Flow Yoga 12-1 PM | 109703-01*

NORTHSIDE AZTLAN COMMUNITY CENTER

Yoga & Meditation 9-10 AM | 109522-01*

Barre Fitness 10:45-11:45 AM | 109501-01*

Pilates Fusion 12-1 PM | 109505-01*

Slow Flow Hatha Yoga 5-6 PM | 109520-02*

TRX Body Blast 5:30-6:30 PM | 109511-01

Zumba 6:15-7:15 PM | 109512-01*

INCLUSION SUPPORT

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Classes in which adults are required to attend

Denotes no web registration for program

🚺 Denotes program/activity has special membership pricing

Wednesday

FORT COLLINS SENIOR CENTER

CrossTrain 6:15-7:15 AM | 109502-01

Zumba Gold 9:00-9:45 AM | 109430-01*

Circuit SilverSneakers 10-10:45 AM | 109424-01*

Yoga, Beginner Noon-1:00 PM | 109412-03*

T'ai Chi Chih Advanced 10-11:15 AM | 109433-01

T'ai Chi Chih Intermediate 11:30 AM-12:45 PM | 109432-01

Pilates Mat, Beginner/Intermediate 3-4 PM | 109402-01*

Yoga, Advanced Beginner 4:30-5:30 PM | 109413-01*

Zumba 5:30-6:30 PM | 109404-01*

Slow Flow Hatha Yoga 5:45-6:45 PM | 109409-01*

FOOTHILLS ACTIVITY CENTER

Hatha Flow Yoga 2:30-3:30 PM | 109707-01*

Core Performance 5:30-6:30 PM | 109701-01*

Slow Flow Hatha Yoga 5:30-6:30 PM | 109708-01*

NORTHSIDE AZTLAN COMMUNITY CENTER

Restorative Yoga 12-1 PM | 109523-01*

CrossTrain 12:30-1:30 PM | 109502-02

Slow Flow Hatha Yoga 4-5 PM | 109520-01*

Spin & Tone 5:30-6:30 PM | 109503-01

Zumba 6-7 PM | 109512-02*

CLUB TICO

Zumba 9-10 AM | 109112-01*

Thursday

FORT COLLINS SENIOR CENTER

Boomer Blast 8-9 AM | 109414-01*

Functional Strength 9:30-10:15 AM | 109401-01*

Classic SilverSneakers 10:30-11:15 AM | 109423-01*

Yoga SilverSneakers 11:30am-12:15 PM | 109427-01*

Focus on Balance 1:30-2:30 PM | 109415-01*

Swiss Theraball 3:00-4:00 PM | 109416-01

Yoga, Beginner 2:45-3:45 PM | 109412-01*

Yoga, Beginner 5:15-6:15 PM | 109412-02*

FOOTHILLS ACTIVITY CENTER

Pilates Fusion 9-10 AM | 109702-01*

Vinyasa Flow Yoga 12-1 PM | 109703-01*

Zumba 5:30-6:30 PM | 109705-01*

NORTHSIDE AZTLAN COMMUNITY CENTER

Yoga & Meditation 9-10 AM | 109522-01*

Barre Fitness 10:45-11:45 AM | 109501-01*

Pilates Fusion 12-1 PM | 109505-01*

Slow Flow Hatha Yoga 5-6 PM | 109520-02*

TRX Body Blast 5:30-6:30 PM | 109511-01

Zumba 6:15-7:15 PM | 109512-01*

Friday

FORT COLLINS SENIOR CENTER

CrossTrain 6:15-7:15 AM | 109502-01

Zumba Gold 9:00-9:45 AM | 109430-01*

Pilates Mat, Beginner 3-4 PM | 109402-02*

NORTHSIDE AZTLAN COMMUNITY CENTER

CrossTrain 12:30-1:30 PM | 109502-02

CLUB TICO

Zumba 9-10 AM | 109112-01*

Saturday

FORT COLLINS SENIOR CENTER

Zumba (Virtual Only) 9-10 AM | 109404-2A

FOOTHILLS ACTIVITY CENTER

Tai Chi & Qigong 11 AM-12 PM | 109706-01*

NORTHSIDE AZTLAN COMMUNITY CENTER

Vinyasa Flow Yoga 8:15-9:15 AM | 109521-02*

TRX Body Blast 8:15-9:15 AM | 109511-02

Sunday

NORTHSIDE AZTLAN COMMUNITY CENTER

Mindfulness Yoga 11:15 AM-12:15 PM | 109518-01*

Meditation 12:30-1:30 PM | 109519-01*

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.

INCLUSION SUPPORT

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



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 125405-0

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.

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	:00-2:30 PM No Fee	125403-01
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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

EGEND

Classes in which adults are required to attend

Denotes no web registration for program

Denotes program/activity has special membership pricing

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Uchealth Healthy Snacks And Travel Tips for Young Athletes

Do you travel for games and tournaments? Take the right food and drinks so your young athlete will have plenty of energy for peak performance.

by Kati Blocker, UCHealth

Children, especially young athletes, require a balance of carbohydrates and protein in their diet so they'll have plenty of energy to run, play and compete in their favorite sports.

With prior planning and an understanding of proper nutrition, young athletes can flourish, said Juliet Higa, a clinical dietitian and diabetes educator with UCHealth Diabetes and Medical Nutrition Therapy in northern Colorado, and the mother of a young athlete. Here, she explains how to provide healthy snack and meal choices to take on the road.



Carbs and protein

First, gain an understanding of what the body needs and how it processes food.

Carbs are fuel. If you think of the body as a vehicle, carbs are high-octane fuel. They provide quick bursts of energy needed to sprint down the field, for instance.

Protein is the building block of every cell in the body but protein especially helps build and maintain muscles. It also helps to slow digestion, so paired with the right carbs it can help the body slowly digest carbs for sustainable energy.

The caveat: you don't want carbs sitting in the gut when it's time to play. Make sure to allow a few hours for digestion before a game begins.

If you need a quick snack before a game, try half a peanut butter and jelly sandwich, ideal for carbs from bread and protein from peanut butter. It satisfies hunger but does not overload the gut.



Snack packing

If you bring a cooler, items like string cheeses, turkey and cheese sandwiches, frozen yogurt pouches or unsweetened applesauce pouches are great choices.

"Portioned-controlled nut butters like JIF peanut butter or Justin's almond butter are great single-serving protein sources," Higa said.

If you can't bring a cooler, fruits like apples, bananas, pineapple, grapes and oranges, cheeses and hard-boiled eggs will not spoil for a few hours without ice.

Plenty of good snacks don't require refrigeration. Beef jerky or sunflower and pumpkin seeds provide protein, and soy nuts or roasted soybeans are another good source of protein and also have a decent amount of carbs and fat.

For other carb ideas, try easy snacks like Cheerios, peanut butter crackers, granola bars, trail mix or whole-grain crackers like Wheat Thins.

Look for items that aren't super high in fat, and the day before playing, don't have tons of fiber.





Hydrate - mostly with water

When traveling – and anytime – choose water over sports drinks. Sports drinks are loaded with sugar, which may be helpful for a quick boost in the middle of a game, but sports drinks, otherwise, are not great choices.

If you want to add a boost of flavor to your water, electrolyte additives are an option.

"You can also think of natural fruit to enhance water like lemons, berries, watermelon," Higa said. "It adds flavor without the excess sugars."



Watch out for fiber

We get fiber from plant-based foods like grains, fruits, vegetables, nuts and beans that the body can't break down. Fiber passes through our bodies undigested and helps to keep our digestive system clean and healthy, easing bowel movements and flushing cholesterol and harmful carcinogens from the body.

Some foods have added fiber and people can be sensitive to these "isolated or synthetic" fibers, which are commonly used to boost fiber content in processed food.

Look on the label for such ingredients as inulin (chicory root), beta glucan soluble fiber, psyllium husk, cellulose, guar gum or pectin.

Added fibers may cause bloating, diarrhea and discomfort — not something you want to deal with before a game. A bar that boasts fiber on its wrapper likely has an added fiber.

Bars may contain artificial sugars, which can have a laxative effect. Stay away from diet bars. To know if you're sensitive to added fibers, test a new bar at least several days before game day.

Eating out on the road

Plan ahead. Map your travel route and research restaurants and their menus. Avoid fast food options and look for sandwich shops instead. Or, if you opt for fast-casual food, go for simple, healthy foods with protein and grains.

"Watch high-fat food choices as it takes longer to digest and can slow that athlete down or cause nausea or stomach upset for some," Higa said.

Stay away from fried foods or any new foods. The day before a big game is not the time to try a food that you might not tolerate.

Avoid buffets (which are less common due to the COVID-19 pandemic). Ask hotels if breakfast is included. Does the hotel have a microwave or refrigerator in the room? You might have to bring your favorite oatmeal for breakfast.

Avoid stadium concession stands; they rarely have healthy options.

"Limit those ultra-refined carbohydrates such as cookies and candies pregame," Higa said. "They may provide some quick energy but can also lead to a rapid crash in energy level."

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.

Classes in which adults are required to attend

w Denotes no web registration for program

M Denotes program/activity has special membership pricing

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

EGEND

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 yea	rs & 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	
/ (gc.		Jears	~	MΡ	

					-
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 year	rs & 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
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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
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Hockey Drop-In

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

Age: 16 year	s & 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
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/ ige. / ill				
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

5				
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

1/1 0/2			****		-
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

	2			
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

<u> </u>					
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 Learnto-Skate bulletin board.

Age: 5-15 years

<u> </u>					
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	

INCLUSION SUPPORT

Individuals of all abilities and ages are welcome to participate in any program listed in the Recreator. If you are interested in participation support due to a disability, or other support need, requests should be made two weeks prior to program start date. Visit *fcgov.com/aro* for more details.

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 **(W)**. 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

EGEND

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.

Classes in which adults are required to attend

w Denotes no web registration for program

Denotes program/activity has special membership pricing

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/ 3-2/20 11 3.00-11.00 AM \$30 11130-01	1/3-2/28	М	9:00-11:00 AM	\$30	111930-01
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B.O.O.T.S. Quarterly Membership

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

12/13	М	2:00-2:30 PM	No Fee	
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B.O.O.T.S. Education

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

Location: TBD.

1/24	М	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	М	9:00-11:00 AM	No Fee	111932-01		
Shoreline Trail	from Soderk	ourg Trail Head				
1/10	М	9:00-11:00 AM	No Fee	111932-02		
Prairie Ridge						
1/31	М	9:00-11:00 AM	No Fee	111932-03		
North Foothills	to North Lo	ор				
2/7	М	9:00-11:00 AM	No Fee	111932-04		
Maxwell Natural Area						
2/21	М	9:00-11:00 AM	No Fee	111932-05		
Reservoir Ridge Natural Area						
2/28	М	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	М	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							
	1/16-1	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 belaving 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	

ARE YOUR RADON \bigcap LEVELS **TOO HIGH?** Radon is a tasteless, colorless, odorless gas that is the 2nd Test your home today by purchasing a short-term (\$6) or leading cause of lung cancer. long-term (\$20) test kit at the Fort Collins Senior Center.

About half of the homes in Fort Collins have high levels of radon.

Visit fcgov.com/radon for more information.

21-23626 | Auxiliary aids and services are available for persons with disabilities.

Or, be one of the first 100 people to receive a free, short-term radon kit.





Call us today at 970-224-6129, or email us at healthyhomes@fcgov.com with questions.

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

Τ&	Th	7:30-10:00	pm
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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
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Independent Study

For experienced students interested in dedicated instructed time to explore wheel and handbuilding projects of their own design. Limited demonstrations based on student interest. Learn and practice under the guidance of an instructor. For intermediate and advanced students.

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	М	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: Mir	i 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	М	5:45-7:45 PM	\$180	104850-01
1/3-3/7	М	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	М	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 Plu	ıs: Mini Se	ssion		
11/21-12/19	Su	8:00-10:00 PM	\$148	404855-05

INCLUSION SUPPORT

Individuals of all abilities and ages are welcome to participate in any program listed in the Recreator. If you are interested in participation support due to a disability, or other support need, requests should be made two weeks prior to program start date. Visit *fcgov.com/aro* for more details.

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
Intermediat	e: Mini Ses	sion		
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 peop	ole			
1/7	F	7:00-8:30 PM	\$40	104828-01
Snowflakes	5			
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 ye	ars			
1/3-1/31	М	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 of	child(ren)			
1/3-1/31	М	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
Additiona	al 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

5. 5.				
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 Tog	ether: Mini	Session:		
11/22-12/20	М	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 ye	ars			
1/3-1/31	М	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 ye	ears			
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

EGEN

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

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

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

TICHO	
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

womens		
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	



REDUCE IDLING

by turning off your engine after 30 seconds when picking up the kids from school and daycare. This helps us all breathe cleaner air, saves you money, and reduces pollution! Learn more benefits and tips for idling reduction at fcgov.com/vehicleidling



21-23626 | Auxiliary aids and services are available for persons with disabilities.

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

uldue. Killuei	yanten-i	
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	

INCLUSION SUPPORT

Individuals of all abilities and ages are welcome to participate in any program listed in the Recreator. If you are interested in participation support due to a disability, or other support need, requests should be made two weeks prior to program start date. Visit *fcgov.com/aro* for more details.

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

0.000.0	
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	



mike@fortcollinsareaswimteam.org Member of USA Swimming and Colorado Swimming

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: Fo	othills Activ	ity 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	
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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
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SuperTots

Safe and fun class that incorporates physical activity in a non-competitive environment. Class is designed with an engaging, skill-building curriculum in which "tots" learn through a series of fun and beneficial games. Acquire skills and fitness, but also develop an interest and love of sports.

Cost: \$89

Location: Foothills Activity Center

Soccer Tots

Age: 2-3 yea	ars		
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 yea	ars		
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

INCLUSION SUPPORT

Individuals of all abilities and ages are welcome to participate in any program listed in the Recreator. If you are interested in participation support due to a disability, or other support need, requests should be made two weeks prior to program start date. Visit *fcgov.com/aro* for more details.

GEND	AC	Classes in which adults are required to attend
GЕ	NW	Denotes no web registration for program
Ш	M	Denotes program/activity has special membership pricing

LEWIS TENNIS





Daytime programs for Juniors and Adults

- 10 and under, middle school, high school, and adult programs
- Performance training and league coaching
- Private lessons
- Clinics for all levels
- Complete pro shop
- e training Tournaments
 - Round Robins

For more info call 970-493-7000 or visit lewistennis.com



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

20-2242

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

M,W	4:00-5:30 PM	\$153	123050-01
M,W	4:00-5:30 PM	\$153	123050-02
M,W	4:00-5:30 PM	\$153	123050-03
Sa	11:00 AM-12:30 PM	\$77	123050-04
Sa	11:00 AM-12:30 PM	\$77	123050-05
Sa	11:00 AM-12:30 PM	\$77	123050-06
	M,W M,W Sa Sa	M,W 4:00-5:30 PM M,W 4:00-5:30 PM Sa 11:00 AM-12:30 PM Sa 11:00 AM-12:30 PM	M,W 4:00-5:30 PM \$153 M,W 4:00-5:30 PM \$153 Sa 11:00 AM-12:30 PM \$77 Sa 11:00 AM-12:30 PM \$77

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

Tu,Th	4:30-6:30 PM	\$201	123052-01
Tu,Th	4:30-6:30 PM	\$201	123052-02
Tu,Th	4:30-6:30 PM	\$201	123052-03
Sa	1:00-3:00 PM	\$101	123052-04
Sa	1:00-3:00 PM	\$101	123052-05
Sa	1:00-3:00 PM	\$101	123052-06
	Tu,Th Tu,Th Sa Sa	Tu,Th 4:30-6:30 PM Tu,Th 4:30-6:30 PM Sa 1:00-3:00 PM Sa 1:00-3:00 PM	Tu,Th 4:30-6:30 PM \$201 Tu,Th 4:30-6:30 PM \$201 Sa 1:00-3:00 PM \$101 Sa 1:00-3:00 PM \$101

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

5				
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

Classes in which adults are required to attend

w Denotes no web registration for program

M Denotes program/activity has special membership pricing

EGEND

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
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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 5d 11.00 AM-5.00 PM \$90 105925-01	1/15	Sa	11:00 AM-5:00 PM	\$90	105925-01
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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.

1/2/ III 2.30-0.30 FIN \$30 103333-01	1/27	Th	2:30-8:30 PM	\$50	105933-01
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BIRTHDAY PARTIES - YOUR DAY, YOUR WAY -

Recreation offers unique experiences at our facilities designed so that you can enjoy your birthday your way. Contact our facilities directly to inquire about complete birthday packages available at The Farm, Edora Pool Ice Center, Mulberry Pool, City Park Pool and The Pottery Studio.

Call Bara B



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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 **1**. 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.

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.

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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	-

INCLUSION SUPPORT

Individuals of all abilities and ages are welcome to participate in any program listed in the Recreator. If you are interested in participation support due to a disability, or other support need, requests should be made two weeks prior to program start date. Visit *fcgov.com/aro* for more details.

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	М	9:00 AM-Noon	No Fee	112411-01	
Pinochle, Ma	hjong				
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

5					
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

Classes in which adults are required to attend

w Denotes no web registration for program

Denotes program/activity has special membership pricing

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.

EGEND



PARKS GUIDE

Twin Silo Park 5480 Ziegler Rd

Nearby School: Fossil Ridge High School







PARKS GUIDE

The Parks Department is proud to provide the community with clean, safe, and attractive environments for all to enjoy. With over 966 acres of developed parks, including 7 community parks and 43 neighborhood/pocket parks, and just over 45 miles of paved trails, there are hundreds of ways to recreate in Fort Collins. Use this guide as you explore the variety of parks and trails Fort Collins has to offer.

Interested in learning more about the trails system? Visit **fcgov.com/trails**.

Would you like to receive notifications regarding current happenings at community parks and trails, learn about forestry projects, or stay current with cemeteries updates? Enroll your email address at **fcgov.com/parks** and click "Sign Up for Notifications."

COMMUNITY PARKS



NEIGHBORHOOD PARKS



Overland Park 2930 Virginia Dale Dr. (F) **Rabbit Brush Park** 1114 Elgin Ct. **Registry Park** 6820 Ranger Dr. H 🛞 🛴 **Richards Lake Park** 2945 Parkside Dr. **Rogers Park** R 2515 W. Mulberry St. Soft Gold Park 520 Hickory St. Spring Park 2100 Matthews St. Ð R Sugar Beet Park 524 San Cristo St. **Trail Head Park** Trail Head Neighborhood Warren Park 1101 E. Horsetooth Rd. F Washington Park 301 Maple St. Waters Way Park Ę 715 Fairbourne Way

SCHOOLSIDE PARKS

Bacon Park 5830 S. Timberline Rd.

Nearby School: Bacon Elementary

Beattie Park

500 W. Swallow Rd.

Nearby School: Beattie Elementary

Blevins Park



Nearby School: Blevins Middle School

Eastside Park 1000 E. Locust

Nearby School: Laurel Elementary

English Ranch Park 3825 Kingsley Dr.

Nearby School: Linton Elementary



4324 McMurray Ave. Nearby School: Kruse Elementary 📳 🔍 <u> (</u> M **Harmony Park** 5015 Corbett Dr. Nearby School: Preston Middle School Huidekoper Park

Golden Meadows Park

1808 W. Lancer Dr.



Nearby School: Lincoln Middle School

Radiant Park

3651 Kechter Rd.



Nearby School: Zach Elementary

Ridgeview Park 4700 Hinsdale Dr. Nearby School: McGraw Elementary 1_m **I**

Rossborough Park

1630 Casa Grande Blvd.

Nearby School: Rocky Mountain High School



Stew Case Park 2351 Pinecone Cr. Nearby School: Fort Collins High School

P 1.

Troutman Park 500 W. Troutman Pkwy. Nearby School: Lopez Elementary



Westfield Park 4075 Seneca St.

Nearby School: Webber Middle School & Johnson Elementary



Woodwest Park 618 Powderhorn Dr.



Nearby School: Beattie Elementary

URBAN PARKS

Civic Center Park 225 LaPorte Ave.

PLAZAS

Oak Street Plaza Park 120 W. Oak St.



SPECIAL USE PARKS

Archery Range 2825 SW Frontage Rd.

Poudre River Whitewater Park 201 E. Vine Dr. 1#



MINI PARKS

Alta Vista Park 724 Alta Vista St.

Freedom Square Park 600 N. Shields

Indian Hills Park 801 E. Stuart St.

Leisure Park 2800 Leisure Dr.

Romero Park 421 10th St.



Spencer Park 1035 E. Swallow Rd.





Are you looking for a place to hold your next event?

The Parks Department offers great outdoor spaces available to rent for events, meetings, sporting events, and so much more!





Reserve Shelters, Fields & More with Parks fcgov.com/parks











REDUCED FEE PROGRAM

Reduced fees available for incomequalified participants. Discounted passes and activities! Visit *fcgov.com/reducedfee* for more information.

PROGRAMA DE TARIFAS **REDUCIDAS**

Tarifas reducidas basadas en nivel de ingreso para participantes que reúnan los requistos. Pase de recreación y actividades con descueto. Visite *fcgov.com/reducedfee*

para obtener más información.



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



No<mark>untai</mark> Kids

Mountain Kids Preschool

Half-day preschool with multiple options for children ages 3-5 years old!

Mountain Kids DANCE

Flexible dance class schedules for all ages and skill levels!



Mountain Kids Gymnastics

Gymnastics programs with NO long-term commitments or enrollment fees!

GYMNASTICS | DANCE | PRESCHOOL | BIRTHDAY PARTIES | NINJA ZONE

MOUNTAIN-KIDS.COM | (970) 482-3118 419 E. STUART STREET FORT COLLINS, CO 80525